

BONDURANT Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN IN BONDURANT

CERTIFICATES WERE PRESENTED TO THE RESIDENTS' CHOICE POLL WINNERS.



Dr. Renee Conley, along with Sam Cutts and Megan Springer, of Bondurant Animal Clinic



Nate and Sheena Kannegieter with A3 Auto



Desiree Claypool of Style by Desiree



Joe Tollari with Metro Heating & Cooling



Suzy Hendrickson with Suzy's Kitchen

BONDURANT WEATHER FORECAST

WEDNESDAY HIGH 40 | LOW 13
Icy mix in the p.m.



THURSDAY HIGH 22 | LOW 9
Colder with some sun



FRIDAY HIGH 40 | LOW 17
Breezy and not as cold



SATURDAY HIGH 38 | LOW 30
Mostly sunny



SUNDAY HIGH 51 | LOW 32
Sunshine, breezy and mild



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FROM THE PUBLISHER

MEET GEORGE JETSON

I saw a cartoon the other day illustrating a family driving in a car with the mother in the passenger seat looking at her phone and stating to all, “The blender just texted — we forgot to turn off the stove.”

Sound familiar? We may not be there yet, but we are close.

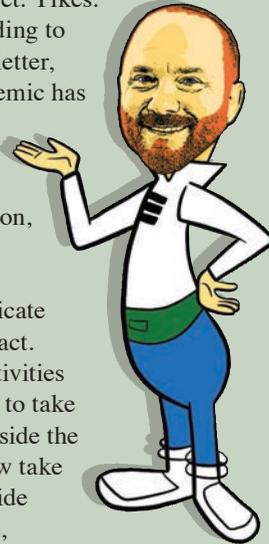
A telecommunications company mailed me a newsletter recently with an article that referenced a 2021 survey from Deloitte indicating that the average U.S. household now has 25 connected devices, up from 11 in the 2019 survey.

“Impossible,” I said.

Then I started adding them up. My cell phone. My wife’s cell phone. Two iPads. Two Apple watches. Two laptops. A home computer. Two Apple TVs. A Firestick. A Ring doorbell. A Nest thermostat. A MyQ garage door opener. Three Amazon Echos. Two wireless headphone sets. That brings me to 20, and

I haven’t counted in the kids’ devices yet. Yikes.

According to the newsletter, the pandemic has played a big part in this progression, changing how we communicate and interact. Many activities that used to take place outside the home now take place inside the home, redefining “homework.”



Here are a few other surprising findings from the Deloitte report:

- More than half of U.S. adults had virtual doctor visits, and 82 percent were satisfied with the experience.
- More than half of U.S.

households have a smartwatch or fitness tracker.

- During the pandemic, 70 percent of consumers started mobile ordering or other smartphone-based retail and expect to continue to do so.
- Two-thirds of U.S. household have some type of smart home devices.
- Thirty-one percent of Americans admit to feeling overwhelmed by the number of devices and subscriptions they need to manage.

Ready or not, the future is here. Meet George Jetson.

Have a great week, and thanks for reading. ■

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BONDURANT
Living Weekly

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COMMUNITY BREAKFAST

The Bondurant American Legion, 315 S.W. Second St. N.W., is holding its community breakfast on Saturday, Feb. 19, 7-9:30 a.m. It hosts a community breakfast on the third Saturday of every month at the Legion Hall. The menu includes pancakes, choice of eggs, toast, hash browns, biscuits and gravy, sausage, coffee, milk and orange juice. ■

BOWLING BASH

The East Polk Rotary Club is holding its Bowling Bash, Friday, Feb. 18, 2-5 p.m. at Great Escape, Pleasant Hill, complete with silent auction, raffle, trophies and more fun. Proceeds support the Iowa Industrial Technology Exposition and other community projects. Cost is \$65 per bowler or \$260 per team (four bowlers per team). Register a second team for \$200. Registration forms are available at www.eastpolkrotary.org. ■

SPRING BREAK FAMILY ESCAPE ROOM

The Bondurant Community Library, 104 Second St. N.E., is holding a Family Escape Room during spring break, Friday, March 11, to Friday, March 18. Click on the sign up genius link to sign up for a spot in the Spring Break Family Escape Room. <https://www.signupgenius.com/go/904044AA8AF29A3FF2-springbreak> ■

REGISTRATION UNDERWAY FOR BLUE JAYS BONDURANT LITTLE LEAGUE

Registration for the 2022 baseball and softball season is underway online only at www.Bondurantlittleleague.org. Registration continues through February. Payment is due at registration. Coaches and volunteers are needed. For more information, click on the Volunteer tab after setting up an account. ■

B-F SPORTS SCHEDULES

Wednesday, Feb. 16

7 p.m. **Basketball:** Girls Varsity Regional vs. TBA

Thursday, Feb. 17

TBD **Wrestling:** Varsity State @ Wells Fargo Arena

4:15 p.m. **Basketball:** Boys 7th vs. Adel DeSoto Minburn CSD

4:15 p.m. **Basketball:** Boys 8th @ Adel DeSoto Minburn

4:30 p.m. **Basketball:** Boys 9th vs. Indianola

6 p.m. **Basketball:** Boys JV vs. Indianola

7:30 p.m. **Basketball:** Boys Varsity vs. Indianola

Saturday, Feb. 19

7 p.m. **Basketball:** Girls Varsity Regional Semifinal vs. TBA



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EVENTS IN THE AREA

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VARIOUS SHOWS

February dates

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

A variety of performances are on tap for February at Hoyt Sherman Place. For details, visit www.hoytsherman.org.

Feb. 15: “Des Moines Storytellers Project: Love” at 7 p.m.

Feb. 16: “An Evening With Bruce Dickinson” at 7:30 p.m.

Feb. 18: “The Mavericks: ‘En Español’ World Tour” at 7:30 p.m.

Feb. 19: “Yola: Stand For Myself Tour” at 8 p.m.

Feb. 24: “Ashley McBryde - This Town Talks Tour” at 8 p.m.



ON STAGE

February dates

Enjoy one of the local theater productions currently showing in the area.

• **“Long Day’s Journey into Night”** — Iowa Stage Theatre Company presents this play about addiction and the resulting family dysfunction now through Feb. 20 at the Stoner Theater, 221 Walnut St., Des Moines. www.iowastage.org

• **“The Revolutionists”** — Tallgrass Theatre Company, 2019 Grand Ave., West Des Moines, presents this play about four beautiful, tough women who lose their heads in an irreverent, girl-powered comedy. Playing now through Feb. 20. www.tallgrasstheater.org

• **“Agatha Christie’s Murder on the Orient Express”** — The show runs now through Feb. 20 at the

Des Moines Community Playhouse, 831 42nd St., Des Moines. It’s winter 1934, and, when the Orient Express luxury train is stopped in the snow, a passenger is found dead in his locked compartment. Fortunately, the famous detective Hercule Poirot is also aboard to solve the case before the killer strikes again. www.dmplayhouse.com

CITYVIEW CHOCOLATE WALK

Friday, Feb. 25, 5-9 p.m.

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? They you’ll love this event. CITYVIEW and West Glen Town Center once again present the Chocolate Walk. For a ticket price of \$20 (\$30 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. Find the registration link at <https://chocolatewalk.dmcityview.com>.

BLUE RIBBON BACON FESTIVAL

Saturday, Feb. 26

Horizon Events Center in Clive

After a year off, the bacon fellowship will resume, according to the Blue Ribbon Bacon Festival’s website. The \$50 general admission ticket includes live entertainment, 12 bacon-inspired dishes, one beverage and all the bacon you can eat. The theme will be “Bacon Gras” and feature bacon-infused Cajun dishes along with: Bacon Bourbon Street – Mardi Gras Beads, street performers, local musical acts, pro wrestling, Iowa’s top pop-punk group The Eugene Levy Band, Silent Club Sizzle, main-stage music from Tyler Richton & The High Bank Boys, Not Quite Brothers and BYOBrass, and you won’t want to miss the popular bacon-eating contest at 3 p.m. Tickets for the event will be limited to 5,000. For more information, visit blueribbonbaconfestival.com. ■

POLK COUNTY CONSERVATION

OLDER, WISER, LIVELIER, SENIORS - FARM TO FOREST

Jester Park Nature Center

Tuesday, March 1, 11 a.m.

Join Polk County Conservation Naturalist, Lindsey Page as she outlines how being raised a farm kid in rural Iowa ultimately led her down the path of environmental education and conservation, as well as how the world of agriculture and the world of conservation overlap in the state of Iowa. A cookies and coffee social starts at 10:30 a.m. and the program at 11 a.m. No registration required for this free program for ages 12 and older.

TODDLER TALES

Jester Park Nature Center

Let your imagination run wild with this free nature-themed story time aimed at ages 3 and older. Hear a story followed by the naturalist's choice of an activity such as an animal encounter, puppets or a craft. Registration required the day prior to the event. Register online at <https://www.polkcountyia.gov/conservation/>. Monthly themes are:

March 3, 10 a.m. - Ducks

April 7, 10 a.m. - Birds & Nests

FITNESS IN THE PARK

Thursdays, March 3 and April 7 at 6 p.m.

Jester Park Outdoor Recreation & Wellness Center

Join trainers from Fitness Nomad, a mobile personal training business, at a monthly fitness class. The 45-minute class will focus on a full-body strength and functional fitness work out. Classes will include strength training, functional fitness, core strengthening, and some interval training. These classes are great for people who are new to their fitness journey as well as for the experienced fitness enthusiasts and outdoor recreation junkies. All equipment is provided. Participants are encouraged to bring a water bottle and dress in comfortable gym clothes. This program costs \$15 and is for ages 16 and older. Registration required two days prior to the event. Register online at <https://www.polkcountyia.gov/conservation/>. ■

4-H BABYSITTING BASICS CLASS OFFERED

All students in fifth grade and above are invited to attend the 4-H babysitting course to be held Friday, March 11, 9 a.m. to 3 p.m. Babysitting is an important job and can sometimes be scary. Come learn the skills to do a good job. Register online at <https://tinyurl.com/y42cwu4j>. ■

MEMBER SOUGHT FOR LIBRARY BOARD OF TRUSTEES

The Library Board of Trustees is seeking a member. The new board member will need to be a male and live within the city limits of Bondurant. Interested parties should contact the Library Director at jills@bondurant.lib.ia.us. Members must be older than 18. All appointments to the Board are for six years. There is no compensation to serve on the board. An application is available on the City website, www.cityofbondurant.com. Also provide a professional resume and cover letter. ■

POT O' GOLD SCAVENGER HUNT

Stop in the Bondurant Community Library, 104 Second St. N.E., on St. Patrick's Day, Thursday, March 17, 9 a.m. to 7 p.m., and see if you can follow the clues to find the pot of gold in a scavenger hunt. Don't forget to wear your green. ■

SIGN UP FOR EMAIL NOTIFICATIONS AND TEXT ALERTS

The City of Bondurant offers text alerts. Subscribe to either email notifications or text alerts (or both) at <https://www.cityofbondurant.com/home/pages/sign-email-notifications-text-alerts>. ■

RECIPE

FRESH, HEALTHY FAMILY MEALS

RECIPES TO HELP BOOST IRON LEVELS, AID PLASMA DONATION RECOVERY



(Family Features) Chef Nate Appleman knows how important it is to serve healthy meals to your family – ones they actually want to eat. Before having his first child, he transformed his eating and exercise habits and lost 85 pounds to get on a healthier path.

Now, he's cooking meals for his family, including 14-year-old Oliver who was diagnosed with Kawasaki Disease as a toddler – an inflammation of the blood vessels that can cause damage to coronary arteries – as a healthy lifestyle is important to help manage the disease. Since Oliver's diagnosis, Appleman made it his personal mission to create awareness of Kawasaki Disease and for the critical need for plasma donations that many people with the disease rely on for treatment, which is why he partnered with Abbott to bring attention to the need for plasma donations.

Donating plasma is a safe and relatively easy process. Since plasma is replaced in the body within about 24 hours, it can be donated up to twice per week. With a donation that typically takes between 1-3 hours, you can make a lasting impact by providing lifesaving medicine for patients like Oliver.

It's a good idea to fuel up with iron-rich foods before and after donating, so Appleman created fresh, nutritious recipes he loves to serve his family.

Learn where you can donate at bethel.donor.abbott. ■

MARINATED SKIRT STEAK

Recipe courtesy of chef Nate Appleman on behalf of Abbott

Vinaigrette:

- 1/4 cup oil
- 1/4 cup fish sauce
- 1/4 cup rice wine vinegar
- 1/4 cup water
- 2 tablespoons raw sugar
- 1 cup chopped fresh cilantro
- 1 lime, juice only
- 1 clove garlic, minced
- 1 small Thai bird chile or serrano chile, chopped
- 1/4 head finely shaved green cabbage
- 1/4 head finely shaved purple cabbage
- 2 carrots, thinly julienned

Skirt steak:

- 1 1/2 pounds trimmed skirt steak
- 1/2 cup coconut milk
- 3 cloves garlic, minced
- 2 tablespoons lime juice
- 1/4 cup chopped fresh cilantro
- 2 tablespoons sriracha
- salt, to taste
- 3 cups cooked brown rice
- 1/2 cup crushed peanuts
- 1 lime, quartered, for garnish

To make vinaigrette: In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

To make skirt steak: Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.

Heat grill to high.

Grill 3-4 minutes each side until medium rare.

Let rest 3 minutes.

Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.

FILM REVIEWS

By Michael C. Woody

'AFTER LIFE'

Season 3 of this heartwarming and heartbreaking series about a man who loses his wife to cancer is outstanding. Ricky Gervais, of all people, is behind this excellent series. Raunchy language alert but so full of heart and love.

Grade: A-



"AFTER LIFE"

'ENCOUNTER'

What starts as a compelling sci-fi story about an ex-military dad protecting his two sons spins on a dime and turns into a whole different movie. Riz Ahmed turns in great performances.

Grade: B-



"ENCOUNTER"

'PARALLEL MOTHERS'

This is the first of two art films on this month's list. Penelope Cruz plays a successful adult who finds herself pregnant with no support from the father. Along this road, she meets a young woman in the same position, and the two strike up an interesting friendship. It's not a perfect film, but there is still much to like.

Grade: B



"PARALLEL MOTHERS"

'SCREAM'

I guess "Scream 5" didn't seem like a great title, so simply "Scream." Many faces from previous incarnations reappear as the town is once again terrorized by a creepy man.

Grade: C+



"SCREAM"

'SWAN SONG'

If you love Mahershala Ali ("Green Book"), you are in for a treat as here he plays two characters. A man who has a terminal illness finds a company (headed by Glenn Close) that will make an exact copy of him and insert this duplicate into the life of his son and wife... without them knowing. All fun and games until something goes awry.

Grade: B+



"SWAN SONG"

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.



BONDURANT'S BOND RATING UPGRADED

Last month, Moody's completed its financial analysis for the City of Bondurant, upgrading the City's rating for upcoming General Obligation debt from A1 to Aa3 and upgrading the rating for Annual Appropriation debt from A2 to A1. The rating service takes a comprehensive view of the operations, revenues and expenses of the City to determine the risk profile of future sales of public debt. The Aa3 rating reflects the City's steady tax base growth and the community's sound financial position. It also demonstrates the City's healthy growth in reserves. ■

WATER AND TRASH BILL REMINDERS

Your bill is broken down by service codes. Each of the service codes are tied to the applicable fee. On the City's website, there are two diagrams that show you how to read your utility bill. Bills are due the 15th every month. Payment not received by 8 a.m. on the 16th of the month receive a 10% penalty. The shut-off date is always the 23rd of the month or the following business day after the holiday. A non-payment fee of \$50 is charged to any account on which payment has not been received by 8:30 a.m. on the day of shut-off. To sign up for auto payment, visit <https://www.cityofbondurant.com/utilities-department/pages/how-pay-your-utility-bill>. ■

COMMERCIAL REAL ESTATE TRANSACTIONS

COMMERCIAL REAL ESTATE TRANSACTIONS IN BONDURANT FROM DEC. 7, 2021, THROUGH JAN. 6, 2022.

ADDRESS: 2412 ROBINSON AVE. N.E., BONDURANT
SALE DATE: JAN. 5, 2022
SALE PRICE: \$263,620
SELLER: BONDURANT BUSINESS PARK LLC
BUYER: BONDURANT 160 DA PARTNERS LLC
SQUARE FEET: 0
ACRES: 1.21

ADDRESS: 2408 ROBINSON AVE. N.E., BONDURANT
SALE DATE: JAN. 5, 2022
SALE PRICE: \$206,190
SELLER: AV COMMERCIAL HOLDINGS LLC
BUYER: BONDURANT 160 DA PARTNERS LLC
SQUARE FEET: 0
ACRES: 1.183 ■

CLASSIFIED ADS

LOOKING TO BUY: Vinyl Records. Will pay cash for your 60s, 70s and 80s rock as well as jazz and blues. Please call Brian at 515-326-5033.

FOR SALE: Three wheel double baby/toddler Stroller. \$35. Call or text for photos. 515-238-3198.

FOR SALE: 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disk CD player/DVD. 213,000 miles. Asking \$750.00. Call 515-238-3198. Located 5 miles from Grimes.

BABY BED FOR SALE: Has changing table on one end, 5 drawers for storage. Well Built. Needs a home to put it to use. Call 515-238-3198.

BUNK BEDS FOR SALE: Twin bottom/single top. Really nice. \$200.00 takes them away to a usable home. Text or call 515-238-3198 and I can return photos for viewing.

WANTED: Broken appliances & A.C.'s, 10 years old & under, repair hopefuls. Call 515-238-3343.

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 Contact Aaron Burns at aaron@iowalivingmagazines.com

JOKE OF THE WEEK



*What do you call a belt made of watches?
 A waist of time!!!*