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4	FLAT	\$95,000
5	FLAT	\$95,000
6	FLAT	\$95,000
7	FLAT	\$95,000
8	FLAT	\$95,000
9	FLAT	\$95,000
10	FLAT	\$95,000
11	FLAT	SOLD
12	FLAT	SOLD
13	PARTIAL DAYLIGHT	SOLD
14	PARTIAL DAYLIGHT	\$125,000
15	PARTIAL DAYLIGHT	\$120,000
16	FLAT	\$80,000
17	FLAT	SOLD
18	PARTIAL DAYLIGHT	\$110,000
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WELCOME

ERASING the disco era

Jolene and I bought our first home in the mid-1990s, and we stretched ourselves financially to do so. It was a split foyer home that was built in the 1970s — and it looked like it.

The appliances and countertops were green, typical of the era. We hired a company to paint the appliances white, and they looked like 1970s appliances that were painted white. This was a great example of the expression about putting lipstick on a pig. My dad and I installed the new countertops, and we did a good job for a couple of amateurs.

The kitchen had a fake, red, brick veneer over the drywall, which was, again, typical of the era. We primed and painted it, and it looked much better.

The bathroom had a dark brown toilet. Seriously. Dad and I installed a new one and moved that one to the basement. It worked, and it was good for a few laughs.

The ceiling had what I thought were wooden beams. Upon closer inspection, I learned they were made of Styrofoam. I called Jolene into the room and asked her to watch while I knocked them down with one hand. She was impressed, for a few seconds.

We sanded the dark interior woodwork and doors and painted them lighter colors, and we gave the exterior a makeover from the dark brown and white barn look to more neutral and earthtone colors. New landscaping and stonework gave the home a much-improved street appearance as well.

We did our best — on a very limited budget and a lot of sweat equity — to update this house and erase those disco-era features. Looking back, it was fun, and we learned a lot.

Over time, we were able to hire professionals to do other improvements as well. All this remodel work helped to make this little house into a home — our home. It looked much different from the time we bought it to the time we sold it.

Five homes later, and we still smile as we look back with fond memories of our first home and the work we did to it. I am sure many of you can relate.

Meanwhile, if you are looking to update your home and need ideas, you will enjoy the examples in this month's cover story, as local residents share experiences of their home improvement efforts. And if you want a brown toilet, I know where you might be able to find one.

Thanks for reading. ■

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New AGAIN

Residents share their
home renovation
experiences

By Joe Baumgarten

For many homeowners, the day comes, sooner or later, when they look around their abode and wonder when the carpet was ever stylish, the wall color ever stunning and the layout ever functional. They realize new curtains, throw pillows and artwork won't be enough to freshen things up, and the only solution to the weary look of their home is to bite the bullet and invest in some major improvements. And, when the work is done, their home — and enthusiasm for it — feels new.

Shawna Brown and her kids
enjoy the new space their
finished basement provides.

FEATURE

Finished basement provides needed space

Shawna Brown had found the perfect new home for herself and her two young children, Norah and Ray. There was just one problem: the basement was unfinished. As anyone with two energetic youngsters can attest, you need a place where they can burn off some energy or relax with friends. This was Shawna's goal when she hired Top Gun Contractors to remodel the entire basement.

"It was framed for one bedroom and one bathroom, but that's it," Shawna says. "I wanted something functional and fun for the kids and all of their friends to be over here."

"My friends love it," Norah quickly confirms.

To warm up the bare concrete floor, Top Gun installed LVP flooring in front of the wet bar and in the bathroom; everywhere else was carpeted. Once the drywall was up, Shawna did the painting herself. The contractors installed the wet-bar to her specifications, finished



The family room in the basement is roomy enough for television viewing and videogame playing with enough space for a dining table for family activities.

the ceiling and upgraded the light fixtures. Once the main room was finished, the contractors moved on to the rest of the basement.

Norah was excited to move out of the main floor to her new bedroom in the basement.

"She was ready for her own space," Shawna says. Even better, Norah has her own bathroom right next door. On the other side of the

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Shawna Brown created a work area for herself when finishing her basement for those days she can work remotely.

bathroom is another new bedroom, which, for now, serves as a craft room for the kids.

Finishing out the project was a home office for Shawna. While she commutes to the office most of the time, she wanted a small area for

those days when she can work remotely. When it was all said and done, the livable space in the house was almost doubled.

“It was just wasted space before,” Shawna says.

According to Ray, the best part is the huge couch and the big screen TV which is conveniently arranged for some video gaming.

Fun and functional? Mission accomplished. ■



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Residential refresh

Personalized touches for your home

(Family Features) Your home is an expression of you, your personality and your lifestyle. When it comes to personalizing your home's aesthetic, try leaning into your senses to inspire change within your space. Inspiration can be found everywhere around you — from taking cues from Mother Nature to “shopping” your own house or, with a little help from Air Wick, finding and incorporating your home's signature scent. Give yourself a residential refresh with these tips.

Rearrange living spaces

Breathing fresh air into a room doesn't always require a complete overhaul, or even any construction or DIY projects. Sometimes all you need is a little rearranging. Shifting furniture to better suit your needs or let more natural light in can significantly improve the space's aesthetic.

Additionally, the items you currently own are most reflective of your style; try “shopping”



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your own house by repurposing items from other areas or rooms to give them a fresh feel. When decor pieces are overused in one spot, they may feel brand new in a different space. These are practical and cost-effective tactics to create a new and inviting space for both you and any guests entering your home.

Introduce plants and greenery

When sourcing your design inspiration from nature, adding greenery is an inherent way to bring in the beauty and freshness of the great outdoors. To personalize your home with plants, visit a nursery or local flower shop and choose ones that are appealing to you based on their shape, color or size. Live plants offer multiple benefits, like naturally purifying the air, and studies have shown numerous therapeutic benefits of spending time with nature. Therefore, designing with natural elements, like house plants or flowers, can bring a sense of serenity into your home.

Find your “scentscape”

A home upgrade rooted in nature includes more than just what you can see and feel, it also includes engaging the sense of smell. One of the latest home decor trends, “scentscaping,” is growing in popularity as a way for individuals to enhance the ambiance of their homes through tailored scent.

“Scent is an often-overlooked aspect of design,” said Egypt Sherrod, HGTV personality who is both an interior designer and real estate broker and Air Wick partner. “People tour homes and experience spaces with all their senses. It adds a new layer to home personalization, as an authentic fragrance experience often heightens the aura of your space beyond its physical layout. Scentscaping is the perfect way to add a bespoke vibe for your home that reflects your personal style, in turn creating a welcoming atmosphere.” Explore more inspiring ideas for incorporating a breath of fresh air into your home at airwick.us.

Update colors

Introducing color to a room can transform its look, and the scale of change is up to you. You might repaint the entire space, simply paint an accent wall or even just spruce up a corner with a pop of color. Incorporating accessories or decorative elements with new colors can also create some variety, such as including pops of seasonal-inspired colors in artwork and textiles.

Switch out light fixtures

A room’s lighting is an important detail for personalizing the type of mood and ambiance you are trying to achieve. Swapping out light fixtures for dimmers, for example, can create a brand new atmosphere, allowing you to adjust the light to the time of day and for your intended experience. Consider updating old lighting fixtures with new ones to enhance the presence of natural light or changing the bulb wattage to further impact the mood. ■



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FEATURE

New bathroom tile makes a big impact

(Family Features) Updating the flooring can help infuse new life into tired, outdated bathrooms. For an upscale, polished look that doesn't have to break the bank, consider installing tile flooring.

Whether you are doing the work yourself or hiring a professional to do the work, you'll want to make some decisions about the look and feel of your flooring before you start.

Ceramic or stone? Weigh factors such as porosity, how slippery the surface may be when wet and how well it retains heat or cold. Ultimately, your decision hinges on the needs and uses of your family.

Complement or contrast? Define the overall style you want as well as the colors and tones that will help best achieve your vision.

Big or small? Generally, the larger the tile, the fewer grout lines, and too many grout lines in a smaller space can create the illusion of clutter. However, smaller tiles can eliminate the need to make multiple awkward cuts, and small tiles are perfect for creating accent patterns or introducing a splash of color.

Getting the overall look and materials finalized is only the beginning. Next, you or your contractor will need to make sure



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the subfloor is prepared.

- Use a level to check for uneven spots; you need an even surface to prevent cracks in the tile or grout. Even out rough spots that could pose tripping hazards. Use patching and leveling material to create a consistent surface. Apply a thin layer of mortar then attach your cement backer board with screws. Cover joints with cement board tape, apply another thin layer of mortar, smooth and allow to dry.

- To ensure square placement, draw reference lines on the subfloor using a level and carpenter square. Tile should start in the middle of the room and move out toward the walls, so make your initial reference lines as close to the center as possible. Mark additional reference lines as space allows, such as 2-foot-by-2-foot squares.

- Do a test run with your chosen tile by laying it out on the floor. There are color variations in most tile patterns, so you'll want to verify each tile blends well with the next.

- Mix tile mortar and use the thin side of a trowel to apply mortar at a 45-degree

angle. Use the combed side to spread evenly and return excess mortar to the bucket. Remember to apply mortar in small areas, working as you go, so it doesn't dry before you're ready to lay the tile.

- When laying tile, use your reference lines as guides. Press and wiggle tile slightly for the best adherence.

- Use spacers to create even lines between one tile and the next, removing excess mortar with a damp sponge or rag.

- As you complete a section of tile, use a level and mallet to verify the tiles are sitting evenly.

- Let mortar dry 24 hours before grouting.

- Remove spacers then apply grout to joints, removing excess as you go.

- Allow grout to dry per the manufacturer's instructions then go back over the tile with a damp sponge to set grout lines and clean grout residue.

- Once grout has cured — usually at least a couple weeks — apply sealer to protect it.

Find more ideas and tips for updating your bathroom at eLivingtoday.com. ■

Improve your home's look with wallpaper

(Family Features) To understand the mood of a room, look no further than its walls. Wallpaper can add instant texture and flair, and today's DIY-friendly options make it easy to create inspired spaces with little fuss.

The key to successful wallpapering is in the preparation. Clean, dry walls are a must, and any holes or cracks should be filled and sanded. To avoid paste that absorbs into porous surfaces, take time to apply a light, even coat of primer before beginning.

Choose a corner or space behind a door as your starting point. Mark your starting point using a level to draw a vertical line from floor to ceiling. Next, cut a length of wallpaper several inches longer than the height of your wall from the baseboard to ceiling.

Apply paste or activate the adhesive according to the manufacturer's directions. Be sure to fully cover or dampen the paper surface; dry spots may result in unsightly bubbles.



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Begin smoothing the paper onto the wall using the vertical line as a guide. Begin at the ceiling and smooth using a brush or plastic smoothing tool. If you encounter wrinkles or bubbles, gently lift the paper and smooth, relaying the paper as you go.

With each strip, you should end with several inches above the ceiling joint and below the baseboard line. Ensure the paper has firmly adhered top to bottom then trim using a sharp

blade. Smooth each seam as you go.

Continue this process around the room, aligning your paper pattern as needed. If it isn't possible to completely match the pattern, focus on the middle third of the wall, which is most likely to be at eye level.

To maneuver corners, cut a slit in the paper overhanging the ceiling and floor. This allows the paper to lay flat for a smoother finish.

When you round back to your starting

point, overlap your original strip of paper with the final strip. Make a single cut for a clean, crisp seam. Gently wipe away excess adhesive from the trim and seams.

To prevent rips and ripples, allow paper to dry completely — at least overnight — before replacing furniture and hanging artwork to complete your space.

Find more easy home improvement tips and ideas at eLivingtoday.com. ■

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CRISPY grilled chicken with a kick

(Family Features)

Those first school bells may be ringing, but they don't have to signal the end of grilling season. This blackened spatchcock chicken keeps the meat moist, tender and tasty with crispy skin and a spicy seasoning to keep your summer spirit alive. Visit Culinary.net to find more recipes that keep your grill lit all year long. ■

Blackened spatchcock chicken

- 1 whole chicken
- 1 cup melted butter or ghee
- 2 tablespoons heat-and-sweet seasoning
- 1/2 tablespoon garlic powder
- salt, to taste
- pepper, to taste

DIRECTIONS

- Heat grill to 375-400 F.
- Use kitchen shears or knife to remove backbone from chicken to lay flat. Remove rib cage, if desired, or push flat with hands.
- Mix butter, heat-and-sweet seasoning and garlic powder. Using meat injector, inject mixture into chicken. Rub remaining buttered seasoning over chicken and season with salt and pepper, to taste.
- Place spatchcock chicken breast-side up over indirect heat and cook 35-40 minutes.
- When internal temperature reaches 145 F, flip chicken breast-side down over direct heat 5 minutes, or until internal temperature reaches 165 F.
- Let rest 10 minutes before serving.





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COUPLE has a history in Bondurant

Wunns have been in town for decades.

Linda Wunn and her husband, Lonny, have been in the Bondurant community ever since they married 54 years ago. First, they lived in a trailer court just outside town. Twelve years later, they bought a house in the city proper.

They've been there ever since.

For 42 years, the Wunns have been proud residents of Lincon Street. There, they raised their children, all of whom graduated from Bondurant-Farrar High School, and experienced the growth and changes of the town.

"When we first moved here, we were the young couple with the kids, and everyone around us was older and established," Wunn says.

She remembers learning a lot about Bondurant from some of their earliest neighbors, who had a great history with the community. Now, Wunn hopes to pass down that information and her own love for Bondurant to others.

As the Wunns' kids grew up, Wunn was known as the nurse on the block. If a neighbor had an ache or pain, they'd call her up.

Over the years, as the older people on Lincoln Street passed away or moved into senior living facilities, Wunn and her husband became

the elders of the street. While they still cherish their longtime relationships with neighbors, like one who is 95 years old, they've also enjoyed welcoming new people to the neighborhood.

"What I love about it now is we're surrounded by young couples with young families," Wunn says. "It's like a rebirth of this street."

She also appreciates how friendly and kind everyone is. Recently, some of the neighbor kids brought her and Lonny cookies out of the blue. A few days later, the same kids learned how to make balloon animals and brought the couple some of their creations. Wunn shares that, between the small number of houses on Lincoln Street, there are 18 kids under the age of 16.

"It's just remarkable, and I think it helps keep Lonny and I young," she says.

Because they live in one of Bondurant's original neighborhoods, Wunn still feels like they're in a small-town atmosphere, even amid the community's growth. The location is close to restaurants and City Park. Wunn enjoys being able to walk a block to get a pie from Home Slice Handmade Pies or a bite to eat somewhere.



Lonny and Linda Wunn have seen many changes in Bondurant over the years they have lived in the community.

They're close to the Bondurant Community Library, too.

"It feels so homey and small-town, but it's nice to see the town growing and young couples moving in and how many vibrant businesses are coming to town," Wunn says. "I think it's fantastic."

The Wunns don't plan on leaving Bondurant — or Lincoln Street — any time soon.

"I hope to stay here until we end up in the nursing home," she jokes. ■

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MEET Kelly Obley

Special education teacher and basketball coach



Kelly Obley says she enjoys teaching a variety of subjects as a special education teacher.

After graduating from Norwalk in 2008, Kelly Obley attended Northwest Missouri State University where she studied education and played soccer. She then taught for 10 years in Missouri before returning to Iowa. Now, she has entered her first year with the Bondurant-Farrar Community School District as a high school special education teacher. She says she is grateful to be back home in central Iowa and at the Bondurant-Farrar District.

“Everyone has been so welcoming and helpful. From the students to the staff and the Bondurant-Farrar community, there is a great energy and enthusiasm that is a lot of fun to be a part of,” Obley says.

As a special education teacher, Obley’s day is busy working with students. She says there is a lot of laughter, and students give their best effort in everything they do. One of her favorite aspects of her current position is having the opportunity to teach multiple subjects. Whether she is helping conduct experiments in biology, solving math equations, or learning about ancient civilizations in world history, Obley likes the variety and being able to connect the subjects together in her students’ learning.

“I love getting the opportunity to help students earn their diploma and make plans for what comes next after high school. It is such a joy to be a part of their journey from freshman through senior year and getting to celebrate all their accomplishments together along the way,” Obley says.

She is also excited to join the Bluejay basketball family. Over the past eight years, she has coached in both the AAU and high school settings. During the summer, she was able to help the team with skill workouts, open gyms and scrimmages.

“I believe participating in sports is incredibly special because it imparts lifelong relationships and lessons that stay with us long after the season is over. It was awesome getting to meet the girls at the beginning of June,” Obley says. “It was easy to see that this is a special group, and we can’t wait for the upcoming season.” ■

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HOW-TO

GUIDE

HOW TO CHOOSE AN INTERIOR DESIGNER

You've decided to update your home or business and have lots of ideas but are overwhelmed with where to begin. A good interior designer will help bring those ideas to life by clarifying your vision and providing you with a detailed design plan that transforms your space and functions well for you.

Investing in an interior designer adds valuable experience and expertise to your project. As industry experts, they can connect you with the resources needed for your project and provide you with plans to communicate the details. They are specialists in design trends and knowledgeable of the products, building process and codes. They will help streamline the process and alleviate the pressure of making design decisions. Here are a few things to consider when searching for an interior designer to refresh your space.

DEFINE YOUR PROJECT GOALS AND STYLE

Think about your specific project goals and do some research gathering imagery in advance of meeting with an interior designer.

Think about what styles or concepts you are drawn to and collect images that appeal to you or spark interest and that you would like to see in your space. Doing this can save time and will help to initiate discussion.

SELECTING AN INTERIOR DESIGNER

Narrow your search to interior designers who have done work similar to your project. Choose two to three interior designers with a similar design aesthetic to what you are drawn to and meet with them to see if they would be a good fit for your project. The design needs and scope of a residential project will vary greatly from that of a commercial project; it's important to find an interior designer that is familiar with your project type and the process.

COST

The fee to hire an interior designer will vary depending on the project type, project scope and designer's experience. Some designers charge an hourly rate or flat fee

for a project, some work on a cost-plus basis by purchasing items for the project then adding a percentage, and some designers do a combination.

CERTIFICATION

Certain states, including Iowa, require those utilizing the title "Registered Interior Designer" to meet the formal interior design education requirements, experience and passage of the NCIDQ (National Council for Interior Design Qualification) exam. Continuing education requirements also apply, ensuring interior designers are aware of industry updates — from finishes, fixtures and furniture to the health, safety and welfare of the public. A list of registered interior designers in Iowa can be found on Iowa's Professional Licensing Bureau website. Professional interior design organizations include, among others: IIDA (International Interior Design Association) and ASID (American Society of Interior Designers). ■



Commercial & Residential Interior Design



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HOW TO CHOOSE YOUR FLORIST

Whether it's a wedding, birthday, expression of sympathy, anniversary or party, flowers speak a universal language and deliver a heartfelt message.

Choosing the right florist can make all the difference. A professional florist will know how to make colors, flowers and even scent work for your occasion. Selecting a local florist will allow you to discuss your needs, view flowers in-store and those that can be ordered, while supporting a local small business.

Here are some things to consider when choosing your florist.

RESEARCH FLORISTS

Popular florists are usually busy year-round, so begin researching right away.

Ask family and friends for their suggestions. Research online for local florists in your area and check out their reviews. Call your best recommended florists to check their availability.

Once you have a list of florists who are available, set up a consultation to discuss florals and to receive a quote. Determine your budget prior, as it will be a factor in your decision-making process. Look for floral arrangements, flowers and color palettes in magazines and online and take them to the consultation.

YOUR FLORAL CONSULTATION

Look around the shop when you get there. Is the store inviting, and do you feel comfortable? The best florists have a wide range of options for plants and florals.

Are the employees friendly and attentive? Make sure your personalities fit. It makes for a much smoother planning process, and it always helps to have a great and friendly experience.

Inform the florist of your needs. Show the florist your inspirational pictures; the florist should be able to give suggestions about flowers and designs. Just remember,

any picture online will most likely have some manipulation in lighting and color, so natural flowers may appear a little differently.

Ask to see examples of previous event florals. Each professional brings a sense of personal style to his/her arrangements.

Once you have agreed on pricing and have confirmed the arrangements and the quantity you will receive, ensure you have a signed contract. Include when the arrangements will arrive at the venue and who will be setting them up. Confirm when payment is expected. Understand the floral contract before signing.

SHOW SOME LOVE

Did your florist provide amazing customer service and beautiful flowers? The best recommendation comes from word of mouth and reviews. Leave them a review on Google, Yelp, Facebook, etc. It really provides a positive impact, especially for small business florists. ■

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HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them, significant thought and research should take place. If your garage door is part of the front of your house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're hoping to sell, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside.

If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordable they are.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows or sleek urban getaways. If you thought your choices were limited to simple basic styles, think again. You should pay close attention to the materials. Today's garage doors can be made with expensive hardwoods, steel, fiberglass or aluminum, all of which will have a big impact

on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose and the direction your garage door will face. Some will hold their color longer than others (direction has an impact here), and real wood doors will likely require regular staining and sealing to keep them looking spectacular.

INSULATION

Depending on climate and how you use your garage, the insulation of your garage door can be an important factor. If you use your garage as a workspace or entertainment space, insulation is something you should include. An insulated door can also make a positive impact on your energy usage by helping to keep the hot and cold weather away from the interior of your house.

SERVICE

The most common issues with garage doors requiring service are broken springs, thrown cables and photo-eye misalignment. These issues are easily resolved with a service call where the spring(s) or cable can be replaced and photo-eyes adjusted or replaced. It is rare for parts like rollers, brackets, bearings or torsion rods to require replacement. ■

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PREPARING for the cold and flu season

Autumn leaves and pumpkins, please. I love fall. In my opinion, fall starts Sept. 1. I pull the fall decorations out, and I start preparing for the season. One of the most important ways I prepare for the fall season is by getting ready for that other not-so-fun season that coincides with fall: the “cold and flu season.” Here are some helpful tips for keeping yourself healthy and being prepared “just in case.”



The best way to help prevent the flu is to get your flu shot. The CDC states, “Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with circulating influenza viruses.” Experts recommend you get your flu shot early this year. There are several places around the metro where you could get your flu shot and get an added perk such as coupons for money off of fuel or other purchases. Additionally, most pharmacies accept walk-ins for flu shots.

The most effective way to prevent getting sick is to wash your hands. Pretty simple, I know, but you would be surprised

how many people do not wash their hands. Singing “Happy Birthday” twice is a good way to know that you have washed your hands long enough to kill bacteria. Also, avoid touching your face, especially your eyes, nose and mouth. These are areas where a virus can enter your system.

No matter how hard we try to prevent getting sick, sometimes it still happens. Going out to the store when you don’t feel well to get needed supplies can wear you down and potentially pass along whatever virus you may have to others. Take time while you feel well to stock your pantry and buy some comfort foods such as chicken soup and drinks that will keep you hydrated. Keep your medicine cabinet stocked as well. Make sure you have cough drops, antihistamines, cough medicines and fever and pain relief medicines. Other health supplies such as tissues, a thermometer and a humidifier are good to have on hand as well.

Go out and enjoy the beautiful fall season and be confident in knowing you are prepared, “just in case.” ■

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



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Summer 2024 Facilities Enhancements

This summer, our district completed several important facilities projects aimed at enhancing safety, functionality, and the overall environment in each space. Here is a quick rundown of some of the projects that were underway:

➤ Security Improving Updates at 2 Schools

Work occurred at the main entrances of Anderson Elementary and the intermediate school to reroute visitors through the newly designed office spaces before accessing the rest of the building. These renovations allow for increased security and functionality in each school.

➤ Transportation Facility Upgrades

The transportation facility received exterior grading and new concrete to address longstanding drainage issues, improving conditions for our drivers. Interior updates are still in progress, and once complete will enhance the work environment and efficiency of the space.



➤ Site Improvements at Bluejay Stadium

The high school stadium received a variety of updates which included a turf replacement, new scoreboard, and an updated sound system. We have enjoyed welcoming students and community members to this improved space this fall.



➤ Voter Approved High School Addition

Thanks to community support of the 2023 bond referendum, site work has begun on a new two-story addition at the high school, providing much-needed academic space and further improving our facilities. We will share future updates as the construction progress continues throughout the school year.

JOIN OUR TEAM AS A BUS DRIVER:

We are seeking caring individuals with good driving records to help ensure our students arrive safely to and from school each day.

➤ Paid Training, \$25/Hour Starting Wage, & \$1,000 Signing Bonus

With immediate openings available, we ask that you please consider joining our team as a school bus driver.

- Paid training provided for beginners
- New bus drivers will start at \$25/hour with 90 minutes guaranteed per AM/PM route
- Seasoned drivers welcome, experienced bus drivers are eligible for higher starting wages
- \$1,000 signing bonus for new team members

➤ We Will Work With Your Schedule:

Our biggest need is individuals who can drive regular bus routes in both the mornings and afternoons, but we also have half-time and substitute driving opportunities available.

Bus driving duties can often be combined with another role for full-time employment and benefits.

➤ Join Our Transportation Department:

Please contact us with questions or for assistance in the application process:

- Phone: 515-967-7819
- Email: hr@bfschools.org

www.bfschools.org/careers



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Contact Us:

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



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Lamentations 3:22-23

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FAITH **By Trevor Pinegar**

PREPARING for the struggles ahead

It's time to batten down the hatches and clear the debris. Fall is upon us, and, although the transition can be jarring, we know there are certain things that need to be addressed before the first snow falls (sorry I brought up snow). We prepare for the challenges that are going to come from our environment.



Do we prepare for the struggles that will also come in our emotional, mental, spiritual life? How are we connected to God? If you reached out to God today, would something in the back of your mind wonder if He still remembered you? He knew you, "before the foundation of the world" (Ephesians 1:4).

The bible says, "The eyes of the Lord are toward the righteous and his ears toward their cry" (Psalm 34:15). Language surrounding God is relational, He is our father. Fathers want to hear from their children; fathers desire connection with everything they help create. Our God is no different.

We also know that things will be challenging. God never promised easy. If anything, he promised us hard. "In this world, you will have tribulation. But take heart; I have overcome the world" (John 16:33). Knowing that tough times will come and being prepared when they arrive are two different things.

We say that life is hard, but then something challenges us, and we don't respond appropriately. We turn on a football game, never fathoming that our team could lose. Yet no one has ever attempted to deceive us concerning the win/lose nature of competition. Life isn't easy, you're not on easy street, things will be tough. Are you equipped to handle loss?

Scripture says, "Suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit" (Romans 5:3-5).

Can we be loved and hurting at the same time? Do you understand the full gravity of what God did to demonstrate his love for you?

God created human beings capable of disappointing him so that their love would be genuine. Our mistakes have earned us eternal punishment, yet God sent His perfect Son to the earth to pay the price for our mistakes. He loves you so much that he made a rescue plan for you.

Prepare for the tough times by leaning into a God who loves you. ■

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

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SSSSPOOKY EVENTS!

CITY OF BONDURANT BONDU SPOOKTACULAR - OCT. 19TH 2-4PM

Join us for our annual Halloween event where families can enjoy the Halloween spirit together! This year's event will feature a costume contest, trunk or treat, activities, games and more! Organizations and groups are encouraged to set up a booth or participate in the trunk or treat free of charge! This year's event will be located at The Depot (Bondurant Trailhead). This event is free and open to the public! We are still looking for organizations, groups, individuals and businesses that want to be a part of this year's event! There are many ways to be involved - Email Katie at kkus@cityofbondurant.com or call 515-630-6982.

CITY OF BONDURANT TRICK OR TREAT NIGHT - OCT. 26TH 6-8M

Trick or Treat Night in Bondurant is always on the last Saturday of the October from 6-8pm.

BLOOD DRIVE - OCT. 29TH 8A-12PM

Support your local vampire and sign up for the Blood Drive! The City of Bondurant is hosting a Drive at City Hall. Life Serve Blood Center Blood will be bringing their Bloodmobile! You must register for a time slot ahead of time at www.lifeservebloodcenter.org.

BONDURANT CHAMBER OF COMMERCE BUSINESS SAFE TRICK OR TREAT - OCT. 30TH 5-6.30PM

Get ready for a frightfully fun time at the Bondurant Area Chamber of Commerce 6th Annual Business Safe Trick or Treat event! Local businesses will be handing out treats on October 30th at 5 PM in Downtown Bondurant for a safe and fang-tastic evening of trick-or-treating. See you there in your best costumes!

BONDURANT FARMER'S MARKET: FALL HOURS - NOW THROUGH OCT. 30TH

The Bondurant Farmer's Market is officially in its Fall era - the new hours for the Market is from 5:30p-7:30pm until Oct. 30th.

TWILIGHT THEATRE - KICKING & SCREAMING SEPT. 26TH AT 7PM

Join us for a public showing of Kicking & Screaming featuring Will Ferrell! Remember to bring chairs and blankets. Free popcorn provided! Location: The Depot (Bondurant Trailhead) Time: Sunset (approximately 7pm) Cost: FREE. This program is sponsored by the Bondurant Lion's Club.

B-SAFE AT HOME - THURS, OCT. 24TH, 6-7PM

This Bondurant Parks & Recreation program at the Bondurant Library will cover how to call 911, all about smoke/CO2 detectors/alarms, what to do after calling the Fire Dept if you smell smoke or have a fire, gun safety, child assault prevention and finish up with some Trick or Treating safety tips! Families are encouraged to attend. This event is free and there will be door prizes!

YOGA AT THE DEPOT - OCT. 16TH 6-6.45PM

Our last Yoga class for the year is on Oct. 16th from 6-6:45pm with Kayla Burkle at The Depot (Bondurant Trail Head- down the street from the Farmer's Market). Flow Yoga is a 45 minute mind-body class. This class is being taught by Kayla Burkle. Please bring a blanket or yoga mat with you to class. The cost is \$5/person to be paid to Kayla (cash or venmo) when you arrive.

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.

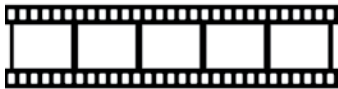
ENGAGE WITH US...

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.

EVENTS IN THE AREA

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

Be sure to check for cancelations.



Movies in the Park

Saturday, Sept. 28, 7-9 p.m.
The Depot, 2 Main St. S.E.

Enjoy a free showing of "Kicking & Screaming." (This event was rescheduled from an earlier date.)



Fall Yoga in the Park

Wednesday, Oct. 16,
6-6:45 p.m.
2 Main St. S.E.

Cost is \$5 for Fall Yoga in the Park, offered by the City of Bondurant Parks Department.

Bondu Spooktacular

Oct. 19, 2-4 p.m.
The Depot, 2 Main St. S.E.

Enjoy this family-fun Halloween event, featuring a costume contest, trunk or treat, activities, games and more. Organizations and groups are encouraged to set up a booth to participate free of charge.



Bondurant Business Safe Trick or Treat Night

Wednesday, Oct. 30, 5-6:30 p.m.
Bondurant City Park,
201 Main St. S.E.

Mark your calendars for Bondurant's Business Safe Trick or Treat Night. Check out all of the amazing businesses right here in Bondurant. Enjoy a free evening of trick or treating at Bondurant City Park.

Bondurant Senior Citizens meetings

First and third Mondays of the month

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.

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Be sure to check for cancellations.

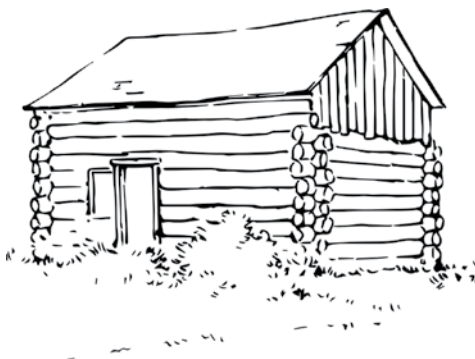
B-Safe at Home Class

Thursday, Oct. 24, 6-7 p.m.
Bondurant Community Library

The Des Moines Playhouse classes

Registration is now open for fall classes at The Des Moines Playhouse. Saturday morning classes are offered for students in preschool through tenth grade. New this year, classes for home schooled students K-7 will be held Wednesday mornings. Camps will also be offered over winter break. Class sizes are limited and registration is first-come, first served. Learn more about classes and registration at www.dmplyhouse.com/education/classes-and-camps.

Students 8 and older can also audition for roles in upcoming productions. Information on auditions for the Kate Goldman Family Series and Signature Series is available at www.dmplyhouse.com/audition-2.



Log Cabin Days celebration

Sept. 28-29
Heritage Village, 1300 W. Second Ave., Indianola

Highlights of the Log Cabin Days celebration include the parade at 10 a.m. on Saturday, Sept. 28, followed by a chicken and noodles lunch and Heritage Village Experience, crafts of the past, children's craft fair, raffle and food and vendors from 11 a.m. to 7 p.m. On Sunday, tournaments (cribbage, chess, horseshoes and corn hole), bingo, family games, food and vendors will be featured 10 a.m. to 4 p.m.

Vendor and Craft Fair vendor registration

St. Paul Lutheran Church, 1100 S.E. Sharon Drive, Ankeny, fourth annual Vendor & Craft Fair will be taking registration for a booth at the event Saturday, Nov. 9, 9 a.m. to 3 p.m. Contact Julie at juliegreg94@gmail.com.



Worldwide Food Truck Tour

Oct. 5
Cowles Commons,
221 Walnut St., Des Moines

This food-filled tour stops in Des Moines with a wide range of food trucks and entertainment for the whole family. worldwidefoodtrucktours.com



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OCTOBER HAPPENINGS

• **Oct. 5: Flannel Fest.** Local vendors inside the Dogpatch Urban Gardens will be stocked with all things autumn. Dogpatch Urban Gardens, 4600 N.W. 51st St., Des Moines; www.dogpatchurbangardens.com

• **Oct. 5-6, 12-13, 19-20: Apple and Pumpkin Festival.**

Wagon rides, corn maze, corn pool and, of course, apple and pumpkin picking. From 9 a.m. to 6 p.m. on Saturdays and noon to 6 p.m. on Sundays at Wills Family Orchard, 33130 Panther Creek Road, Adel; willsfamilyorchard.com/apple-pumpkin-fest



• **Oct. 5: Middlebrook Fall Festival.** Food trucks, free face painting, farmers market and adult beverages. Middlebrook Farm, 4300 Cumming Ave., Cumming; www.middlebrookfarm.com

• **Oct. 5: Wauktoberfest.** Put on by the Waukee Area Historical Society, this day full of fun features live music, delicious German food, beer and an exciting stein-holding contest. Don't forget to wear traditional attire if you can. Downtown Waukee Triangle, Ashworth Drive and Sixth Street; www.waukeechamber.com

• **Oct. 7, 14: Zoo Brew.** Have a brew at the zoo. Blank Park Zoo, 7401 S.W. Ninth St., Des Moines; www.blankparkzoo.com

• **Oct. 11: Preseason NBA game.** Minnesota Timberwolves vs. Philadelphia 76ers. Wells Fargo Arena, 730 Third St., Des Moines; www.iowa.gleague.nba.com/preseason24

• **Oct. 11-13: Capital City Gaming Con.** Back with a new name is Des Moines' very own board game convention. Buy, play, test and enjoy board games of all types. Hilton Garden Inn, 205 S. 64 St., West Des Moines; www.cardboardcaucus.com

• **Oct. 12: Indigenous Iowans Day.** Explore the early cultures that shaped Iowa. Living History Farms, 11121 Hickman Road, Urbandale; www.lhf.org

• **Oct. 13, 26: 5K Fun Run.** The 2024 Iowa Brewery Running series continues through the fall at various breweries in central Iowa. All beginning at noon; www.breweryrunningseries.com

• **Oct. 12-13: Madison County Covered Bridge Festival.** Celebrate Madison County's history while also taking in its iconic covered bridges alongside food and art vendors, a car show, a parade and more. Starting at 9 a.m. at the Winterset Square, Winterset; www.madisoncounty.com/covered-bridge-festival-2



• **Oct. 18-20, 25-27: Living History Farms hosts a Family Halloween event.** Various start times, at 11121 Hickman Road, Urbandale; lhf.org/event/halloween

• **Oct. 19-20: Great Iowa Pet Expo.** Adopt, shop, learn and contests for all pet lovers to enjoy. 10 a.m. to 6 p.m. on Saturday, 10 a.m. to 4 p.m. on Sunday. 2100 N.W. 100th St., Clive; www.greatiowapetexpo.com


• **Oct. 20: IMT Des Moines Marathon.** Since 2002, the annual marathon has been taking participants on a run through Iowa's capital. 1001 Grand Ave., West Des Moines; desmoinesmarathon.com



• **Oct. 26-27: Des Moines Comic and Toy Show.** This Halloween-themed event starts at 10 a.m. at Merle Hay Mall, 3800 Merle Hay Road, Des Moines; www.quadcitycon.com

• **Oct. 27: Des Moines Jazz Hall of Fame Gala.** Celebrate some of the city's jazz heroes from over the years, including John Krantz, who was inducted into the Hall of Fame. Community Jazz Center of Greater Des Moines, 1326 Walnut, Des Moines; www.cjc-dsm.org

• **Weekends in October: Phantom Fall Festival.** Every weekend in October, Adventureland hosts its fall festival with several haunted houses, ghosts, ghouls, goblins and more. 3200 Adventureland Drive, Altoona; www.adventurelandresort.com/discover-adventureland-resort/Phantom-Fall-Fest ■



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Who will be voted favorite in Eastern Polk County?

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



Make your voice be heard and cast your votes in the 2024 Eastern Polk County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish January Altoona and Bondurant editions. You can vote in one or every category, or anywhere in between.

SCAN HERE TO
VOTE TODAY!



HURRY! POLL CLOSES DEC. 6, 2024

See rules and vote at www.iowalivingmagazines.com/residentspoll.
One vote per resident, please.

FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce
- Library
- Camping Spot

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman
- Consignment Store

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Child's Birthday Party
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Physicians Clinic
- Dental Office
- Orthodontist Office
- Mental Health Service
- Chiropractic Office
- Audiologist/Hearing Clinic
- Vision Care
- Health Club or Gym
- Alternative Health Care

HEALTH/BEAUTY

- Pharmacy
- Physical Therapy
- Dance Studio
- Gymnastics/Tumbling Studio

OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Lawn Care Business
- Nursery or Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Agency
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Builder
- Outdoor Lawn Equipment Store
- Pest Control
- General Contractor/Remodeling

HEALTH

By Nikki Morgan

UNDO summer sun damage

Summer is officially over, and you might be finding yourself with duller skin, rougher texture, and more freckling and sunspots. Adding an exfoliation step into your home skincare regimen, as well as to your professional services, can help undo the UV damage that accumulated over the summer months. There are two main types of exfoliations, both with benefits to maintain youthful skin and a healthy skin barrier.



Physical exfoliation utilizes various tools or scrubs to provide physical abrasion of dead skin cells. Examples at home include the use of wash cloths or brushes, while professional physical exfoliation includes services such as dermaplaning and DiamondGlow. Chemical exfoliation uses different agents, such as alpha hydroxy acids (like glycolic and lactic acids) and beta hydroxy acids (like salicylic acid) to loosen up dead skin cells, allowing them to slough away. Laser skin rejuvenation is another option for treatment of sun damage, providing dramatic results, sometimes in a single treatment session. Laser skin rejuvenation has also been shown to decrease the risk and incidence of non-melanoma skin cancers, including basal cell and squamous cell carcinomas.

An effective approach to treating sun damage includes both an at-home and professional service regimen based on your skin type, concerns, social schedule and budget. ■

Information provided by Nikki Morgan, DNP, ARNP, SkinFusion FX, 410 Eighth St. S.W., Altoona, 515-967-0587, www.skinfusionfx.com, nikki.skinfusionfx@gmail.com

HEALTH

By Dr. Steven Neville

BAD breath? Brush your tongue

Have you experienced bad breath? Have you thought, “Oh man, I need to brush my teeth to get rid of this bad breath.” Or, “Does anyone have a mint or gum?” Have you ever thought about what causes bad breath? Bad breath, also known as halitosis, can come from food and drinks, poor dental hygiene, tobacco use, medical conditions or the tongue. The tongue has a rough surface with peaks and grooves, the perfect place for bacteria to settle and live. The bacteria on your tongue, when not brushed daily, can be a cause of bad breath. After brushing and flossing, brush your tongue with your toothbrush and a small amount of toothpaste. Using a toothbrush or a tongue scraper, move the brush from the back of your tongue to the front, rinse the brush, and repeat four to five times. Next time you notice the coffee breath or the bad morning breath, try brushing your tongue. ■



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



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Perfect Check-Up Winner Stephen!

Monthly Referral Winner Tanya!

Congratulations!

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GRIEF 101: Writing as a

Even though grief is the natural and normal reaction to loss, it can feel everything but that. Grief is not only experienced emotionally, but also physically, psychologically, behaviorally and spiritually. It's important to find ways to process what you are going through.



One way to help process is to write it down. It can help to provide clarity to what you have been experiencing and can help to release a little from your overworking brain.

Not sure where to start? Try some of these prompts...

What has been the most difficult part of this grief for you?

What is it that no one else understands?

What do you miss the most about the person who died?

What is helping you to settle into this new life after the death?

Journaling can also help as time passes for you to be able to look back and see how your grief has changed. Whether it is in small or big ways, change in grief shows us that we are integrating the loss into our lives and adjusting to life after the death of our person. The gauge in grief isn't necessarily about "feeling better" or forgetting our person or "moving on," but rather adjusting to life without your person's physical presence and carrying the love you have for them forward with you. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.

Plan Ahead for
PEACE OF MIND

Plan & Protect before the need arises.

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

Contact Hamilton's to start your plan.

- Funerals
- Cremation
- Advanced Planning
- Academy of Grief & Loss
- Pet Services
- Memorial Gift Shop

515-243-5221
6 Area Locations

HELPING teens thrive

Teenagers often get a bad rap, but they are going through a period of massive growth and transition physically, socially and emotionally. They may not always have a lot to say, and sometimes they can be a little moody, but they are navigating a lot of change and a lot of stress, all while discovering themselves and figuring out who they are.

Balancing their nervous system function is essential to help them best adapt to all the changes, stress and growth they are experiencing. Clearing the nervous system also helps with cognitive reasoning, decision making and emotional regulation.

There has been a steady increase, and even more drastically in the past few years, of physical and emotional stress in teens that indicate the need for chiropractic care. Examples include: forward head carriage, or "tech neck," from phone and computer use; rounding in the shoulders from hunching forward; headaches; anxiety, depression and other mood disorders; attention deficits and gut and digestive dysfunction.

Our teens are bombarded with stressors from the outside world: social media, bullying and pressure to fit in, along with schoolwork, extra curriculars, jobs and so much more. A healthy nervous system can adapt to these stressors and self-regulate.

Neurologically focused chiropractic can help regulate the nervous system. While chiropractic care can't take away all the stress that comes as part of growing up, we can build up their adaptability and resilience and make sure their postural changes don't result in long-term dysfunction. Schedule a nervous system scan for your teenager today and discover how chiropractic can help them thrive. ■

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

A Healthy Family is a Happy Family!

Families under chiropractic care report:

- Healthier Kids & Parents
- Less Behavioral Issues
- Less School and Work Absences
- Faster Healing & Increased Immunity
- Better Sleep Patterns

SWAIN CHIROPRACTIC

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515-967-9300 • 410 Center Pl SW, Altoona

LIBRARY service 24/7

The Bondurant Community Library and the Bondurant Community Library Foundation are pleased to announce a new service for library patrons. Because of a generous grant from META to the Library Foundation, the library now has a holds locker outside the east entrance doors.

What does this mean for you, our library patrons? It means you are now able to pick up library materials at any time, whether the library is open or closed. Patrons can reserve items online using our catalog or they can call us during open hours. Just choose "Lockers" as the location for pickup, and library staff will load your items in the lockers for you to pick up whenever it is convenient for you.

Parents with small children can now quickly pick up items from the locker without getting all the kiddos out of car seats. Leave that baby sleeping while keeping your vehicle in sight the whole time.

If you have further questions about how this service works or want help to reserve items online, stop by the library or call us at 515-967-4790. We are happy to help.



Here is what's happening in October at the library:

- Story Times: Tuesdays and Wednesdays at 10:30 a.m. and Fridays at 12:45 p.m.
- Baby Story Time: Thursdays at 9:30 a.m.
- Fit for Life exercise: Mondays and Thursdays at 8:30 a.m.
- Oct. 1: Book Club for grades 3-5 at 6 p.m.
- Oct. 2: Pokémon Club at 4:15 p.m.
- Oct. 3: Adult Craft Night at 6 p.m.
- Oct. 7: After School Activity at 2:30 p.m.
- Oct. 8: Book Discussion for Adults at 6 p.m.
- Oct. 9: Curious & Creative Kids Club at 4:15 p.m.
- Oct. 10: Family BINGO at 6 p.m.
- Oct. 13: Teens Only Sunday Funday at 3 p.m.
- Oct. 14: After School Activity at 2:30 p.m.
- Oct. 15: Book Club for Grades 6-8 at 5:30 p.m.
- Oct. 15: Books on Tap at Reclaimed Rails at 6 p.m.
- Oct. 21: After School BINGO at 2:30 p.m.
- Oct. 22: Adult Crafternoon at 1 p.m.
- Oct. 25: No-School Activity at 1 p.m.
- Oct. 28: After School Movie at 2:30 p.m.
- Oct. 28: Teen Café at 4:30 p.m.
- Oct. 28: Coloring Night at Reclaimed Rails at 6 p.m.
- Oct. 31: Monster Mash Bash at 5 p.m. ■

A rapid return to everyday activities.

Eliminate pain and reduce inflammation with MLS Laser Therapy.

This FDA cleared treatment provides **many benefits**, including **blocking** the pain signal to the brain, **increasing** circulation and **increasing** cell energy & growth.



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BENEFITS INCLUDE:

- Takes the histamines & cytokines out of the cells (all the toxins).
- Allows oxygen & food loads into the cells.
- Blocks pain signals to the brain.
- Releases endorphins & enkephalins as if you were out running.
- Increases ATP productive (cell growth).
- Brings blood flow to the area.
- Reduces scar tissue.
- Stimulates the body's own healing process by 40%-50%.

Laura Mooney, DC, DICCP / Specializing in Pediatrics and Pregnancy

BE AWARE of trending financial scams

It seems like scammers never sleep. Criminals are constantly coming up with creative ways to steal money from unsuspecting people, especially older Americans. Each year, millions of elderly adults fall victim to financial frauds, suffering \$3 billion or more in losses, according to the FBI.



As people live longer, elder fraud will continue to be a problem, though likely an underreported one. Older Americans may not want to report fraud for several reasons: they might not know how, or they may be too embarrassed at being duped out of their money. They could also be concerned that, if their families find out about the scam, they may pressure them to hand over the reins of their financial affairs.

Trending financial scams

Grandparent scam

Criminals pretend to be a relative, usually a child or grandchild, and often claim to need money for a health emergency. In this scam, the “relative” says they are going to send a friend by your home to collect the money. They may also ask money be wire-transferred to someone you don’t know.

What to do: Resist the urge to immediately help. Never give or send money, jewelry, gift cards, checks or wire transfers to people you don’t know. Call another relative to confirm the situation.

Tech support scam

Through email or by phone, criminals pose as technology support staff and offer to fix computer issues that don’t really exist. Sometimes they want to install anti-virus software as a way to gain remote access to your electronic devices and personal information.

What to do: Hang up on scammers if they call. Always be careful of what you download. Never open an email attachment from someone you don’t know or weren’t expecting. Be wary of email attachments forwarded to you. Make sure your security software protections are up to date.

Government impersonation scam

Criminals pose as government employees, sometimes from the IRS or Social Security administration, and threaten to arrest or prosecute you unless you agree to provide a payment.

What to do: Government agencies won’t call you and ask for personal information over the phone. Do not give this information out.

How to report financial fraud

If you or someone you know thinks they have been a victim of financial fraud, contact your local financial institution or law enforcement office. You can also file a complaint with the FBI’s Internet Crime Complaint Center. ■

Information provided by Josh Barber, Regional Retail Manager, VisionBank, 1201 Grant St. S., Bondurant, 515-967-4949, www.visionbank.com.

YOU ARE INVITED TO

JOIN US FOR THESE

Sunday Activities!

Worship at 10:00 AM

Youth Group (6th-12th) at 5:00 PM

Kidventure (3rd-5th) at 5:00 PM (2nd Sundays)

Men’s Breakfast at 8:00 AM (2nd Sundays)

Women’s Fellowship at 11:15 AM (3rd Sundays)



BONDURANT CHRISTIAN CHURCH

304 Grant St S, Bondurant
 Worship Services:
Sundays at 10am

bondurantchristianchurch.com
 515-967-2328



BUSINESS SAFE

TRICK OR TREAT NIGHT

A FREE, SAFE EVENT FOR EVERYONE

At the Depot/Downtown/Fareway Parking Lot
 Wednesday, October 30 from 5:00 PM - 6:30 PM

ENJOY A FREE EVENING OF TRICK OR TREATING!

Come to our Business Safe Trick or Treat and check out all of the amazing businesses right here in Bondurant. We are so proud of our amazing community and residents!



BONDURANT

CHAMBER OF COMMERCE

Business Connecting

www.BondurantChamber.com



FARMERS Market

Bondurant Farmers Market on Aug. 28.



Barb Birchmier



Pam Harms



Nathan, Karley, Carol and Ashley Shivers



Zach and Andrew Miklus



Jackson and Alicia Grandstaff



Ashley Liepa, Trisha VandeLune and Chris Wood



Jeremiah Gorman



Justin and Nora Simmons



Sara and Brad Hoogendoorn



Jan Johnson, Pam Dearden and Deb Harwood



Teresa Middleton and Marilyn Bartosh

REGIONAL Breakfast

The Eastern Polk County Regional Breakfast was held at the Bondurant Community Library Aug. 27.



Dr. Teresa Siek and Mike Hochstein



Melissa Horton and Jeremy Boka



Lincoln Dix, Joni Hutchinson and Mark Densmore



Scott Fiscus and Andrea Stanfel



Jené Jess and Isaac Pezley



Tammy Jones Christensen, Shawn Torrez and Nate Boulton



Troy Clark, Marketa Oliver and Brian Lohse



Chad Quick and Ben Fuller



Chad Driscoll, Doug Elrod and Chris Johnsen



Chris Schonridge and Anthony Harbaugh



Chase Netusil and Laura Lacin

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FOR SALE

MANUFACTURED HOMES, (2025, Vinyl/Shingled. 2 Bedroom start at \$39,999). (16x80) (3 Bedroom- 2 Bath) \$89,999. (28X64) (4 Bedroom-2 Bath) \$99,999. In Stock/Options. Delivered Factory-Direct, East Of I-35, North of I-80. 319-239-1920. (mcn)

WANT TO BUY

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

AUTOMOBILES

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-844-588-6535. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

CABLE/INTERNET

AFFORDABLE TV & INTERNET. If you are overpaying for your service, call now for a free quote and see how much you can save! 1-866-472-7954. (mcn)

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

EMPLOYMENT/HELP WANTED

Join Conductix-Wampfler! Work hard and have fun with great people on empowered teams. Our products are used worldwide to power everything from amusement rides to cranes. www.conductix.us (800)-521-4888 Harlan, IA/Omaha, NE (mcn)

We are seeking a motivated, empathetic Remote Customer Service Representative to provide exceptional support, resolve inquiries, and manage time effectively. Strong communication skills required. Weekly pay: \$1,500. Send resume to ethanwtn@outlook.com. (mcn)

FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

HEALTH & MEDICAL

ATTENTION OXYGEN THERAPY USERS!

Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-888-815-4903. (mcn)

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STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

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WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

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NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-844-588-6590. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798(mcn)

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

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Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

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Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads#6258 (ACP)

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Water damage cleanup: A small amount of water can cause major damage to your home. Our trusted professionals dry out wet areas & repair to protect your family & your home value! Call 24/7: 1-888-872-2809. Have zip code! (ACP)

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DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

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2.5 Bath
2,878sqft

\$819,900



WAUKEE

1170 SE BRENTWOOD DR.

4 Bed
3 Bath
1,805sqft

\$770,000



ALTOONA

8065 NE 25TH AVE

4 Bed
3.25 Bath
1,934sqft

\$725,000



RUNNELLS

1578 SE 78TH ST

4 Bed
2.75 Bath
1,943sqft

\$640,000



ALTOONA

3232 13TH AVE SE

3 Bed
2.75 Bath
2,905sqft

\$639,000



CLIVE

16891 Alpine Court

4 Bed
3 Bath
2,325sqft

\$639,000



KRISTIN GOODWIN

pca KRISTIN GOODWIN
REAL ESTATE

515-778-0597  

3232 HUBBELL AVE