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BONDURANT

APRIL 2022

Living

MAGAZINE

ON THE road

Residents share their
experiences of driving
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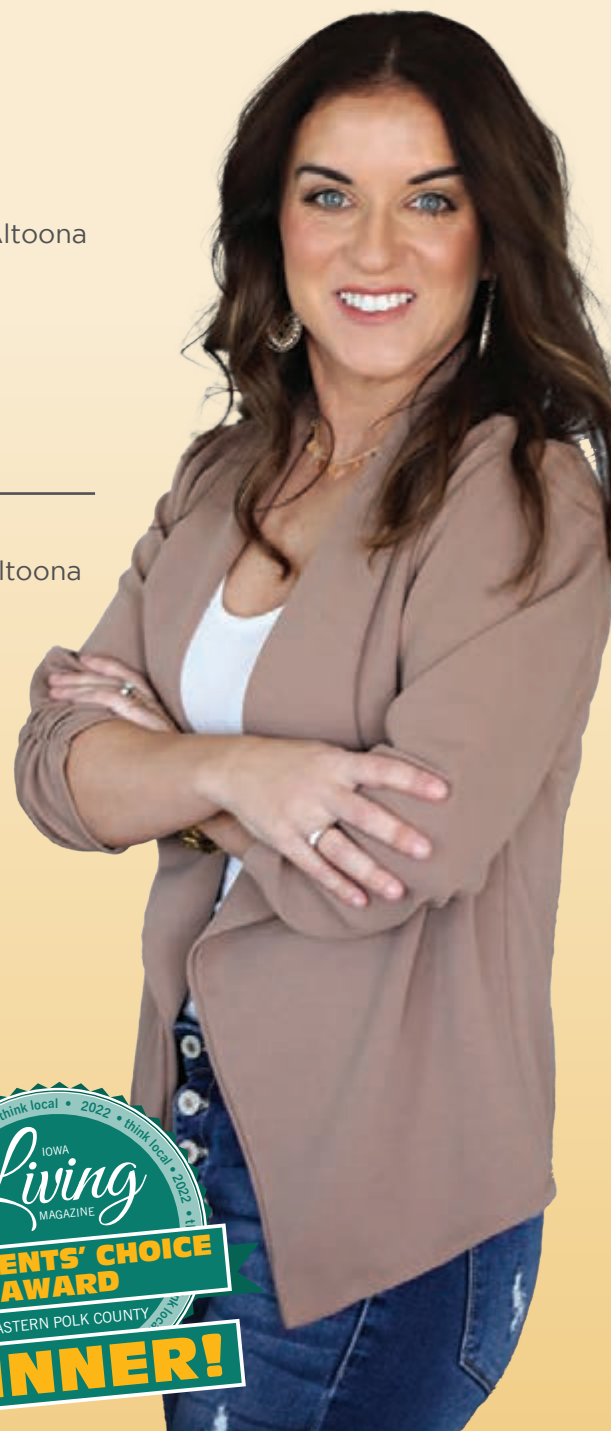
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WELCOME

ROAD warriors

I used to like to drive. I really did. That was prior to 1993. Life changed after that.

It was 29 years ago when I started publishing Car & Truck Market magazine, an automotive photo publication that featured images and descriptions of thousands of vehicles and other stuff to buy, sell or trade. These were the days before the Internet was commonplace, and publications like these were effective in selling stuff — and were fun to read.



I started our Iowa edition from scratch, building a distribution network and selling ads to auto dealers starting in eastern Iowa and working west across the state. I would build a territory up and then hire a sales and delivery rep to take it on. And do that again. And again. And again. It was an effective strategy and a successful business, but it required a great deal of travel on Iowa's roads and highways. As much as I enjoyed exploring nearly every community in the state, I also grew tired from my time on the road. I rarely stayed in hotels but drove back home every night to see my bride, and then I started the process again early the next morning. The miles on my car — and on my body — added up.

When the weekends rolled around, the last thing I wanted to do was get in a vehicle and drive somewhere. But, like many of you, that is what I did. To see friends. To visit family. To travel on vacations. Jolene knew my weariness from being on the road, and she often opted to take over the driving, which I appreciated greatly.

We sold Car & Truck Market magazine to the Auto Trader company in 1997, and my time on the road cut back immensely. Meanwhile, Jolene's drive time continued through the years, as she is still the one who drives the most often when we travel together. Many of my male friends laugh at this, insisting that driving is the manly thing to do. Maybe, but I can find other ways to express my manhood, and I am perfectly comfortable with my wife behind the wheel. I have also become quite proficient at sleeping in the passenger's seat.

Today, I don't travel as much as I used to, but there are many road warriors out there who make their living on the road. We are pleased to share some of their stories in this month's cover.

Thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com

FREELANCE WRITER WANTED: Bondurant Living magazine is looking for a freelance writer who is familiar with the community and would enjoy featuring the stories of Bondurants in our magazine. If interested, email tammy@iowalivingmagazines.com.



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FEATURE

ON THE *road*

Residents share their
experiences of driving
for a living

By Lindsey Giardino

When it comes to driving for a living, many who choose to do so say they enjoy being behind the wheel. Maybe it's the challenge, the independence, the freedom of the open road or just the joy of being able to turn the radio up and sing out loud. However, while they may enjoy their livelihood, they are also keenly aware of the responsibilities on their shoulders. No matter what type of vehicle they drive, many say foremost in their minds is the safety of their cargo — be it the people they transport or the goods they haul — as well as their own safety and that of others on the road.

FEATURE

Lifelong dream come true

When Justin Hutton was a kid, he was enamored with “big trucks.”

When he became a teenager, he took that interest and learned how to drive them, helping farmers on weekends during harvest. In his 20s, he even took a long weekend to help on the wheat run harvest in Kansas. Hutton had three friends who were over-the-road truckers, too, and went with them on many trips.

An electrician by trade, Hutton started working as a subcontractor on Casey’s stores in 2004, which required him to travel every week. In 2009, he started Hutton Electric and continued with Casey’s for the next few years. During that time, Hutton purchased a semi to pull his job trailer.

With that semi, Hutton eventually started pulling a refrigerated trailer for a brokerage company out of Ankeny.

In total, Hutton has driven through 38 states, hauling everything from refrigerated products to a flatbed

trailer with farm equipment.

“My favorite part of the job was driving down roads I’ve never been on,” Hutton says. “I really enjoy looking at different varieties of plants being produced in different regions, different terrains, and many different animals in different places. I just turn up my music and sing and enjoy the scenery, unless I’m stuck in traffic.”

Over his commercial driving career, Hutton mostly drove at night. Many of his delivery appointments were scheduled before 6 a.m., and he says being on time in trucking is checking in an hour early.

“I chose the earliest appointments to avoid rush hour traffic,” he says, explaining that the delivery process averages about three hours but can take anywhere up to 18 hours to get unloaded.

One of Hutton’s favorite driving memories is from a trip he took from Chicago to South Carolina.

“Driving down 77 through West



Justin Hutton has driven through 38 states, hauling everything from refrigerated products to a flatbed trailer with farm equipment.

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FEATURE

Virginia, Virginia, North Carolina and South Carolina was beautiful, and the historical significance of the Civil War in that region amazed me, especially how the soldiers could navigate and keep their stamina to march those hills and mountains,” he says. “Then I came back through Knoxville, Tennessee, and saw the Cumberland Gap and traveled through Lexington and Louisville with the cobblestone walls. Kentucky Derby horse country was just amazing.”

About a year ago, Hutton quit driving because he had been living on the road for 16 years and was ready for more home and family time. While there were some downsides to his career as a driver, including enduring long wait times at a facility and dealing with distracted drivers on the roads, he loved his job nonetheless.

Hutton does have a word of advice for folks when they encounter semis while driving.

“These vehicles are large, cannot stop in as short of a distance as a car, have large blind spots and make wide turns,” he says. “Be patient, give them room and observe their turn signals.”

Pandemic prompts side job

Emily Barnett signed up to drive for Shipt, a company that delivers everything from groceries to household essentials, right when the world shut down due to COVID-19.

Barnett is a teacher, and since schools had closed, she had a lot of free time and needed something to do.

She recalled the application process was easy. She simply went online, filled out a form with personal information and recorded a video of herself answering customer-service oriented questions.

Two years after she initially became a driver for Shipt, Barnett continues to work for the company.

A typical day for Barnett involves her going to school during the day for her teaching duties. Then she comes home and spends time with her family. Once her young kids are asleep, she opens the Shipt app to see what's available. Once she accepts an order, she heads to the store to shop for the person's items. She messages the customer at the store to make sure she's not missing anything, checks out, then heads to the person's home for delivery.



Emily Barnett finds it most convenient to make deliveries after her young children are put to bed. She finds the time alone to be a good break from a hectic day.

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OBSTETRICS & GYNCOLOGY

Pictured from left to right: Jessica Bottenfield-Berlin, ARNP, CNM; Kari Ward, DNP, ARNP, CNM; Amy Bingham, MD; Larry Lindell, MD; Kaaren Olesen, DO; Sarah Bradbury, DNP, ARNP, CNM. Not pictured: Kay Frye, ARNP.

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“Their friend was going through some rough stuff, and they lived in a different state. They ordered their friend’s favorite food and drinks and had me deliver them. It was a special moment to be a part of surprising this person.”

— Emily Barnett

Once a delivery is made, she heads back to the store to do the same thing over again for other customers.

“My favorite part of the job is having what I call productive alone time,” she says. “I have three kids under the age of 5. My life is crazy and hectic. I enjoy going out at night when everyone is sleeping, going grocery shopping and delivering those groceries. I also pick up random things my household needs while I’m out, so I’m able to kill two birds with one

stone.”

Barnett explains, when she accepts an order, the Shipt app only pays anywhere from \$6 to \$10. Most orders take an hour, which includes driving time, shopping and checking out.

“We rely on tips just like any other service industry,” she says. “There are nights where no one tips, and I have worked for several hours for only the \$6 base pay.”

Even still, the good parts of the job outweigh the bad, which keeps Barnett driving.

“One of my favorite memories is from when someone ordered several care items and purchased a gift bag and tissue paper,” she says. “They requested that I put everything into the gift bag and leave it on their friend’s porch. Their friend was going through some rough stuff, and they lived in a different state. They ordered their friend’s favorite food and drinks and had me deliver them. It was a special moment to be a part of surprising this person.” ■

Bondurant-Farrar Community School District **SUPPORT STAFF JOB FAIR**

Event Details:

- Open house event
- No registration needed
- Bring copies of resume
- Option to apply onsite

We're Hiring:

- Bus Drivers
- Custodians
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- Paraeducators

Hourly Rates to Increase:

Pay rates anticipated to increase for the 2022-23 school year, with most support staff starting at \$15/hour.

Bus drivers anticipated to start at \$25/hour with 90 minutes guaranteed, per AM and/or PM shift. Paid training and \$500 signing bonus offered.

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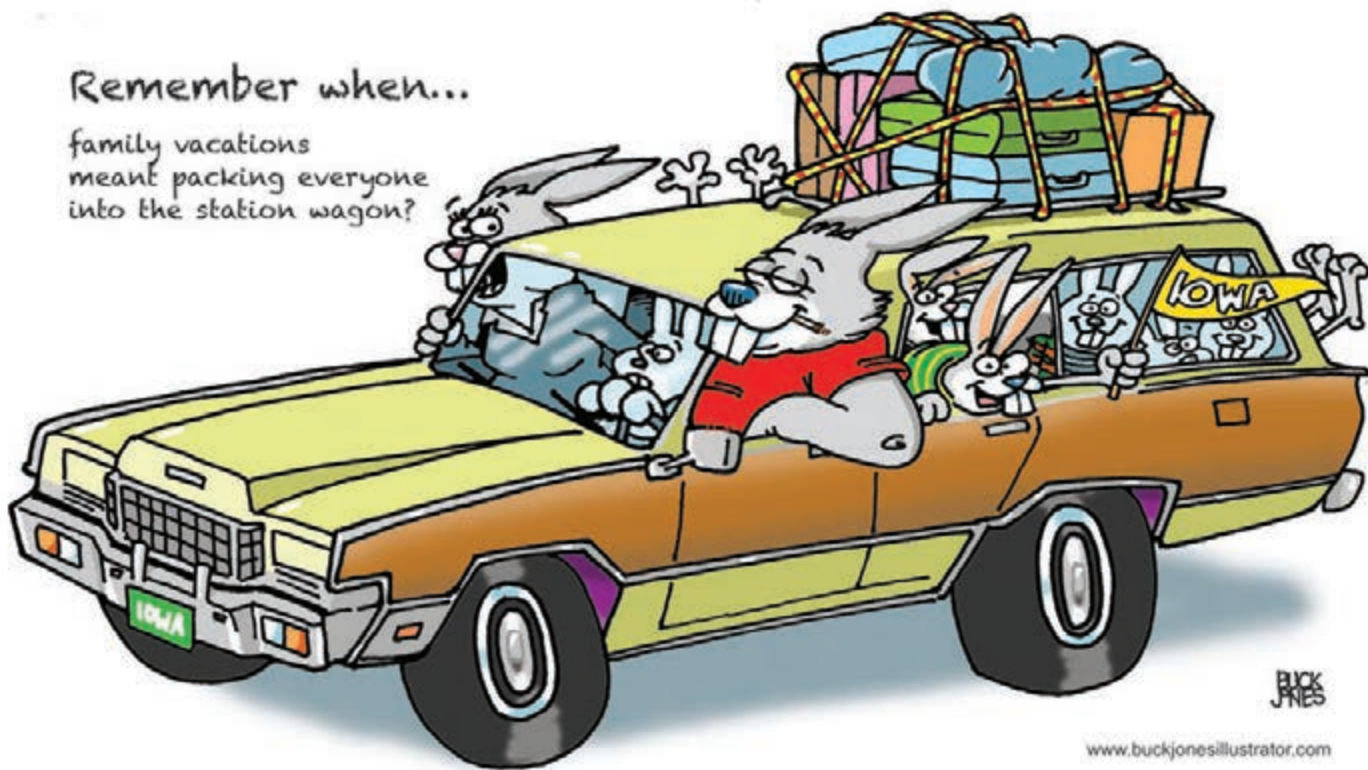


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PARK AND RECREATION ANNUAL REPORT

As 2021 progressed, the global pandemic rates decreased, the state's authorities lessened restrictions, and the country was able to gather in person again. Bondurant Parks and Recreation was able to host events in a safe manner during 2021. Find their report on the city's website.

MAYOR'S QUARTERLY REPORT

The Honorable Mayor Doug Elrod will be publishing a quarterly report highlighting the City's focus areas, upcoming challenges, and successes. Make sure to read the first quarter report of 2022 on the city's website or sign up for The Bounce by contacting the Communications Department.

REMINDER

Since the weather will get warmer and events are being planned don't forget to file a Special Events Application, Mobile Food Vendor Permit Application, Solicitor's Applications, or Noise Permit. Find the forms online and see who is already permitted.

CITY'S BUDGET IS SET FOR FY22/23

Find the City's projected budget details on the NEW transparency website. Learn where the property tax money you pay goes. Understand what service enhancements have been or are going to be made. All details on the city's website.

WANT TO SAVE MONEY ON WATERING YOUR LAWN? FIND OUT HOW!

Bondurant City Hall has "second meters" for sale that track your outdoor water use. With the additional meter you will not be charged sewer fees for the water used from the outside faucet(s). This would be an advantage to the homeowner who uses large quantities of water from their outside faucet(s). If you don't own a "second meter" consider one. Call city hall today.

NEW AND IMPROVED PROJECTS WEBSITE

The new and improved project's website will define all the projects the City of Bondurant is working towards or has worked on, which include Tennis and Pickleball Courts, the sewer lining project, the solar panel project, and more. This is a great tool to keep current.

PLANNING AND ZONING COMMISSION ANNUAL REPORT

In 2021, land was annexed into city limits, land that was rezoned, and some land was planned for development. The plans included High Point Estates, the Dollar General Store, Shiloh Rose Business Park, Midland Credit Union, the new Downtown Building, and more. All details on the city's website.

EVENTS:

BONDURANT'S CITYWIDE GARAGE SALE

Saturday, May 7

Residents and garage-sellers alike must abide by single-side of the street parking and no parking zones. Please be courteous and careful of all pedestrians in the area. Add your garage sale to the map on YardSalesTreasureMap.com or download the app "Garage Sale Map - gsalm.com"

NATIONAL PUBLIC WORKS WEEK

Take time to thank a faithful Public Works employee and pay them appreciation for keeping Bondurant beautiful **May 15-21**.

NATIONAL EMS WEEK

When it comes to medical emergencies these frontline workers are what comes between you and getting the care you need. Make sure to show them appreciation during **May 15-23**.

NATIONAL BIKE MONTH

The entire month of May participate in Bike Month Bingo. Find Bike Month Bingo on the City's website. Turn in completed bingo cards to Bondurant Parks and Recreation Department for a small prize.

YOUTH FISHING DERBY

June 4 at Lake Petocka starting at **8:30 a.m.**

ART IN THE PARK

June 10 at City Park brought to us by Creative Geniuses. Registration is required. Opening soon.

BONDURANT'S ANNUAL SPRING CLEAN UP

Saturday, May 14

One day only and for residents within city limits. Details on the city's website.



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BEFORE YOU GO

By Jan Shawver

WRITING your obituary

When making prearrangements for my own future burial, I was encouraged to write my own obituary. My first response was "WHAT?", but I soon realized that I had the opportunity to share final words with family and friends about what was really important to me.



So, what should be included in an obituary? Obviously, vital statistics such as full name, date of birth and death, family survivors (parents, siblings, spouse, children and grandchildren), where you worked, church you attended, clubs and organizations in which you were involved, military service, etc. Often there is also a listing of close family members who have preceded you in death. You may also include information about special interests and hobbies. (For me, it was my interest/involvement in music from the age of 3.)

You should also include space to list the funeral home, dates and times for your funeral/memorial services.

An obituary may be as detailed or as general as you want to make it. Most funeral homes will post your obituary on their website. You also have the option of having the obituary printed in the local newspaper.

Writing your own obituary may seem strange, but it gives you the opportunity to be remembered for what is truly important to you.

Give your family a gift of love and care for your future end-of-life needs now. ■

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

CREDIT COUNSELING

By Tom Coates

MONEY and marriage

It's been said, "Teamwork makes the dream work!"

That holds true in a marriage, too. Studies have shown that couples who work together as a team when it comes to money are more successful with budgeting, debt management and savings. Many marriages start off with one or both spouses having debt. That is a common scenario nowadays with student loans, credit cards, car loans and other kinds of debts. Problems arise when couples play the blame game or refer to debt as yours vs. ours.

Savings and goals are usually referred to as "ours," so the debt within a marriage should be, too. Finances are an important talking point before marriage, of course, but even more so after the wedding bells have rung. Money should be an ongoing conversation. It is common that one spouse handles the bill paying, but that does not mean that same person should shoulder the whole financial burden of making sure goals are met. Some couples find that scheduling a regular "date" night where they can go over the last month's budget, goals, debts and issues is helpful. Sharing that burden or load is important in a marriage. Money issues are a common cause of divorce. Being honest about debts, talking through financial strains, sharing the burden, and brainstorming as a couple only serve to strengthen most relationships. If you are having issues dealing with money as a couple, consult an unbiased third party to help get you on track. ■



Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, 515-287-6428.

WHAT a clue

My family enjoys playing board games. Recently the four of us sat down for a family game night and pulled out the game Clue. In this game, the person who guesses the right person, place and weapon wins. Typically, you go many rounds guessing, and, through the process of elimination, someone eventually gets to the right combination. This time when we played, something happened that I had never seen before. After pulling out the board, laying out the pieces, shuffling and selecting the cards, my son with the first turn in the game correctly guessed the right combination of person, place and weapon. We all sat stunned. I know he didn't cheat as I selected the cards when he wasn't there (and he's a very honest kid). Mathematically, the chances are 1/342 of that happening, which means if you play enough Clue, it can happen, but it's still amazing when it does.



In the Old Testament of the Bible (all of which happens and is written before Jesus is born on earth), there are hundreds of prophecies of the coming Messiah, later known as Jesus. Peter W. Stoner, who was a math professor at Pasadena City College, calculated the mathematical probability of one person in the first century fulfilling just eight of these Old Testament prophecies to be 1/100,000,000,000,000,000. To put that in perspective, the odds of winning the Powerball lottery are 1/292,201,338.

To believe that a guy randomly fulfilled these prophecies would be to believe in something essentially statistically impossible. Instead, the fulfillment of all these prophecies gives us hard evidence to believe that the Bible is supernaturally inspired, and the plan of redemption it offers us is worthy of us trusting our life to it. Christianity isn't a blind faith, but instead a faith based on evidence.

We recently celebrated Easter where we remember the death, burial and miraculous resurrection of Jesus. The Apostle Paul in 1 Corinthians chapter 15 points his readers to the evidence of Jesus fulfilling Scripture, then being supernaturally raised from the dead, an event validated by hundreds of people they personally would have known. Paul boldly states in verse 14, "And if Christ has not been raised, then our preaching is in vain and your faith is in vain."

The tomb was either empty or it wasn't. Jesus was either raised from the dead or he wasn't. The clues all point to an empty tomb, a raised Jesus, and a fulfilled promise by God. Let's stand in awe of the miracle of Jesus. ■

Information provided by Mark Spencer, Lead Pastor, First Family Church Bondurant, 515-587-5930.



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WHERE WE LIVE

By Lindsey Giardino

COMMUNITY of support

Hutchinsons live, play and work in Bondurant.



Kris and Joni Hutchinson and eldest daughter Emma have appreciated the support the community provided during youngest daughter Ava's illness and since her passing.

Kris Hutchinson and his wife, Joni, appreciate many things about the Bondurant community, including a feeling of camaraderie.

The couple moved to town in 2005 because they wanted to raise their children in a smaller community — something in between city and country living. They say they found that in Bondurant. Their oldest, Emma, was nearly 3 years old at the time, and their youngest, Ava, was on the way.

The Hutchinsons built their home and are glad they have their three-car garage and large yard.

"We spend a lot of time outside, and we have two dogs, so the yard gets a lot of use," Hutchinson says. "When the girls were little, we loved having a fenced-in play area for them. Now, instead of a trampoline and swing set, we are filling the space with vegetable and flower gardens."

The Hutchinsons also appreciate their neighborhood, with neighbors who are both friendly and supportive.

"If someone is in need of assistance, big or small, you can count on a neighbor to step up and help," Hutchinson says. "Our street originally ended in a cornfield, but now there are more houses and a park with a butterfly garden in my daughter Ava's honor."

Ava passed away from cancer in 2017, and the park was installed in the summer of 2018.

"Our 4-H club, We XL, worked with our community to fundraise, design and build this beautiful garden," Hutchinson says. "Also, if you drive down our street at night, you will find pink and purple lights on at each home in Ava's honor. These lights have been shining since 2017. I am

WHERE WE LIVE



“If someone is in need of assistance, big or small, you can count on a neighbor to step up and help.”

— Kris & Joni Hutchinson

so grateful for this gesture of support.”

Each year in August, the Hutchinsons hold a community blood drive in Ava’s honor at the Bondurant Federated Church. At this event, they also collect contributions to other organizations like Bondurant schools and the Ronald McDonald House.

This past month, the family also participated in St. Baldrick’s — a fundraising event for childhood cancer research.

“This was my 15th year shaving my head for St. Baldrick’s,” Hutchinson says. “Our community organizes this fun event each year with live music, food and entertainment for the whole family.”

While a lot has changed for the Hutchinson family since they moved to Bondurant in 2005, they still feel it’s been the best place to raise their children.

“Our oldest, Emma, is currently in college studying to be a special education teacher,” Hutchinson says. “She attributes part of that decision to the influence the Bondurant teachers had on Ava. Last year, we started our own real estate business, and our brokerage office, Re/Max Hilltop, is located in Bondurant, so now we can say we live, play and work in Bondurant.” ■

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CoolTone™ Important Safety Information The CoolTone™ procedure is not for everyone. You should not have the CoolTone™ treatment in areas with metal, electrical, or electronic implants/devices like cardiac pacemakers, implanted hearing devices, implanted defibrillators, implanted neurostimulators, drug pumps, or hearing aids. Tell your doctor if you have any medical conditions as CoolTone™ should not be used over a menstruating uterus, over areas of the skin that lack normal sensation, in patients with fever, malignant tumor, hemorrhagic conditions, epilepsy, recent surgical procedure, pulmonary insufficiency, or pregnancy. CoolTone™ should be used with caution in patients with Graves' disease (an autoimmune disorder that causes overactive thyroid), active bleeding disorders, or seizure disorders. Women who are close to menstruation may find that it comes sooner, or cramping is increased or intensified with CoolTone™ treatments, therefore, it is recommended to not undergo treatment during this time of the month. CoolTone™ should not be used in the heart or head areas, areas of new bone growth, over the carotid sinus nerves, or over the neck or mouth. CoolTone™ should not be applied over swollen, infected, inflamed areas or skin eruptions. Caution should be used for patients with suspected or diagnosed heart problems. Common side effects may include, but may not be limited to, muscular pain, temporary muscle spasm, temporary joint or tendon pain, and redness at or near the treatment site. Ask your Healthcare Provider if CoolTone™ is right for you. Please see full Important Safety Information on coolsculpting.com.

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SUSTAINABLE family meals from farm to table

(Family Features) Much time is often spent planning and preparing family meals, from choosing recipes to gathering ingredients and working in the kitchen. However, where that food actually comes from and how it's made is an often-overlooked part of food preparation.

Next time you lay out a weekly menu that includes recipes like this Bone-In Prime Rib, keep sustainability in mind by considering the practices put in place by America's farmers. For example, the corn industry's evolution in sustainability along with its documented environmental, economic and social improvements over the last several decades points to farmers' willingness to embrace change.

As the largest sector in American agriculture, corn farmers impact hundreds of thousands of jobs, infuse billions of dollars into the economy and care for critical resources while overseeing substantial improvements in production.

The family farm belonging to Nathan and Nicki Weathers in Yuma, Colorado, includes 3,000 acres of irrigated crops and 300 cows. They harvest grain corn, which goes to a feedyard, dairy or an ethanol plant, and silage, which is sold to local feedyards.

According to Nathan, corn is the best feed available for his farm and makes his beef production more sustainable.

"They go hand in hand," Nathan said. "To be able to drive the protein market and meet the demands of the future, we have to be sustainable in both. We need to have protein and be able to grow it and have a feed source for pork and poultry. Corn is an efficient and economic feed source for all our protein." ■

Bone-in prime rib

Recipe courtesy of chef Jason K. Morse, C.E.C., 5280 Culinary, LLC, and Ace Hardware Grill Expert on behalf of the Colorado Corn Administrative Committee

- 1 bone-in prime rib roast (8 pounds)
- Oil
- 5280 Culinary Rub-a-Dub seasoning, to taste
- 5280 Culinary Island Boys Coffee seasoning, to taste



Photo courtesy of Getty Images

Directions

- Remove roast from packaging and place on large sheet pan. Drain juices and warm at room temperature 20 minutes. Starting at tail on bone side of roast, cut bone along ribs, between meat and ribs, to back side, separating bones from meat.
- Rub prime rib with light coat of oil. Season on all sides and under bone with blend of seasonings. Return bones to bottom side and, using butcher twine, secure in two to three areas by tying bones to meat. Wrap in plastic wrap or place in pan and refrigerate 12-16 hours.
- Preheat smoker or grill to 200 F and load with preferred smoking wood chunks, if desired.
- Place prime rib on grill rib side down, fat side up, allowing drippings to collect in drip tray. Increase heat to 350 F. Close lid and cook, uncovered, until desired doneness is reached.



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'When We Were Birds'

I can write this review in one sentence: This might be the perfect magical realism novel; go read it.

Yejide has a complicated relationship with her mother, to say the least. Bitterness and neglect and a strange family burden crack the mother-daughter relationship beyond repair. When her mother dies, Yejide is left adrift with an unwanted inheritance. She is now responsible for shepherding the dead souls in her city to the afterlife. She soon finds herself at the gates of Fidelis, Port Angeles' oldest cemetery, where she meets Darwin, a soon-to-be gravedigger who has cut ties with his Rastafarian roots in order to provide for his family. Darwin and Yejide both have battles to fight with the past to find healing, love and what family really means. These powerful, beautiful characters lead the way into a soaring, immersive story that I literally couldn't put down.

This book is bittersweet, rapturous, immersive and oh-so-gorgeously written with not a single word out of place. Ayanna Lloyd Banwo has created a rich, tender and heartbreakingly human story that's better than good; it's truly magical. ■ — *Review by Julie Goodrich*



By Ayanna Lloyd Banwo
03/15/22
304 pages
\$27
Doubleday Books

'Wild and Wicked Things'

A retelling of "The Great Gatsby" with magic and gay witches? Sign me up. It's always fun for me to find a new author doing interesting things with old stories. Some stories are so ubiquitous as to be engraved in our bones and lose their wonder in the bargain. In the right hands, though, something old is new again, teaching new lessons and sparking that old joy with a new sheen.

Annie came back to Crow Island to settle her father's affairs after his death. She didn't come back to be roped into a decadent and slightly menacing crowd of wealthy, illegal magic users. Yet, her best friend Bea draws her in against her will, and suddenly murder, romance, secrets and dark magic all turn Annie's world upside down.

Set in the post-WWI jazz age, where the wealthy seemed like almost another species, the addition of magic and unwise romance just add to the dark, lyrical writing to make a fantastic story. I adored this book and can't wait to see what Francesca May does next. ■ — *Review by Julie Goodrich*



By Francesca May
03/29/22
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EVENTS IN THE AREA

Be sure to check for cancellations.

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

A Piece of Bondurant

Saturday, April 30, 5:30-9:30 p.m.
BrickHouse Fitness, 86 Paine St.
S.E., Bondurant

A Piece of Bondurant returns. Food and drink will be available and musicians will be playing live music. Visit this showcase of what Bondurant has to offer.



Coloring Night at The Rails

Wednesday, May 11, 5-7 p.m.
Reclaimed Rails Brewing
Company, 101 Main St. S.E.,
Bondurant

Come for a night of relaxation with friends and family. All supplies are provided by the library, but feel free to bring your own, too. Enjoy a pint and let your creativity flow.



Books on Tap

Tuesday, May 17, 6-7 p.m.
Reclaimed Rails Brewing
Company, 101 Main St.
S.E., Bondurant

Looking for your next great read? Have you just read the best book? Join the group at Reclaimed Rails for a pint and a chat about what you are currently reading.



Citywide Garage Sales

Saturday, May 7,
8 a.m. to 4 p.m.
Around Bondurant

If you enjoy garage sales, the citywide event is a don't-miss opportunity to enjoy a day full of fun when garage sales are aplenty.

Citywide Spring Clean Up

Saturday, May 14, 6 a.m.
Bondurant

Spring Clean Up is an opportunity to get rid of unwanted trash that won't fit in your garbage cart or may require a large item sticker. Examples include a couch, desk, lamp or chair. When you're considering getting an item out for Spring Clean-Up, ask yourself: Can two people lift it? Is my pile smaller than the bed of a pick-up truck? If the answers to these two questions are yes, then kick those items to the curb by 6 a.m. on May 14. These items will not be picked up:

- Appliances, TVs, computers, monitors, appliances (purchase a large items disposal sticker at City Hall for these items)
- Tires (take these to the Public Works Maintenance Shop at 306 First St. N.W. on Saturday, May 14, 8 a.m. to 4:30 p.m. Limit five tires per household and no businesses.
- Hazardous waste (take these items to the Metro Hazardous Waste Drop-Off located at 1105 Prairie Drive S.W., Bondurant. TVs, computers, and paint are recycled for a fee.

Only residents on city services are eligible to participate in the Spring Clean Up. If you have questions about your neighborhood, call City Hall at 515-967-2418.

Book Discussion for Adults

Tuesday, May 10, 6-7 p.m.
Bondurant Community Library,
104 Second St. N.E., Bondurant

Join the group at the library or via Zoom to discuss this month's selection. Call the library for the Zoom invitation if needed, 515-967-4790. Book is "Man's Search for Meaning" by Viktor Frankl. Psychiatrist Viktor Frankl's memoir has riveted generations of readers with its descriptions of life in Nazi death camps and its lessons for spiritual survival. Based on his own experience and the stories of his patients, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. At the heart of his theory, known as logotherapy, is a conviction that the primary human drive is not pleasure but the pursuit of what we find meaningful. "Man's Search for Meaning" has become one of the most influential books in America; it continues to inspire us all to find significance in the very act of living.



Senior Citizen's Club

Monday, May 16, 9:30 a.m.
American Legion Hall, 315
Second St. N.W., Bondurant

Senior Citizen's Club meets at 9:30 a.m. in the American Legion Hall on the third Monday of the month.

Third Thursday at Hoover's

Thursday, May 19, 6-7 p.m.
Bondurant Community Library, 104 Second St. N.E., Bondurant

Learn about Mrs. Hoover. You can watch this program at the library or view it from home. Check with the library for the Zoom invitation. Annette B. Dunlap, an independent scholar and journalist, will discuss her book, "A Woman of Adventure: The Life and Times of First Lady Lou Henry Hoover." When Lou Henry married Herbert Hoover in February 1899, she looked forward to a partnership of equality and a life of adventure. She could fire a rifle and sit a horse as well as any man. For the first 15 years of their married life, Lou globe-trotted with her husband as he pursued a lucrative career in mining engineering and consulting. Lou, who detested the limelight, led a dual life: she supported her husband's political career, managed their multiple households, and saw to the needs of their family. Behind the scenes, she pursued her own interests. History has long since forgotten the breadth of her achievements, but Lou Henry Hoover's powerful legacy endures.

EVENTS IN THE AREA

Be sure to check for cancellations.

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

Community Breakfast

Saturday, May 21, 8-10:30 a.m.
American Legion Hall, 315
Second St. N.W., Bondurant

The Bondurant American Legion hosts a Community Breakfast on the third Saturday of every month at the Legion Hall with serving from 7-9:30 a.m. The menu includes pancakes, your choice of eggs, toast, hash browns, biscuits and gravy and sausage with coffee, milk and orange juice.



Brews and Brushstrokes

Sunday, May 22,
6:30-8:30 p.m.
Reclaimed Rails Brewing
Company, 101 Main St. S.E.,
Bondurant

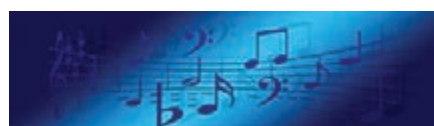
Sip and paint along with friends. Supplies will be provided by the library and Reclaimed Rails. Painting TBD. Registration is required as seating is limited. Registration opens May 1. Check Eventbrite.

Music at Haines Park

Haines Park Outdoor Stage, 700
block of Third Ave. S.E., Altoona
Various dates

Altoona Parks and Recreation Board is hosting Music at Haines Park, featuring free entertainment. Pop and popcorn are sold to support CAP Children's Theatre.

- Sunday, May 29, 6 p.m.
- Sunday, June 26, 6 p.m.
- Sunday, July 24, 6 p.m.
- Sunday, Aug. 28, 6 p.m.



MercyMe's 'Inhale (Exhale)' Tour

Saturday, April 30 at 7 p.m.
Wells Fargo Arena, 730 Third St.,
Des Moines

MercyMe formed in 1994 and has been going strong ever since. The Inhale (Exhale) tour will also feature Northern Irish folk rock band Rend Collective and Andrew Ripp, a Grammy-nominated singer-songwriter from Nashville. Tickets and information at www.iowaeventscenter.com.



Farmers Market/ Music in the Junction

Thursdays, May 5 through
September, 4-8:30 p.m.
Historic Valley Junction, Fifth
Street, West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m.

Nearby events

- **Adult Prom: A Night Under the Stars**, April 30, 8 p.m. to midnight, Hawk Heaven Tavern, 805 17th Ave. S.W., Altoona, \$5 admission includes snacks, photo booth and live music.
- **Altoona Citywide Garage Sales**, May 12-14.
- **Live Thoroughbred Racing at Prairie Meadows**, May 13-16, Friday - Saturday post time 6 p.m., Monday - Tuesday post time 4 p.m.
- **Adventureland Opening Weekend**, May 14-15.



Downtown Farmers' Market

Saturdays starting May 7
Des Moines Historic Court District

The Des Moines Downtown streets will be filled with live music and the smells of fresh, local food when the Downtown Farmers' Market presented by UnityPoint Health - Des Moines returns for its opening day on Saturday, May 7. The Market takes place every Saturday morning from May through October. Hours are 7 a.m. to noon, with a later start time during October when hours are 8 a.m. to noon. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.

Festival Cinco de Mayo

Saturday, May 7, noon to 10 p.m.
Historic Valley Junction, Fifth
Street, West Des Moines

Celebrating the Mexican heritage of many railroad workers during the establishment years of Valley Junction, this festival is an opportunity to recognize the Mexican community that helped James Jordan's vision of bringing the railroad to the Des Moines area become a reality. Enjoy Mexican food, artwork, live music, dancing and family activities. The Cinco de Mayo King and Queen will also be announced.



Kites on the Green

Saturday, May 7,
10 a.m. to 5 p.m.
Johnston Commons

A day of family fun is offered at Kites on the Green. Make kites, fly kites and watch kites. Giant show kites will be flying, and kite battles will be raging. Other fun include an inflatable obstacle course, food, live music and Bol racing. Be sure to stop in for a tour of the 1902 Simpson House Museum and visit with police and firefighters and enjoy Rain Campaign activities, both west of the library. For more information, visit cityofjohnston.com/kitesonthegreen.

TREE Talk

4 tips for planting trees

(Family Features) Trees are virtually everywhere you turn, from your own backyard to nearby parks and forests where you enjoy hiking. They provide shade and beauty, and some even bear fruit. Beyond all the immediate benefits, you may be surprised to discover trees are also a critical key to the future.

These facts and tips from the book “Now is the Time for Trees” offer practical insight on the importance of trees and how to nurture one from selection to planting and beyond.

A compelling and ever-growing body of evidence generated by scientists, health care professionals, conservationists, humanitarians and both public and private corporations supports the critical importance of trees and their impact on the human condition. Trees filter pollutants out of the air and water and provide protection for people and communities from dangerous heat and flooding. They lower urban temperatures, reduce energy bills and sequester carbon to slow the rate of climate change.

When you plant a tree in your yard or neighborhood, that tree goes to work filtering out pollutants, intercepting stormwater and capturing carbon. With proper placement, that tree can also help lower household energy use by as much as 20%.

You can engage in the tree planting movement and make a difference by planting trees around your home and surrounding community with these tips.

1. Consider the growing region

Choosing a tree that will flourish in your growing region is fundamental to becoming a successful tree planter. Start by getting familiar with the growing conditions of your planting site, including factors like sunlight, soil condition and room to grow.

The amount of available sunlight at your planting location will determine which tree species will be successful. Most trees require full sunlight for proper growth and flowering.



Some do well in (or even prefer) partial or light shade, but few perform well in dense shade.

Before you plant, get your soil tested by a lab to evaluate what’s happening underground. Test results, which are usually returned in a couple of weeks, provide a complete analysis of nutrients, possible contamination and pH (alkalinity or acidity), as well as directions for correcting problems.

Be conscious of overhead or underground utilities, pavement, buildings, other trees, traffic intersections and other factors that may impact your planting space.

2. Shopping for a tree

When choosing which kind of tree to plant, be conscious of details like size, flowering, color (including how colors may vary through the seasons) and your view from inside the house. While shopping, you can rely on plant labels to learn details about a tree’s growth pattern, sun requirements, watering needs and soil requirements.

Two common styles of trees are container-grown trees, which spend their entire nursery lives growing in a container, and ball-and-burlap trees, which grow in the ground until they achieve a targeted size.

A well-tended container-grown tree has been carefully monitored and moved into larger containers as the plant grows. Be wary of a tree with roots that circle or twist within the container, which may cause roots to die. For a ball-and-burlap tree, look for a firm, securely tied root ball that is large enough to support the mature tree; it should be about 10-12 inches wide for every inch of trunk diameter.



3. Prepare your planting site

Properly preparing your planting site is one of the best things you can do to get your tree off to a strong start. Before you plant, make sure your tree is thoroughly hydrated by watering the container or root ball several hours before proceeding. When planting a tree into a lawn, remove a circle of grass at least 3 feet in diameter where the tree will go to reduce competition between turf and fine tree roots.

4. Start digging

Dig a broad, shallow planting hole with gently sloping sides 3-4 times wider than the diameter of the root mass and the same depth. Mound removed soil on a tarp for easy backfilling. Loosening the soil on the sides of the hole allows roots to easily expand and establish faster, but don’t disturb soil at the bottom of the hole.

Once the tree is positioned, replace the soil while firmly but gently tamping the original soil around the base of the root ball to stabilize it. Create a water-holding basin around the tree by building up a ring of soil and water to settle roots. Spread protective mulch 2-4 inches deep in a 3-foot diameter around the base of the tree, but not touching the trunk.

Find more tips to successfully plant and care for your trees at arborday.org. ■

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GARDENING

By Dusty Rauschenberg

CARE tips for spring emerging bulbs

Spring has sprung. Hopefully you have already seen a few bulbs emerge like the small but mighty crocus (pictured). They were the first to arrive in my garden beds last week. I have told my family that I have a personal goal to plant 100 bulbs in my yard every year. They questioned my sanity of course and said, "Dad, our yard cannot compete with the famed Pella, Iowa." Well, we will see about that. I started this personal goal during the pandemic as a way to have something to look forward to every year as I was suddenly having to do everything from home, both work and life. This was something to focus on as we faced many challenges during that period.



Now, on to some care and maintenance tips for those emerging bulbs.

First tip: Leave them alone for the most part as they are doing some hard work to break out of their underground winter holding. If you disturb them too much, this will cause the roots to break or the actual bulb to be damaged. A damaged or broken bulb will not produce the beautiful flower it spent all fall and winter preparing for.

Second tip: Remove the fading blooms to promote additional blooming, otherwise the bulb will spend time trying to produce seed instead of focusing on next year's blooms.

Third tip: It is best to leave the foliage until well after it has bloomed and turned brown or just don't cut it off at all.

Fourth tip: In general, in Iowa, if you have well-drained soil, only fertilize just as they start to bloom, otherwise it is best to fertilize when you plant them. In preparation for next year, as your bulb's blooms fade but the leaves are still green, you can consider dividing your bulbs. If you are looking forward to planting more bulbs next year, you may want to take some photos of your blooming bulbs and their locations, as this will give you an idea of where you can plant new bulbs to ensure you don't damage already planted ones.

Remember, "Spring work is going on with joyful enthusiasm." — John Muir. ■

Information provided by David "Dusty" D. Rauschenberg, Master Gardener, Master Conservationist, #thegoodpmsgardener, dustyrauschenberg@gmail.com

AG and FFA students excel

Chapter members bring home awards.

Seven students from the Bondurant-Farrar Community School District Ag and FFA Chapter recently qualified for the state competition during the week of April 11. The FFA Chapter was established in 2018 when the high school started offering agricultural classes as part of its curriculum. The chapter has since grown to include approximately 40 active members, each of whom are required to take one agricultural class per year of eligibility, follow a code of conduct, follow the school's grade rule for eligibility to compete in all contests, and have a general interest in leadership and agriculture.

"Being able to participate in many different contests as well as showing my own animals through FFA has been a vast learning experience. I have not only learned so much in the classroom, but I have also learned so much of myself as a leader and a person," says FFA student Valerie Beukema.

As members of FFA, students are offered a variety of activities and contests throughout the year. For example, if students have an interest in animals, they can participate in livestock, equine or poultry judging. For those more interested in crops, the organization has contests in agronomy, floriculture or nursery and landscaping. And, if public speaking is their interest, students can participate in prepared public speaking, job interview, agricultural sales or parliamentary procedure contests.

In addition, one of the most unique projects the Bondurant-Farrar chapter has participated



The Parliamentary Procedures team, including Max Fick, Brett Beukema, Valerie Beukema, Grace Johnson and Taylor Buckley, participated at the state FFA contest.

in is The Garden located at the Iowa State Fairgrounds. To maintain the garden, students made regular trips to the state fairgrounds leading up to the fair, during which they watered, weeded and tended to the crops. Then, during the Fair, the FFA members worked each of the 11 days in order to ensure the garden was staffed from 8 a.m. to 8 p.m.

"Groups like our FFA are important to students at the high school level because they get to learn and develop many new skills — things like teamwork, public speaking and criteria-based decision making. All of these can be accomplished while participating in FFA contests," says Ag and FFA sponsor Caitlin Remington.

The seven students who qualified for state



Bridget Johnson advanced to state in public speaking.



Emma Lihs advanced to state in creed speaking.

competed at Hilton Coliseum and Scheman Building in Ames and brought home a bronze in Parliamentary Procedure, four silvers in Poultry Evaluation, Greenhand Quiz, Farm Business Management and Chapter Display, and two golds in Public Speaking and Creed Speaking. In addition, Creed Speaker Emma Lihs is now a National FFA Qualifier. She will compete while representing Iowa in October against all other state FFA Champions, placing her in the top 1% of the nation.

"The most exciting part of state competition is not the honor it brings, but the journey we took to get there. The behind the scenes that only our team gets to experience include learning, laughter and plenty of early mornings. This convention is proof that we've experienced all those things together, as well as the victories and failures," says FFA student Grace Johnson. ■



FFA students working at The Garden at the State Fair included Caitlyn Jensen, Riley Current, Lauren Meier and Estella Smith.

FROM STREAMING services to theaters

Well, the 2021 movie season ended with a bang, or maybe more of a slap from Will Smith to a completely stunned Chris Rock. This was the craziest Oscar event in a long time, and I need to let you know that, in our annual family Oscar-picking contest, Sue took the crown this year. It hurt.

This is the time of year when movie fans go from feast to famine. The deluge of holiday and Oscar-worthy movie releases seems to be replaced with end-of-the-year leftovers and horror films. So, we turn to the streaming services.

“The Adam Project”

Netflix may not give us the best of this bunch but, by far, the most fun. Ryan Reynolds stars as a man who needs to travel to the past to talk to his younger self to stop something cataclysmic from happening. Along the way, he meets his early mom and dad, who both are involved with this event. The movie is great fun for the whole family and gives some talented actors (Mark Ruffalo, Catherine Keener, Jennifer Garner and Zoe Saldana) an opportunity to have fun with these parts. By far the most amazing thing, though, is that I spelled cataclysmic correctly without having to look. **Grade: B**



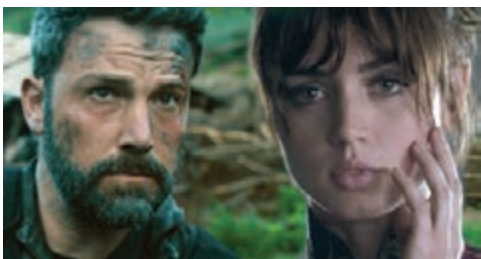
“The Last Days of Ptolemy Grey”

On the other end of the fun scale, Samuel Jackson reminds us that he is a very talented actor in this story based on a Walter Mosley book about a man suffering with dementia. I haven’t seen all 11 episodes yet, but what I’ve seen is impressive. Available on Apple TV+. Early **Grade: A-**



“Deep Water”

Ben Affleck was so good recently in the George Clooney-directed “The Tender Bar.” That makes this effort a real head-shaker. A tawdry movie about a super-rich guy who watches as his wife goes from lover to lover right in front of his eyes. Directed by Adrian Lyne, who has given us a few tawdry movies (“Unfaithful,” “Fatal Attraction,” “9 1/2 Weeks” and “Indecent Proposal”), this movie is dead in the water from almost the opening scenes. The story is horrible,



the acting is mediocre, and Sue and I sat there wondering why they even made this. Not that it should matter, it is on Hulu. **Grade: D (for dumb)**

Now in theaters...

“The Lost City”

It’s tough to argue with a cast that includes Sandra Bullock, Channing Tatum and, wait for it, Brad Pitt. This is a really stupid movie that, at times, is hilarious. It’s maybe not as hilarious as my wife found it to be, but it is very well done, and the three stars were all perfect. **Grade: B+**



“The Outfit”

Mark Rylance is a recognizable actor whom few can name. He even has an Oscar to his name for the Spielberg movie, “Bridge of Spies.” Here, he plays a man who owns a tailor shop in the mid-1950s in Chicago. The mob are not only good customers, but they seem to be making “drops” at his shop every day. When one of them shows up shot, the movie gets interesting. While not a great movie, it was so well-made and well-acted that I found myself enthralled and entertained. **Grade: B+**



“Morbius”

Yet another Marvel character hits the big screen with some serious talent behind it. Jared Leto plays the title character, a brilliant scientist who accidentally becomes a vampire-like creature. Leto carries the film, and the special effects are also impressive. We also get to see Michael Keaton return to the Marvel films as Adrian Toomes — better known as The Vulture. There is more than a little foreshadowing coming there. **Grade: B ■**



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.



A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – www.frankenforiowa.com – and join the campaign that brings people together to solve problems.



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ER or Urgent Care

Choosing the right location for your health care needs

Do you know the difference between needing urgent care and needing emergency care? It can seem like they are one and the same, but choosing the right location helps provide you with a better understanding of your health care needs.

The many illnesses and injuries for which urgent care is the perfect fit include, but are not limited to, sore throats, fevers, body aches, sinus and ear infections, cuts, fractured bones and falls. Other non-life-threatening concerns that can be treated with an urgent care visit include painful urination and discomfort associated with a urinary tract infection and many rashes or skin irritations.

The convenience of urgent care hours and locations means you don't have to wait to be treated for something that's been bothering you, even if your family medicine clinic is closed or an appointment isn't available as soon as you'd like. Urgent care is also a great option for people who might want checked out while they are visiting from out of town. Going to an urgent care is a great way to get

walk-in, personalized, expert care quickly for day-to-day health concerns.

However, serious injuries or severe illness that may require hospitalization should be directed to your local emergency room including, but not limited to, persistent vomiting, severe burns, uncontrolled bleeding, chest pains, allergic reactions, difficulty breathing and injuries from car accidents.

All emergency room physicians are board-certified, and emergency room nurses and support staff are highly trained and ready to respond to whatever need comes through their door — kids included.

Know before you go. Choosing the right location based on your health care needs can save you time and money and get you or your child back to wellness. ■

Information provided by MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, 515-247-3121, MercyOne.org/desmoines

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HEALTH

Dr. Katrina Smith, MD FAAD

SUNLESS tanning products

Spring has sprung, and with it come spring break vacations, weddings and proms. These events may result in the temptation to get a tan. Resist the temptation and stay out of the sun and tanning beds. These harmful UV rays damage the skin, causing sun spots, premature wrinkling and skin cancer.

For those of you who still want a summer glow, consider a safer alternative. Sunless tanning creams result in a “tan” within a few hours after application. The active ingredient, dihydroxyacetone (DHA), reacts with amino acids in the outer layer of skin cells, resulting in darker skin. These products are available over the counter and at commercial spray tan salons.

Application tips:

- Exfoliate first to remove dead skin cells.
- Dry skin thoroughly to ensure even application.
- Apply sunless tanner in small sections and rub in a circular motion.
- Blend over joints. Rub a damp cloth over elbows and knees for a natural appearance.
- Wash hands thoroughly after application.
- Do not inhale or apply to mucous membranes, eyelids or lips.
- Wear daily sunscreen SPF 30+ and antioxidants to combat oxygen free radicals.

If you have additional questions about sun protection or alternatives to tanning, contact a board-certified dermatologist. ■

Information provided by Dr. Katrina Smith, MD FAAD, Co-owner, Iowa Dermatology Consultants, 2675 N. Ankeny Blvd., Suites 101/103, Ankeny, 515-348-4097.



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HEALTH

By Leslie (Foley) Brant

PLANTAR fasciitis management

Plantar fasciitis can be debilitating, producing heel and foot pain from the first heel strike in the morning to the last step at night. Plantar fasciitis is an inflammation or irritation of the plantar fascia. The plantar fascia is a thick tissue that covers and protects the muscles at the bottom of the foot. People can be at risk for this type of foot pain when resuming activity or exercise after a period of inactivity or continuously participating in activities, like running and jumping, that increase trauma to the feet. Other risk factors can be wearing poor-fitting or worn-out footwear, obesity, flat feet or high arches.

However, being at risk for plantar fasciitis does not cause the pain alone. Below are the four most common causes for plantar fasciitis:

- Immobility/tightness of the spine, hip, ankle and foot joints.
- Muscle tightness in the mid back, hips, ankles and feet.
- Muscle weakness of the core, hips and lower leg.
- Impaired overall fluidity/sequencing of movement.

In many cases, there are home treatments such as: postural stretching of the hips and lower leg, self massage over the heel and the bottom of the foot, cold water bottle massage, night splints, and orthotics.

If symptoms are not relieved by the at-home treatments, an evaluation by a specialist in musculoskeletal injuries — such as a physical therapist, chiropractor or physician — can be the best course of action. ■

Information provided by Leslie (Foley) Brant, PT, DPT, FAFS, Bondurant Physical Therapy & Sports Medicine, 85 Paine St. S.E. Suite B, 515-528-2326.



HEALTH

By Dr. Kari Swain

WELLNESS and the role of the nervous system

The term “wellness” is a buzz word used to describe a wide variety of products, services and providers. 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 number one 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.

Doctors of chiropractic who have completed the post graduate pediatric diplomate program 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, fewer school and work absences, better sleep and more. ■

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

HEALTH

By Monica Meier

OVERCOMING cabin fever

As we enter into the spring season, and the gray skies of winter start to pass, we start to notice and feel a little bit of cabin fever that has set in from being inside for the last few months. Wanting to go do something is much easier when the air is warmer and the sun shines brighter. And, although it may not be nice enough to be outside every day, now is the time of year you can start to take advantage of more days that are to help elevate your mood, which, in turn, can help your mental health. With the “spring ahead” time change, you can be outside later, giving you the chance to rejuvenate yourself by breathing in more fresh air, playing in the sunshine more, and interacting with others.

Try some of these activities to help you enjoy the outdoors more: take a walk, go for a bike ride, sit outside and read a book, go to the park, draw with sidewalk chalk with the kids, fly a kite, take the dogs for a walk, go get a cup of coffee, eat outside for lunch.

Many things can help boost your mood and help your mental health if you are willing to get outside for a few minutes a day and enjoy things around you. ■



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



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HEALTH

By Dr. Steven Neville

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 not erupt at all, 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 the wisdom teeth. There is a specific X-ray 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 you will be biting on gauze. 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.

SENIOR

By Stephanie Proper

THE BENEFITS of gardening and plants

The first day of spring was in March, and, being in the Midwest, we haven't had the opportunity to really enjoy spring weather, but it is coming. With the warm weather, it is time to dig out your trowel and gardening gloves — or maybe just eliminate the work and buy a nice potted plant. Either way, the long awaited planting season is here.



There are so many mental and physical health benefits to gardening or simply caring for indoor potted plants. Just being around plants is beneficial. When humans breathe, we exhale carbon dioxide from the body and inhale oxygen. Plants do the opposite; they release oxygen for us to breathe and absorb the carbon dioxide that we exhale. Plants help eliminate harmful toxins and purify the air.

Indoor plants have been found to reduce stress levels. House plants can often help their caretakers feel more soothed and comforted. Some studies show that having plants in the rooms of patients recovering from illness or surgery is associated with fewer pain medications and shorter hospital stays. Plants can also help add moisture to a room, which increases humidity and helps prevent dry coughs or sore throats.

Good houseplants to purchase for your home are spider plants, ivy, ferns and more. These plants are known for filtering toxins and improving mental health by boosting color, which can reduce anxiety. For seniors who have a hard time getting out of the house, caring for a plant could provide a much needed activity that could help lessen loneliness or depression.

Outdoor gardening also has numerous health benefits. Working in the garden digging and pulling weeds is a work out, and while it not only burns calories, it is good for your heart. It also increases your hand strength. Keeping your hands as strong as possible can help you stay independent for a longer period of time. Gardening outside can also give you that much needed dose of vitamin D. We need that sunlight after being inside all winter long. Vitamin D increases your calcium levels, and increased calcium levels means increased bone strength.

Staying mentally and physically strong are important for leading a long and healthy life.

At Valley View Village, we have a gardening club that not only helps keep our community beautiful but helps encourage our members to stay active and young. ■

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

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Contact Christina for more info!

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SPRING: potholes and showers

As we say farewell to the snow and ice, we start seeing what winter left behind: potholes. Potholes are everywhere, and they wreak havoc on your vehicle's tires and suspension. The road crews will be at work soon trying to repair the damage Mother Nature unleashed. My best advice is to try to miss these craters if possible. If not, slow down as much as you can. Hitting these at full speed can ruin tires, bend wheels, knock the alignment out and even cause wear on shocks, struts and other suspension components.



One thing that should be on everyone's vehicle maintenance list this year is a wheel alignment. It only takes 1/32 of an inch to prematurely wear tires. Toe in or out is the leading cause of tire wear. Every 1/8 of an inch of toe is equal to sliding the vehicle sideways 10 feet every mile you drive. Many shops will do a low-cost alignment inspection and let you know if any adjustments are needed. It is important that whoever does this procedure for you has an up-to-date and calibrated alignment machine.

While inspecting the alignment, you should also have the tires inspected for bulges, broken belts and out-of-round conditions as well as tread wear.

The suspension components and struts should be inspected for wear as well. It is estimated that up to six out of 10 cars on the road have some sort of tire or suspension issue after a winter like we just had. For your family's safety, don't let your vehicle be one of them.

This is also a good time of year to check the tire balance. Out-of-balance tires can cause a vibration at higher speeds and increased tire and suspension wear. If your car exhibits any of these symptoms, you should have it inspected: vibration, shimmy, shaking, thumping or rumbling noises, steering wheel wobble, off-center steering wheel or a vehicle that pulls to one side.

The rainy season is here, and your windshield wipers need to be at their best. The rubber blades that wipe the rain from your windshield need to be replaced every six months to a year. Make sure your blades are not streaking or missing parts of the windshield. I recommend adding a water repellent to the glass. This will cause raindrops to bead up and blow off the windshield as you drive. There are many products on the market that can do this. Some wipe on and some go in the washer fluid reservoir and recast the windshield each time you squirt the washers. ■

Information provided by Keith Williamson, Williamson's Repair & Tire, 515-967-0900, www.williamsonsrepair.com.

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LOWER city tax levy rate adopted

The City Council recently adopted the levy rate for the FY23 fiscal year. For the 16th year in a row, the levy rate has been reduced. The rate is going from \$11.62415 per thousand dollars of taxable valuation to \$11.27250. What does this mean to you as a property owner? Your tax is calculated based on your assessed valuation, the rollback and the levy rate.



For the residential property owner with a home of the median assessed value of \$236,390, your city property taxes are projected to be \$1,442.41. (This does not include any Homestead, Veteran, or other exemptions or credits.) For a C2 Commercial business property owner with a median-assessed value of \$892,000, after applying the rollback, your taxable valuation would be \$802,800, meaning your City property taxes would be \$9,049.56, approximately 3% less than the prior year. For a C1 Commercial business property owner with a median-assessed value of \$147,100, after applying the rollback, your taxable valuation would be \$132,390, meaning your City property taxes would be \$1,492.37, approximately 3% less than the prior year.

The City's budget also included service enhancements in Fire and Public Works, as well as multiple capital projects, including the Highway 65 underpass. In the last year, the City Council invested in new soccer fields, expanded downtown parking, sewer lining, and several park and planning projects.

Last year was a reassessment year for residential properties. Below is a graph showing multiple years of the City tax rate and the effect it has on what property owners pay, with the rollback included. Even with the average assessment increase, with the City's lower tax rate, the property owner is anticipated to pay roughly the same in city property taxes, while receiving enhanced services. ■

Multi-Year Overview

Calculated City Property Tax Based on Annual Median Home Valuations

Fiscal Year	19/20	*20/21	21/22	22/23
Assessed Value (as of Jan. 1 year prior to start of the FY)	\$200,200	\$220,000	\$220,000	\$236,390
Rollback percentage	56.918	55.0743	56.4094	54.1302
Taxable Value	\$113,950	\$121,163	\$124,101	\$127,958
Tax Rate per \$1,000	\$13.73948	\$11.78549	\$11.62415	\$11.27250
Calculated Tax	\$1,565.61	\$1,427.97	\$1,442.56	\$1,442.41
Percentage Increase/Decrease		-8.79%	1.02%	-0.01%

Information provided by Marketa Oliver, City Administrator, City of Bondurant.

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OUT & ABOUT



Clayton Netusil, Todd Omundson, Tara Cox and Doug Martin at Cocktails & Conversations at Reclaimed Rails on April 14.



Chase Netusil, Chris Schon, Aaron Burns, David Schilling and Joe Morton at Cocktails & Conversations at Reclaimed Rails on April 14.



Doug Elrod and Alysia Webster at Cocktails & Conversations at Reclaimed Rails on April 14.



Natalie, Carolyn and Sherri Miller at Keep Bondu Beautiful at Bondurant City Hall on April 16.



Kate and Garron Stratton at Keep Bondu Beautiful at Bondurant City Hall on April 16.



Members of Cub Scouts Pack 10 at Keep Bondu Beautiful at Bondurant City Hall on April 16.



Levi Starding, Jacob VanderLinden, Andrew Keith and Hunter Lyman at Keep Bondu Beautiful at Bondurant City Hall on April 16.



Amy, Emilee and Ronni Williams at Keep Bondu Beautiful at Bondurant City Hall on April 16.



Cash and Adam Hoffman at Keep Bondu Beautiful at Bondurant City Hall on April 16.



Ray and Ann Breeding and Amery Bailey at Keep Bondu Beautiful at Bondurant City Hall on April 16.

OUT & ABOUT



Ashley and Leah Fuentes at the Bondurant Men's Club Easter Egg Hunt at Bondurant Recreational Sports Complex on April 16.



Andrew and Ava Pierce at the Bondurant Men's Club Easter Egg Hunt at Bondurant Recreational Sports Complex on April 16.



Aaron and Afton Rasmussen at the Bondurant Men's Club Easter Egg Hunt at Bondurant Recreational Sports Complex on April 16.



Alex, Annalise and Karina Kitchen at the Bondurant Men's Club Easter Egg Hunt at Bondurant Recreational Sports Complex on April 16.



Ava and Hannah Peterson at the Bondurant Men's Club Easter Egg Hunt at Bondurant Recreational Sports Complex on April 16.



Wendy, Landon and Ethan Hernandez at the Bondurant Men's Club Easter Egg Hunt at Bondurant Recreational Sports Complex on April 16.



Cole and Kinsley Glasscock at the Bondurant Men's Club Easter Egg Hunt at Bondurant Recreational Sports Complex on April 16.



Shayla, Braden and Liam Straight at the Bondurant Men's Club Easter Egg Hunt at Bondurant Recreational Sports Complex on April 16.



Tucker Nelson at the Bondurant Men's Club Easter Egg Hunt at Bondurant Recreational Sports Complex on April 16.



Jon, Eliza, Teegan and Trinity Lower at Keep Bondu Beautiful at Bondurant City Hall on April 16.



Winners of the golden Easter egg prizes at the Bondurant Men's Club Easter Egg Hunt at Bondurant Recreational Sports Complex on April 16.

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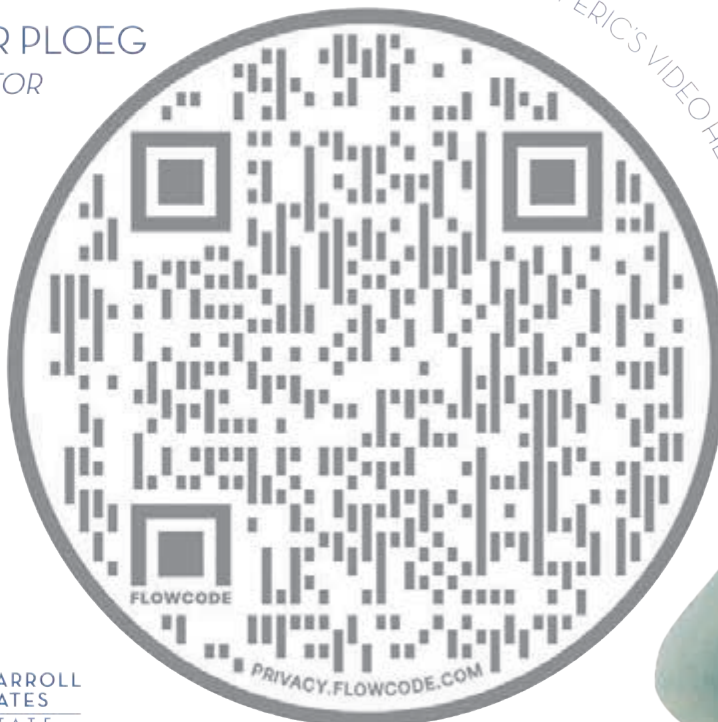
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