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BONDURANT

NOVEMBER 2023

# Living

MAGAZINE

## EARLY RISERS

Residents share experiences  
working while most others sleep.

**Meet Brady Girkin**

EDUCATION

**Honoring those who served**

VETERANS' SALUTE

**Cran-raspberry quinoa pudding truffle**

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WELCOME

## BEFORE the sun

I don't get on the road in the wee hours of the day too often, except when I have an early flight at the airport or I am driving out of state. On those 4 a.m. or so travels, I often wonder about the other folks I see driving at that time. Why are they up so early? Where do they work? Where are they going? Are they leaving from home or heading home?

I agree there is something rewarding about getting an early start on the day. It gives me the feeling of having a head start on others. Crossing a few tasks off my list before the sun comes up starts the day off right.

For some folks, though, this isn't a once-in-a-while thing. Their jobs or activities or habits have them rising early every day.

When I was in high school, I worked at a convenience store/gas station. On occasion, I would work the graveyard shift. Even in a small town, this was an exposure to another world. I would see the factory workers heading to their shifts or heading home, filling their tanks with gas and buying a few supplies. I would see the route delivery guys ensuring that milk and bread and soda and beer were in the stores. And I would get to know the late-shift police officers who would stop in. For the most part, it was quiet, which is exactly how most of the folks who choose to work those hours like it.

Getting up early wasn't so easy in my younger years, but it seems to be more challenging to sleep in now, even when I can. I used to laugh at all the retired guys who were at the café before 6 a.m. drinking coffee. It's all starting to make sense now. Even the coffee.

This month's cover story is dedicated to those who truly are early risers. We uncover the when and why and how as we interview these folks who prefer to — or must — get a head start on each day.

See you before the sun shines, and thanks for reading. ■

### SHANE GOODMAN

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



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

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



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# EARLY RISERS

**Residents share experiences  
working while most others sleep.**

**By Chantel Boyd**

While most of us are catching our last few Zs before dragging ourselves out of bed, others have long been awake and busy, many of them making it possible for us to get our days off to a good start. After all, someone has to make the donuts, brew the coffee and deliver those energy drinks to the shelves. Others rise and shine to care for the early morning needs of patients in hospitals, residents of care centers and women in labor. The list of those working while we sleep goes on, and some of them share their experiences as early risers in this month's cover story.

Jeff Way enjoys the early morning hours and is glad to have time to get tasks done before his co-workers start arriving.

*Life of certainty comes  
only once in a lifetime*



## Keeping deliveries on track

Travis McCuen of Bondurant gets up at 4 a.m. to be in Ankeny by 5 a.m. for his job as a regional dispatcher for Old Dominion Freight Lines. The company's center in Ankeny services shippers in the central states region and communities throughout central Iowa.

Travis not only has an early-riser schedule but also a less common work schedule overall.

"We work seven-on, seven-off shifts, so I enjoy the time off," he says.

Travis has been in the transportation industry for more than two decades, so he acclimated to this schedule some time ago.

"I am accustomed to early starts by now," he says.

Travis' career in transportation began before he graduated college.

"I worked at Perishable Distributors of Iowa in Ankeny all through college, as they had tuition assistance, and never left."

Perishable Distributors of Iowa in Ankeny is the refrigerated grocery warehouse for HyVee. It is one of two locations in Iowa, with the other dry grocery warehouse located in Chariton in southern Iowa.



Travis McCuen says his family benefits from his working the early shift because he has time in the afternoons and evenings for family activities, including coaching his son's baseball team.

Employees like Travis are working around the clock to keep the local population fed. Perishable Distributors of Iowa stock the HyVee grocery stores' refrigerated sections. It is a nonstop, 24/7 operation with a variety of shifts available. It is a fully owned subsidiary of

HyVee Inc., the largest employer in Iowa.

To keep his schedule consistent — and to minimize the effects of early hours and long shifts — Travis tries to stick to a routine, even on his days off.

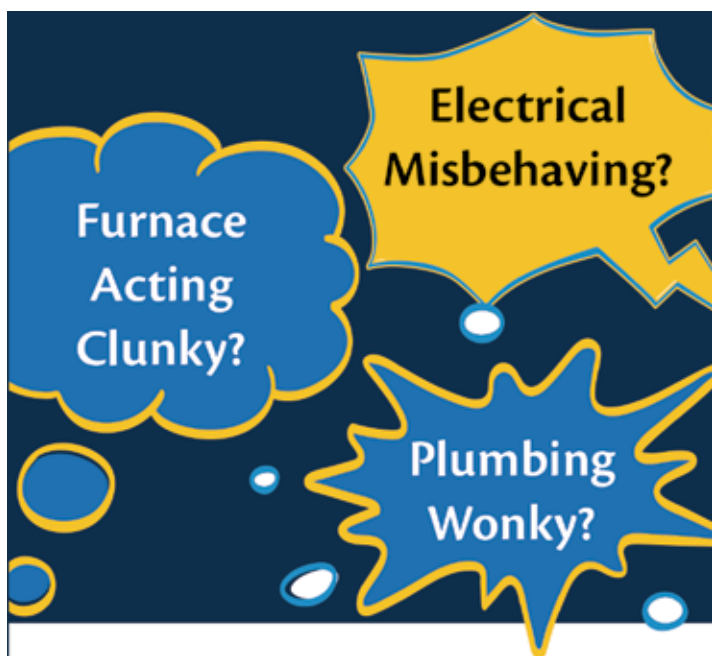
"I try to stay up until 10 a.m., but, ideally, I



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## FEATURE

like to fall asleep between 9 a.m. and 9:30 a.m.," he says.

He adds, he didn't need to adjust his schedule much because he was always a morning person. On his days off, he makes a point of staying up a bit later than on workdays and tries to sleep in a bit more the next day.

"I stay up later playing golf in the garage or watching movies on my day off," he says.

He says his early-morning schedule benefits his family.

"I did not have to get my family on board with my schedule as I'm still home by 5:30 p.m. to coach sports and do most of the family stuff," he says.

He has been coaching his son's baseball team for the last two years.

For anyone trying to get into a routine or rising early, by choice or necessity, Travis has some simple advice.

"Just train yourself to go to bed early enough," he says.

### Quiet time and family time

Heather Leeper, a pediatric medical billing specialist, is up and about early to start work at 5 a.m. But she says it is worth it to have a job she enjoys.

"I have been in the medical field for over 17 years, and I have always wanted to be part of patient care," she says.

Most of Heather's years in the medical field have been in the clinic, then in the billing department for the past three years.

Heather began her career before she even graduated college.

"I started at Mary Greeley Medical Center in Ames while in college," she says. "After college, I started working at Mercy Medical Center in Des Moines. I have been with Mercy for the past 15 years (in different roles)."

Heather's current shift starts early — by her choice.

"My shift starts early because I could pick my hours," she says.

Heather works four 10-hour shifts, so she can have Fridays off.

"I like being up when everyone else is sleeping because, when I must go to the office, there is significantly less traffic to deal with, which means I also get to avoid rush hour traffic on the way home," she says.

When Heather works from home, she says it is nice and quiet while her family sleeps.

"I feel like I can focus better and be more productive with my time," she says.

Heather admits she has not always been a morning person but has become one.

"I have two kids, and they got me on the early morning schedule as infants, so it became my new normal," she says.

Heather adds that working while her kids sleep means she can be available when they are awake.

"Since my shift ends at 3 p.m. every day, I get to spend more time with my family after daycare," she says.

On her days off, Heather follows a different schedule.

"I sleep in until it is time to help get my kiddos ready for daycare and



Heather Leeper's duties require her to work early to meet banking deadlines.



school,” she says.

When Heather decided to change her schedule to 5 a.m. to 3 p.m., she had to get her husband on board with the idea.

“This schedule meant that he had to get our two boys up and ready each morning and take them to daycare and school instead of having my help like he was used to having each morning,” she says.

The new routine was an adjustment for the whole family.

“It was definitely a transition for all of us, but I think it works well for our family now that we are used to it.”

Heather says she is looking forward to the future as their young boys grow.

“It will be nice when our boys start after-school sports or activities because I am off at 3 p.m. and will not have to rush as much before those activities,” she says.

Heather’s office is located downtown by Principal Park, so she is especially glad she can avoid all the rush hour traffic.

Recently, Heather received a milestone service award for more than 15 years of service at Mercy.

## Getting on top of the day

Jeff Way lives in Bondurant and works in human resources for a federal government agency in Des Moines, tending to different security matters.

“I deal with safety issues at different facilities throughout the metro,” he says.

The community relies on Jeff to make his rounds before anyone else wakes up to go about their day safely and securely. His shift has always been early when everyone else is still sleeping.

“I have worked over 30 years for the agency, and I have always worked an early shift,” he says. “I start early to get a morning report out to leadership so they are aware of incidents and can address those with subordinates to prevent further incidents.”

Getting up early in the morning gives Jeff the chance to start his day with a peaceful walk.

“The thing I like best is I start my day by walking around our lake here in Bondurant,” he says — “weather permitting.”



Jeff Way appreciates the beauty of sunrises and the quiet time on his morning walks.



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“It’s been through the addition of MAPLE that we have been able to get the kids to talk.”





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Jeff has snapped some peaceful photos during the wee hours of the morning on his walks, including of a big blood moon in the night sky and the serene dawn skyline around the lake.

Getting to work early also means some quiet time before the majority of others arrive, which Jeff says gives him time at complete some essential tasks without distractions or interruptions.

Once coworkers begin arriving, Jeff has time to enjoy a morning brew.

"The best part of my early-morning routine is I make coffee and drink a cup with a friend at work," he says.

Jeff does adjust his schedule slightly when he is not working but still does not sleep in as late as most.

"I do not get up quite as early on my days off, but I'm usually up by 7 or earlier," he says.

As the day progresses, Jeff says he takes calls from coworkers, fielding communications, taking reports, and troubleshooting.

"I review emails specifically for information relating to accident reporting that may have occurred overnight," he says. "I then help those managers and employees review what went wrong and formulate actions to reduce the likelihood of a repeat incident. As most of those managers meet with their team early in the day, I get the information to them so they are timely."

His schedule does allow for some flexibility.

"My manager allows me to set my hours within reason," he says. ■

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# HERE Comes Santa Claus garners excitement

Annual event spreads holiday cheer.



At the Here Comes Santa Claus event, families can have their photos taken with Santa Claus, and kids can enjoy crafts.

On Saturday, Dec. 9, from 9-11:30 a.m., local real estate firm Real Advantage Partners will host Here Comes Santa Claus at Reclaimed Rails — a free event where families can get their photo taken with Santa, share a light breakfast of fruit, donuts and muffins, and do some fun holiday activities like make reindeer food or put together holiday countdown chains.

Folks may recall this event in past years, although it was previously known as Breakfast With Santa.

Angela McKenzie, longtime Bondurant resident and team leader at Real Advantage Partners, encourages the community to attend

Here Comes Santa Claus because “it’s fun (obviously), and it’s a great family option for a Saturday morning.”

Just as important, she adds, parents can check off a few items on their Christmas to-do list: kids meet with Santa, family photo with Santa and make a take-home holiday craft.

“Speaking of that holiday to-do list, we’ll also be reminding moms and dads about our Letters from Santa project, where they can make sure the kids get a personalized letter from Santa with a North Pole postmark,” McKenzie says. “It’s all done online, so it only takes a couple of minutes, but we do have to have their information by Nov. 28.”

The best part of Here Comes Santa Claus for participants, McKenzie shares, is that there’s no registration, no cost and lots of fun.

“For our team, it’s another chance to see and interact with families from around the area,” McKenzie says. “And we love the great support we get from Reclaimed Rails.

“We feel like it’s a small contribution to what makes Bondurant a great place to live,” she continues. “Events like this are why people move here, and, as a small local business, we feel obligated to help make that happen.”

For the team at Real Advantage Partners, Here Comes Santa Claus is just one way they try to be positively visible in the community. ■



### 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. This year, we could possibly be in for a rough flu season.

### BONDURANT RECOGNIZED WITH PRESTIGIOUS RESILIENCE & SUSTAINABILITY AWARD AND URBAN DESIGN AWARD BY THE IOWA CHAPTER OF THE AMERICAN PLANNING ASSOCIATION

Bondurant is proud to announce its recent accolades, as it has been honored with two prestigious awards from the Iowa Chapter of the American Planning Association (APA). The awards, the Resilience & Sustainability Award for the Central District Stormwater Improvements Master Plan and the Urban Design Award for the Civic Campus Master Plan, underscore the city's dedication to forward-thinking and sustainable urban planning. Learn more on the City's website.

### WINTER YARD WASTE COLLECTION

Mark your calendar for January 3 and January 10 for the winter yard waste season. Purchase a \$1.50 yard waste sticker at City Hall to dispose of live trees. Have left over lawn clippings? You can put those on the curb during winter collection also.

### PROTECT STORMWATER: PROTECT STREAMS AND LAKES

During periods of snowmelt, deicers that have been applied to impervious surfaces such as driveways, mix with snowmelt and travel to nearby storm drains. Storm drains discharge directly to local streams and lakes. Some deicers can change the salinity of streams and lakes, which impacts aquatic life. What Can You Do? Shoveling and snow-blowing can be your best line of defense. Use deicers, sparingly, keep a safe distance from storm drains, streams, lakes, and wetlands. Use deicers in combination with minimal amounts of sand for better traction. Pre-apply deicer before snow or ice is expected. Know which deicers impact vegetation and concrete.

### PARKS, TRAILS, AND GREENWAYS MASTER PLAN SURVEY

This anonymous survey is being used to collect data for th updated Parks, Trails and Greenways Master Plan for the City of Bondurant. It is being conducted by students in the School of Planning and Public Affairs and at the University of Iowa, through the Iowa Initiative for Sustainable Communities. For any questions about the survey, please email [madelyn-stoen@uiowa.edu](mailto:madelyn-stoen@uiowa.edu). **The survey will be available until January 31st.** Thank you for your participation!



## EVENTS:

#### CITY HALL'S UPCOMING OFFICE CLOSURES

In celebration of the Thanksgiving holiday season, City Hall will be **closed on November 25 and 26**. Trash will be impacted by the Thanksgiving holiday. In celebration of the Christmas holiday season, the Bondurant City Hall **closes at noon on December 22** and will remain closed from December 24 through December 25 reopening on December 26. Trash will be impacted by the Christmas holiday. City Hall will **close at noon on December 31** for the New Year's holiday and will remain closed on January 1 reopening on January 2. Trash and recycling are not affected by the New Year's holiday.

#### CHRISTMAS IN BONDURANT

The first Sunday of December is a big celebration. Festivities kick off at 1:00 PM – Winter Bondurant Farmer's Market, Bondurant-Farrar Choir Fest, and Plume Hill's 4th Annual Horse-drawn Carriage Rides. Things get more festive beginning at 3:00 PM at the library including the Santa Social, Annual Tree Lighting Ceremony, and ending the cheer with the Merry & Bright Parade at 5:00 PM.

#### CRIBBAGE TOURNAMENT

This is a Bondurant Tradition that dates back many years ago. Bondurant men and women came together to play this classic card game. Register to participate in the tournament on **Sunday, January 7** at Reclaimed Rails Brewing Co. Check in at 12:30 PM and games begin at 1:00 PM. Cost is \$5 per player. Bring your cards and boards with you. First place earns 55% of the pot, runner-up earns 25% and third place gets 20%. **Registration deadline is December 29 at noon.**

#### 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.

# HONORING OUR LOCAL VETERANS

## ALLISON DICKS

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**Military branch:** Navy

**Rank:** HT2

**Deployments:** Fifth Fleet, the Mediterranean and Middle East



## CALEB DICKS

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**Military branch:** Marine Corps

**Rank:** Corporal

**Deployments:** Japan, Saudi Arabia and Australia



## DOUG WILLIAMS

**Military branch:** U.S. Navy (Naval Mobile Construction Battalion, U.S. Air Force

**Rank at discharge:** E-5

**Deployments:** 2007-2008, Operation Iraqi Freedom and Operation Enduring Freedom

**How can the public best honor veterans?**

"Honor and respect the flag we have all served under to protect our liberties, rights and freedoms. Never forget those who have paid the ultimate price to help protect each and every one of us." — Doug Williams





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The Bondurant American Legion Samuel H. Bridge Post 396 and its Auxiliary are active in the community. They hold the annual Memorial Day service and place flags through the cemetery.



## JANA PARSONS

**Military branch:** U.S. Air Force

**Rank at discharge:** TSGT

**Served from 1986 to 1997**

**How can the public best honor veterans?**

"The public does a great job of recognizing the 'obvious' soldier (and rightly so): The young people deployed multiple times to harrowing war (like my son). There are others, though, that paid an equally heavy price that is invisible to most (like myself). I would like the public to recognize that any veteran who was brave enough to walk away from their normal life because they wanted to do something for their country is worthy of recognition." — Jana Parsons

## MEET Brady Girkin

Making a positive difference in students' lives

Originally from Charles City, Brady Girkin grew up as the middle child in a family of seven. From there, he went on to North Iowa Area Community College and the University of Northern Iowa where he studied education and literacy. Now, he is in his first year at the Bondurant-Farrar Community School District and his third year teaching overall. He currently teaches sixth-grade literacy, math and social studies at the Bondurant-Farrar Intermediate School.



Brady Girkin, pictured with his fiancée, Mary, teaches sixth-grade literacy, math and social studies at the Bondurant-Farrar Intermediate School.

"My favorite part of working in this district is feeling supported and welcomed. As someone who isn't from the area, the people here have made it feel like home," Girkin says. "I have always been impressed with the feel of the town and schools here in Bondurant. There is a sense of belonging and family here, which is wonderful."

Girkin enjoys working with students at the sixth-grade level because of their sense of humor. He says it is also nice to be able to interact with students who have interests and personalities similar to his own.

This year, Girkin is excited to attend the Junior Achievement Biztown. This simulated town provides students the opportunity to operate banks, manage restaurants, write checks, and vote for mayor. Students who participate in the simulation are also able to relate what they learn in school to real-world situations.

"My largest reward as an educator is having kids realize their full potential. Sometimes all you need in life is someone to believe in you and support you as well. I love making a positive difference in students' lives," Girkin says.

This school year, Girkin is looking forward to seeing students not only grow academically but as people as well. In his free time, Girkin enjoys spending time with his family and his fiancée. Together, they enjoy working out, watching movies, cooking and playing with their dog. ■

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- Laurel Swanson, Term Expires 2027
- Kayla Vandelaar, Term Expires 2027

*Thank you for your leadership!*

NOTE: At the time this advertisement deadline (November 8, 2023) election results were unofficial and remain unofficial until certified, which can take up to a week, and is in accordance with standard election processes and protocol.

## Recognizing Our Outgoing Board Members:



**CHRIS FREESE**  
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**SUE UGULINI**  
16 years served

*Areas of Expertise:*

- Equity and Inclusion
- Financial Planning
- Law and Policy
- Reading and Literacy

We thank Directors Freese and Ugulini for their long-standing commitment to our students, staff, and community. Having both served as past president, vice president, and director at large, their service as school board members has been instrumental in shaping the future of our district and managing growth. We are grateful for their contributions and positive impacts.

### Contact Us:

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# MAKE holidays inclusive for older loved ones

Thanksgiving marks the beginning of the holiday season. For most families, this is a time of celebration and togetherness. As we or our loved ones age, our needs and abilities change. It is important to take into consideration the changing needs of the older people in our lives to ensure inclusiveness during the holiday season.

Physical abilities can often change as we age. These physical changes can affect us in many ways, one being that spontaneity becomes more challenging. An older loved one who uses an assistive device such as a wheelchair or a walker may require assistance with transportation or specialized transportation that can be unavailable during busy times or holidays. For this reason, a schedule is very important. When planning dinner, consider not only transport to a family's home but an ending time. If dinner does not start until later, this could interfere with a loved one's ability to get their needed transportation back to their home.

Sometimes, as we age, our mouth and throat muscles begin to weaken, which can lead to swallowing difficulties. Additionally, people over the age of 60 have an increased risk of diabetes. Keep potential



dietary restrictions in mind when planning holiday meals. Consider increasing the options of softer foods for those who have trouble chewing or swallowing. Plan meals so everyone in attendance can eat comfortably.

The holidays are a great time to reminisce but also to create new traditions to remain inclusive for our aging loved ones. An annual simple holiday craft together is a great way to share the holiday spirit and spend time together. Or including your aging loved one as a "consultant." We gain so much knowledge and experience throughout our lives. Ask questions and get advice. You will be amazed at what you can learn, and your older loved one will be delighted you are interested.

If your loved one is unable to attend holiday celebrations due to distance or health, a video chat is a great way to help people feel included and connected even when you cannot be together in person.

All of this coordination and new changes can be stressful. Keep a positive attitude and appreciate these special and fleeting moments we have to share with our families. ■

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

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# BONDURANT-FARRAR

## '23-'24 WINTER SCHEDULE

### VARSITY BOYS BASKETBALL

| DATE         | TIME   | OPPONENT     | LOCATION               |
|--------------|--------|--------------|------------------------|
| Dec 1, 2023  | 7:30PM | Winterset    | Winterset High School  |
| Dec 5, 2023  | 7:30PM | Ballard      | Bondurant-Farrar       |
| Dec 8, 2023  | 7:30PM | ADM CSD      | ADM High School        |
| Dec 12, 2023 | 7:30PM | Boone        | Bondurant-Farrar       |
| Dec 15, 2023 | 7:30PM | Carlisle     | Carlisle High School   |
| Dec 19, 2023 | 7:30PM | Carroll      | Bondurant-Farrar       |
| Jan 2, 2024  | 7:30PM | Gilbert      | Gilbert High School    |
| Jan 5, 2024  | 7:30PM | North Polk   | Bondurant-Farrar       |
| Jan 11, 2024 | 7:30PM | DM Roosevelt | DM Roosevelt           |
| Jan 12, 2024 | 7:30PM | Winterset    | Bondurant-Farrar       |
| Jan 16, 2024 | 7:30PM | Ballard      | Ballard High School    |
| Jan 19, 2024 | 7:30PM | ADM CSD      | Bondurant-Farrar       |
| Jan 20, 2024 | 1:30PM | Mount Vernon | Wells Fargo Arena      |
| Jan 23, 2024 | 7:30PM | Boone        | Boone High School      |
| Jan 26, 2024 | 7:30PM | Carlisle     | Bondurant-Farrar       |
| Jan 30, 2024 | 7:30PM | Carroll      | Carroll High School    |
| Feb 2, 2024  | 7:30PM | Gilbert      | Bondurant-Farrar       |
| Feb 6, 2024  | 7:30PM | North Polk   | North Polk High School |
| Feb 8, 2024  | 7:30PM | Knoxville    | Knoxville High School  |
| Feb 13, 2024 | 7:30PM | Newton       | Bondurant-Farrar       |
| Feb 15, 2024 | 7:30PM | Indianola    | Bondurant-Farrar       |

### VARSITY GIRLS BASKETBALL

| DATE         | TIME   | OPPONENT     | LOCATION               |
|--------------|--------|--------------|------------------------|
| Nov 21, 2023 | 7:30PM | Norwalk      | Bondurant-Farrar       |
| Nov 27, 2023 | 7:30PM | Knoxville    | Knoxville High School  |
| Dec 1, 2023  | 6:00PM | Winterset    | Winterset High School  |
| Dec 5, 2023  | 6:00PM | Ballard      | Bondurant-Farrar       |
| Dec 8, 2023  | 6:00PM | ADM CSD      | ADM High School        |
| Dec 12, 2023 | 6:00PM | Boone        | Bondurant-Farrar       |
| Dec 15, 2023 | 6:00PM | Carlisle     | Carlisle High School   |
| Dec 19, 2023 | 6:00PM | Carroll      | Bondurant-Farrar       |
| Jan 2, 2024  | 6:00PM | Gilbert      | Gilbert High School    |
| Jan 5, 2024  | 6:00PM | North Polk   | Bondurant-Farrar       |
| Jan 11, 2024 | 6:00PM | DM Roosevelt | DM Roosevelt           |
| Jan 12, 2024 | 6:00PM | Winterset    | Bondurant-Farrar       |
| Jan 16, 2024 | 6:00PM | Ballard      | Ballard High School    |
| Jan 19, 2024 | 6:00PM | ADM CSD      | Bondurant-Farrar       |
| Jan 23, 2024 | 6:00PM | Boone        | Boone High School      |
| Jan 26, 2024 | 6:00PM | Carlisle     | Bondurant-Farrar       |
| Jan 30, 2024 | 6:00PM | Carroll      | Carroll High School    |
| Feb 2, 2024  | 6:00PM | Gilbert      | Bondurant-Farrar       |
| Feb 6, 2024  | 6:00PM | North Polk   | North Polk High School |
| Feb 8, 2024  | 7:30PM | Newton       | Bondurant-Farrar       |



## FOR ALL BLUEJAYS SCHEDULES

Schedules are subject to change. Scan for most up-to-date schedules.

Photos provided by Photos By Ben.



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# FARRAR SCHEDULE

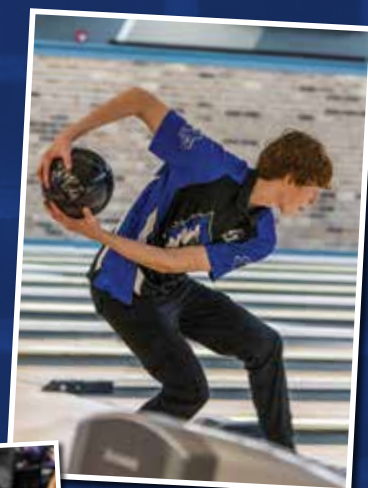
# Bluejays

## VARSITY WRESTLING

| DATE         | TIME    | OPPONENT         | LOCATION               |
|--------------|---------|------------------|------------------------|
| Nov 30, 2023 | 5:30PM  | Multiple Schools | North Polk High School |
| Dec 1, 2023  | 11:00AM | Multiple Schools | XStream Arena          |
| Dec 2, 2023  | 9:00AM  | Multiple Schools | XStream Arena          |
| Dec 7, 2023  | 5:30PM  | Multiple Schools | Bondurant-Farrar       |
| Dec 9, 2023  | 10:00AM | Multiple Schools | Grinnell High School   |
| Dec 14, 2023 | 5:30PM  | Multiple Schools | ADM High School        |
| Dec 16, 2023 | 10:00AM | Multiple Schools | Bondurant-Farrar       |
| Jan 4, 2024  | 5:30PM  | Multiple Schools | Bondurant-Farrar       |
| Jan 6, 2024  | 9:00AM  | Multiple Schools | Atlantic High School   |
| Jan 11, 2024 | 5:30PM  | Multiple Schools | Carlisle High School   |
| Jan 13, 2024 | 10:00AM | Multiple Schools | Cedar Rapids Jefferson |
| Jan 18, 2024 | 5:30PM  | Multiple Schools | Bondurant-Farrar       |
| Jan 20, 2024 | 10:00AM | Multiple Schools | Ankeny High School     |

## VARSITY BOWLING

| DATE         | TIME   | OPPONENT        | LOCATION              |
|--------------|--------|-----------------|-----------------------|
| Nov 21, 2023 | 2:30PM | Ballard         | Perfect Game (Ames)   |
| Nov 28, 2023 | 3:15PM | Pella Christian | Bondurant-Farrar      |
| Dec 8, 2023  | 3:00PM | Gilbert         | Perfect Game (Ames)   |
| Dec 11, 2023 | 3:15PM | Sigourney-Keota | Sigourney-Keota       |
| Dec 12, 2023 | 3:00PM | Southeast Polk  | Bondurant-Farrar      |
| Jan 2, 2024  | 3:15PM | Norwalk         | Norwalk High School   |
| Jan 8, 2024  | 3:15PM | Oskaloosa       | Oskaloosa High School |
| Jan 15, 2024 | 3:15PM | Pella           | Great Escape          |
| Jan 16, 2024 | 3:15PM | Ankeny          | Ankeny High School    |
| Jan 18, 2024 | 3:15PM | Valley          | TBA                   |
| Jan 27, 2024 | 1:00PM | Knoxville       | Knoxville High School |
| Feb 6, 2024  | 3:15PM | Newton          | Great Escape          |



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## RECIPE

# SWEETEN the holiday season with deliciously creamy desserts

*(Family Features)* Once the table is cleared and gifts are put away, it's often time for one of the favorite moments of holiday gatherings. The taste (and smell) of those divine desserts you may only make once a year is enough to keep guests hungry even after the main course.

Put a new staple on holiday menus for years to come with this Cran-Raspberry Quinoa Pudding Trifle that combines fresh raspberries, vibrant cranberry sauce, orange juice and orange zest for a unique dessert. Ready in 30 minutes, it can be an easy way to impress everyone at the table with a creamy pudding base inspired by favorite winter flavors.

As a tasty treat that's ideal for just about any occasion, this take on rice pudding is made using Success Boil-in-Bag Tri-Color Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just 10 minutes. Its light, nutty flavor and versatility creates a pudding that's perfect for a wide range of pairings, from satisfying chocoholics or pumpkin-spice fanatics to whipping up a sweet, simple dessert.

Find more sweet holiday recipe inspiration at [SuccessRice.com](https://SuccessRice.com). ■

## Cran-raspberry quinoa pudding truffle

Prep time: 25 minutes

Cook time: 5 minutes

Servings: 6

### QUINOA PUDDING:

- 2 bags Success Tri-Color Quinoa
- 4 cups almond milk
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

### CREAMY YOGURT LAYER:

- 2 cups plain Greek yogurt
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 cup heavy cream

### CRAN-RASPBERRY LAYER:

- 1/2 cup cranberry sauce
- 1/4 cup orange juice
- 1 teaspoon orange zest
- 2 cups fresh raspberries
- 1/2 cup sliced almonds, toasted
- 2 cups gluten-free vanilla cookies, chopped
- 1/2 cup fresh raspberries

### DIRECTIONS

- To make quinoa pudding: Prepare quinoa according to package directions, substituting almond milk for water. Drain, reserving almond milk.
- Remove quinoa from bags and stir into almond milk in saucepan over medium heat. Stir in honey, vanilla and cinnamon. Bring to simmer. Cook, stirring constantly, 5-8 minutes, or until thickened slightly. Refrigerate 45-60 minutes, or until well chilled.
- To make creamy yogurt layer: In large bowl, stir yogurt, honey and vanilla. In separate bowl, beat cream until stiff peaks form. Stir whipped cream into yogurt mixture until blended. Refrigerate until ready to use.
- To make cran-raspberry layer: In medium bowl, stir cranberry sauce, orange juice and orange zest. Gently fold in raspberries.
- To assemble: In 10-cup trifle dish, layer 1/3 quinoa mixture, 2 tablespoons almonds, 1/3 cran-raspberry mixture, 1/3 vanilla cookies and 1/3 yogurt mixture. Repeat layers twice. Garnish with remaining raspberries and almonds.



## Join us for a SEASON OF GIVING

As the holiday season begins, the Broadlawns Foundation invites you to join us in giving back to the community by participating in our First Book Program.

The Broadlawns First Book Program was designed in 2013 by Broadlawns physicians to address a gap they were seeing in their pediatric patients' access to educational and literacy tools, a key social determinant of health. Studies show that individuals with higher levels of education are healthier and live longer.



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# 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 CLOSSES DEC. 15, 2023.**

See rules and vote at [www.iowalivingmagazines.com/residentspoll](http://www.iowalivingmagazines.com/residentspoll).  
One vote per resident, please.

SCAN HERE TO  
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## FOOD AND DRINK

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

## AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

## COMMUNITY

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

## SHOPPING

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

## 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
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- Photographer
- Place for Guests to Stay
- Home Builder/Remodeling
- Outdoor Lawn Equipment Store
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## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancellations.



- **NOV. 25: Christmas in Olde Town.** A holiday celebration in the heart of downtown Altoona. S.E. Second Street, Altoona; [visitaltoona.com](http://visitaltoona.com).
- **NOV. 24 through DEC. 31: Santa's Rock N Lights.** Holiday-themed light show occurring daily from 5-9 p.m. at Living History Farms, 11121 Hickman Road, Urbandale; [lhf.org/event/santas-rock-n-lights](http://lhf.org/event/santas-rock-n-lights).
- **NOV. 24 through DEC. 31: Holiday Hullabaloo.** Now in its second year, experience a family-friendly holiday event with festivities and entertainment every weekend through the dates posted. Horizon Events Center, 10320 Hickman Road, Clive; [horizoneventscenter.com](http://horizoneventscenter.com).
- **DEC. 1: Light Up Polk City** from 6-8 p.m. at the Polk City town square; [gopolkcit.com/light-up-polk-city](http://gopolkcit.com/light-up-polk-city).
- **DEC. 1-2: Comedian Jeffrey Arcuri.** 560 S. Prairie View Drive, No. 100, West Des Moines; [desmoines.funnybone.com](http://desmoines.funnybone.com).
- **DEC. 2: Movies in the Park.** Watch "Elf" at Colby Park. Event will be moved inside the community center depending on weather. Starting at 6 p.m. 6900 School St., Windsor Heights; [windsorheights.org/523/Events](http://windsorheights.org/523/Events).
- **DEC. 2: Family Christmas** at Living History Farms. 11121 Hickman Road, Urbandale; [lhf.org](http://lhf.org).
- **DEC. 8-9: Winter Solstice Market.** 6-9 p.m. on Friday, 10 a.m. to 4 p.m. on Saturday. 116 S. First Ave., Winterset Courthouse Square; [madisoncounty.com/special-events](http://madisoncounty.com/special-events).
- **DEC. 9: Santa 5K run.** 521 E. Locust St., Des Moines; [fleetfeet.com/s/desmoines](http://fleetfeet.com/s/desmoines).
- **DEC. 10: Peppermint Trail.** Winter festival located along Ingersoll Avenue; [theavenuesdsm.com/peppermint-trail](http://theavenuesdsm.com/peppermint-trail).
- **DEC. 16-17: QuadCon.** Comic convention featuring video games, comics, vintage magazines and more. Free entry after 2:30 p.m. at Merle Hay Mall, 3800 Merle Hay Road, Des Moines; [quadcitycon.com](http://quadcitycon.com). ■

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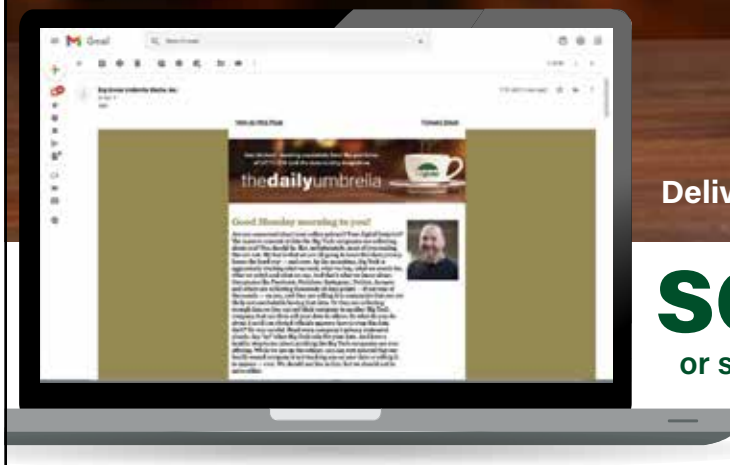
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Be sure to check for cancellations.



### Christmas Eve Services

Dec. 24, Sunday worship 10 a.m. and candlelight service 5:30 p.m.

Bondurant Christian Church,  
304 Grant St. S., Bondurant,  
515-967-2328

[bondurantchristianchurch.com](http://bondurantchristianchurch.com)

### 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.

### 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.



### Live Music Wednesdays

Nov. 29

Historic East Village, AC Hotel,  
401 E. Grand Ave., Des Moines  
[therepublicongrand.com](http://therepublicongrand.com)

Catch live music performances every Wednesday through December for free from 6-8 p.m. Performing Nov. 29 is Brian Herrin.



### Breakfast with Santa and Mrs. Claus

Dec. 10, 8 a.m. to noon

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Special guests, Santa Claus and Mrs. Clause, will be giving out goody bags, talking with the children and providing photo opportunities. There will also be a Christmas Bake Sale. Breakfast buffet includes: biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. Breakfast is served the second Sunday of each month. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.

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Be sure to check for cancellations.



### Festival of Trees and Lights

Nov. 24-26

Iowa Events Center, 833 Fifth Ave., Des Moines

<https://unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights>

Experience expertly decorated trees, local music, dance groups and a visit from Santa himself, all in the name of supporting Blank Children's Hospital. From 11 a.m. to 7 p.m. Friday and Saturday, 11 a.m. to 5 p.m. on Sunday.

### Christkindlmarket

Principal Park, 1 Line Drive, Des Moines

[www.christkindlmarketdsm.com](http://www.christkindlmarketdsm.com)

Nov. 30 through Dec. 3

You will find regional vendors with old-world, hand-crafted products at wooden vendor stalls, as well as lively performances of polka music, traditional dance and choirs in Yuletide Hall. Participate in children's activities or sip Glühwein (warm, mulled wine) and savor European Beer.



### Visit With Father Christmas

Dec. 16, 10 a.m. to noon  
Freedom Blend Coffee, 2329 Hickman Road, Des Moines

Celebrate the holiday season with your friends and family. Bring your children to speak with Father Christmas and make it a morning of warm winter memories. Bring your camera. A \$5 donation benefits Crossroads of Iowa.

• **NOV. 22: A Night Under the Lights.** Waukee's second annual light parade, with activities, local food vendors and entertainment. From 6-9 p.m. at Centennial Park, Waukee; <https://fb.me/e/3nnUYFKhy>.

• **NOV. 23: Des Moines Turkey Trot.** Voted "Top Trot" in Iowa by Runner's World Magazine, the 5K and 5-mile race takes over Des Moines on Thanksgiving. Starting at 9 a.m. on Court Avenue; [desmoines turkeytrot.com](http://desmoines turkeytrot.com).

• **NOV. 24: Winterset Festival of Lights.** The holiday season will be in full swing with live music, food and drinks to keep you warm and, of course, lights. From 5-8 p.m. at 73 Jefferson St., Winterset; [madisoncounty.com/special-events](http://madisoncounty.com/special-events). ■

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## HEALTH

By Dr. Amanda Korth

# DRYNESS relief is here

The majority of the U.S. population suffers from dry eyes to varying degrees secondary to our increase in screen usage. Symptoms can vary from tired eyes at the end of the day to blurring of the vision throughout the day and with different tasks.

Most of us are terrible at doing our artificial tears regularly or taking breaks from our screens. Artificial tears can provide symptom relief as they work to heal the surface damage from dryness, but they do not address the underlying causes of the condition. We are excited to offer Intense Pulsed Light (IPL) therapy, a new in-office treatment for dry eyes. IPL targets the root of the problem by addressing the health of the meibomian glands in the eyelids, which are responsible for producing the oils that keep our tears from evaporating. IPL reduces inflammation, stimulates tear production, and improves the quality of the oil for the tears, making it a comprehensive solution for dry-eye sufferers.

The other fun benefit of IPL for dry eyes is the aesthetic results seen from it. IPL targets pigment in the skin, so it can help treat those dark circles under eyes, decrease overall redness, and it also helps tighten the skin around the eyes and face in general. ■



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



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## HEALTH

By Dr. Steven Neville

# ALLEVIATING grinding or clenching of teeth

There are five muscles that make up the opening and closing motion of the jaw. The muscles are: masseter, temporalis, medial pterygoid, lateral pterygoid and digastric. The strongest muscle in the body is the masseter muscle due to the weight and force this muscle exerts when being used. Since the masseter muscle has a lot of tension, people who experience grinding or clenching of their teeth often cause stress on this muscle. Around 8-10% of the population grinds or clenches their teeth with or without knowing. Jaw pain, flat teeth, broken teeth, headaches, and/or earaches are results of grinding and clenching. Causes of grinding are stress, anxiety, sleep apnea and medication changes. There are no cures to stop grinding your teeth, but there are ways to manage the pain and symptoms from grinding. Mouth guards are effective for protecting teeth during the day and night. A boil-n-bite guard, found at a pharmacy, is easy to try at home while sleeping. Consult with your dentist about the possibility of a custom-fit guard if you choose. The night guard does not solve or address the cause of grinding or clenching but helps manage jaw pain and protect teeth from damage. If you experience one or more of these symptoms, discuss with your dentist, and they can help guide you in the right direction to help relieve jaw pain and protect your teeth. ■



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



## TAKING a pause

It feels odd to acknowledge that we're already in the fall, and it feels even odder to admit that the holidays will be here before we know it. For some of us, the holidays involve a lot of planning and social interaction. For others, they can bring feelings of isolation and loss. Either way, the holidays tend to bring a lot of stress and anxiety. The arrival of fall is the perfect time to stop, take a breath, and pause.



We all tend to hit pause in our own way. For some, taking a pause might mean going for a walk and checking out the leaves or their neighbors' decorations. For others, taking a pause might be watching your favorite scary movie. Regardless of how we choose to hit pause, what's important is that we make the conscious effort to actually pause and attempt to slow ourselves down.

We live in an unfortunately high-paced society that puts more emphasis on deadlines and due dates than it does on our wellbeing. If we want to slow down, we must consciously choose to do so. We must choose to make ourselves a priority in our own lives, if only for a moment. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [guerdet@sstherapyandconsulting.com](mailto:guerdet@sstherapyandconsulting.com).

## START healthy habits now

Around this time of year, people often put off starting healthy habits until the new year. They use these last couple of months as a free pass to overindulge in unhealthy foods or skip exercise. Even putting small habits into place now will set you up to start the new year in a better, healthier place.

- **Drink more water.** Take in at least half your body weight in ounces of water each day.
- **Move your body.** Do whatever works for you, but just get started and get moving for 30 minutes each day.
- **Incorporate healthy food choices.** It's OK to have a treat or a small portion of your favorite holiday dish on occasion, but consistently making healthy choices the rest of the time will keep you on the right track.
- **Make time for rest.** Hit the pause button. Spend time slowing down and giving yourself moments to just breathe. Prioritize sleep because your body requires it to function optimally.
- **Schedule a chiropractic evaluation.** Wellness chiropractors identify nervous system dysfunction by conducting a thorough exam. Specific analysis reveals what needs to be adjusted to allow the body to return to a healthy state of being. Physical, chemical and emotional stressors affect nervous system function and alter the ability of the brain and body to communicate with each other, thus decreasing body function, adaptability and vitality. Chiropractic adjustments remove interference and enable the body to heal and adapt more successfully to stressors, resulting in happier, healthier kids and adults. ■

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

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## IN thanks

In 1954, President Eisenhower signed a bill proclaiming Nov. 11 as Veterans Day. Nov. 11 was chosen because there was hope at the end of World War I, which occurred on the 11th hour of the 11th day of the 11th month, that it would be the “war to end all wars.” Although this did not hold true, our government saw to it that there was a day set aside annually to honor all veterans from all wars and chose Nov. 11 in remembrance of that initial hope.

I would like to take this opportunity to extend my thanks to the men and women who have been willing to risk their lives so we can enjoy freedom in the United States of America. I encourage you to take the time to thank a veteran as well — pay for their meal, thank them with your words, send a letter, pray for them.

It is our privilege, as a veteran is laid to rest in our cemetery, to honor them for their service to our country. It is with pride that we get to see the deceased veteran receive the honor they deserve by witnessing the folding of the flag by fellow servicemen and hearing the bugler play Taps. It is never without reverence to these fine individuals that we witness these moments.

Thank you, veterans, for your service.

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.



## MOBILE device help at the library

(Oh! And a free lunch)



The Bondurant Community Library is celebrating December with digital literacy. Made possible by a financial award from AT&T and the Public Library Association, the library will be hosting Mobile Device Basics Lunch and Learn workshops. On Dec. 5 and 6 from 11 a.m. to 1 p.m., you are invited to enjoy lunch with us and learn about using your mobile device. Lunch will be provided for you. Dec. 5 will be all about Android devices and Dec. 6 will be iOS devices. Each attendee will receive a tech swag bag (while supplies last) that will include an android tablet, portable solar charger, stylus pen and screen cleaner.

Can't make it in the afternoon? That is OK. We will be hosting encore evening presentations on Monday, Dec. 11 (Android devices) and Wednesday, Dec. 13 (iOS devices), both from 5-7 p.m. Registration is open.

### Here's what's happening at the library in December:

Story Times: Tuesdays at 10:30 a.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.

Dec. 4 at 2:30 p.m., After School STEAM

Dec. 5 at 6 p.m., Book Club for grades 3-5

Dec. 6 at 4:15 p.m., Pokémon Club

Dec. 7 at 6 p.m., Adult Craft Night

Dec. 10 at 3 p.m., Teen Only Sunday Funday

Dec. 11 at 2:30 p.m., After School Craft

Dec. 12 at 6 p.m., Book Discussion for Adults

Dec. 13 at 4:15 p.m., Curious & Creative Kids Club

Dec. 18 at 2:30 p.m., After School ELF Party

Dec. 19 at 6 p.m., Book Club for Grades 6-8

Dec. 19 at 6 p.m., Books on Tap at Reclaimed Rails Brewing

Dec. 23, Library Closes at 1 p.m.

Dec. 24 and 25 — Library Closed

Dec. 26-Dec. 30 — Winter Break Scavenger Hunt

Dec. 31 — Library Closed ■

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## FAITH

By Thomas Christensen

# ADOPTED by God

Did you know that November is National Adoption Month? We talk about thankfulness a lot during November, and rightly so, but I want to share something with you that simply blows my mind.

Adoption is something that's near and dear to my heart, but not for the reason you're thinking. If you know our family, you know that my wife and I adopted a couple of kids this past year, but that's not why adoption is so amazing to me.

When I trusted in Christ's work on the cross to pay the penalty for my sin, and I trusted him as my Savior, a lot of things happened that I wasn't aware of. My sin was covered. My guilt was erased. And my legal standing before God was changed. Romans 8 speaks of my standing before God as being a "debtor." My legal standing stated that I stood crushed beneath the weight of a debt I could never repay. But when I accepted Christ's payment for that debt, it was wiped clean. But it wasn't just that God still stood before me as the judge who had just cleared my debt from the ledger.

From there, God actually adopted me. He, as the Judge and King, changed my title from ex-debtor to "son." I know it's easy to gloss over that last sentence, but truly and simply, it amazes me that the Almighty — the maker and sustainer of the universe — chose to not only wipe away my sin debt, but to invite me both personally and legally into his own family.

Me. I'm less than nobody. I've got nothing to offer him — nothing to make his Christmas cards look more pintersty. Me being in his family doesn't benefit him very much. But, let me tell you this, and this is what makes my brain spin when I think about it: my adoption into God's family is the very definition of true agapé love (true self-sacrificing love) that gives with no thought of return.

I pray that my life is a picture of thankfulness for that gift I can never repay. And guess what? He invites you to accept the same gift. Will you slow down for a moment — don't race over to the next article just yet. My prayer is that you'll think about your own standing before God and make sure you're adopted by him, too, my friend. ■

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





# SUCCESSFUL fall events and more to come

The last couple of weeks of October were a sight to see. Blessed with incredible weather, beautiful foliage, and a safe place to gather, the community turnout for two of Bondurant's signature fall events was fantastic. The City's BonduSpooktracular was well-attended with games, contests and plenty of candy and music for everybody. Kudos to Nicole Vonhoutsen and the Parks & Recreation Department for putting on a great event for the community.

A few days later, the Chamber's Business Safe Trick or Treat attracted a record crowd, and, between both events, estimated attendance was more than 1,500. The chamber wants to thank all of its members for coming out after working all day, getting into costume, setting up a booth, and spending a couple of hours with the kids and families in our community. Tens of thousands of pieces of candy, snacks and goodies were given away, and we hope our friends and neighbors were able to connect with a local business that can provide them with a product or service that they've been looking for. We especially want to thank all of our Premier Members and the businesses who donated to the raffle. Shout out to all of the families who slogged their way through the crowd, filled their punchcard and entered into the drawing. Hopefully you were a lucky winner. Special recognition to Kaylin VonAhnen, the chamber's executive director, and our events committee for planning and executing a great evening for Bondurant and our chamber members.

Keep your eyes peeled for some more community events coming up before the end of the year. This will be my last column as the chamber's board president, and I'm looking forward to supporting Shelby Hagan as she takes on board leadership for 2024. She will headline our December article and share what's on her mind as we wrap up 2023 and turn the page on another successful year at your Bondurant Chamber of Commerce. ■

Information provided by Lincoln Dix,  
Bondurant Chamber board president.



**Clayton J. Netusil**  
Branch Manager/ Financial Advisor

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



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# TRICK or Treat

The Bondurant Area Chamber of Commerce hosted Business Safe Trick or Treat on Oct. 24.

Photos courtesy of the Bondurant Area Chamber of Commerce





# OUT & ABOUT





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