

BONDURANT

JANUARY 2024

# Living

MAGAZINE



## RESIDENTS' CHOICE AWARDS



**Eastern Polk County residents  
share their favorites**

**Meet Beth Burrow**  
EDUCATION

**BLT wraps with avocado spread**  
RECIPE

**Certificates presented to Residents' Choice favorites**  
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# WELCOME

## SOMETHING different each issue

I used to publish an automotive photo magazine, much like the Auto Trader, Deals on Wheels or Wheeler Dealer publications of years gone by. These were quite popular 30 years ago. We sold the magazines in the check-out aisles in local stores, and we had to convince store owners or managers to carry them. Part of our pitch was that the magazine was a new product each issue with hundreds of different vehicles for sale and that consumers would return to see what was in the next issue. It wasn't just a sales pitch, though, as it proved to be true.



That was 30 years ago, but I thought about the auto magazine days when we were tabulating the data from this year's Residents' Choice poll, which we are publishing in this issue as we have done for several years. When we look at the results, we find perennial favorites that seem to win their category each year. We also see changes from year to year with some surprises rising to the top. And we see newcomers in the poll that have made an incredible impact in a short time.

Bottom line, much like the auto magazine, the results of each year's poll are different. That makes sense, as the poll is really the pulse of the community at the time. And, as we all know, that pulse can — and does — change.

If you voted, thank you. Your input makes a difference, as the category winners will tell you. If you didn't vote, please take the time to do so next year. It is an easy process.

I have talked with numerous people who represent the people, places and events that are voted as favorites in this poll, and they tell me about the positive impact it has. The poll results are a great resource for readers who are looking to purchase products and services locally. Many of you have likely used the results for that exact purpose. A plumber to hire. A new restaurant to try. A park to visit. The list, literally, goes on and on with the latest and greatest each year.

Be sure to save this issue, as it will come in handy throughout the year. I also ask that you take the time to congratulate the winners with your comments and, when appropriate, your pocketbook. They will appreciate it, and we do, too.

Thanks for reading. ■

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# RESIDENTS' CHOICE AWARDS

Eastern Polk County residents share their favorites



January has rolled around again, which means it is time to recognize the Residents' Choice Award winners for eastern Polk County.

As we continue to improve our poll and respond to what readers say is important to them, we have added categories. This year look for the favorites you haven't seen before such as Outdoor Lawn Equipment Store, Audiologist/Hearing Center, CBD Store, Mental Health Services, Auto Body Shop and more.

Also new this year, note the repeat winners — 25 in total — designated by an asterisk by their name. See who is merging as our "perennial favorites." These favorites

are doing it right — building loyalty in their customers.

As always, remember that these favorites were chosen by eastern Polk County residents. You are likely to agree with some choices and disagree with others, but the results were determined by your area neighbors. If you voted in this year's poll, thank you for participating. And, if you didn't, be sure to look for notices in this magazine of next year's poll opening and cast your vote. With some categories having only a few votes between the top vote-getter and the third-place vote-getter, it's important to note that all those listed are winners, and we congratulate them all.

Shop Manager Tony Wilson at Bondurant Auto Body, residents' favorite place for auto body repairs.



## Eastern Polk County residents share their favorites...

(Runners up in alphabetical order; \*indicates repeat winner)

### Restaurant

\* **The Big Steer Restaurant and Lounge**

**Runners up:** Guadalajara Mexican Restaurant;  
Now Or Later Restaurant

### Restaurant for breakfast

**Perkins Restaurant and Bakery**

**Runners up:** Brick Street Market & Cafe;  
Somewhere in the Middle Coffee Shop

### Restaurant for lunch

**Applebee's Grill + Bar**

**Runners up:** Monterrey Mexican Restaurant;  
Sugar Shack Diner

### Restaurant for dinner

\* **The Big Steer Restaurant and Lounge**

**Runners up:** Johnny's Italian Steakhouse;  
Texas Roadhouse

### Restaurant for dessert

\* **Home Slice Handmade Pies**

**Runners up:** Johnny's Italian Steakhouse;  
Village Inn

### Place for ice cream

\* **Over the Top**

**Runners up:** Culver's; DQ Grill & Chill

### Pizza establishment

**Scornovacca's Altoona**

**Runners up:** Abbie's; Northern Lights Pizza  
Company

### Bar

\* **Reclaimed Rails Brewing Company**

**Runners up:** Fireside Grille; Hawk Heaven  
Tavern

### Coffee shop

\* **Somewhere in the Middle Coffee Shop**

**Runners up:** Scooter's Coffee; Starbucks Coffee  
Company

### Catering company

**Great Caterers of Iowa**

**Runners up:** Fireside Grille; Jethro's 'n Jakes  
Smokehouse Steaks

### Server/bartender

**Aaron Clayton, Reclaimed Rails Brewing  
Company**

**Runners up:** Madison Montgomery, Whiskey  
River; Noot Watson, The Big Steer Restaurant  
and Lounge

### Auto service

**McManus Automotive**

**Runners up:** Kanselaar Automotive;  
Williamson's Repair & Tire

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Adam McRoberts, Shop Owner | Tony Wilson, Shop Manager (pictured)

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## FEATURE

### Auto body shop

**Bondurant Auto Body**

**Runners up:** Pleasant Hill Auto Body; Ted's Body Shop

### Car dealership

**\* A3 Auto**

**Runners up:** Deery Brothers Chevrolet; Dewey Chrysler Dodge Jeep Ram

### Preschool/daycare

**\* The Bird's Nest**

**Runners up:** Adventure-Life Preschool; Bondurant Christian Church Preschool

### Nonprofit

**\* Caring Hands**

**Runners up:** Bondurant Men's Club; Mary Bump Memorial Foundation

### School

**Southeast Polk High School**

**Runners up:** Centennial Elementary; Clay Elementary

### Park

**\* Thomas Mitchell Park**

**Runners up:** Haines Park; Lions Park

### Community festival or event

**Bondurant Battle of the Bands**

**Runners up:** Altoona Palooza; Bondurant Summerfest

### Church

**Lutheran Church of the Cross**

**Runners up:** Adventure Life Church; Ss. John & Paul Catholic Church

### Pastor

**Nathan Anenson**

**Runners up:** John Gaulke; Trevor Pinegar

### Chamber of commerce

**\* Bondurant Chamber of Commerce**

**Runners up:** Altoona Area Chamber of Commerce; Pleasant Hill Chamber of Commerce

### Library

**Altoona Public Library**

**Runners up:** Bondurant Community Library; Pleasant Hill Public Library

### Camping spot

**\* Yellow Banks Park**

**Runners up:** Griff's Valley View RV Park & Campground; Thomas Mitchell Park

### Grocery store

**\* Fareway Meat & Grocery**

**Runners up:** Aldi; Hy-Vee

### Boutique

**Style by Desiree Salon + Boutique**

**Runners up:** Hidden Treasures Gifts; Little House on Main

### Retail store

**Target**

**Runners up:** Little House on Main; Style by Desiree Salon + Boutique

*Thank you for voting!*



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## FEATURE

### Thrift store

\* Caring Hands

**Runners up:** DAV Thrift Store; Goodwill

### Home improvement retail store

Menards

**Runners up:** The Home Depot; Lowe's

### Nursery or garden center

\* Lucille's Garden Center

**Runners up:** Frontline Lawn & Landscape;  
Lowe's

### Place to purchase a gift for a man

\* Bass Pro Shops

**Runners up:** Menards; SkinFusion FX

### Place to purchase a gift for a woman

Style by Desiree Salon + Boutique

**Runners up:** Little House on Main; SkinFusion FX



The Bird's Nest in Bondurant is a perennial favorite, having been chosen as residents' favorite preschool/daycare for multiple years.

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## FEATURE

### Consignment shop

\* Caring Hands

**Runners up:** The Attic; Stuff Etc

### Dad/child date spot

Toad Valley's Field of Greens Miniature Golf

**Runners up:** Adventureland; Bass Pro Shops

Bowling

### Mom/child date spot

Adventureland

**Runners up:** Haines Park; Outlets of Des Moines

### Place to take your mom and dad

Prairie Meadows Casino, Racetrack & Hotel

**Runners up:** Johnny's Italian Steakhouse;

Texas Roadhouse

### Place to take your kids or grandkids

Adventureland Resort

**Runners up:** Altoona Campus; Thomas

Mitchell Park



Residents chose Bondurant Battle of the Bands as their favorite community event.

### Children's birthday party spot

BrickHouse Fitness

**Runners up:** Altoona Campus; Cinemark

Altoona and XD

### Golf course

Terrace Hills Golf Course

**Runners up:** Copper Creek Golf Club; Toad

Valley Golf Course

### Hair salon

Style by Desiree Salon + Boutique

**Runners up:** Hyspie Salon; Signature Salon &

Day Spa

### Physician's Clinic

The Iowa Clinic

**Runners up:** MercyOne Pleasant Hill Family

Medicine; UnityPoint Clinic Family Medicine

### Dental Office

Bondurant Family Dentistry

**Runners up:** Altoona Smiles Family &

Cosmetic Dentistry; Fuller Associates Family Dentistry

### Orthodontist Office

Central Iowa Orthodontics

**Runner up:** Bondurant Family Dentistry





## FEATURE

### Mental health services

Connected Life Counseling

Runners up: Fit Counseling; The Iowa Clinic

### Chiropractic office

\* Dawson Chiropractic

Runners up: Chiropractic Associates; Rooted Family Chiropractic

### Vision care

Prairie Vision Center of Bondurant

Runners up: Metro EyeCare; Whyllie Eye Care Center

### Health club or gym

\* BrickHouse Fitness

Runners up: Altoona Campus; East Coast Tae Kwon Do

### Pharmacy

Walmart Pharmacy

Runners up: Medicap; Walgreens

### Physical therapy

21st Century Rehab

Runners up: Anchor Physical Therapy; Bondurant Physical Therapy

### Dance studio

\* Pat Barton Dance Studio

Runners up: Becky's Dance & Tumbling Studio; Kasey Leigh Dance Studio

### Gymnastics/tumbling studio

Altoona Campus

Runners up: Pat Barton Dance Studio; Kasey Leigh Dance Studio

### Audiologist/hearing center

HearingLife

Runner up: MercyOne Pleasant Hill ENT Care

### CBD store

CBD American Shaman

Runners up: Central Iowa Vapors; Fit Pharm Nutrition

### Financial planner

\* Adam Kline, Edward Jones

Runners up: Chase Netusil, Raymond James; Luke Sibley, Edward Jones

### Law firm

\* Skinner Law Offices

Runners up: Borseth Law Office; Smith Law Firm

### Accounting firm

Schnurr & Company, LLP

Runners up: ATS Tax and Financial Services; Timmins, Jacobsen & Strawhacker, LLP

### Veterinarian

Altoona Veterinary Hospital

Runners up: Bondurant Animal Clinic; Eastown Animal Hospital

# THANK YOU FOR VOTING!



## WINNER!

# Coffee Shop

**RUNNER-UP**  
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## FEATURE

### Dog groomer

**Barks & Wags**

**Runners up:** Pampered Pooch Bakery & Salon;  
Petsakes Pet Supplies and Grooming

### Lawn care business

**Kelly George Turf & Irrigation**

**Runners up:** Allen Lawn Care and  
Landscaping; Snyder Landscaping & Lawn Care

### Nursery or landscaping company

**Lucille's Garden Center**

**Runners up:** Frontline Lawn & Landscape;  
Lowe's

### Heating and cooling business

**Green's Appliance, Heating & Cooling**

**Runners up:** Todd's Plumbing, Heating &  
Cooling; Wyckoff Heating and Cooling

### Electrical business

**Tesdell Electric**

**Runners up:** Iowa Electrical Services; On-Time  
Professionals Electrical Service

### Plumbing company

**Todd's Plumbing, Heating & Cooling**

**Runner up:** R&D Plumbing

### Senior living establishment

**Copper Shores Village**

**Runners up:** Edencrest at The Tuscany; Prairie  
Vista Village

### Insurance Agent

**\* Tim Forbes - State Farm Insurance**

**Runners up:** Densmore Insurance Strategies,  
Inc.; Todd R. Adamson - State Farm Insurance

### Realtor

**Angela Meek**

**Runners up:** Pennie Carroll; Sheena Cochran-  
Foster

### Bank/credit union

**GreenState Credit Union**

**Runners up:** Community Choice Credit  
Union; VisionBank

### Photographer

**Brandi Lloyd Photography**

**Runners up:** Be Still Photo Company; Photos  
by Ben

### Place for guests to stay

**\* Prairie Meadows Hotel**

**Runners up:** Adventureland Inn; Holiday Inn  
Express & Suites

### Home builder/remodeling contractor

**\* Eagle Homes**

**Runners up:** Lorey Construction; Parks  
Custom Homes

### Outdoor lawn equipment store

**Porter Do it Best Hardware and Rental**

**Runners up:** Lowe's; P&P Small Engines

### Pest control company

**Frontline Lawn & Landscape**

**Runner up:** Midwest Pest Control ■

**Living**  
MAGAZINE  
**RESIDENTS' CHOICE AWARD**  
EASTERN POLK COUNTY  
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## Award-Winning Senior Living

Copper Shores Village was recently voted Favorite Senior Living Establishment in Eastern Polk County. Come see what makes this community so special.

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# WONKA. Purple. Ferrari. Ducks.

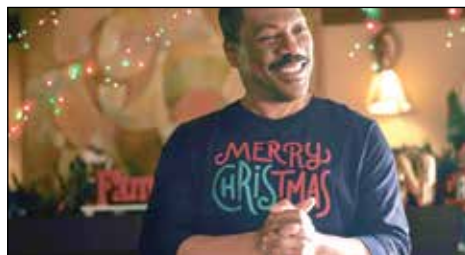
And a great film directed by George Clooney and an awful one starring Eddie Murphy.

Grab another cup of coffee and take a nice long look at the lake, because we have some movies to talk about. Hang on tight. This is a lot to take in, but it will give you an idea of how my holidays were spent.



**"Saltburn"** (in a limited theatrical release and streaming)

This movie was apparently made to deliberately irritate at least half of its audience every night. It stars Barry Keoghan, who was Oscar-nominated for his performance in "The Banshees of Inisherin" last year, and it was written and directed by Emerald Fennell, who challenged us with "Promising Young Woman" a few years ago. This is a polarizing film that will test many audience members. It is not for the weak of heart. **Grade: B/B+**



**"Candy Cane Lane"** (streaming on Amazon Prime)

Eddie Murphy continues to embarrass himself in comedies that don't possess a single funny idea or line of dialogue. This movie will save you money because it will likely cause you to cancel Amazon Prime Video. The word abysmal comes to mind. This man simply needs to stop making movies. **Grade: D**

**"Eileen"** (coming to streaming soon)

Like the best of the old 1950s "tough guy fiction" noir films, "Eileen" is an interesting look at a young woman living a miserable existence working at the prison in a small town. Mom is dead, and dad is a former cop, now just a drunk who is literally drinking himself to death. Eileen's life changes dramatically when



a new woman is hired at the prison. To tell you more might spoil your fun. I liked the movie, but it is challenging at times. **Grade: A-**



**"Wonka"** (in theaters and doing well)

Timothee Chalamet inherits Roald Dahl's Willy Wonka mantle from Gene Wilder and Johnny Depp, and he does it quite well. Maybe better. It is a different Wonka than the previous over-the-top films, but I liked this one better. Sweet, charming and, of course, twisted, "Wonka" is one of the year's pleasant surprises. **Grade: A**



**"The Boys in the Boat"** (in theaters)

George Clooney directs this adaptation of the successful book about a small rowing team that ends up competing in the Olympics. I'm leaving out a lot of the story so you can experience it like we did. It is a wonderful movie about a piece of history I was unfamiliar with, and the film was exhilarating and very, very well done. **Grade: A**

**"Migration"** (in theaters)

From the animation folks who bring us those hilarious Minions movies, "Migration" is a story about a Mallard duck family trying to migrate to Jamaica. To say that it is a crazy trip would be an understatement. I found



"Migration" both fun and funny, but the kids in the packed theater were absolutely loving it.

**Grade: B+**



**"Anyone But You"** (in theaters)

When a couple who meet in a cute way but end up splitting over a misunderstanding end up at a destination wedding together, funny stuff happens. It's not the best movie I saw this holiday season, but it does have some laugh-out-loud raunchiness with the premise. It is a popcorn movie, for sure. **Grade: B**



**"Ferrari"** (in theaters)

Director Michael Mann delivers another excellent film, this time about legendary auto designer Enzo Ferrari. My two Ford Windstar mini-vans would tell you I'm not a car guy, but this study of a man in crisis (on several levels) is so well done — and the ending so traumatic — I was completely on board. Adam Driver is excellent as Ferrari, and Penelope Cruz is also top-notch as his estranged wife. **Grade: A- ■**

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



# MEET Beth Burrow

Joins district as talented and gifted teacher.

The daughter of a pastor, Beth Burrow moved several times during her youth but considers herself an Iowan through and through. After graduating from Phillips Exeter Academy, she attended the University of Iowa before transferring to the University of Northern Iowa, where she earned her degrees. Since that time, Burrow has taught at Hawkeye Community College, UNI, Janesville and Waverly-Shell Rock, and she has served as the assistant director of the Waverly Public Library.

She recently began her first year as the 7-12 talented and gifted teacher for the Bondurant-Farrar Community School District. Burrow says the best thing about working with the district is the students.

"They are so full of questions as they are trying to figure out their futures. Bondurant-Farrar has been so open and welcoming to me," she says. "I have been treated so well. The community should be very proud of their schools and the educational opportunities that they provide the students."

Burrow's students have participated in Quiz Bowl and qualified for the state competition. They are also competing in a builders' challenge for which they are designing an affordable, sustainable, energy-efficient dwelling that saves farm land.

"I find working with the gifted students to be particularly rewarding. They are unique, inquisitive, curious, anxious, compassionate, aware and humorous all at once. It is never a dull moment, and that is what I love," Burrow says.

During the remainder to the school year, Burrow is looking at how to get talented and gifted students the services they need at the secondary level. The hope is that these services will carry over so that the students will enjoy success in their post-secondary endeavors. Burrow says that her goal is to tie the program goals directly to the school's new Portrait of a Graduate goals. This will better help equip her students to enjoy satisfying career paths.

"Junior High is a unique time in our lives. We are not adults, and we are not children," Burrow says. "We are consumed with peers and who we are. For an educator, this is an exciting time because they need us more than ever as they are trying to navigate through all the messages they are receiving. As they learn more skills and knowledge about the world, they can make informed decisions that help them through this process. It is a great responsibility for educators."

Next fall, the talented and gifted program will include a new class in which students can pursue a project that interests them. This includes setting goals, communicating, presenting and evaluating their work. The program will be looking for community volunteers interested in mentoring a student. Those interested can reach out to Burrow at the high school or through her email. ■



Beth Burrow, pictured with student Nora Phipps, enjoys challenging the talented and gifted students she teaches.



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# DAYCARE

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# News from the **BONDURANT-FARRAR** COMMUNITY SCHOOL DISTRICT

January 2024

## Students Explore Teaching Profession:

At Bondurant-Farrar High School, students have access to a unique course designed for those interested in pursuing a teaching career. The Teacher Academy course, now in its fourth year, offers hands-on teaching experiences to students. Co-taught by Career Readiness Teacher Leader Donovan Hill and Director of Instructional Services Jodi Brogan, this year-long elective currently has 14 upperclassmen enrolled.

Throughout the course, students engage in in-depth discussions and lessons, complemented by ten-week practicum experiences each semester. These practical experiences take place in real classroom settings, providing invaluable insights into the teaching profession. By actively participating in these opportunities, students begin to grasp the craft of teaching and explore their interests in specific grade levels.



## Help Keep Our Schools Safe:

School safety is a top priority at Bondurant-Farrar. Many precautions are in place and we continue to enhance and improve our safety and security protocols to ensure a safe, positive environment for all.

An important piece in our proactive approach is encouraging students, families, and community members to report past, present, and possible threats to and within our school community.



## SEE SOMETHING SAY SOMETHING

You may utilize several resources to report suspicious activity; including law enforcement, school district, and statewide reporting tools. Creating a safe learning environment is our highest priority, and it starts with early detection of potential threats. See something, say something, do something!

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### Two Ways to Complete the Process:

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2. Call 515-967-7819 to schedule an appointment



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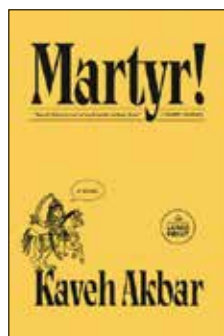


## 'Martyr!'

There's something special about reading a debut novel. When that author is a beloved poet, however, I get a little worried. Poetry in long form doesn't always translate well, and sometimes substance gets lost in a whirl of words. I shouldn't have worried. Akbar has a true gift in whatever form he chooses to display his craft.

Cyrus is an Iranian immigrant to the U.S. who is struggling with that age-old question, how can I make my life matter? Different voices weave through the narrative, some real, some ghostly, some entirely fictional. Themes of the power of being present, of hope, and, of course, love, surround the disparate chapters and tie them together. Often very funny and more profound than it should be, especially when Cyrus is talking to Lisa Simpson.

At first disjointed and seemingly unconnected, this is a rich and sad and powerful story that ties so many threads together with a bow of magical realism and vibrant longing. The poetry Akbar is known for bleeds into the pages. The writing is stellar, but there's a story here that transcends itself, coalescing around the near universal feeling of being both stuck and untethered at the same. I haven't been this excited about a new author in a long time. ■ — *Review by Julie Goodrich*



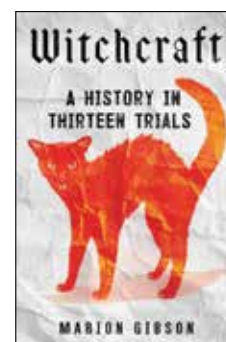
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Knopf

## 'Witchcraft: A History in Thirteen Trials'

I was a little surprised when I picked up this book. I expected a scholarly retelling of the famous witch trials in the U.S. and the U.K. from ages long past. I had no idea there were trials in Norway, specifically to accuse and bully indigenous populations. I had some vague notion of witchcraft in historical African countries, but I had no knowledge of the lengths the colonizing British forces would go to control the populace. I should have known better and am so glad I've read this book.

Viewing the history of witchcraft and its political uses through the lens of the legal systems, scholar and expert Marion Gibson tells 13 very different tales of witches all across the globe and what their prosecution, and persecution, says about the times and places they lived. These are engaging, intriguing and often very sad tales that put a misunderstood feature of human history into sharp relief.

The span of time and the implications of "othering" take us right up to modern times and the new ways in which people are ostracized and shunned. This is an important book for scholarship, but equally applicable to our lives now, and the struggles of women and minorities everywhere. ■ — *Review by Julie Goodrich*



By Marion Gibson  
1/16/24  
320 pages  
\$28  
Scribner



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ValleyViewVillage.org





# ENJOY the snow!

Once the temperatures get above freezing.



Brenton Skating Plaza

## Skating rinks

Lace up the skates! Several communities across the metro offer ice skating experiences for little or no cost.

- Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines
- Metro Ice Sports Facility, 5100 N.W. 72nd St., Urbandale
- West Des Moines RecPlex, 6500 Grand Ave., West Des Moines
- Centennial Park, 605 S.E. Driftwood Lane, Waukee
- Crosshaven Park, 7909 N.W. 95th St., Johnston
- Greenwood Park Pond, 100 45th St., Des Moines
- Johnston Commons Ice Rink, 6700 Merle Hay Road, Johnston
- Johnston Town Center Ice Rink, 6245 Merle Hay Road, Johnston
- MacRae Park Pond, 1021 Davis Ave., Des Moines
- Indianola Ice Skating Rink, 2204 W. 2nd Ave., Indianola Activity Center
- Raccoon River Park Ice Rink, 2500 Grand Ave., West Des Moines
- Sunrise Park, 506 S.E. Peterson Drive, Ankeny



Courtesy of Seven Oaks)

## Sledding hills

Car hoods, boogie boards, doors and sleds, too. Just find the hills.

- Altoona: Lions Park, 507 13th Ave., S.W.
- Ankeny: Northcreek Park, 2301 W. First St.
- Clive: Campbell Park, 12385 Woodlands Parkway
- Clive: Country Club Glen Park, 16335 Sheridan Ave.
- Clive: Mercy West Clinic, 1601 N.W. 114th St.
- Des Moines: Blank Golf Course, 808 County Line Road
- Des Moines: Grandview Golf Course, 2401 E. 29th St.
- Des Moines: Capitol Hill, 1111 E. Court Ave.
- Des Moines: Ewing Park, 5300 Indianola Ave.
- Des Moines: Greenwood Park, 4500 Grand Ave.
- Des Moines: MacRae Park, 1021 Davis Ave.
- Des Moines: Union Park, 725 Thompson Ave.
- Des Moines: Waveland Golf Course, 4908 University Ave.
- Urbandale: Winter Park, 5110 N.W. 72nd St.
- Waukee: Warrior Park and Sledding Hill, 1050 Fourth St.
- West Des Moines: Jordan Creek Elementary, 4501 Fuller Road
- West Des Moines: Pearson Park, 1256 19th St.
- West Des Moines: Southwoods Park, 350 S. 35th St. ■

## EVENTS IN THE AREA

- **Jan. 27: Demetri Martin: The Joke Machine Tour** at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events
- **Jan. 30 through Feb. 1: Iowa Ag Expo** at Iowa Events Center, 730 Third St., Des Moines; iowaeventscenter.com/wells-fargo-arena
- **Feb. 2: Kathy Griffin: My Life on the PTSD-list.** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events
- **Feb. 3: The Snow Ball.** Science Center of Iowa, 401 W. Martin Luther King Jr. Parkway; DSM.city/SnowBall
- **Feb. 10: Winter Blues Fest 2024.**

- Downtown Des Moines Marriott, 700 Grand Ave., Des Moines; cibs.org
- **Feb. 10: The Fur Ride.** Put on fake fur and ride around town. Starting at Ricochet and ending at Big Grove Brewery, 400 Locust St., Suite 105, Des Moines; aboveandbeyondcancer.org
- **Feb. 10-18: Iowa Beef Expo.** Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines; iowastatefairgrounds.org
- **Feb. 11: Chinese New Year.** Jester Park Nature Center, 12130 N.W. 128th St., Granger; jesterparknaturecenter.com
- **Feb. 14-17: 2024 IHSA State Wrestling Tournament.** Wells Fargo Arena, 223 Center

- St., Des Moines; iahsaa.org/wrestling
- **Feb. 17: Ari Shaffir: The Wrong Side of History Tour.** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events
- **Feb. 17: Prepare to be amazed by the The Peking Acrobats.** 11 a.m. at the Des Moines Civic Center, 221 Walnut St., Des Moines; dmpa.org
- **Feb. 27 through March 3: Les Misérables,** one of the world's most popular musicals. Starting at various times at the Des Moines Civic Center, 221 Walnut St., Des Moines; dmpa.org ■

## RECIPE

# MORE fresh flavors for the New Year

## Roasted cauliflower and potato spinach salad

Prep time: 15 minutes  
Cook time: 40 minutes  
Servings: 4

- 1 small head cauliflower, cut into florets
- 3 tablespoons olive oil, divided
- 2 teaspoons Italian seasoning, divided
- 1/2 teaspoon salt, divided
- 1 pound fingerling potatoes, quartered
- 1 package (8 ounces) Fresh Express French Blue Cheese Salad Kit



### Directions

- Heat oven to 425 F.
- In large bowl, toss cauliflower florets with 2 tablespoons olive oil. Sprinkle with 1 teaspoon Italian seasoning and 1/4 teaspoon salt; mix well. Arrange in single layer on sheet pan.
- Bake cauliflower 30-40 minutes, tossing once halfway through, until tender and lightly charred. Cool.
- In bowl, toss potatoes with remaining olive oil. Sprinkle with remaining Italian seasoning and salt; mix well. Arrange in single layer on sheet pan.
- Bake potatoes 20 minutes until tender and lightly browned. Cool.
- Place greens from salad kit in large bowl; add roasted vegetables. Drizzle with dressing from salad kit; mix well. Top with croutons and blue cheese from salad kit.

## Strawberry oatmeal smoothie



- 1/2 cup rolled oats
- 1 banana
- 14 frozen strawberries
- 1 cup soy milk
- 1 1/2 teaspoons sugar
- 1/2 teaspoon vanilla extract

### Directions

- In blender, grind oats. Add banana, strawberries, soy milk, sugar and vanilla extract then blend until smooth. Pour into glass or to-go container and serve.

## ATTENTION SALES PROFESSIONALS!

# Are you frustrated in your current sales position?



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## PLAN AHEAD

By Scott Eriksen

### MAKE your funeral prearrangements

Don't put it off another year. Let 2024 be the year you take care of those tasks that continue to remain on your "to-do" list.

It might be getting a will in place or updated. It might be cleaning out that closet. Or maybe it is getting your funeral prearrangements in place so that your final arrangements will not be a burden to your family and loved ones at a time that will be very emotional and stressful.

We hear it all the time... "I am so glad to have this taken care of."

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

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

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

Start the year by crossing something off your "to-do" list. Reach out to your funeral home of choice and schedule a meeting to get your prearrangements in place. You will be glad you did. ■

Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, [www.HamiltonsFuneralHome.com](http://www.HamiltonsFuneralHome.com).



*Plan Ahead for*  
**PEACE OF MIND**

**Plan & Protect before the need arises.**

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

**Contact Hamilton's to start your plan.**

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## LIBRARY

### BONDURANT Public Library news



#### February weekly activities

- Mondays, 8:30 a.m., Fit for Life (Library closed Feb. 19)
- Tuesdays, 10:30 a.m., Story Time
- Wednesdays, 10:30 a.m., Story Time
- Thursdays, 8:30 a.m., Fit for Life
- Thursdays, 9:30 a.m., Baby Story & Play
- Fridays, 12:45 p.m., Story Time

#### February events

- Thursday, Feb. 1, 6 p.m., Adult Craft Night
- Monday, Feb. 5, After School STEAM
- Tuesday, Feb. 6, 6 p.m., Bound Together Book Club
- Wednesday, Feb. 7, 4:15 p.m., Pokemon Club
- Thursday, Feb. 8, 6 p.m., Family Bingo
- Sunday, Feb. 11, 3 p.m., Teens Only Sunday Fun Day
- Monday, Feb. 12, 2:30 p.m., After School Craft
- Tuesday, Feb. 13, 6 p.m., Book Discussion for Adults
- Wednesday, Feb. 15, 4:15 p.m., Curious & Creative Kids Club
- Monday, Feb. 19, Library closed for Presidents Day
- Tuesday, Feb. 20, 6 p.m., In the Middle Book Club Grades 6-8
- Tuesday, Feb. 20, 6 p.m., Books on Tap at The Rails
- Monday, Feb. 26, 2:30 p.m., After School Movie
- Tuesday, Feb. 27, 1 p.m., Adult Crafternoon
- Thursday, Feb. 29, 9 a.m. to 6 p.m., Library O"Leap"ics ■



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## RECIPE

# SET the menu for a successful year

*(Family Features)* If your goals for 2024 include a healthier lifestyle and added nutrition, your mission is likely to start with a refreshed menu. Add a few newfound favorites to this year's rotation like wraps, salads and smoothies to power each day and propel yourself toward wellness success.

Planning and executing a more nutritious menu can often be thwarted by lunchtime cravings or busy weeknights that leave little time to cook at home. Rather than giving in to those takeout temptations, turn to easy recipes you can create yourself with just a few simple, on-hand ingredients.

Grab tortillas out of the pantry and a few favorites from the refrigerator to make these BLT wraps with avocado spread, which are perfect for meal-prepping weekday lunches or whipping up at a moment's notice for a family dinner. Bacon, a nearly unanimous favorite, teams up with a homemade avocado spread, lettuce and tomatoes for fresh taste without the hassle.

For a satisfying meal without leaving behind health goals, serve with a hearty salad or Spanish rice and banana peppers on the side. ■

## BLT wraps with avocado spread

*Servings: 4*

- 8 slices bacon
- 1 avocado, peeled and pitted
- 1/4 cup sour cream
- 1 lime, juice only
- 1/2 teaspoon hot sauce
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 4 flour tortillas
- 4 large red leaf lettuce leaves
- 2 large tomatoes, cut into 1/4-inch slices
- Spanish rice (optional)
- banana peppers (optional)

### Directions

- In large skillet, cook bacon until crispy. Drain on plate lined with paper towels. Set aside.
- In medium bowl, mash avocado, sour cream, lime juice, hot sauce, Worcestershire sauce and salt with fork until combined and smooth.
- Spread thin layer of avocado mixture over tortillas. Layer with lettuce leaves, tomatoes and bacon. Fold sides up and roll.
- Serve with Spanish rice and banana peppers, if desired.



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CITYVIEW  West Glen Town Center



# Bondurant News

## January 2024

### CITY HALL CLOSED ON PRESIDENT'S DAY MONDAY, FEBRUARY 19

Send a message at [info@cityofbondurant.com](mailto:info@cityofbondurant.com) or call at 515-967-2418 and staff will return your message on the following business day.

### CITY BUDGET INPUT

Requesting input about the city's future budget. Access the survey on the City's website under services, finance department, then budget and annual finance reports. Your participation matters.

### CITY PARK IMPROVEMENTS ARE UNDERWAY!

Your patience, understanding, and continued support of this enhancement are appreciated. There has been a great amount of public input into this project, this is what the community has asked for, and we assure you the improvements will be spectacular. Visit [www.cityofbondurant.com/projects/pages/bondurant-city-park-renovation](http://www.cityofbondurant.com/projects/pages/bondurant-city-park-renovation) for more information. It is time to sign up for project notifications and as updates are released you will be the first to learn about them. Sign up at [www.cityofbondurant.com/subscribe](http://www.cityofbondurant.com/subscribe).

### SEEKING BOARD MEMBER

2024 brought with it some changes on Bondurant boards and commissions. The City seeks to fill a vacancy on the City Tree Board and Board of Adjustment. Review specific details of responsibilities in Chapter 27 and Chapter 28 of the Bondurant Code of Ordinances.

### WHAT IS A SNOW ORDINANCE?

Are you new to Bondurant or need a refresher on the Bondurant Snow and Ice Control Policy? You are able to find all the information on the city's website. A snow ordinance requires all cars to be removed from public streets anytime there are more than two inches of snowfall. Snow ordinance details are typically published on the City's website and social media accounts. A press release is also sent to local news outlets.

### SEEKING MOVIES IN THE PARK SPONSORS.

The first movie to sponsor will be hosted on Sunday, June 16 in celebration of Father's Day. YOU can be the reason many have unforgettable experiences in 2024. We're screening Walt Disney's The Game Plan for all the sweet daddy/kiddo duos out there. It's the perfect way to celebrate summer with a FUN outing! Be a part of this magical evening by sponsoring the movie with a \$500 donation which will cover the required licensing through SWANK. Call 515-630-6982 if interested.

### SURVEY ALERT!

Everyone is encouraged to fill out the Parks, Trails, and Greenway Master Plan Survey. It covers various topics, including residents' favorite parks in Bondurant, opinions on trail expansion and connectivity, and thoughts on potential enhancements or additions to existing parks and trails. Find details on the City's website and social media feeds.

## EVENTS:

#### MINDFUL YOGA

Offered weekly on Fridays from 5:30 to 6:30 pm from **January 5 through February 23** at the Bondurant City Center. Yoga is a great opportunity to beat the winter blues. Classes are brought to us by Yogi Nikki Ballantyne-Emery registered Yoga Teacher (RYT) with Yoga Alliance. Pre-registration is required at a low rate of \$12 per class. Details are found on the City's website and social media.

#### OUR TOWN IS ALL ABOUT TRADITIONS!

**The 8th Annual Chowder Winter Ride is just around the corner!** Are you brave enough to try it? **Saturday, February 10**, check in at Reclaimed Rails Brewing Co. at 10 AM before the ride starts at 10:45 am.

#### SAVE THE DATE

Bondurant's Spring Clean-Up date is set. One day only and for residents in city limits only. Mark your calendar for **Saturday, May 18**. This year, the tire disposal will be on a separate day.

#### 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 meetings were or how to conduct yourself during a public meeting? Guides are being developed to help you. Find them on the City's website.



## 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.



### Bondurant American Legion Community Breakfast

Saturday, Feb. 17, 7-9:30 a.m.

American Legion Hall, 315 Second St. N.W.

Bondurant American Legion hosts a community breakfast on the third Saturday of every month. The menu includes pancakes, choice of eggs, toast, hash browns, biscuits and gravy, sausage, coffee, milk and orange juice.



### Winter Chowder Ride

Saturday, Feb. 10, 10:45 a.m.

Check in at 10 a.m.

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

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (approximately 10 miles). Make sure to stop by Berwick Congregational Church to warm up. After the ride, savor a Chowder lunch at Founders Irish Pub or partake in some chili at Reclaimed Rails. Lunch is free. You can enter to win a prize by submitting a selfie with the tag #2024ChowderRide (please make sure the post is public). Provided by Bondurant Parks and Recreation. Registration link available at <https://www.cityofbondurant.com/home/events/63141>.

### Registration open for Little League baseball and softball

Registration for Little League baseball and softball season is online only. Register at [www.bondurantlittleleague.org](http://www.bondurantlittleleague.org). Deadline to register for the 2024 season is Feb. 15. Payment is due at registration.

Coaches and volunteers are needed. If you're interested in volunteer opportunities, contact [president@bondurantlittleleague.org](mailto:president@bondurantlittleleague.org) or [info@bondurantlittleleague.org](mailto:info@bondurantlittleleague.org).



### CITYVIEW Chocolate Walk

Friday, Feb. 23, 5-9 p.m.

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

Like chocolate? Like chocolate drinks? Then you'll love this event. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. To purchase tickets, visit [chocolatewalk.dmcityview.com](http://chocolatewalk.dmcityview.com).

READY TO MAKE A DIFFERENCE?  
APPLY TO BECOME A VOLUNTEER TODAY!

Join the Broadlawns Gift Shop team as we seek enthusiastic, reliable, and customer service-oriented volunteers!

Make a difference by supporting our mission to enhance programs and services for patients and families at Broadlawns Medical Center. Every purchase made at our gift shop contributes to the Broadlawns Foundation, impacting our community positively! Your commitment truly matters.



APPLY TO BECOME A  
VOLUNTEER TODAY!



# EVENTS IN THE AREA

Be sure to check for cancellations.

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



## LOCAL LIVE MUSIC

### Andrew Hoyt at Brightside

Jan. 27, 6-9 p.m.

Brightside Aleworks, 480 Center Place, Altoona

### Route 66 at Prairie Meadows

Jan. 27, 8-10 p.m.

Prairie Meadows Finish Line Lounge

### Cody Hicks at Hawk Heaven Tavern

Jan. 27, 9-11:55 p.m.

Hawk Heaven Tavern, 805 17th Ave. S.W., Altoona



## Paint & Pints

Jan. 28, 2-4 p.m.

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

The group will be painting "Ethereal Sunrise" on canvas. Registration includes two hours of instruction, all supplies, and an 11- by 14-inch canvas to take home. Enjoy the brewery's full drink menu. Seating is limited; register early. [www.paintingwithatwist.com](http://www.paintingwithatwist.com).

## Ladies Night - Galentine's Painting Class

Jan. 30, 6:45-8 p.m.

Hidden Treasures & Gifts, 511 Eighth St. S.E.

## East Polk County Wellness Expo

Feb. 3, 9 a.m. to 1 p.m.

Terrace Hills Golf & Events Pavilion, 8700 N.E. 46th Ave., Altoona

This free event includes demonstrations, booths and breakout sessions.

## Beatlemania Now - Beatles Tribute

Feb. 17, 7-10 p.m.

Prairie Meadows Finish Line Show Lounge

Tickets on sale in the Prairie Meadows Gift Shop, while supplies last. Beatlemania Now includes songs such as "She Loves You," "Yesterday," "I Want To Hold Your Hand," "Hey Jude" and more. Don't miss your chance to experience the powerful history of The Beatles era.

Join us for **ASH WEDNESDAY SERVICE**

**February 14**

Dinner served at 6pm  
Service following at 6:45pm

**"Come, We're Saving a Seat for You."**

**BONDURANT CHRISTIAN CHURCH**

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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.

## THEATER & DANCE

### Actors, Inc. - Ames Community Theater

120 Abraham Drive, Ames  
actorsinc.org

- Jan. 25-27, Feb. 2-4: "Holmes & Watson"

### Ankeny Community Theatre

1932 S.W. Third St., Ankeny  
ankenycommunitytheatre.com

- Feb. 9-18: "The Odd Couple, Female Version"

### Class Act Productions

201 First Ave. S., Altoona  
captheatre.org

- Feb. 16-18, 23-25, March 1-3: "The Music Man Jr."

### Des Moines Performing Arts

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines  
dmpa.org

- Jan. 23-28: "Mamma Mia!"
- Jan. 27: Havana Hop
- Feb. 6-11: "Company"
- Feb. 15: Capital City Pride Presents: Brea Baker
- Feb. 17: The Peking Acrobats

### Des Moines Community Playhouse

831 42nd St., Des Moines  
dmplayhouse.com

- Feb. 2-18: "Our Town"



### Simpson College

513 N. D St., Indianola  
simpson.edu/academics/departments/departments-theatre-arts

- Feb. 16-18: "The Telephone & The Medium"

### Stephens Auditorium

1900 Center Drive, Ames  
center.iastate.edu/events

- Jan. 30: "Jesus Christ Superstar"
- Feb. 2-3: Barjché
- Feb. 8: Langston Hughes Project
- Feb. 29 through March 3: "Always Plenty of Light at the Starlight All Night Dinner"

### Tallgrass Theatre Company

2019 Grand Ave., Suite 100, West Des Moines  
tallgrasstheatre.org

- Feb. 2-18: "Equus"

## MUSIC

### Des Moines Civic Center

Des Moines Civic Center, 221 Walnut St., Des Moines  
dmpa.org

- Feb. 23-24: Harry Potter and the Order of the Phoenix™ in concert

### Des Moines Symphony

Des Moines Civic Center, 221 Walnut St., Des Moines  
dmsymphony.org

- Feb. 3-4: Discover Groundbreaking Innovation

### Wells Fargo Arena

Wells Fargo Arena, 223 Center St., Des Moines  
iowaeventscenter.com

- Feb. 2: Winter Jam 2024 ■

**HAPPY NEW YEAR!**

Thank you to all of our families who we have provided for in 2023.  
Looking forward to another great year!

From all of us at Des Moines Pediatrics

**DSM Pediatrics**

**Dr. Robert Fornoff** Laura Delaney, PA-C • Amanda Ostergaard, CPNP  
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## HEALTH

By Dr. Emily Hogle

### SHOULDER injuries during winter

As the winter season blankets the world in frosty beauty, it also brings with it an increased risk of shoulder injuries. The most common winter-related shoulder injuries often result from slips and falls on icy surfaces. Instinctively, people tend to use their arms to break a fall, putting significant strain on the shoulders. This can result in dislocations, fractures or sprains, necessitating immediate medical attention.



The cold weather itself can also exacerbate pre-existing shoulder conditions, causing stiffness and discomfort. Muscles and joints may tighten in response to the cold, making individuals more susceptible to other common causes of shoulder pain such as rotator cuff injuries, tendonitis or frozen shoulder.

Physical therapists play a pivotal role in identifying the root causes of shoulder pain. One of the key benefits of physical therapy is its non-invasive nature, offering an alternative to surgical interventions.

After a comprehensive assessment, therapists tailor an individualized treatment plan to include a combination of targeted exercises, stretches and manual therapies. Therapists guide patients through exercises that can address immediate pain, prevent future injury, and maintain shoulder strength and flexibility that can enhance resilience against winter-related mishaps, ensuring a safer and more enjoyable season. ■

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

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## HEALTH

By Nikki Morgan

### WINTER skin care tips

As we approach the coldest part of the winter in Iowa, you may find yourself with drier, flakier, and more sensitive skin. Our providers have some recommendations to change up your skincare routine to protect and maintain healthy winter skin.

- Limit exposure to heat, which draws water out of the skin. Cleanse with lukewarm water; avoid hot showers.



- Switch your cleanser to a creamy cleanser that contains skin-softening emollients with ingredients such as allantoin and glycerin, and avoid those with sulfate, fragrances and alcohol.

- Exfoliation is necessary to assist in sloughing away dead skin, which can build up on the surface leading to cracking and irritation.

- Upgrade your moisturizer to a richer formula that contains ceramides and lipids. Consider a hyaluronic acid serum, which acts as a humectant to draw moisture back into the skin. Apply immediately after showering.

- Always wear an SPF of 30 or higher, even on days sun exposure is limited. Damaging rays of the sun increase the risk for skin cancer and accelerate signs of aging.

- Indulge in a hydrating facial that includes moisture-restoring products and detoxification techniques. ■

Information provided by Nikki Morgan, DNP, ARNP, SkinFusion FX, 410 Eighth St. S.W., Altoona, 515-967-0587, [www.skinfusionfx.com](http://www.skinfusionfx.com), [nikki.skinfusionfx@gmail.com](mailto:nikki.skinfusionfx@gmail.com)



## HEALTH

By Dr. Steven Neville

### THINGS to know about wisdom teeth

Wisdom teeth, or third molars, are the final teeth to develop in the mouth, usually in our late teens or early 20s. Not everyone has wisdom teeth develop. If you do, and they do not crowd other teeth or cause discomfort, they can stay and help with chewing. Wisdom teeth can erupt through the bone or fail to erupt, which is also known as impacted. When wisdom teeth do erupt and are not kept clean, the teeth can collect food and bacteria, possibly causing cavities, bad breath, infection or gum disease around them. There is a specific X-ray that is taken in a dental office to show all the teeth, specifically wisdom teeth. It is called a panoramic X-ray. Wisdom teeth can be extracted by an oral surgeon or dental provider. The oral surgeon would be able to sedate you, while a dental provider would just use local anesthetic to remove the teeth. Each will make sure you are comfortable and take their time to remove the wisdom teeth. Once the wisdom teeth have been removed, you will receive ice packs for your face and gauze to bite on. Follow the at-home instructions, which will include soft foods, no straws with drinks, and recommended medications by your doctor. This will be the best road to a speedy recovery. If you ever notice your third molars collecting food, discomfort in the back of the jaw, or are interested in knowing if you have your third molars, let your dental provider know so they can provide you with information on wisdom teeth. ■



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

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## HEALTH

By Dr. Amanda Korth

### TEST drive contact lenses

Too often I am told by patients that they are bad candidates for contacts. Contacts are improving every year with leaps in technology. We have dailies and two-week lenses that block blue light. We have two monthly contacts that not only have astigmatism but also bifocal capabilities. We even have contacts that can help treat your dry eyes while you wear them. But how do you know if you're a good candidate or bad? You test drive them.



Contacts have to be worn in a patient's everyday life. You need to ensure that you can see at work (especially on the computer), driving (especially at night), and that the comfort is solid. Bifocal contacts (multifocals) are a balance of compromise between distance, near and midrange (computer most commonly). Contacts that are uncomfortable prior to the 10-hour mark are either the incorrect contacts or there is underlying dryness that must be addressed. Tired eyes is the most common symptom of dryness from contacts. Dryness is always made worse by wearing soft contacts because they act as a sponge, absorbing your tears throughout the day. A healthy tear layer is able to handle the contact. However, if you're dealing with evaporating tears from being on a computer on top of a contact, your tears are probably being stretched too far. ■

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 Paul Guerdet

### THE JOYS of novelty

We're hitting that time of year when the temperature drops and we all start to settle in for winter. It's easy this time of year to fall into routines and go on autopilot from day to day. This isn't necessarily a bad thing, but, after a while, we do have to be careful with how routine can affect our mood. After a while, having the same daily routine can dull our mood and leave us more susceptible to the winter blues. If you find yourself feeling this way, it may be time to add a bit of novelty to your life.



When I talk about ways to add novelty into your life, it's important not to overthink it, something many of us are guilty of. Adding novelty to your day-to-day life just means to try something new, something different. Novelty could be something as simple as taking a different way to or from work or going to a new restaurant or coffee shop that you've been wanting to check out. Small changes to our daily pattern can allow us to have new experiences, which our brains tend to crave and help us to stave off those winter blues. ■

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).

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## HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

### CHIROPRACTIC and wellness

Definitions of "wellness" include references to the quality or state of being in good health but typically take it a step further to suggest wellness is more active and process-oriented and not just a state of being.

The No. 1 reason parents report bringing their children in for chiropractic care is wellness. Parents recognize the significant role chiropractic care plays in the family wellness lifestyle. Wellness-focused chiropractors offer the physical adjustment to reduce nervous system stress and a complementary philosophy and lifestyle recommendation to support a high-functioning nervous system.

Overall health in the body is dependent on healthy nervous system function. Chiropractic adjustments reduce nervous system stress and allow the body to function in a greater state of health. When the nervous system is healthy, our bodies and minds function more efficiently. Specific chiropractic adjustments have a significant effect on our ability to affect the way we think and behave.

Doctors of chiropractic who have completed post graduate pediatric certifications are specially trained to identify nervous system patterns in babies and children and deliver safe and effective adjustments to enable their nervous system to return to a state of rest and health. When the nervous system is on overload and not functioning well, it cannot handle additional physical or emotional stress. In babies and children, this can manifest in many ways, including colic, ear infections, frequent colds, allergies, sleep issues, bed wetting, lack of attention, hyperactivity, sensory issues, and mood or emotional issues. Families under regular chiropractic care report healthier kids and parents, less school and work absences due to illness, and better sleep and behavior among many others. ■

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



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**FAITH** By Thomas Christensen

## PLODDING onward



Remember that heat wave last July? It's a distant memory from this month's temperatures below zero, am I right? The air hurts our faces. We have to keep pipes thawed and coax groggy cars to life. We have to drive gingerly to avoid sliding into the snow drifts. We have to keep kiddos from going stir crazy when we're cooped up in the house for too long.

We have to plod onward when the days get short and the nights get long, and that applies to more than just the physical sense. Sometimes the circumstances we find ourselves in also drag on for far too long. Sometimes the tears are many, or sometimes, frankly, we're just exhausted and drained from one too many long days. Or years.

So where do we go for new strength? I invite you to come with me and find your strength in a relationship with God. Dust off your bible and find Psalm 6. The writer was no stranger to long nights: "All night I drench my bed with tears — my eyes waste away because of my grief." And yet, he closes the chapter with the answer to my question: "The Lord has heard my weeping — he has heard my supplication, and will receive my prayer" (King David, writing in Psalm 6:6,9).

Later in the bible, another writer says this: "Come boldly to the throne of grace, where we may obtain mercy, and find grace to help in time of need" (Hebrews 4:16).

My friend, do you know that Jesus wants a relationship with you? I'm going to say something, and you may not want to believe me, and it is this: On the one hand, none of us is beyond the need of God's grace, and by that I mean not one of us has our life so put together that we don't need God in our life. And then, on the other hand, none of us is beyond the reach of God's grace, and by that I mean not a single one of us has committed a sin so egregious that God can't or won't forgive it. You're not beyond your NEED of God's grace, and you're not beyond His REACH. Trust in that, and believe in it, my friend.

So how about these short days and long nights? Well, we're Iowans, so we'll plod stubbornly along, and even if we gripe a little bit about the cold, we'll help our neighbors shovel their sidewalk, and we'll drink some hot chocolate when we come in.

And for the long nights of life, I pray each of us will turn to God's ready, strong and loving arms. ■

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



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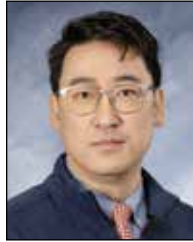
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# 2023 updates and wins

**CORRECTION:** January's Chamber article should have been attributed to Shelby Hagan, the 2024 President of the Bondurant Chamber of Commerce.

Reflecting on 2023, we're pleased to share nine key updates and wins that the Chamber was able to complete on behalf of our members and business community.



1. Created and finalized the Chamber's Mission, Vision, Values and Purpose statements. These will be shared, in full, at our Annual Meeting and Dinner in March. Hope to see you there.
2. Leveraged an investment in technology to better automate our annual membership renewal.
3. Collaborated with the City to secure numerous grants to support infrastructure and amenities to drive economic development and enhance the community for families.
4. Hosted a record-breaking Business Safe Trick or Treat event.
5. Began the process of establishing a new Development Committee solely focused on driving Economic Development in Bondurant.
6. Established non-dues revenue stream to support programming without an increase in membership dues.
7. Approximately 85% year-over-year retention of membership.
8. Added 17 new members in 2023.
9. Collaborated with the City of Bondurant to assist in securing more than \$2 million in grants for community investment and improvement.

Stay tuned for an invite and more information related to the Annual Meeting, and don't forget to cast your vote for Small and Large Business of the Year as well as Nonprofit and Businessperson of the Year. ■

Information provided by Lincoln Dix, Bondurant Chamber of Commerce Past President and Vice President at Storey Kenworthy.

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

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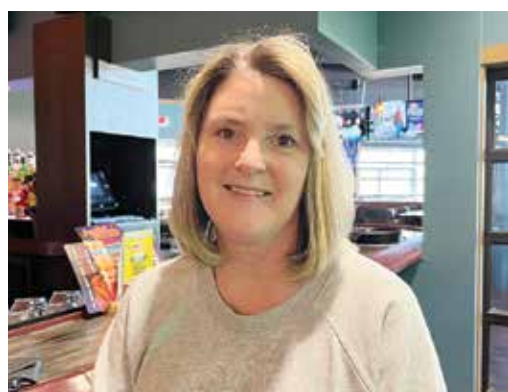
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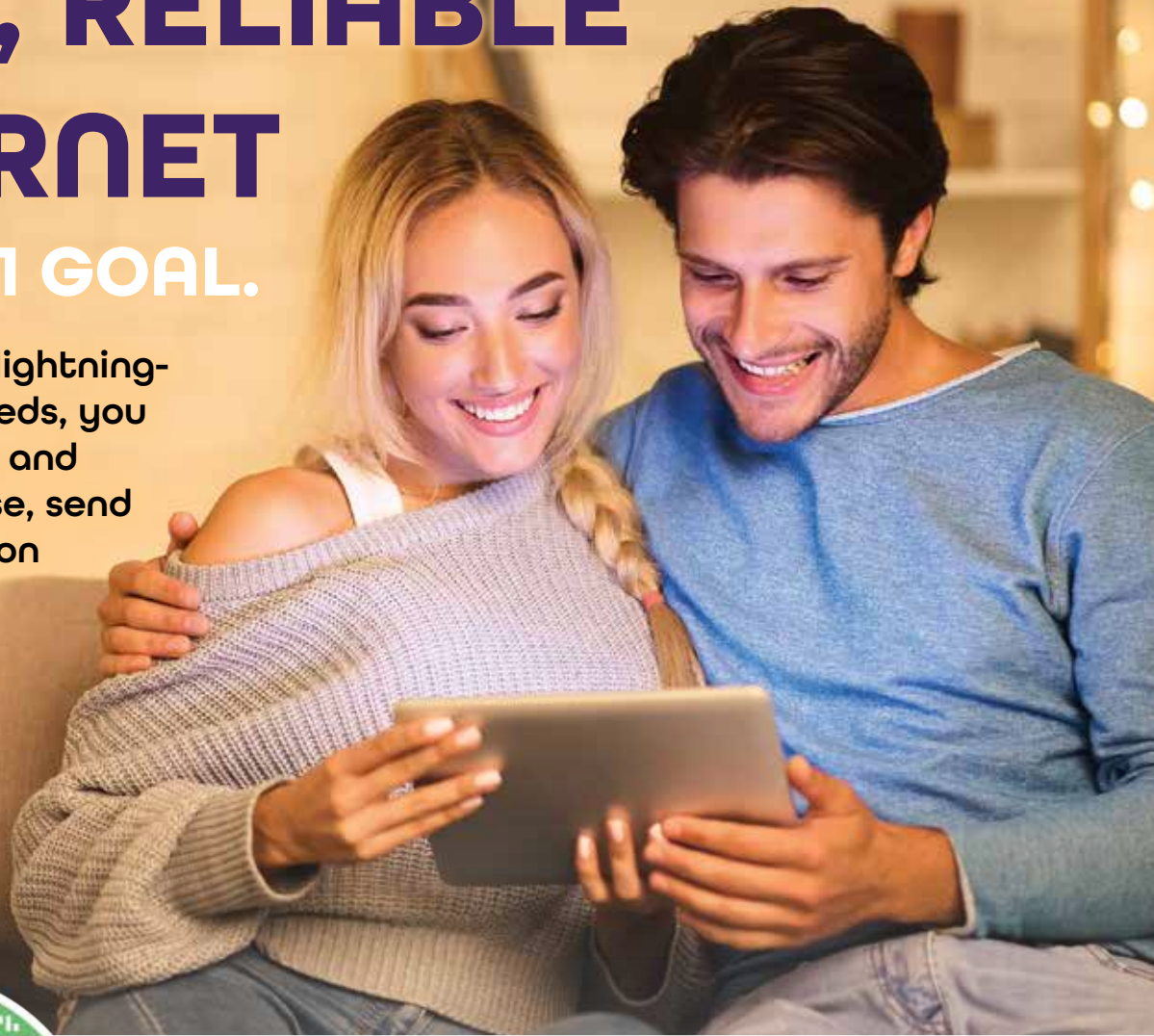
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