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SEPTEMBER 2025

Living

MAGAZINE

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WELCOME

WE GET what we pay for

Sometimes, I drive by a remodeling project on a house and say to myself, "Wow, that is beautiful. Those folks really know what they are doing."

Other times, I drive by a project that is seemingly in the works for months (or years) and say to myself, "Wow, they are taking forever, and what they have done looks awful."

The difference usually has to do with having professionals do the work or relying on a handful of weekend amateurs.

Yes, some of you are quite skilled and can do quality DIY work. Others, like me, put forward a good effort but often end up with a less-than-satisfactory result. At some point, though, we all realize when we need to call in the experts.

This month's cover story will appeal to all sides, as we once again interview homeowners who have worked through the remodeling or construction process. They share their experiences, the lessons they learned, and how they might have done things differently.

Meanwhile, one of the common complaints we all hear is the challenge in lining up people to do the work. On occasion, that truly is a problem. More often, though, we simply don't want to pay the costs for quality workmanship — until, of course, we learn that we get what we pay for.

And then the people driving by say, "Wow, they are taking forever, and what they have done looks awful." We hope our efforts in this issue will help you avoid those comments.

Happy remodeling, and thanks for reading. ■

SHANE GOODMAN
President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Angela Ossian
Advertising Account Executive
515-953-4822 x307
angela@iowalivingmagazines.com



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ROOM FOR *improvement*

Residents share their home
renovation experiences

By Rachel Harrington

Live in a home for a while, and one is likely to start thinking, “If only....” If only the bathroom had a walk-in shower.... If only the kitchen had new cabinets.... If only the old flooring could be replaced.... If only the basement was finished.... If only a room could be added.... If only that longed-for home improvement project could be completed ... then the house would be just right. Residents who have taken the leap from thinking about it to tackling their dream projects share their experiences.

Jacob and Taylie Allen have completed a number of projects to update their kitchen.

BEFORE



Brenda and Loren Stoneberg turned a storage area in the basement into a luxurious bath.

A much-needed second bath

For Brenda and Loren Stoneberg, the decision to improve their basement area was many years in the making. They currently have a full house again after 10 years of being empty-nesters. They care for Brenda's dad and have a renter in their home, which previously only had one bathroom.

"We had needed a second bathroom for a long time," Brenda admits. "Last fall, I reached out to multiple contractors because we are at an age where we can't DIY much ourselves anymore. Only one contractor responded to me, gave me a quote and stayed in touch."

For a long time, Brenda had browsed websites, saving ideas of what she would like in a bathroom. Loren chuckles and says that his wife is a creative engine that does not stop and is always looking for something better. She gave her ideas to their contractor, and the company's interior designer helped incorporate her ideas into a plan. At the time, the area they wanted to renovate was being used for storage.

"When we first bought the house, it was a small bedroom that was illegal since it didn't have an egress window," Loren recalls. "Years ago, we had egress windows added as well as some shelving. It had a load-bearing wall with a simple space divider."

Loren says the entire project took 10 to 12 weeks. The contractors started work a little after the new year but had to work around the Stonebergs' holiday travels and vacation time.

"It's a weird space down there," Brenda says. "They jack-hammered the cement to put

AFTER



in the plumbing."

"They also had to do a soffit to hide the existing HVAC," Loren says. "They hid the sump pump and moved the PVC line that ran along the ceiling. It wasn't a major move, and it was very well done."

The interior designer took the Stonebergs to a few businesses she regularly uses to pick out the various elements and hardware for the bathroom. They chose a walk-in shower that would allow Brenda's dad, who uses a walker and is sometimes in a wheelchair, easy access. They also picked out a nice bathtub.

"We have lots of white and gray in the bathroom now," Brenda says. "It helps make the space look bigger and brighter."

Brenda says the most challenging part of the project was waiting for it to be finished since they couldn't convert their upstairs shower to a walk-in until they had a second bathroom. Her favorite feature is the wet room, made up of the shower and tub area that is separated from the vanity area by a 4-inch divide.

They enjoy the option of an overhead showerhead or a handheld one and having the handheld one for giving their dog a bath.

For Loren, the finished result is satisfying.

"It's just a peaceful room," he says.

Home theater

When Josh and Dawn Marie LaRue bought their home in 2020 at the height of COVID, they knew they wanted to one day convert the basement area into a theater room, ideally, or into a massive spare bedroom.



"We both love movies, and even though I'm a small business owner, I'm introverted, so coming home to a place to watch movies together is great," Dawn Marie LaRue shares. The initial estimate from contractors, including part of the technology costs, soared to more than \$75,000. The couple decided to do the work themselves instead. They began working on their theater project in 2021, and it was completed in 2023.

"We began with lots of measuring," LaRue recalls. "The room was completely unfinished. We added three layers of soundproofing insulation in the walls and ceiling because the room sits under the master bedroom, and I didn't want to hear anything while trying to sleep."

They also didn't want just a square room. They installed a platform for true theater seating. They also put speakers around the

FEATURE

BEFORE



Josh and Dawn Marie LaRue gave a lot of thought to what they wanted from their unfinished basement.

room as well as eight speakers in the ceiling. Everywhere that a speaker would be on the wall was brought out 4 inches, creating pillars. Each pillar has its own sconce of lighting.

The LaRues are Green Bay Packers fans. They added the Alexa feature to their tech and programmed it so that, when they say, "Alexa – Go Pack go," the lights become green and yellow and their 127-inch TV turns on the current Packers game. A closet was built to house the entertainment equipment instead of clothes so that it wasn't taking up visual or physical space. Black and blue colors were chosen for everything around the room.

"We wanted everything to be dark to simulate a movie theater,"

AFTER



The LaRues' in-home theatre comfortably seats 20, with a couch in front, recliners on a platform and a bar in the back.



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BEFORE



The Allens wanted to remove the bar and post that divided their kitchen from living space.

AFTER



Opening up the kitchen also allowed the Allens to add a large island.

LaRue explains. “We also chose darker window coverings since we have a walkout basement to try to minimize the light when we’re watching something. It took 22 swatches of colors before we found the right color that everyone agreed on. That was probably the most stressful part.”

LaRue says that her husband, Josh, did 95% of the work himself, and she is proud of him.

“We did hire someone to mud the walls because we did that ourselves in our last house, and I didn’t want to deal with sanding the drywall again,” she says. “Josh also built a bar around the theater seating, and we put a couch in front of them.”

Her favorite part of the entire project is that it becomes their family’s hangout space when their children, one in the military and one still living at home, are around.

“We sit at the bar or the sofa, which is mobile,” LaRue says. “When it was first done, we watched a lot more movies, but now that I have a business, I don’t get to watch movies as often. We use it mostly for watching football games now.”

The theater room has enough space to seat 20 people, and they use it to host an end of summer party for their friends.

The LaRues accomplished their project for more than half the cost of the initial estimate, and they paid for it as they went instead of financing it.

“We hope that one day it adds to the resale value of the house,” LaRue says.

Kitchen refresh

There is something satisfying about giving a kitchen a fresh start. Jacob and Taylie Allen felt a new look was what their outdated kitchen needed. A few years ago, they began giving their kitchen a refresh.

“We actually paid to have our cabinets painted white, but that was a mistake, because once you paint them, you have to keep doing it, and they get dirty easily,” Taylie Allen says. “It kept us happy for a couple of years, but we decided to fix it this past spring.”

Initially, the Allens thought they would rip out their cabinets and put in new ones, but then they decided that, if they were going to pull out the cabinets, they may as well look at improving the layout of their kitchen.

“We began talking to contractors and getting quotes in May this year,” Allen explains. “We had a budget in mind that stemmed from looking at stuff at places like Menards. Two of the companies gave us quotes that were over \$100,000. We felt that, if that was what it was going to be, we may as well move.”

Fortunately, a friend of the Allens who had recently gotten new kitchen cabinets referred them to the contractor he had used, and the estimate they received was right around their budget.

The initial kitchen layout was an “L” shape with a bar-like seating area and a post between the kitchen and the living room. Once they learned the post was not load-bearing, the

Allens decided to remove it and the bar area to open up the kitchen. They did much of the demolition themselves, including removing the countertops, the post and the flooring. They hired out help to take out the plumbing since the kitchen sink had been housed in the bar area, as well as help remove the cabinetry.

“Lots of people would say we had an open concept kitchen before we made the changes, but it is really open now,” Allen shares. A contractor helped the Allens move the sink and appliances to the wall. They added a large center island and installed new cabinets, countertop, plumbing and electrical.

“Pictures don’t do justice to how big the island is,” Allen expresses.

The project still is not complete because there were a few hiccups with their newly ordered backsplash not arriving on time, then arriving broken. Other than the hiccups, the kitchen redo remained well on schedule.

“The contractors we went through were really good and kept us informed on everything,” Jacob says, adding Taylie works from home, which made letting workers into the house much easier.

They both appreciate the center island the most out of all the changes made in their kitchen, and they are sure their kids would agree.

“We host all of our family holidays and gatherings here, so it will be really nice with our remodeled kitchen,” Taylie says. ■

UNDERSTANDING aging and its impact on daily life

A guide for seniors and caregivers

Aging is a natural part of life, bringing with it a variety of physical, emotional and cognitive changes. For seniors and their caregivers, understanding these changes is key to maintaining quality of life and promoting independence.



As we age, our bodies undergo gradual shifts. Muscle strength may decrease, joints can become stiffer, and balance might not be as steady as it once was. These changes can affect mobility and increase the risk of falls. Vision and hearing may also decline, making communication and navigation more challenging. Recognizing these shifts allows caregivers to make thoughtful adjustments, such as installing grab bars, installing brighter lighting or using assistive devices to promote safety.

Cognitive changes are also common. While many older adults remain mentally sharp, some

may experience slower processing speeds or mild memory lapses. These changes do not necessarily signal dementia but do require patience and understanding. Encouraging mental stimulation through puzzles, reading or social interaction can help maintain cognitive health.

Emotional well-being is another important aspect of aging. Seniors may face feelings of isolation, especially if they have lost loved ones or live alone. Caregivers play a vital role in fostering connection, whether through regular visits, community activities or technology. Open communication and empathy go a long way in supporting emotional health.

Nutrition and medication management also become more critical with age. Appetite may change, and certain foods might not be tolerated as well as they once were. Caregivers should ensure balanced meals and monitor for any side effects from medications, which can interact differently in older bodies.

Sleep patterns may also shift, with older adults experiencing lighter sleep or waking up

more frequently during the night. Creating a calming bedtime routine can help improve rest and overall wellness.

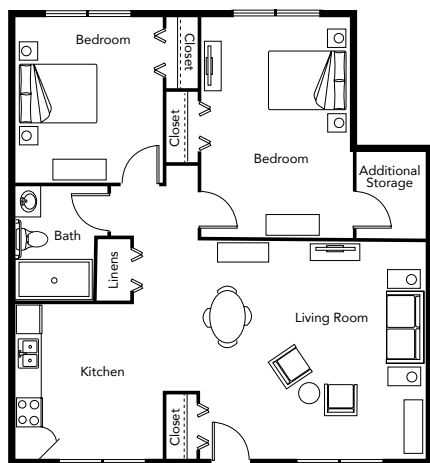
Understanding aging means embracing it with compassion and adaptability. It is not just about managing limitations, it is about celebrating the wisdom, resilience and experiences that come with growing older. By staying informed and proactive, caregivers and seniors can work together to create a daily life that is safe, fulfilling and dignified.

Whether you are a senior navigating these changes or a caregiver offering support, remember: Aging is a journey best traveled with knowledge, kindness and a sense of purpose. Aging well involves more than care. It thrives on informed choices, compassionate connections and purposeful living.

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.” - Mark Twain ■

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

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CRACK corn dip

There's something special about recipes that come from family, and my daughter, Samantha, has a corn dip that fits the bill, especially when made with fresh Iowa sweet corn. There is nothing quite like the flavor of corn picked at its peak — crisp, juicy and naturally sweet.



Every summer, when the corn stands start popping up around town, we know it is time to whip up a big bowl of her famous dip. It is creamy and a little cheesy with just the right amount of spice, and that fresh sweet corn takes it to the next level. Whether we are hosting friends, heading to a potluck or just craving a snack on a hot afternoon, this dip is a hit. Served with tortilla chips or fresh veggies, it disappears quickly. I like that it has become part of our summer tradition, and now we're sharing it with you, straight from our kitchen and Iowa's golden fields. ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

Crack corn dip

Ingredients:

- 5.25 cups of fresh corn plus 1/2 each red and green pepper, finely diced (for the off-season use 3-15 oz cans fiesta corn or Mexicorn, drained)
- 1 can Rotel, 10 oz (reg or hot), drained
- 1 can jalapenos, 6 oz, drained and diced
- 1/2 cup green onions, sliced (5 stalks), optional
- 2 cups cheddar, shredded
- 1 cup sour cream
- 1 cup mayonnaise
- Salt and pepper to taste
- Pinch of sugar
- Handful fresh cilantro leaves, chopped



Directions

- Mix all the ingredients excluding bell peppers in a bowl. Refrigerator for 3-4 hours before serving. The dip will thicken as it sits in the fridge. Add peppers right before serving. Enjoy!



PUBLISHES: NOVEMBER

2025

SALUTE TO OUR VETERANS

A grateful nation thanks its veterans for their service and sacrifices each **NOVEMBER** in honor of Veterans Day. We would like to recognize some of these local heroes in the November issue of Bonduant Living magazine. **Your business can be a part of this special salute pages with the purchase of a supporting ad.**

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PLAN AHEAD

By Scott Eriksen

GET your funeral arrangements done now

The fair is over, and the kids and grandkids are back to school. Life is back on schedule, and it feels good. Now that things are “back to normal,” it is time to get those things done that you have put off these past few months. One of those things might be addressing your final arrangements.

We hear it all the time: “I am so glad to have this taken care of.” I can certainly tell you that no one ever regrets that their loved one planned ahead when the time comes that the services of a funeral home are needed.

Planning your final arrangements begins with a simple conversation and can be a pleasant process. Planning ahead also allows you time to give the thoughtful consideration that these important decisions deserve.

There are many options to think about when addressing your final arrangements, and there are even prepayment options available to those who wish to have their final financial obligations handled in advance.

An advanced planning consultant can walk you through these choices and options.

Make it a goal to get this off your “to-do” list before the snow flies... or you fly south for the winter. Reach out to your funeral home of choice and schedule a meeting to get your prearrangements in place. 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.



REAL ESTATE

By Austin Sullivan

WHAT ARE homebuyers looking for in today's real estate market?

Buyer preferences and motivations have shifted significantly over the past few years. Lifestyle changes, interest rates and overall economic conditions have reshaped what people value most in a home. And, unlike the competitive frenzy of recent years, today's buyers often have more options, giving them the ability to be selective and shop with intention.



Affordability and value remain at the top of nearly every buyer's list. Even before focusing on features and finishes, most buyers are focused on their monthly payment and long-term investment. Rising home prices and fluctuating interest rates have made affordability one of the biggest factors in the decision-making process. Some buyers are even choosing to rent longer while waiting for the right opportunity, a sign that many are seeking not just a house, but the right home at the right value.

Move-in ready homes are also standing out more than ever. Buyers have shifted away from being willing to take on projects, now preferring homes that require little to no work. Updated kitchens, fresh paint, modern finishes, and newer mechanicals are highly attractive. With the rising costs of renovations, many buyers see far more value in a home where major updates have already been completed.

Functional spaces are another priority. Today's buyers want defined areas that can adapt to their needs, such as home offices, finished basements or versatile bonus rooms. These spaces create flexibility and give buyers options, whether for work, recreation or additional living space.

Outdoor living is high on the wish list as well. Buyers increasingly view outdoor areas as extensions of the home and places to relax, entertain or simply enjoy fresh air. Features like fenced yards, patios, decks, and even small but well-designed seating areas can make a big impact.

Location and lifestyle remain just as important as the home itself. Neighborhood amenities, school districts, walkability, and access to parks or trails all weigh heavily in the decision-making process. Buyers are also considering commute routes, proximity to work, and even details like north-facing driveways. In today's market, people aren't just buying a home, they're buying into a community that fits their lifestyle.

While buyer preferences will continue to evolve, one theme remains consistent. The best home is one that matches a buyer's lifestyle and long-term goals. Sellers who understand these priorities and highlight them effectively are the ones most likely to stand out in today's market. ■

Information provided by Austin Sullivan, Re/Max Concepts, 3880 Prairie Fire N.W., Altoona, 515-943-9797, austin@soldwithsullivan.com.

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UNIQUE library programs for October

Hey adults. Are you looking for some interesting things to do in October? How about free things to do? We have you covered at the Bondurant Community Library.

Adult Craft Night is Thursday, Oct. 2 at 6 p.m., and we will be making fun cheesecloth ghosts. Registration is required, and, when it gets full, just register for the Crafternoon on Oct. 28 at 1 p.m. to make the same ghosts.

To get you in the mood for the spooky Halloween season, Haunted Iowa will give a paranormal presentation that includes a look at Iowa ghost lore/legends/history, a demonstration of paranormal equipment, an exploration of ghost hunting, and an explanation of the types of mediums and psychics. This event is Monday, Oct. 13 at 6 p.m. No registration is required.

Ever wonder why Iowa became a whiskey-making state during Prohibition? On Thursday, Oct. 16 at 6 p.m., Ann Hanigan Kotz will take us through Iowa's Prohibition past as well as the current exploits of today's underground whiskey business. No registration required.

If you are looking more for a family event, look no further than Family BINGO on Thursday, Oct. 9 beginning promptly at 6 p.m. So many prizes and so much fun.

Bring the family for Bad Art Night on Thursday, Oct. 23 from 6 to 7:30 p.m. Participants will have 45 minutes to create the worst piece of art imaginable using library supplies. Then vote for the best "Bad Art." Top three winners will earn a prize. Registration is required for this one, too.

More October events

- Story Times: Tuesday, Wednesday and Friday at 10:30 a.m.
- Baby Story Time: Thursday at 9:30 a.m.
- Fit for Life: Monday and Thursday at 8:30 a.m.
- Oct. 1: Pokémon Club at 4:15 p.m.
- Oct. 2: Adult Craft Night at 6 p.m., registration required
- Oct. 6: After School Craft at 2:30 p.m.
- Oct. 7: Reading Dragons & Friends (grades 3-5) at 6 p.m.
- Oct. 8: Curious & Creative Kids Club at 4:15 p.m.
- Oct. 9: Family BINGO at 6 p.m.
- Oct. 11: Messy Munchkins at 10:30 a.m.
- Oct. 12: Teens Only Sunday at 3 p.m.
- Oct. 13: After School Open Play at 2:30 p.m.
- Oct. 13: Haunted Iowa at 6 p.m.
- Oct. 14: Book Discussion for Adults at 6 p.m.
- Oct. 16: Anime Club at 4 p.m.
- Oct. 16: Iowa's Prohibition & Bootlegging Legacy at 6 p.m.
- Oct. 17: Coffee Social at 1 p.m.
- Oct. 18: Saturday Stories at 10:30 a.m.
- Oct. 20: After School BINGO at 2:30 p.m.
- Oct. 21: In the Middle Book Club (grades 6-8) at 6 p.m.
- Oct. 23: Bad Art Night at 6 p.m., registration required
- Oct. 24: No-School Trick or Treat Totes at 1 p.m.
- Oct. 27: After School Movie at 2:30 p.m.
- Oct. 27: Teen Café at 4:30 p.m.
- Oct. 28: Adult Crafternoon at 1 p.m. ■

Bondurant Community Library

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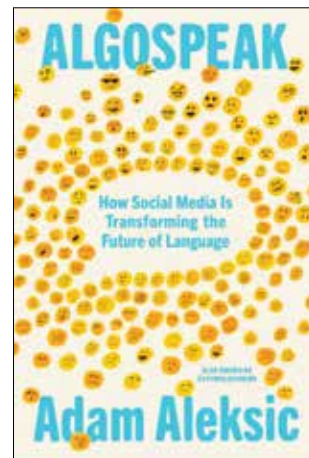
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'Algospeak: How Social Media Is Transforming the Future of Language'

Every generation gathers its own stew of slang to scandalize their parents and, eventually, grows up to be those scandalized parents. Endless concern and overblown reactions to the evolution of expression is as old as humanity. Just ask the ancient Romans. All that aside, the introduction of the internet and, specifically, social media has sped up and changed the process an taken most everyone by surprise, regardless of generation.

In this well-researched and lively book, linguist Adam Aleksic, an influencer in his own right, tackles the changes we have seen in just the last few years. Discussing how the algorithm influences word-choice amongst the chronically online, and how a word can go viral from even the smallest of circles, Aleksic shows the massive influence social media has had not just on our habits and trends but even on how we think and communicate IRL (in real life).

The examples provided are both fascinating and even a little scary (or maybe I'm just old). What this means for the future, only time will tell, but this is a fascinating peek into the forces that are changing just about everything. ■ — *Review by Julie Goodrich*



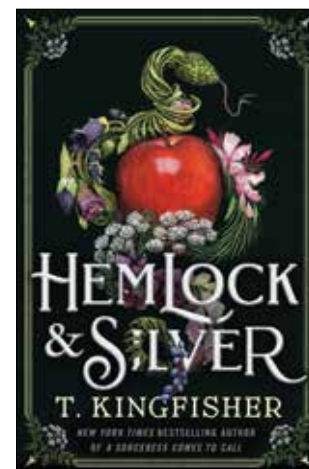
By Adam Aleksic
7/15/25
256 pages
\$29
Knopf

'Hemlock & Silver'

Oh, this is a fun book — escapist, heartwarming cozy, and funnier than it has any right to be. Retelling fairy tales is not the newest trope on the block, but when it's done well, the subversion of expectations is just the ticket for me to get swept away. And there are few out there doing it better than T. Kingfisher.

Anja is a healer, of a sort. She specializes in poisons, lost causes, and strict scientific discovery. Her ingenious methods and unique style have already saved lives, but she is not at all expecting a visit from her bereaved king who finds himself at a loss for how to treat his very ill daughter, Snow. Anja is forced to use all of her tricks and invent some new ones as she discovers the strange magic threatening not just the princess but the entire kingdom.

I adore a fantasy heroine who isn't a teenager and isn't a perfect model of femininity. If you are looking for something easy to read that isn't bogged down by pages of romance, this sweet little story is definitely worth your time. Be warned though, you will never look at mirrors in the same way again. ■ — *Review by Julie Goodrich*



By T. Kingfisher
8/19/25
368 pages
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Tor Books

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

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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). ■



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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 faces the front of the house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're selling, 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 affordably they can be installed.

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. So if you thought your choices were limited to simple sheet metal styles, think again. You should also pay close attention to the materials. Today's garage doors can be made from expensive hardwoods, textured vinyl, fiberglass or basic 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. Some will hold their color longer than others, and real wood doors can require regular staining and sealing every few years to keep them looking spectacular.

INSULATION

Depending on climate, the insulation of your garage door can be an important factor to help reduce your energy bills. This is especially important in heated garages. But even an insulated door on unheated garages can make a positive impact on your energy usage if it can keep the hot and cold weather away from the interior of your house. ■

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HOW TO CHOOSE THE RIGHT PODIATRIST

When foot or ankle pain begins to impact your quality of life, choosing the right podiatrist is one of the most important steps in your recovery. Whether you are facing a bunion, heel pain, sports injury or chronic discomfort, the expertise and approach of your provider will significantly influence your outcome.

CREDENTIALS AND CLINICAL EXPERTISE

Start by verifying board certification through the American Board of Foot and Ankle Surgery (ABFAS). This distinction signals that your podiatric surgeon has met nationally recognized standards for education, surgical training and professional performance. Doctors of Podiatric Medicine (DPMs) complete four years of medical school focused on the full body — with a strong emphasis on lower extremity anatomy — followed by at several years of intensive residency training in foot and ankle medicine and surgery. In fact, they typically perform

more foot and ankle procedures during training than any other medical specialty.

GO BEYOND WORD OF MOUTH

Recommendations from friends, family or your primary care doctor are a great starting point, but do not stop there. Take time to explore the podiatrist's website. You can learn a great deal about their background, areas of specialization, and the clinic's overall philosophy of care. Are they publishing research or contributing to medical education? If so, it often indicates a commitment to innovation and advancing the field. Patient reviews are also valuable — they offer real insight into what it is like to be under that provider's care.

MODERN TREATMENTS AND MEANINGFUL COMMUNICATION

The best podiatrists stay current with evidence-based, state-of-the-art treatments like Lapiplasty® for bunions

or laser therapy for soft tissue injuries. If a provider is still doing things the same way they did 20 years ago, it may be time to explore newer, more effective options.

Equally important is how well your provider communicates. You should leave each appointment feeling educated and confident — not confused or dismissed. Expect a thorough explanation of your diagnosis, treatment options and recovery plan. If that is missing, it is a red flag.

YOUR CARE, YOUR CHOICE

Most insurance plans do not require a referral to see a podiatrist, though you should confirm with your provider. Even if you are referred within a larger health system, you are free to choose the specialist who best aligns with your needs, values and goals. And do not overlook the clinic's culture — a personable, knowledgeable and compassionate team speaks volumes about the care you'll receive throughout your journey. ■

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3 N 17th St.

HOW TO CHOOSE A THERAPIST

Life doesn't come with a manual — and, even if it did, we would probably misplace it. Whether you are dealing with stress, anxiety, relationship challenges or just feeling off balance, talking to a professional counselor can help you sort things out and feel more grounded. There is no shame in seeking help. In fact, reaching out is one of the healthiest things you can do when life gets overwhelming. But, with so many types of counselors — therapists, psychologists and psychiatrists — how do you choose the right one?

Finding the right fit. If you are facing medical concerns or need medication, a psychiatrist may be the right choice. They are medical doctors who can prescribe treatment, though they typically do not offer long-term talk therapy.

For most counseling needs, a licensed therapist is a great option. Look for

someone with experience in your specific concerns — whether it is family dynamics, depression, trauma or parenting. Ask about their education, credentials and areas of specialization. It is perfectly normal to meet with a few before finding the one who feels like a good match.

Feeling comfortable. Your first session should give you a sense of safety and trust. You should feel comfortable asking questions about their approach, fees and what progress might look like. A good counselor creates a space where you feel heard — not judged — and maybe even breathe a little easier.

Credentials and values. Make sure your therapist is licensed and certified by a recognized professional board. These credentials ensure they have met ethical and educational standards. If shared values — such as faith or worldview — are important to you, don't hesitate to

ask. Feeling aligned can strengthen the therapeutic relationship.

Questions to ask

- Do I need a referral to schedule an appointment?
- What types of therapy do you offer?
- Are therapy sessions confidential?
- Do you accept insurance, and what will my out-of-pocket cost be?
- How long are sessions, and how often should I attend?
- What are the qualifications and experience of your therapists?
- Do you offer virtual or telehealth sessions?
- How do I get started or schedule my first appointment?
- What should I expect during my first session?
- Can therapy help with my specific concern or goal? ■



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HOW TO CHOOSE THE RIGHT CHIROPRACTOR

Finding the right chiropractor goes beyond addressing pain or symptoms. True chiropractic care focuses on optimizing your body's natural ability to heal by removing nervous system interference.

Understand chiropractic's true purpose. Chiropractic is not about chasing symptoms. It is about removing stress to the nervous system, allowing it to operate at its full potential. A principled chiropractor will clearly communicate this distinction and focus on your body's natural healing potential and restoring function and movement.

Seek a nervous system approach. Chiropractic's unique contribution lies in detecting, analyzing and correcting misalignments. Look for someone who prioritizes chiropractic adjustments as the cornerstone of care, understanding that misalignments interfere with vital brain-body communication. They should explain how adjustments help your nervous

system regulate and balance stress.

Look for a comprehensive evaluation. A quality chiropractor conducts a thorough examination before treatment. This evaluation should identify nervous system stress, assess spinal alignment and movement patterns, and determine how misalignments block brain-body communication. A thorough exam includes nervous system scans, orthopedic tests and X-rays if clinically indicated.

Seek out specialized training. Chiropractors can obtain specialty certifications through post-graduate coursework and additional clinical training. For babies and children, look for board certification in pediatric chiropractic care. For prenatal or preconception care, seek prenatal and Webster's technique certifications. Continuing education is essential for bringing latest health information and adjusting techniques to your care.

Individualized care and education.

Your chiropractor should understand your health goals and lifestyle challenges. Whether dealing with chronic stress or enhancing family wellness, they should develop individualized care plans addressing your nervous system needs. An initial exam should be followed by a report of findings to share assessment results and outline recommended care plans.

Chiropractic care is a "done with you" system, so look for someone providing individualized recommendations to support adjustments, including at-home movement and stretches, stress management techniques and healthy habits for hydration, nutrition, supplementation and sleep.

Chiropractic care is an investment in your body's innate potential for health and healing. Find someone who truly understands that optimal health comes from within when your nervous system functions without interference. ■

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WINEBRENNER doing her part to help others

Launches community fridge in Bondurant

When grocery prices are high, and families struggle to make ends meet, a helping hand from fellow community members is encouraging. Nicole Winebrenner says that a friend of hers in Des Moines, Monica of Sweet Tooth Farm, started some community fridges during COVID, and she thought at the time that it was a cool idea. When Winebrenner moved to the Bondurant area on an acreage and started to farm and grow her own food, she began donating produce to the closest community fridge in Altoona. After some time, she began to believe that Bondurant needed its own community fridge.

"I reached out to Eat Greater Des Moines via email with lots of questions because I had zero experience writing proposals," Winebrenner says. "A friend of mine, April from Iowa Wildcraft, introduced me to Shelly at Iowa Waste Exchange who helped me to write my entire draft proposal. Shelly's whole job is to help people and businesses find homes for things like leftover food and paper plates from corporate events, so it doesn't go to landfills."

Winebrenner submitted her proposal. When it was approved by the library board and Friends of the Library, Eat Greater Des Moines donated a refrigerator to the Bondurant Library in June 2025.

Winebrenner regularly donates fresh produce from her business at Regeneration Farm approximately every two weeks.

"What I bring depends on what is left over from the market," she explains. "It is open for anyone to donate to."

Where food pantries commonly help families and individuals replenish pantry supplies, she hopes that the community fridge can fill the gap with fresh food that many food pantries lack.

"I believe people using WIC and food stamps are sometimes limited in how much fresh food they can get. The pantry helps fill the gap. This is totally separate from canned food drives, too, and we already have those in Bondurant. The fridge is for meat, dairy products like milk and cheese, and fresh produce. It allows recipients to have some nutritious options."

She has purchased items such as yogurt, milk and cheese for the fridge a few times.



Nicole Winebrenner got the wheels turning for the Community Fridge at the library and donates produce from her farm.

The community has been generous in donating produce from summer gardens, and Winebrenner is grateful for the public's support as well as the support from the library. As fall and winter approach, she encourages the community to consider picking up a few fresh items when they do weekly grocery runs and add them to the fridge at the library.

Winebrenner says that produce has been good during the garden season, but items like meat and dairy products have been lacking.

"Produce may slow down after garden season is over, so please consider adding it to

the fridge as well. I think, in today's world, we have to support each other, and that looks like helping others have basics like food, shelter and clothing. Given my skill set, this is a way I can help directly. When people look around at all the terrible things going on in the world and wonder what they can do, this is a way to help directly in our own community."

Anyone is welcome to utilize the community fridge anytime the library is open, and everyone is encouraged to help their fellow community members by contributing to stocking it. ■

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FAITH

By Thomas Christensen

RELATIONSHIPS over knowledge



There used to be a giant hole in my office floor. When I moved into my office three years ago, I laid down some cheap flooring and didn't use any leveler or floor protector, so my rolling chair eventually wore a big hole into the LVP in front of my desk. The church replaced that floor a couple of months ago, and I had to move all my books out. I've spent some time these past couple of weeks rearranging those books with an eye as to whether or not I will actually read them or if I'm just keeping them because they look good on my shelf. I've moved my personal library halfway across the country and back, and with more than 3,000 volumes, I decided it might be time to pare down a little bit.

See, here's the thing. I love reading, and I enjoy books on all sorts of subjects and genres. Of course, I read books on counseling, marriage and family, and I read about theology and Christian living. But I also find books on military strategy to be helpful (crossover to spiritual warfare, anyone?), as well as history and the occasional good ol' spy novel.

But no matter how much I read, no matter how much knowledge I try to stuff into this cranium, it is all next to useless if I'm not pursuing my vertical relationship with God above all else, and building up my horizontal relationships next in line. The apostle Paul wrote that "Knowledge puffs up, but love builds up" (1 Corinthians 8:1). A more modern quote says, "If you're the smartest person in the room, then you're in the wrong room."

There's a necessary aspect of humility that we each need to bring in our desire to learn and grow and be better. But even more important than that humility is the prioritization of our relationships. In every job I've had, both secular and ministry, I've tried to adhere to the hierarchy of "God, Family, Work... in that order." And God has blessed abundantly when I've followed that.

Certainly none of us is perfect. But from Deuteronomy 6 to Matthew 22, the biblical admonition is that we each would "Love the Lord your God with all your heart, with all your mind, with all your soul, and with all your strength."

My friend, pursue Christ with everything you've got. Books will burn or rot. Clothes will tear or fade. Bodies will grow old and slow down. Even our very lives are like the breath on a cool morning that comes for a moment and then disappears into the thin air (James 4:14). Too often we hear "Life is short; enjoy it." And not often enough do we hear "Eternity is long; prepare for it." ■

Information provided by Thomas Christensen, serving as Family & Children's Ministry Director, Federated Church of Bondurant.

Bondurant News

September 2025

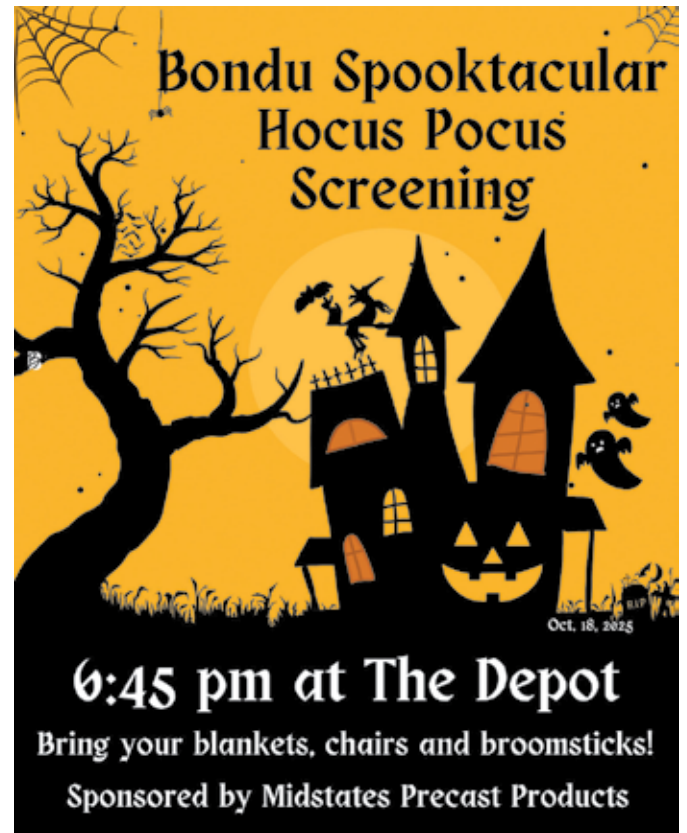


Sign Up for Construction Alerts

The City of Bondurant is currently undergoing active construction throughout 2025. We understand that these improvements may have a direct impact on your neighborhood. To keep you informed, we've set up a dedicated webpage where you can find up-to-date project details, timelines, and contact information. Visit <https://tinyurl.com/2025BonduConstruction> to sign up for direct construction updates delivered straight to your email.

Thank you for your patience as we work to improve our community infrastructure!

Sign up
here



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The City of Bondurant offers a variety of ways to keep you connected—from social media pages and email newsletters to texts right to your phone! Follow along, subscribe, or check in when you can—we're here to keep you in the loop and connected to your community.

Engage with Us



You can find upcoming City Council meeting dates, agendas, and past meeting minutes by scanning the QR code. We're making it easier than ever to stay informed and engaged.

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 2025 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 CLOSES DEC. 5, 2025

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

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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
- CBD 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

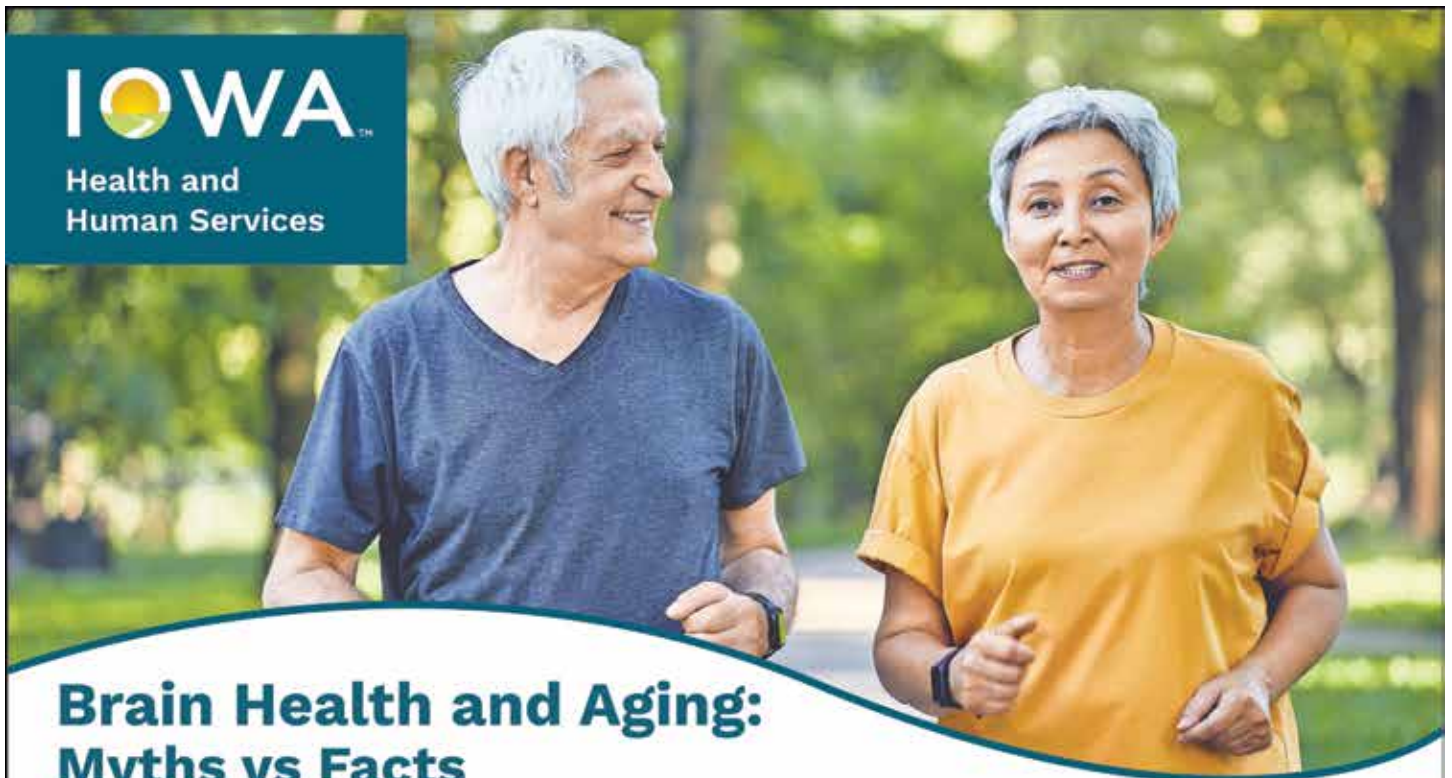
- Pharmacy
- Physical Therapy
- Dance Studio
- Gymnastics/Tumbling Studio

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 and
Human Services



Brain Health and Aging: Myths vs Facts

MYTH

I have to see a specialist to
get diagnosed with Alzheimer's

FACT

Most primary care doctors can assess whether a person might have Alzheimer's disease or related dementias (ADRD). They can do cognitive screenings, some even offer biomarker testing. They may refer you to a specialist or a diagnostic clinic, but starting with your family doctor is always a great first step.

You can also get a screening done at your free Annual Medicare Wellness Visit.

MYTH

I can't prevent or treat Alzheimer's

FACT

Research shows that up to 45% of dementia cases can be avoided by making positive lifestyle changes. These include managing your blood pressure, exercising, eating right, keeping your brain active and staying social. And now there are new medications that can slow Alzheimer's disease if caught in the early stages.

MYTH

There are no resources near me to
help with dementia caregiving

FACT

The Iowa HHS ADRD Program has a wealth of resources online from partner organizations all around Iowa. There is a thorough Dementia Resource Guide, a State Strategic Plan, options for caregiver support, the latest on research, local programs, training for professional workers and more.

If you or a loved one has been diagnosed with Alzheimer's or other dementias, you are not alone. The ADRD Program at Iowa HHS wants to help get you connected to the resources you need.

Scan the QR code to visit
our website and get the
latest information.



EVENTS IN THE AREA

Be sure to check for cancellations.

Note about calendar events: This magazine is delivered the fourth Thursday of each month. Calendar items included are events happening after the delivery date and extend into the following month. If you receive and read your magazine upon delivery, you will not miss out on any calendar items.

Coming up in Bondurant Living magazine:

Costume Creations: Halloween fun is quickly approaching! If you forgo the off-the-rack costumes for something more creative, we want to hear from you. Tell us about your costume creations and the fun you had making them. Email tammy@iowalivingmagazines.com with your stories.

Trick-or-Treat

Oct. 25

Trick-or-Treat in Bondurant will take place on the last Saturday of October every year, as set by the City Council. This year's date is Oct. 25.

Brownell's 85 on 80

Saturday, Sept. 27

3006 Brownells Parkway, Grinnell

The public is invited to celebrate Brownell's 85th anniversary with two events featuring vendors, music and fun activities. Check out what is new in the firearms industry with more than 60 firearm companies in attendance, win prizes, get good food, then stick around for a free concert featuring Craig Morgan, Sadie Bass, Nate Hosie and Ruari Brownell. For free tickets, visit <https://85on80.com/>.

Leprechaun Bags Tournament

Saturday, Oct. 11, 11 a.m.

Sully's Irish Pub, 860 First St., West Des Moines

The Friendly Sons of St. Patrick of Central Iowa present the Leprechaun Bags Tournament. Registration begins at 11 a.m. Play starts at noon. \$30 per two-person team. Cash payouts for top three teams. Visit www.friendlysonsiowa.com for details.



Bondu Spooktacular

Saturday, Oct. 18, 2-4 p.m. with movie at 6:45 p.m.

Enjoy games and activities, a costume contest and more at City Park, 251 Main St. S.E., from 2-4 p.m. That evening, come to the Depot, 2 Main St. S.E., at 6:45 for a free Halloween movie, "Hocus Pocus."



Bondurant Business Safe Trick or Treat Night

Oct. 29, 5-6:30 p.m.

Depot/downtown/Fareway parking lot

The Bondurant Chamber of Commerce invites the public to the Business Safe Trick or Treat Night.

Oktoberfest in The District

Friday, Sept. 26, and Saturday, Sept. 27

The District at Prairie Trail, S.W. District Drive, Ankeny

Raise your steins and don your lederhosen for two unforgettable days of festive fun at the 21st Annual Oktoberfest, now at The District at Prairie Trail in Ankeny. Experience the heart of Bavarian tradition with authentic German food, lively polka music, traditional beer hall games, and, of course, plenty of beer to go around. This two-day celebration offers something for everyone, from classic stein-holding contests and live music to delicious bratwursts and pretzels straight from the grill. For tickets, visit www.eventbrite.com/e/21st-annual-des-moines-oktoberfest-tickets-1488793063129?aff=oddtcreator.



Bondurant Developers Conference

Oct. 23, 3:30-5:30 p.m.

Bondurant Emergency Services, 500 Campus Drive S.E., Bondurant

The Bondurant Chamber of Commerce invites the public to this event. For more information, contact director@bondurantchamber.com. Registration link available at <https://bondurantchamber.com/events/>.

Edencrest at The Tuscany's Monthly Movement and Wellness Series

Oct. 6, Nov. 20, Dec. 18, 1:30 p.m.

Edencrest at The Tuscany, 1690 Eighth St. S.E., Altoona, lower east entrance at bottom of the hill

The public is invited to join a Monthly Movement & Wellness Series with Dr. Jonah Knous – Elevation Chiropractic. Explore ways to move better, feel better and live better — one month at a time. Each month brings a new topic, practical tips and a little inspiration to keep you moving all year long. RSVP by calling 515-850-6119.

Guided Tour: Blue Star Welcome Week

Saturday, Sept. 27, 1-2 p.m.

Des Moines Art Center, 4700 Grand Ave., Des Moines

In celebration of Blue Star Welcome Week, the Art Center is offering a free guided tour titled "Sailor, Soldier, Airman, Artist." This themed tour asks the question, "How did the military experience influence mid-century modern artists?" with artist features such as Ellsworth Kelly (WWII), Sam Francis (WWII), or b. Robert Moore (son of a Vietnam veteran).

The Des Moines Art Center is a Blue Star Museum, offering free admission every day to everyone. Hosting this guided tour during Blue Star Welcome Week, seeks to build support for the 600,000 military families who move to new communities each year. All military personnel and family members are invited to attend, whether new to the Des Moines community or not, to enjoy an afternoon at the Art Center.

EVENTS IN THE AREA

Be sure to check for cancellations.

NAMIWalks Iowa

Saturday, Sept. 27, check-in at 8:30 a.m., program at 10 a.m., walk at 10:30 a.m.

Terra Park, 6400 Pioneer Parkway, Johnston

If you care about moving the needle of mental wellness in our community and beyond, you are welcome to NAMIWalks. NAMI Iowa provides free, top-rated programs, life-saving support, education, guidance and the power to turn up the volume on advocacy and awareness. Register at www.namiwalks.org/iowa?eType=EmailBlastContent&eId=a4c96b4c-4f4b-464a-a588-4b0dbf463d5e&language=en.

Turnstile

Sunday, Sept. 28, 6 p.m.

Lauridsen Amphitheater, Des Moines Water Works Park, 2251 George Flagg Parkway, Des Moines

Turnstile is hitting the road this fall and making a stop in Water Works Park in support of their new album, *Never Enough*. The tour includes support acts SPEED and Jane Remover and special appearances by guests Amy & The Sniffers, Blood Orange, and Mannequin P*ssy. Tickets: www.axs.com/nz/events/1014762/turnstile-tickets.

'Blithe Spirit'

Oct. 3-12

Ankeny Community Theatre, 1932 S.W. Third St., Ankeny

"Blithe Spirit," by Noël Coward, will be presented by Ankeny Community Theatre. This comedy is perfect for the Halloween season. When a group of friends hosts a seance that goes wrong, Charles' first wife comes back to haunt him and his new wife with hysterical results. Tickets available at ankenycommunitytheatre.com.

Archives Across America: Unlocking Genealogy Resources

Saturday, Oct. 18, 9 a.m.

Iowa Genealogical Society Library, 628 E. Grand Ave., Des Moines

The Iowa Genealogical Society will host this one-day conference at the IGS Library and via Zoom. Featured speaker Tina Beard will present on the Library of Congress, the National Personnel Records Center, the U.S. National Archives, and Midwest repositories. Registration is \$70 for members and \$90 for non-members. Details at www.iowagenealogy.org.

15th Annual Healthiest State Walk

Wednesday, Oct. 1, 5:30 p.m.

Making a healthier future for Iowa will take all of us from Sioux City to Dubuque to Des Moines. #StartSomewhere with us and thousands of Iowans across the state by walking at your workplace, school, child care site, or in your community any time on Oct. 1 for the 15th Annual Healthiest State Walk presented by Delta Dental of Iowa. More information and register at www.iowahealthieststate.com/events/annual-walk. ■



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HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

IMPROVING the brain-body connection

Your body is innately designed to feel happy, healthy and strong. The body has an amazing capacity to heal when we take action steps and utilize the tools available to us to restore health and well-being. Chiropractic offers a drug-free, holistic approach to whole body health and wellness for life.

Choosing a chiropractor that can be your partner on your health journey will transform your life. A nervous system-focused wellness chiropractor will do a thorough consultation and examination to get a full picture of your health, identify nervous system stress and assess posture, motor strength and biomechanical movement patterns. Chemical, physical and emotional stressors take our body and nervous system out of alignment. Specific chiropractic adjustments improve the neurological connection between the brain and the body and improve the firing of the motor nerves. Adjustments restore balance in the body by interrupting a constant state of stress and allowing it to return to the necessary mode of rest and restoration. Consistent chiropractic care can increase your energy and cultivate a rested, more alive you who is thriving and not just surviving.

Chiropractors know that the body is designed to self-heal and self-regulate. Chiropractic adjustments remove stress to the nervous system so that your brain and body function better. By combining clinical findings with your personal health goals, a chiropractor can create an individualized care plan to restore and optimize health and improve the quality of your life. ■

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

Reveal Fresh, Glowing Skin



It's officially peel season!

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WELLNESS

By Nikki Morgan

CHEMICAL peels: safe, customizable, effective

Chemical peels have long been one of the most effective treatments for addressing a wide variety of skin concerns, from sun damage and dullness to melasma, uneven texture, and even acne. By gently exfoliating the outermost layers of skin, peels encourage cell turnover, revealing a smoother, brighter and healthier complexion underneath.

One of the biggest misconceptions about chemical peels is that they are harsh or intimidating. The truth is, today's chemical peels are highly customizable, making them a safe and versatile solution for nearly every skin type and concern. For those who simply want a quick refresh before an event, light peels can be performed with little to no visible peeling or downtime, delivering a radiant glow without disruption to your routine. On the other hand, deeper or more advanced peels are available for clients seeking dramatic improvements in pigmentation, texture or acne scarring, offering more transformative results over time.

This flexibility allows skincare professionals to design peel treatments tailored specifically to your goals, lifestyle and skin condition. Whether you are looking to smooth fine lines, brighten discoloration, clear breakouts, or simply rejuvenate tired skin, chemical peels offer a proven path toward noticeable improvement. ■

Information provided by Nikki Morgan, DNP, ARNP, SkinFusion, 200 Second St. S.E., Altoona, 515-967-0587, www.skinfusionfx.com, nikki.skinfusionfx@gmail.com



WELLNESS

By Tricia Heberer

LASER season has commenced

Laser season is officially here, and there is no better time to start your treatments. Cooler months mean less sun exposure, making it the perfect season for safe and effective laser sessions. Whether you are looking for smooth skin, to reduce sun damage, or finally say goodbye to unwanted hair, starting now ensures your skin has plenty of time to heal and reveal beautiful results before spring and summer. Investing in treatments this time of year sets you up for glowing, confident skin when the warm weather returns.

Non-ablative lasers: A non-ablative laser is a gentle laser treatment that works beneath the surface of your skin without damaging the top layer. Instead of removing skin, it heats the deeper layers to stimulate your body's natural collagen and elastin production. Over time, this helps improve skin tone, smooth fine lines, fade sun damage and create a firmer, healthier-looking complexion — all with little to no downtime.

You should consider this treatment if you want visible skin rejuvenation without the recovery time of more aggressive procedures. It is ideal for busy lifestyles, provides gradual and natural-looking results, and is for anyone who wants to invest in healthier, more youthful skin over time. Have questions regarding your skin and what treatments may be best suited for you? Seek out a medical professional who specializes in laser treatments.

Treat your skin today, glow by spring, and don't forget: When the sun comes back out, so should your sunscreen. ■

Information provided by Tricia Heberer, Owner/LE, Luxe Medical Spa and Aesthetics, 88 Paine Circle, Suite 7, Bondurant, theberer@luxemedicalspa.net, 515-630-8637.



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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, Kimball & Beecher, 108 Main St. N.E., Bondurant, IA 50035, 515-967-4002.



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BEAUTIFY and expand your indoor garden

Keep your houseplants looking their best with a bit of pinching, trimming and cleanup. A few well-placed snips can improve a plant's appearance and create cuttings to start new plants.

Start by removing any dead stems and leaves. Improve the overall beauty of spider plants, dracaenas and palms by trimming away the brown leaf tips caused by fluoride from tap water accumulating in the leaves. Avoid the problem by using rainwater, well water or water treated by reverse osmosis.

Trimming to improve the plant's growth habit and size can provide immediate and long-term benefits. Removing a small or large portion of the stem tip encourages the plant to form more branches and compact growth. When you remove the stem tip, you reduce the amount of the growth hormone auxin that promotes upward growth and discourages branching.

Encourage more branching without greatly reducing the plant's size with a soft pinch. Remove just the uppermost portion of the stem where new leaves are developing. Use a hard pinch to remove the tip and several inches of the leafy stem when you want to reduce the overall size and promote fuller growth on leggy plants.

Make a clean cut using sharp micro snips or pruners like Corona's houseplant pruners (coronatools.com). The rust proof, stainless steel blades can cut up to 1/4" in diameter and are shaped to make it easier to cut the intended leaves and stems. Your plant will look better, and the wound will close more quickly. Avoid leaving stubs and keep the plant looking its best by making cuts above a set of healthy leaves or a node, the place where leaves once grew. Pruning elsewhere distracts from the plant's appearance and the stubs create entryways for insects and disease. When you finish pinching and pruning, do a bit of cleanup. Use a dry or damp soft cloth to wipe away any dust that accumulates on the leaves. Use a cosmetic brush to clean fuzzy leaved plants like African violets. Or give your plants a gentle warm shower in the sink or tub. Wrap the pot in a plastic bag if needed to keep soil out of the drain and plumbing. Removing the dust allows more light to reach the leaves for photosynthesis which is essential for plant



Trimming with a sharp houseplant pruners or micro snips will improve a houseplant's growth habit and size. Photo courtesy of Corona Tools

growth.

Use the trimmings from heirloom and non-patented plants to expand your houseplant collection. It's easy to start new plants from leaf stem cuttings of various houseplants like inch plants, philodendron, pothos, dieffenbachias, dracaenas and many more. Use a sharp knife, snips or bypass pruners to cut 3- to 6-inch-long pieces from firm, mature non-woody stems.

Remove the lowest leaf or two from the stem where roots will form. Stick the cutting in a small container filled with vermiculate, perlite or a well-drained potting mix. Loosely cover the potted cutting with a plastic bag left open at the top to increase the humidity around the cutting while it forms roots. Set the container in a bright location out of direct sun for several weeks as the roots develop. Once rooted, pot

it up and place it in a space that receives the sunlight it prefers.

You'll be amazed at how a bit of grooming and propagating can perk up a tired indoor garden. Share or trade extra rooted cuttings with family and friends so each of you can grow your indoor garden and memories. ■

Melinda Myers has written more than 20 gardening books, including the "Midwest Gardener's Handbook, 2nd Edition" and "Small Space Gardening." She is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Corona Tools for her expertise to write this article.



HOW TO avoid common financial scams

In today's fast-moving digital world, financial scams are becoming increasingly sophisticated. Fraudsters are constantly finding new ways to trick people into sharing sensitive information or sending money. Your local bank wants to help keep you, your family and your business safe by raising awareness of the latest scam tactics and sharing steps you can take to protect yourself.



Trending scams to watch out for

- Phishing emails and texts – Scammers pose as trusted companies or government agencies, asking you to click a link or share personal information.
- Imposter sScams – Fraudsters claim to be from your bank, a utility company, or even a family member in need of urgent help.
- Check fraud – Criminals alter, counterfeit, or steal checks, often tied to online marketplace or business transactions.
- Investment and crypto scams – Promises of guaranteed high returns or pressure to “get in now” are red flags.
- Tech support scams – A pop-up or phone call claims your device is infected and directs you to pay for fake repair services.

How to protect yourself

- Verify before you act: If something feels off, pause and confirm directly with the company or person.
- Never share account numbers, PINs, or passwords over the phone, email, or text.
- Monitor your accounts regularly for unusual activity.
- Use strong, unique passwords and enable multifactor authentication whenever possible.
- Remember: If it sounds too good to be true, it probably is.

Who to contact if you suspect fraud

If you think you may have been targeted by a scam or notice suspicious activity on your accounts, contact your financial institution or local authorities immediately. You can also report scams to the Federal Trade Commission (FTC) at reportfraud.ftc.gov.

Fraud is on the rise, but there are steps you can take to protect yourself. Learn how to recognize scams, safeguard your information, and keep your accounts secure. Visit visionbank.com/electronic-banking/risk-education for tips and resources. ■

Josh Bryant is SVP/Commercial Banker at VisionBank, 1201 Grant St. S., Bondurant, 515-967-4949, and serves as Treasurer on the Board of Directors for the Bondurant Chamber of Commerce.

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The Heat is on...

Bondurant Developers Conference 2025

October 23, 2025

3:30 - 5:30 PM

Register here:

bondurantchamber.com/events/



Join us!



LEGISLATIVE Breakfast

East Polk County Regional Legislative Breakfast was hosted by Bondurant Chamber of Commerce at the Bondurant Community Library on Aug. 26.



Liv Wendt and Tara Cox



Emily McLain, Katie Hentges and Laura Lacina



Matt Harris and Amanda Wanke



Noah Schrab and Mary Egger



Kyle Lee, Shelby Hagan and Ben Fuller



Alex Lynch and Josh Bryant



Rich Powers and Tony Thompson



Wes Enos and Al Buljubasic



Wes Enos, Scott Fiscus, Andrea Stanfel and Becca Squiers



Jolly Omar, Jill Altringer, Marketa Oliver and Chad Driscoll



City of Bondurant hosted a Puddle Pavilion Ribbon Cutting of new public art at the Mud Creek access point in Eagle Park on Sept. 2.



Chad Driscoll, Stephanie Oppel, Anna McDonald, Mayor Doug Elrod, Sally Dix and Amy Saylor at the City of Bondurant Puddle Pavilion ribbon cutting on Sept. 2.



Chad Driscoll, Andrew Golightly, Chris Vance, Matt Sillanpaa, Tara Cox, Jett DeLouis, Connor Hiatt and Oliver Cox at the City of Bondurant ribbon cutting for the new mural by Bondurant-based artist Chris Vance adjacent to City Park on Aug. 27.



The City of Bondurant held a ribbon cutting for the new mural by Bondurant-based artist Chris Vance adjacent to City Park on Aug. 27.



Angela McKenzie, Chad Driscoll, Tara Cox, Mayor Doug Elrod, Zach Nunn, Marketa Oliver and Artist Jennifer Leatherby at the dedication of Bondurant's new water tower on Sept. 5.



The City of Bondurant dedicated the new water tower on Sept. 5.



Anthony Rauterberg and Aaron Kreuder at the dedication of Bondurant's new water tower on Sept. 5.



Cheryl and John Timmins and Artist Jennifer Leatherby at the dedication of Bondurant's new water tower on Sept. 5.



John Bergeson and John Horton at the dedication of Bondurant's new water tower on Sept. 5.

CLASSIFIEDS

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Inflation is at 40-year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

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