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OCTOBER 2024

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MAGAZINE

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8	FLAT	\$95,000
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10	FLAT	\$95,000
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14	PARTIAL DAYLIGHT	\$125,000
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WELCOME

THE NEED for speed

My friend Mark wrote a poem entitled "The Need For Speed" in a literature class in high school. It was about the thrill he felt when opening the throttle while riding his snowmobile.

I don't remember Mark's exact words, but I do remember those of our teacher, Mrs. Rosonke. She wrote on his paper, "You are scaring me!" She obviously never felt the snow hit her face at 55 mph, or smelled the fuel as it burned out of the exhaust, or experienced the tickle in her stomach when going airborne over a snowdrift. Yes, there is something truly satisfying about speed, at least for some personalities.

Mark wrote his paper sometime around 1986. That was about the same time the original "Top Gun" movie was released in theaters. You may remember Tom Cruise's character, Maverick, saying, "I feel the need ..." and Anthony Edwards' character, Goose, replying with "... the need for speed!" I am not sure who coined that phrase first, Mark, Maverick or Goose, but it doesn't matter. They all enjoyed the satisfaction felt when hitting high speeds.

I saw a similar reaction to Mark's when I put my teenage daughter on a jet ski for the first time. She had her driver's permit, but I had to push her to take the test. Like many youth of today, she was not in a hurry to drive. But, on the open water, without fear of hitting anything, she opened the throttle on that jet ski, and she smiled from ear to ear while her hair blew in the wind. I had to peel her hands off the handle grips.

I have the need for speed as well. Motorcycles. Boats. Cars. ATVs. Anything with a gas engine that can build up speed gives me a rush. Even a chainsaw. Maybe, fortunately, a few speeding tickets in my younger years and a steep increase in my insurance rates helped curtail that fascination.

In this month's cover, we share the stories of local residents who participate in racing sports and truly understand the need for speed. But it's not all about putting the pedal to the metal. Racing, for many, is a culture. A lifestyle. A tradition. And, for the rest of us — including Mrs. Rosonke — an entertaining read.

As always, I thank you for reading. ■

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Women's Fellowship	3rd Sundays at 11:15AM
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Courtney Mullin began racing when she was a 5-year-old living in California and looks forward to getting back into racing here in Iowa.

THE Race

IS ON

Residents share their passion for reaching the winner's circle

By Darren Tromblay

When driving through Iowa's wide-open spaces, who hasn't wondered what it would be like to put the pedal to the metal and see just how fast they can go? Who hasn't, in the congested traffic of the metro rush hour, thought about stepping on it, weaving through the traffic, and roaring over an imagined finish line? For most of us, such thoughts remain a daydream. Others, however, make pursuit of the winner's circle part of their lives. They commit the time and money it takes to hit the racing circuit — in whatever type of vehicle they prefer. And many will say the thrill of the race has them hooked.

An early beginning

It was the first lap of her life.

A tiny and nervous 5-year-old Courtney Mullin sat in her 80cc quad kart as she waited for the green flag to drop. This was going to be fun, she thought.

And, off she went. For less than a lap.

"I got into an accident on that first lap," she remembers with a laugh. "It wasn't a huge one, but it was enough. The other kid ended up breaking his arm, but I was OK."

Apparently. She went on to win the race. Her first one.

From then on, racing was in her veins. Winning. Racing. The tracks. The smells. Speed, as it was, was her thing. She had gotten it from dad.

"My dad had raced since he was 16," she said of the genesis of her love of racing. "He had me racing on weekends in the winter, because, in California, you can do that."

Mullin drove a dirt sport mod and also raced on asphalt in a quarter midget car. Eventually, she made it all the way up to racing modified on asphalt. With success, too.

She won a track championship racing

quarter midgets. There were thoughts of making racing a career. Things, as they say, were getting serious. So much so that Mullin visited Iowa in the summer of 2019 to experience racing here in the tall corn state, because "they do things differently" here. She eventually made her way back to California, but, in 2022, she made a big decision. She was returning to Iowa; it would be her new racing home.

"I sold all my stuff and moved here permanently," she said. "I sold my trailer, truck — everything. My plan was to start over when I got to Iowa."

That would have to wait, however. Mullin and her husband, Brandon, had their first child, putting her racing plans on hold. A move and a little time later, child No. 2 arrived.

The racing career is still on hold. But Mullin still has the need to scratch that racing itch and get behind a wheel. At least once here in Iowa, anyway.

"It's not an impossibility," she says. "It's just a matter of time and money; it's just so expensive. But within the next two or three years, I'd like to get back into racing and



Courtney Mullin holds the trophy she won during a race in California.

experience it here, because it's just so different than it is in California.

"The payout is zero to nothing there, and the driving style is so different there," she says. "You take your new car out onto the track, race one race, and it's not new anymore because of how rough they race. Here, it's a really smooth race. The ethics of racing are so different in Iowa. The drivers here are so much more polite, to say the least. They aren't out there to wreck everyone to win. They're out there to race."

Being a female didn't help her California

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FEATURE

racing cause either. Most of the time, Mullin was the only female on the track, racing against adult males to boot.

She persevered, though. A track championship proved she belonged.

Her advice to young girls wanting to get into racing is simple: Don't be bullied.

"When you're out on the track, you're all the same. You aren't a girl, you aren't a boy. You're just a racecar driver doing the same thing as everyone else," she says.

Off to the races

Although he is just 9 years of age, Bondurant's Braxton Hammond has a competitive drive that isn't seen in most kids his age — especially behind the wheel.

Braxton is a racer. During the season, he can be found behind the wheel of a winged caged kart on tracks in Knoxville, Osceola, Kamrar and Newton with his parents, Heather and Jacob Hammond.

The family purchased Braxton's first kart in April of 2020 when he was just 4. He couldn't race until he was 5, but, when he did, it was off to the races. Literally.

"We thought it would be a good time to see if it was something Braxton would be interested in, so we gave it a try," Heather says. "Being so young, there were naturally some things, as parents, that we were concerned about, but he got in and seemed to enjoy it. We've been doing it ever since."

Even at a young age, Braxton has been somewhat of a "motorhead." He was drawn to cars already.



Braxton Hammond has found success this season, winning multiple races and garnering a number of additional top-3 finishes.

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John with wife Cindy & Family

For more information:



"He always liked being in cars and could tell you the difference between a Camaro and a Mustang at the age of 2," his mother says. "He always had lots of Hot Wheels, we watched NASCAR, and we went to Knoxville a lot. His interest had already been piqued."

Heather was nervous watching that first lap being made all those years ago but says she had faith in the safety precautions they had taken in advance.

"The joke is that I only have one kid, and we don't have a backup if he gets broken, so there's always a lot of emphasis on safety equipment and making sure that he has the right devices on," she says.

Braxton, himself, was nothing short of elated to finally get his shot on a real track.

"It was like I was in another universe, being able to run real fast and be able to drive," he says. "It was like I was 16 and getting to drive a car for the first time."

The first couple of years of competitive racing were slow, Heather admits. The podium finishes were few and far between. The learning curve was steep, and they knew it would take some time to teach the youngster hand/eye

coordination, techniques and how to pass smartly without wrecking.

"There were a lot of teaching moments that went into those first couple of years, and there were moments where we weren't sure if it was something he wanted to do," she says. "But he always wanted to get back in the kart, so every chance we had to get back to the track and run laps and practice, we did."

Finally, it paid off, ironically on the heels of a broken arm Braxton suffered in a non-racing accident in May. On the surface, the injury couldn't have come at a worse time. Typically, Heather says, the biggest improvement comes when kids reach the age of 9. With a broken arm, however, Braxton wasn't able to get back into the kart until July. Racing was out of the question until the end of the month.

The first two races back were rough, Heather admits. But then something happened on the way to the track.

"In August, we raced three races in a row at Poplar Grove, and he won them all, including one that was the championship race against kids that had been racing there all season," Heather says.

A handful of additional wins and top-three finishes later, Braxton was officially back. And he doesn't plan on leaving anytime soon. He has big dreams.

"My goal is to at least make it to sprint cars or NASCAR," he says.

In it for the long haul

Unlike some of the other parents of racers, Tony Wiederholt of Bondurant has exactly zero laps of racing under his belt.

None.

But what he does have is a love for the sport.

"I have never raced myself, but, growing up, I had a lot of buddies who did, so I was at the track every Friday and Saturday night," Tony says.

What Tony lacks in on-track wheeling, his son, Randy Wiederholt, makes up for, driving winged go karts on dirt tracks across Iowa.

Dad has always wanted to give his son the shot that he never had and has worked to make it happen, beginning when Randy turned 6.

It was a cold winter day in December a few years ago when Tony brought home a racing kart for his son. Both were elated, but there was

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much work to be done before race No. 1.

Not much driving can be done in a Midwest winter, but as soon as spring came, the dead-end street in front of their home became a makeshift practice area a couple of times. It wasn't dirt, like the tracks were, but it would have to do. Unfortunately, those precious two sessions would be the only wheel time young Randy would get. Whenever Tony would take his son to an actual track, out came the rain. Again and again. So they did the only thing they could do: a trial by fire.

"We just went right into a points race the Saturday after he turned 6," Tony remembers.

There was no trepidation on Randy's part, practice or not. His first thought wasn't of how little practice he had gotten heading into this, his first go-round.

"I thought, 'I really want to win this,' " he says.

The track, he says, was "way bigger" than the road in front of his house. The difficulty level had been ratcheted up a few notches as well.

"It was harder because (the track) was on dirt and not pavement, so it was harder to steer," he says.

The first year, because Randy was so young and inexperienced, Tony had his fair share of trepidation. Big-time.

"Being that young and him not ever having been in that position, that first year I was scared beyond belief," he says. "Is he going to wreck anyone? Will he understand what the flags are? If he spins out, will he know what to do?"

As it turned out, those concerns were valid. At the end of the first hot laps (practice) session, when it was time to park the kart, Randy drove to the pit area — but at full speed.

"He went right up to the scales, and I was pumping my arms and signaling for him to stop, and, luckily he did," Tony says.

Now, with 150 races under his belt, Randy has more than a solid grasp on things. His skill level has increased dramatically in the past year, his dad says, almost to the point he is a different driver altogether, Tony says.

"He's giving me feedback now," Dad says. "His evolution as a driver has been unreal from last year to this year."

The game plan, according to Tony, is to purchase his young racer an IMCA-sanctioned modified car when Randy turns 12. He won't be racing competitively at that stage, but the goal



Randy Wiederholt has been finding success on area tracks since taking up racing three years ago.

will be to get him to as many on-track practices as possible.

Eventually, Randy says, he wants some experience driving a little bit of everything.

"I want to get a late model and a sprint car — and keep the modified — and pretty much drive every car there is," he says. ■

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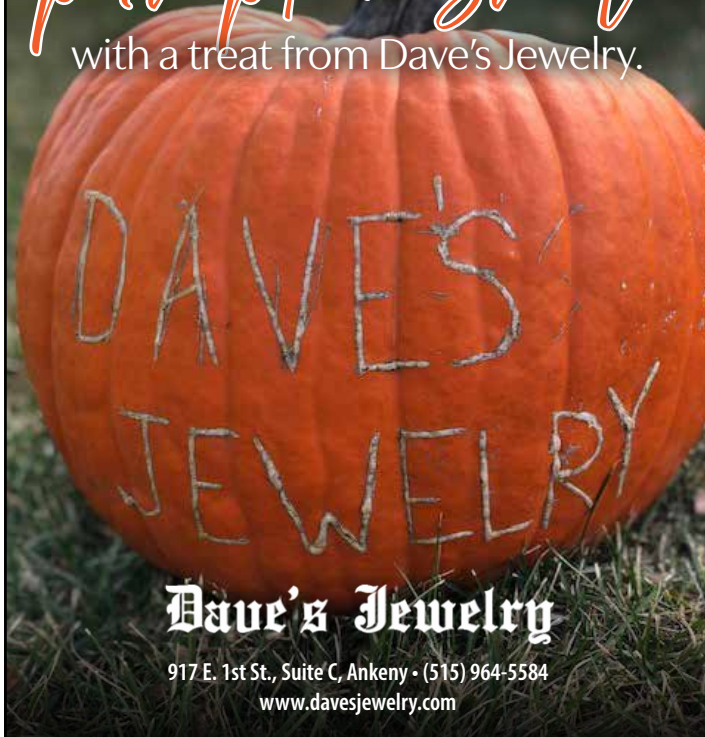
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News from the **BONDURANT-FARRAR** COMMUNITY SCHOOL DISTRICT

October 2024

The safety and well-being of students and staff are our highest priorities. We are working to take a comprehensive approach to ensure a safe, supportive environment and are committed to continually improving our efforts in these areas.

See Something, Say Something

Everyone has a role in school safety. Here are three ways to report concerns:



1
Report directly to a trusted staff member



2
Use the district's online reporting tool:
www.bfsschools.org/report



3
Call the Safe & Sound Iowa tip line
1-800-224-6018

Whether the concern is about safety, bullying, harassment, or other issues, if we don't know, we can't address it. All reports are carefully investigated.

District Safety Initiatives

For the past several years, our Emergency Preparedness Committee has met regularly to enhance our district's safety protocols. Recent initiatives include:

- Emergency go-buckets in classrooms
- Stop-the-Bleed training and classroom kits
- Enhanced active threat training, anonymous reporting tools
- New emergency radios, routine staff drills & tabletop exercises

Is It Bullying?

Understanding the difference between a mean moment, conflict, and bullying can help navigate each situation. Posters across our buildings serve as a guide for students, staff, and families. Our team members are always available to help navigate these situations and provide appropriate support.

MEAN MOMENT

- One time
- On purpose
- Hurtful
- A reaction to a strong emotion/feeling
- Is not repeated

▶ WHAT TO DO:

- Decide if you want to tell the person
- Let it go
- Take a break

CONFLICT

- Occasionally
- On purpose
- Hurtful
- Two parties have a disagreement or argument
- A solution can usually be found

▶ WHAT TO DO:

- Get advice from a trusted adult on how to handle the conflict
- Talk to a trusted adult or counselor to help resolve your conflict

BULLYING

- Repeated, unwanted behavior towards someone
- On purpose
- Hurtful
- One sided
- Can be social, verbal, physical, or cyber

▶ WHAT TO DO:

Report this to a parent, guardian, or staff member either in-person or by using the bullying/harassment online form.

YOUR SUPPORT AND ENGAGEMENT IN THIS PROCESS IS CRITICAL.

With comments, questions, or feedback related to these topics, please contact us.

- Visit: www.bfsschools.org/contactus
- Call: 515-967-7819

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GET STARTED:



Safe, Supportive, Equitable Schools Committee

This committee, made up of staff and community members, meets monthly to better understand district needs and create a safe, inclusive environment.

A subcommittee formed in April 2024 is specifically evaluating bullying prevention and conflict resolution. The group is working to implement consistent language across buildings, incorporate student voices into decision-making, and enhance the incorporation of preventative measures into the 7-12 curriculum.

Mental Health Resources

Our team of PK-12 school counselors and social workers is here to help. Also, a partnership with Employee & Family Resources provides a Student Assistance Program - a free, confidential resource available 24/7 to students and families.

▶ www.bfsschools.org/Page/1198

Suicide & Crisis Hotline: 988

If you or someone you know is in need of immediate help, please call or text 988. The suicide and crisis hotline is available around the clock for those facing urgent situations.

▶ www.988lifeline.org

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RECIPE

EGG ravioli with sage and almonds

Recipe courtesy of the American Heart Association
Servings: 4

- 8 cups water
- 1/2 cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons fresh, chopped thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

DIRECTIONS

- Fill large pot with water. Bring water to gentle boil over medium-high heat.
- In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

- Place four wrappers flour sides down on cutting board. Spoon 1 1/2 tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.
- Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.
- Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.
- Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer



section.

- Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy. ■

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- Replace all smoke alarms when they are 10 years old or don't respond when tested.

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provide free home inspections, fire extinguisher classes, and smoke detector battery changes for residents of Bondurant, Douglas Township, and Franklin Township. We would rather come see you by changing your batteries out rather than end up taking you to the hospital.

EVENTS:

2025 COMMUNITY EVENTS PLANNING MEETING OCT. 28

10-11:30am at the Bondurant Library

BLOOD DRIVE AT CITY HALL OCT. 29

8am-12pm. Sign up for a timeslot at www.lifeservebloodcenter.org

BONDURANT BUSINESS SAFE TRICK OR TREAT NIGHT OCT. 30

Mark your calendars for Bondurant Business Safe Trick or Treat Night! Come out and check out all the amazing businesses in Bondurant! Enjoy a free evening of trick or treating at the Depot/ Downtown/Fareway Parking Lot from 5-6:30pm.

2025 COMMUNITY EVENTS PLANNING MEETING OCT. 31

6:30-8pm. Location TBD.

B-SAFE ON THE ROAD NOV. 9

Join Polk County Sheriff's Department and Bondurant Emergency Services at the Bondurant Community Library from 2-3am as we discuss safety reminders for travelling as a family. The Sheriff's Department will be bringing the safety trikes for kids to test their skills, and the Bondurant Emergency Services will be answering questions about proper car seat/booster installation and seatbelt safety. This program is free, and there will be door prizes!

CITY OFFICES ARE CLOSED FOR VETERAN'S DAY NOV. 11

COFFEE & CONVERSATIONS NOV. 14TH

Join us at 8:30am for a morning pick-me-up and casual discussions at the Bondurant Community Library about community happenings, business insights, and more. The perfect setting to network and build relationships.

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.

YES! We deliver



Many people don't know, but we can deliver library items to patrons who live within the Bondurant city limits. So, if you aren't feeling well or recovering from surgery or otherwise confined to your home, give us a call. We are happy to bring your items to you. And when you are finished, we can pick them back up and return them to the library. In addition, if you can't physically get to the library for one reason or another, try the Libby app or Hoopla for e-books, audiobooks and more. These two services are available to patrons who live in Bondurant city limits as well as those who reside in Franklin, Douglas and Clay townships. If you need assistance with any of these services, call the library at 515-967-4790.

Bondurant Community Library

104 Second St. N.E., P.O. Box 160
515-967-4790

www.bondurant.lib.ia.us

Sunday Closed

Mon.-Thu. 9 a.m. to 7 p.m.

Friday 9 a.m. to 5 p.m.

Saturday Noon to 5 p.m.

Here's what is happening at the library in November.

- Story Time: Tuesdays and Wednesdays at 10:30 a.m. and Fridays at 12:45 p.m.
 - Baby Story Time and Play: Thursdays at 9:30 a.m.
 - Fit for Life (exercise class for older adults): Mondays and Thursdays at 8:30 a.m.
- Nov. 9: Messy Munchkins at 10:30 a.m.
- Nov. 4: After School Craft at 2:30 p.m.
- Nov. 5: Book Club for Grades 3-5 at 6 p.m.
- Nov. 6: Pokémon Club at 4:15 p.m.
- Nov. 7: Adult Craft Night at 6 p.m.
- Nov. 10: Teens Only Sunday Funday at 3 p.m.
- Nov. 11: Library closed for Veterans Day
- Nov. 12: Book Discussion for Adults at 6 p.m.
- Nov. 13: Curious and Creative Kids Club at 4:15 p.m.
- Nov. 18: After School Bingo at 2:30 p.m.
- Nov. 19: Books on Tap at Reclaimed Rails at 6 p.m.
- Nov. 19: Book Club for Grades 6-8 at 6 p.m.
- Nov. 20: Fraud Fighters Program at 5:30 p.m.
- Nov. 21: Anime Club at 4 p.m.
- Nov. 25: After School Movie at 2:30 p.m.
- Nov. 25: Teen Café at 4:30 p.m.
- Nov. 25: Coloring Night at Reclaimed Rails at 6 p.m.
- Nov. 26: Adult Crafternoon at 1 p.m.
- Nov. 28 and 29: Library closed for Thanksgiving ■

HONOR OUR VETERANS

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

NAME:

TOWN YOU CURRENTLY LIVE IN:

MILITARY BRANCH:

RANK AT DISCHARGE:

DEPLOYMENTS:

QUOTE: Please answer the question,

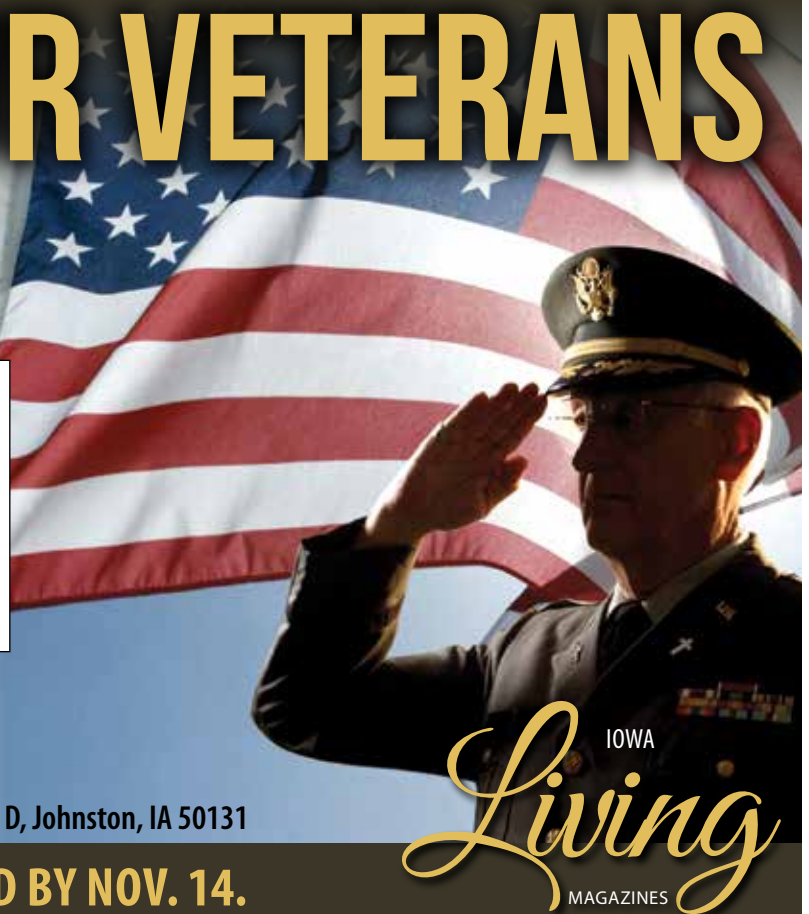
"How can the public best honor veterans?"

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

Email to tammy@iowalivingmagazines.com or mail to:

Big Green Umbrella Media, 8101 Birchwood Court Suite D, Johnston, IA 50131

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MEET Drake Bailey

All about building lasting relationships

An alumnus of the Bondurant-Farrar Community School District, Drake Bailey takes great pride in being a Bluejay. After high school, he attended Grand View University, where he received a bachelor's degree in secondary education and an endorsement in social science. He has also earned a master's degree and licensure in Pre-K - 12 principal and director of special education from Viterbo University.



Drake Bailey returned to his alma mater to serve as assistant principal at the high school.

Bailey began his educational career as a middle school teacher and coach at the Boone Community School District before joining the Bondurant-Farrar district. He then returned to Boone High School as an assistant principal before joining the administrative team at his alma mater. He is now in his first year with the district as an assistant principal at the high school. He says he is thankful for the opportunities and long-lasting relationships he was able to form in his younger years with the community.

"My wife, Dana, and I were very excited about the opportunity to be a part of a community that means a lot to us and look forward to forming new relationships," Bailey says.

Bailey says he likes working with the district because it has a strong and caring staff that fosters a positive learning environment for students. He says the staff is dedicated to building positive relationships with students and the community. Bailey also likes that the district has ample opportunities for students to get involved in sports, fine arts activities and many clubs.

"I'm also thankful to lead and be a part of teams that implement new programs and initiatives. It's rewarding to watch staff members advance in their careers and see students reach their full potential as a result of the systems we've put in place to help give them the best educational experience," Bailey says.

He adds he is excited to be a part of a community that has given him so much personally and professionally and enjoys working with the students and staff in the district. It is great to be a Bluejay, he adds.

"During my time in Boone for the past five years, I loved the amount of meaningful relationships I was able to establish with students, staff and community members. Those relationships are impactful and a great reminder of the work we do every day as educators," Bailey says. ■



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PLANNING for long-term care needs

American citizens are aging rapidly, and we are ill-prepared. The number of Americans over the age of 60 who will need long-term care will more than triple over the next three decades. Around 30 million people are estimated to live in long-term care by 2050. This is in large part due to the aging baby boomer population, but also due to the increasing prevalence of chronic diseases that eventually require long-term care services, such as cardiovascular disorders and diabetes. The U.S. Department of Health and Human Services estimates that nearly 70% of 65-year-olds will need some form of long-term care in their lifetime. Of that 70%, the average person will need long-term care services for three years and 20% will need long-term care services for five years or more. Despite these astounding statistics, Americans are not saving for long-term care costs. Long-term care services can cost more than \$100,000 per year, and prices continue to rise. Most people are not only unsure of how they will pay for long-term care, they are not well versed in how much it will cost. In a recent poll, only around 7% of people shared that they are familiar with what 24-hour care costs.



More than half of aging adults have not discussed or planned

potential long-term care needs with their spouses or loved ones. Thinking about aging and the associated cost can be scary and intimidating, but the lack of open dialog about it is scarier. People often think that their spouse or children will care for them, but depending on the level of care needed, that may not always be possible. Often, long-term care is not discussed or looked into until there is a medically emergent situation, which results in immense pressure on loved ones to not only find long-term care placement but also navigate how to pay for it.

An increasing number of aging adults depend on, or are planning to depend on, Medicaid to cover their 24-hour care costs or hold the false belief that Medicare covers long-term care costs. However, many nursing homes have to limit the number of Medicaid patients they accept because Medicaid reimburses far below the daily cost of care.

Ultimately, the discussions around our country's long-term care crisis are not adequately communicated, which can result in devastating results for middle-income families. If you haven't started these discussions with your loved ones or support advocates, it's not too early to start. ■

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



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FAITH By Mark Spencer

CELERY, love and spiritual growth

I saw a quirky experiment when I was a kid and now realize how surprisingly insightful it was. The man took a stalk of celery and placed the bottom in a glass of water dyed with food coloring. He left it in there for a day or so. What happened next is fascinating. The leaves at the top of the celery stalk took on the color of the water. Why did this happen? It's because the celery draws its life from the water, and, as it does so, the color permeates the entire plant, visibly changing its appearance.



In a similar way, our spiritual lives reflect what we draw our nourishment from. Just as the celery's color changes based on what it absorbs, our actions and attitudes reflect our spiritual source. This concept is beautifully expressed in 1 John 4:7, which reminds us, "Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God." God is the source of love.

God's love is profound and selfless, as Romans 5:8 highlights: "But God shows his love for us in that while we were still sinners, Christ died for us." This sacrificial act demonstrates the depth of God's love for us. It's not just about superficial actions or gestures; it's about drawing from the ultimate source of love — God himself.

Imagine trying to change the color of the celery leaves by painting them. It might work temporarily, but, eventually, the paint would chip off, revealing that the celery hadn't really changed. The real transformation happens when the celery draws from a new, colored water source. Similarly, if we struggle to show sacrificial love to others, the solution isn't just to try harder — it's to connect deeply with God, the source of all love.

When our spiritual roots are firmly planted in God, love naturally flows from us. It's not about forcing ourselves to be loving; it's about allowing God's love to transform us from within. Just as the celery visibly changes when it draws from the colored water, our lives reflect God's love when we draw from Him.

So, next time you see a stalk of celery, remember the lesson it teaches about spiritual growth. Let's choose to draw our spiritual nourishment from God's endless well of love. As we do, we'll find that love naturally flows through us, transforming our actions and attitudes. After all, when we're rooted in God's love, it's not just our actions that change — it's our entire outlook on life. ■

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

The **ONLY** poll mailed to residential households. **VOTE NOW!**

IT'S BACK!

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.

HURRY! POLL CLOSSES DEC. 6, 2024

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

SCAN HERE TO
VOTE TODAY!



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

Be sure to check for cancelations.

Upcoming in Bondurant Living magazine:

• **Community landmarks:** What do you think are the most notable landmarks in your community? Send a note to tammy@iowalivingmagazines.com. Note what community you live in.



• **Do you have a holiday recipe that has special meaning to you?** Will you share it with our readers? Email tammy@iowalivingmagazines.com to have it included in our December issue. In your email, mention the community where you live.

• **Veterans Salute:** Help us honor veterans. Email your information (name, town you reside in, military branch, rank, year enlisted and discharged/retired) and photo to tammy@iowalivingmagazines.com.



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 in Bondurant.

Monster Mash Bash

Thursday, Oct. 31, 5-7 p.m.
Bondurant Community Library, 104 Second St. N.E., Bondurant

Wear your costume, try the witch's brew, create a spooky or funny scene with markers and stickers, get a glow-in-the-dark tattoo, visit the oracle to hear your fortune, and dance your little monster hearts out. Cookies and chips will be available.



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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Iowa Fraud Fighters Program

Wednesday, Nov. 20, 5:30-6:30 p.m.

Bondurant Community Library,
104 Second St. N.E., Bondurant

The Iowa Department of Insurance and Financial Services wants Iowans to be informed and careful investors. The Iowa Fraud Fighters program teaches you to shield your savings from scammers and fraudulent investments, as well as consumer and Medicare fraud. Arm yourself with expert fraud prevention tips and learn how to avoid these scams.



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EVENTS IN THE AREA

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

Be sure to check for cancelations.



Fall Craft Show

Saturday, Nov. 9,
9 a.m. to 3 p.m.
ZaGaZig Shrine
Temple, 1100 Shriners
Parkway, Altoona

The Ladies Auxiliary will be hosting a ZaGaZig Shrine Ladies Auxiliary Fall Craft Show with more than 45 crafters and vendors. A bake sale will also be held and lunch will be served. For more information, visit the group's Facebook event page.



North Pole Craft and Vendor Show

Saturday, Nov. 9, 9 a.m. to 3 p.m.
Adventureland Inn,
3200 Adventureland Drive, Altoona

Enjoy a variety of vendors. Admission is \$1 or one non-perishable food item to be donated to St. Vincent De Paul Society of Des Moines.

Chili and Oyster Bazaar

Nov. 16, 4:30-6:30 p.m.
Centennial United Methodist Church,
9150 N.E. University Ave., Altoona

The public is invited to the Centennial United Methodist Church's Chili and Oyster Bazaar. A freewill donation will be accepted.



Trick-or-Treat at The Learning Post & Toys

Oct. 31, 4-7 p.m. • The Learning Post & Toys,
2761 100th St., Urbandale

The public is invited to a free Trick or Treat event at the store. Wear your costume, get your photo taken with Dino-Mite, the giant T-Rex, grab a treat and enter to win a grand prize. ■



Veterans Day Celebration

Nov. 11, 11 a.m.
Prairie Meadows Casino,
Racetrack and Hotel

The Veterans Day Celebration will feature remarks from military personnel, live music, military displays, free lunch and more.

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HEALTH

By Nikki Morgan

LASERS help prevent skin cancer

Skin cancer is the most common type of cancer in the United States but also one of the most preventable. Routine use of SPF of 50 or higher, avoidance of sun during peak hours, and wearing protective clothing all help block the sun's harmful rays to reduce risk. However, damage caused by the sun is cumulative over the life span, and, unfortunately, skin cancers still happen. Many advances in laser technology now offer an additional solution in the prevention of skin cancer. Ablative lasers work by removing part of the epidermis and are effective in reduction of both pre-cancerous and non-melanoma cancerous lesions (such as basal cell and squamous cell carcinoma), but also can have significant downtime and discomfort. New data suggests skin cancer prevention benefits with non-ablative fractional laser treatments include fewer side effects and reduced downtime for a patient-friendly experience. One study done at Massachusetts General Hospital showed that patients treated with non-ablative fractional laser had half the risk of developing facial keratinocyte carcinoma. They also found that the time to development of a keratinocyte carcinoma was significantly longer in the treated group versus the non-treated group. Researchers concluded that treating sun damage with non-ablative fractional laser, such as Erbium or CO2, gave healthy skin cells a selective advantage. However, if you have a suspected skin cancer, the gold standard treatment remains excision or Moh's surgery, and you should have any suspicious lesions evaluated by a board-certified dermatologist. ■



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. Kari Swain and Dr. Elizabeth Ellrich

INCREASE your immune system function

Your baseline health and immune system function are what determine how your body responds to environmental stressors such as viruses, bacteria and other pathogens, as well as emotional stressors like work, relationship or life stress. The way our immune system adapts to these stressors is determined by our baseline health status. Taking responsibility for building a strong immune system by living a healthy lifestyle is the most important thing you can do in restoring and maintaining health.

Get adjusted. A healthy functioning nervous system is self-healing, self-regulating and adapts to stressors in its environment. The body's ability to adapt is inhibited when overwhelmed with physical, chemical and emotional stressors. Chiropractors identify interferences to the nervous system, and chiropractic adjustments remove the interferences to allow the body to restore health by functioning and adapting on its own.

Proper supplementation of essential nutrients. Adequately supplementing vitamins and essential nutrients is necessary for optimal immune function. Work with a health and wellness practitioner to choose high-quality and bioavailable supplements that are tailored to your individual needs.

Exercise daily. Daily exercise decreases chronic inflammation and enables the body to express proper immune system function and proper organ function, including lungs and heart. Regularly taking a brisk walk also decreases the incidence and severity of an upper respiratory infection by 50%.

Eat to live. Consume a wholesome diet rich in vitamins and minerals. A wholesome, immunity-boosting diet contains a colorful assortment of fruits and vegetables with organic meats, fish and healthy fats. Avoid grains and sugar. ■

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



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VISIT with loved ones about final arrangements

As we anticipate the approaching holidays, I am sure many of us are looking forward to special time with family. This can be a perfect time to visit about your own final arrangements with those closest to you.

Folks whom we meet with often share they would like to discuss their final arrangements with their children before finalizing their plans. However, it can sometimes be a challenge to find the best time to do this. Holidays bring families together and can provide that perfect opportunity to discuss these important matters.

This conversation does not need to be difficult. It can be a time to share your preferences and find out what will be important to those whom you love. Ultimately, it will provide the opportunity to avoid surprises when the day comes that funeral services are needed... and the reassurance that this is what mom or dad wanted.

Don't shy away from having this conversation. Take this opportunity to have this discussion. You will be glad you did. ■



Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, www.HamiltonsFuneralHome.com.

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HEALTHY Halloween habits

4 tips for healthier snacking this spooky season

- Skip sticky and sour candies. Gummy and sour candies typically contain more sugar and acid. The stickier the candy, the more likely it is to get stuck in the teeth. The sugar and acid are harmful to the enamel, or outside protective layer, of the tooth. These characteristics combined create the perfect environment for cavities to form.

- Avoid eating candy right before bed. When candy is consumed right before bed, the sugars and acids coat the gums, teeth and tongue. The acid then attacks these areas and can cause tooth decay, tooth and gum sensitivity, and erosion of the enamel of the tooth.

- Avoid snacking on candy frequently throughout the day. The longer the sugar is in contact with your teeth, the higher the risk for cavities. If you are going to enjoy candy, we recommend you have your fix all at once then rinse with water or brush your teeth afterward to remove any residual sugar from the teeth.

- Chew sugar-free gum. Chewing sugar-free gum following consumption of candy will help produce saliva. Saliva helps remove leftover food as well as neutralize the cavity-causing acids that remain after the candy is gone. ■



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

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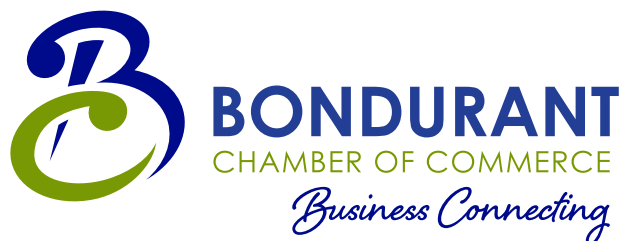
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A NEW look, a stronger future

The Bondurant Chamber of Commerce is thrilled to announce the completion of its rebranding project — a strategic initiative aimed at enhancing our visibility, engagement and role within the community. As Bondurant continues to grow and attract new businesses, this rebrand aligns the Chamber with the city's dynamic future.

Our decision to rebrand came from recognizing the need for a fresh, unified identity that reflects the Chamber's evolving role. With increasing business membership and significant city growth, it was clear our previous branding no longer fully captured Bondurant's spirit of innovation and progress.

Our new logo and tagline, "Business Connecting," embody our mission to foster collaboration and growth among local businesses. This aligns seamlessly with the city of Bondurant's vision, "Life Connecting," and, together, these brands create a powerful synergy, uniting efforts to build a vibrant and interconnected community.



The rebranding follows a major milestone — the integration of Bondurant Development, Inc., into the chamber earlier this year. This collaboration has enabled us to create even greater opportunities for businesses and residents. Growth is a team effort, and our new look symbolizes this strengthened partnership with the city.

With our refreshed identity, the Bondurant Chamber will continue to attract new businesses, deepen community ties and serve as a leading advocate for local economic development. We're excited to maintain popular events like networking mixers and workshops, while also launching initiatives to support our local entrepreneurs.

We're also pleased to announce that a new, user-friendly website will be launching soon. This platform will make it easier than ever for businesses to connect, collaborate and access valuable resources.

This rebrand marks an exciting new chapter for the Bondurant Chamber of Commerce, reinforcing our dedication to fostering a thriving business environment and enhancing the quality of life in our community. We invite everyone to explore our new look and join us in the momentum of growth and collaboration. ■

Information provided by Shelby Hagan, Bondurant Chamber board president.



FALL IS HERE! GO ENJOY IT!

WE CLEAN WHILE YOU RELAX!

Welcome fall with a complete home cleaning from Molly Maid. Our team of trusted professionals will have your home spotless and smelling as fresh as the outdoors, so you can go out and enjoy the day.

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Serving Ankeny and Surrounding Communities!



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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 Oct. 2.



Sheri Grau and Sarah Lounsberry



Rosa and Hector Plascencia, Hugo and Natalie



Carol Davis and Chad Swager



Jess Steampunk and Sydney Storm



Josh and Dawn M. LaRue



Kent and Dawn McKee



Emily Shivers and Logan Mauch



Evan and Sam Rix



Kara Seidl, Maren and Elliot



Lashanna Nickles



Heath Sollars



Erica and Sveya Ziegeweid

JV Football

Bondurant-Farrar faced Council Bluffs Lewis Central in the JV football game on Sept. 23.



Karen Alcaraz, Dereck Rodriguez and Adriel Rodriguez



Aysia Essink, Madilyn Christianson and Halle Horstman



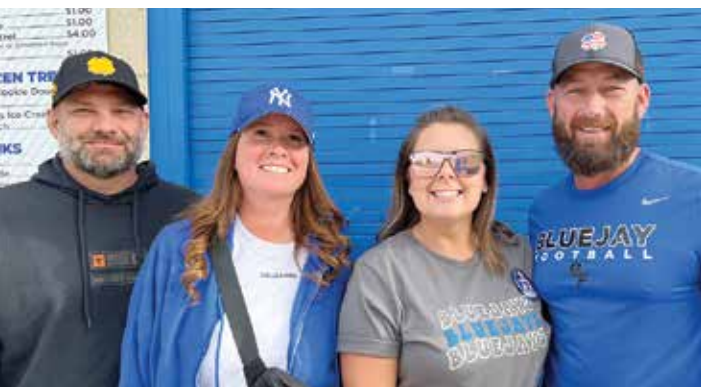
Cory Tigges and Trey Sheeks



Amy and Sarah Bush



Brad and Shawn Pruismann



Jake and Kim Ferrell and Kerry and Travis Olson



Leona Charles and Briggs Gipple



Katie McCloud



Wade Charles, Brayton Gipple and Leona Charles



Katelynn Stewart and Jamesyn Guthrie



Kristen Wonderlin and Bridget Cochrane

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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

Help Wanted: FT Diesel Mechanics, \$5,000 sign-on bonus. \$20-30/hour. Also, FT/PT Cooks, sign-on bonus \$1,000, \$16/hour. Truckers Inn Truck Stop, Sauk Centre MN. Call Amanda, 320-352-5241 ext. 13. (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)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details!

1-855-973-9175 www.dental50plus.com/mid-west #6258. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

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)

HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971(mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

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)

Want a greener lawn? TruGreen's your go-to for a tailored lawn care plan. Act now and get 50% off your first service with a purchase of an annual plan. Call us at 1-833-912-3666 to learn more. (mcn)

MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

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)

Prepare for power outages today with a 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)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer- up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Prepare for power outages with Briggs & Stratton® PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-877-518-0356. (mcn)

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All Military Items Wanted: WW1, WW2, Korea, Vietnam. Medals, knives, helmets, daggers, uniforms, all items wanted. Also Indian arrowheads and artifacts. Single items or collections. Paying cash. 563-581-9568. (mcn)

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-888-815-5873. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-855-399-2203. (mcn)

AUTOS WANTED

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HEALTH & FITNESS

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)

Attention oxygen therapy users! Discover oxygen therapy that moves with you with Inogen Portable Oxygen Concentrators. Free information kit. 1-866-477-9045 (ACP)

HOME SERVICES

Aging Roof? New Homeowner? Got Storm Damage? You need a local expert provider that proudly stands behind their work. Fast, free

estimate. Financing available. Call 1-888-878-9091 (ACP)

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)

Professional lawn service: Fertilization, weed control, seeding, aeration & mosquito control. Call now for a free quote. Ask about our first application special! 1-833-606-6777 (ACP)

MISCELLANEOUS

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

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Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

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)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 12/29/24.) Call 1-844-501-3208 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

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2.5 Bath
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1,805sqft

\$765,000



URBANDALE

7904 Alpine Drive

3 Bed
2 Bath
2,391sqft

\$370,000



RUNNELLS

1578 SE 78TH ST

4 Bed
3 Bath
1,943sqft

\$625,000



DES MOINES

1050 21ST ST

2/3 Bed
2/1 Bath
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\$615,000



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Ranch Home
Woods | Pond
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