

# Living

## WHAT'S THE BUZZ?

Residents share  
their experiences  
as beekeepers

**Grant benefits Lake Petocka projects**

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**Construction Technology students build home**

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**Air-fryer bang bang chicken tenders with rice**

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19	PARTIAL DAYLIGHT	\$125,000
20	PARTIAL DAYLIGHT	SOLD
21	PARTIAL DAYLIGHT	\$125,000
22	PARTIAL DAYLIGHT	\$125,000
23	PARTIAL DAYLIGHT	\$125,000
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WELCOME

## THE BUZZ about bees

Apiophobia. Apiphobia. Melissophobia.

Call it whatever you want. I call it a fear of bees — and for good reason.

As a 5-year-old boy, I was stung by a bee — right in the eye. I remember playing in the neighbor's lawn and seeing that blasted buzzard making a bee-line toward my face. After the sting, I made my own one-eyed bee-line across the street, looking for my mom to make it all better. And she did. She laid me down on the couch and, with a set of tweezers, pulled that stinger out of my eye and immediately strapped an icepack on my face. After that incident, I made sure that bees and I never saw eye to eye again. Here's how.

On a kindergarten field trip, we visited a classmate's bee farm. I stayed on the bus.

When the birds and the bees discussion came about, I opted for the aviary.

And, today, when an occasional bee makes its way inside my car, I immediately exit the vehicle.

This is not to say that I have not been stung again by bees since the eye incident. I most certainly have, including the time a bee flew in my shirt sleeve and stung me repeatedly in the armpit until I stripped myself and repeatedly stomped that varmint.

Despite my anguish over bees, there is one thing about them I really love — honey. I have a teaspoon of it with skim milk in my coffee every morning. This has been a healthier option than the creamer I enjoyed so much, and, I am told, the local honey helps with my allergies.

In this month's Living magazine, you will learn about local bee producers and what draws them to this hobby that is fascinating and, for people like me, fearful.

Now you know what the buzz is all about.

Thanks for reading. ■



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# WHAT'S THE BUZZ?

Residents share their experiences as beekeepers

By Joe Baumgarten

While the Iowa DNR reports the number of native bees in Iowa continues to decline, more and more apiarists (beekeepers) are emerging to nurture the bee population. As of Jan. 1 of last year, Iowa boasted 36,000 bee colonies for operations with five or more colonies, according to the USDA. That's a big uptick from the prior year's 26,000 colonies and the 15,500 colonies the year before that. But who are these beekeepers, and what drives their passion? Some local apiarists share their stories.

Buddy Cramer and his son, Sawyer, check on a beehive.  
Photo by Joe Baumgarten



## Grandpa and grandsons share hobby

Tony Christensen is looking forward to Labor Day. That's when he and his two grandsons, Mason and Kyler Ricks, will reap the fruits of their labor — or, in their case, honey. And, as Mason and Kyler would attest, it's not their labor but that of their bees.

Christensen has been a beekeeper since 1998. His grandsons, 13 and 10, have only been at it a few years. At first, they just watched him tend his bees and listened to him in awe as he would explain the many fascinating facts of a bee's life in the hive. Soon, the three of them were working the hives together. Last summer, they joined their grandfather when he worked the bee booth at the Iowa State Fair.

"Kyler and Mason could answer any question anybody asked," Christensen says proudly.

In return for their help with the hives, Christensen lets the boys keep the profits.

"In a good year, you can typically get 6 to 8 gallons of honey per hive. If we sell it by the gallon, we get \$60 per jug. If we put it in 12-ounce honey bears, we can get \$7 a bear, or around \$80 a gallon. But, of course, that takes more of your time and more supplies."

Getting into the hobby was easy for Christensen. He had a big garden and lots of fruit trees on his property. When he saw an ad for a full beekeeping package from a guy who was going out of the business, he was all set and ready to go. He and the grandsons now have 15 hives.

With many years of experience under his belt, Christensen has also become a local resource for bee knowledge and help. Neighbors and friends will contact him if they spot a swarm. Swarms happen when too many bees are in one hive. Half will leave and clump together in a temporary spot around the queen until the forager bees find a new home. Christensen offers them a more attractive home in his mobile swarm box and then relocates them back to his hives at home.

"Free bees," he smiles. "The other day, a neighbor called and said he noticed bees flying in and out of a hole in the oak tree in his front yard. 'What do I do?' he asked me. After discussing several options, we came up with a novel idea. He brought some brown downspouting at the hardware store and created an entry/egress pipeline. That kept the bees flying up over everyone's head, and they weren't a nuisance after that."

It has been said that bees are involved in one of every three bites of food we eat.

"Even the hamburger you put on the grill," Christensen says. "The alfalfa that the farmers feed the cows needs to be polinated. Peaches, pears, apples, watermelon, cucumbers, squash, blueberries, almonds, all



Tony Christensen's grandsons, Mason and Kyler Ricks, have become skilled beekeepers.

have to be pollinated. Even the soybeans in your fields. Farmers get at least a 10% increase in yield if the bees help pollinate their crop."

Christensen says what he likes most of all about beekeeping is getting new people involved.

"It is probably one of the most rewarding and frustrating things I've ever been involved in — and that can happen all on the same day," he says.

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## Family welcomes backyard hive

Buddy Cramer and his 7-year-old son, Sawyer, are on the hunt. They have just returned from vacation, and Cramer is eager to see if his “nucleus” hive has produced a queen yet. The two of them get suited up, fire up the smoker and proceed to open up the small hive he keeps in his backyard.

“Last year, I had a bad attack of verroa mites,” he says. “They wiped out all five of my colonies last fall, so I had to start over. I split this hive from one of my other hives on July 6, so she should be in there and laying eggs by now.”

Cramer has been interested in bees and beekeeping since he learned about them in grade school. He expressed a nervous interest in beekeeping to his wife one day. The source of his anxiety?

“I’m allergic to bees,” he shares with a laugh.

That Christmas, to his surprise, his wife bought him “Collins Beekeeper’s Bible.” She thought he’d slowly pursue it over the next few years. He devoured it in less than a week and bought his first hive the next day.

Regarding the investment of his time,

Cramer says he is probably more hands-on than most.

“I try to get into every single hive at least once a week. If they are overflowing with honey, I will give them more space so they don’t swarm,” he says.

Being a relatively new beekeeper, Cramer has tried to keep his costs minimal. He acquired a few spare hives and a hand-crank honey extractor for free one day.

“I didn’t know how I was going to extract my honey the first year,” he says. “One day, I was driving down the road during the Bondurant junk day, and some guy had four hives and a honey extractor sitting out on his driveway. I threw it in the back of my truck. I said ‘Yes! I’ll be able to extract my own honey this year.’”

Cramer said he, his wife and his two young children are comfortable around the hive in their backyard.

“We’ll come out here on the porch and have dinner, and we’re not 10 feet from the hive there,” he says. “As long as they are busy collecting the nectar, they don’t really care about you — unless you crack that lid off.”



Buddy Cramer and his son, Sawyer, harvest honey from their bees.

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## FEATURE

At the hive, Cramer smokes up the bees to keep them calm and pulls out the first comb while Sawyer watches intently through his face mask. The buzz of several hundred bees busily working inside the hive fills the air as Cramer extracts the first frame. Finding no evidence of the queen on the first frame, he sets it aside and extracts the next one.

“Good news,” he says. “Here is a hatched queen’s cell, and there are larvae in some of these cells here and eggs in the cells over here.”

Sawyer still seems a bit tentative around the hive, even when fully suited. However, he did figure out that the suit made a great Halloween costume.

“Last year, our daughter was the bee and he was the beekeeper,” Cramer explains.

### Making mead and more

Todd Roberts, who has 16 hives, took his first class in beekeeping in 2017. He took it again the next year with his sister. He felt more than ready for his first hive, which he excitedly set up in April of 2018. The bees did great throughout that year and even survived their first winter. He was looking forward to another season when the unpredictable Iowa spring weather did him in. The weather went from warm to cold several times, and the warm air inside the hive produced a lot of moisture from condensation.

“The warm air rose up through the hive, condensed and dripped back down on the cluster, slowly killing them. I was a failure,” he says.

Undaunted, Roberts decided to set up five hives the next year, employing the wisdom that a crisis in one hive doesn’t ruin your whole



Todd and Sheri Roberts have 16 hives.

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## FEATURE

season. Building on his success, the next year he went to 12 hives, and the year after he had 16 hives.

"I produced a lot of honey that year, but when you get to this level, it's no longer a hobby, it's a job," he says.

Fortunately, his wife, Sheri, also got interested and shares the work, especially at harvest time.

"This year hasn't been that strong for nectar," Roberts says. "Two years ago, I got 800 pounds of honey. Last year, I got 500. This year, I'll be lucky to break 200."

Just like any other ag producer, Todd has a love/hate relationship with rain.

"Of course, we have to have the rain to make the trees and the flowers grow, but every storm washes all the nectar off the plants," he says.

On a recent trip to Indiana, John and his wife discovered mead, a honey-based wine. They fell in love with it. Now he is working with John Barber, owner of The Cellar Winery in Madrid, to produce several flavors.

"The mead is in the works," Roberts says. "We are blending together some of my honey with some of John's grapes to make a pyment (a fermented blend of honey and grape juice). There's going to be a ginger mead, ginger-lemon, orange cream, vanilla orange cream, plain vanilla and the traditional mead with just the honey."

Roberts said the ginger mead makes a delicious Moscow Mule. It doesn't stop there.

"John also has two pawpaw trees that have a fruit that tastes like a banana custard," Roberts says. "I'm going to make a brochet by caramelizing the honey. Then we add the pawpaw, a few vanilla beans and some regular honey." ■



Todd Roberts works with one of the hives he and wife Sheri maintain.



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# SPECIAL CENSUS EDITION!

## FAQS

### ***What is the Special Census?***

The purpose of the Census is to count every person living in a specific geographic area and is conducted by the US Census Bureau. By obtaining an accurate count of the number of people living in Bondurant, we are able to receive the appropriate amount of money from county, state and federal entities per our population size.

### ***Are my answers confidential?***

Yes. The Census Bureau is required by law to protect your information (Title 13, US Code, Section 9). The Census Bureau is not permitted to publicly release your responses in a way that could identify you or your household. All web data submissions are encrypted in order to protect your privacy.

### ***What if I threw my mailing away?***

There will be multiple mailings sent to your address. Please be on the lookout for the next mailing. If you don't receive another mailing, a person employed by the US Census Bureau will knock on your door.

### ***What if I don't get a postcard/letter in the mail?***

There will be multiple rounds of mailings. If you do not get anything in the mail, a person employed by the US Census Bureau will knock on your door.

### ***Do I count my child who is away at college or travelling?***

You should count the people that live and sleep most of the time in your household.

### ***How do I count my child(ren) who live at more than one residence because I share joint custody?***

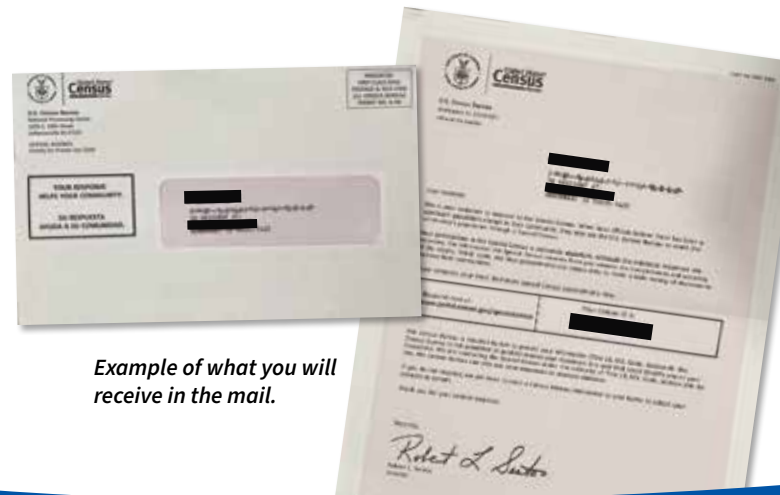
If possible, coordinate with the other guardian to determine which household you will choose to claim them at. This can avoid them being counted twice.

### ***How do I verify that the person who knocked on my door works for the US Census Bureau?***

They will present an official badge with their name, their photograph, a Dept. of Commerce watermark and an expiration date. They will have an official bag and Census Bureau-issued electronic device, such as a laptop or smartphone, bearing the Census Bureau logo. If you have any questions, please feel free to reach out!

### ***I keep getting mailings from the US Census, but I have already filled it out. Do I need to fill it out again?***

No, once you fill it out, you can disregard the mailings that may arrive after.



Example of what you will receive in the mail.

### CONNECT WITH US...

Did you know that our city entities have 11 social media sites offering information about what is happening in the city? Make sure you follow us! Also, a city and library newsletter can be sent to your email. Remember that the Bondurant Living Magazine publishes a City-specific spread sent to every resident's mailbox.

### ENGAGE WITH US...

Have you wanted to attend a public meeting at City Hall but needed to know when the meetings were or how to conduct yourself during a public meeting? Guides are being developed to help you. Find them on the City's website.

## CONSTRUCTION Technology students build home

Project provides experience on a job site.



Students in the Construction Technology program build a house.

Under the guidance of the Bondurant-Farrar Construction Technology Program, students from the high school recently completed another student-built home. The Construction Technology Program is a two-semester class that runs either yearly or every other year for juniors and seniors. The class typically contains up to 24 students. To be considered for the course, students need to have completed Woods 1.

"Programs like this, along with other CTE programs, are important for students to learn skills and knowledge as well as work in our CTE areas. We serve groups of students that are exploring their options and occupations for their future. We have excellent teachers in all of our CTE programs at Bondurant-Farrar," Bondurant-Farrar High School Industrial Technology teacher Kyle Hammes says.

Building a home as part of the program started in 1996 with students building their first home during the 1997-1998 school year. The program was started with the help of many local and area contractors who offered their labor, expertise and donations. In the end, approximately 21 students participated in the construction of the first home.

"I'd just like to take the opportunity to thank all of the people that make this program possible for our students. We have great support from our staff, administration, district office, school board and a number of area contractors that work with our students. We've also had a valuable partnership with Parks Custom Homes during the last two homes," Hammes says.

This year's Construction Technology group were all first year homebuilding students. To help build the homes, students typically start with the framing. They also install siding and roof coverings on the exterior of the home. On the inside, students help with the electrical rough in, air sealing, trim carpentry, paint and more. In addition to helping build a home, students also get to work with and interact with the subcontractors used.

"I very much enjoy working daily with the students — teaching, demonstrating and then practicing the skills and tasks required during the construction process," Hammes says. "It is also satisfying watching students become interested in and entering the trades upon graduation. A special treat is having former students come back as subcontractors and work on the site with current students."

Hammes says he looks forward to every year that his students are working on projects, both small and large. ■

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# News from the **BONDURANT-FARRAR** COMMUNITY SCHOOL DISTRICT

August 2024

## WAYS TO GET INVOLVED THIS SCHOOL YEAR

### Are you looking for an opportunity to support Bondurant-Farrar students?

There are numerous ways to engage with and support the Bondurant-Farrar Community School District. Whether you're interested in supporting student-athletes, enhancing academic programs, or sharing your career experiences, there's an opportunity for everyone to make a positive impact. If any of these opportunities interest you, please call our district office at 515-967-7819 or fill out our contact form to express your interest and learn more.

- **Athletic Booster Club:** Support student-athletes in grades 7-12
- **Education Foundation:** Support K-12 students in their academic journey
- **Elementary PTO:** Support PK-6 students and programs
- **Employment Opportunities:** Join our team as a staff member this school year
- **Fine Arts Booster Club:** Support 7-12 fine arts programs and students
- **Parent Advisory Committees:** Hosted by building principals at each school
- **Safe, Supportive, & Equitable Schools Committee:** Help ensure a safe, welcoming, and supportive school environment for all students.
- **School Board Meetings:** Public meetings typically held twice per month
- **School Improvement Advisory Committee:** Hosted by district leadership 2x annually
- **Volunteer:** K-5 classrooms are in need of volunteers to help facilitate lessons centered around financial literacy, entrepreneurship, and work readiness.

### GET INVOLVED:



### Fast Facts About Bondurant-Farrar:

PK-12 Students	<b>2,800+</b>	<b>400+</b> Employees
<b>11</b> Kindergarten Sections	<b>95.2%</b> Graduation Rate	
Students in 9th Grade	<b>220</b>	DMACC Courses Taken Last YR <b>265+</b>
<b>1:1</b> Digital Learning Environment (GR 1-12)	<b>5</b> Schools Totaling Nearly <b>500k</b> sq.ft.	
<b>1,120</b> Breakfasts Daily	<b>1,730</b> Lunches Daily	
Meals Served Per Year <b>500k+</b>	<b>31</b> School Buses & Vans	
<b>1,200</b> Students Transported Daily	Miles Driven Last Year <b>175k+</b>	

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### New Stop Signs in New School Year

As we work to enhance safety and traffic flow during school drop-off and pick-up, we want to inform the community about new improvements starting August 23.

- **7-12 CAMPUS:**  
Stop signs at the northern entrances of the junior high and high school will stop traffic along Grant Street N in two new locations. These signs will operate similar to the existing sign at the south entrance of the high school. All signs will be active during drop-off and pick-up on days when school is in session.
- **PK-6 CAMPUS:**  
The stop sign at the south entrance of Morris Elementary will also be active in the afternoons, now stopping traffic along Grant Street N during drop-off and pick-up on days when school is in session.

Please use caution in these areas and be aware of these safety improvements as we begin the new school year. With questions, please call us at 515-967-7819.

### Contact Us:

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

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# RASMUSSENS focused on small-town vibe

## Raising a family in Bondurant

When Aaron Rasmussen and his wife, Alicia, were expecting their first child, they started looking for somewhere to plant their roots.

They ultimately decided on Bondurant for a couple of reasons.

“We both came from small-town Iowa and wanted a similar family-oriented environment for our children, as well as a strong school system,” Rasmussen says.

Alicia, a physical therapist for Heartland AEA, had worked in several central Iowa school districts, so she knew a thing or two about area schools.

“Bondurant stood out as one of the systems we would want our kids to be in,” Rasmussen explains.

In November 2013, the couple officially became Bondurant residents.

Since then, they’ve built a new home in town because their family — they now have four kids — outgrew their previous one.

Rasmussen especially enjoys their big backyard and open space in the basement where the kids like to play. Their main floor receives a lot of natural light, too.

He says the kids are able to take advantage of Bondurant’s small-town feel and safe atmosphere by running around the neighborhood with all their friends. Rasmussen adds that the adults are always keeping an eye out.

Over the years, Rasmussen has gotten involved in the community by serving on the board for the city’s parks and recreation department, as well as the board for Federated Church.

“The boards have everyday people on them that understand everyday concerns,” he shares. “Even though growth is ongoing, the community actively works to keep the small-town touches.” ■



Aaron and Alicia Rasmussen were drawn to Bondurant and the Bondurant-Farrar school district as a good place to raise their family. They built their current home when they needed more space.





## IMPORTANCE of brain health

Brain health is arguably just as important as your physical health. Brain health requires effort to improve your cognitive function and memory. Here are a few simple ways we can improve our brain health and enhance our memories.



### Brain games

Sudoku, crosswords, chess, word searches — these are a variety of different mind improvement games that can help us stay sharp while we age. There is the adage: “If you don’t use it, you lose it,” which is the premise that the benefits of brain games are operating under. Engaging your brain in regular activities, such as word games, can help you maintain your cognition and reduce the chance of memory loss.

### Diet

What we put in our bodies is vital to our brain health. Plant-based foods have been shown to slow cognitive decline. Eating green, leafy vegetables, such as spinach or broccoli, which are rich in vitamin

K and folate, is linked to improving cognitive function. Harvard University has found that omega-3 foods are found to have “healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid, the protein that forms damaging clumps in the brain” that can result in dementia. Two or more daily servings of strawberries and blueberries have also been found to slow memory decline, as well as different types of nuts with high levels of protein, such as the protein found in walnuts.

### Caffeine

Great news for many of us. Caffeine found in your morning coffee or tea can provide more than a short-term boost. Johns Hopkins University completed a study showing that participants with a higher caffeine consumption performed better on mental function tests. Here are a few more tips to keep your brain healthy and active. Keep your body active, engage in social interactions, keep your stress level down, let go of worry and fears, and play those brain games with family or friends and reach out for help if you need it. ■

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



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# BONDURANT-FARRAR

## 2024 FALL SCHEDULE



### FOR ALL BLUEJAYS SCHEDULES

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



### VARISTY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 30	7:30PM	North Polk	North Polk High School
Sep 6	7:30PM	Grinnell	Bondurant-Farrar High School
Sep 13	7:30PM	Waverly-Shell Rock	Bondurant-Farrar High School
Sep 20	7:30PM	Lewis Central	Lewis Central HS
Sep 27	7:30PM	Newton	Bondurant-Farrar High School
Oct 4	7:30PM	Des Moines Hoover	Bondurant-Farrar High School
Oct 11	7:30PM	Gilbert	Gilbert High School
Oct 18	7:30PM	Pella	Bondurant-Farrar High School
Oct 25	7:30PM	Carlisle	Carlisle High School

### VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 29	5:00PM	Pella	Pella High School
Aug 31	8:00AM	Multiple Schools	Bondurant-Farrar High School
Sep 3	7:00PM	Gilbert	Gilbert High School
Sep 9	7:00PM	Humboldt	Bondurant-Farrar High School
Sep 17	7:00PM	Carlisle	Bondurant-Farrar High School
Sep 21	9:00AM	Multiple Schools	Benton Community High School
Sep 24	7:00PM	Boone	Boone High School
Sep 28	8:30AM	Multiple Schools	Nevada High School
Oct 1	7:00PM	Winterset	Bondurant-Farrar High School
Oct 8	7:00PM	Adel DeSoto Minburn CSD	ADM High School
Oct 10	7:00PM	Carroll Community School	Bondurant-Farrar High School
Oct 12	9:00AM	Multiple Schools	Cedar Rapids Jefferson High School
Oct 15	7:00PM	North Polk	North Polk High School
Oct 17	7:00PM	Ballard	Bondurant-Farrar High School

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FAMILIES

**GO BLUEJAYS!**

### CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 31	8:00AM	Multiple Schools	Johnston High School
Sep 5	4:30PM	Multiple Schools	ISU Cross Country Course
Sep 10	4:30PM	Multiple Schools	Lakeview Country Club
Sep 16	4:30PM	Ballard	Ballard Golf & Country Club
Sep 26	4:30PM	Roland-Story	Roland-Story
Oct 1	4:30PM	Multiple Schools	Williamsburg High School
Oct 7	4:30PM	Multiple Schools	North Polk High School

Photos provided by Photos By Ben.

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# RRAR

# Bluejays

## JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Sep 2	6:00PM	North Polk	Bondurant-Farrar High School
Sep 9	6:00PM	Grinnell	Grinnell High School
Sep 16	6:00PM	Waverly-Shell Rock	Waverly-Shell Rock High School
Sep 23	5:30PM	Lewis Central	Bondurant-Farrar High School
Sep 30	6:00PM	Newton	Newton High School
Oct 7	6:00PM	Adel DeSoto Minburn CSD	Bondurant-Farrar High School
Oct 14	6:00PM	Gilbert	Bondurant-Farrar High School
Oct 21	5:30PM	Pella	Pella High School

## JV VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Sep 2	5:30PM	Multiple Schools	Gilbert High School
Sep 3	5:15PM	Gilbert	Gilbert High School
Sep 5	4:30PM	Multiple Schools	Carlisle
Sep 9	5:15PM	Humboldt	Bondurant-Farrar High School
Sep 14	9:00AM	Multiple Schools	Bondurant-Farrar High School
Sep 17	5:15PM	Carlisle	Bondurant-Farrar High School
Sep 24	5:15PM	Boone	Boone High School
Sep 30	5:30PM	Multiple Schools	North Polk High School
Oct 1	5:15PM	Winterset	Bondurant-Farrar High School
Oct 8	5:15PM	Adel DeSoto Minburn CSD	ADM High School
Oct 10	5:15PM	Carroll Community School	Bondurant-Farrar High School
Oct 15	5:15PM	North Polk	North Polk
Oct 17	5:15PM	Ballard	Bondurant-Farrar High School



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## BUMPER crop



I enjoy gardening. I grew up on a farm in rural northwest Iowa, so harvest time was always special, and I think that has carried with me into adulthood. There is just something satisfying about putting little seeds in the ground in May and then enjoying produce from July through September. Seeing the wonder of all the produce that can come from one little seed is captivating.

Unfortunately, the deer and rabbits have enjoyed my garden the past few years more than I have. Just when the plants were about to bear fruit, they would step right through my measly little fence and devour everything. I would get so mad each year and vow not to do a garden the next, but I'd get caught up in the romantic idea of a lush vegetable garden and try it again each year.

This year was different. I replaced the skimpy fence with a permanent 6-foot-tall one that was cemented into the ground, and I even buried the fencing 6 inches below the ground level. I wanted the Alcatraz of garden fences. Even though I had gone through so much work to build the fence and plant the garden, the horrors of nibbled plants from years past kept my expectations low. I've been legitimately surprised to finally see the lush forest of vegetables I've always longed for. In fact, I'm overwhelmed with the bounty of jalapeño peppers this year. The bushes are overflowing with them.

I think my vegetable garden parallels our spiritual lives. Many people long for deep meaning in their lives yet haven't practiced the habits needed to see something grow. Put up a fence that keeps out the evils of this world — lust, envy, pride, covetousness — and rabbits. Spend time regularly in prayer and in the Bible, and sincerely desire to meet the God of the universe. God can produce a fruitful crop beyond anything you can even imagine.

The Bible reminds us in Ephesians 3:20-21: "Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen."

I pray you are enjoying a spiritual harvest today of the spiritual seeds you've planted months and years ago. Don't get discouraged if some spiritual weeds pop up; even an awesome fence can't prevent weeds, so there's always going to be some tending to do. May God bless you beyond all your expectations. ■

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



## RECIPE

# TASTY recipes to combat the hustle and bustle

(Family Features) Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice. They're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these air-fryer bang bang chicken tenders with rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

Find more ways to solve dinnertime dilemmas at [SuccessRice.com](http://SuccessRice.com). ■

## Air-fryer bang bang chicken tenders with rice

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound chicken tenders
- 1/2 cup sweet chili sauce, divided
- 1/4 cup sriracha hot sauce, divided
- 2 tablespoons sesame oil
- 1 bag Success Jasmine Rice
- 1/2 cup mayonnaise
- 1 bag (12 ounces) coleslaw mix
- 1/2 English cucumber, thinly sliced
- toasted sesame seeds, for garnish (optional)
- green onions, for garnish (optional)

### DIRECTIONS

- Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.
- Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during



cook time, 10-12 minutes, or until chicken is golden brown and cooked through.

- Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.
- Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.
- Garnish with toasted sesame seeds and green onions, if desired.

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- Rhonda, a current resident



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## EVENTS IN THE AREA

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

Be sure to check for cancellations.

### Bondurant Senior Citizens meetings

First and third Mondays of the month  
Bondurant Legion Hall, 315 Second St. N.W.

The public is invited to join the Bondurant Senior Citizens. The group meets at a local restaurant or has a catered meal the first Monday of the month at the Bondurant Legion Hall and meets for coffee and donuts at the Bondurant Legion Hall on the third Monday of the month at 9:30 a.m. RSVP to Sharon Friedrichson, 515-967-2095, to ensure enough food is prepared.

### Library events

- Aug. 26, 2:30-4 p.m., After-School Movie Matinee. Popcorn provided
- Aug. 27, 1 p.m., Adult Crafternoon - Triskele Paper Globe. Registration required. Find event and registration link at [www.cityofbondurant.com/calendar](http://www.cityofbondurant.com/calendar).
- Aug. 29, 5 p.m., Windows Basics Workshop. Learn about using a PC and Windows 10 operating system. Bring a device with Windows 10 to practice what you learn.
- Sept. 5 and Sept. 24, 6 p.m., Adult Craft Night - Felt Bird Bookmark. Find event and registration link at [www.cityofbondurant.com/calendar](http://www.cityofbondurant.com/calendar).
- Sept. 10, 6 p.m., Book Discussion for Adults. "The Invisible Life of Addie LaRue," by V.E. Schwab, will be discussed. The story is of a young woman who makes a Faustian bargain to live forever and is cursed to be forgotten by everyone she meets. Copies available at the library and digitally on Libby and Hoopla.

### American Legion

#### Community Breakfast

Saturday, Sept. 21, 8-10:30 a.m.  
American Legion Hall, 315 Second St. N.W., Bondurant

Bondurant American Legion hosts a community breakfast on the third Saturday each month at the Legion Hall. The menu includes pancakes, choice of eggs, toast, hash browns, biscuits and gravy, sausage and coffee, milk and orange juice.



#### Citywide garage sales

Sept. 5-Sept. 7  
Throughout Altoona



**Oktoberfest**  
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# EVENTS IN THE AREA

Be sure to check for cancellations.

## Prairie Meadows Shows

### Finish Line Show Lounge

- Aug. 27, 11 a.m. to 1 p.m., Senior Tuesday Entertainment, Jerry Beauchamp Band
- Aug. 30, 10-11:55 p.m., Taylor King and Nicholas Sinclair
- Aug. 31, 10-11:55 p.m., Hold On
- Sept. 3, 11 a.m. to 1 p.m., Senior Tuesday Entertainment, Jerry Beauchamp Band
- Sept. 6, 10-11:55 p.m., Grind 80s Rock Show
- Sept. 7, 10-11:55 p.m., Dan Trilk
- Sept. 10, 11 a.m. to 1 p.m., Senior Tuesday Entertainment, Tom Hofer and the Iowa Playboys
- Sept. 13, 10-11:55 p.m., Jordan Beem
- Sept. 14, 10-11:55 p.m., Beggar's Bargain
- Sept. 17, 11 a.m. to 1 p.m., Senior Tuesday Entertainment, Dale Menning and the Stardusters
- Sept. 20, 10-11:55 p.m., Back To Vinyl
- Sept. 21, 10-11:55 p.m., Hold On
- Sept. 24, 11 a.m. to 1 p.m., Senior Tuesday Entertainment, Tommy Browder and The Country River Band

## Phantom Fall Fest

Saturday, Sept. 21, noon to 10 p.m.,  
and Sunday, Sept. 22, noon to 9 p.m.  
Adventureland Theme Park & Resort

## Brightside Market

Thursday nights through Sept.  
26, 5-8 p.m.  
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## Book signing

Sept. 7, 11 a.m. to 2 p.m.  
Hidden Treasures, Altoona

Shelba Oberto will hold a book  
signing of her latest book, "On My Way  
Home," her third children's book. This  
28-page children's Christian fiction  
addresses the belief in an eternal home.



## American Legion Post 682 Annual Car Show

Sept. 2, 8 a.m.  
Lutheran Church of the Cross,  
1701 Eighth St. S.W., Altoona

## Altoona Music in the Park

Aug. 25, 6 p.m.  
Haines Park Outdoor Stage,  
700 Block of Third Ave. S.E.

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## HEALTH

By Dr. Steven Neville

# RELIEVING symptoms of jaw clenching

There are five muscles that make up the opening and closing motion of the jaw. The muscles are: masseter, temporalis, medial pterygoid, lateral pterygoid and digastric. The strongest muscle in the body is the masseter muscle due to the weight and force this muscle utilizes when being used. Since the masseter muscle has a lot of tension, people who experience grinding or clenching of their teeth often cause stress on this muscle. Around 8-10% of the population grinds or clenches their teeth with or without knowing. Jaw pain, flat teeth, broken teeth, headaches and/or earaches are results of grinding and clenching. Causes of grinding are stress, anxiety, sleep apnea and medication changes. There are no cures to stop grinding your teeth but there are ways to manage the pain and symptoms from grinding. Mouth guards are effective for protecting teeth during the day and night. A boil-n-bite guard, found at a pharmacy, is easy to try at home while sleeping. Consult with your dentist about the possibility of a custom fit guard if you choose. The nightguard does not solve or address the cause of grinding or clenching but helps manage jaw pain and protect teeth from damage. If you experience one or more of these symptoms, discuss with your dentist, and they can help guide you in the right direction to help relieve jaw pain and protect your teeth. ■



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

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## HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

# BACK-TO-SCHOOL chiropractic care

Incorporating chiropractic as part of a healthy lifestyle can help with the back-to-school transition and set kids up for success throughout the school year. Sitting in desks, using electronic devices and lack of physical activity all affect posture and the curvature of the spine. The nervous system connects the brain to the body, and, when spinal subluxations are present, the messages are distorted or blocked. A board-certified pediatric chiropractor conducts a thorough examination to identify subluxations and is specially trained to adjust children and adolescents.

Chiropractic adjustments remove interferences to the nervous system and allow the communication between the brain and the body to flow uninterrupted. This ease of communication manifests in the body as:

- improved attention span and ability to focus
- decreased behavioral issues
- balanced emotional processing
- increased postural balance and coordination

Other benefits of chiropractic care that set the foundation for success in the school year include:

- increased immune system function
- improved sleep and ability to calm
- optimal growth and development
- postural correction to counteract screen time use ■

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



## 'IT'S A guarantee'

Did you know that prepaying funeral arrangements allows you the opportunity to have service selections and merchandise selections prepaid and guaranteed?

So, what does that mean? The services provided by the funeral home that are paid in advance will be provided at no additional expense to the family at the time those services are needed in the future.

Merchandise selections that are prepaid are also guaranteed to be provided at no additional expense to the family.

You might be wondering, "What if the casket I want is no longer available when I die?" Given that you are guaranteed the casket you select, or one of comparable value, your family would have a replacement option to consider that is guaranteed to not be inferior to the one that was purchased in advance.

Imagine going to the car dealership and purchasing a brand new car — but delaying delivery for several years — all with the guarantee you will be provided a brand new car when you are ready to accept delivery... at no additional cost at that time. That would be a pretty amazing deal.

That is what you can do by prepaying funeral expenses. Plus, you will be making a future event less stressful by giving thought and consideration to these important decisions now.

Ask your preferred funeral provider if they offer a guaranteed plan. ■

Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.



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# HEALTH

By Nikki Morgan

## BOTOX 101

Botox belongs to a group of medications known as neuromodulators and is commonly used in the medical aesthetic industry to smooth lines and wrinkles caused by muscle movement. Botox is injected directly into the muscles of the face (or other treatment areas) and works by interfering with the nerve signal to the muscles that cause them to contract. This results in relaxation of the muscles, in turn smoothing lines and wrinkles. Common treatment areas include horizontal forehead lines, frown lines between the eyebrows ("elevens") and crow's feet. Other uses for Botox include masseter muscle injections for jaw clenching, jaw pain and teeth grinding; trapezius muscle injections for pain and tension; among others. The effects of Botox take around two to 10 days to start to set in, with full effect seen by 14 days. Immediately following injections, you should avoid excessive sweating or facial massage for 24 hours. Common side effects may include bruising at the injection site, redness or mild swelling. Less common side effects include mild headache or weakening of neighboring muscles (rare). Results last an average of three to four months, which is highly dose dependent. Repeat injections are recommended around that time to prevent the return of full muscle movement and further creasing of the skin. Botox is a safe medication, but you should not receive treatment if you are pregnant or nursing. If you are considering Botox, consult with your medical aesthetics provider to learn more and find out if you are a good candidate. ■



Information provided by Nikki Morgan, DNP, ARNP, SkinFusion FX, 410 Eighth St. S.W., Altoona, 515-967-0587, [www.skinfusionfx.com](http://www.skinfusionfx.com), [nikki.skinfusionfx@gmail.com](mailto:nikki.skinfusionfx@gmail.com)

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## COMMUNITY

### GRANT benefits Lake Petocka projects

Six organizations in Iowa will receive 2024 AARP Community Challenge grants, part of AARP's largest investment in communities to date with \$3.8 million awarded among 343 organizations nationwide. Grantees will implement quick-action projects that help communities become more livable by improving public places, transportation, housing, digital connections and more, with an emphasis on the needs of adults 50 and older.

Included in the grant recipients is the city of Bondurant, which received \$20,000 to help create a garden and trail featuring five works of art displayed along Lake Petocka's shoreline. The city will also construct a new kayak launch and install seating and lighting onsite.

"AARP Iowa is committed to working with local leaders, advocates and policymakers to make our communities better places to live for Iowans of all ages, especially those 50 and older," said AARP Iowa State Director Brad Anderson. "We are proud to collaborate with this year's grantees as they make immediate improvements to address long-standing and emerging challenges across our communities."

View the full list of grantees and their project descriptions at [aarp.org/communitychallenge](https://aarp.org/communitychallenge) and learn more about AARP's livable communities work at [aarp.org/livable](https://aarp.org/livable). ■

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# FROM click to doorstep

The evolution of online shopping and distribution

In today's digital age, the convenience of online shopping has redefined consumer behavior. What once required a trip to the store can now be accomplished with a few clicks, and this shift has fundamentally altered the landscape of retail and distribution. The journey from "click" to "doorstep" is not only a marvel of modern logistics but also a testament to the power of technology in shaping our lives.



Online shopping begins with a simple click. Consumers browse through a myriad of options, select their desired products and make a purchase, often within minutes. This process is driven by e-commerce platforms that have perfected user interfaces and algorithms to ensure a seamless experience. Retailers use data analytics to personalize recommendations, making the shopping experience more engaging and tailored to individual preferences. However, the real magic happens behind the scenes in the distribution networks that support this convenience.

Once an order is placed, the journey to the consumer's doorstep begins. Distribution centers play a crucial role in this process, acting as hubs where products are stored, sorted and packaged for delivery. People and advanced technologies such as automated picking systems, robotics and real-time tracking ensure that orders are processed quickly and accurately. The integration of these technologies allows for same-day or next-day delivery, a service that has become increasingly standard in the industry.

Logistics companies have also adapted to meet the demands of online shopping. They have optimized routes, implemented smart delivery systems, and utilized a vast network of warehouses and transportation modes to ensure that packages arrive on time. The last mile of delivery, from the distribution center to the consumer's doorstep, is often the most challenging and expensive part of the journey. Companies are experimenting with innovative solutions such as drone deliveries, autonomous vehicles, and local delivery hubs to streamline this process further.

The entire online shopping and distribution ecosystem is a testament to the rapid advancement of technology and its impact on consumer expectations. As e-commerce continues to grow, the need for efficient and reliable distribution systems will only become more critical. The journey from click to doorstep is not just about convenience; it's about creating a seamless and satisfying shopping experience that meets the demands of the modern consumer. ■

Information provided by Doug Martin, General Manager, Fulfillment- DSM5- Amazon.

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# OUT & ABOUT

# SIDEWALK

# Chalk

The 10th Annual Sidewalk Chalk Festival was July 13 at The Depot in Bondurant.



A group chalking designs at the Sidewalk Chalk Festival on July 13.



Angela Bate



Linyin Reben and Linli Reben



Members of the Bondurant Community Foundation: Carolyn Devine, Jessica Becker, Allison Birdsall, Laura McNicols and Jen Keeler



Emma Larson and Mike Larson



Janelle and Levi Hiller and Cooper, Briar and Walker



Becky and Mikah Tenckinck



Addilyn Carter and Brielle Carter



Jaylee Karnes



John Soukup



Kendall Carter



# TOUCH-a-Truck

Bondurant's Touch-a-Truck event was held on July 26.



James McVey



Malachi and Micah James



Courtney and Braxton Nakus



Becca, Wesley, Toby and Isaac Hutter



Curtis and Jill Cunningham and Barrett



Samantha Thatcher and family



Tyler Weils, Chris Culbertson and Chris Schertz



Erin Jameson and son



Caelynn, Carson and Cayden Rowley



Trevor Martin, Jarier Cortez, Bret Miller, Alex Kerr, Austin Dagenais and Matt Schnur



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