

BONDURANT

FEBRUARY 2022

Living

MAGAZINE

Budding Romance

Couples share how their
relationships bloomed

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RECIPE

Hoeksema family makes vision a reality
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WELCOME

COURTSHIP communication

I have not been on the dating scene for more than 27 years, and I met my wife at work, so keep those facts in mind as I touch on the subject of how romantic relationships start in today's world.

Like many things in life, courtship processes have changed, but the message is the same. From passing handwritten letters to making phone calls to sending text messages to posting on social media, the way we communicate with those we hope to love has certainly evolved.

Some would say for the better. Some would say for the worse. Regardless, the methods are here to stay... at least for a year or two until a new communication method evolves.

Today, many relationships start with online dating sites. That was considered by many to be weird just a decade or so ago. After all, how could someone possibly start dating someone over a computer screen? My single friends tell me it works incredibly well, regardless of age. I have a feeling that a handwritten letter might still work as well — or, heaven forbid, face-to-face communication!

In this month's feature story, we touch on the subject of dating and relationships and how it all began for some local residents. Whether you are single or in a relationship, you will surely be entertained when learning about how some in the community are managing — or have managed — courtship communication.

Thanks for reading. ■



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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



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FEATURE

Budding *Romance*

Couples share how their
relationships bloomed

By Lindsey Giardino

Steve and Shellee Sesker
enjoy spending time together
attending Iowa Hawkeyes
football games.

Chaperoned dates. Internet introductions. Holding hands in the movie theater. Long walks along the shore. Dinners for two — at a burger joint or by candlelight. Rollercoaster rides. Snowball fights. Card games or video games. While the way couples spend time together has changed over the years, one similarity remains: Whatever the path romance takes, it is the special moments along the way that nurture a budding romance into a blooming relationship.



FEATURE

A grounded meeting

Not a lot of people would say they've been grateful that their flight was delayed after they've already boarded the airplane, but MaKayla Nemmers does.

Years ago, she was sitting on a Delta flight that was stuck on the runway for an extended amount of time while being de-iced. MaKayla, a substitute teacher from Bondurant, describes herself as a talker, so, to pass the time, she struck up a conversation with the man sitting next to her. The man, Nathan, would eventually become her husband.

MaKayla was heading back to college at the University of Kentucky while Nathan, who serves in the military, was traveling to Fort Hood, Texas.

"What was extra special about this encounter was that I had changed my flight three hours before we took off to be on that



While deployments sometimes keep MaKayla and Nathan Nemmers apart, they make their relationship work by being creative — just like they did in this Christmas card.



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“He searched for me on Facebook for three days after spelling my name wrong. At first, we were just long-distance friends. We talked for a month or so and met back up in Iowa during my winter break from school and his time off before deployment.”

— MAKAYLA NEMMERS

plane,” she says.

After chatting over the course of their flight, the two headed their separate ways, but not for long.

“He searched for me on Facebook for three days after spelling my name wrong,” MaKayla recalls. “At first, we were just long-distance friends. We talked for a month or so and met back up in Iowa during my winter break from school and his time off before deployment.”

Their first date was to the movies. They

continued to date long-distance for three months before Nathan proposed in the most fitting of places — the airport.

One of MaKayla’s favorite memories from when the two were dating was when they were on the Kiss Cam at an Iowa Wild game.

As a married couple, MaKayla and Nathan make a point to continue having date nights, even when Nathan is deployed. They’ve been through five deployments, one of which is current.

“When he is deployed, we try to have a meal together via FaceTime or Skype,” MaKayla says. “When he is stateside, we like to go out to dinner together. Our two kids sometimes have overlapping activities, so there are moments we can go out for a quick bite of dinner alone.”

Some of their other favorite date nights include a trip Prairie Meadows or an axe-throwing venue. Whatever it is they’re doing, they make sure to have a lot of fun and take advantage of their time together.



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Shellee Sesker first met her husband, Steve, on a blind date.

Successful blind date

Shellee Sesker first met her husband, Steve, on a blind date in March 1979. His friend was dating hers, and that initial meeting between Shellee and Steve was a double date with their friends going out for pizza and a movie.

For Shellee, who is from Bondurant, and Steve, who is from Maxwell, dating meant taking advantage of what time they had together.

"We had to squeeze time in," Shellee says. "I was going to college, and he was farming. Sometimes date night was me bringing him dinner while he was in the field."

One of Shellee's favorite memories from their early days of dating was when they were driving home from dinner in Ankeny one night.

"On the way back, there was a dead raccoon in the road," she recalls. "He stopped, backed the truck up and threw it in the back. I knew right then my outdoorsman/trapper dad was going to love this guy forever. He gave the coon to my dad and sealed the deal."

Shellee says, when they were a young married couple and raising their family, both she and Steve worked several jobs to make ends meet, so there wasn't a lot of time to spend together.

"These days we make it a priority and try to make up for the lost time," she says.

Since they didn't get to take a lot of vacations early due to work, the Seskers now try to take several trips each year. Between those trips, they plan fun activities together like going hiking or to Iowa Hawkeye football games.

Ultimately, though, Shellee's favorite thing to do on a date night is exactly what they did for that very first one: order pizza and onion rings and watch a movie.

What she won't do, though, is cook Steve chicken.

"The very first meal I fixed him was fried chicken," she says. "It wasn't until some time later he told me he despises chicken. He ate it and told me it was good."

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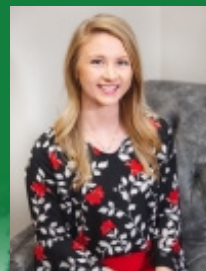
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EDUCATION By T.K. West

MEET Deb and Kevin VanderLinden

Enjoy having family on same schedule and bouncing ideas off each other.

Deb and Kevin VanderLinden say there are many reasons why they enjoy working together in the Bondurant-Farrar Community School District.

Kevin started his career as a teacher and coach working with students in seventh through 12th grade. After 10 years in the classroom, he transitioned into administration as an assistant middle school principal. Today, he serves as an associate principal at

Anderson Elementary School. He says he truly enjoys working with children and helping them grow and learn to make good choices.

"It is a bigger struggle for some than for others, but I love being able to see all of their successes over the course of time. I also appreciate working with our staff and families. I have worked in several school districts during my career, and Bondurant-Farrar stands out as one of the best in regards to people who truly care about students and about the community," Kevin says.

For Deb, working with kids has "come naturally," she says. She is in her 26th year in education and has worked in her position as a Title 1 reading interventionist since 2002. She is at Morris Elementary. She says that teaching was the perfect choice for her because her job gives her opportunities to support students while they grow as learners.

"It's been crazy to see how much the district has changed in the time I've taught here. We've grown significantly in size, but I hope we keep working to maintain our connected community feel. I enjoy being able to get to know our students and families. The relationships we've built with students, teachers and families over the years is so important," Deb says.

Working together in the same district, Deb and Kevin say it's a plus to be able to get each other's perspectives and insights on different situations regarding education. They also appreciate having their entire family in the same district and on the same schedule. In addition, Deb and Kevin have attended some of the same professional development trainings and have been able to have professional conversations around what they have learned.

"I love being able to get Kevin's perspective on different situations. He's a great leader and a very knowledgeable resource. It's fun getting to know and invest in the same families," Deb says.

When not working, Kevin and Deb enjoy following their children in their activities. They spend time with their family and friends as much as they can, and, during the summer, they enjoy spending time on their boat, tubing and swimming. They also enjoy going on vacation and traveling to new places.

Kevin and Deb are involved in their church, Federated Church, where they have served in many student-related ministries, including the AWANA program. ■



Deb and Kevin VanderLinden enjoy working together in the Bondurant-Farrar Community School District.



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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

Registration for Blue Jays Bondurant Little League

Through February Online

Registration for the 2022 baseball and softball season is underway online only at www.bondurantlittleleague.org. Registration continues through February. Payment is due at registration. Coaches and volunteers are needed. For more information, click on the Volunteer tab after setting up an account.



4-H Babysitting Basics Class

Friday, March 11, 9 a.m. to 3 p.m.

All students in fifth grade and above are invited to attend the 4-H babysitting course. Babysitting is an important job and can sometimes be scary. Come learn the skills to do a good job. Register online at <https://tinyurl.com/y42cwu4j>.

Spring Break Family Escape Room

Friday, March 11, to Friday, March 18
Bondurant Community Library,
104 Second St. N.E.

Click on the sign up genius link to sign up for a spot in the Spring Break Family Escape Room.
<https://www.signupgenius.com/go/904044AA8AF29A3FF2-springbreak>



Pot O' Gold Scavenger Hunt

Thursday, March 17,
9 a.m. to 7 p.m.
Bondurant Community
Library, 104 Second St. N.E.

Stop in the library on St. Patrick's Day and see if you can follow the clues to find the pot of gold. Don't forget to wear your green!

Older, Wiser, Livelier, Seniors - Farm to Forest

Jester Park Nature Center
Tuesday, March 1, 11 a.m.

Join Polk County Conservation Naturalist, Lindsey Page as she outlines how being raised a farm kid in rural Iowa ultimately led her down the path of environmental education and conservation, as well as how the world of agriculture and the world of conservation overlap in the state of Iowa. A cookies and coffee social starts at 10:30 a.m. and the program at 11 a.m. No registration required for this free program for ages 12 and older.

Toddler Tales

Jester Park Nature Center

Let your imagination run wild with this free nature-themed story time aimed at ages 3 and older. Hear a story followed by the naturalist's choice of an activity such as an animal encounter, puppets or a craft. Registration required the day prior to the event. Register online at <https://www.polkcountyiowa.gov/conservation/>. Monthly themes are:

March 3, 10 a.m. - Ducks
April 7, 10 a.m. - Birds & Nests



Fitness in the Park

Thursdays, March 3 and April 7 at 6 p.m.
Jester Park Outdoor Recreation & Wellness Center

Join trainers from Fitness Nomad, a mobile personal training business, at a monthly fitness class. The 45-minute class will focus on a full-body strength and functional fitness workout. Classes will include strength training, functional fitness, core strengthening, and some interval training. These classes are great for people who are new to their fitness journey as well as for the experienced fitness enthusiasts and outdoor recreation junkies. All equipment is provided. Participants are encouraged to bring a water bottle and dress in comfortable gym clothes. This program costs \$15 and is for ages 16 and older. Registration required two days prior to the event. Register online at <https://www.polkcountyiowa.gov/conservation/>.



Blue Ribbon Bacon Festival

Saturday, Feb. 26
Horizon Events Center in Clive

After a year off, the bacon fellowship will resume, according to the Blue Ribbon Bacon Festival's website. The \$50 general admission ticket includes live entertainment, 12 bacon-inspired dishes, one beverage and all the bacon you can eat. The theme will be "Bacon Gras" and feature bacon-infused Cajun dishes along with:
Bacon Bourbon Street – Mardi Gras Beads, street performers, local musical acts, pro wrestling, Iowa's top pop-punk group The Eugene Levy Band, Silent Club Sizzle, main-stage music from Tyler Richton & The High Bank Boys, Not Quite Brothers and BYOBrass, and you won't want to miss the popular bacon-eating contest at 3 p.m. Tickets for the event will be limited to 5,000. For more information, visit blueribbonbaconfestival.com.



EVENTS IN THE AREA

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

Be sure to check for cancellations.



'The Magic Flute'

March 5-6

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

Des Moines Metro Opera's 50th Season begins with a family-friendly production of "The Magic Flute" by Wolfgang Amadeus Mozart at the Des Moines Civic Center.



Mandalas & Henna art class

Sunday, March 13, 12:30-3:30 p.m.
Principal Studio 5, Des Moines Art Center, 5700 Grand Ave.

Explore traditional mandala and henna patterns while learning about the history of art in India. From medieval times to the present day, students will be exposed to examples of traditional mandala and henna patterns, rangoli, lettering and paintings. Tuition is \$30 (\$24 for members), and the material fee is \$25. To register, visit <https://my.desmoinesartcenter.org/12466/12468>.

An Evening of Celtic Music

March 12, 7 p.m.

Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

Crossroads of Iowa presents "ClearJoy Music: An Evening of Celtic Music." Admission is free. A freewill offering will be accepted to support Crossroads of Iowa programs. ClearJoy is a musical collaboration of two sisters specializing in Celtic and Scottish music. Crossroads is a not-for-profit organization offering programs for women, including those in jail or prison, with a focus on mental wellness using a holistic approach.

DMACC West's ciLive!

March 9-10, virtual and open to the public

In its 13th year, this year's theme for DMACC West's ciLive! (Celebrate! Innovation) is "Go Boldly" and focuses on innovation, imagination and inspiration through storytelling. It features 12 well-known thought leaders, entertainers and entrepreneurs. The event is free. Speakers include Dr. Talithia Williams, host of "NOVA Wonders" on PBS, and actor John de Lancie, of "Star Trek, Breaking Bad." A concert by country musician and songwriter George Ducas concludes the series on March 10 at 1:30 p.m. For more information about ciWeek, visit: <https://dmacc.edu/ciweek/Pages/welcome.aspx>

St. Patrick's Day parade

Thursday, March 17, noon
Downtown Des Moines

The Friendly Sons of St. Patrick are staging their annual parade in downtown Des Moines, beginning at noon, starting at 15th Street and Grand Avenue, heading east to Eighth Street. New this year is a Block Party at 13th and Grand, from 8 a.m. to 1 p.m. Your \$5 admission gets you access to watch the parade, food trucks, live music, a beer tent and more. More information is available at www.friendlysonsiowa.com.



Register for Des Moines Art Center camps

Camps run June 6-Aug. 12

Des Moines Art Center, 5700 Grand Ave., Des Moines

Register now for summer camp at the Art Center. The themed classes are anything but ordinary. From Art Around the World to Under the Sea, there is a creative outlet for all interests. Week-long summer art camps run from June 6 through Aug. 12 and are available for youth ages 5-15. Extended care and supervised lunch can be purchased for an additional fee. Some scholarships are available. For more information and to register, visit <https://desmoinesartcenter.org/classes/find/?class-category=summer-camps&age-group=&class-type=#class-list>



Concerts at Wells Fargo Arena

730 Third St. in Des Moines
www.iowaeventscenter.com

Saturday, March 26: "Elton John's Farewell Yellow Brick Road" at 8 p.m.

Monday, March 28: "KORN TOUR" with special guests Chevelle and Code Orange at 6:30 p.m.

Jurassic Quest

Friday and Saturday, March 11-12, 9 a.m. to 8 p.m.; Sunday, March 13, 9 a.m. to 6 p.m.

Iowa Events Center, 730 Third St., Des Moines

Tickets are available online at <https://www.jurassicquest.com/events/des-moines-ia> and cost \$22 for kids and adults and \$19 for seniors. Ticket for unlimited rides for kids is \$36, which includes entry. General admission includes live shows, arts and crafts activities, dinosaur and marine exhibits. Tickets for individual and premium activities will be available on-site (from \$6). Off peak hours are weekdays (all day) and weekends after 3 p.m. Free entry for children younger than 2.



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BEFORE YOU GO

By Jan Shawver

A GIFT of love

One of the first questions you will be asked when a death occurs is, "What funeral home/cemetery do you wish to use?" You may or may not know the facilities your loved one would have chosen — perhaps other family members have used a certain funeral home or cemetery. But, have arrangements been made with the funeral home? Have spaces been purchased in the cemetery of choice?



As you consider your future burial needs, please share your wishes with family members so there will be no question when faced with the grief of your passing. What a gift of love to your family if arrangements have been pre-determined and paid in advance.

Another decision which will need to be made is the type of service you want: 1) traditional funeral at the funeral home; 2) a service held at your place of worship; 3) a graveside service at the cemetery; 4) a celebration of life at a favorite gathering place (park, restaurant, lodge); etc.

These decisions may be made in advance and will take a huge burden off of your family. There are numerous difficult decisions to be made at the time of death — but it doesn't have to be so.

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.

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CREDIT COUNSELING

By Tom Coates

THE FAIR Debt Collection Practices Act

There is a federal law that protects consumers from abusive collection practices. That is the Fair Debt Collection Practices Act. If you feel threatened by collectors calling for payment, you need to be aware of your rights. Third-party collectors are not allowed to use foul language nor misleading information in order to collect on a debt. Collectors also cannot call you late at night or pursue you for a debt you do not owe. Debt collectors must be truthful, and they cannot misrepresent the amount of the debt, whether it's past the statute of limitations, or the legal consequences for not paying the debt.



Unfair practices that are also prohibited are soliciting post-dated checks for use as a future threat, threatening to deposit post-dated checks before the intended payment date, or threatening to take property if it's not allowed. If your rights are violated, you can file a complaint with the Consumer Financial Protection Bureau.

Make sure to keep records of all the correspondence. If you know the debt is valid, then be honest about what you can afford to pay. Be firm that you understand your rights, and you would like to make payment arrangements. If you are struggling with overwhelming amounts of unsecured debts, reach out to a local non-profit credit counseling agency for help. ■

Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, IA 50321, 515-287-6428.

SEEING life differently

I grew up in a small farming community in rural northwest Iowa. The hill on the other side of the gravel road from our house was a perfect spot for sledding. On a snowy Saturday, I would spend hours racing down the hill then walking my sled back up with only the occasional break to go back to the house to eat.



On one particularly snowy day, my little sister joined me. Right after we got there, I went flying as fast as I could get my little plastic sled to go down the fresh powder. I then called up to my sister for her to come on down. I was jealous as it seemed like her sled was going faster down the hill than mine did. She zipped right past me and toward the creek. I yelled for her to jump off, but she didn't. I started running toward her as I knew she would be dumped into the creek and maybe get hurt. Much to my surprise, she was going so fast that, instead of her falling into the creek, the sled wedged against a big snow drift on the opposite side, creating a bridge. Again, my jealousy kicked in. That was awesome, I wish I could have done that!

I was about to race back up the hill to try to do what she did when I realized my sister was still on her sled and was now crying. I went over, held on to her sled and helped her crawl back off of it. I tried to convince her how awesome that event was, but, instead, all she felt was the terror of it. I remember being so frustrated that she couldn't see it from my perspective.

I think we have a tendency to do this in our lives. We are often scared when we lose our job, or our first child starts kindergarten, or your doctor says he found a lump that needs further examination. We can quickly jump into scared mode and only see the downside. Knowing God is in control and that He has a plan should challenge us to look at all of our life events from His perspective.

Jesus says in John 16:33, "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Maybe that event that looks scary to you was designed by God to grow you closer to Him. Challenge yourself to not be scared but to look forward to seeing how God will move. ■

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



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BLESSED to be in Bondurant

Hoeksema family has seen decades in the community.

Regina Hoeksema and her husband, John, moved to Bondurant in 1993 because they wanted to live in a small town where they could raise their children.

It was their first home, and while it required a lot of TLC, it was one they could afford.

“We were a young family and decided that we would make this something that we, as a family, could work on together,” Regina Hoeksema says. “We had a vision, and, through the years, with a lot of hard work together, we were able to make our vision come true. Looking back, working as a family renovating our home are some of the best memories I have.”

Now that their home is as they always wanted it, Hoeksema says her favorite parts are the unique details in every room.

And while they certainly love their home, one of the best parts about where the family lives is their neighborhood and the people in it, she says.

“I can’t say enough great things about my neighborhood and my neighbors,” Hoeksema says. “Our neighbors have been here for us through sickness, loss and triumphs. We have shared many laughs and shed many tears together. They are truly the best of the best.”

Hoeksema adds she enjoys many aspects of living in the Bondurant community in general.

“I love that so many individuals in our community have invested so much to make this a great place to live and raise our children,” she says.

Hoeksema recalls, when the family moved to town, there was a bank, gas station and library.

“Now, we don’t even need to leave town for anything,” she says. “It is so heartwarming to see the community rally around those who have built businesses and work hard so that we can have those conveniences.”



Regina Hoeksema has enjoyed seeing Bondurant grow over the years.



Hoeksema is grateful to have raised their children in such a wonderful community. Now that they’re grown, her son and daughter have chosen to plant their roots in Bondurant as well. Hoeksema is also thankful to have a church family in town at First Family Church.

“I can’t imagine living anywhere else except right here in Bondurant,” she says. “We have all we need right here. We are truly blessed to be a part of this beautiful, ever-growing town we call home.” ■

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SENIORS

By Stephanie Proper

THE COST of long-term care

Everything keeps getting more expensive, and healthcare is no exception. Healthcare costs in the United States increase more than 4% every year. In the 1970s, the average American spent about \$350 per person each year on healthcare. Compared to 2019, which averaged around \$11,500 per person, that is quite a jump. Unfortunately, the amount we spend on healthcare doesn't just grow with inflation, it also grows as we age, as we often need more doctors' visits and more assistance the older we get.



Seven out of ten people will need long-term care services in their lifetime, and 56% of the population believe that Medicare will cover the cost of long-term care. It doesn't. Medicare Part A covers short-term skilled stays at a skilled nursing facility. For example, if you are in the hospital, they may suggest skilled care for recovery before going home. Twenty-four-hour nursing care or long-term care is paid for privately, with long-term care insurance, or by Medicaid. You can expect to pay around \$150 per month for long-term care insurance. There are variables with this, including when you start paying for your policy, how old you are, etc. Medicaid, in regards to long-term care coverage, is available if the person who is needing additional care has less than approximately \$2,000 in assets.

The average monthly cost of long-term care in the United States is approximately \$8,800 per month. That is a lot of money, but let's break down that cost. While in long-term care, you receive 24-hour-a-day care, approximately 30 days each month, which equals \$12.22 per hour. Think about that for a minute. \$12.22 per hour is supposed to cover the cost of staff wages (nurses, certified nursing assistants, laundry, housekeeping, dietary, maintenance, activities, and more), nursing supplies needed to provide care, linens, cleaning supplies, entertainment supplies, and more. There is also the cost of the building itself, water, heat, electricity, routine maintenance, and more. On top of that, Medicaid reimburses long-term care communities less than \$12.22 per hour. For this reason, most long-term care communities must find a balance between Medicaid and private pay room availability.

My advice is to prepare. If we are lucky, we will live a long, rewarding life. That life could lead to someday needing long-term care. Planning ahead will give you more options and greater freedom of choice when it comes to selecting a long-term care community. Reach out to a financial planner or elder law attorney to see what you can start today to help with your future health care costs. ■

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

Happy 2nd Anniversary Larry & Nan Seay!

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BONDURANT-FARRAR

COMMUNITY SCHOOL DISTRICT

SPRING 2022



SOCCER: BOYS VARSITY

Date	Time	Opponent	Location
03-31-22	5:30PM	Des Moines Christian	Bondurant-Farrar HS
04-04-22	4:30PM	Away vs. Carroll Community School	Carroll HS
04-05-22	4:30PM	Away vs. Knoxville	Knoxville HS
04-08-22	4:30PM	Nevada	Bondurant-Farrar HS
04-11-22	4:30PM	Carlisle	Bondurant-Farrar HS
04-15-22	4:45PM	Away vs. West Des Moines Valley	Valley HS
04-16-22	9:00AM	Away vs. Multiple Schools	Des Moines East HS
04-19-22	4:30PM	Perry	Bondurant-Farrar HS
04-22-22	5:30PM	Away vs. Boone	Boone HS
04-26-22	5:30PM	Gilbert	Bondurant-Farrar HS
04-29-22	5:30PM	PCM	Bondurant-Farrar HS
05-02-22	5:30PM	Adel DeSoto Minburn CSD	Bondurant-Farrar HS
05-07-22	9:00AM	Multiple Schools	Bondurant-Farrar HS
05-10-22	5:30PM	Winterset	Bondurant-Farrar HS
05-12-22	5:30PM	Away vs. North Polk	North Polk HS
05-17-22	5:30PM	Away vs. Ballard	Ballard HS

SOCCER: GIRLS VARSITY

Date	Time	Opponent	Location
04-01-22	5:30PM	Norwalk	Bondurant-Farrar HS
04-04-22	5:30PM	Carroll Community School	Bondurant-Farrar HS
04-07-22	5:30PM	Away vs. Pella	Pella HS
04-08-22	5:30PM	Away vs. Nevada	Nevada HS
04-11-22	5:30PM	Away vs. Carlisle	Carlisle HS
04-14-22	4:45PM	Away vs. Des Moines Lincoln	Cownie Soccer Park
04-19-22	5:30PM	Away vs. Perry	Perry HS
04-22-22	5:30PM	Boone	Bondurant-Farrar HS
04-25-22	4:15PM	Away vs. Multiple Schools	Pella HS
04-26-22	5:30PM	Away vs. Gilbert	Gilbert HS
04-29-22	4:45PM	Away vs. Ankeny Centennial	Ankeny Centennial HS
05-02-22	4:30PM	Away vs. Adel DeSoto Minburn CSD	ADM HS
05-06-22	4:30PM	Away vs. Dallas Center-Grimes HS	Dallas Center-Grimes HS
05-07-22	9:00AM	Away vs. Multiple Schools	Waverly-Shell Rock HS
05-10-22	5:30PM	Away vs. Winterset	Winterset HS
05-13-22	4:30PM	North Polk	Bondurant-Farrar HS
05-17-22	5:30PM	Ballard	Bondurant-Farrar HS

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TRACK: GIRLS VARSITY

Date	Time	Opponent	Location
03-07-22	12:00PM	Away vs. University of Northern Iowa	UNI - Cedar Falls
03-10-22	4:00PM	Away vs. Multiple Schools	Iowa State University
03-17-22	4:30PM	Away vs. Multiple Schools	Central College
03-24-22	4:15PM	Away vs. Dallas Center-Grimes	DC-G HS
03-28-22	4:45PM	Multiple Schools	Bondurant-Farrar HS
03-31-22	4:30PM	Away vs. Ballard	Ballard Middle School
04-07-22	4:45PM	Away vs. Woodward-Granger	Woodward-Granger HS
04-12-22	4:30PM	Away vs. Johnston	Johnston HS
04-14-22	TBD	Away vs. Multiple Schools	East Marshall HS
04-18-22	4:45PM	Multiple Schools	Bondurant-Farrar HS
04-21-22	4:30PM	Away vs. Multiple Schools	Roland-Story HS
04-25-22	4:30PM	Away vs. Multiple Schools	Saydel HS
04-26-22	4:45PM	Away vs. Multiple Schools	Woodward-Granger HS
04-28-22	4:25PM	Away vs. Carlisle	Carlisle HS
05-05-22	4:00PM	Away vs. Multiple Schools	North Polk HS

TRACK: BOYS VARSITY

Date	Time	Opponent	Location
03-11-22	4:30PM	Away vs. Multiple Schools	Iowa State University
03-17-22	4:30PM	Away vs. Multiple Schools	Central College
03-25-22	4:30PM	Away vs. Multiple Schools	Johnston HS
03-28-22	4:45PM	Multiple Schools	Bondurant-Farrar HS
03-29-22	4:30PM	Away vs. Nevada	Nevada HS
04-05-22	4:30PM	Away vs. PCM	PCM
04-08-22	4:30PM	Away vs. Baxter	Baxter HS
04-09-22	9:00AM	Away vs. Multiple Schools	Iowa City West HS
04-14-22	4:30PM	Away vs. Saydel	Saydel HS
04-19-22	4:30PM	Away vs. Multiple Schools	Brooklyn, Guernsey and Malcom HS
04-21-22	4:30PM	Away vs. Martensdale-St Mary's	Martensdale-St. Marys Jr Sr HS
04-25-22	4:30PM	Away vs. Des Moines Christian	Des Moines Christian HSs
04-26-22	4:30PM	Away vs. Carlisle	Carlisle
04-28-22	4:45PM	Multiple Schools	Bondurant-Farrar HS
05-05-22	4:00PM	Away vs. Multiple Schools	North Polk HS

GOLF: GIRLS VARSITY

Date	Time	Opponent	Location
04-02-22	9:00AM	Away vs. Multiple Schools	Willow Creek Golf Course
04-05-22	4:00PM	Away vs. Multiple Schools	TBA
04-12-22	4:00PM	Away vs. Multiple Schools	Perry Golf & Country Club
04-14-22	4:00PM	Multiple Schools	Terrace Hills, Altoona
04-18-22	1:00PM	Multiple Schools	Terrace Hills, Altoona
04-19-22	2:00PM	Away vs. West Marshall	TBA
04-25-22	4:00PM	Away vs. Carroll Community School	TBA
04-28-22	1:00PM	Away vs. PCM	TBA
04-29-22	2:00PM	Away vs. Roland-Story	Riverbend Golf Course
05-05-22	4:30PM	Panorama	Terrace Hills, Altoona
05-09-22	9:00AM	Away vs. Multiple Schools	Lakeview Country Club
05-16-22	2:00PM	Away vs. Ballard	Ballard Golf & Country Club
05-18-22	10:00AM	Away vs. Multiple Schools	TBA

GOLF: BOYS VARSITY

Date	Time	Opponent	Location
04-05-22	4:00PM	Boone	Terrace Hills, Altoona
04-11-22	2:00PM	Multiple Schools	Terrace Hills, Altoona
04-12-22	4:00PM	Away vs. Multiple Schools	Pleasantville Golf Course
04-14-22	4:00PM	Multiple Schools	Terrace Hills Golf Course
04-18-22	1:00PM	Away vs. Multiple Schools	Lincoln Valley Golf Course @ State Center
04-25-22	1:00PM	Away vs. Multiple Schools	Gateway Golf Course
04-29-22	12:00PM	Away vs. Multiple Schools	Lakeview Country Club
05-02-22	4:00PM	Adel DeSoto Minburn CSD	Terrace Hills Golf Course
05-05-22	4:15PM	Away vs. Multiple Schools	Oskaloosa Golf Course
05-07-22	9:00AM	Away vs. Multiple Schools	Ames Golf and Country Club
05-09-22	9:00AM	Multiple Schools	Terrace Hills, Altoona
05-11-22	10:00AM	Away vs. TBA	TBA

See raccoonriverconference.org for most up-to-date schedules.



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RECIPES

A FRESH take on family dinner

(Family Features) If your family gets stuck in a dinner routine rut, it can feel like you're eating the same recipes over and over again.

However, this fresh and unique recipe for Cuban chicken with salsa fresca might inspire you to think outside the culinary box and give your family members the satisfactory flavor they desire at dinnertime. With fresh ingredients and a wholesome flavor, this meal is perfect to add to your menu.

Find more recipes and family dinner ideas at Culinary.net. ■

Cuban chicken with salsa fresca

Servings: 5

- 1 cup grapefruit juice
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon crushed red pepper
- 1 1/4 pounds boneless, skinless chicken breasts

Salsa fresca:

- 1 cup grapefruit segments
- 1/2 jicama, cubed
- 1/2 red onion, chopped
- 3/4 cup grapefruit juice
- 4 tablespoons olive oil
- 1/2 cup fresh cilantro, chopped
- 1 jalapeno pepper, chopped

Directions

- Heat oven to 400 F.
- In large bowl, mix grapefruit juice, oil, garlic powder, cumin, paprika and red pepper until combined. Add chicken to bowl and turn to coat. Refrigerate 30 minutes or longer.
- To make salsa fresca: In medium bowl, mix grapefruit segments, jicama, red onion, grapefruit juice, olive oil, cilantro and jalapeno pepper until combined. Refrigerate until ready to serve.
- Remove chicken from marinade. Place chicken in baking dish. Bake 25-30 minutes until chicken is cooked through.
- Serve chicken with salsa fresca. ■





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RECIPES

Moroccan roasted vegetable salad



Prep time: 20 minutes
Cook time: 20 minutes
Servings: 4

Lemon tahini dressing:

- 1/4 cup tahini
- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 3 teaspoons maple syrup
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 2 tablespoons cold water

Salad:

- nonstick cooking spray
- 6 tablespoons olive oil
- 2 teaspoons ras el hanout or garam masala
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 sweet potatoes, peeled and cut into long wedges
- 4 whole large carrots, chopped
- 2 red bell peppers, cored and cut into 1-inch pieces
- 2 packages (6 ounces each) Fresh Express 5-Lettuce Mix
- 1 can (15 1/2 ounces) chickpeas, rinsed and drained
- 1/3 cup dried apricots, sliced
- 1/3 cup slivered almonds, toasted
- 2 tablespoons Italian parsley, chopped

Directions

- To make lemon tahini dressing: In small bowl, whisk tahini, olive oil, lemon juice, maple syrup, Dijon mustard and salt. Add cold water; mix well. If dressing thickens, mix in more cold water.
- Heat oven to 400 F. Spray two baking sheets with nonstick cooking spray.
- In large bowl, mix olive oil, ras el hanout, salt and pepper. Add sweet potatoes; toss to coat. Transfer to first prepared baking sheet. Add carrots and peppers to leftover oil; toss to coat. Transfer to second prepared baking sheet. Bake 15-20 minutes, or until vegetables are tender. Let cool.
- Arrange lettuce mix on four plates. Top each with sweet potatoes, carrots, red pepper, chickpeas, apricots and almonds. Drizzle with dressing and sprinkle with parsley. ■

Turkey-potato wrap

Recipe courtesy of Wisconsin Potatoes

- 3/4 pound Wisconsin russet potatoes, cut into 1/2-inch pieces
- 1 tablespoon water
- 1 tablespoon canola oil
- 3/4 pound ground lean turkey
- 1 large carrot, shredded
- 1/3 cup sliced green onions with tops
- 1 can (8 ounces) tomato sauce
- 2/3 cup shredded cheddar cheese
- 1 teaspoon dried Italian seasoning or basil
- salt, to taste
- pepper, to taste
- 4 large whole-wheat or high-fiber tortillas
- light sour cream (optional)



Directions

- Place potatoes in microwave-safe bowl; sprinkle with water. Cover, venting one corner. Microwave on high 5-8 minutes until potatoes are tender.
- In large nonstick skillet over medium-high heat, heat oil. Add and break up turkey; cook 5 minutes, tossing occasionally. Mix in carrot; cook 2 minutes. Add potatoes and onions; toss and cook 2 minutes. Reduce heat to medium; mix in tomato sauce, cheese and Italian seasoning.
- Cook, stirring occasionally, 4-5 minutes until mixture is hot and most sauce is absorbed. Season with salt and pepper, to taste. On work surface, lay out tortillas. Place 3/4 cup hot turkey mixture on each; fold and roll for burritos.
- Cut in halves. Serve each with sour cream, if desired. ■

Loaded smoked salmon rice bowl

Prep time: 4 minutes
Cook time: 1 minute
Servings: 1

- 1 cup Minute Ready to Serve Brown Rice
- 2 ounces smoked salmon
- 1/2 cup julienned cucumber
- 1 teaspoon soy sauce
- 1 tablespoon everything bagel seasoning mix

Directions

- Heat rice according to package directions.
- Top rice with smoked salmon and cucumbers. Drizzle with soy sauce and sprinkle with seasoning mix. ■



SEEKING BOARD MEMBER

The Library Board of Trustees is seeking a member. The new board member will need to be a male and live within the city limits of Bondurant. Learn more on the City's website.

CITY PARK UPDATES

Late in 2021, City Council adopted the City Park Master Plan. Currently, the schematic design plans are being worked on. The schematic design will provide the information necessary to break the improvements into phases and program into the City's Capital Improvements Plan. More details can be found on the City's website under Projects.

SKATE PARK

Central Park Master Planning is underway. This is a large regional park that will be located south of highway 65. Included in the design of Central Park is a skate park. The skate park will be located on the south side of the Gay Lea Wilson Underpass under highway 65. Once design details are finalized more details will be shared.

PRESCRIPTION DRUG DROP SITES

Bondurant City Hall offers a prescription drug drop site during business hours. Items that are acceptable are prescription medications in the form of a pill, ointment, creams, powders, inhalers, nebulizer solutions, liquid medications, vitamins, and supplements, and pet medications. Liquid items must be placed into a sealed zip-up baggie prior to dropping them into the container. Items not accepted are sharp objects, syringes with needles, thermometers, bloody or infectious waste, aerosol cans, Hydrogen Peroxide or rubbing alcohol.

EAGLE PARK UPDATES

The Bondurant City Council wishes to make Eagle Park an area where people can interact with nature in a way that educates and preserves the natural habitat of the species who live there. The Eagle Park Master Plan is underway to include walking paths throughout the park, Mud Creek access, stormwater wetlands, solar-powered charging benches, native planting area(s), a butterfly garden, more lush trees, wayfinding and interpretive signs, and disc golf. Find more details on the City's website.

UPCOMING TREE REMOVAL

Early 2021, the Department of Natural Resources (DNR) shared the 2020 Urban Forest Management Plan with the Bondurant Parks and Recreation. This report listed trees within the Bondurant community that are dead, diseased, and dying. A contractor is hired to remove these trees. For a full list of the trees and their locations please view them on the City's website under Projects.

HIGHWAY 65 UNDERPASS

Design for the Highway 65 Underpass (located roughly in the area of Oleson Drive) has been finalized and submitted to the State Department of Transportation. The project will be let shortly and bids will be due in April for a spring construction. The project will provide a safe way for bicyclists and pedestrians to traverse highway 65, and eventually connect the Gay Lea Wilson Trail in Bondurant and Altoona. Construction over the summer will have impact on traffic in the area. Please watch for updates! The project is slated for completion by the end of the calendar year.

EVENTS:

BABYSITTING BASICS CLASS

Friday, March 11 from 9AM to 3PM

Join the Polk County 4-H for a youth class to learn the basic skills needed for babysitting. Register on the City's website.

LIVE HEALTHY IOWA 5K/1K

Pre-race and post-race celebration held at the Bondurant Regional Trailhead on **April 23** beginning at **7:30 AM**. Register to walk/run or show up to cheer them on! Visit the City's website for more information.

KEEP BONDU BEAUTIFUL

Friday, April 16 at 9AM

Join us as we take pride in our community and beautify the City we all know and love. Grab some friends, family, neighbors, and Team Up to Clean Up the City parks. Register yourself or your team on the City's website.

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](https://www.yardsalestreasuremap.com) or download the app "Garage Sale Map - gsalm.com"

BONDURANT'S ANNUAL SPRING CLEAN UP

Saturday, May 14 One day only and for residents within city limits. More information will come.



BONDURANT Community Library news

As we all look forward to warmer weather, bluer skies, blooming flowers, longer days, and more sunshine, we want to make sure the community is aware of the great things happening at the library. You do not have to travel somewhere to have a great spring break full of memories to cherish with the family. The library has planned several fun activities during that week.

For a full list of services and access to our up-to-date event calendar, please visit our website, www.cityofbondurant.com/bondurant-community-library, call 515-967-4790 or stop in and see us today.

Spring also means planning for our Summer Reading Program. The library would not be able to offer programming without the generous donations from our community. We are currently looking for sponsors to assist us with our book-in-a-bag kits and several other Summer Reading programming costs. If you or your organization would be willing to help, please contact us about making donations.

Bondurant Community Library knows that mental health is just as important as physical

health. We will offer another presentation from NAMI (National Alliance of Mental Illness) called "Ending the Silence" for tweens/teens and/or their parents. If you were not able to attend the January session, please join us at the library in Meeting Room A on Tuesday, March 22, at 6 p.m.

March events

- Geri-Fit: Strength training for older adults, every Monday and Thursday at 10 a.m.
- Story Times: Tuesdays at 10:30 a.m. and 3:45 p.m.; Wednesdays at 10:30 a.m.; and Fridays at 12:45 p.m.
- March 7: After-school craft, no-sew travel pillows at 2:30 p.m.
- March 8: Book Discussion for Adults, "The Seven Husbands of Evelyn Hugo," at 6 p.m.
- March 9: Virtual story time with Miss Megan, live on Facebook, spotlighting Women's History Month at 7 p.m.
- March 11-18: Spring Break Escape Room, sign-up required.
- March 11: STEAM fun, virtual reality and

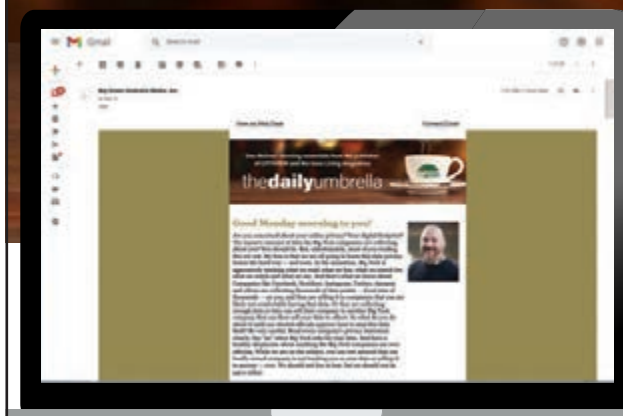
Osmo Tablets at 1 p.m.

- March 14: Story and STEAM. After the story, build your own Leprechaun trap at 1 p.m.
- March 16: Family Craft and Movie Night. Crafts begin at 5 p.m., and the movie will start at 6 p.m. We will serve popcorn during the movie but feel free to bring your own drinks and snacks.
- March 17: Find the Pot of Gold Scavenger Hunt from 9 a.m. to 7 p.m.
- March 17: Third Thursday at Hoover's with Hoover Presidential Foundation at 6 p.m.
- March 18: BINGO at 1 p.m.
- March 21: After-school puzzles at 2:30 p.m.
- March 22: NAMI "Ending the Silence" presentation for tweens, teens and their parents at 6 p.m.
- March 22: Inspired Minds Book Club for teens and tweens book discussion, "The Miscalculations of Lightning Girl" and craft, Faux Stained Glass at 7 p.m.
- March 28: After-school movie at 2:30 p.m. ■

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BOOK REVIEWS

Courtesy of Beaverdale Books

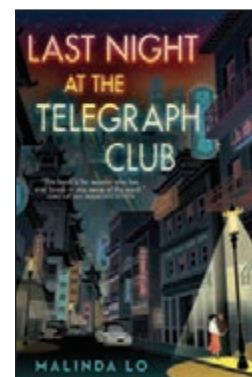
'Last Night at the Telegraph Club'

I'm such a sucker for well-written, historical novels that don't feel like historical fiction. Melinda Lo is known for her darkly beautiful stories, and this one hit that note just right. Unexpected romance, a turbulent time in our recent history, and a coming-of-age story all blend together into the perfect mix of bittersweet and hopeful for a tired soul like mine.

Lily is living in a weird time. The Red Scare, anti-Chinese sentiment, and a society in upheaval mixed with her own adolescence make everything seem uncertain and poised to crumble beneath her feet. Luckily for her, she finds sanctuary and mystery in the burgeoning lesbian bar scene with her friend Kath. Lily will have to navigate a complicated family, her own identity as a Chinese-American, and what love really means to discover who she truly wants to be.

This may be a historical setting, but so much of this book feels relevant to our current time. Finding yourself, discovering the meaning of family, and navigating a world intent on being hostile to anything different. This is a book for anyone out there feeling lost and alone. ■

— Review by Julie Goodrich



By Malinda Lo
432 pages
\$11.99
Dutton Books
12/28/21

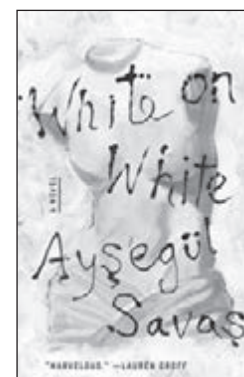
'White on White'

Oh, this one is so beautiful, achingly so. A short, powerful hit of art and sadness and humanity that fits the new year blues like a glove. The inner lives of artists is always a rich playground for narrative, but the slightly sinister uncertainty that Savas weaves through this slick and shocking story makes for something unique and melodic.

An unnamed narrator in an unnamed city is renting an apartment from an artist named Agnes. In bits, splashes and torrents, Agnes' life story is poured at the feet of the reader. The rhythmic nature of her stories starts to stutter, and an eerie, subconscious menace leaks through.

Much like the titular white-on-white painting, the true depth of this story is hard to see at first, but the slow realization by both the narrator and the reader is all the more satisfying for it. This is both a meditative and thrilling read for anyone feeling some midwinter melancholy. ■

— Review by Julie Goodrich



By Aysegül Savas
192 pages
\$26
Riverhead Books
12/7/21



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HEALTH

By Dr. Kari Swain

HOW CAN regular chiropractic care lower your risk of cardiovascular disease?

The central nervous system controls all of the systems of our body including our circulatory system, which is responsible for heart and blood vessel function. The heart and blood vessels are connected to the central nervous system by millions of tiny nerves. These nerves control heart rate and blood pressure. Chiropractic adjustments restore the central nervous system to the optimal state of health by removing interferences which block the messages being sent between the brain and the body.

Heart health benefits of chiropractic care

- **Lowers blood pressure:** Studies show a significant improvement in blood pressure following chiropractic adjustments. Evidence points to a 17/10 reduction in blood pressure.
- **Improves nerve function of the heart:** This is called the autonomic tone, and it impacts the heart, lungs, gastrointestinal tract, kidneys, bladder, sex organs, and almost every other part of the body.
- **Decreases blood markers of inflammation:** The higher your inflammation, the greater your risk of cardiovascular events. Chiropractic adjustments and a healthy lifestyle lower your inflammation.
- **Improves heart rate variability:** The greater your heart rate moves up and down, the longer you will live. This is called heart rate variability (HRV). Chiropractic restores HRV to healthy levels. HRV is measured as part of a thorough chiropractic exam.
- **Improves lung function:** Poor lung function is linked to heart failure. Evidence points to chiropractic being effective in patients with breathing issues. When breathing is optimized, the heart will have increased function. ■

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

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HEALTH

By Dr. Katrina Smith, MD FAAD

TREATING dandruff

Dandruff is a common and distressing condition. Those little white flakes that appear on your scalp and clothing are not your best fashion accessory. Fortunately, there are treatment options. Dandruff is also known as seborrheic (seb-o-REE-ik) dermatitis. It typically affects teens and adults. When it occurs in babies, it's called "cradle cap."

Seborrheic dermatitis appears as pink patches with greasy scale in the oily areas of the body (scalp, ears, central face). It may be seasonal and flare during cold weather and improve in the summer. The exact cause of dandruff is unknown, but it has to do with oil (sebum) production, yeast (malassezia) found on the skin and inflammation. Some people are genetically prone to dandruff.

Treatment tips: Shampoo your scalp daily. Use a dandruff shampoo 2-3 times weekly. African Americans may shampoo once weekly with a dandruff shampoo. Choose a dandruff shampoo with zinc pyrithione, selenium sulfide or salicylic acid and sulfur.

If these steps don't improve your condition, see a board-certified dermatologist. Sometimes dandruff can be stubborn or may mimic other conditions like psoriasis or fungal infections. A dermatologist will be able to diagnose and treat your condition. ■



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

FAQS: Dental care for children

Q: At what age should my child start seeing the dentist?

A: The American Association of Pediatric Dentists recommends that children be seen by a dentist when their first front teeth begin to emerge or by the time they turn 1. If you notice your child's two-year molars are present and they have not seen the dentist yet, this would be an important time to make an appointment.

Q: When should I start flossing my child's teeth?

A: Flossing is recommended as soon as there are two or more teeth touching each other. This can happen as early as age 2. Flossing is recommended to remove food particles stuck in between the teeth where a toothbrush can't reach. Not flossing these areas of the child's teeth can increase risk of developing a cavity.

Q: When can my child switch from training toothpaste to regular toothpaste?

A: There is not a set age to switch from training toothpaste. The main factor to consider before switching is if your child can spit out the toothpaste when brushing. If your child frequently swallows the toothpaste, the American Association of Pediatric Dentists recommends waiting to switch until the child can spit well and routinely. This prevents children from ingesting the fluoride in regular toothpaste. ■

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



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RECOGNIZE symptoms of a heart attack

As many of you may know, February is Heart Health Awareness Month, with Feb. 4 as National Wear Red Day. According to the American Heart Association, heart disease continues to be one of the leading causes of death. In the U.S., someone suffers from a heart attack every 40 seconds. One way to help improve survival from a heart attack is to recognize the symptoms and get treatment as soon as possible. The symptoms of a heart attack are:

1. Chest pain or chest pressure with a feeling of fullness in the center of the chest that may be sharp or, in women, may come and go.
2. Nausea, vomiting, lightheadedness.
3. Mid back pain, neck pain, jaw pain.
4. Shoulder pain that may or may not radiate down one or both arms.
5. Shortness of breath

Recognition of these symptoms and prompt treatment can help save a life. ■

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



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WELLNESS

By Morgan Piper

HOW to create sustainable goals

This time of year is always a busy time for nutrition and fitness programs. Health services are overloaded, and diets generally are in full go. Mid-spring, these services usually slow down and gyms start to decrease in capacity. Every. Single. Year.

Why not set reasonable goals — goals you can sustain and have flexibility for a lifetime? You really can eat everything in moderation. That's sustainability without restriction, and, let me tell you, I'm here for it.

Let's talk about nutrition or fitness goals that look a little different than previous years.

Instead of making a goal to go to the gym six times per week when you haven't exercised ever, try two times per week.

Instead of plunging into a Keto or Atkins diet when you love carbohydrate-rich foods like fruits, pastas, bread etc., maybe try to incorporate three vegetables into your normal diet every single day.

Instead of saying, "I'm never eating out," try limiting restaurant foods to one to two times per week.

Instead of saying "No" to pop, try limiting it to one beverage per week.

See what I did? I created common goals and switched them to more realistic practices. I think it's great each of us have big goals for ourselves; however, big goals can not be achieved without creating small, flexible changes first. Being goal oriented and having something to crush is empowering. Just remember, it's a marathon, not a sprint. ■

Information provided by Morgan Piper, Health Coach, and Taylor Grgurich, RDN, LD, Mac Out Nutrition, www.macoutnutrition.com.



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HEALTH

By Ariel Meaney

HEALTHY boundaries make healthy individuals

During a time when many of us focus on others and their needs, how can we focus on ourselves and maintain a healthy balance within a relationship? Understanding what our own healthy boundaries are could be how we start our self-discovery and reflection. Within our reflection on our life, we can begin to list what we feel we can or cannot balance in our life currently. Other things that may go on this list are what we can and cannot control. Making this list of reflection upon our life will help to define what our boundaries can start to look like.

Being able to have open communication with your significant other about your boundaries is another way to uphold your own wellbeing and sense of self within the relationship. Finding the healthy balance of compromise for each person within the relationship is essential to helping make the relationship long-lasting and respectful.

Implementing self-care, utilizing a support system, and using coping skills are all important factors in maintaining a healthy individual. When we utilize our coping skills, as well as healthy boundaries within our professional and personal lives, we can feel more at peace. ■

Information provided by Ariel Meaney, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, meaney@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



UNDERSTANDING risk factors the key to preventing heart disease

February is Heart Month, a time to increase your awareness of cardiovascular disease.

And, for most Iowans, increasing awareness starts with a clear understanding of the risk factors associated with

the disease. Knowing your risk is the first step in prevention. Common risk factors include: age, family history, cholesterol, blood pressure, smoking, diabetes and obesity.

• **Age:** Men are at increased risk for heart disease after age 45. A woman's risk goes up at age 55 or if she has experienced menopause. We tend to overlook the simple fact that our risk for heart disease goes up as we grow older. By the time you hit 40, you should be actively aware of your risks and ready to take action.

• **Family history:** Studies suggest family history may play a role in heart disease, particularly when diagnosed in younger people over successive generations. We're most



concerned about family history when a parent or sibling has early heart disease — before age 45 for men or age 55 for women.

• **Cholesterol:** The body makes all the cholesterol it needs, so any you add through your diet is “extra.” The extra cholesterol forms plaques that can accumulate in the coronary arteries, eventually causing chest pain or a heart attack.

Total cholesterol should be less than 200 mg/dl. Levels of LDL or “bad” cholesterol should be as low as possible, while levels of HDL or “good” cholesterol should be high.

• **Blood pressure:** Blood pressure should be 120/80 or lower. High blood pressure means your heart has to work harder than normal. Left untreated, the condition can weaken artery walls. Adults and children should have their blood pressure measured each year.

• **Smoking:** Smoking contributes to plaque formation in the arteries, which may, in turn, lead to a heart attack or stroke. If you smoke, quitting is the best thing you can do for your overall health.

• **Diabetes:** Nearly two-thirds of people with diabetes die of cardiovascular disease. Patients with diabetes should carefully monitor and control their condition, as well as their other risk factors for heart disease.

• **Obesity:** Obesity makes the heart work harder, increasing your risk for heart disease. In many cases, it also indicates a sedentary lifestyle and a low HDL level.

Try to get as much physical activity as possible and eat a heart-healthy diet to maintain a healthy weight.

Heart disease prevention is critical. It should begin early in life. Start with an assessment of your risk factors. Then develop a plan with your health care team you can follow to maintain a low risk for heart attack. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, iowaheart.com.

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A FOUR-DAY work week paying off



As everyone should know by now, there is a shortage of qualified people in the workforce today. I found myself posting ad after ad for a mechanic. I would get five or ten unqualified candidates to apply, and, by unqualified, I mean they lack the training or experience for the position. We have always been at the top of the pay scale for our employees. We offer great benefits such as 401K, health, dental and vision insurance, paid training, paid vacations, uniforms, tool allowance and many more things.

One Friday, I needed to take a set of heads to the machine shop we use. I arrived at 4 p.m., and they were closed. The hours said 8 a.m. to 3 p.m. Fridays. Nice, I thought, they are letting employees go early on Friday. I left the heads in their drop off location and texted the owner (my former college roommate).

The next time I saw him in person, I quizzed him about it. He said he is usually the only person there on Fridays. He said he, too, had looked for a machinist. When he found one, the guy said he would come to work, but he wanted four 10-hour days. He contacted another business friend of his doing this and asked how it worked. He was told employees are happier and produce higher quality work. My friend then said he brought this up to his crew, and they were all in favor of a four-day work week and started the following week. He noticed the change in their happiness right away and, after a few months, he saw the trend was they were having fewer mistakes and better production.

I pondered: Will this work for us? At our next weekly meeting, I brought this up to my team. They were nearly all for it. We started by staggering our staff. Part of them off Friday and part off Monday. They loved it; however, scheduling was tougher for Friday and Monday. I ran an ad right away for a four-day work week. Immediately I received a resumé from an 18-year veteran who worked at a dealership. After talking with him and doing the background checks, I hired him. I asked in the interview what stood out about us? He replied, the four-day work week. He had always wanted to work four 10-hour days. He also stated it shows that you care about your crew. Wow, I thought, that is powerful. I have always cared about my teammates and their families. It was tough, however, to convey this to a potential new hire.

We have since moved to all employees except me working Monday through Thursday. I am alone on Friday. I answer phones and will fix an emergency or a tire repair or two. I now have a happier crew, and I believe this has led to happier customers as well. ■

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

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GERVAIS, Ahmed, Cruz, Affleck and more

I managed to survive the Oscar-season blast of movies with only a few body blows, viewing lots and lots of movies, many on the streaming services thanks to a very mild case of COVID. My fox terrier Buster and I spent a good (actually very good) week at the lake watching movies. As such, I am providing a mixed bag of films this month.

"AFTER LIFE": Season 3 of this heartwarming and heartbreaking series about a man who loses his wife to cancer is outstanding. Ricky Gervais, of all people, is behind this excellent series.

Raunchy language alert but so full of heart and love. **Grade: A-**



"ENCOUNTER": What starts as a compelling sci-fi story about an ex-military dad protecting his two sons spins on a dime and turns into a whole different movie. Riz Ahmed turns in great performances. **Grade: B-**



"PARALLEL MOTHERS": This is the first of two art films on this month's list. Penelope Cruz plays a successful adult who finds herself pregnant with no support from the father. Along this road, she meets a young woman in the same position, and the two strike up an interesting friendship. It's not a perfect film, but there is still much to like. **Grade: B**



"SCREAM": I guess "Scream 5" didn't seem like a great title, so simply "Scream." Many faces from previous incarnations reappear as the town is once again terrorized by a creepy man. **Grade: C+**



"SWAN SONG": If you love Mahershala Ali ("Green Book"), you are in for a treat as here he plays two characters. A man who has a terminal illness finds a company (headed by Glenn Close) that will make an exact copy of him and insert this duplicate into the life of his son and wife... without them knowing. All fun and games until something goes awry. **Grade: B+**



"THE TENDER BAR":

George Clooney directs and Ben Affleck stars as an uncle keeping a close eye on his sister's adolescent son. A small, charming film about a dysfunctional family full of love and a heaping dose of crazy. **Grade: B+**



"THE 355": This is the worst movie of the year so far — a preposterous story about a group of women tracking down bad guys and something else which I don't even care enough to remember. Mindless action with little to nothing to recommend. **Grade: D**



"TICK TICK BOOM!":

This is one of my big surprises of the year. Andrew Garfield plays Jonathan Larson, a struggling playwright trying to launch his first play on Broadway, or off Broadway, or in the back room of a store. He just wants to succeed. Garfield should get an Oscar nomination. The film is charming and packs quite the emotional punch! **Grade: A**



"THE TRAGEDY OF MACBETH": I will admit that a black-and-white movie written by the Bard, starring Denzel Washington and Frances McDormand, directed by one of the Coen brothers (and McDormand's husband Joel) had my attention. Unfortunately, not for long. The movie looks great, the actors are excellent, the photography is stunning, and the Shakespearian dialect is near perfect... maybe too perfect. I was an English major, and I still struggled to understand what was going on and what was being said. But the movie looks great. **Grade: C+**



"THE UNFORGIVABLE": Sandra Bullock plays a woman released from prison for a heinous crime that she was involved with many years previously in which a police officer lost his life. No one seems to be particularly happy to see her out of prison. Not what you expect from Bullock, but she carries it well. **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 at MrMovieDSM.



Sheena Cochran-Foster was voted a favorite in the Eastern Polk County Residents' Choice poll.



Jesse Perez with Snyder Landscaping and Lawn Care was voted a favorite in the Eastern Polk County Residents' Choice poll.



Russ Goerand and Ryan Lensing at the Chowder Ride check-in at Reclaimed Rails on Feb. 12.



Joe Mullen and Ben Fuller at the Chowder Ride check-in at Reclaimed Rails on Feb. 12.



Nick Van Houten and Roger Feldhans at the Chowder Ride check-in at Reclaimed Rails on Feb. 12.



Allison Sorenson and Veronica Stafford at the Chowder Ride check-in at Reclaimed Rails on Feb. 12.



Darren Johnson, Samuel Johnson and Randy Wahl at the Chowder Ride check-in at Reclaimed Rails on Feb. 12.



Duane Fauser, Peg Fauser and Angie Duncan at the Chowder Ride check-in at Reclaimed Rails on Feb. 12.

DON'T MISS A Piece of Bondurant

Spring is less than a month away, and Bondurant residents are anxious to get outside and active. The Bondurant Chamber is excited to be hosting our annual A Piece of Bondurant on April 30 and look forward to highlighting some of the great local businesses in our community. More than ever, keeping local dollars in the local economy makes an impact on our communities, families and business owners. Whether your car needs a tune up, home needs a spring cleaning, body needs to be refreshed, or you just need some retail therapy — Bondurant Chamber members have what you need. Be sure to check out the Chamber website if you're ever looking for a local business and aren't sure who to call.

In addition to seeing consumer business continuing to pick up, the business-to-business arena is also showing signs of recovery. Office products is generally considered to be a bellwether industry for the economy, and Storey Kenworthy has seen five consecutive months of year-over-year growth in key categories (coffee and breakroom) that indicate employees are returning to their offices. Our commercial furniture division continues to battle through supply chain challenges, delivering the ultimate customer experience for clients workspaces and facilities. Companies that seek to retain their talent and attract new employees are investing in their commercial interiors to provide employees with a work environment where they are comfortable, productive and safe.

The Chamber has many members who specialize in providing services to both homes and businesses, and, often, the contact person for the business is the owner. So, as spring arrives and you stretch your legs and get outside to enjoy warmer weather, don't forget to stop by local businesses for a drink on the patio or a delicious bite to eat. And there is no better way to find out what Bondurant Chamber members have to offer than to stop by A Piece of Bondurant on April 30. Hope to see you there. ■

Information provided by Lincoln Dix, Bondurant Chamber Vice President, Vice President Supplies Division at Storey Kenworthy.





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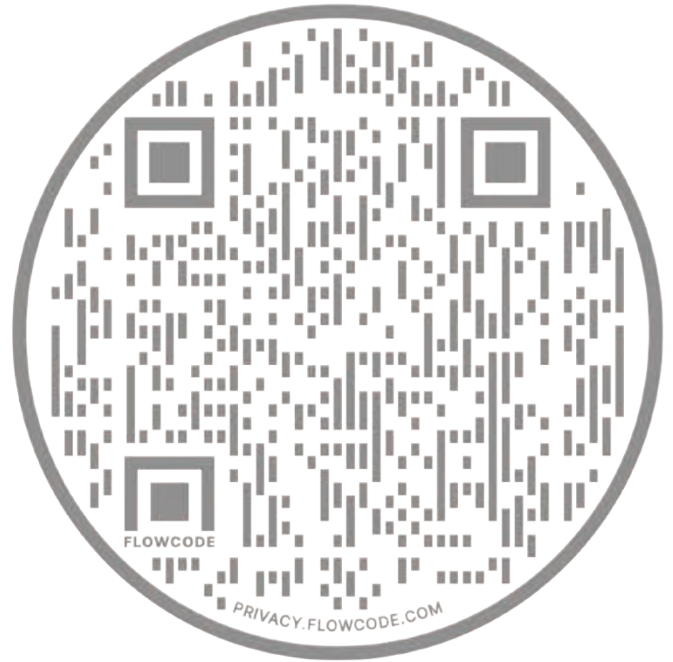
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