

Look inside for the **ONLY** poll mailed to **EVERY** residential household. **VOTE NOW!**

BONDURANT

OCTOBER 2023

Living

MAGAZINE

Super FANS

Residents share their passion
for their favorite teams

Meet Cassidy Chase

EDUCATION

A fun-filled evening of laughter and brain teasers

LIBRARY

Roasted sweet potatoes brown butter pierogies

RECIPE

PSRST STD
ECRWSS 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

Petocka Run

Look at our plans so you can start making yours.



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

MAKE way for the Super Fans!

Just admit it. We all know some. Or maybe you are one? Either way, these folks are easy to find.

I am talking about Super Fans, and they stick out like a banana in a bowl of blueberries.

Bumper stickers promoting their teams on their cars aren't enough for Super Fans. They have the personalized plates and the clever number and letter schemes that the rest of us need a secret decoder ring to decipher.

Of course, their closets are full of their team-themed shirts, sweatshirts, hats, pajamas, socks, slippers and underwear. You name it, and Super Fans have their team logo on it. And regardless of how worn and tattered those items have become, they never throw them away.

The pre-set stations on the car radios of Super Fans are locked in to sports talk and sports talk only. Don't even think about turning the dial.

They fork out more money on game tickets than they do on groceries, and they are just fine with that.

Super Fans spend countless hours on Twitter or X or whatever you call it just to be the first to know the latest news on trades, injuries or other breaking news about their teams.

And to top it all off, and to show their true commitment, Super Fans spend their hard-earned money having their team mascots or logos permanently tattooed on their skin. And not just one tattoo, either.

I am not a Super Fan. Far from it. I enjoyed participating in sports and coaching, and I do enjoy watching occasional games and sporting activities, but it stops there. Even so, I am greatly entertained by those who are Super Fans. I love their passion, their feistiness, their spirit. And I can look past those fading tattoos.

Does this all sound familiar to you? Well, you don't have to be a Super Fan to enjoy this month's feature story on local residents who are.

Thanks for reading. ■



SHANE GOODMAN

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



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

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



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

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!

Super FANS

Residents share their passion
for their favorite teams

By Chantel Boyd

What's your favorite college team? NFL? NHL? Most of us have been asked similar questions at one time or another. Some people, however, don't need to be asked. The team shirt they are wearing, the banner hanging on their garage door, the bumper stickers on their cars, and the photos of them with their faces painted cheering at the stadium all shout out their affiliations. Those are the people who have crossed that fine line between fan and Super Fan.

Justin and Stephanie
Andersen enjoy attending
a Chicago Bears game.



A Cleveland Browns fan from childhood

Kenny Hay may live in Bondurant now, but he lived in Ohio until he was in the sixth grade. It was during those formative years that he became a fan of the Cleveland Browns.

"I always remember going to my aunt and uncle's houses in Ohio to watch Browns games," he says. "My favorite memory to date is when my team went into Pittsburgh and won the wildcard game in the 2021 playoffs."

Since Kenny's favorite team is more than an 11-hour car drive from Iowa, he tries to attend the team's away games when those are much closer.

"We make it to at least one game per year, sometimes more, at like Minnesota, Chicago or Kansas City," he says.

However, Kenny does not have to go far to feel right at home with his Ohio team. With his own creativity and help from others, Kenny has adorned himself and his home with Browns fanfare. His home is custom painted to match the Cleveland Browns' colors, and he has a lot of memorabilia displayed within the rooms. He even has custom fan gear he wears, including a



Kenny Hay enjoys a Browns game.

permanent tattoo and clothing.

"I have a few suits in Browns' colors. One is a costume I had made for me that I wear to all games I attend," he says.

The suit came to be when Kenny decided to have one made for tailgating.

"Luckily, I have a creative mother and sister that did all the work for me," he says.

And it isn't only the Cleveland Browns that Kenny celebrates. He is a fan of the city and all its sports teams.



Kenny Hay isn't only a Cleveland Browns fan. He is a fan of the city itself and its other sports teams as well, as demonstrated by his tattoos.

"Cleveland against the world," he says. "I am such a faithful fan; I even have it tattooed on my right arm."

"The tattoos remind me of home," he says. "The land stands for Cleveland, the Browns helmet and other mascots tie into Cleveland,

Explore Your Retirement



At Copper Shores Village, we focus on whole-person wellness to help stimulate the body and mind. From our fitness center to various artistic programs, there are so many choices to help residents connect and grow. It's all part of our commitment to excellence in retirement living and senior care.

Copper Shores Village
an Immanuel community

Immanuel.com

Affiliated with the Nebraska Synod,
Evangelical Lutheran Church in America



too.”

Even Kenny’s dogs are true to his fandom.

“I have three Boxers named Cleveland, Indy (after the formerly known Indians, now known as the Guardians), and a mastiff named Myles (after Browns defensive end Myles Garret).

Kenny’s nickname also has to do with his love of the Browns.

“I was the only Browns fan people knew. A buddy started calling me Kendogg, after my first name and Dogg after the end zone in Cleveland called the Dogg Pound. It has kept with me over the years, and I have personal plates on my truck and Harley.”

One of his favorite Browns memorabilia is an autographed Jim Brown jersey.

“He just passed away. Arguably the best running back ever,” he says.

Bears and Cyclones

Justin Andersen, a major sports fanatic, lives in Bondurant with his wife, Stephanie; oldest son, Owen; daughter, Payton; and youngest son, Jordan. Justin has been a big Chicago Bears fan since he was 6.

“I received a hand-me-down Super Bowl XX



Justin Andersen displays his memorabilia on the walls of his home.

T-shirt from a cousin, and that is all it took to become a fan,” he says.

In 2001, when he was 16, the Bears had a magical season, going 13-3.

“That is where my obsessive fandom took off,” he says. “I started collecting memorabilia.”

Justin has also been a Cyclones fan since he was 10 years old.

“After my wife and I married, we bought season tickets to football games with her family. My die-hard fandom grew organically from there,” he says.

Once Justin and Stephanie started having

kids, cheering for the Cyclones became part of their family.

“We attend many games and other ISU-related events. The Cyclones are a ‘must watch’ in our home,” he says.

Justin’s favorite memory having to do with the Chicago Bears is of the 2006 Super Bowl when Devin Hester returned the opening kickoff for a touchdown. Justin’s buddies celebrated that play in a dog pile, much like the team does when they win.

“Even though the Bears ended up losing the game, that will always be a vivid memory of



broadlawns
PHYSICAL & OCCUPATIONAL THERAPY

**IMPROVE
YOUR MOBILITY
AND MOTION**

Fall Prevention • Concussion Therapy • Post-Surgical Care
Soft Tissue/Joint Mobilization • Sports Rehabilitation
Pelvic Floor Health • Work-Related Injuries

SCHEDULE AN APPOINTMENT:

Main Campus: 1801 Hickman Road • (515) 282-5621

Cityville: 580 SW 9th Street, Ste 100 • (515) 282-2489

East University: 2508 E. University Avenue • (515) 282-3278

www.broadlaws.org • Follow us:    



Justin Andersen, his wife, Stephanie, and their kids are big Iowa State fans.

mine,” he says.

Justin also has multiple fond memories related to the Iowa State University Cyclones.

“Each memory gives me a different set of feelings based on the moment,” he says, adding that his top five favorites are the 2000 Elite Eight run in basketball; attending the 2002 CyHawk game in Kinnick and watching the Cyclones as they came back from 17 down at the half; watching the 27-point underdog Iowa State beat No. 2 Oklahoma State in 2011; the 2014 Big 12 Tournament Championship; and the 2020 football season.

“I never thought I would see Iowa State play for a Big 12 Championship,” he says.

Justin has attended seven Bears games in person over the years and says it would be more but he has prioritized being with his family and friends, often watching ISU instead.

“With our kids’ schedules, planning to go to Chicago for a weekend is a lot harder. ISU is closer, so I have been to more Iowa State football and basketball games than I can count,” he says.

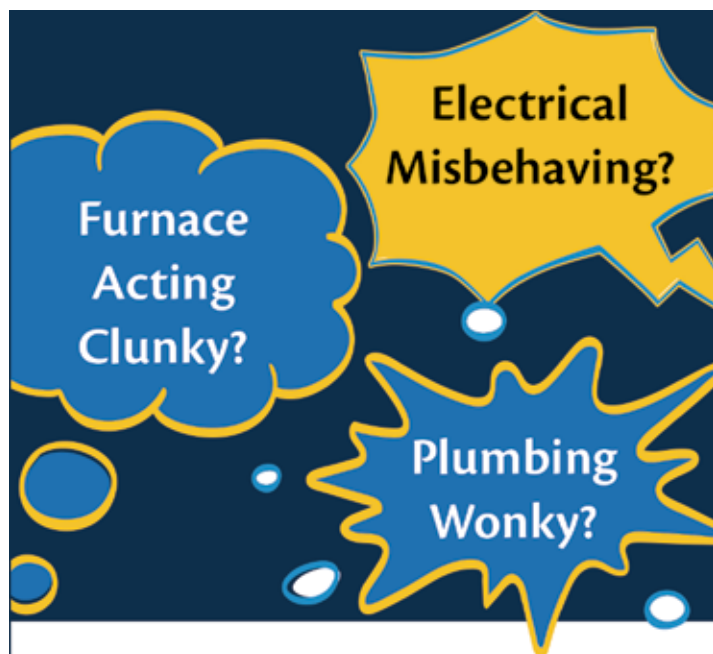
Justin has a lot of memorabilia. His favorite fanfare for the Bears is his Walter Payton signed photo and a helmet signed by Hall-of-Fame linebackers Dick Butkus, Mike Singletary and Brian Urlacher.

Justin’s favorite Cyclone memorabilia is an autographed ticket stub from Troy Davis.

“We were attending an Iowa-Michigan State football game with my aunt and uncle. Troy Davis had a friend on the Michigan State team, and he and his Iowa State teammates were off that week. He came walking down our row, and I panicked. The only thing I had to autograph was my ticket stub. So, his autograph is on the back of an Iowa - Michigan State football ticket stub.”

Justin has been a huge sports fan since second grade and says he is happy to pass on his love of sports to his kids now.

“I remember something clicking in library class that year. I only wanted to read Sports Illustrated for Kids magazines and check out non-fiction sports books. We didn’t have cable at home, so I tuned in to watch any sporting event broadcasted.”



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.



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

LOVE WHAT YOU WEAR

**QUALITY CLOTHING, SHOES
AND JEWELRY AT AN
AFFORDABLE PRICE!**

**WOMEN'S • MEN'S • KID'S
EVENTS • PERSONAL STYLIST**

*Purple Poppy
Boutique*
ANKENY

Locally
owned and
operated
and located
in the
District at
Prairie Trail.

**1615 SW Main St #109, Ankeny
(515) 289-9178**



PURPLEPOPPYBOUTIQUE.COM



FEATURE



The Leepers enjoy an ISU game.

Cyclones, Cardinals and Leicester City

Jared Leeper says he has been an Iowa State fan as long as he can remember, which may not be surprising since he grew up so close to Ames.

"Growing up in Nevada, just 10 miles away from Iowa State University in Ames, I went to several games at ISU as a kid. I'm 35 now, so I've been a huge ISU fan nearly all 35 years," he says.

Jared's uncle Mike also wrestled at ISU with the legendary Dan Gable. From 1967 to 1970, Gable attended Iowa State University, where he competed in wrestling. The legend of Dan Gable inspired Jared to be enthralled with sports.

"After high school, I also attended Iowa State University, which helped my love of sports grow even more."

Jared finds it hard to identify a favorite sports memory, but he does have a top 5: ISU winning the Big 12 tournament back to back in 2014 and 2015; the ISU win over Oklahoma State University in 2011; the ISU win against Texas Christian University in 2017; ISU's 20-point comeback against Oklahoma in basketball in 2015; and the ISU bowl game wins in 2009 and 2017.

Jared has lost count of the number of games he has attended. He was a season ticket holder for football from 2007-2022.

"My kids' activities have put those on hold for a few years, but I will be back when they are a little bit older," he says.

Jared's favorite memorabilia is of his favorite baseball team, the St. Louis Cardinals.

"I have a World Series program and ball autographed by former pitcher Michael Wacha from the 2013 World Series," he says.

Wacha first rose to prominence as a 21-year-old who helped lead the St. Louis Cardinals to the 2013 World Series.

"Funny story about him. His grandparents are from Nevada, and his grandpa used to drive our bus to sporting events. I've known his grandparents for a long time," he says.

Jared's fandom is not just limited to ISU and the Cardinals. He is also a huge English soccer fan.

"Leicester City is my favorite team," he says. "I have been a fan since 2014."

Jared's family even wears Leicester gear and ISU gear.

"Heather and my two boys, Hilton and Jack, are also Iowa State super fans," he says, adding, "My wife and I did wedding photos on ISU's campus, too."

Jared and his family moved to Bondurant a few years ago. To say he has a lot of fan gear might be an understatement.

"I still have not unpacked all of my memorabilia," he laughs. ■



Jared Leeper's 2013 World Series memorabilia, including a ball autographed by Cardinals pitcher Michael Wacha.

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. **Scan to add your address to the list.**



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.

CURBSIDE YARD WASTE COLLECTION WILL END NOVEMBER 22 IN BONDURANT

The Compost It! curbside yard waste collection will end for the season on Wednesday, November 22 in Bondurant. Winter collection will open on January 3 and January 10.

HEALTH DEPARTMENT URGES EVERYONE TO GET A FLU SHOT

Each year, flu season is unpredictable and severe. The past several years we have seen mild flu seasons. Other flu seasons, such as when the H1N1 and H2N3 strains appeared, we saw healthy individuals, those with underlying health conditions, the young and old become sick, hospitalized and even die.

A FORK IN THE ROAD

Due to the cost of infrastructure improvements and treatment and increasing demand for water supply, over the past few years there have been discussions amongst several cities (including Bondurant) Des Moines Water Works, and West Des Moines Water Works related to a regional water utility or regional water governance. Parallel to those discussions, the City has been exploring the possibility of producing and treating water independently again. The City has pursued a water facilities study to determine the feasibility of producing its own water, which could give the City as much direct control over costs as possible. There are major capital investments on the horizon. Find full details on the city's website.

EVENTS:

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.

HOME ALONE AWARENESS WORKSHOP

No School Day – Friday, November 3rd from 9:00 to noon. Registration is open. The workshop is limited to 20 students. This program is designed for 2nd to 5th graders. Drinks and snacks are provided. Thinking of letting your child stay home alone this holiday break? Make sure they are equipped with ways to stay safe! Brought to us by Bondurant Parks and Recreation, taught by members of the Polk County Sheriff's Office and Bondurant Emergency Services, providing educational tools and safety tips as they make kids aware of potential dangers in and around your home.

CHRISTMAS IN BONDURANT

The first weekend of December is a big celebration. Historically there has been a tree lighting ceremony, Santa social, youth crafts/games, and a holiday parade. Planning is underway and will be released soon.

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.

ASSESSING life insurance needs

If your family relies on your income, it's critical to consider having enough life insurance to provide for them after you pass away. But, too often, life insurance is an overlooked aspect of personal finances.

In fact, according to a 2023 study conducted by Life Happens and LIMRA, which closely follows life insurance trends, nearly 50% of Americans say they have no life insurance coverage at all, even though 39% say they intend to obtain life insurance coverage within the next year.

Role of life insurance

Realizing the role life insurance can play in your family's finances is an important first step. A critical second step is determining how much life insurance you may need.

Several factors will affect the cost and availability of life insurance, including age, health, and the type and amount of insurance purchased. Life insurance policies have expenses,



including mortality and other charges. If a policy is surrendered prematurely, the policyholder also may pay surrender charges and have income tax implications. You should consider determining whether you are insurable before implementing a strategy involving life insurance. Any guarantees associated with a policy are dependent on the ability of the issuing insurance company to continue making claim payments.

Rule of thumb

One widely followed rule of thumb for estimating a person's insurance needs is based on income. One broad guide suggests a person may need a life insurance policy valued at five times their annual income. Others recommend up to 10 times one's annual income.

If you are looking for a more accurate estimate, consider completing a "DNA test." A DNA test, or Detailed Needs Analysis, takes into account a wide range of financial commitments to help better estimate insurance needs. The first step is to add up needs and obligations.

Short-term needs: Which funds will need to be available for final expenses? These may include the costs of a funeral, final medical bills,

and any outstanding debts, such as credit cards or personal loans. How much to make available for short-term needs will depend on your individual situation.

Long-term needs: How much will it cost to maintain your family's standard of living? How much is spent on necessities, like housing, food and clothing? Also, consider factoring in expenses, such as travel and entertainment. Ask yourself, "What would it cost per year to maintain this current lifestyle?"

New obligations: What additional expenses may arise in the future? What family considerations will need to be addressed, especially if there are young children? Will aging parents need some kind of support? How about college costs? Factoring in potential new obligations allows for a more accurate picture of ongoing financial needs. ■

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.rsiova.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.

MULLEN is long-time community lover

Encourages others to check out Bondurant

Tim Mullen grew up in Altoona, but when it came time for him to plant his roots, he wanted his daughters to be in a smaller school district.

“My older siblings had moved to Bondurant, and I had learned to really like the small-town feel yet being close to the amenities of a bigger city close by,” he says.

These days mark more than 15 years of Mullen living in town.

Today, what he and his wife love most about their home is its location within Bondurant.

“We are as far east as you can get and still be in Bondurant,” Mullen shares. “You don’t often get to be in town and still have fields all around you. When I moved in, there were fields on three sides of my house. Progress has changed some of that, but I still get to look out over a field right nearby.”

The family lives on almost an acre and a half of land, which is special, too.

“It’s great to hang with the family outside and not feel like everyone is watching you,” Mullen says. “We also have great neighbors and a great community feel with those around us.”

Mullen jokes that his wife is from the West Coast, and she laughs when he waves at everyone.

“She will ask me who that was, and I always say a neighbor,” he shares. “I consider anyone that lives in Bondurant a neighbor. I remember when we moved in, it was winter. My wife got stuck in a snowbank getting in the driveway. A random car pulled over and helped get her out. We later learned that it was a neighbor down the road. That’s the people of Bondurant to me.”

Even though Bondurant is growing, which Mullen loves, he appreciates that it’s not happening too fast. He also enjoys the new amenities popping up.

“It has been great not having to leave our



Living on the edge of Bondurant means open spaces behind the Mullens’ home and quiet times on their deck.

town to find what we need,” he says.

Mullen shares that his family has been active in the community over the years, including his three daughters. As for him, Mullen has coached and served as the Little League president. His wife spent a few years coaching youth sports as well.

“There are so many reasons we love where we live,” Mullen says. “Our home, our neighbors, the school district our kids went through. All that said, I go back to the waving at people part ... it’s all about the people here. Every time I hear a friend talk about moving, I tell them, ‘We got room for you in Bondu!’ ” ■



Tim Mullens says his family moved to Bondurant so the kids could attend Bondurant-Farrar school district.



AN EVENING of laughter and brain teasers

Start exercising your brain now to prepare for the Friends of the Bondurant Community Library's Trivia Night on Saturday, Nov. 18 at 7 p.m. at the library.



The Friends group is holding its very first Trivia Night. Register your team of four in advance for \$40. If you can't get your friends to commit until the last minute, don't worry. Teams can register at the door for \$45. Don't have a team, but you rock at trivia? Register as a single player for \$15. The Friends will provide popcorn, cookies and bars for the event. Prizes will be awarded to winners, so get your team together and join the Friends for a great fundraising event. All of the funds raised by the Friends of the Library is used to benefit the library. The Friends have contributed to the Summer Reading Program, the new tablet station, and also provide volunteers for many library events. If you are interested in becoming involved, please check out their Facebook page and contact them. Watch for more details about the Trivia Night coming soon.

Here's what's happening at the Library in November:

- Story Times: Tuesdays at 10:30 a.m. and 3:45 p.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.
- Nov. 1 at 4:15 p.m., Pokémon Club
- Nov. 3 at 1 p.m., No-School Movie
- Nov. 6 at 2:30 p.m., After School STEAM
- Nov. 7 at 6 p.m., Book Club for Grades 3-5
- Nov. 8 at 4:15 p.m., STEAM Club
- Nov. 9 at 6 p.m., Adult Craft Night
- Nov. 11 – Library is closed for Veterans Day
- Nov. 12 at 3 p.m., Teens Only Sunday Funday
- Nov. 13 at 2:30 p.m., After School Craft
- Nov. 14 at 6 p.m., Book Discussion for Adults
- Nov. 20 at 2:30 p.m., After-School BINGO
- Nov. 21 at 6 p.m., Book Club for Grades 6-8
- Nov. 21 at 6 p.m., Books on Tap at Reclaimed Rails Brewing
- Nov. 23 and 24 – Library is closed for Thanksgiving
- Nov. 27 at 2:30 p.m., After School Movie ■

PAID-PER-CALL MEMBERS NEEDED

JOIN A GREAT TEAM!

Get fire and EMS training.

Possibility of responding from home.

75% of our department protects our community while holding other jobs



CALL 515-985-5368
OR SCAN



Helping you achieve your best mental wellness

OUR PROVIDERS ARE HERE FOR YOU.

We offer a great range of experience and expertise that enables us to give the highest quality of outpatient care.

OUR SERVICES

Psychiatric Care for All Ages
Medication Management
Genetic Testing
Nutritional Psychiatry



Walnut Creek Psychiatry

IN-PERSON OR ONLINE VISITS AVAILABLE

walnutcreekpsych.com

5408 NW 88th St., Ste. 140, Johnston

223 S. Walnut Ave, Ames

In-person & remote therapy offered at this location.

(515) 368-7504 | (515) 355-3491

BEUKEMA among FFA Leadership Scholars

DMACC announced its 2023-24 class of Mark Pearson FFA Leadership Scholars, which includes a total 24 outstanding students from across Iowa. The group features 13 first-year students and 11 returning students, with each attending DMACC on a full-tuition scholarship during the 2023-24 academic year through the competitive scholarship program. Among the returning students is Valerie Beukema of Bondurant, veterinary technology.

The Mark Pearson FFA Leadership Scholars Program has awarded nearly \$2.4 million in full-tuition scholarships to qualifying DMACC students since its

founding prior to the 2016-2017 academic year at the College. The scholarship program was established in honor of beloved ag broadcaster Mark Pearson, who passed away suddenly in 2012 at the age of 54.

"Some of the greatest leaders in Iowa, across a variety of career fields, have an FFA background," said DMACC President Rob Denson. "DMACC is proud to play a role in helping the next generation of leaders prepare themselves for their careers, and we are honored to continue sharing Mark's legacy and passion for his profession with today's students."

Each year, up to 15 eligible, first-year students at DMACC are awarded a Mark Pearson FFA Leadership scholarship, including one student from each of Iowa's six FFA districts. The scholarship recipients can enroll in any degree program at DMACC, and the scholarship will pay for the completion of their degree. After completing their first year at DMACC, Mark Pearson FFA Leadership scholars are then eligible to maintain their scholarship for a second year.

To qualify for the competitive Mark Pearson FFA Leadership Scholars Program, students must 1) serve as president of their FFA chapter during either their junior or senior of high school; 2) apply for the program during their senior high school; and 3) commit to attending DMACC the fall following their high school graduation. The application period for the scholarship runs from Dec. 1 to March 1 each year, with scholarships awarded in April/May for the upcoming fall semester. ■



The 2023-24 Mark Pearson FFA Leadership Scholars at DMACC pose for a group photo with, in front, DMACC President Rob Denson and Edén Pearson, DMACC English professor and wife of the late Mark Pearson, at the FFA Enrichment Center on the DMACC Ankeny Campus. Valerie Beukema of Bondurant is at left in the row behind Denson and Pearson.

CULINARY arts fundraiser



Student members of the Iowa Culinary Institute at DMACC Hospitality Club smile as they welcome customers to a delicious Cinnamon Roll & Apple Cider Sale on Wednesday, Sept. 27, outside of the Building 5 Student Center at the DMACC Ankeny Campus. The sale featured freshly baked cinnamon rolls prepared by students in the Iowa Culinary Institute at DMACC kitchens, along with homemade apple cider. Proceeds from the sale will be used to help fund opportunities for student members to participate in educational culinary workshops and trips. First-year DMACC Culinary Arts students and Hospitality Club members, from left, V. Crisp of Bondurant, Gabrielle Woolman of Urbandale, Cassidy Zaruba of Springville and Rachel Swersie of Newton. Photo credit: Lisa Schmitz for DMACC ■

JOIN OUR FAMILY

HE'S THERE THROUGH THICK AND THIN.

"One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother." (Proverbs 18:24)

Biblical teaching. Genuine people. Spreading truth.



**FIRST FAMILY
CHURCH**

BONDURANT

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

MEET Cassidy Chase

Teaching English language learners and developing relationships

A 2012 graduate of Southeast Polk High School, Cassidy Chase attended the University of Iowa where she received a bachelor's and master's degree in elementary education with an English language learner focus. She spent her first two years teaching first grade in Williamsburg before teaching first and second grade in Waukee. She now teaches ELL at the Bondurant-Farrar Community School District. She was not only led to the district because it was closer to home and family but also because she was looking for a smaller town feel with a diverse population for her to teach.



Cassidy Chase is the ELL teacher for grades K-3.

"I love the collaboration that happens here," Cassidy says. "Though I am the only EL teacher for K-3 students, I always feel like a part of a team. Everyone regards the students here as 'our students,' and it's amazing to see other teachers at work helping every student learn."

Cassidy's students focus on reading, writing, speaking and listening. She encourages them to share their other languages with herself and their peers. Because she has small groups of students over multiple years, she says she is able to get to know her students in a meaningful way. To be able to watch their progress grow as they age is something that is unique to her position.

"In this particular role, it's incredibly rewarding when I hear about accomplishments my students are making in the classroom. Switching from being in the classroom to a pull-out role was a big change for me," Cassidy says. "I was missing seeing the daily activities. So, when classroom teachers share that they have seen my students using what I have taught them in their general classroom, it is the best feeling."

In addition, Cassidy likes working with students at the elementary school level because they are excited about learning and sharing what they have learned with her. On a professional level, she is interested in how children learn how to read. In fact, it was one of the reasons she spent her classroom teaching years in the first and second grade.

"It's such a lifelong skill, and there are so many different ways that kids start to acquire the ability to read, and I love watching it all come together," she says. "Seeing a student get lost in a book for the first time and really enjoy the story rather than struggle with the words is the best feeling ever."

When not teaching, Cassidy is an avid reader and is constantly checking books off her "To Be Read" list. She also enjoys spending time with her two golden retrievers, Hannah and Allison. She and her husband are expecting their first child, a boy, and are excited to raise their family in Bondurant. ■

Happy Halloween



SPOTS STILL AVAILABLE IN OUR SCHOOL-YEAR PROGRAM!

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

Felicia Collison and Jill Sullivan, Owners/Operators

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

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

BONDURANT-FARRAR

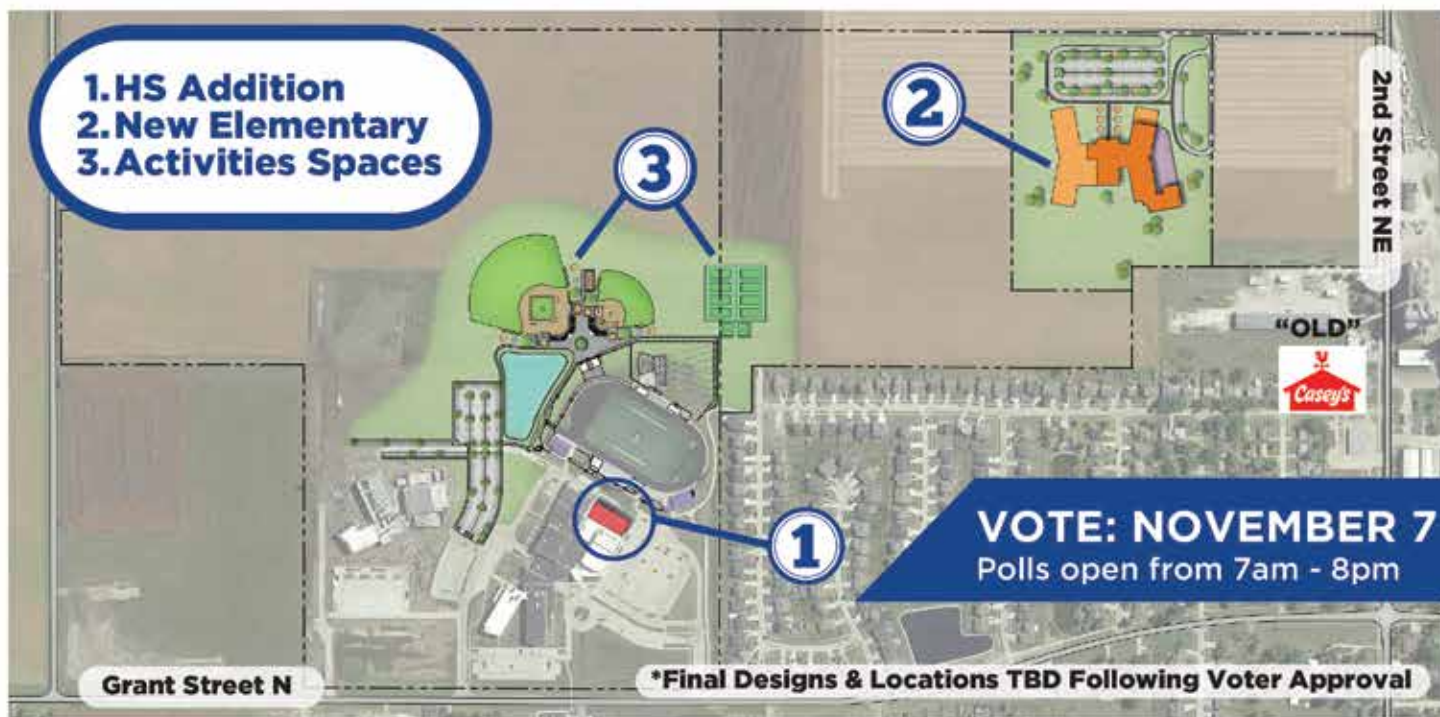
Building For Our Future

VOTE: NOVEMBER 7, 2023
BOND REFERENDUM



On November 7, voters will consider a ZERO tax increase bond referendum to fund new and expanded school facilities, which are needed to accommodate our growing student enrollment. Approval would not increase the school's tax rate.

If approved, funding would allow for three main facilities projects:



1 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

2 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

3 Specific Timeline TBD

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

Voter approval would NOT increase your school tax rate.

In the last 3 years, the district has LOWERED its property tax rate by \$2.01 per thousand! This has been possible due to the significant commercial growth in our district. Passage would allow us to borrow up to \$48 million for these projects without raising this rate.



Please contact us with questions:

Call 515-967-7819

Email bond2023@bfschools.org

Visit www.bfschools.org/bond2023



SCAN ME

MEDICARE open enrollment

It is open enrollment season. It is the time of year to ensure you or your loved one are signed up to receive Medicare benefits. If you are 65-plus and enrolled in Original Medicare (not an Advantage/replacement/Part C plan), your plan will renew automatically. If you are just turning 65, you can sign up for Medicare benefits as early as three months before your 65th birthday and as late as three months after. To sign up, contact Social Security either online or via phone. Open enrollment runs from Oct. 15 through Dec. 7 each year.



Medicare is federal health insurance for people 65 and older, as well as some younger people with disabilities, or people with end-stage renal disease. There are two coverage options: Original Medicare and a Medicare Advantage plan. In Original Medicare, there are three major parts: parts A, B and D.

Per Medicare.gov, Part A Medicare coverage covers inpatient hospital stays, care in a skilled nursing facility, hospice care and some home health care. Part B covers certain doctors' services, outpatient care, medical supplies and preventive services. Part D helps cover the cost of prescription drugs (including many recommended shots or vaccines). As with most insurance, you will still pay a deductible with Original

Medicare, and it does not cover all health care services costs. Obtaining a Medicare Supplement Insurance or "Medigap" policy can help cover services that Original Medicare does not cover.

Medicare Advantage plans are Medicare approved plans from a private insurance company. These alternative plans offer coverage for health and drug coverage. These plans have contracts with Medicare and must follow Medicare guidelines, and they must notify you if there are any changes to your coverage before the next enrollment year.

There are advantages and disadvantages to both Original Medicare and Medicare Advantage plans. Medicare Advantage may have benefits such as vision, hearing and dental services that Original Medicare does not cover. However, you can only use doctors and other providers who are in the Advantage plan's network. With Original Medicare, you can go to any doctor or hospital in the U.S. that takes Medicare. In most cases, with Original Medicare, you do not need a referral to see a specialist and do not need preauthorization for skilled care. With an Advantage plan, you may need a referral to see a specialist and a preauthorization for skilled care.

Only you know which coverage is right for you. Do your research, and don't forget to sign up for coverage. ■

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



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



FALL IN LOVE WITH VALLEY VIEW!



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



**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



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



IT'S BACK!

Who will be voted favorite in Eastern Polk County?

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

Make your voice be heard and cast your votes in the 2023 Eastern Polk County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish January Altoona and Bondurant editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES DEC. 15, 2023.

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

SCAN HERE TO
VOTE TODAY!



FOOD AND DRINK

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

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

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

SHOPPING

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

ENTERTAINMENT

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

HEALTH/BEAUTY

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

HEALTH/BEAUTY

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

OTHER PROFESSIONAL SERVICES

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



***Fall into
a great
home!***



**Navigating the financial side of
buying a home can feel overwhelming.**

VisionBank is here to help you make the best financial
decisions for all of your home ownership needs.



Gregory Gibb

*Mortgage &
Consumer Lender*

NMLS#: 1009280 | (515) 967-9981
gregory.gibb@visionbank.com

Apply Online!

visionbank.com/GregGibb



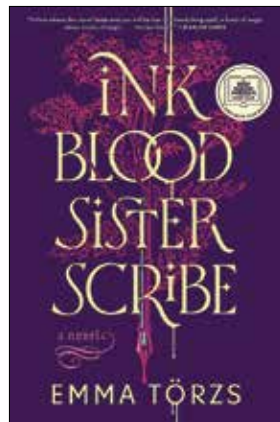
'Ink Blood Sister Scribe'

What do you like with your fall leaves and pumpkin spice? How about some dark family secrets, a couple of mysterious libraries, and a heavy dose of whimsical literary magic? I couldn't ask for a better autumn, myself.

Joanna and Esther are sisters estranged by a family legacy they only half-understand. Both are alone in different, but equally brutal, ways. Joanna stays locked in a lonely house in Vermont, caring for the small library her father entrusted to her until his cruel death. Esther stays far away, on the run from the last thing her father gave her — the job of protecting her family. Together, the loneliness of their secrets draws both sisters into treacherous circumstances that will see them reunited, but only if they can figure out the puzzle they've spent their lives trying to piece together.

Full of delightful magic and rich characters who leap off the page, this book absolutely enchanted me. The perfectly melancholy atmosphere, gorgeous writing, and delicious twists had me staying up way too late to finish this fantastic book. I've fallen completely in love with these characters and can't wait for the sequel. This is the perfect fall read. ■

— Review by Julie Goodrich



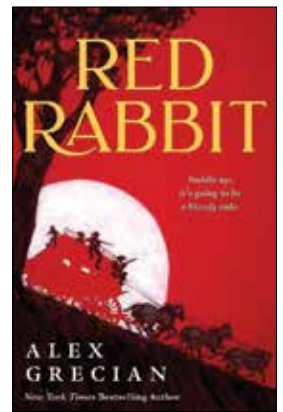
By Emma Torzs
5/30/23
416 pages
\$30
William Morrow

'Red Rabbit'

Did you ever wish The Oregon Trail had more demons? If so, do I have the book for you. I didn't know I needed a spooky western quest novel with a motley band of witch hunters, but, oh, I needed it in the worst way. This is a delightful, atmospheric thrill ride that made me think I should read more westerns — at least the weird ones with witches, monsters and creepy children.

Ride along with Old Tom and his mute apprentice, Rabbit, as they hunt the possibly evil witch, Sadie Grace. As there is a large bounty on her head, they are joined by bounty hunters in the form of a pair of cowboys, Moses and Ned, who have their own reasons for a westward journey, and the widow Rose Nettles who has layers all her own. This unexpected caravan finds themselves a stolen red stagecoach and heap of trouble in the form of monsters — both obvious and insidious — in this twisted Wild West adventure.

Often hilarious, sometimes scary and always compulsively readable, "Red Rabbit" was unexpected and enchanting and bloody good fun. Read this during spooky season, or perhaps on your next road trip. It certainly beats dying of dysentery. ■ — Review by Julie Goodrich



By Alex Grecian
11/7/23
464 pages
\$28.99
Tor Nightfire

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

PetDesk®
Where Vets Guide Clients to Better Care

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

BONDURANT ANIMAL CLINIC

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

YES!

We do pipe camera inspections.

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

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

OPEN 24/7
INCLUDING HOLIDAYS
515-278-5668
rotorooterdesmoines.com

DON'T WORRY,

BE
HOppy



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

FILL your family's plates with cozy fall meals

(Family Features) Putting away the homework, turning off electronics and spending a little quality time together can help ease everyday stresses. Add a cozy meal packed with tastes you love and you'll have the perfect recipe for an autumn evening with your family.

Cooler days call for comforting flavors the entire family can enjoy at the dinner table like roasted veggies — from sweet potatoes to pumpkin and more — paired with hearty favorites like cheesy pierogies that provide a sense of warmth and coziness. Make this autumn one to remember by creating new meals and memories along the way.

For an extra special celebration with the ones you love in honor of the 15th anniversary of National Pierogy Day, consider a cozy, warming dish like Roasted Sweet Potatoes Brown Butter Pierogies, which is loaded with the flavors of the season. This comforting meal starts with cubed sweet potatoes — a hallmark of fall — along with pierogies tossed in a homemade brown butter sauce. Top with pecans for a nutty crunch and fresh thyme leaves for the final touch on a newfound favorite that'll bring loved ones running to the dinner table.

Find more ways to incorporate fall flavors into your family's everyday menu by visiting MrsTsPierogies.com. ■

Roasted sweet potatoes brown butter pierogies

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4-5

- 1 bag (1.6 pounds) Mrs. T's Mini Classic Cheddar Pierogies
- 2 cups sweet potato cubes (approximately 1 large or 2 medium sweet potatoes, cut into 1/2-inch cubes)
- 1 tablespoon olive oil
- salt, to taste
- pepper, to taste
- 4 tablespoons salted butter
- 1 tablespoon balsamic vinegar
- 2 tablespoons lemon juice
- water
- 1/2 cup pecans
- fresh thyme leaves, for serving

DIRECTIONS

- Preheat oven to 400 F.
- Toss sweet potato cubes in olive oil, salt and pepper, to taste, and spread in even layer on baking sheet. Roast 25-30 minutes, tossing about halfway through, until potatoes are fork tender.



- In medium skillet over medium heat, brown butter 5-10 minutes. Avoid smoking or burning. Remove from heat. Allow to cool about 5 minutes then whisk in balsamic vinegar and lemon juice.
- In large saucepan, bring water to boil. Cook pierogies according to package directions, about 3 minutes. Drain and toss in brown butter sauce.
- Add roasted sweet potatoes and pecans to brown butter pierogies and toss gently to coat.
- Top with fresh thyme leaves.



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 • dsmkids.com

Time for work. Time for life.

- Flexible schedule with NO nights or weekends
- Family-friendly workplace, "mom hours" available
- Focus on employee wellness and balance
- Rewarding career



Optimae
HOME HEALTH SERVICES



We're hiring! Scan the code or visit
optimaelifeservices.com/join-OHH

Optimae Home Health Services Central Iowa 515-277-0134

We can **HELP** you **GROW** your **BUSINESS!**



Our experienced team of advertising professionals can help you turn
OUR READERS into YOUR CUSTOMERS.

Contact us today to learn how we can assist you in growing your business in central Iowa.



CITYVIEW

515-953-4822 x.319 • WWW.BIGGREENUMBRELLAMEDIA.COM

Contact Jolene Goodman, sales manager, at jolene@iowalivingmagazines.com

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 Indoor Market and Vendor Fair

Saturday, Dec. 2, 10 a.m. to 4 p.m.

Junior High School, 1201 Grant St. N.

Enjoy holiday shopping with market vendors, crafters and more.



Bondurant's Horse Drawn Carriage Rides

Sunday, Dec. 3, 1-4 p.m.

KaleidoHope, 109 Main St. S.E.

Enjoy ticketed carriage rides and a visit from Santa.



Cardboard Caucus

Oct. 27-29

Hilton Garden Inn, 205 S. 64th St., West Des Moines

www.cardboardcaucus.com

Named after the state's first-in-the-nation caucus, this event is all games, no politics. Starting at noon each day, attendees can expect a wide variety of board game tournaments for prizes, games to play with friends or strangers, and unreleased board games for play testing.

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,

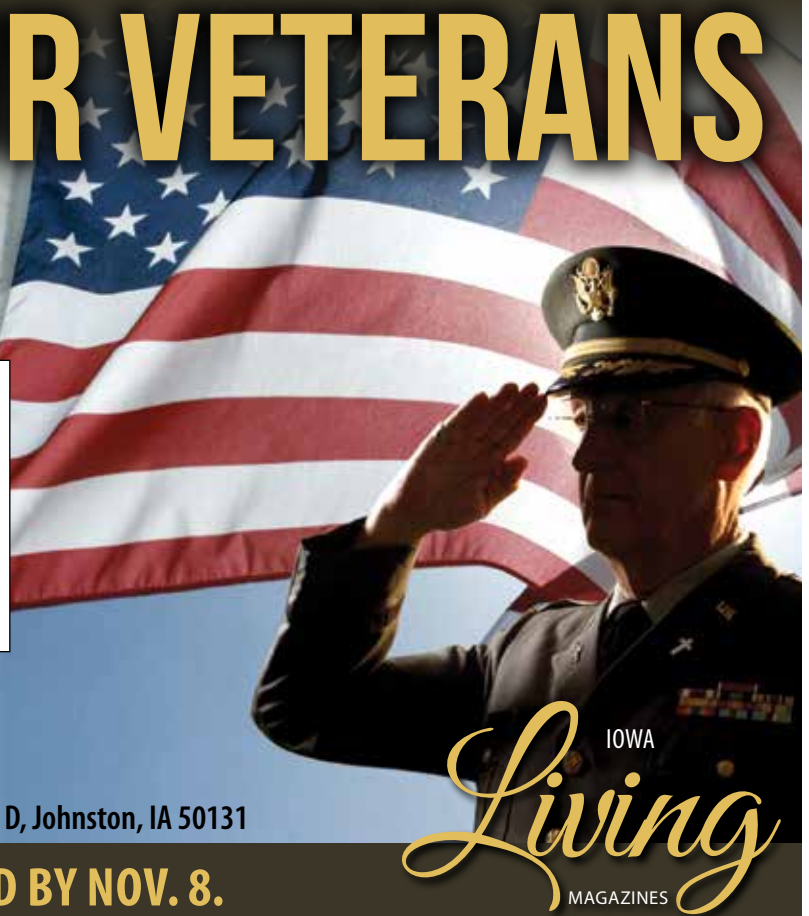
"How can the public best honor veterans?"

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

EVENTS IN THE AREA

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

Be sure to check for cancellations.



Des Moines

Buccaneers games

Buccaneer Arena, 7201
Hickman Road, Urbandale
bucshockey.com

The Tier 1 USHL developmental hockey franchise continues to serve up a chance for amateur hockey players to enhance their ability to succeed at the next level. Home games:

- Oct. 28 vs. Lincoln

LIVE PERFORMANCES

ACTORS, INC. - AMES COMMUNITY THEATER

120 Abraham Drive, Ames • actorsinc.org
• Nov. 9-11, 17-19, 25-26: "Avenue Q"

CLASS ACT PRODUCTIONS

201 First Ave. S., Altoona
captheatre.org
• Nov. 3-5, 10-12, 17-19: "The Wizard of Oz: Youth Edition"

DES MOINES PERFORMING ARTS

Des Moines Civic Center, Cowles Commons,
Stoner Theater, Temple Theatre, 221 Walnut St.,
Des Moines • dmpa.org
• Nov. 4: "The Adventures of Tortoise and Hare: The Next Gen"
• Nov. 10: "Blippi: The Wonderful World Tour"
• Nov. 14-22: "Yippee Ki Yay"
• Nov. 28 through Dec. 3: "Girl from the North Country"
• Dec. 12-17: "The Wiz"
• Dec. 21: "Rudolph the Red-Nosed Reindeer: The Musical"
• Dec. 22-23: "Cirque Dreams Holidaze"

DES MOINES COMMUNITY PLAYHOUSE

831 42nd St., Des Moines • dmplayhouse.com
• Dec. 1-17: "All Is Calm: The Christmas Truce of 1914"
• Kate Goldman Children's Theatre, Dec. 2-17: "A Charlie Brown Christmas"

DMACC ANKENY CAMPUS THEATRE

2006 S. Ankeny Blvd., Ankeny
dmacc.edu/theatre/ankeny
• Nov. 11-13, 18-20: "Failure: A Love Story"

IOWA STAGE THEATRE COMPANY

Stoner Theater, 221 Walnut St., Des Moines
iowastage.org
• Nov. 10-12, 15-19: "Chipmunk'D"
• Dec. 8-17: "A Christmas Carol"

TALLGRASS THEATRE COMPANY

2019 Grand Ave., Suite 100, West Des Moines
tallgrasstheatre.org
• Nov. 10-19: "Wicked Queen"
• Dec. 15-17: "Home For The Holidays, A Christmas Cabaret" ■

"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

Available on the App Store and 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

ENJOY YOUR FALL, NOT THE CLEANING.

LET THE PROS HANDLE IT!

Central Iowa Sheds.com

CENTRAL IOWA SHEDS.COM WINTER IS COMING, PROTECT YOUR ANIMALS

515-967-5949

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

\$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 11/30/23. Other restrictions may apply.

MOLLY MAID
a neighborly company

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!

Bondurant's Only Locally Owned Physical Therapy Provider

LIVE WITHOUT LIMITS

October is National Physical Therapy Month

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. Emily Hogle

BENEFITS of physical therapy

Physical therapy is an effective and versatile healthcare discipline that offers a wide range of benefits to individuals of all ages and abilities. Below are a few benefits physical therapy can provide.

Pain management: One of the primary benefits of physical therapy is its ability to alleviate pain. Physical therapists use various techniques and exercises to target and relieve pain in the muscles, joints and soft tissues. This is especially beneficial for individuals suffering from conditions such as arthritis, back pain and sports injuries.

Improved mobility: Through personalized treatment plans, patients can regain the ability to move freely and perform daily tasks with greater ease. This is particularly vital for those recovering from surgery or dealing with mobility limitations.

Injury prevention: Physical therapists not only help you recover from injuries but also provide guidance on preventing future injuries. They teach proper techniques, prescribe exercises, and offer ergonomic advice to reduce the risk of injury during physical activities.

Chronic disease management: Physical therapy can be a valuable component of managing chronic conditions such as diabetes, heart disease and respiratory disorders. It helps improve endurance, strength and cardiovascular health, thereby reducing the impact of these conditions on daily life. ■

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



HEALTH

By Dr. Kari Swain

CHIROPRACTIC care and pregnancy

Chiropractic care during pre-conception, pregnancy and post-partum supports the healthy development of the baby and the changing needs of the mother as she prepares to give birth and support a newborn. Two major factors affecting development are the ability of the baby to move in the womb and the stress level experienced by the mother during pregnancy. Aligning the pelvis with chiropractic adjustments allows the baby the space to develop properly as well as move into ideal birth positioning. Chiropractic adjustments also increase stress resilience and nervous system adaptability, helping to mitigate the effect of stress and positively impact the wellbeing of mother and baby.

There is a deep connection between maternal stress levels and the health of mother and baby. Taking steps like establishing care with a chiropractor certified in pregnancy and pediatrics and integrating lifestyle habits will positively impact neurodevelopment and future health of the baby as well as pregnancy, birth and postpartum outcomes for mom and baby. One healthy choice can cascade into another, expanding the window of stress tolerance, so start with one of these practices today. ■

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

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. Amanda Korth

NOTE any changes in floaters

*Oh squiggly line in my eye fluid.
I see you lurking there on the periphery of my vision.
But when I try to look at you, you scurry away.
Are you shy, squiggly line?
Why only when I ignore you, do you return to the
center of my eye? Oh, squiggly line, it's alright,
you are forgiven.*
-Stewie (Family Guy)



Don't worry, squiggly lines aren't a bad thing by themselves. They aren't ghosts or worms. They're floaters. We all have them but some of us don't notice them because our brains are very good at tuning out the "noise" in our vision. Floaters are most similar to bubbles and cracks in jello. As long as they don't change, we don't worry about them. But if they change in size or number, it means something shifted in the back of the eye and could be a sign the retina shifted. We don't like retinas shifting as we call it a retinal detachment, and it can cause blindness.

So, if your floaters start changing or start being accompanied by flashes (lightning bolts or camera flash but only in one eye), then you should see an eye doctor right away. ■

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

HEALTH

By Dr. Steven Neville

BAD breath

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



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

KEEP YOUR EYES SAFE AND PROTECTED

Schedule your safe
appointment online at
www.pvcbondurant.com



Prairie Vision Center
of Bondurant

87 Paine Street SE, Ste 3, Bondurant



Dr. Amanda Korth

CALL TODAY! 515-267-7908

Perfect Check-Up Winner Carm!

Monthly Perfect Checkup Winner
Great Job! 967-4002

Monthly Referral Winner Heather!

Congratulations!

BONDURANT
FAMILY DENTISTRY

108 MAIN STREET NE, BONDURANT
515.967.4002

www.BondurantFamilyDentistry.com

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 Elijah Evans

EMOTIONAL validation makes or breaks relationships

Emotional validation is a critical skill for healthy relationships. To validate someone's emotions is to communicate the understandability or reasonableness of their feelings. This is not the same as agreeing with the person's stance, and, in fact, this skill becomes all the more important when the feelings of the person you are acknowledging are different from your own. For example, I find coffee disgusting, but, for all the coffee lovers out there, I respect that, to you, it is an invigorating brew in which you find genuine satisfaction. The alternatives to validation include the assertion of one's own perspective (e.g. coffee is gross) or attempts to change a person's feelings (e.g. arguing tea is the superior hot, bitter beverage). These alternatives become problematic when responding to the emotions of others because they imply there is something wrong with the way they feel, since you are either unwilling to relate to their feelings or suggesting they should be different. Instead, practicing validation communicates empathy and respect for differences, which are crucial for navigating conflict. While the coffee example is a mundane way to demonstrate validation, one can easily imagine an emotionally charged interaction in which one person expresses an important feeling, and validation is the only thing that would make them feel seen and cared for. ■



Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

BEFORE YOU GO By Tosha Edmundson

'I DON'T want to talk about that'

I have had the privilege of meeting with more than 100 families in the last few months. Many of them are pre-planning for their future burial needs. Other families have found themselves planning the burial of loved one — burials that had been paid for in advance and burials that required decisions to be made after the death occurred. I have found that families are either grateful that conversations were had about the burial preferences in advance or left wishing someone had approached the subject while they still could. So, let's talk about it.



Upon death, there are primarily two choices — a traditional casket burial or cremation. A traditional casket burial will require burial soon after death. A cremation burial can be planned for any time after the service of cremation is complete — perhaps when the weather is more pleasant, when it is easier for family to all gather, when their spouse dies in the future in order to be buried together or maybe not be buried at all. Both cremation and casket burials can be done above-ground or in-ground depending on available options at the cemetery of your choice. See? It's not so hard to start the conversation. This conversation can avoid burdens in the future when grief and loss are already heavy enough.

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.



You spend your life caring for your family
PREPARE THEM FOR WHEN YOU ARE GONE.

Make your pre-arrangements for traditional or cremation burials

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



DON'T WORRY

BE
HOPPY!



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!**

601 Hawthorne Crossing Dr. SE
Bondurant, IA



**Jjuan Hakeem
515-957-8399**

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. Avila 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.

FAITH

By Mark Spencer

FIRE!



I grew up on an acreage two miles outside of a small town in rural northwest Iowa. There was an old barn on the property that hadn't been used in years. The building was so old it was starting to fall apart and was dangerous to go in. My dad decided it was time to just tear it down. We bashed in the sides of the building as best as we could, and then, early one morning, we set it on fire. Our house was close enough to the highway that people driving by could see there was a big fire. Our house was far enough away from the highway that people driving by couldn't see that it was just an old barn being burned up and that we were standing right by it. Some passers-by stopped at the local Casey's and called the fire department thinking it was a house on fire. The combination of overzealous volunteer firefighters and the scarcity of fires around our little town created a great deal of enthusiasm for the few actual fire calls they received. We could hear the sirens blaring as every single piece of fire equipment that the town owned barreled down the dusty gravel road toward our house. My dad wasn't particularly excited about all the attention, especially when living in a small town means everyone knows everyone.

In our case, it was a false alarm. However, it was nice to see that someone driving by cared enough to call in what they thought was a true emergency. It was also nice to see a group of people willing to drop everything and put themselves at risk by jumping in a fire truck and rushing off to save someone else.

Proverbs 18:24 says, "One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother."

There were people driving close enough to our farm to see there was a fire, and they cared enough not to just ignore it, but to call 911. Do you have friends driving close enough to you who would see a fire in your life? Would those friends be willing to take action to try to put out the fire?

It's easy to have friends who are close enough to do fun things with but still distant enough to not see a potential fire in your life. Having friends this close means being open and transparent, which isn't always comfortable. If you are fortunate enough to have such a friend, and if they come asking questions about a potential fire in your life, consider yourself blessed and thank them. ■

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

COME, AND BE FED!

JOIN US EVERY SUNDAY MORNING!

SUNDAY SCHOOL @ 9AM
WORSHIP SERVICE @ 10AM



FEDERATED CHURCH OF BONDURANT
103 2ND STREET SW, BONDURANT, IA 50035
WWW.BFEDCHURCH.ORG

GONE in a flash

How to cut back on mindless spending

Mindless spending can destroy even the best budget. Thankfully, there are some ways to cut back on careless expenses. It takes a little bit of patience and thoughtfulness, but you can do it. Here are some tips.



Understand what you value

The first step toward cutting back on mindless spending is to understand what matters most to you. Think about what types of things and experiences bring you the most joy. Maybe you like eating out with friends. That would mean you should allocate more money to that category and cut back on others. Perhaps you like going to the gym. Again, that means your spending should go more toward health and fitness expenses than other things. Keep in mind that your values might change over time, so it's important to regularly check in and make sure that your values match your spending.

Revise your budget

Now that you know what you value, it's time to revise your budget to reflect that. Go through your spending and saving categories and change them accordingly. If you see that you're spending a lot on items that don't bring you joy, cut back and funnel that money to what matters more to you.

Be patient

While your goal is to align your values with your spending, remember that no one is perfect. There will be times when you spend too much on things that don't matter that much. It's OK. Just think about the purchase, why you did it, and how you can improve going forward. No one is flawless when it comes to money. Don't expect yourself to be.

Do one thing

For the next two weeks, keep a values-based spending journal. Track your expenses on your phone, computer, or by hand. Then go back over them and ask which expenditures you'd make again. Those you choose are the ones you value. ■

Information provided by Josh Barber, regional retail manager, VisionBank. The material provided on this page is for informational use only and is not intended for financial, tax or investment advice. VisionBank, PurposeBank and/or its affiliates assume no liability for any loss or damage resulting from one's reliance on the material provided. Please also note that such material is not updated regularly and that some of the information may not therefore be current. Consult with your own financial professional and tax advisor when making decisions regarding your financial situation.

Top Quality Windows, Siding & Doors!

Free Estimates • GREAT Prices • Locally Owned & Operated



Vinyl Replacement Windows

in all shapes and styles!

Veteran Owned Business

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



- 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



Looking to get more involved in the community?

If you're a current member of the Chamber and interested in serving on the Board, please contact us today for a nomination form!

Members are invited to join any of our Committees: Events, Marketing, or Membership.

Contact Kaylin at director@bondurantchamber.com for more information.



Not a member of the Chamber?

Individual membership is only \$125 a year!



Bondurant Chamber of Commerce

www.BondurantChamber.com

OUT & ABOUT



Kathy and Ben Fuller at Cocktails & Conversation Oct. 12 at Reclaimed Rails in Bondurant.



Kaylin Von Ahnen, Maggie Murray, Marketa Oliver and Tara Cox at Cocktails & Conversation Oct. 12 at Reclaimed Rails in Bondurant.



Kathy Fuller and Kaylin Von Ahnen at Cocktails & Conversation Oct. 12 at Reclaimed Rails in Bondurant.



Anne and Brandon Dolin at Cocktails & Conversation Oct. 12 at Reclaimed Rails in Bondurant.



Marketa Oliver and Tara Cox at Cocktails & Conversation Oct. 12 at Reclaimed Rails in Bondurant.



Brynlee Plants at Craft Time at The Bird's Nest in Bondurant on Oct. 12.



Blake Plants, Mae Strong and Savannah Strong at Craft Time at The Bird's Nest in Bondurant on Oct. 12.



Ray Brown, Luca Baratta and Elias Humphrey at Craft Time at The Bird's Nest in Bondurant on Oct. 12.



Mason Sanders, Lindsay Schaper and Steven Sorenson at Craft Time at The Bird's Nest in Bondurant on Oct. 12.



Brooklyn Larsen and Ava Bailey at Craft Time at The Bird's Nest in Bondurant on Oct. 12.



Katalina Cole and Grayson Black at Craft Time at The Bird's Nest in Bondurant on Oct. 12.



Elsie Sorensen and Lindsay Schaper at Craft Time at The Bird's Nest in Bondurant on Oct. 12.

OUT & ABOUT

HAPPY Smiles

Happy smiles at
Fareway on Oct. 17.



Happy Halloween from the staff at Fareway!



Matt Cole and Lana Wright



Macy Holmes Reuppel



Alexa McCunn and Olivia Maggard



Holly Garvey



Nathan Voshell



Matt Cole and Jill Black



Carli Borgen and Megan Vore



R.J. Brennecke and Kaye Johnson



Jennifer Witt

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, 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)

WANT TO BUY

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

BUSINESS OPPORTUNITIES

READ THIS - Receive \$1,000 Cash Directly by Priority Mail! Earn Six Figures in your spare time. Mind Boggling Potential – next to zero risk. Free Details: www.1000cashdailyincome.com. (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, Tribal. 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)

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)

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 [#6258](http://www.dental50plus.com/https://www.dental50plus.com/midwest) (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 America's #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.com

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)

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

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

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)

BUSINESS SERVICES

Aging Roof? New Homeowner? Got Storm Damage? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 (ACP)

Water damage cleanup & restoration: A small amount of water can lead to major damage and mold growth in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-872-2809 (ACP)

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 [#6258](http://www.dental50plus.com/ads) (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)

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)

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

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. Limited time, we're waiving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 12/31/23 Call 1-844-501-3208 (ACP)

WHY MI-FIBER?

Are you tired of dealing with frustrating and unreliable internet service?

Switching to a local internet provider can be the best decision you'll ever make for your internet needs. Not only will you receive top-notch customer service, but you'll also enjoy faster and more reliable internet speeds.

- ✓ Local
- ✓ Excellent Customer Service
- ✓ Faster and More Reliable Internet Speeds

So what are you waiting for?
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.

We're looking Forward to being your local provider.

4464 114th St. • Urbandale, Iowa

KEEPIN' IT REAL ESTATE IN THE

FALL



LOREN CARROLL | PCA REAL ESTATE

"My advice to buyers this Fall is do not let interest dictate a smart Real Estate opportunity that builds you equity. Home prices, based on history, will continue to raise. We have all heard **Marry the home and not the interest rate.** Buy what you can afford, build equity, and refinance when the time is right."

LICENSED IN THE STATE OF IOWA

