

Living

MAGAZINE

Making a house a home

Residents share their home
improvement experiences

1,000 Books Before Kindergarten
LIBRARY

Meet Holly Wanninger
EDUCATION

Mac and cheese with pecan breadcrumbs
RECIPE

PRSR1 STD
EGRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

WELCOME TO

Your New Home!



13525 NE 88th St, Maxwell
3 Beds | 3 Baths | 1,960 sq. ft.
\$640,000

Nestled in the countryside is this nearly 6 acre property. Boasting a new roof, new soffit, fascia, gutters and mature trees. The open floor plan connects the living, dining and kitchen areas. Included are a 40x30 outbuilding, camper parking pad, 3 car oversized-garage, basement is framed, plumbed and electrical ready to go to add 2 additional bedrooms.



Price Reduced

7679 NE 108th, Bondurant
3 Beds | 2 Baths | 1,491 sq. ft.
\$445,000

An updated ranch, nestled in the exclusive Woodland Lake Estates. The heart of the home is an expansive open kitchen with granite countertops, farmhouse sink & stainless steel appliances. Lots of natural light in the large vaulted living room. It comes with a luxurious master suite, two spacious bedrooms and two bathrooms, adorned with modern finishes.



New Price!

10366 NE 120th, Mingo
5 Beds | 3 Baths | 1,504 sq. ft.
\$525,000

This home features a walkout basement on 1.624 acres. On the main floor you find the living room, eat-in kitchen and the laundry room. In the walk out lower level, you will find a family room great for entertaining, two bedrooms and another full bathroom. Other amenities include a 6-person hot tub, large above ground pool and large storage shed with loft.



Sheena
— REALTOR —

Licensed to Sell Real Estate in the State of Iowa

515-401-8398 www.seedesmoineshomes.com

Over 15 years experience in the Bondurant Market



Each office independently owned and operated RE/MAX Hilltop ■ 102 1ST Street SE, Bondurant ■ 515-967-5424



WELCOME

BACK TO the project list

Days are getting shorter. Nights are getting cooler. And the home improvement project list keeps getting longer.

Sound familiar?

Well, the "I-will-get-to-it-after-summer" excuse won't work much longer, as the fall season approaches. The real trick is to start and finish these projects before the holiday season arrives. Unfortunately, we all only have 24 hours in a day, and other tasks and responsibilities often take priority. As such, we need to turn to local professionals to do the jobs right. You are in luck, as we once again are offering ideas and solutions from businesses and contractors that may help push your projects along.

We are here to help with another issue featuring home improvement stories packed with examples of what area residents have done to spruce up their properties.

If you are one of the fortunate ones who have your projects completed and would like to be featured in an upcoming issue, please send me a note. We would enjoy sharing your successes, too.

Thanks for reading, and good luck on those fall projects. ■



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



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

HAPPY FALL Y'ALL!



Give us a call today with any questions about your pet's health care. *We're here to help!*

- Routine & Preventative Health Care
- Surgery (Soft Tissue & Orthopedic)
- Dental Care
- Nutritional Products



Schedule appointments
Access medical records
Receive reminders

BY APPOINTMENT ONLY

Schedule Yours Today!

**Dr. Joe Hong • Dr. Stephanie Timm
Dr. Scott Curry • Dr. Renee Conley
Dr. Theresa Humphreys**



www.bondurantanimalclinic.com

210 2nd St. NE Ste B, Bondurant • 515-967-1800 • Mon-Fri: 8am-5pm

EXCEPTIONAL

CARE

THROUGH EVERY STAGE

EXPERT MEDICAL CARE FOR INFANTS TO TEENS
WITH FRIENDLY STAFF AND
DOCTORS WHO LISTEN!



DSM Pediatrics

Dr. Robert Fornoff Laura Delaney, PA-C • Amanda Ostergaard, CPNP
Sarah Barnhart, CPNP • Lauren Ropp, CPNP • Sally Twedt, CPNP



2785 N. Ankeny Blvd., Ankeny • 515-964-2159 • dsmpeds.com

Making a house *a home*

Residents share their home improvement experiences

By Chantel Boyd

Ever think how much nicer it would be to sit in your comfy chair in the evening if only your living room weren't drab — and you didn't have orange shag carpet? Or imagine stepping into a roomy shower instead of that tiny pink bathtub like the one in Grandma's house? Or dream of a laundry room on the main floor instead of in the musty basement? Or maybe turning that basement into a family room and entertainment hub? Residents with similar dreams decided it was time to make some changes, and they share their home improvement experiences to inspire others.

Taylor and Austin Sullivan remodeled their home, inside and out.





Heidi and Brian Parrow refinished their basement so their kids and guests would have plenty of room.

Finished basement serves variety of needs

Heidi and Brian Parrow of Bondurant moved into their house in 2017. It had an unfinished basement, and the couple wanted to take advantage of the space for a variety of purposes.

The complete renovation wish list included a guest room, guest bath, family room and



Heidi and Brian Parrow had a custom-built cabinet installed in their newly finished basement to store their gaming systems, games, cords, accessories and other items.

YOUR EXPERT SOURCE FOR
ALL THINGS GARAGE DOOR

REPAIRS • NEW DOORS • OPENERS



CUSTOM BUILD YOUR GARAGE DOOR!

Add the finishing touch to your curb appeal with your unique design.



GARAGE DOORS WITH CURB APPEAL

CALL US **515-633-2119**

AmegaGarageDoors.com

SALES • SERVICE • PARTS • INSTALLATION

FEATURE



BEFORE



AFTER



AFTER

Rooms were added in the unfinished basement of the Parrow home to create a guest bedroom and bathroom.

customized shelving for all the DVDs, VHSs, books and collectibles they own.

“We wanted a way to organize our multiple gaming systems, games, cords and accessories,” says Heidi Parrow.

The family did not want to have

mismatched shelves and cabinets everywhere. They wanted it to look finished, so they called in the professional cabinet makers at Double Dutch.

“We wanted it to look classy, even though we have lots of stuff,” Parrow says, adding

that she wanted the shelves and countertops to have a farmhouse vibe for the overall style.

“I wanted a rustic, farmhouse style for the décor, so they added a mix of wood for shelving and countertops. I think it really turned out great,” she says.

2 DAY SALE!

FALL SALE

**FIRETRUCKER
BREWERY
SAMPLING**
11:30-1PM
Saturday

Friday, Sept. 29 & Saturday, Sept. 30

40%
OFF

All Live Goods*

Trees, Shrubs & Perennials

10% OFF ALL MATERIALS

Rock, Mulch, Soil, Compost, Edging, Wall Stone & Pavers*

10% OFF BBQ

Grills, Smokers, Lump Charcoal, Wood, Accessories, Sauces and Rubs

HUGE SELECTION TO CHOOSE FROM IN OUR 5 ACRE NURSERY

Puppy Jake On Site And Accepting Donations Saturday

FREE
BBQ
LUNCH

from 11:30-1PM
Saturday

TNT
LANDSCAPING

(515) 965-1206 • 1313 SW Ordinance Road, Ankeny

www.tntlandscaping.com

* No warranty. In-stock only.

HAWGEYES
BBQ™

GRILLS • SMOKERS • FIREPITS Plus accessories, spices, rubs, sauces & more! www.hawgeyesbbq.com

6 Bondurant Living magazine SEPTEMBER | 2023 www.iowalivingmagazines.com

FEATURE



BEFORE



AFTER

The exterior of the Sullivans' home was transformed with new paint, windows, trim, gutters and more.

The couple hired Tanke Construction for the basement remodeling.

The main goal for the family room was to create ample space for storage and spreading out. The fact that the built-in within the newly refinished room is also stylish was a bonus, says Heidi.

"We wanted a finished space for entertainment and storage. Having additional living space to spread out is so nice, especially as the kids grow; they will have a space for them and their friends as they age," she says.

The Parrows also wanted to create a guest room and bathroom for friends and family who visited from out of town so they could have some privacy during their stay.

Heidi and Brian gave their ideas to their builder to choose the products. They sent inspiration pictures they found online to aid in the selection.

"We collaborated and communicated with them often," Parrow says.

The couple say the most important improvement from the renovation is that they now have more space to hang out as a family.

"We love having a space for entertaining and separation, especially with the kids getting older," says Parrow.

The family has since hosted visitors and have enjoyed having the extra space in the basement for that purpose.

"We have family visit for an entire weekend from out of state, and it becomes like a mini apartment for them," says Parrow.

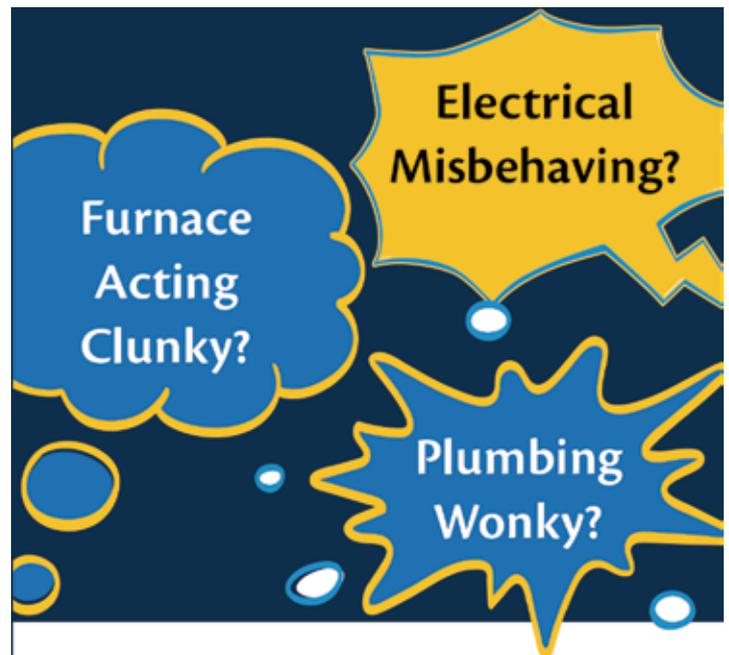
The couple advises homeowners to ask for referrals to achieve similar renovation results.

"Ask for recommendations of friends you trust. Have multiple people come in and give you bids and ideas. Ask to see their work. Ask questions, and don't be afraid to get exactly what you want."

The joy of the final product

Taylor and Austin Sullivan of Bondurant have renovated many homes, including their first. The renovation wish list was seemingly endless.

"The main goal was to improve the overall condition of our first home but also the interior and exterior to fit our style," says Taylor Sullivan.



These situations are NOT comfortable!

Your comfort and safety is our top priority.

Whether it's adding a whole-home surge protector, fixing a leaky faucet or making sure your furnace is blowing hot air, our experienced heating and cooling, plumbing and electrical professionals have you covered.

Let Lazer keep you comfortable!

515-657-6706

www.LazerHomeServices.com

Lazer
HOME SERVICES
Electric | Plumbing | Heating & Cooling

Locally-Owned & Serving the
Des Moines Area for Over 20 Years.

Light Up your holidays

and never hang Christmas lights again!

EARLY BIRD SPECIAL

**\$100
OFF**

Whole House
Install



**\$50
OFF**

Front of House
Only Install



For permanent light installs only. Must be booked before October 31, 2023

Affordable Permanent Christmas Lights
Decorative Exterior Landscape Lights
Security Cameras • Solar

Book your
appointment
today!



**FOUR SEASONS
LIGHTING**

FREE ESTIMATES

515-402-6008 www.FourSeasonsLighting.com

Award winning, locally owned, family run business!

FEATURE



AFTER

New counter tops, color scheme and backsplash modernized the Sullivans' kitchen.

The two needed the home to meet their needs, but they also wanted it to match their style within a budget.

"Austin opted to sell his motorcycle so we could buy new windows," says Sullivan.

"Those plans changed when the refrigerator stopped working. The money was spent on the new refrigerator and the windows were put off for another year."

The couple painted the walls, removed popcorn ceilings and repainted and re-texturized them, replaced light fixtures and light and outlet covers, replaced the toilets and sink faucets, and installed new carpet.

"We saved more money then tackled more projects such as new trim and doors, new siding, windows, soffit, fascia, gutters, and paint on the outside along with a new deck — the exterior became brand new," says Sullivan.

The couple chose products for their projects after researching and leaning on several family members and friends who work in the building trades for recommendations.

"We looked at the style, price and longevity of products," says Sullivan. "We didn't want to have to replace items down the road. We opted to spend more money on the products that would last us a little longer and give us a better bang for our buck."

The Sullivans purchased better LVP flooring, carpet and carpet pads in their renovated homes.

"We did this for pets and to keep up with the normal wear and tear," she says.

The couple agrees the most significant transformation was the exterior.

"The outside looked like an eyesore with the chipping paint, bad siding, and rotting and leaking windows. Curb appeal is an important part of your home, and we wanted to turn it into something more inviting," Sullivan says.

The Sullivans also have rental properties they have renovated.



BEFORE

FEATURE



AFTER

New flooring and modern tiling around the tub/shower gave the bathroom of the Sullivan home a modern look.



BEFORE

“Our main goal for those was to improve the style and comfort of the homes so that others can enjoy them while they rent,” Sullivan says.

The couple now has four rental properties in the Bondurant-Farrar School District. One of the properties was Austin’s childhood home that had suffered damage in the derecho in 2020. The farmhouse was built in 1920 and had some of its own unique challenges.

“After the storm tore off the roof and caused interior damage, we replaced the roof and siding, soffit, fascia and gutters along with making the repairs inside, including replacing drywall and updating paint, flooring, plumbing and light fixtures,” Sullivan says.

After all the hard work, Sullivan says they enjoy seeing how it all comes together.

“As the projects come to a close, it’s so fun to see the final product and how all our time and effort paid off in the end,” she says.

Sullivan says she and Austin made fantastic memories with family and friends who volunteered to help them make their first house a home. Another family is enjoying the house now, after the couple sold the home in 2021, moved a few places down the street, and renovated that home, too. Their advice for other would-be home renovators is to be patient.

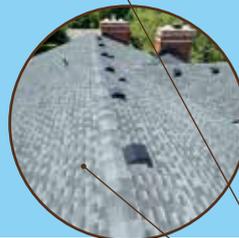
“Rolling with the punches and having fun with the projects is important,” she says. ■



Voted Ankeny's
**BEST ROOFING
AND SIDING
COMPANY**
since 2014

DON'T WORRY. WE GOT YOU COVERED.

Iowa weather is harsh to our roofs. At Roof Iowa, we use the highest quality materials in technology to create a durable, long-lasting roofing and gutter system for your home.



✓ **Hassle-Free Process**
We handle the insurance process

✓ **Competitively Priced**

✓ **Quality Work
GUARANTEED**

Steep Slope Roofing

Repairs & Reconstruction

Siding & Gutters

"Huge hearted, family owned, experienced, detail oriented, responsive and just overall amazing company." -Janel D



ROOF IOWA
ROOFING • GUTTERS • SIDING

515-612-3889

Locally Family Owned Company

DIVERSIFICATION, patience and consistency

Regardless of how the markets may perform, consider making the following part of your investment philosophy:



Diversification. The saying “don’t put all your eggs in one basket” has some application to investing. Over time, certain asset classes may perform better than others. If your assets are mostly held in one kind of investment, you could find yourself under a bit of pressure if that asset class experiences some volatility.

Keep in mind that diversification is an approach to help manage investment risk. It does not eliminate the risk of loss if an investment sees a decline in price.

Asset allocation strategies also are used in portfolio management. When financial professionals ask you questions about your goals, time horizon and tolerance for risk, they

are getting a better idea about what asset classes may be appropriate for your situation. But like diversification, asset allocation is an approach to help manage investment risk. It does not eliminate the risk of loss if an investment sees a decline in price.

Patience. Impatient investors can get too focused on the day-to-day doings of the financial markets. They can be looking for short-term opportunities rather than longer-term potential. A patient investor understands that markets fluctuate and has built a portfolio based on their time horizon, risk tolerance and goals. A short-term focus may add stress and anxiety to your life and could lead to frustration with the investing process.

Consistency. Most people invest a little at a time, within their budget and with regularity. They invest \$50 or \$100 or more per month in their retirement account or similar investments. They are investing on “autopilot” to help themselves attempt to build wealth over time.

Consistent investing does not protect

against a loss in a declining market or guarantee a profit in a rising market. Consistent investing, sometimes referred to as dollar-cost averaging, is the process of investing a fixed amount of money in an investment vehicle at regular intervals, usually monthly, for an extended period of time regardless of price.

Investors should evaluate their financial ability to continue making purchases through periods of declining and rising prices. The return and principal value of stock prices will fluctuate as market conditions change. Shares, when sold, may be worth more or less than their original cost.

If you don’t have an investment strategy, consider talking to a qualified financial professional today. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114. All investing involves risk, including the possible loss of principal, and there is no guarantee that any investment strategy will be successful.

Retire in a way you never thought possible.

DREAM. PLAN. ENJOY.

INVESTMENT • LIFE & HEALTH • SERVICES



Retirement Solutions of Iowa LLC.

www.rsiowa.com

515-215-7114

105 W Salem Avenue, Indianola



Andrei Murphy
President

**Securities offered through Brokers International Financial Services, LLC, Member SIPC. Brokers International Financial Services, LLC, is not an affiliated company.

McKENZIE charts decades in town

Pool dream comes true with affordable home.



Angela McKenzie says her family didn't imagine they could afford a home with a pool, but they found one they could through the USDA Direct program.

Angela McKenzie is a longtime Bondurant resident.

She moved to town in the fall of 1998 for its great schools, affordable housing and because it felt safe.

“My Realtor at the time told me about a great loan program called USDA Direct,” McKenzie says. “It is an income-based program that was life-changing. The USDA loan gave me a path to homeownership. In fact, I was able to buy a nicer, newer home in Bondurant than in Des Moines. It also started me on my path as a real estate investor and Realtor.”

Over the years, McKenzie has lived in three different homes in town. In 2011, she found the place she calls her own today.

“I wasn't really in the market myself when I stumbled upon a dated home with an awesome swimming pool,” she recalls of initially finding the house. “I had always dreamed of a pool but never thought I could afford one. Well, fast forward to today. We've been in our home for 12

years and have updated the house and created — around that wonderful pool — a backyard we love.”

McKenzie and her father removed the previous 10-foot by 10-foot builder-grade deck that was hanging by a thread and completely transformed the space.

“We even recycled that old deck,” she says. “It's now the base for our backyard tiki hut.”

McKenzie's home sits near downtown Bondurant, and she enjoys walking to the restaurants, bars and community events. She also likes the abundance of mature trees in the neighborhood.

Within the community, McKenzie stays active by hosting an annual Breakfast with Santa event each year at Reclaimed Rails alongside her real estate partners.

“I love to partner with the Bondurant Men's Club each Easter as well,” she adds. “You will always find me at charity events and auctions supporting various community organizations



and the schools.”

She's also finishing up her first five-year term on the Bondurant City Council and has been a liaison for the library board. She's currently on the ICON Water Trails board, working to bring Bondurant into the interconnected recreational plan for the Des Moines metro.

McKenzie sums up some other reasons she loves Bondurant.

“I like walking into the school, the grocery store or even the gas station and seeing the friendly faces of my neighbors,” she says. “I love how the school district, the city and the businesses work well together.” ■

POWER weeknight family meals with pecans

(Family Features) Back-to-school season means many families are busier than ever, leaving less time to plan weeknight meals. While a new school year brings plenty of exciting moments, it also adds up to early mornings, long days and late evenings, making it tough to keep nutrition top-of-mind.

With new routines and jam-packed calendars, quick and easy recipes can be the solutions you need. Swapping out complicated dishes for simple dinners and make-ahead snacks allows you to make your loved ones' health a priority while also managing hectic schedules.

To help make those simple yet tasty menu additions a reality, look to a flavor favorite and nutrition powerhouse like pecans. They're the ideal nut to keep on hand to incorporate into favorite meals and after-school snacks.

Taste is just the beginning when it comes to pecans. Their nutritious punch provides a unique mix of health-promoting nutrients. Plus, they're a versatile ingredient that can shine in a wide range of flavor profiles from sweet or spicy to salty, smoky and savory.

For more back-to-school recipe inspiration, visit EatPecans.com. ■

Mac and cheese with pecan breadcrumbs

Cook time: 50 minutes
Servings: 6

- 8 ounces cavatappi pasta
- 1 teaspoon salt, plus additional for salting pasta water, to taste
- 1 tablespoon butter
- 1 block (8 ounces) cheddar cheese
- 1/2 cup raw pecan pieces
- 15 ounces part-skim ricotta cheese
- 4 tablespoons sour cream
- 1/4 teaspoon ground pepper
- 1 large egg, lightly beaten



HONOR OUR VETERANS

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

NAME:
TOWN YOU CURRENTLY LIVE IN:
MILITARY BRANCH:
RANK AT DISCHARGE:
DEPLOYMENTS:
QUOTE: Please answer the question,
"How can the public best honor veterans?"

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

Email to tammy@iowalivingmagazines.com or mail to:
Big Green Umbrella Media, 8101 Birchwood Court Suite D, Johnston, IA 50131

SUBMISSIONS MUST BE RECEIVED BY NOV. 8.



IOWA
Living
MAGAZINES

RECIPE

DIRECTIONS

- Preheat oven to 375 F.
- Cook cavatappi in salted boiling water. Drain, reserving 1/2 cup pasta cooking water. Return pasta to pot and stir in butter.
- Using box grater, shred cheddar cheese.
- Using food processor, combine 1/4 cup shredded cheddar cheese with pecans. Process to coarse breadcrumb consistency.
- Add remaining cheddar cheese, ricotta, sour cream, 1 teaspoon salt and pepper to warm pasta. Stir until thoroughly combined. Add egg; stir. Add 2-4 tablespoons reserved pasta water to loosen mixture; stir until smooth.
- Pour into buttered 9-inch square or round casserole dish and top evenly with pecan topping.
- Bake 30 minutes.

Substitutions: Use pre-shredded cheese in place of cheddar cheese block. Use pasta of choice in place of cavatappi.

Superfood Pecan Energy Bars

Cook time: 40 minutes

Servings: 14

- 15 Medjool dates (9 ounces)
- 1 cup pecan pieces
- 1/2 cup gluten-free oats
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon kosher salt

DIRECTIONS

- Preheat oven to 200 F.
- In food processor, process or pulse dates until chopped and rough texture forms. Add pecan pieces, oats, chia seeds, vanilla extract, cinnamon and kosher salt; process about 1 minute until crumbly dough forms.
- Line baking sheet or jelly roll pan with parchment paper. Dump dough into center of parchment paper and use rolling pin to roll into 6-by-10 1/2-inch rectangle. Cut dough into 14 bars about 1 1/2-by-3 inches or into desired shapes.
- Bake bars 30 minutes. Cool bars to room temperature then refrigerate in sealed container between sheets of wax paper.
- To package for on-the-go snacking, cut 4-by-6-inch rectangles of wax paper, wrap around bars and secure with tape.



broadlawns
EAR, NOSE & THROAT

**YOUR EAR,
NOSE & THROAT
SPECIALISTS**

**Matt Brown, MD • Bill Fanter, PA-C
Aaron Hahn, AuD**

SCHEDULE AN APPOINTMENT: (515) 282-7750

1801 Hickman Road Des Moines, IA 50314

www.broadlaws.org    

MEET Holly Wanninger

Making learning fun and games

Growing up, Holly Wanninger knew she wanted to become a teacher. After graduating from Ankeny High School in 2013, she earned a bachelor's degree from the University of Northern Iowa where she studied elementary education along with literacy and science education. She went on to earn a master's degree in educational leadership in 2020.



Holly Wanninger

Wanninger now teaches

third grade at Anderson Elementary School. She is in her seventh year working as an educator, all of which have been with the Bondurant-Farrar Community School District.

"My favorite part about working in this district is the people. I work with the best team of teachers, who are wonderful coworkers and have become great friends," Wanninger says. "I love being able to have parent volunteers in our building, and our PTO is incredible. The students are well behaved and eager to learn, which is a teacher's dream. You just can't find a district like this anywhere else."

Wanninger says she enjoys working with students at the third-grade level because they are at an age where they not only know school routines — like raising their hands to share, walking in the hallways, and keeping their areas organized — but also still want to learn and do well.

Wanninger says she is competitive, so she likes to incorporate games and challenges into her classroom lessons. Some of these activities have included Jeopardy-style review games before assessments, resources such as Quizlet Live to spice up students' fact fluency practice, and "breakout" style activities to challenge her students' math and reading skills. Any way that Wanninger can present learning as fun and hands-on is a win for both her and her students, she says.

"Teaching is such a rewarding career, which is why I fall in love with it year after year. I think the most rewarding part is seeing past students in the hallways or around the community and having them come up to me and give me a big hug and share something with me, whether it be about a sport or club they are involved in or how their school year is going," Wanninger says.

When not teaching, Wanninger enjoys traveling, spending time with family and friends, taking her dog on walks, reading and watching reality TV shows. Over the summer, she became engaged and traveled to Mexico with her fiancé. She also welcomed her first nephew into the family. ■

CHILL
with us at

SPOTS STILL AVAILABLE IN OUR SCHOOL-YEAR PROGRAM!

the **Bird's Nest**
Out of School Time Program

Our discovery center program offers a series of activities devoted to the physical, emotional and social development of children!

Locally owned and operated by Felicia Collison and Jill Sullivan

500 Grant Street S • Bondurant • 515-957-1386
www.thebondurantbirdsnest.com

Building For Our Future

BONDURANT-FARRAR

BOND REFERENDUM
NOVEMBER 7, 2023



The Bondurant-Farrar Board of Education is calling for a bond referendum to be placed on the November 7, 2023 ballot. With approximately 70-100 new students annually, the proposed \$48 million bond would fund new and expanded school facilities - critical needs to support students. Approval of the referendum would not increase the school's tax rate.

The projects are based on input from the district's staff, infrastructure committee, and Board of Education who utilize internal and external sources to help drive decisions throughout the master planning process.

If approved, funding would allow for the following projects:

HIGH SCHOOL ADDITION

Anticipated to begin in 2024-25

- Cafeteria expansion
- Additional related-arts classrooms
- Relocation of boys wrestling
- Add girls wrestling space
- Larger fitness center/weight room

NEW ELEMENTARY

Breaking ground in 2025-26 SY

- Opening in the fall of 2027
- Built for future expansion
- Serving students in grades PK-K
- Located off of 2nd Street NE, north of the co-op

ACTIVITIES SPACES

Specific Timeline TBD

- Varsity baseball & softball complex located at the high school campus
- Tennis & pickleball courts, through a partnership with the City
- Additional parking nearby

Voter approval would NOT increase your school tax rate.

In fact, in the last 3 years, the district has lowered our portion of property taxes by \$2.01 per thousand. This has been a historic drop in the school tax rate.

Passage would allow Bondurant-Farrar to borrow up to \$48 million for the completion of the projects without increasing the tax rate. This is possible largely due to our district's commercial property growth. A "YES" vote of 60% (plus one) is required for the measure to pass.

Join us at an upcoming meeting to learn more about this vote:

In-Person Meetings:

Bondurant Community Library
104 2nd Street NE, Bondurant

Friday, October 13, 2023
10:00 - 10:30 AM

Wednesday, October 25, 2023
6:00 - 6:30 PM

Virtual Town Halls:

Visit our website for links to join these online events!

Thursday, October 12, 2023
6:00 - 6:30 PM

Thursday, October 26, 2023
10:00 - 10:30 AM

Local Organizations:

Are you part of a community group that would like to host us at an upcoming meeting to learn more about this important vote?

If so, please contact us.



Please contact us with questions:

Call 515-967-7819

Email bond2023@bfschools.org

Visit www.bfschools.org/bond2023



SCAN ME

MEDICAID and long-term care

If you do not have enough savings to pay for needed care, you could be eligible for assistance from Medicaid. In long-term care facilities, Medicaid helps with the cost of care, but you must medically and financially qualify.



Medicaid is a state-managed service that offers medical coverage for people who have low income. In Iowa, the Department of Health and Human Services defines Medicaid eligibility as “A person who is elderly (age 65 or older). A person who is disabled according to Social Security standards. An adult between the ages of 19 and 64 and whose income is at or below 133 percent of the Federal Poverty Level.” The person must be a resident of Iowa and a U.S. citizen.

Often times, you may qualify for Medicaid in a long-term care facility based on your monthly income, but your assets may disqualify you for assistance. When this situation occurs, you are required to do a “spend down.” A spend down requires you to spend all of your assets. To be eligible to receive Medicaid in a long-term care (LTC) facility, you must have less than \$2,742 in assets each month. Meaning, if you own a home, you would be required to sell it at market value to qualify

for Medicaid. You would then be required to use the funds from your spend down to pay the LTC facility privately until your resources are low enough to apply for Medicaid. In addition to the sale of a home, any other liquid assets would need to first be used for private pay to qualify, including stocks and bonds, life insurance policies, and 401k funds.

To qualify, Medicaid also does a “look back period.” A look back period is meant to prevent Medicaid applicants from gifting assets or selling them under fair market value to meet the required asset limit. The look back period is typically five years. All financial transactions during that period will be reviewed to determine eligibility. A house sold to a loved one for far less than it is worth in that time period or a large donation to charity could be a disqualifying factor.

Long-term care can cost more than \$100,000 per year. We don’t like to think about getting sick or growing older, but it is important to plan in advance and to not wait for a crisis. If you think you may need to utilize Medicaid’s services, start planning and gathering appropriate paperwork around five years in advance. ■

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

END-OF-SUMMER
SPECIALS!

\$200 OFF
4 or more areas of Coolsculpting!

coolsculpting®

SAVE THE MORE YOU BUY ON SKINCARE!

10% off	20% off	25% off
one product	two products	three or more products

HEARTLAND
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM



*Now with availability
in Assisted Living!*



Established Senior Living Community with 60 Years of Service in the Des Moines Area

AMENITIES

- Well-designed apartments and suites
- Emergency call systems
- Delicious meals
- Scheduled transportation
- Lounges and sun rooms
- Beauty salon/barber shop
- Outdoor patios and gardens
- Full calendar of clubs, classes and events
- And more amenities you'll enjoy
- Your pets are welcome, too



a ministry of CASSIA



**Call Marti today to
set up your
personal tour!**

515-299-1731

Marti.Stanley@CassiaLife.org

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE
SHORT-TERM REHABILITATION | LONG-TERM CARE | HOSPICE CARE

2571 Guthrie Avenue | Des Moines | ValleyViewVillage.org



Tired of being
tired?



Scan for more info

Nurse on your own terms.

- Provide personalized, compassionate care
- Flexible scheduling prioritizing employee wellness: NO nights or weekends
- Fun & cohesive team, rewarding career

Optimae

HOME HEALTH SERVICES

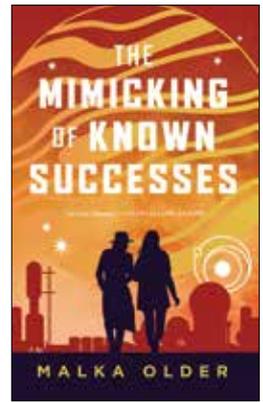
515-277-0134

Optimae Home Health Services Central Iowa



www.optimaeliveservices.com/join-OHH

'The Mimicking of Known Successes'



I make an effort each month to review books with wide appeal, stories most people could read and enjoy. That said, this one is a little niche, but I can't help myself. I loved it! I've read it twice and feel compelled to share.

It is a mix of steampunk and science fiction, a murder mystery, and the exploration of the divisions inherent in humanity all brilliantly woven in a neat package. When a man dies on a human colony set on Jupiter, a Sherlockian investigator is sent to discover why. Mossa isn't thrilled with her new case at first, and she doesn't think there's much to it until her investigations take her to her old university and right into the orbit of her old girlfriend, Pleiti.

The two dance around their feelings with all the awkwardness of reconnecting lovers while trying to uncover a conspiracy before more death intrudes on their dates. The mystery is intriguing, but the characters are even more magnetic, and the world-building is nearly perfect.

I'm so glad novellas are "in" again in the publishing world. A stripped-down story with just the good parts is exactly what I need sometimes. I can't wait for more adventures with these two characters. ■

— *Review by Julie Goodrich*

By Malka Ann Older
3/7/23
178 pages
\$19.99
Tor Books

'Starling House'



I have a penchant for folk tales and local myths. Appalachia is a wellspring of such tales, with its tangled knot of cultural influences. Legacies of indigenous peoples, African slaves and the European colonizers intertwine and make for some beautifully sad storytelling. I keenly remember sultry summers in the Smoky Mountains, listening to fabulous stories told in a lazy southern drawl. Alix Harrow channels that vibrant and contradictory world perfectly in her newest book, a rich story full of mystery and unexpected monsters.

Opal knows a lot about generational curses, even if she wouldn't call it that. She's a dreamer with nothing but nightmares to sustain her as she cares for her brother in a dying mining town in Kentucky. Poverty stains every aspect of her life until the enigmatic Starling House changes everything. A twisted version of Alice in Wonderland unfolds for Opal as her curiosity and desperation to find her brother a better life collides with a local legend rooted in horror, obligation and chains.

Facing demons both personal and communal is a common theme in a Southern gothic tale. It's a genre of paradox, drowsy and vibrant at the same time. When done well, the stories linger long after they're finished, like a ghost. I think this one will haunt me for a while. ■

— *Review by Julie Goodrich*

By Alix Harrow
10/3/23
400 pages
\$28.99
Tor Books

RAYMOND JAMES

LIVE YOUR LIFE.

When it comes to financial planning there's only one person who matters: **YOU**. This is your life, your goals, your dreams. We strive to help you plan for your future while living in the moment. That is **LIFE WELL PLANNED.**



Clayton J. Netusil
Branch Manager/ Financial Advisor

clayton.netusil@raymondjames.com
W: 712-794-1407 C: 712-790-2664



Chase R. Netusil
Financial Advisor

chase.netusil@raymondjames.com
W: 515-289-9211 C: 712-790-7528

2010 N. Ankeny Blvd. Ankeny, IA 50023
www.raymondjames.com/netusil

Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Avialia Bank is not registered as a broker/dealer, and is independent of Raymond James Financial Services. Investment Advisory Services offered through Raymond James Financial Services Advisors, Inc.

METRO HOME IMPROVEMENT PROGRAM

Calling all Bondurant homeowners! We're thrilled to share that the Metro Home Improvement Program is at your service, extending a helping hand for housing repairs. Access up to \$16,820 through our forgiving loan initiative. Visit the city's website at <https://www.cityofbondurant.com/community/pages/metro-home-improvement-program>. Seize the moment to enhance your abode! Don't delay – act now and bestow your home with the care it truly deserves.

BEGGERS NIGHT

The Bondurant Community will celebrate the **last Saturday of October** from 6:00 PM to 8:00 PM. For residents distributing goodies, please light up your front door area indicating “trick-or-treaters” are welcome. Be sure the sidewalk or path to the door is clear of debris or plants that might impair their walking. Please also keep pets inside, protecting them from being frightened or inadvertently biting a child. Drivers are urged to use extra caution during this annual event. In fact, children are four times more likely to be hit by a vehicle on Halloween than on any other night of the year. Be safe! The Bondurant Community participates in the Teal Pumpkin Project. Participating in this raises awareness of food allergies and offers the option of non-food items in a separate bowl making Halloween safe and more inclusive for all trick-or-treaters. Add your address to the list: <https://www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project>

FIRE PREVENTION WEEK

Join us in celebrating Fire Prevention Week on **October 8 through October 14**. This year's Fire Prevention Week™ (FPW™) campaign, “Cooking safety starts with YOU. Pay attention to fire prevention™,” works to educate everyone about simple but important actions they can take to keep themselves and those around them safe when cooking.

HELP KEEP POOL, SPA, AND FOUNTAIN WATER OUT OF THE STORM DRAINS

Chlorine burns the gills and fins of fish, destroys sensory organs, interferes with fishes' ability to find food, and causes internal organ damage. Draining pools, spas, and fountains into storm drains can pollute creeks with copper, chlorine, sediments, and other contaminants. Find suggestions on the City's website on proper discharge options.

CITY CODE CORNER

- **No parking in the grass or in yards**
reference chapter 69.12 PARKING OF VEHICLES ON PRIVATE PROPERTY
- **Keep campers, trailers, etc off city streets**
reference chapter 69.14 TRUCK, TRAILER AND BOAT PARKING LIMITED
- **All junk and yard debris must be orderly or out of sight**
reference chapter 51 Junk and Junk Vehicles
- **It's a good time to evaluate sidewalks; curb stop valves and concrete repairs that are property owners responsibility - keep our community safe**
reference chapter 136 Sidewalk Regulations
- **Please keep up on mowing, if anything exceeds eight (8) inches in height it is a nuisance**
reference City Code Chapter 50.02 Nuisances Enumerated

EVENTS:

MOVIES IN THE PARK

Saturday, October 7 at the Bondurant Regional Trailhead enjoy the classic, “Field of Dreams.” You voted and this is what you picked! Arrive an hour early to save your spot/seat and participate in a variety of youth activities. Come fill our parks and connect with your friends, family, and neighbors. Bondurant Parks and Recreation enjoys bringing the community together and showing off the wonderful amenities Bondurant offers. “Field of Dreams” is a heartfelt drama where a farmer, Ray Kinsella (Kevin Costner), transforms his cornfield into a baseball diamond guided by a mysterious voice. As he connects with the past, the film weaves a tale of redemption, family, and the magic of believing in the impossible.

BONDU SPOOKTACULAR

Saturday, October 21 from 2:00 to 4:00 PM at the Bondurant City Park. Bondurant Parks and Recreation enjoys bringing the community together and showing off the wonderful amenities Bondurant offers. We are blessed to live in a community that shows up and cares. There will be a variety of safe trick-or-treat options to fulfill every child's desire. Many games and activities. Allergy-friendly treats, as well as sugary treats. Expect to participate in a costume contest and donut eating contest.

CONNECT WITH US...

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

ENGAGE WITH US...

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

A PROGRAM for our youngest patrons

Have you heard of 1,000 Books Before Kindergarten? This popular program for young book lovers encourages parents and caregivers to read aloud with their children and bond over the shared books.

The Bondurant Community Library is pleased to announce we will be offering access to this program for library patrons ages 0-5 in hopes of fostering a lifelong love of reading, boosting quality time with their grown-ups, and strengthening early literacy skills.

It's no doubt that 1,000 books sounds like quite the undertaking. However, at the rate of just one book a day, you and your child will have well surpassed that goal in just three years. Are you ready to get started? After a simple sign-up process, you'll receive a welcome packet with everything you will need to get started, and children are encouraged to stop by the Library front desk to receive a small reward to celebrate their reading at each 100-book milestone. Stop into the library to learn more.

Here is what is happening at the library in October.

- Story Times: Tuesdays at 10:30 a.m. and 3:45p.m.; Wednesdays at 10:30 a.m.; and Fridays at 12:45 p.m.
- Baby Story and Play: Thursdays at 9:30 a.m.
- Fit for Life! Exercise class for older adults: Mondays and Thursdays at 8:30 a.m.
- Oct. 2: After School STEAM at 2:30 p.m.
- Oct. 3: Book Club for Grades 3-5 at 6 p.m.
- Oct. 4: Pokémon Club at 4:15 p.m.
- Oct. 5: Adult Craft Night at 6 p.m.
- Oct. 8: Teens Only Sunday Fun Day at 3 p.m.
- Oct. 9: After School Craft at 2:30 p.m.
- Oct. 10: Book Discussion for Adults at 6 p.m.
- Oct. 11: STEAM CLUB at 4:15 p.m.
- Oct. 12: Family BINGO at 6 p.m.
- Oct. 14: Solar Eclipse Party from 10 a.m. to 1 p.m.
- Oct. 16: After School STEAM at 2:30 p.m.
- Oct. 17: Book Club for grades 6-8 at 5 p.m.
- Oct. 17: Books on Tap at Reclaimed Rails at 6 p.m.
- Oct. 19: Third Thursday at Hoover's at 6 p.m.
- Oct. 23: After School Movie at 2:30 p.m.
- Oct. 26: Author Ann Hanigan Kotz visit at 6 p.m.
- Oct. 30: After School BINGO at 2:30 p.m.
- Oct. 31: Monster Mash Bash at 5:30 p.m. ■

The Hamptons Collection

Chic,
Sophisticated,
and Debonair



Amish Haus
FURNITURE

CRAFTSMANSHIP PASSED DOWN FROM GENERATION TO GENERATION
3201 100th Street, Urbandale • www.AmishHausFurniture.com
Between Hickman & Douglas On 100th Street (515) 270-1133 Facebook: @amishhausfurniture

FOLLOW THE YELLOW BRICK ROAD

TO EDENCREST!

2 MONTHS

**FREE
RENT**

ON NEW MOVE-INS,
CALL FOR DETAILS.



**EXCEPTIONAL CARE.
EXCEPTIONAL LIVING.**



 **Edencrest™**
AT TUSCANY

Assisted Living and Memory Care Excellence

Call Shawn Kinnison for a tour.

515-313-3814

1600 8th Street SE, Altoona
welcomesh@edencrestliving.com

EdencrestTuscany.com



INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

EVENTS IN THE AREA

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

Be sure to check for cancellations.

Troop 10 Annual Can Drive

Nov. 4, 9 a.m. to 5 p.m.

Troop 10 will collect cans and bottles. They can be dropped off at the Bondurant Legion or left in front of your house to be picked up. A \$5 donation will get you a hotdog/hamburger and a bag of chips the day of the drive. Come out and support your local Troop 10 BSA.



Bondurant Farmers Market

Wednesdays, 6-8 p.m. through October
City Park, 201 Main St. S.E.

Enjoy a variety of fresh produce and vendors.

Bondu Spooktacular

Saturday, Oct. 21, 2-4 p.m.

Prepare yourself for a thrilling and incredibly safe Trick-or-Treat spectacular. The kids are in for a treat with a ton of awesome games, thrilling activities, and, guess what? A sugary avalanche of candy awaits them. There will also be a super cool costume contest happening at different times during the event. Make sure your child is all set and dressed up for the judges. The contest is split into groups. At 2 p.m., kids ages 13-18 will have their costumes judged. At 2:30 p.m. will be kids 5-9. At 3 p.m., kids 10-12 will get their turn. And, at 3:30 p.m., ages 4 and younger will take the stage. The contest will check out how creative, detailed and awesome the costumes are and how they're shown off.

Also, get ready for a scrumptious Donut Eating Contest, also split into different age groups. At 2:30 p.m., kids 5 and younger compete, followed at 3 p.m. by kids 6-9. Ages 10 and older compete at 3:30 p.m.



Bondurant American Legion Community Breakfast

Saturday, Oct. 21, 7-9:30 a.m.
American Legion Hall, 315 Second St. N.W., Bondurant

Bondurant American Legion hosts a Community Breakfast on the third Saturday of every month at the Legion Hall. The menu consists of pancakes, choice of eggs, toast, hash browns, biscuits and gravy, sausage, coffee, milk and orange juice.

Start your morning off right with an update from

the daily umbrella

Brief updates on local news, weather, events, career opportunities and the morning chuckle.



Delivered Mondays through Fridays to your inbox.

SCAN HERE
or subscribe at dmcityview.com



Brought to you by the publisher of CITYVIEW and the Iowa Living magazines.



EVENTS IN THE AREA

Be sure to check for cancelations.



NAMIWalks Iowa Saturday, Sept. 30 Terra Park, Johnston

The public is invited to join one of the biggest mental health awareness events in the state. Register yourself, your family, your book club, your workplace, your church group, and any loved ones who are passionate about mental healthcare for this fun and empowering event. Registration is free and easy. Kids, families and well-behaved dogs are welcome. You'll hear from moving speakers, meet amazing people, engage with vendors to learn more about services and supports in Iowa, and walk either a 1K or 5K around beautiful Terra Park Lake. Register at www.namiwalks.org.



Oktoberfest Fall Bags Tournament

Saturday, Sept. 30, 12:30-5 p.m.

Reclaimed Rails Brewing Company, 101 Main St. S.E., Bondurant

To register, download Scoreholio on your mobile device then register at <https://app.scoreholio.com/link/YBYN>. Join the fun for Oktoberfest. The Rails have Dains Dutchmen kicking the day off with some old-fashioned polka music to get you in the festival mood. Food trucks will be there serving up some traditional German eats. German-style and Fest beers will be served at the Rails and some of your favorite local breweries. Prizes for best dressed will be presented. Then, to end the festivities, Reclaimed Rails will have live music from 7-10 p.m.



Harmony Central Chorus of Des Moines concert

Sep. 30, 3 p.m.

First Baptist Church of Greater
Des Moines, 8250 N.W. 62nd Ave.,
Johnston

Harmony Central Chorus of Des Moines, a four-part a Capella harmony chorus, will present a concert. Tickets are \$20 per adult and \$15 per student and may be purchased at the door.

Benefit show for Maui

Oct. 8, 3-7 p.m.

xBk Live, 1159 24th St., Des Moines

A show to benefit those affected by the fires on Maui will feature the local group Aloha Wind, led by Ilima Young-Dunn, and will include chants, music and more. Tickets are \$20 in advance and \$25 the day of the event. Proceeds will be going to the Hawaiian non-profit organization 'Aina Momona to help families affected by the wildfires.



"It's been through the addition of MAPLE that we have been able to get the kids to talk."

To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:

GET ZAPPAR
ZAP THE CODE
TO DONATE

App Store
 Google Play

Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan

Central Iowa Sheds.com

CENTRAL IOWA SHEDS.COM

515-967-5949

NEED A HOME FOR ALL YOUR SUMMER TOYS?

STYLES: A-Frame Sheds - Dutch Barns - Chicken Coops - Dog Kennels - Garages & Workshops
 New England, Quaker, Chalet - Value Gable & Winged Mini Barns - Cottages & Cabins
 Hip Roof Sheds - Horse Barns & Loafing Sheds - Greenhouses - Carports

YES!

We install and repair water heaters.

Clogged Drains - Full Service Plumbing
Camera Inspection & Locating Sewer Lines
Hydro-Jetting - Sump Pumps - Water Heaters

SERVING POLK, DALLAS, WARREN,
GUTHRIE, MADISON & CLARKE COUNTIES

PLUMBING & DRAIN SERVICE

OPEN 24/7

INCLUDING HOLIDAYS

515-278-5668

rotorooterdesmoines.com

EVENTS IN THE AREA

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

Be sure to check for cancellations.

Marine Band to perform in Urbandale

Thursday, Oct. 12, 7:30 p.m.
Urbandale High School Performing Arts Center, 7111 N.W. Aurora Ave., Urbandale

For the first time in five years, "The President's Own" United States Marine Band returns to the Midwest on tour, performing a free concert in Urbandale. Organizers from Urbandale High School have helped bring the ensemble from the nation's capital to Urbandale for this community event.

For full details and free tickets (limit four), visit www.marineband.marines.mil/Tour. Seating is general admission and ticket holders must be seated by 7:15 p.m.; remaining seats will be released to the standby line at that time.

Marine Band Director Col. Jason K. Fettig has programmed musical selections in the style of the band's 17th Director John Philip Sousa, who initiated the concert tour tradition in 1891. Concertgoers can expect a mix of works including traditional band repertoire, Sousa marches, contemporary compositions, vocal and instrumental solos and a patriotic salute to the Armed Forces.



One Million Steps for OCD Walk

Oct. 14, 9:30 a.m.
Gray's Lake, 2101 Fleur Drive, Des Moines

OCDIowa announces the Des Moines One Million Steps for OCD Walk will take place this October. Co-hosted by the International OCD Foundation, the One Million Steps for OCD Walk is the nation's largest grassroots awareness-building and fundraising campaign to highlight obsessive compulsive disorder (OCD) and related disorders. To learn more, visit ocdiowa.org or www.iocdf.org.



2023 Madison County Covered Bridge Festival

Oct. 14-15, 9 a.m. to 5 p.m.

The Madison County Covered Bridge Festival features family fun, including parade and tours of the namesake bridges. Vendors, demonstrations, kids zone, live entertainment, car show, quilt show, Madison County Historical Complex tours, and much more are sure to please crowds. Festival admission is \$3 or two for \$5 and free for children younger than 11. For more information, visit www.madisoncounty.com/covered-bridge-festival-2/.

DANCE YOUR HEART OUT!



OFFERING FUN,
HIGH QUALITY DANCE &
TUMBLING INSTRUCTION
FOR 52 SEASONS!

Family
rates
available!

CLASSES FROM 2 YEARS OLD TO ADVANCED

TAP ★ JAZZ ★ BALLET ★ POINTE ★ TUMBLING ★ PRESCHOOL DANCE ★ HIP HOP/JAZZ FUNK
LYRICAL ★ RECREATIONAL PROGRAM ★ FAMILY & ME CLASS ★ 2 YEAR OLD CLASSES

NEW!

NEW!

CALL TO ENROLL NOW! (515) 265-2711

ONLINE REGISTRATION AVAILABLE! WWW.BECKYSDANCE.COM

1300 Metro East Drive, Pleasant Hill

Serving Pleasant Hill, Altoona, & Des Moines Eastside

Becky's

Be sure to check for cancellations.

MORE EVENTS

• **SEPT. 29 - OCT. 1: Iowa's Largest Arts and Crafts Show.** More than 250 creators bring their best handmade products to the Iowa State Fairgrounds, E. 30th Street and E. University Avenue, Des Moines; www.iowastatefairgrounds.org/event-calendar/iowas-largest-arts-and-crafts-show-3.

• **OCT. 1, 8, 15, 22, 29: Sunday Tunes at the Sunset Winery.** Live music every Sunday from various local acts. From 2-5 p.m. 15101 Fairfax St., Indianola; summersetwine.com.

• **OCT. 1, 7-8, 14-15, 21-22: Apple and Pumpkin Festival.** Wagon rides, corn maze, corn pool and, of course, apple and pumpkin picking. From 9 a.m. to 6 p.m. on Saturday and noon to 6 p.m. on Sundays at Wills Family Orchard, 33130 Panther Creek Road, Adel; willsfamilyorchard.com/apple-pumpkin-fest.

• **OCT. 1, 8, 21: 5K Beer Run.** The 2023 Iowa Brewery Running series continues through the fall at various breweries in central Iowa. All beginning at noon; breweryrunningseries.com.

• **OCT. 1: Manhattan Short Film Festival.** Starting at 6 p.m., hosted by the Des Moines Art Center, Levitt Auditorium, 4700 Grand Ave., Des Moines; desmoinesartcenter.org.

• **OCT. 3 through DEC. 21: Cocktails and Cardboard.** Hosted by the Dealt Hand every other Thursday night. Enjoy some of your favorite adult beverages alongside top-tier board games at 6 p.m. 321 E. Walnut St., Des Moines; thedealthand.com.

• **OCT. 5: Knittin' for Kittens.** Thanks to yarn donated to the Animal Rescue League, volunteers can knit beds for kittens residing at their shelters at 6 p.m. 5452 N.E. 22nd St., Des Moines; www.arl-iowa.org/events.

• **OCT. 7: Cars and Coffee** from 8-11 a.m. at 5901 Mills Civic Parkway, West Des Moines; carsandcoffee.com.

• **OCT. 7: Worldwide Food Truck Tour.** This food-filled tour makes a stop in Des Moines with a wide range of food trucks and entertainment for the whole family. Starting at noon on the Court Avenue Bridge, Court

Avenue, Des Moines; worldwidefoodtrucktours.com.

• **OCT. 7: Adult night at Skate South.** The longstanding roller rink invites you to turn back the clock and lace up those skates at 8:30 p.m. 10494 County Line Road, Des Moines; skatesouth.com.

• **OCT. 7: Movies in the park.** Free event hosted by the City of Windsor Heights, a showing of "Hocus Pocus" in Colby Park at 6:15 p.m. 6900 School St., Windsor Heights; windsorheights.org/526/Movies-in-the-Park.

• **OCT. 7: Yu-Gi-Oh! Regional qualifier.** All comers are welcome in hopes to earn a chance to make a trip to the North American Championship. 730 Fourth St., Des Moines; iowaeventscenter.com/events/detail/yu-gi-oh-regional-qualifier.

• **OCT. 7: Easterseals Fall Festival and Walk.** Experience horseback riding, a rock wall, face painting and more. From 8:30 a.m. to noon at 401 N.E. 66th Ave., Des Moines; easterseals.com/ia. ■

Top Quality Windows, Siding & Doors!

Free Estimates • GREAT Prices • Locally Owned & Operated



BUY 3
WINDOWS,
GET 1 FREE*

*With any NEW ESTIMATE!

Vinyl Replacement Windows

in all shapes and styles!

Iowa State Fair SPECIAL!

- No High-Pressure Sales
- Professional Installation
- Made in the USA

Veteran Owned Business



Your HOME Improvement Source

- Industry's Best "Duralite Spacer System"
- Lifetime Transferable Warranty
- Lifetime Glass Breakage Warranty at No Charge
- Energy Star Most Efficient Mark Rating for 2021

515-276-6506

abcwin.com/desmoines-ia





Helping students and families

Overcome Barriers

COMING THIS FALL! EARLY EXPLORER EXPEDITIONS

Now accepting registrations! Enrichment expeditions laying the foundation for life-long literacy. For 3-5 years of age.

TUTORING & ACADEMIC SUPPORT & ACT PREP

Specialized for the needs of every student in all areas (Including support for Dyslexia)

FACILITY RENTALS: Graduation Parties, Showers, Family Get Togethers, etc.

KaleidoHope

LEARNING & RESOURCE CENTER

109 Main Street SE, Bondurant • KaleidoHopeLRC@gmail.com • 515-859-6300

kaleidohope.com

Perfect Check-Up Winner Doris!

Monthly Referral Winner Mari!

Congratulations!

BONDURANT FAMILY DENTISTRY

108 MAIN STREET NE, BONDURANT
515.967.4002

www.BondurantFamilyDentistry.com

HEALTH By Dr. Steven Neville

ABOUT cold sores

A common appearance some may experience around the lips and mouth is a cold sore. Cold sores, also known as fever blisters, are a common infection in people but not serious. The herpes simplex virus causes cold sores and is spread through contact of kissing and utensil sharing. Once exposed to the virus, it will be dormant in a person's system until triggered. What can cause a cold sore to appear are certain foods, cold weather, excessive sun, allergies, stress, fatigue and a weakened immune system. To tell if you are experiencing a cold sore, symptoms include: burning, tingling, or small blister around the edge of the lips. The average cold sore will last from two to four weeks and be contagious during the beginning stages before crusting over into a scab. There is no cure for the herpes simplex virus but antiviral medications can help heal the sore quickly and reduce frequency. ■



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

FALL

INTO VIBRANT HEALTH
with chiropractic care
for the whole family

Dr. Kari Swain
Celebrating 28 years
of clinical excellence!

SWAIN CHIROPRACTIC

410 Center Place SW
Altoona
515.967.9300

www.SwainChiropractic.com

HEALTH By Dr. Kari Swain

IMPROVING allergy symptoms

One of the primary causes of allergies is an impaired immune system. The immune system becomes stressed due to an overload of toxins and inability to adapt to environmental stressors. To improve immune system function and reduce allergic reactions, your body needs to be able to better adapt to stressors. A healthy nervous system can adapt to environmental, physical and chemical stressors. Chiropractic adjustments remove interferences to the nervous system, increase the body's ability to adapt, and improve immune system function. In addition to chiropractic care, consider these lifestyle changes to reduce your toxic load: avoid sugar as it overtaxes the body during digestion; avoid dairy products as they increase the production of mucus and can mimic allergic reactions; eat only whole foods; drink ice cold water; supplement with vitamin C and zinc; shower every evening and any time after being outside; wash and dry bed linens frequently; replace old pillows, rugs and blankets; stimulate lymphatic drainage with practices like lymphatic massage, dry brushing and castor oil packs.

Chiropractors recognize the important role a healthy nervous system plays in a healthier immune system. Most over-the-counter and prescription allergy treatments adversely affect the nervous system, which means they will adversely affect your overall health and wellness. Over-the-counter allergy medications are focused only on relieving the symptoms. These medications do not get to the source of the symptoms, and they come with many side-effects. While treating the symptoms may seem easiest, it's important to understand that the side-effects of these chemicals increase in severity with long-term usage and may even eventually worsen the symptoms. Many people report allergies improve as their nervous system regulates with consistent chiropractic care. ■

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

HEALTH

By Dr. Emily Hogle

WHAT IS benign paroxysmal positional vertigo?

Benign paroxysmal positional vertigo (BPPV) is a common vestibular disorder that affects millions of people worldwide, causing dizziness.

Symptoms of BPPV are characterized by brief, intense vertigo/dizzy spells that are triggered by specific head movements. These symptoms can occur getting out of bed, rolling over in bed or tilting the head backward. BPPV occurs in the inner ear when tiny calcium carbonate crystals called otoliths become dislodged from their proper position in the inner ear and migrate. Then, when the head moves, the otoliths migrate and disrupt normal fluid movement in the inner ear, sending false signals to the brain about the position of the head, which causes the feeling of vertigo.

The good news is that BPPV is treatable with repositioning exercises performed by a physical therapist or PCP. These exercises help the crystals move back to their proper place and can provide relief.

It's important to consult a healthcare professional if you are demonstrating symptoms of BPPV. They can diagnose the condition through a series of tests and recommend the appropriate treatment. In most cases, BPPV can be successfully managed, allowing individuals to regain their balance and enjoy a vertigo-free life. ■

Information provided by Dr. Emily Hogle, PT, Bondurant Physical Therapy & Sports Medicine, 85 Paine St. S.E., Suite B, Bondurant, 515-528-2326.



Bondurant's Only Locally Owned Physical Therapy Provider

LIVE WITHOUT LIMITS

No Referral Necessary | Most Insurance Accepted | Complimentary Screenings | Locally Owned & Operated

BONDURANT
PHYSICAL THERAPY
& SPORTS MEDICINE

515-528-2326 • 85 Paine St. SE, Ste B, Bondurant

BONDURANTPT.COM

HEALTH

By Dr. Amanda Korth

DOES my child need glasses?

Near-sighted kids are easily caught with a standard vision test. Most children are far-sighted, which is harder to check. There are three things to watch for depending on the severity of the prescription. The mildest symptoms are headaches, tired eyes or avoiding reading for long periods of time. They may also become class clowns as a way to avoid reading. The headaches typically occur in the early afternoon.

The second symptom is complaining that the board is blurry, especially after reading. This mimics near-sightedness, but it's actually due to a muscle cramp inside the eye. The eye works so hard to focus on things up close that it can't adjust properly to see things at a distance. Most children with these first two categories of symptoms will need reading glasses, which they usually outgrow by their teens.

The most severe symptom is an eye turn towards the nose, which is caused by a high prescription. When we look at something up close, we use two systems to focus: We add power to keep it in focus, and we bring our two eyes inward to keep it as one image. If the overall glasses prescription is too powerful, both systems must be used for distance, causing one eye to turn towards the nose. This type of eye turn generally requires glasses and sometimes vision therapy before surgery is considered. ■

Information provided by Dr. Amanda Korth, Prairie Vision Center of Bondurant, 87 Paine St. S.E., Suite 3, Bondurant, 515-267-7908.



\$100 OFF LENSES FOR KIDS
for back to school!

Prairie Vision Center
of Bondurant

87 Paine Street SE, Ste 3, Bondurant | Dr. Amanda Korth

CALL TODAY! 515-267-7908

SS Therapy and Consulting



Taking on life's challenges one step at a time.

www.sstherapyandconsulting.com

Accept Most Insurances
Offer Free Services Through Interns

Therapy for All Ages
Most insurances accepted.

Neurofeedback
Brain Maps and Training Available.

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

HEALTH By Monica Meier

WAYS to help your kids open up more

School is starting, and kids' schedules are about to get more hectic. So, now is the time to talk with your kids and check in with them about how their days are going. This can be as simple as using open-ended questions about their day to get the information you are looking for. Instead of asking, "How was your day?" and getting the blah answer of, "Fine," ask questions that require more thought. For example, "What was the best part of science today?" "Who did you sit at lunch with today?" "What was the funniest thing you heard today?" This way, the answers are more than one word and give you something to continue the conversation. When they answer who they sat with, add on to that conversation with, "Who had the best lunch? What was in it?" or "Where was ____ today?" This way, the conversation is continuing with your child without the child being pressured with the same questions every day.



Another line of questioning that can wrap around the child is asking, "What would you have changed about today if you could change anything?" Depending on the answer, it opens up a lot of different conversations with your child that have more than a standard "Fine" answer. ■

Information provided by Monica Meier, PhD(Abd), tLMHC of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, meier@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

BEFORE YOU GO By Tosha Edmundson

A SEASON of grief

As fall draws near, we expect change. Inevitable change. The vibrant greens of leaves turn to hues of orange and brown. Bright, cheerful colors of summer flowers wilt into clumps of brown, and even the stems seem to lay down to rest eventually. Fall is a season of transition. It's unavoidable, but it is not without purpose. On the other side of fall is winter. Both are necessary to achieve their purpose, which is life anew in the spring.



Grief is much like fall. We will all experience seasons of loss in our lives. Losing a person we love due to death brings about unavoidable change — a shift that chauffeurs us into our next season. Like the leaves that fall in their own time from the branches, over time, we let go of the initial shock of the loss and the waves of pain and loneliness as we try to adjust to the absence of their presence as well as the parts of our identity that we feel left with them. Sometimes there are a couple of leaves that we cling to through the bitterness of winter until spring proves that new life is coming, and we find our purpose again.

If you're grieving this season, give yourself grace. In time, the pain of loss will bring about healing and new purpose.

Give your family the gift of love, and care for your future end-of-life needs in advance. ■

Information provided by Tosha Edmundson, Family Services Representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

Prearrange Your Future Funeral/ Burial Needs



Taking advantage of today's rates for tomorrow's needs

Call today for an appointment.

Highland Memory Gardens Cemetery

One NE 60th Avenue, Des Moines
Located on 2nd Avenue, 1 mile north of I-35/80
515-289-2230
www.highlandmemorygardens.com

Rolling Out the Red Carpet **FOR YOU.**

Courtyard Estates will support you in living in an environment that promotes choice, independence and dignity with the added benefit of safety and security.

**CALL JJUAN HAKEEM
TODAY!**



ASSISTED LIVING • MEMORY CARE • RESPITE CARE



Professionally Managed by Jaybird Senior Living



**Schedule a
tour today!**



**Jjuan Hakeem
515-957-8399**

601 Hawthorne Crossing Dr. SE
Bondurant, IA

JOIN OUR FAMILY

STOP! IT'S OK TO ASK FOR DIRECTIONS.

"But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him." (James 1:5)

Biblical teaching. Genuine people. Spreading truth.



SUNDAY WORSHIP, 10 A.M.
LEGION HALL
315 2ND ST N.W. BONDURANT
FFCBLIFE.COM
515-587-5930

WHERE does the time go?

When your kids look back at their childhoods and they see you in their mind's eye, how many of their memories will have your face covered by the back of your phone?



I'm not asking that to guilt trip you. But it's a fair question. A lot of us millennials grew up in the transitional period between analog and digital, and our kids are growing up never knowing what it's like to not have access to every imaginable piece of information there is. That is to say, smartphones are here to stay. And, with artificial intelligence technology making leaps and bounds, our society seems to be trying to utilize less and less human connection — and even less of a priority on a relationship with God.

Do you miss it? Do you miss not having every waking moment filled with something? You've seen those graphics that talk about how important it is to be spending as much time with your kids as you can, since they tend to get more independent as they mature and we get less and less time with them as they grow from toddlers and children to teenagers. So, we try to squeeze in as many things as we can, from sports to music, still trying to get a family meal in every now and then, read a book to them and help with homework. And, at some point, we just feel we're doing all the things, but are we doing the right things?

How is your family's spiritual life? Dads, and moms in turn, are you leading your family to a closer relationship with Christ? I know for myself and my family, it's easy to fill the calendar with so much "busyness" that there isn't even time to reflect and spend downtime with my wife and kids. In a world filled with smartphones and hundreds of communication tools, it's easy for digital communication to take the place of human interaction. And, in our busy lives, it's easy to not make Christ a priority.

In Mark 8:36, Christ asks, "What does it profit a man if he gains the whole world but loses his soul?" He's reminding us to think longer term than just this life.

Whatever app you enjoy scrolling on for hours, just remember, it's all focused on right now. Is it possible that's distracting you from what's truly important in eternity? ■

Information provided by Thomas Christensen, Family Ministries Director at Federated Church.

COME, AND BE FED!

JOIN US EVERY SUNDAY MORNING!

BIBLE HOUR | 9 AM
ADULTS & CHILDREN OF ALL AGES
WORSHIP SERVICE | 10 AM



103 2ND STREET SW, BONDURANT, IA 50035
BFEDCHURCH.ORG
INFO@BFEDCHURCH.ORG
(515) 967-2243

ENJOY those sweets responsibly

With our upcoming Business Safe Trick or Treat event, the Chamber got to thinking about all of the kids and families that we see come out to the City Park to enjoy a safe night of trick or treating with our local businesses and Chamber members. We were curious to learn more about different types of sweets and what an expert in the field thinks about all of that sugar that kids (and adults) consume in such a short period of time.



Dr. Neville with Bondurant Family Dentistry was happy to provide some tips...not tricks...about some of our favorite treats. Some of these were a surprise to me, so read on and enjoy those sweets responsibly.

1. Eat your sweet treats as part of your meal: Timing is everything when it comes to sweets. Your mouth produces more saliva when eating a full meal, so enjoying sweets during mealtime helps remove leftover pieces of candy as well as the acids that create cavities.

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

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

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

5. Wait 30-60 minutes to brush after eating candy: When eating candy, the sugar wears down the tooth enamel. Waiting around 30-60 minutes to brush after consuming candy can allow the enamel time to harden. This prevents the enamel from being damaged while brushing.

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

7. Swish with water after eating candy: Rinsing the mouth after eating candy can help remove the residue on your teeth from the candy as well as removing acids. By doing this, it can help fight cavities, gum disease, and freshen your breath. ■

Information provided by Lincoln Dix, Bondurant Chamber board president.



LET THE PROS HANDLE IT!

\$60 OFF INITIAL DEEP CLEAN
WHEN SCHEDULING WEEKLY OR BI-WEEKLY SERVICES

Offer available to New Customers only. Limit one coupon per customer per visit. Coupon must be presented at the time of estimate. No cash value. Void if copied or transferred and where prohibited or restricted by law. Not valid with any other offer. Valid only at participating independently owned and operated franchise locations. Limited time offer. Expires 10/31/23. Other restrictions may apply.



Tamara A Huinker, Owner
Locally Owned and Operated
515-964-4111
28 YEARS IN BUSINESS
Serving Ankeny & Surrounding Communities

CALL OUR OFFICE FOR AN ESTIMATE!

BUSINESS SAFE

TRICK OR TREAT NIGHT

A FREE, SAFE EVENT FOR EVERYONE

Bondurant City Park 201 Main St SE, Bondurant
Tuesday, October 24 from 5:00 PM - 6:30 PM

ENJOY A FREE EVENING OF TRICK OR TREATING!

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

B Bondurant Chamber of Commerce
www.BondurantChamber.com

FOOTBALL Game

High School Football Kick Off was Aug. 25 with Bondurant-Farrar Bluejays vs. North Polk Comets.



Brynn Tate



Kim and Katelynn Hagen



Allison O'Connor and Skyelynn Van Wyk



Kile and Lauren Boetger and family



The Grillmasters: Peter Parks, Morgan Simmons, Trent Miller and Scott Carpenter. Not pictured: Joe Osmond



Abby Bell, Addi Tigers, Jackson Halverson and Wyatt Massoth



Gracie Forney, Nicole and Kyle Burrig



Mark and Lily Phillips and family



Lane and Caleb Bryson



Sara and Brynlie Fargo



Dan and Heidi Sirdoreus

FOOTBALL Game

High School Football Kick Off was Aug. 25 with Bondurant-Farrar Bluejays vs. North Polk Comets.



Braelynn Stickland, Jada May and Kenna Trepon



Brody Ditsworth and Brendan Greene



Maria Mattiace with Carolyn Warrick and Rachel Warrick



Katherine Smith and family



Sarak Parks, Ginger Guthrie, Mel Weston and Cory Obrecht



Jackie Baas, Rylie Hamilton and Adi Schroeder



Amber Hanson, Tania Fried, Shayla Straight, Kate Carpenter, Angie Simonson, Lisa Maas and Mel Trusty



Amber Myrick, Jeana Christensen and Heather Cousins



Cory Obrecht and Laura Pfaltzgraff



Heather and Paul Jondall and family



Adelyn Bruce

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

FOR SALE

MANUFACTURED HOMES, (2024, 2x6's, Vinyl/ Shingled. (14x60) 2Br, \$45,999). (16x80) (3Br- 2Ba.) \$66,999. (28X64) (4Br-2Ba) \$79,999. Delivered Factory-Direct, E. Of I-35, North of I-80, to Minnesota Border. 319-239-1920. (mcn)

HEALTH & MEDICAL

HERNIA REPAIR? Did you receive the Mesh Patch Between 2018 and the present? Was the patch removed due to complications, you may be entitled to compensation. Attorney Charles Johnson 1-800-535-5727. (mcn)

WANT TO BUY

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

AUCTIONS

Fall Whitetail Classic Sport Show & Auction Thurs.-Sun., Oct. 12-14; Jackson Co. Fairgrounds, Maquoketa, IA. Great Iowa Antler Auction; Antlers, Taxidermy, Sporting Goods, Decor, More! Online Bidding Available. www.circlemauctions.com. (mcn)

AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-877-978-2510. (mcn)

Donating your vehicle? Get more! Free Towing. Tax Deductible. Plus a \$200 restaurant voucher and a 2-night/3-day hotel stay at one of 50 locations. Call Heritage for the Blind to donate your vehicle today - 1-855-977-7030. (mcn)

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

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 844-913-2887. (mcn)

CABLE/INTERNET

FREE high-speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-866-443-3789. (mcn)

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DIRECTV Sports Pack. 3 Months on Us! Watch pro and college sports LIVE. Plus over 40 regional and specialty networks included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

Shop w/ A Viasat Expert For High Speed Satellite Internet. New Customer Deals In Your Area. Nationwide Service. New Service For 2023. 888-906-3315. (mcn)

Switch to DISH and get up to a \$300 gift card! Plus get the Multisport pack included for a limited time! Hurry, call for details: 1-855-434-0020. (mcn)

FINANCIAL

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

HEALTH & MEDICAL

DIAGNOSED WITH LUNG CANCER and 65+? You may qualify for a substantial cash award. NO obligation! We've recovered millions. Let us help! Call 24/7, 1-866-533-1701. (mcn)

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

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/https://www.dental50plus.com/midwest#6258 (mcn)

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

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 855-846-4036. (mcn)

MISCELLANEOUS

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call 1-866-585-7073. (mcn)

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

NEED NEW FLOORING? Call Empire Today* to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

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

Become a Published Author. We want to Read Your Book! Dorrance Publishing- TruSted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-516-0706 or visit dorranceinfo.com/Midwest (mcn)

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

Trouble hearing your TV? Try TV EARS Voice Clarifying Wireless TV Speaker. Better than a soundbar and/or turning the TV volume way up. Special, limited time \$50 off offer. Call TV Ears. Use code MBSP50. Call 1-844-455-0505. (mcn)

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

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-888-909-7338. (mcn)

Are you a pet owner? Do you want to get up to 100% back on Vet Bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-888-680-3016 to get a free quote or visit mfcp. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 844-316-8181. (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental Insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free

LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

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

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/31/24. 1-866-479-1516 (ACP)

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

MobileHelp, America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! 1-888-489-3936 (ACP)

Free high speed internet if qualified. Govt. pgm for recipients of select pgms incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet. Android tablet free w/one-time \$20 copay. Free shipping. Call Maxsip Telecom! 1-833-758-3892 (ACP)

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 to find out how to pay off your debt for significantly less than what you owe! Free quote: 1-877-592-3616 (ACP)

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

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

Are you a pet owner? Do you want to get up to 100% back on vet bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-844-774-0206 to get a free quote or visit insurebarkmeow.com/ads (ACP)

Diagnosed with lung cancer & 65+? You may qualify for a substantial cash award. NO obligation! We've recovered millions. Let us help! Call 24/7 1-877-707-5707 (ACP)

Leading smart home provider Vivint Smart Home has an offer just for you. Call 833-427-0530 to get a professionally installed home security system with \$0 activation. (ACP)

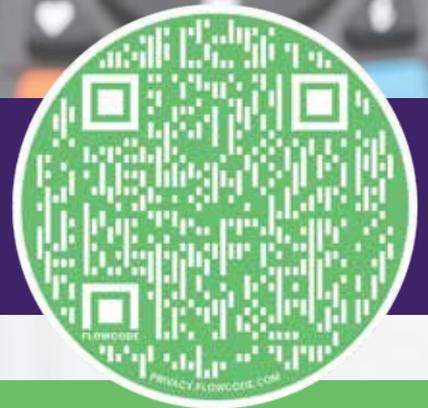
WELCOME TO MI-FIBERHOOD!

Don't know which streaming option is best for you?

Mi-Fiber is here to help!

Navigate the many streaming options of today easily with StreamNow by Mi-Fiber! This tool helps you know your options currently available in the marketplace and what is best for you. Complete in four easy steps!

Stream with confidence with StreamNow!



Are you Ready to make
Mi-Fiber your Fiber?

mi·fiber[®]

QUESTIONS? Give us a call today!

515.850.0500

Mi-Fiber provides high-speed, high-quality internet, backed by superior local customer service.

CURRENTLY LISTED



PENNIE CARROLL
& ASSOCIATES
REAL ESTATE



147 SHILOH ROSE PARKWAY

4 BED | 2 BATH | 2053sqft | \$320,000



KENDAL BURZACOTT
515-577-2460

