Way back when...

A LOOK AT SOME OF BONDURANT’S HISTORY

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Preserving the past

We all have those moments from our youth when we realize how the world works. I vividly recall when I began to understand the concept of time: the past, the present and the future. One day I realized that everything that was happening at that very moment suddenly became history. It may seem like a no-brainer today as an adult, but I was saddened at the time, thinking how life’s events arrive and then are gone, instantly. The only things left are the memories. And as we all grow older, those memories certainly dissipate. This is where the documentation of history becomes important, so that we can leave our imprint on this period of time for those who will reside here in the future. And in this day and age of electronic communication and digital cameras, one might think that our documentation of history would be stronger. Unfortunately, it is not.

In years past, when words were written or photos were taken, they were treasured. Today, so many emails are sent and photos are shot (and deleted), that we don’t seem to value them as much. I have a feeling we will live to regret that. Meanwhile, we could all benefit by learning more about the history of the communities we live in. We are doing our part this month by sharing how Bondurant came about, including the people and businesses that made an impact. We hope this feature motivates you to learn even more about Bondurant and to take the time to help preserve historical items for generations to come.

Thanks for reading.

Shane Goodman
Publisher
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On the cover: MarLavonne and Herb Butler. Photo by Todd Rullestad.
Way back when...

A LOOK AT SOME OF BONDURANT’S HISTORY

By Patti Stockdale

More than 150 years ago, Alexander Bondurant headed west from Illinois to seek his fortune and start a new life on the prairie in Polk County, Iowa. Today, the city of Bondurant is a thriving community, boasting a long and rich history.

Bondurant Living researched documents at the Bondurant Community Library, online articles at the Bondurant Chamber of Commerce and City of Bondurant’s websites, and interviewed residents who shared their memories from “way back when.”

A pioneering spirit

When it comes to the history of Bondurant, it’s best to start at the very beginning with Alexander Conley (A.C.) Bondurant, the town’s namesake. A.C. entered the world on Sept. 1, 1829, in Sangamon County, Illinois, where his parents, Joseph and Martha (Tharp) Bondurant, farmed and raised 11 children.

As a young adult, A.C. worked the family farm. At 28, he struck out on his own for Iowa. According to reports, he hopped a stagecoach to Iowa City and rode the last leg to Polk County on horseback. He reached his destination in 1857, just 11 short years after Iowa became the 29th state in the nation.

A.C. laid claim to approximately 320 acres of land in the southwest corner of Franklin Township. (Some accounts state that he originally purchased 166 acres for $1.25 per acre.) He farmed the land and raised livestock. On Oct. 27, 1861, Margaret Marilla Brooks became A.C.’s bride, and together they raised eight children.

A.C. granted a right-of-way on his land to the Chicago Great Western Railway, and the railroad built a station on the property and surveyed the land. The new town was laid out and fittingly named Bondurant. The plat was filed for record on April 24, 1884. Bondurant became incorporated in 1897, 40 years after A.C. had arrived.

According to census reports, the population in 1870 was 89 but grew to 308 people by 1889. To stimulate growth, A.C. offered a free town lot to anyone willing to start a business in Bondurant. With the property’s close proximity to the railroad and Des Moines, A.C. had numerous takers. New businesses quickly dotted the landscape, serving area farmers and townspeople.

A.C., along with Thomas Hudson and L.T. Kennedy, opened one of the town’s first businesses, a general store, on the corner of First and Main. Over the years, this multifunctional...
two-story building also featured a post office on the main floor and a church, school, social center and funeral home on the second story.

Like A.C., many of the early business owners went by their initials. There was H.P. Brown, the first grain buyer; J.H. Smith, who ran the broom factory; and A.M. Austin, the tile factory owner. A.C.’s son-in-law, J.V. Lingenfelter, offered legal services; and B.F. Rothrok and S.J. Oldfield opened the Farmers Savings Bank. Other early businesses included the Farmers Co-operative Creamery, a hardware store, two hotels, a livery stable, a blacksmith, a second general store, a lumberyard, a drug store, a barbershop and a restaurant.

A.C. Bondurant passed away on Sept. 17, 1899, at the age of 70. At the time of his death, he’d become one of the county’s wealthiest men and largest landowners, with nearly 3,000 acres to his credit. Nearly 1,000 people attended his memorial service. He’s buried in the Bondurant Cemetery.

A fitting tribute

“Everybody liked my grandpa,” says Hubert (Herb) Butler, who moved to Bondurant from California in 1946 at the age of 7. “It’s funny, but I never had a name when I was little. Everyone just called me Oscar’s grandson.”

Herb’s grandparents were Oscar and Jennie Runyan. Oscar and his son, Ray, owned the Bondurant Hardware store for 25 years, which was housed in the same building as Bondurant’s first general store.

Several of Herb’s relatives owned and operated businesses in Bondurant over the years, including his parents, Lyllus and H.M. Butler.

On Aug. 14, 1946, they opened Butler’s Service Center, which included a café and gas station, on the corner of Highway 65 and Second Street. Business flourished. In 1948, a grocery store was added to the operation.

Butler’s Service Center became a popular meeting spot for the locals, and a few noteworthy celebrities stopped by, too.

“The June Taylor Dancers from the ‘The...
Jackie Gleason Show’ stopped here to get some groceries once when they passed through town,” Herb says. “The next thing we know, they are out there dancing in the ditch. At that time, Bondurant had a telephone operator. She could push one button and tell everyone what was going on in town. I tell you, we had cars parked all around.”

MarLavonne, Herb’s wife, states, “Gordon Gammack, a reporter with The Des Moines Register, came to the café many times to interview Bondurant residents for his Question of the Week program.”

Herb left Bondurant in 1959 to serve his country until 1961. About that time, his parents decided to build a new, larger grocery store. When Herb returned from service, he ran Butler’s Phillips 66. To attract more customers, he added a couple of pool tables and a pinball machine. Herb’s grandpa, Oscar Runyan, set up a gun shop inside the station after retiring from the hardware store, better known as Oscar’s Fix-it Shop.

The Butlers eventually closed their business, leaving Bondurant without a grocery store for a number of years. In 2014, Brick Street Market, which includes a café, opened its doors.

“The name of their café is Butler’s,” says MarLavonne. “They have pictures on the wall that honor our family, pictures of the old Butler’s Café. Sometimes they use our old slogan in their ads, too — ‘Butler’s is large enough to serve you and small enough to know you.’ ”

You gotta have Hart

Perched on a hill just a few miles west of Bondurant is the Hart family farm. Charles Hart bought the property, approximately 200 acres, in the 1890s. Six generations of Harts have called it home. Today, Charles’ great-grandson, Joe Hutton, and Joe’s wife, Paula, reside on the property. Their son and his family also live on the land, just north of the original house.

“My grandfather, Ray Hart, was born here in 1907,” states Joe. “My grandpa bought the place from his dad. I used to follow my grandpa around like a puppy. I’ve been running around here for 65 years.”

Joe fondly remembers being a young boy and tagging along with his grandpa on Saturdays to buy hog feed at the big Bondurant elevator. Next they’d stop at Butler’s Café to shoot the breeze with the locals. Sometimes they’d stop at Shorty Smith’s Allis Chalmers dealership, but Joe’s favorite childhood memory of Bondurant is the Lions Club Fair.

“It was like a mini fair before the county fair,” states Joe. “The highlight was the greased pig contest. I tried to enter it once. I had my good clothes on, so Grandma wouldn’t let me, but I sure wanted to.”

“I grew up in Elkhart, and the Bondurant Lions Club Fair was a really big deal, Paula adds. “I remember we showed our livestock there.”

Joe and Paula moved to the Hart farm in 1977 and rented the property for 10 years before purchasing 40 acres in 1987. Most of the out buildings no longer exist, but the couple added an attached garage in 2005 and a cozy sunroom in 2008 to the original house.

“The house always had running water and a bathroom, even when Joe’s mom, who is 85, was little,” states Paula. “I’m 65, and we still used an outhouse when I was young.”

“Hardly anyone had that back then,” says Joe. “My grandpa wasn’t extravagant, but he had a furnace, electric and indoor plumbing before Mom was born. I guess when my grandpa was little, the house caught on fire, and they lived in the milk house for a while.”

“Yep, there is quite a history with this old place,” states Paula.

Today’s Bondurant

Without a doubt, Bondurant has changed considerably over the past 157 years. Businesses and homeowners have come and gone, replaced with new commercial opportunities and housing developments. Bondurant is one of the fastest growing suburbs in central Iowa today, with an estimated population of 4,500.

“I’m excited to see where Bondurant is going in the future,” Mayor Keith Ryan says. “It’s grown so much over the last couple of years. It’s really exploded since early 2000, and it doesn’t show any signs of slowing down.”
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Q: Can a dentist do anything about facial pain?

A: Chronic facial pain is an unfortunately common affliction for some 15 percent of American adults. Your dentist can help identify the source of the pain, sometimes by using X-rays.

One of the more common sources of facial pain is a condition called temporomandibular joint (TMJ) syndrome. The joint is the hinge at which the lower jaw, called the mandible, connects with the upper jaw. Acute or chronic inflammation of the joint can cause significant pain and impair operation of the jaw, in some cases causing it to lock in either open or closed position. The joint, like any other, is susceptible to damage from conditions like stiffness, arthritis and dislocation, either from trauma or regular use. The condition can also cause severe headaches, dizziness and pain or stiffness in the neck and shoulders.

Treatment might include stress-reduction exercises or medication. TMJ pain is often noticeable in front of the ears, which is the location of the joint. But facial pain can also come from a toothache, a sinus infection or gum disease. Whenever you notice any pain or unusual feeling in your face or mouth, you should contact your dentist.

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

Q: Which vitamins are essential to good health?

A: Vitamin D is essential to your health for many reasons, including enhanced immunity. A study in the American Journal of Clinical Nutrition found children who took vitamin D had a 50 percent or greater reduction in risk of flu infection when exposed compared to anti-viral drugs which only reduced risk by 8 percent. It is also an amazingly effective antimicrobial agent, which helps kill bacteria, viruses and fungi in your body.

The truest natural source of vitamin D is from sunlight. Twenty minutes per day is enough to get the recommended dose. Eighty to ninety percent of Americans are deficient in vitamin D so the best way to make sure your body has enough is to take vitamin D in a liquid or capsule form. Have your number checked and take a high-quality vitamin D supplement to reach and maintain an adequate level.

Vitamin C is also essential to overall health, including promoting immunity and self-healing. In one study, flu and cold symptoms decreased by 85 percent when dosing with vitamin C. Another study showed people deficient in vitamin C could cut their incidence of colds by 50 percent by simply taking a daily dose of vitamin C.

Vitamin C is not stored in the body and must be replaced every day. It is found in many foods, including citrus fruits, tomatoes, spinach and broccoli. It can also be taken as a supplement. While obtaining vitamins from natural food sources is encouraged, when using to promote healing, supplements may be required to reach an adequate dosage. Make sure you are choosing a high-quality supplement so your body can absorb the vitamin.

Information provided by Swain Chiropractic, 410 Center Place SW, Altoona 967-9300.
### CALENDAR

**Saturday Jan. 24**
- Large Group Speech: High School District at Ankeny Centennial, 8 a.m.
- Basketball - Girls Varsity Practice, 9 a.m.
- Basketball - Boys Varsity Practice, 11 a.m.

**Sunday Jan. 25**
- 18 and Older Open Gym Basketball indoor pick-up games, 3-5 p.m., Middle School Gym.
- Open Gym Basketball, 2-4 p.m., Middle School Gym.
- Cribbage Tournament, register at City Hall, Founders Irish Pub.

**Monday Jan. 26**
- Basketball: Girls 8th vs. Ballard, 4:15 p.m.
- Wrestling: Middle School vs. Carlisle, 4:15 p.m.
- Basketball: 7/8/9/JV/V vs. Norwalk/Ballard/Winterset, 4:30/6/7:30 p.m.

**Tuesday Jan. 27**
- Al-Anon and Alateen, 7 p.m., Lutheran Church of the Cross., Altoona.
- Storytime Bears, 10:30 a.m., Bondurant Library.
- Wrestling: Middle School vs. ADM, 4:15 p.m.
- Basketball: 7th vs. Carlisle, 4:30 p.m.
- Basketball: Boys Varsity vs. Winterset, 5 p.m.
- Wrestling: JV/V vs. Colfax, 6 p.m.

**Wednesday Jan. 28**
- 2015 Swing Dance Lessons, 4 - 1 hour lessons, Register at City Hall, 6:30-7:30 p.m., Founder’s Irish Pub.

**Thursday Jan. 29**
- Basketball: 7th vs. Ballard, 4:15/4:30 p.m.
- Wrestling: JV/V vs. Winterset, 5:30 p.m.
- Basketball: 9/JV vs. Boone, 6/7:30 p.m.

**Friday Jan. 30**
- Basketball: 8th vs. Winterset, 4:15/4:30 p.m.
- Basketball: Varsity vs. Boone, 6/7:30 p.m.

**Saturday Jan. 31**
- Storytime Bears, 10:30 a.m./12:45 p.m., Bondurant Library.

**Wednesday Feb. 4**
- 2015 Swing Dance Lessons, four one-hour lessons, register at City Hall, 6:30-7:30 p.m., Founder’s Irish Pub.
- Storytime - Play in snow, 10:30 a.m./12:45 p.m., Bondurant Library.

**Thursday Feb. 5**
- Wrestling: Middle School vs. Pleasantville, 4:15 p.m.
- Basketball: Boys 7th vs. Boone, 4:30 p.m.
- Basketball: 9/JV vs. Ballard, 6/7:30 p.m.

**Friday Feb. 6**
- Basketball: Varsity vs. Ballard, 6/7:30 p.m.

**Saturday Feb. 7**
- Wrestling: Varsity Sectionals, 12 p.m.

**Sunday Feb. 8**
- 18 and Older Open Gym Basketball indoor pick-up games, 3-5 p.m., Middle School Gym.
- Open Gym Basketball, 2-4 p.m., Middle School Gym.

**Monday Feb. 9**
- Assorted Card Games & Hot Cocoa, 2:15 p.m., Bondurant Library.
- City Council Meeting, 6 p.m.
- Basketball: 9/JV vs. Carlisle, 6/7:30 p.m.

**Tuesday Feb. 10**
- Al-Anon and Alateen, 7 p.m., Lutheran Church of the Cross., Altoona.
- Storytime - Play in snow, 10:30 a.m., Bondurant Library.
- Basketball: Varsity vs. Carlisle, 6/7:30 p.m.
CALENDAR

- Storytime - Valentines, 10:30 a.m., Bondurant Library.
- Book Discussion - BYO Book, 6-7 p.m., Bondurant Library.
- Basketball: Varsity vs. Perry, 6/7:30 p.m.

Wednesday Feb. 11
- 2015 Swing Dance Lessons, four one-hour lessons, register at City Hall, 6:30-7:30 p.m., Founder’s Irish Pub.
- Storytime - Valentines, 10:30 a.m./12:45 p.m., Bondurant Library.
- Storytime - Friends, 10:30 a.m./12:40 p.m., Bondurant Library.
- Essential Oils with Jenny Klinefelder, 6-7 p.m., Bondurant Library.

Thursday Feb. 12
- 5-8 Band Solo Festival, 4-8 p.m.
- Basketball: JV/V vs. ADM, 4:45/6 p.m.

Friday Feb. 13
- Basketball: JV/V vs. ADM, 4:45/6/7:30 p.m.

Saturday Feb. 14
- Wrestling: Varsity Districts vs. IHSAA, 12 p.m.

Sunday Feb. 15
- Storytime - Friends, 10:30 a.m., Bondurant Library.
- City Hall closed: President’s Day

Monday Feb. 16
- Bingo and Hot Cocoa, 2 p.m., Bondurant Library.
- City Hall closed: President’s Day

Tuesday Feb. 17
- Al-Anon and Alateen, 7 p.m., Lutheran Church of the Cross., Altoona.
- Storytime - Friends, 10:30 a.m., Bondurant Library.
- Basketball: JV/V vs. Gilbert, 6/7:30 p.m.

Wednesday Feb. 18
- Storytime - Friends, 10:30 a.m./12:40 p.m., Bondurant Library.

Thursday Feb. 19
- Wrestling: Varsity State vs. IHSAA, 10 a.m.

Friday Feb. 20
- Basketball: 9/JV vs. ADM, 4:45/6 p.m.

Saturday Feb. 21
- Large Group Speech: High School State, 8 a.m. @ ISU.

Sunday Feb. 22
- 18 and Older Open Gym Basketball indoor pick-up games, 3-5 p.m., Middle School Gym.
- Open Gym Basketball 2-4 p.m., Middle School Gym.

Monday Feb. 23

Tuesday Feb. 24
- Al-Anon and Alateen, 7 p.m., Lutheran Church of the Cross., Altoona.
- Storytime - Winter, 10:30 a.m., Bondurant Library.
- High School Band Concert, 7 p.m.

Wednesday Feb. 25
- Storytime - Winter, 10:30 a.m./12:45 p.m., Bondurant Library.

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— Shane Goodman, publisher

OUT AND ABOUT

Grace Johnson and Laura Osborn at the Drake girls basketball game on Dec. 21.

Annika Dearden, Grace Johnson and Laura Osborn at the Drake girls basketball game on Dec. 21.

Bondurant girls get player autographs on Dec. 21 at the Drake game. This outing was facilitated by Bondurant Parks and Rec.

Grace Johnson and her signed Drake player poster on Dec. 21.

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Ames • Bondurant … and growing
As you’ve no doubt noticed, your trips to the gas station have been a lot more pleasant these past several months. There’s not much doubt that low oil prices have been welcome to you as a driver. But when oil is cheap, is that good for you as an investor?

There’s no clear-cut answer. But consider the following effects of low oil prices:

**Positive impact on economy.** When you spend less at the gas pump, relative to recent years, what will you do with your savings? Like most people, you’ll probably spend most of it on goods and services. If you multiply the amount of your increased spending by the millions of other Americans who are also saving money on gas, you can see that you and your fellow consumers are likely adding billions of dollars to the economy. Typically, a strong economy is also good for the financial markets — and for the people who invest in them.

**Different results for different sectors.** Different sectors within the financial markets may respond in different ways to low oil prices, even if the overall effect is generally positive. For example, businesses such as consumer goods companies and auto manufacturers may respond favorably to cheaper oil and gas. But the picture might be quite a bit different for energy companies.

You could spend a lot of time and effort trying to adjust your investment portfolio in response to low oil prices. In fact, you may well want to consult with your financial professional to determine which moves might make sense for your individual situation. Yet there’s actually a bigger lesson to be learned here: Don’t overreact to temporary developments. The recent decline in oil prices has certainly had an economic impact, but no one can predict how long these prices will stay low or what other factors may arise that would affect the financial markets. If you can keep from being overly influenced by specific events, you may be able to gain at least two key benefits.

First, by not making trades constantly in reaction to the headlines of the day, you can avoid piling up heavy fees and commissions — costs that can reduce the return rate on your investments.

Second, you’ll find that if you aren’t always thinking about what’s going on in the world today, you can focus your investment efforts more intensely on where you want to be tomorrow. The most successful investors set long-term goals and don’t focus on factors they cannot control. Instead, these investors make adjustments, as necessary, to accommodate changes in their goals as well as other changes, such as revisions in tax laws.

So be aware of low oil prices, but don’t get so “pumped” about them that you sludge up your consistent investment strategy — because that strategy has the energy to keep you moving toward your important objectives.

Information provided by Adam Kline, Edward Jones, 107 Second St. S.E., Altoona, 515-967-7644.
A sight to behold

Polito’s Pizza House provides Bondurant with a homemade pizza option

By Marc Bailey

In small-town Iowa, a certain chain of convenience stores has cornered the market on fresh made pizza. Their motto — “Famous for Pizza” — spells it out.

In Bondurant, Polito’s Pizza House has competed for more than 12 years in a town that is home to two of those previously mentioned convenience stores.

I had not visited Polito’s in some time, so I decided a check in was in order. I walked in past two customers waiting on takeout orders and was seated via a friendly waitress. The room was more than half capacity, and I soon learned the friendly waitress was the only person serving. I expected the service to suffer because of this, but was proven wrong by her prompt service and positive attitude.

Polito’s menu boasts an impressive selection of pizza, all served on homemade thin crust. Along with the build-your-own pizza options are some specialty options. A vast array of non-pizza options are also available, such as baked cavatelli, fish, steaks and a variety of sandwiches served on homemade bread.

To make it a true pizza house visit, I ordered from the pizza side. The Tom’s Taco was a must, as well as a traditional pepperoni, so I ordered a medium with each option on half. I also went with an appetizer option, the Specialty Chips. They arrived first and were fantastic — freshly sliced potatoes fried crisp, while still allowing some of the slices that tender bite that makes homemade potato chips so great.

The pizza arrived soon after and was a sight to behold. Served on a lunch tray, the taco half was a solid three inches tall. Taco pizza is a true test of a restaurant’s abilities. Too many times an establishment will throw together a bland amalgam of “south of the border” toppings. Polito’s is not that establishment. The sauce and ground beef had great seasoning, contrasting the crunchy nacho chips and crisp lettuce, all drizzled with a zesty taco sauce.

The pepperoni side of things was impressive as well. The tangy marinara paired well with the spiced pepperoni. Each piece was perfectly supported by the thin homemade crisp crust. The heft of the taco side forced this patron to request a to-go box, and I was on my way.

Despite limited advertising and only serving during dinner hours, Polito’s Pizza House is bringing a fantastic fresh-made pizza option to Bondurant.
Meet Christian Vandehaar

Art instructor takes over mentor’s post

By Shelby Hagan

Christian Vandehaar is a guy who is known for his art and his goofiness. He was a guy who never doubted himself along the way to becoming a high school art teacher, and he wouldn’t do anything different if he had to do it all over again.

Vandehaar had the privilege to take over his mentor’s position when he retired four years ago. Stewart Buck was the former art teacher for Bondurant.

“He always made you smile, brought passion to class every day, always encouraged you no matter what,” Vandehaar says. “He brought a level of excellence to the school, something I work to bring to Bondurant-Farrar.”

Vandehaar knew he wanted to become a teacher when he saw how much fun Buck had all day.

“I thought to myself, I could do that for 30-plus years,” he says.

It wasn’t until last year — when he started receiving thank you letters from former students — that Vandehaar realized teaching kids from every grade.

“Each class brings its own uniqueness,” he says, from the freshmen with the excitement, energy and curiosity, to the seniors with whom he experiences deep discussions with about their art and life. “I get to watch them just take off with their art pieces.”

Although Vandehaar had a rough first year of teaching, he teaches high school art because he gets to see the “light bulb” moment when every kid realizes he or she can draw.

One of the hardest parts of teaching for Vandehaar is dealing with situations with tragedy.

“Dealing with those situations and knowing more may come in my career is the hardest part,” he says. He is surprised about how much the students lean on him as a mentor for advice.

For those considering the teaching profession, Christian has this advice:

“It can be a rough and bumpy road, a lot of hard work and late nights,” he says. “But the rewards are oh, so sweet, when you get there.”

What does it take to be successful?

“Passion,” he says.
BONDURANT SELECTED FOR 2015 COMMUNITY VISIONING PROGRAM

Bondurant, Iowa—Bondurant has been selected as one of ten Iowa communities to participate in the Iowa’s Living Roadways Community Visioning Program in 2015.

The award-winning program integrates technical landscape planning and design techniques with sustainable community action to assist community leaders and volunteers in making sound and meaningful decisions about the local landscape.

In addition to Bondurant, other 2015 visioning communities include Elkhart, Fairfield, Nashua, Osage, Ringsted and Vail.

The program is sponsored by the Iowa Department of Transportation in partnership with Iowa State University Landscape Architecture Extension and Trees Forever, an Iowa-based nonprofit organization. In addition, professional landscape architects offer expertise in creating conceptual design plans for the communities.

To qualify for the visioning program, a community must have a population of fewer than 10,000, existing transportation-related issues, and a committee of volunteers willing to dedicate their time and talent to the visioning process.

Since 1996, 215 Iowa communities have benefited from the Visioning Program.

Contacts
Mark Arentsen, City of Bondurant, 515-967-2418, marentsen@cityofbondurant.com
Karen Hudson, Bondurant Community Visioning steering committee, 515-689-6369, kahudson73@gmail.com
Sandra Oberbroeckling, Iowa State University, 515-294-3721, soberbr@iastate.edu
Carole Teator, Trees Forever, 319-373-0650, ext. 115, cteator@treesforever.org.

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.

In most cities, 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.

BRING THE FAMILY!
Iowa DNR will be stocking Lake Petocka with trout on January 31 at noon.
LIVE HEALTHY IOWA – 10 WEEK WELLNESS CHALLENGE

January 26–April 3, 2015 Join thousands of Iowans in Live Healthy Iowa’s 10 Week Wellness Challenge.
This simple and affordable challenge provides Iowans an opportunity to improve their health while engaging in a fun, friendly competition.
Over the course of 10 weeks, teams (2–10 people) track activity minutes and/or weight loss through the Live Healthy Iowa website. Each team member has a personal online dashboard to report and monitor progress and access valuable resources.
The Challenge works well for friends, families, businesses, schools or communities looking for an opportunity to get healthy. For just $20, participants receive: Challenge t-shirt; weekly activity, nutrition and recipe tips via e-mail; a personal online tracking page; unlimited access to healthy recipes; health tips and more; opportunities to win individual prizes and team incentives; one-year subscription to a lifestyle magazine; discounted registration to Live Healthy Iowa 5K challenge finale event; free registration to Winter and Summer Iowa Games Fitness Walks and Zumba®.

Divisions
Teams may register in the Minutes of Activity Division, the Weight Loss Division or both. In either case, individuals track and record minutes of activity and weight loss which is used to calculate your team’s percentage weight loss and total activity minutes. Friendly competition among teams is encouraged.

Minutes of Physical Activity Division – Each team member reports the number of minutes they are physically active. Activity minutes recorded should be a result of intentional physical activity, rather than just daily activity. For example, walking to the elevator does not count but intentionally taking the stairs instead of the elevator does count. The goal of the challenge is to increase the time you spend being physically active each day.

Weight Loss Division – Teams are assessed based on the combined weight of all members. Individuals can report their weight online or have their captain submit it for them. Team totals are viewed as percentage lost or gained. Individual weights are only viewable by that individual.

Registration is now open.

There are two ways to register teams for a Live Healthy Iowa Challenge:
1. Multiple teams from a worksite or organization – Live Healthy Iowa’s wellness challenges can be easily administered in worksites or organizations registering multiple teams for participation. In this case, Live Healthy Iowa will assign the entity (worksite, church, etc.) its own Group ID for registration. Each team captain within the worksite or organization will use the Group ID during registration to link their individual teams together. Worksites or organizations who choose to use a Group ID will have the opportunity to monitor participation and track progress of their participants, as well as communicate with participants through the internal message system. Group ID (LHIBONDU)
2. Single teams of friends or family members – Live Healthy Iowa challenges are perfect for a group of friends, husband-wife teams or even co-workers. The fun, friendly competition provides a great opportunity to motivate and support each other in making healthy choices a priority.

MEET OUR NEWEST COUNCIL MEMBERS

MICHAEL REED – Mike has been a Bondurant resident for 8 years. He works at Wolin Mechanical. He is an assistant coach for his child’s ball team. He is a member of First Family Church where he is on the worship (vocal) team and the sound tech team.

ROBERT PEFFER – Bob Peffer has his Masters in Business Administration. He works for the Iowa Department of Human Services as a Social Worker II. He has resided in Bondurant for 11 years now. Volunteering: Big Brother/Big Sisters 1996–98; Habitat for Humanity 2006–08; Special Olympics 1997–2000.

MOTHER/SON DANCE
Sunday, February 22, at Founders Irish Pub.
More details coming soon!

Follow us! www.iowalivingmagazines.com/bondurant   JANUARY | 2015   Bondurant Living 17
People can’t afford to do something right the first time, but they can sure afford to do something wrong over and over again.

When someone finally decides to take charge of his or her life and get healthy there are two complaints we often hear. The first is that it’s too inconvenient to be healthy, and the second is that it’s too expensive to be healthy. To pay for a gym membership, pay for advice from a fitness professional and purchase nutritional products may seem unnecessary to many people who are just starting on their fitness journey. However, it will save you big time in the long run.

To help explain my point, consider this: If your car breaks down and you take it to the shop, they will give you an estimate that is startling. They may say it will cost a couple thousand dollars to fix your car. But they guarantee it will be fixed correctly. But that bill is scary. You’re tempted to seek out a cheaper option to fix your car. You take it to a little shop that says they can do it for half the price. But you soon find out that that small shop took shortcuts and the work did not last. Your decision could ultimately cost you thousands more than the initial guaranteed repair would have from the start.

We as fitness professionals deal with the same thing. A new person comes in and inquires about nutritional products and a gym membership. When we give a price quote sometimes he or she hesitates and contemplates trying to do it alone. We usually hear a response such as “Well, I think I’m just going to do some workouts at my house and try to eat better to see if that gets me anywhere.” Six months down the road he or she is still in the same position of unhealthy habits. Zero success had.

When it comes to your health and fitness, I highly recommend looking at the cost in terms of time, not money. How much time will it take to succeed doing the shortcut option over and over? Will you see fluctuating results? Will you have lasting results? Your health is an investment, not a cost. Being healthy does not have to be an inconvenience if you are willing to see it as an investment rather than an expense. If you take the time to do things right today, you will have more freedoms and better health to enjoy things in the future. If you are forever shortcutting, your life may be full of illness and end way too soon. Invest in you.

Information provided by Matt Sillanpaa, Brick House Fitness, 116 Brick St., Bondurant.
January is one of the most financially difficult times for many customers that we work with. Trying to end the calendar and fiscal year often requires a lot of planning and preparation. Needless to say, I spend a great deal of time discussing quite a few details that often need to coincide with these dates. Unfortunately, people will spend so much time worrying about paying taxes, they often end up tripping themselves in the process.

Over the years I have seen purchases on equipment, vehicles, ground and all sorts of company distributions as a way to try and lower the effective tax rate for the calendar year. When done as part of an effective growth and business strategy, this can be beneficial. The frustrating thing is that most of the time it is a short-term unplanned decision in an effort for quick relief from looming tax consequences. From a lending perspective, you may need to document your ability to generate income to pay long-term obligations or have ability for future growth. The good news is that putting a good strategy together is not difficult, but it does take some planning.

Every good strategic plan for a business starts out with the goals of the company, how it plans to meet those goals and a budget of the resources in order to achieve objectives for the next year. Your plan should begin by enlisting the help of a qualified CPA with references in these areas, your lending partner and your internal leaders. Choosing not to use these resources puts companies at a disadvantage. In this world an ounce of prevention is worth a pound of cure. With good work up front you will be prepared for paying taxes (remember, it could be worse) and making decisions based on your needs for year two, three and so on.

The intention for our customers is to have plans for a long-term vision that is not based on single financial events. We hope to help provide resources for individuals who are able to make decisions based on the overall health of their financial condition. Sometimes this means working out problems, and sometimes this means planning for success. Both require good judgment, patience and having resources to help provide options to handle any situation you may encounter. With the right plan you can rest easy and enjoy the holiday season.

Information provided by Brian Chittenden, executive vice president, Legacy Bank, 515-276-7010.
Everybody knows that when you come to BCL there are lots of services to take advantage of, like checking out an iPad, getting legal papers notarized, gaming and test proctoring. What? You didn’t know this? Read below to find out about our services and take advantage of what we offer:

**Proctor tests.** As a neutral and impartial party we receive directions from your instructor to supervise the administration of your test.

**Notary services.** Notaries are endorsed by a state legislator. Jill Sanders, library director, is the library’s notary.

**Copies.** Black and white copies are 10 cents each, color copies 25 cents each.

**Faxing.** Free cover sheet, first page is $1, each additional page is 75 cents.

**Scanning to email.** Free.

**Inter-library loans.** If we don’t have what you’re looking for, we can try to find it from another library. Your first six items of the year are free; after that, they are $1 each.

**Internet access and free Wi-Fi.** Our new computers are upgraded to Microsoft Suite 2013. We are also a Wi-Fi hotspot and do not require a bagel or coffee purchase or password to log in.

**For check-out.** Books, magazines, audio books, music CDs, story/CD kits, two weeks; DVDs one week.

**Gaming Wii and Xbox.** Sign up and play.

**Reference service.** We provide library users with direction to library materials, advice on library collections and services, and expertise on multiple kinds of information from multiple sources.

**iPads.** Available for check-out for in library use. Please see policy for details.

**February events**

Feb. 2: Early dismissal from school, 2:15 p.m. Card games and hot cocoa.

Feb. 3-4: Story Times, 10:30 a.m. and an additional Story Time at 12:45 p.m. on Feb. 4.

Feb. 9: Early dismissal from school, 2:15 p.m. Glitter pinwheel craft.

Feb. 10: Adult Book Discussion, 6 p.m. BYOB — bring your own book to discuss this month.

Feb. 11: Essential Oils class with Jenny Klinefelter, 6 p.m. Registration is required by Feb. 4, call 967-4790.
Parmesan chicken bake

Add variety to menu regulars

By Jan Allen

Happily New Year everyone! The hope and promise of a new year is here, along with a desire for most of us to adopt a healthier lifestyle. I am no different, and I’m always on the lookout for new and different ways to cook some of our staple foods.

Chicken is one of those foods... we eat it several times a week, but tend to get in a rut with the way to prepare it. I came across this recipe and it sounded perfect. I buy lots of Greek yogurt every week. I use it in some of the baking that I do, but most often use it as a “go to” snack as it has lots of protein but not many carbs.

This recipe combines the yogurt with Parmesan cheese and a couple of other ingredients. It’s not weighted down with high fat sour cream (although I think Greek yogurt tastes much like sour cream) and the Parmesan cheese gives it a yummy, distinctive flavor. You do have the option to use light mayonnaise if you prefer. Serve this with steamed broccoli and cauliflower, green beans or a nice green salad. I hope you like this recipe as much as we do, and best wishes for a healthy, happy new year.

Ingredients
- 4 - 6 chicken breasts
- 1 cup Greek yogurt or light mayo (or combination of each)
- 1/2 cup fresh Parmesan cheese (plus more for the top)
- 1-1/2 teaspoon seasoning salt (NOT regular table salt...a mixture of seasonings)
- 1 teaspoon garlic powder
- 1/2 teaspoon ground pepper

Directions
1. Preheat oven to 350 degrees
2. Place chicken breasts in a baking dish. Combine the Greek yogurt, 1/2 cup Parmesan cheese, and seasonings in a bowl. Slather the chicken with the mixture. (I also put mine on the bottoms of the breasts).
3. Sprinkle the tops of the coated chicken with a generous amount of Parmesan cheese.
4. Bake at 350 degrees for a little over an hour, or until the chicken breasts are nicely browned and chicken is done on the inside. Enjoy!
**FAITH**

Focus on the future

By Rev. Curtis DeVance, Farrar United Methodist Church

In his biblical epistle to the Christians in Philippi (Philippians 3:13-14), St. Paul shared his take on the future as compared to the past (in part here):

“Beloved,... this one thing I do: forgetting what lies behind and straining forward to what lies ahead,…”

St. Paul was focused on the future. His take on the future is for our encouragement and example. He was not at all hesitant or unsure about the future — he was pressing forward into the future.

As great as 2014 may or may not have been, we already are well into 2015. Even though we do not know exactly or precisely what the future holds, we do know who holds our future, whether Christian or not. The One who holds our future is Lord God Almighty, Creator of heaven and earth. By St. Paul’s example, we are to strain forward to what lies ahead.

We can do so because we have God’s promise that He will never forsake or leave us. We have His promise that He loves us and that there is absolutely nothing that can separate us from His love. We have His promise that He shall supply all our need according to His riches in glory by Christ Jesus. We have His promise that He is our healer, that He is our protector, that He is our vindicator and that He is our peace.

At the outset, I stated that the apostle Paul wrote his epistle to Christians. Be it known, however, that God meant it for everybody — the world that He loves according to John 3:16 The Bible’s content applies to me, to you, to everyone. From its content, I am assured that because God holds my future, I can face it with ultimate confidence.

How about you? Focus on — strain forward to — the future.

Who needs life insurance?

Policies aren’t just for married couples

By Glenn Waterhouse, State Farm agent

Life insurance isn’t just for married couples with children. The need for life insurance is much broader.

“Anybody who would experience a financial loss or an emotional loss after a death will need some type of life insurance,” says Marvin Feldman, president and CEO of the Life and Health Insurance Foundation for Education.

Who is it for?

Having dependents of any kind necessitates life insurance. Here are examples:

- **Unmarried couples.** Unmarried individuals may have a significant other who relies on their support. Life insurance can help provide for them.

- **Stay-at-home spouses.** Life insurance isn’t just for breadwinners. It can help cover the cost of replacing the services of stay-at-home parents.

- **Single parents.** These individuals are typically the sole source of support for their children. Life insurance can help provide for children financially should their parent die.

- **Singles.** Single individuals could be responsible for aging parents or may have significant debt. “Life insurance helps make sure those debts are paid,” Feldman says.

- **Retirees.** Insurance can help replace income from part-time work, Social Security benefits, pensions or other employer benefits. It helps spouses continue living as they’re accustomed.

- **Empty nesters.** Older adults may have custody of a grandchild or provide support for other family members. Life insurance may help this care to continue.

- **Business owners.** Life insurance has many benefits for business owners, such as helping protect family members from taking on a person’s professional debt, or providing funds for survivors to buy out the deceased’s interest.

What can it cover?

Beyond paying for final expenses, loved ones can put these death benefits toward paying off debt, financing an education, settling estate taxes, contributing to charity, creating an inheritance, replacing income or replacing employer benefits.

Are there additional benefits?

Some policies also offer living benefits. Whole policies and universal life policies accumulate value that can be tapped as retirement income or used to help cover unexpected expenses. Universal life policies also may have riders allowing chronically ill policyholders to withdraw the face amount during their lifetimes to help cover long-term care costs or to prepare loved ones financially before passing. Decide which type of policy best suits your needs.

Get a general idea of how much life insurance you might need with this calculator: http://www.statefarm.com/insurance/life_annuity/life-calculator/calculator.asp. And for more assistance, contact your State Farm® agent.

Information provided by Glenn Waterhouse, State Farm Insurance, 5441 N.W. 86th St., #100, Johnston, (515) 223-5566.
When I converse with area residents about their homes, their histories and everything local, most need to take time to reflect. The Meislahn family are not most people. I arrived at their home and before we were even sitting down to talk, Jeff was on-point with conversation.

“I always vowed I would never come back, but you can’t beat raising kids here,” he says. Jeff was referencing the fact both he and wife Mindy are born-and-raised Iowans. The busy life of Massachusetts was starting to take its toll on the family. So with sudden family health issues presented and new employment opportunities, the decision to move back was expedited. The Meislahns put their house on the market, and it was sold within six days, allowing their move in 2003.

The decision came down to Pleasant Hill or Bondurant. With concerns regarding school district placement within Pleasant Hill, Bondurant became the obvious choice.

The beginnings of Meadowbrook North were in their infancy then. “It was just a shell at that point,” recalls Mindy. “We had one week to put an offer on this house, and then half a day to pick out the cabinets and countertops and flooring and just everything.”

Once completed and settled in, the house has remained relatively unchanged, aside from landscaping, sink changes and other small projects. Built before the collapse of the housing market, the house was made to last, and it shows in the low maintenance it has required. During my visit, the ground level family room was decorated for Christmas, showcasing the warmth of the Meislahn family and the home’s coziness.

With a senior in high school, and three other children, the house is always buzzing with activities. Mindy is active in the church community, working at Bondurant Federated, and Jeff is a financial advisor for Principal.

“When we moved here, it felt a lot smaller. Of course, the older people are saying it hasn’t felt small for a long time,” says Jeff. “It’s just strange. We have pictures of the kids on a big dirt mound behind the house. That was all just open field, and now it’s all houses.”

“We’ve threatened to move. Just because I hate winter, and I hate ice, but we’ll stay,” laughs Mindy. “Yeah. We love it here, our kids love it here… we’ll stay,” agrees Jeff.

Would you like your home featured in this column in an upcoming issue of Bondurant Living? If so, email Darren Tromblay at darren@dmcityview.com.
Man of many miles

Fenton calls himself “modern day cowboy”

By Shelby Hagan

Conrad “Sunny” Fenton, a California native, has been riding “cycles” for years. He purchased his first one when he was 16 years old.

His garage is covered in Sturgis flags, pictures, bicycles and a royal blue Harley Davidson Heritage Softail, which is his third one. He’s also owned Kawasakis, Yamahas and more. There is one thing that Fenton hasn’t owned: a car.

“I’ve only owned cycles and trucks,” he says. “Harley Davidson used to mean ‘hundred-dollar,’ now it means ‘high dollar.’ ”

Fenton has ridden the lower 48 of the country and plans to ride in Alaska sometime in the near future. He also has traveled to Mexico and Canada.

“You meet a lot of people on the road,” he says. “I have a lot of good friends all over the country; they call me ‘Pony Express.’ ”

He would ride 5,500-6,000 miles a year but has slowed down since moving to Iowa.

“The weather and animals have slowed me down,” Fenton says. He and his wife, Wendy, recently moved to Iowa for their two kids.

“That’s the only time it’s been trailered,” he says. He pointed to a scratch on the bag, which happened during the move.

He continues to talk about how a lot of people trailer their bikes to go ride.

“I still carry a hard map,” he says as he pulls it out. He refuses to use a GPS. Fenton and his buddies ride a lot of the red highways and rarely ride interstates.

As Fenton talked about his many stories from the open road, he refers to it as being a “modern day cowboy.” He and his friends ride back roads, stop where they want to stop and camp.

“The outdoors is amazing, but can be dangerous,” he says. He recalls when he and a few friends were camping one night when they heard some noise.

“You could hear something scratching,” Fenton says. When they woke up, they found a long hair next to his buddy’s bike. They later concluded a bear was using the bike to scratch when they met a park ranger down the road. A bear was apparently feeding on a buffalo carcass, which was only a few miles away from their camp.

Fenton is able to ride a lot more since he owns his own business. He looks forward to warmer weather so he can put more miles on his cycle.

“I will make it to Alaska sooner than later,” he vows.

Contact Darren at 953-4822 ext. 304 or darren@dmcityview.com to recommend someone for an upcoming issue of “What’s In Your Garage?”
OUT AND ABOUT

Robert Wilson gets in some exercise clearing the walk on Jan 6. in Bondurant.

Emerson Frigo making play dough at The Birds Nest on Jan 6.

Kaylen Torrence playing with homemade play dough at The Birds Nest on Jan 6.

Braylon Michels making art creations at The Birds Nest on Jan 6.

Courtney Jackson making art creations at The Birds Nest on Jan 6.

TJ Whiting plays a card game on Jan. 6 at The Birds Nest.

Gavin Lyman creates a domino maze at The Birds Nest on Jan. 6.

Carter Bjorklund shows off his dance moves at The Birds Nest on Jan. 6.

Dawson Minor creates a Lego masterpiece at The Birds Nest on Jan. 6.
OUT AND ABOUT

Skylar Kula at the Brick Street Market Meet Santa event on Dec. 6.

Grace and Mary Lohse at the Brick Street Market Meet Santa event on Dec. 6.

Lincoln and Alex Mernka at the Brick Street Market Meet Santa event on Dec. 6.

Lanie Pinkley at the Brick Street Market Meet Santa event on Dec. 13.

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Whether you’re one person trying to plan for retirement, or a growing business looking out for your employees, sometimes your goals seem just out of reach. Fortunately, The Principal® can help. We offer a wide range of products and services, from investments and insurance to retirement plans and benefit packages. In fact, we’ve been putting the very best solutions within reach for more than 130 years. So, with us, even your toughest financial challenge may be, well, a slam dunk.

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Beaver trapped in Mud Creek

Lyle and Robby Sylvester caught the biggest beaver either have ever caught, in Mud Creek located behind the wastewater plant in Bondurant. The animal weighed in at 67 pounds. Beaver dams cause problem for Bondurant residents. Trapping beavers prevents the dams.

Residents encouraged to participate in challenge

Live Healthy Iowa’s 10 Week Wellness Challenge encourages Iowans to make healthy lifestyle changes, and the Bondurant Wellness Coalition urges Bondurant residents to participate. Registration for this simple, affordable and fun competition opened Dec. 15. The challenge kicks off on Jan. 26.

“The Live Healthy Iowa 10 Week Wellness Challenge is a great wellness initiative, and we are encouraging all residents to participate. It is the perfect way to improve the health of Bondurant through activity, weight loss and peer support while having fun,” says Shelby Hagan, recreation coordinator for the city of Bondurant.

As part of the Challenge, participants form teams of two to 10 adults to motivate and support each other in achieving their fitness and weight loss goals. Each week, team members report physical activity and/or weight loss as part of a friendly competition among friends, family and co-workers on other challenge teams. Participants have the opportunity to win a four-night tropical cruise for two, gift cards, bikes, fitness shoes and more great prizes. Each participant will receive an official challenge T-shirt, one-year magazine subscription, discounted registration in one of 15 statewide Live Healthy Iowa 5K events, access to tools and resources on Live Healthy Iowa’s website and much more.

Businesses, communities and schools are encouraged to participate and compete in the Corporate, Community or K-12 Cup Challenge. Specifically, the Community Cup Challenge will engage cities, counties or regions in a healthy competition. The winner of the Community Cup Challenge will be determined by the highest percentage of people who start and complete the adult challenge in addition to participants in the kids’ version of the challenge as compared to population data from the U.S. Census Bureau. The winning community will be recognized and will receive the traveling trophy, currently held by Allamakee County.

“The Live Healthy Iowa Challenge will be great for those involved and for the community as a whole,” says Hagan.

For more information, contact City of Bondurant at (515) 967-2418. Or visit www.livehealthyiowa.org.


OUT AND ABOUT

Christmas story time at the Bondurant Library on Dec. 16.

Senior citizens enjoying their meal in the Media Center of the Bondurant-Farrar High School on Nov. 10.

Student Council students preparing the trays for seniors on Nov. 10.

The Bondurant-Farrar Choir Group singing holiday music before the dinner on Nov. 10. The annual dinner for senior citizens is sponsored by the student council.

Bondurant-Farrar Speech Team performs a choral reading after the dinner for senior citizens on Nov. 10.

Nora Say, Makayla Say, Amanda Say and Margaret Christen at the Bondurant Library for story and craft time on Jan. 6.

Nora and Makayla Say at the Bondurant Library for story and craft time on Jan. 6.

Jennifer Campbell and Shelby Kesling at the Bondurant Library on Jan. 6.

Nora Say, Makayla Say, Amanda Say and Margaret Christen at the Bondurant Library for story and craft time on Jan. 6.
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