

BONDURANT

JANUARY 2022

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Eastern Polk County residents
share their favorites

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- ☒ NEW YEAR
- ☒ NEW GOALS
- ☐ **NEW HOME!**



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WELCOME

OPINIONS galore

Most of us have been told to keep our opinions to ourselves at one point or another in our lives, but this issue of your Living magazine is full of opinions. That is the premise of our annual "Residents' Choice" poll where voters name their favorite choices in a number of categories. Inside this issue, you will find the full results from the Eastern Polk County Residents' Choice poll.



An important item to note is that the people, places, events and other winners in this "Residents' Choice" poll are not our choices but rather the choices of each of you — our readers and the residents of this community. You might think that the name "Residents' Choice" should make that clear, but we do have people each year who reach out to us and say, "I can't believe you named..." We didn't. You did.

Some publishers call their polls like this "Readers' Choice" polls, but we choose to call ours "Residents' Choice," as, for us, they are one and the same. Every household in this community receives a copy of this Living magazine each month, and the magazines are read in nearly eight out of 10 households. We placed the ballot here in multiple issues prior to tallying the results. We also made the ballot available online for those who prefer to vote that way — and most of you do.

You may wonder how we keep people from voting multiple times. It's quite simple, actually. The poll software prevents it from happening, but some clever folks discovered that they could delete their "cookies" on their computers and vote again. That would work, except that we export the results and sort them by IP address, tossing out ones that are clearly from cheaters. It doesn't happen very often, but there are a few swindlers out there.

You should also know that the difference in the top choice and the runners-up is often only a handful of votes. With that in mind, being in the top three is an incredible honor.

So, if you took the time to vote in this year's poll, thank you. Your voice has been heard. If you didn't vote, enjoy reading what the favorites are from your fellow residents — and be sure to vote next year.

Thanks for reading. ■

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FEATURE

Renee Conley, Bondurant Animal Clinic, is the residents' choice for favorite veterinarian. Photo by Jackie Wilson

RESIDENTS' CHOICE AWARDS

Eastern Polk County residents share their favorites

By Tammy Pearson

Once again, local residents have let their favorites be known. The results of the Eastern Polk County Residents' Choice Poll have been tallied, and congratulations are in order. Those who made the top three can truly be proud, for they have earned the respect and loyalty of those who matter most — customers! From favorite restaurant to favorite hair salon, bank, coach, health club, park and more, the people who know — because they live here — have shared their opinions.

Among residents' favorites are several in Bondurant. Need quality daycare? Residents say The Bird's Nest is their favorite; for a used car, they gave the nod to A3 Auto; and, if Fido is in need of a checkup,

their favorite veterinarian is Dr. Renee Conley. Need groceries and have a hankering for a cup of coffee? Residents' favorites in those categories — Brick Street Market & Cafe and Somewhere in the Middle Coffee Shop — are in Bondurant.

You may notice some new favorites this year, as well as many repeats. We've also added some new categories, such as favorite nonprofit. Whether you agree or not, these are the views of your friends and neighbors. If you didn't cast your votes, be sure to do so next year. And, if you hope to make the list next year, you have time to win over the hearts of residents. Until then, drum roll...

FEATURE

Eastern Polk County Residents' Choice for Favorite...

(Runners-up listed in alphabetical order)

1. Consignment store

LaTeDa Boutique

Runners up: Caring Hands; Stuff Etc

2. Mom/child date spot

Sugar Shack Diner

Runners up: Jewel Nails & Spa; Rio Nail Bar

3. Dad/child date spot

Adventureland Resort

Runners up: Great Escape - The Ultimate Experience; Sugar Shack Diner

4. Coach

Brad Zelenovich

Runners up: Brad Hamilton; Matt Sillanpaa

5. Bank

Legacy Bank

Runners up: Bankers Trust; Community Choice Credit Union

6. Restaurant

Johnny's Italian Steakhouse

Runners up: The Big Steer Restaurant and Lounge; Claxon's Smokehouse and Grill

7. Hair salon

Style by Desiree

Runners up: Hair FX Salon & Spa; Signature Salon & Day Spa

8. Gymnastics studio

Pat Barton Dance Studio

Runners up: Starstruck All Stars; Triad Gymnastics

9. Doctor

Dr. Laura Francisco

Runners up: Dr. Stanton Danielson; Dr. Matthew Nicholson

10. Dentist

Dr. Corbin Brady

Runners up: Dr. Steven Fuller; Dr. Steven Neville



11. Chiropractor

Dr. Rocky Reeves

Runners up: Dr. Jeff Christensen; Dr. Marcus Dawson

12. Eye doctor

Dr. Amanda Korth

Runners up: Dr. Kenneth Hansen; Dr. Sheri Matthaiddess

13. Heating and cooling contractor

Metro Heating & Cooling

Runners up: Polk County Heating & Cooling; Schaal Plumbing, Heating & Cooling

14. Pastor

Nathan Anenson

Runners up: John Gaulke; Trevor Pinegar



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FEATURE

15. Health club or gym

Altoona Campus

Runners up: BrickHouse Fitness; Farrell's eXtreme Bodyshaping

16. School

Morris Elementary

Runners up: Altoona Elementary; Clay Elementary

17. Boutique

Clark Candle Co. & Market

Runners up: Little House on Main; Posey & Jett's

18. Park

Thomas Mitchell Park

Runners up: Haines Park; Yellow Banks Park

19. Place for a field trip

BrickHouse Fitness

Runners up: CAP Theatre; Thomas Mitchell Park

20. Community festival

Altoona Palooza

Runners up: Bondurant Summerfest; Bondurant Battle of the Bands

21. Teacher

Andrea Harmeyer

Runners up: Wendy Garton; Zach Swanson

22. Principal

Ben Anderson

Runners up: Erik Garnass; Lea Morris

23. Church

Lutheran Church of the Cross

Runners up: NewLife Church; Ss. John & Paul Catholic Church

24. Restaurant for dessert

Johnny's Italian Steakhouse

Runners up: Over the Top; Sugar Shack Diner

25. Restaurant for breakfast

Perkins Restaurant and Bakery

Runners up: Brick Street Market & Cafe; Sugar Shack Diner

26. Restaurant for lunch

Sugar Shack Diner

Runners up: Burger Shed; Fireside Grille



Nate and Sheena Kannegieter, owners of A3 Auto, have loyal customers who chose them as favorite car dealership.

27. Restaurant for dinner

The Big Steer Restaurant & Lounge

Runners up: Johnny's Italian Steakhouse; The Latin King Restaurant

28. Car dealership

A3 Auto

Runners up: Deery Brothers Chevrolet; Martinson's Used Cars

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**Favorite Place to Take
Your Mom & Dad**

**Favorite Place to Purchase
a Gift for a Woman**



Runner-Up: Favorite Boutique • Favorite Place to Take Your Kids or Grandkids



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FEATURE

29. Place for ice cream

Over the Top

Runners up: Granny's Sweet Freeze Shop; Sweet Swirls Rolled Ice Cream

30. Event

Iowa State Fair

Runners up: Altoona Palooza; Bondurant Battle of the Bands

31. Daycare

The Bird's Nest

Runners up: Altoona Kids World; Shining Stars Day Care

32. Children's birthday party spot

BrickHouse Fitness

Runners up: Adventureland Resort; Great Escape - The Ultimate Experience

33. Preschool

Church of the Cross Preschool

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



Lindsay Schaper with kids at The Bird's Nest, residents' favorite daycare. Photo submitted

34. Library

Altoona Public Library

Runners up: Bondurant Community Library; Pleasant Hill Public Library

35. Chamber of commerce

Altoona Area Chamber of Commerce

Runners up: Bondurant Chamber of Commerce; Pleasant Hill Chamber of Commerce

36. Camping spot

Yellow Banks Park

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

37. Nonprofit

Caring Hands

Runners up: CAP Theatre; SEP Education Foundation

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FEATURE

38. Dance studio

Pat Barton Dance Studio

Runners up: Becky Nalevanko's Dance & Tumbling Studio; Starstruck All Stars

39. Place to take your mom and dad

Posey & Jett's

Runners up: Prairie Meadows Casino, Racetrack and Hotel; Signature Salon & Day Spa

40. Place to take your kids or grandkids

Adventureland Resort

Runners up: Great Escape - The Ultimate Experience; Posey & Jett's

41. Place for auto service

McManus Automotive

Runners up: Bondurant Auto Body; Williamson's Repair & Tire

42. Place to purchase a gift for a woman

Posey & Jett's

Runners up: Little House on Main; Suzy's Kitchen & Gifts

43. Place to purchase a gift for a man

Suzy's Kitchen & Gifts

Runners up: Bass Pro Shops; Signature Salon & Day Spa

44. Realtor

Sheena Cochran-Foster

Runners up: Pennie Carroll; Angela Meek

45. Bar

Fireside Grille

Runners up: Hawk Heaven Tavern; Reclaimed Rails Brewing Company

46. Place for guests to stay

Adventureland Inn

Runners up: Hampton Inn; Prairie Meadows Hotel



Brick Street Market & Cafe is residents' favorite grocery store. Making that happen are, from left: Joe Desaulniers, Rennie Hogan and Matt Cole, among others.

47. Coffee shop

Somewhere in the Middle Coffee Shop

Runners up: Dunkin' Altoona; Starbucks Coffee Company at Altoona Hy-Vee

48. Nursery or landscaping company

Snyder Landscaping and Lawn Care

Runners up: Goode Greenhouses; Lucille's Garden Center

49. CPA

Donald Timmins

Runners up: Lisa Harris; Nick Stanley

50. Insurance Agent

Vance Whitwer

Runners up: Tim Forbes; Matt Kacer

51. Home builder

Berkey Home Builders

Runners up: Eagle Homes; Ron's Homes

52. Pharmacy

Hy-Vee Altoona

Runners up: Medica Altoona; Walgreens Altoona

53. Grocery store

Brick Street Market & Cafe

Runners up: Fareway - Altoona; Hy-Vee - Altoona

54. Senior living facility

Prairie Vista Village

Runners up: The Shores at Pleasant Hill; Valley View Village

55. Home improvement business

Shaymus Smith Construction

Runners up: Iowa Legends Roofing & Remodeling; Lowe's

56. Veterinarian

Dr. Renee Conley

Runners up: Dr. Sheri Morrissey; Dr. Mark Severs

57. Physical therapist

Leslie Foley Brant

Runners up: Steve Olsen; Brant Reyerson

58. Dog groomer

Tangled Tails

Runners up: Barks & Wags; Flawless Paws Grooming Salon

59. Attorney

R. Bradley Skinner

Runners up: Tyler Smith; Susan Ugulini

60. Financial planner

Adam Kline

Runners up: Lori Baldwin; Luke Sibley ■



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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



Chowder Ride

Saturday, Feb. 12, check in at 10:45, ride starts at 11 a.m. Bondurant Trailhead of the Chichaqua Valley Trail

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (approximately 10 miles). Make sure to stop by Berwick Congregational Church to warm up. After the ride, savor a chowder lunch at Founders Irish Pub or partake in some chili at Reclaimed Rails. Freewill donations are encouraged to go to the Friends of Chichaqua Valley Trail. Donation boxes will be placed at the pubs in Bondurant. Register online at <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eixuyfy36fe137c1&oseq=&c=&ch=>. Enter to win a prize by submitting a selfie with the tag #2022ChowderRide (make sure the post is public).



'Hamilton'

Single tickets on sale now
Performances are May 17-June 5
Des Moines Civic Center,
221 Walnut St., Des Moines

Producer Jeffrey Seller and Des Moines Performing Arts announce that single tickets for "Hamilton" will go on sale at DMPA.org, in person at the Civic Center Ticket Office or by calling 515-246-2300. There is a maximum purchase limit of eight tickets per account for the engagement. When tickets go on sale, prices will range from \$59 to \$159 with a select number of premium seats available from \$249 for all performances. There will be a lottery for 40 \$10 seats for all performances. Details will be announced closer to the engagement.

Registration underway for Blue Jays Bondurant Little League

Online only at www.bondurantlittleleague.org

Registration for the 2022 baseball and softball season is underway. A \$20 discount is available until Jan. 31. Registration continues through February without the discount. Payment is due at registration. Coaches and volunteers are needed. For more information, click on the Volunteer tab after setting up an account.



Bowling Bash

Friday, Feb. 18, 2-5 p.m.
Great Escape, Pleasant Hill

The East Polk Rotary Club is holding its Bowling Bash, complete with silent auction, raffle, trophies and more fun. Proceeds support the Iowa Industrial Technology Exposition and other community projects. Cost is \$65 per bowler or \$260 per team (four bowlers per team). Register a second team for \$200. Registration forms are available at www.eastpolkrotary.org.

'That Golden Girls Show! A Puppet Parody'

Jan. 25-30
The Temple Theater,
1011 Locust St., Des Moines

Sophia and her get-rich-quick schemes, Rose and some epic tales from St. Olaf, Blanche and an insatiable hunt for you know what, and Dorothy's daily struggle to figure out life. This new show uses puppets to parody the TV classic "Golden Girls." For more information, visit www.desmoinesperformingarts.org.

Comedy shows

Jan. 29, Jan. 30
Hoyt Sherman Place,
1501 Woodland Ave.,
Des Moines

Saturday, Jan. 29, 7 p.m.:
"Jim Jefferies: The Moist Tour."
Sunday, Jan. 30, 6 p.m.:
"Fortune Feimster: 2 Sweet 2 Salty." www.hoytsherman.org.

Live music in the metro

Various locations
February

Friday, Feb. 4, 7 p.m.: Hailey Whitters will be performing at Wooly's, 504 E. Locust St., Des Moines; www.woolysdm.com. After more than a decade in Nashville, this country singer broke through in 2020. Whitters has added five new songs, and as the title of her album implies, she is "Living The Dream."

Saturday, Feb. 5, 6 p.m.: Lil Durk at Horizon Events Center, 2100 N.W. 100th St. in Clive; www.horizoneventscenter.com. Durk Derrick Banks, or Lil Durk, garnered a cult following with the release of his Signed to the Streets mixtape series. That led to a record deal with Def Jam Recordings and his debut studio albums, "Remember My Name" and "Lil Durk 2X."

Friday, Feb. 11, 8 p.m.: Chad Elliott at xBk, 1159 24th St., Des Moines; www.xbklive.com. Singer-songwriter Chad Elliott brings his folk roots blended with swampy blues and soulful writing to produce one-of-a-kind live performances. With 17 full-length albums to his credit, Elliot has been lauded as "Iowa's Renaissance man" by Culture Buzz Magazine.



EVENTS IN THE AREA

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

Be sure to check for cancellations.



Concerts at Wells Fargo Arena

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

Saturday, Feb. 12: "Eric Church - The Gather Again Tour" at 8 p.m.

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.



'Immortal Beloved' by the Des Moines Symphony

Saturday, Jan. 29, 7:30 p.m. and
Sunday, Jan. 30, 2:30 p.m.

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

"Ever thine. Ever mine. Ever ours," wrote Beethoven in a July 1812 letter to his "immortal beloved," a woman whose identity has remained one of the great mysteries of classical music. Now the Des Moines Symphony's Masterworks 4 features the concert "Immortal Beloved" with Natasha Paremski playing Rachmaninoff's grand Third Piano Concerto. For more information, visit www.dmsymphony.org.



Iowa Wild Hockey home games

Various January dates
Wells Fargo Arena,
730 Third St., Des Moines

Enjoy hockey at the American Hockey League level, with players that regularly go on to play for the Minnesota Wild. For more information, visit www.iowawild.com. Home games are:

Friday, Jan. 28 vs. San Diego Gulls, 7 p.m.

Saturday, Jan. 29 vs. San Diego Gulls, 6 p.m.

Des Moines Performing Arts shows

www.desmoinesperformingarts.org

Saturday, Feb. 5: "Step Afrika!" at the Des Moines Civic Center, 221 Walnut St. - Wellmark Family Series.

Feb. 8-13: "Tootsie" at the Des Moines Civic Center, 221 Walnut St. - Willis Broadway Series.

Friday-Saturday, Feb. 25-26: Comedy XPeriment at the Stoner Theater, 221 Walnut St.

'Long Day's Journey into Night'

Feb. 11-20

Stoner Theater,
221 Walnut St., Des Moines

Iowa Stage Theatre Company presents this play about addiction and the resulting family dysfunction.
www.iowastage.org

'The Revolutionists'

Tallgrass Theatre Company,
2019 Grand Ave., West Des Moines
Feb. 4-20

Four beautiful, tough women lose their heads in this irreverent, girl-powered comedy. www.tallgrasstheater.org

Various shows

February dates
Hoyt Sherman Place,
1501 Woodland Ave., Des Moines

A variety of performances are on tap for February at Hoyt Sherman Place. For details, visit www.hoytsherman.org.

Feb. 5: "Brooklyn Rider: Healing Modes" at 7:30 p.m.

Feb. 11: "Chris Janson: Halfway To Crazy Tour" at 7:30 p.m.

Feb. 15: "Des Moines Storytellers Project: Love" at 7 p.m.

Feb. 16: "An Evening With Bruce Dickinson" at 7:30 p.m.

Feb. 18: "The Mavericks: 'En Español' World Tour" at 7:30 p.m.

Feb. 19: "Yola: Stand For Myself Tour" at 8 p.m.

Feb. 24: "Ashley McBryde - This Town Talks Tour" at 8 p.m.



Exhibit: Double Exposure

Through Feb. 25
Polk County Heritage Gallery,
111 Court Ave., Des Moines

This year's photo show features still photography shot exclusively with film cameras and with camera phones.
www.polkcountyheritagegallery.org

Agatha Christie's 'Murder on the Orient Express'

Feb. 4-20

Des Moines Community Playhouse,
831 42nd St., Des Moines

It's winter 1934, and, when the Orient Express luxury train is stopped in the snow, a passenger is found dead in his locked compartment. Fortunately, the famous detective Hercule Poirot is also aboard to solve the case before the killer strikes again.
www.dmplayhouse.com.

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BEFORE YOU GO

By Jan Shawver

NEW YEAR'S resolutions

How many of us "resolve" to make changes in our lives on Jan. 1, only to have them go by the wayside within days or weeks? Carrying out those resolutions is not always easy. In fact, in many cases, it is just plain hard. You have the best of intentions, but then life happens and those intentions are put aside.

One resolution which can easily be kept is making pre-arrangements for your future funeral/burial needs.

The loss of a loved one is devastating for the family — even if the passing is expected. Then, there are so many details to care for. I know of at least 67 things that must be done within hours/days of a death.

My resolution this year, through this monthly article, is to help you navigate through some of those 67 things. Many of them may be done in advance, giving family members time to grieve their loved one's passing instead of scrambling to care for a myriad of details.

The first and most basic thing to determine is whether you want a casket burial or cremation. That decision will be the foundation for the other decisions.

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

STAYING out of debt in 2022

If you met your personal financial goal of paying off unsecured debt in 2021, then the last thing you want to do is go back into debt this next year. Spending less than you earn can be challenging for even the best budget-savvy consumers.

Here are some general tips:

- Find additional income. A temporary part time job can help to fund extra savings so that emergencies don't end up on a credit card. If your employer allows, work over-time. Review tax withholding allowances. Find a flexible side hustle.
- Track your expenses. If you are over spending, take a look at your bank statements for a month and find the leak.
- Continue to make savings a priority even if it is a small amount.
- Check your subscriptions. Do you have multiple streaming options, an unused gym membership, or magazines that you can cut back on?
- Grocery prices are rising. Take advantage of meal planning around ads or shopping discount grocers. Stick to the list. When eating out, take advantage of discount nights, happy hours, or sharing meals.
- Brown bag it. Lunches and coffees on the go can be a budget buster. Save by making it at home.

Congratulations on making financial wellness a priority in your life. Cheers to a debt-free New Year. ■

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



A TRUE sense of 'community'

When it's cold and snowy outside, I'd much rather be inside warm and dry. But, around Bondurant, I regularly witness people choosing to extend their outside time for the benefit of others. After our last snowfall, I invested only enough time to clear my driveway the night before heading into work. When I arrived home, my sidewalks were clear, too. I knew that another neighbor across the street was on vacation, so I headed over, shovel in tow, only to find that I was beaten to the chase and someone else had cleared their drive.



Jesus shares a story of help from the Bible concerning two people who had every reason to hate each other. A man robbed and beaten was left for dead on the side of the road. Rather than help, people highly likely to know him — and even one of his religious leaders — walked right past. But someone he looked down on, from a lower class, came to his rescue and helped without any expectation of repayment. Many of you have heard of The Good Samaritan before. (Luke 10:25-37)

Less than 100 years ago, our grandparents were making every manner of difficult choice necessary to survive the challenging environment of the Great Depression. How quickly we forget how to share and care. My grandmother used to tell stories of ride sharing, cooking workshops, and borrowing to accomplish more. I can't remember the last time I borrowed something from a neighbor. And that's not because I don't know them or don't think they'd loan me whatever I needed.

So many of us don't have a clue what it really means to be in need. Nothing is promised in this life, and, if we desire genuine relationships, then we need to think more communally. It's time for "community" to be more than a synonym for "town."

My challenge to you — and especially you who believe in our Lord Jesus and follow his teachings — is to invest more in your neighbor. The Good Samaritan isn't about giving scraps when you have plenty. It's about looking at people the way God does and loving them despite their shortcomings. Invest in relationships, create shared experiences, and develop plans to address needs. We don't know what tomorrow will bring, but if we can lean into our faith to inspire civic pride through service, we are far more likely to weather any storm. ■

Information provided by Pastor Trevor Pinegar, Federated Church of Bondurant, 103 Second St. S.W., 515-967-2243.



So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him. (1 John 4:16)

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EDUCATION

By T.K. West

MEET Matt Schnur

Building relationships with school staff and students

After growing up on a farm outside of Colo, Matt Schnur attended DMACC in Ankeny where he graduated as a commercial art major before returning to study criminal justice. When he became a deputy in 2015, he was given the opportunity to work patrol in Bondurant. During that time, he not only developed relationships within the community and with its residents, but also met and mentored a number of students. Today, he is in his 13th year at the Polk County Sheriff's Office. He also serves as the school resource officer for the Bondurant-Farrar Community School District.



Matt Schnur is the school resource officer for the Bondurant-Farrar Community School District.

"While working patrol in Bondurant, I was given the opportunity to meet a lot of great kids in the community. I was able to develop rapport with them over the years. That gave me a greater understanding of what community policing means in Bondurant. Knowing how important of a role the SRO position is to Bondurant, I knew it was a role I wanted to hold," Schnur says.

As a school resource officer, Schnur has various opportunities and outlets to work with students and help them. This includes listening to their problems, giving them advice, helping steer them toward making better and more informed choices, and more.

His day typically begins with assisting with morning traffic flow and student crossing by Morris Elementary School and Anderson Elementary School. He then visits the buildings within the district, where he not only talks with principals, assistant principals, counselors and teachers, but also assists where he can, helps resolve issues that arise, and makes classroom visits to either teach instructional material or to read aloud to lower grades.

"The sense of community within the district is something that never ceases to impress me. People look out for each other and are always willing to lend a hand. Teachers and administrators are always willing to help and brainstorm ideas when situations arise. Most of all, the positive interactions with students and staff really make me appreciate my role here," Schnur says.

In addition, he helps teach "Code 411" in the spring semester. This program teaches students about drugs, alcohol, bullying, Internet safety, and reinforcing making positive choices. Schnur says that the program gives him the opportunity to meet a large number of students and mentor them on the importance of obeying laws and maintaining positive relationships with friends and family. He also says that a big challenge and reward of being a school resource officer is that he never really knows what each day will hold.

"Some days go straight to plan, while others are constantly in flux with having to deal with different issues. This job also tests your knowledge on a daily basis. You are constantly thinking on the fly, problem solving and applying what you know to address issues that come up," He says. ■



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SENIOR

By Stephanie Proper

NEW beginnings

Another new year and another opportunity for new beginnings. Exercising and healthy eating are the stereotypical New Year's resolutions. These are good and important resolutions, but how about a resolution of new beginnings? A new beginning is defined as the place or time when something starts. What does a new beginning mean to you? Here are a few ideas to kick start 2022's new beginnings.

Try new things. Read a different genre of book or watch a television show or movie you wouldn't normally watch, listen to new music or a different radio station. Do you have family that has different tastes than you? Ask your children, grandchildren or parents for recommendations. This could also give you something new to discuss with them.

Pursue a new hobby each month. It doesn't have to be exercise. Try crafting, knitting or painting. It's never too late to learn a new language. Your local community center or library often has classes that are available to learn new things. For example, I am taking a yoga class at my local library this month. Last month I took a painting class through a community center. Step out of your comfort zone and meet new people; it will be fun and challenging.

Try new foods. This could mean picking up something different at the grocery store, making a new recipe or trying a new restaurant. If you don't like it, perhaps, unlike childhood, you never have to eat it again.

Have a new beginning with an old friend. Reconnect with someone you haven't seen or talked to in a long time. What are some of your old friends up to now? Send them an email or give them a call. Catching up with an old friend can always bring a smile to your face.

A few key tips for new beginnings: It is OK to be afraid of new things and stepping out of your comfort zone, but don't let that stop you. You do not need to be perfect at everything you try. Have fun, meet new people, be you.

This year try embracing a new perspective, and no matter what you do, just have fun. Here is to 2022 and your many new beginnings. ■

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



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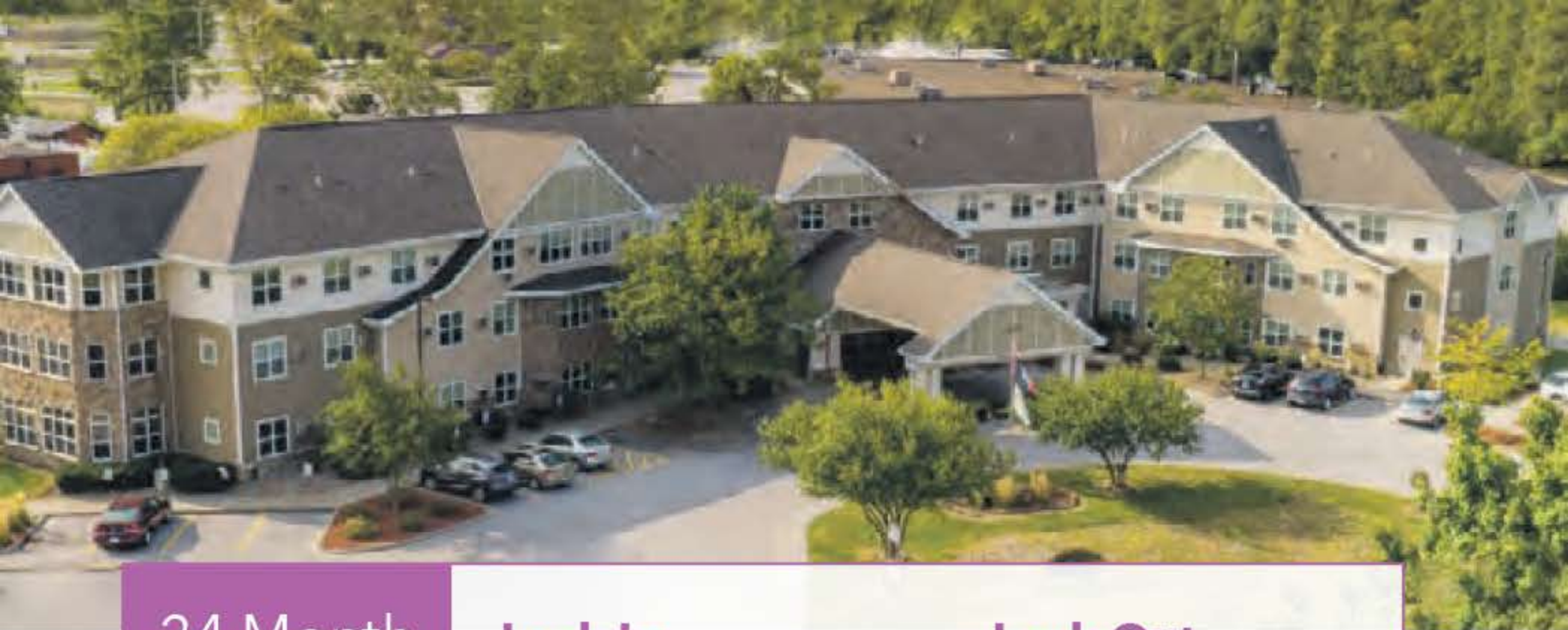
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BENEFITS reaped from expansion project

Size of Bondurant Public Library doubled



The Bondurant Public Library expansion/renovation project completed in September doubled the facility's space.

The Bondurant Public Library expansion/renovation project has been complete for four months now, and Library Director Jill Sanders says she has seen the benefits since Day One.

Sanders, who has been at the Bondurant Community Library, located at 104 Second St. N.E. since 2013, says the community has been pleased with the final results.

"Many parents have commented that, as their families have driven by the Library during the last year, their children have watched the progress of the project, and they couldn't wait to come inside and see the finished product," she says.

The project began years ago when the Bondurant Community Library Board of Trustees saw a need to expand the then-7,000-square-foot building. The community was growing, and the library's programming events were beginning to have much higher attendance. The meeting room spaces were in constant demand, and the collection space and computer spaces were full as well.

"It was very evident from library activity over the last few years that additional meeting space was needed — space for students to study, community groups to meet in, and businesses that needed space to have meetings in," says Sanders. "The pandemic only emphasized this, as more and more of the community shifted to working from home."

After the library's board of directors finalized the architectural drawings, Bondurant residents then passed the Local Option Sales and Services Tax (LOSST), and the library project was the first to receive funding from its passage. Construction began October 2020 and was completed in September 2021.

The library's current offerings include opportunities for all ages, ranging from Monday early-out programs, to adult programming such as GeriFit, a low impact exercise program on Monday and Thursday mornings, and a monthly book discussion group to name just a few.

Sanders adds the library offers online databases, which are listed on the library's website. These include HelpNow (homework help for children of all ages), Transparent Language (learn any of more than 100 different languages) and TumbleBooks (animated talking picture books for children of all ages). The library also offers hotspots and tablets for the residents of Bondurant and rural Polk County to check out. These mobile hotspots often aid residents and students who don't have Internet connectivity at home.

The library is open from 9 a.m. to 7 p.m. Monday through Thursday; 9 a.m. to 5 p.m. on Fridays; 9 a.m. to 4 p.m. on Saturdays; and noon to 5 p.m. on Sundays.

Sanders says she is pleased and proud that the Library Board of Trustees and library staff were able to make their vision become a reality.

"The community will enjoy (the library) for years to come," Sanders says. "The space is bright and cheerful with unique features that highlight Bondurant's history and future." ■



January 2022

WHAT IS A SNOW ORDINANCE?

A snow ordinance requires all cars to be removed from public streets anytime there are more than two inches of snowfall or within one hour of declaration. Snow ordinance details are typically published on the City's website and social media accounts. A press release is sent to local news outlets.

CITY COUNCIL UPDATES

2022 brought with it some changes in Bondurant, which include the newly appointed City Council Member Chad Driscoll, newly elected City Council Member Matt Sillanpaa, newly elected Mayor Doug Elrod, and re-elected Council Member Bob Pepper. Read more details on the City's website.

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.

WATER AND TRASH BILL REMINDERS

Your bill is broken down by service codes. Each of the service codes are tied to the applicable fee. On the City's website there are two diagrams that show you how to read your utility bill. Bills are due the 15th every month. Payment not received by 8 a.m. on the 16th of the month receive a 10% penalty. The shut-off date is always the 23rd of the month or the following business day/after the holiday. A non-payment fee of \$50 is charged to any account on which payment has not been received by 8:30 a.m. on the day of shut-off. Make it easy on yourself and sign-up for auto payment. Contact the Utility Clerk at 515-630-6988 to set it up today.

STILL NEED YOUR INPUT ON THE CITY'S COMPREHENSIVE PLAN

Bondurant City Council hired Confluence, a consulting company, to update the City's Comprehensive plan that will guide the development of the community for the next 10 years. This is your chance to give your advice and steer the growth of Bondurant. Find the community survey on the City's website.

EVENTS:

WINTER YOGA

Offered weekly on Fridays at 5:30 for 5 weeks at the Bondurant Library. Sign up today. Yoga is a great opportunity to beat the winter blues and holiday fatigue. Classes are brought to us by Yogi Nikki Ballantyne-Emery registered Yoga Teacher (RYT) with Yoga Alliance. Pre-registration is required. Details are found on the City's website and on social media.



CHOWDER RIDE

Who is brave enough to conquer the Bondurant Chowder Winter Ride? Enjoy a free, easy winter bicycle ride on the Chichaqua Valley Trail from Bondurant to Berwick and back (approximately 10 miles). Saturday, February 12. Ride begins at 11 am, check-in is at 10:45 am, take a break in Berwick to warm up and return to enjoy a bowl of chowder at Founder's Irish Pub or a bowl of chili at Reclaimed Rails Brewing Co. NEW this year, each participant receives a t-shirt. Preregister on the City's website and make sure to include your t-shirt size.



SAVE THE DATE

Bondurant's Annual Spring Clean Up date is set. One day only and for residents within city limits. Mark your calendar now for Saturday, May 14. More information will come.



WARM UP winter with comforting classics

(Family Features) Whipping up family favorites all winter long is a perfect activity to keep loved ones warm in the kitchen while avoiding the bitter chill outdoors. Delicious, heartwarming snacks offer a simple and savory way to bring everyone in from the cold while enjoying comforting flavors together.

Lean on beloved ingredients like go-to RAGÚ sauces when it's time to come together for quick bites. The possibilities are nearly endless with delicious recipes using classics like the RAGÚ Old World Style Traditional or RAGÚ Simply Traditional options.

Hearty flavors can take away the chill of winter in recipes like Baked Tomato Goat Cheese Dip. Easy to make and fun to create, this simple snack is perfect for a cold afternoon spent together in the kitchen or watching a family-movie marathon.

Find more recipes perfect for warming up this winter at Ragu.com. ■

Baked tomato goat cheese dip

Recipe courtesy of Marzia Aziz of "Little Spice Jar"

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4-6

Ingredients

- Nonstick cooking spray
- 2 cups RAGÚ Simply Traditional Sauce
- 3 cloves garlic, divided
- 1/4 cup fresh basil, chopped, divided
- 1/8-1/4 teaspoon red pepper flakes
- 1 log (10-10 1/2 ounces) goat cheese, softened at room temperature
- 2 teaspoons olive oil, plus additional for brushing, divided
- 1/4 teaspoon fresh thyme
- kosher salt, divided
- pepper
- 1 large baguette, sliced on bias
- blistered tomatoes, for serving (optional)

Directions

- Position one rack in upper third of oven and one in lower third. Preheat oven to 375 F. Spray small, round baking dish with nonstick cooking spray; set aside.
- Add sauce to small bowl. Grate in two garlic cloves then add 1/8 cup basil and red pepper flakes. Stir to combine then pour sauce into baking dish.
- Smash goat cheese log into ball. Place ball between two sheets plastic wrap. Using hands, flatten cheese into thick, round disc about 1 inch smaller in diameter than baking dish. Remove goat cheese from plastic wrap and place in center of sauce. Drizzle cheese with 2 teaspoons olive oil. Sprinkle with fresh thyme, kosher salt and pepper. Bake on lower rack, uncovered, 20-25 minutes, or until sauce is bubbly and cheese is warmed through.
- Place baguette slices on baking sheet. Drizzle or brush with olive oil and



sprinkle with kosher salt. Bake crostini on upper rack 10-12 minutes, flipping halfway through. When bread is done, remove from oven, cut last garlic clove in half and rub cut side on bread.

- Top dip with remaining basil and blistered tomatoes, if desired, and serve with crostini.
- **Note:** To make blistered tomatoes: Heat skillet over medium-high heat until almost smoking. Add 1 pint cherry tomatoes to dry skillet and let sit 1 minute. Lower heat to low, toss tomatoes with 2 teaspoons olive oil and cook 2-3 minutes, or until tomatoes are about to burst. Remove from heat; sprinkle with pinch of salt and pepper.

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Polenta bites

- 1 tube (18 ounces) polenta
- 1 1/2 teaspoons olive oil
- 1 jar (24 ounces) RAGÚ Chunky Tomato, Garlic and Onion Sauce
- 1 package (8 ounces) shredded mozzarella
- 2 sprigs, rosemary, destemmed and chopped
- 3 basil leaves, chopped
- 1 block (8 ounces) hard Parmesan cheese

Directions

- Cut polenta into slices. In skillet, heat olive oil over medium-high heat; fry polenta slices 10-12 minutes on each side until crispy and golden brown.
- In saucepan over medium heat, warm sauce.
- Place polenta slices on tray and sprinkle with mozzarella. Place 1/2 teaspoon warm sauce on each slice then sprinkle with chopped rosemary and basil. Grate hard Parmesan onto each slice for topping.



Snowman pizza bombs

- 1 tube (11.8 ounces) pizza dough
- 1 jar (24 ounces) RAGÚ Old World Style Traditional Sauce
- 1 package (6 ounces) pepperoni slices
- 1 package (6 ounces) Canadian bacon slices
- 1 package (8 ounces) shredded cheddar cheese
- 4 tablespoons melted butter
- 1 teaspoon garlic powder
- 1 1/2 teaspoons Italian seasoning
- 1 package (8 ounces) mozzarella cheese slices

Decorative vegetables (optional):

- multicolored sweet peppers
- olives
- spinach
- mushrooms
- cherry tomatoes

Directions

- Preheat oven to 400 F.
- Cut pizza dough into 12 squares. On each square, place 1/2 teaspoon sauce and evenly top with pepperoni, Canadian bacon and cheddar cheese.
- Pinch corners of dough together to round into balls then place in muffin tins.
- In small bowl, mix melted butter, garlic powder and Italian seasoning; brush generously over dough balls.
- Bake 15-20 minutes until golden brown.
- Remove from muffin tin and carefully shape dough balls into circles; place on baking sheet. Cover with mozzarella slices and bake until melted.
- Create snowman faces by decorating each with peppers, olives, spinach, mushrooms and cherry tomatoes, if desired. Use remaining sauce for dipping.



A WONDERFUL place to meet

Library expansion offers more space for public use.

The newly completed library building has so many wonderful features. One of the best is more meeting space. With the addition to our building, we've added both small group and large group meeting spaces. In the south addition, there are now two group study rooms. One can accommodate up to 13 people, while the other can accommodate up to 20. Both of these group study rooms are equipped with video conferencing equipment, a computer and a white board. These two rooms would be perfect for small committee meetings, study sessions, or a Zoom visit with the grandkids.

Our former community meeting room has increased in size and can now be divided into two meeting rooms. The combined rooms can hold up to 300 people. Both of these meeting rooms are also equipped with video conferencing equipment as well as screens, projectors and microphones. These spaces are great for larger meetings, speakers, trainings or classes. Each room also has a refrigerator and microwave for those all-day meetings. The tables are easy to set up and take down, and the chairs are colorful and comfortable.

The library still has two smaller study rooms

which hold up to three people and are equipped with a computer. These are great for individual study sessions.

If you or your group is interested in reserving one of these spaces, please visit the library's website under the "Services" tab. There you will find the calendar and the online form to request a reservation. Please keep in mind a few things. 1. Group study rooms and small study rooms can only be used when the library is open. The larger two meeting rooms can be used at any time including evenings and weekends. 2. Library policy states the meeting rooms can only be used for non-commercial purposes, cannot be used for social events such as parties, and events must be open to the public. 3. Meeting spaces cannot be reserved more than two months in advance.

Stop by and see our new spaces soon.

Here's what is happening at the library in February

- 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.
- Geri-Fit: Strength training for older adults,

every Monday and Thursday at 10 a.m.

- Feb. 2: Family Fire Safety Class at 6 p.m.
- Feb. 3: Adult Craft Night at 6 p.m., registration required
- Feb. 7: After School Bingo at 2:30 p.m.
- Feb. 8: Book Discussion for Adults at 6 p.m., discussing "1984" by George Orwell
- Feb. 9: Virtual Story Time on Facebook Live at 7 p.m. — stories that honor Black History month
- Feb. 12: Ice Fishing 101 at 10 a.m. Learn the basics of ice fishing
- Feb. 12: Valentines Family Craft Open House from 1-3 p.m.
- Feb. 14: After School Movie at 2:30 p.m., "The Princess and the Frog"
- Feb. 15: Welcome to Medicare workshop at 5 p.m. with SHIP
- Feb. 17: Third Thursday at Hoover's at 6 p.m. with the Hoover Presidential Museum
- Feb. 18-20: Library Foundation's first Mini-Golf in the library
- Feb. 21: Library closed for Presidents Day
- Feb. 22: Tween/Teen Book Discussion and Craft at 7 p.m., discussing "Sal & Gabi Break the Universe" by Carlos Hernandez ■

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Eagle Park improvements to provide new opportunities.

Eagle Park in Bondurant will be undergoing a makeover that, when complete, may make it one of the premiere nature spots of its kind in the area.

According to the City's website, the purpose of the multi-phase project is 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."

Initial planning for the Eagle Park project began in 2019, and, in October of that year, the project added a creek entry spot, which includes bioretention cells, native grasses, benches, trees, soft walking trails and butterfly gardens.

At 17.8 acres, the park is large enough to include a disc golf course as well, something community members have requested, says Emily Karwoski, a member of the Parks and Recreation Board.

"As the community is growing, we're looking to engage the demographics in the outdoor spaces within our town," she says. "Eagle Park has been underutilized, so we've been trying to figure out ways to invite the community and use that space more."

Future park improvements will include a paved trail connection linking the east and west neighborhoods and an overlook that will be constructed near the detention pond area. Both will be constructed at a later date.

The first phase of this project will include the installation of an 8-foot, crushed limestone walking trail throughout the park and establishing a Mud Creek access point. Also included will be the installation of three solar-powered charging benches along the walking path, a native planting area and butterfly garden, 100 new trees, and interpretative signage.

Meta, formerly called Facebook, has committed \$150,000 towards the project, and the City is working to secure Rural Education Achievement Program (REAP) funds to help with the project, which is planned for construction in 2022. The Natural Resource Commission approved the City's grant application and awarded \$100,000 toward the project as well. A grant application was submitted to MidAmerican Energy Company's Trees Please! Grant Program requesting \$4,000 in grant funding. This grant program is a 50/50 match program. The grant money, plus the match, will assist in planting approximately 26 new trees.

The project will likely begin sometime in 2022, Karwoski says. The goal, with this and other projects, is to connect people and get people engaged in the city.

"There's a lot of positive momentum right now with houses being built, plans to enhance things in the downtown area, the Central Park," she says. "The community is poised for good and positive growth, both from an economic standpoint and residential living. There are a lot of opportunities right now." ■



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INSURANCE

By Shawna Rizzuti

AFTER the storm: What now?

Damage to your home, or any property you care for, after a storm can be stressful and sometimes traumatic. If you've never had a claim, you may not know what to expect. Your agent should help you with determining whether your loss should be filed as a claim. Here is a step-by-step guide of what to expect and actions you should take if you experience a loss:



- Take photos or video of the damages. This includes any items that may be discarded. Before you take photos, you must be sure you can do so safely. If able, photos provide useful information and are a great way to preserve details of the damage.
- If possible, close openings with tarp or boards to protect your property from further damage. Again, only do so if you can safely.
- Remove or dry up any water as best you can without entering a flooded area that may be subject to electrical charge.
- Locate and secure medications and essential items.
- If there is a power loss, keep refrigerators and freezers closed as much as possible.
- Seek alternative living arrangements if damage is extensive enough that your home is unlivable. Keep a record of all expenses.
- Contact qualified, licensed, and insured contractors.

When you file a claim, your agent or insurer will collect detailed information from you and ask you to describe the damage. After the claim is filed:

Assignment – The insurance company will assign your claim to a licensed claims professional (adjuster) and that person helps you navigate the required procedures.

Initial Contact – The claims professional will contact you to find out more about your loss and discuss your coverage. They will outline for you how the company plans to handle your claim.

Evaluation – The claims professional will investigate your loss by collecting facts; they will inspect and estimate damages.

Resolution – For simpler claims, you may receive payment for the amount of estimated repairs after the first inspection. For more complicated claims, payments may take longer to arrive.

Additional tips:

- Report your claim promptly.
- Keep claim number and contact information handy.
- Meet any deadlines given to you by your claim professional.
- Submit any required forms. Be sure you read and understand any form you are asked to sign.
- Respond in a timely manner to queries.
- Attend inspections of the damage.
- Beware of contractors who demand complete payment up front.
- Beware of unlicensed and uninsured contractors.
- If a contractor offers to facilitate your claim, be sure they are a licensed public adjuster in your state.
- Remember: Everyone's safety is the first priority in any loss. ■

Information provided by Shawna Rizzuti, The Insurance Station, Inc., 116 Second St. S.E., Altoona, 515-967-0489.

MEET the Bondurant City Council members

The City posted this update about the Bondurant City Council.

2022 brought with it some changes in Bondurant, which include the newly appointed City Council Member **Chad Driscoll**, newly-elected City Council Member **Matt Sillanpaa**, newly-elected Mayor **Doug Elrod** and re-elected City Council Member **Bob Peffer**.

A vacancy occurred on the City Council effective Jan. 1, 2022, when Council Member Elrod was sworn in as mayor. The City Council discussed the issue of whether to appoint or call for a special election. Ultimately, due to the cost of a special election and that there were two candidates for two council seats in the most recent election, the Council made the determination to appoint to fill the vacancy.

Interviews were held the week of Dec. 13. The Council appointed Chad Driscoll to the open vacancy. Driscoll has served on the Bondurant Tree Board since 2018 and the Board of Adjustments since 2020. Driscoll has experience with strategic planning and

community outreach. Driscoll will serve the remaining City Council term until Dec. 31, 2023.

Bob Peffer has served on the Bondurant City Council since 2014. Peffer was appointed to carry out a former member's term and has been reelected two times since. Peffer has served on the Bondurant Tree Board since 2016, the Metro Waste Authority Advisory Committee, is an acting liaison of the Bondurant Parks and Recreation Board and the Bondurant Community Foundation, is a former board member at East Polk Innovation Collaborative, is a former commission member at Iowa City Human Rights Commission, and is a former board member at Des Moines Metropolitan Wastewater Reclamation Authority. Peffer has experience in behavioral science and real estate.

Matt Sillanpaa was elected to a full four-year term as a Bondurant City Council member. Sillanpaa is an active community member who trains at and operates the

Bondurant local gym, BrickHouse Fitness. Sillanpaa is also a Rugby strength and conditioning coach for Southeast Polk High School, a Russian Kettlebell Certified (RKC) Level 1 coach and has a bachelor's degree specializing in health promotion. Sillanpaa has been a Bondurant Chamber of Commerce member for three years and a former member of the Grand View University Health Promotion Advisory Board. Sillanpaa has experience in business management and personal fitness training.

Doug Elrod has served on the Bondurant City Council since 2015. Elrod was elected to a full four-year term as the Bondurant mayor. Elrod is a Des Moines Area Regional Transit Authority Commissioner, Polk County Emergency Management Board member, an active supporter of the Leukemia and Lymphoma Society, and former participant in the Habitat for Humanity and other United Way campaigns. Elrod has 23 years of experience within the P/C insurance field. ■

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HEALTH By Dr. Steven Neville

CAUSES and treatment of dry mouth

Dry mouth is a common problem dental professionals hear about every day from patients. Dry mouth can make it hard for you to swallow, cause bad breath, and contribute to cavities. These are a few of the many factors that lead to dry mouth:

- Medications
- Sjogren's syndrome
- Diabetes
- Uncontrolled high blood pressure
- Dehydration

If you think medication could be causing your dry mouth, talk to your physician before stopping any medication.

You can treat dry mouth at home by chewing sugarless gum to stimulate salivary flow, avoid caffeinated drinks, and always carry water with you.

A dental professional may recommend that you incorporate more fluoride into your routine to help combat cavities. Also, having a dry mouth can leave you to be more susceptible to oral infections and fungus, so an oral rinse can be prescribed. Next time you visit the dentist, let us know if you have dry mouth, so that, together, we can create a treatment plan just for you. ■

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




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HEALTH By Janet Rieckhoff

NEW YEAR, new affirmations

With the new year come resolutions — quickly followed by guilt for breaking the resolution. Guilt and negative self-talk can go together in a vicious cycle. Maybe the best New Year's resolution is not to make one, but if you are going to, make two instead. The second being not to allow feelings of guilt or negative self-talk sneak into your mind. If it does get in your brain, then challenge those thoughts and feelings.

To challenge negative thoughts and guilty feelings, think back into your life and ask, "Have I experienced guilt or negative thoughts before about a similar experience?" For instance, when former resolutions were broken, did guilt or negative talk help or come true? Chances are the answer is no, so challenge the negative guilty thoughts with the fact they are unhelpful. Think of yourself as a prosecutor collecting all the facts and arguments against the negative guilty thought to prosecute it.

Another way to challenge negative guilty thoughts is listening to or reading affirmations. Affirmations are often the opposite of negative thoughts. Create affirmations using the opposite. Such as, "I can't do it" becomes "I might be able to do it because I have not tried." Look for affirmation apps and books. Write favorites on sticky notes to put around the house where you will see them. ■

Information provided by Janet Rieckhoff, LMHC of SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, www.sstherapyandconsulting.com, rieckhoff@sstherapyandconsulting.com.



HEALTH

By Dr. Laura Myers

PRP offers option to treat hair loss

Hair loss is a common concern addressed in my dermatology office. While there are many causes, the most frequent diagnosis is androgenic (hormonal) hair loss, typically referred to as "male" or "female" pattern baldness. For many who suffer with it, the topic is emotional and has a significant impact on self-esteem.

Fortunately, there is treatment. Most people will benefit from use of topical therapy such as over-the-counter minoxidil used alone or in combination with prescription oral medications. In the past, when these methods didn't work or couldn't be used safely, dermatologists were out of options. No longer is that the case.

Recently, there has been exciting momentum for a new therapy using platelet-rich plasma (PRP). Your PRP contains natural growth factors that stimulate blood supply to the follicle, increases hair-shaft size, triggers and maintains the growth phase of the hair, and decreases hair loss. PRP delivered through small injections into the scalp is an effective and natural way to stimulate hair growth.

If you are affected by hair loss and want to explore options, see a board-certified dermatologist to ensure a proper diagnosis and to discuss a treatment plan that is right for you. ■

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



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HEALTH

By Dr. Kari Swain

ARE YOU truly living?

Most people have no idea how good their bodies are designed to feel. The physical, chemical and emotional stressors we encounter in our daily lives, by our choices and through our environment, take a toll on the body. Sickness and disease is manifested in the body when we continually make poor health choices over time. Our bodies are designed to be in a state of health — to be well-rested, energized and full of life. When we consistently make choices that support the body and bring us closer to health, we enable the body to express its full health potential. Take these action steps today to truly live your life.

Eat. Food is fuel for the body. It is the energy the body runs on. Proper nutrition is essential for health potential.

Move. Health declines with lack of movement. It is a contributing factor to coronary heart disease, high blood pressure, stroke, obesity and type 2 diabetes.

Sleep. Sleep is when your body repairs and restores cells. It is physically energizing and increases mental acuity.

Release. Reducing stress is essential for the body to achieve a state of rest, to restore and to heal. Exercise, yoga, deep breathing and meditation techniques help the body to release stress.

Remove interference. Chiropractic adjustments remove spinal subluxations that interfere with your body's ability to self-regulate and self-heal. By restoring normal nerve flow, your body is able to function optimally, giving you more energy, drive and peace of mind. ■

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

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WELLNESS

By Taylor Grgurich

FLEXIBLE nutrition. Sound familiar?

Flexible nutrition is learning how to balance your plate while still eating foods you love and enjoy that fit into your macronutrient goals. Macronutrients, or “macros,” are what your body needs in order to function properly and consist of protein, carbohydrates and fat.

Eating shouldn't be full of restrictions, timelines of when you can eat, or cutting out any food group. It should be learning how to fuel your body with essential nutrients while still eating all foods, especially those that you love.

By learning the methods that work best for you, you can incorporate your favorite foods while still staying on track.

Like potatoes? Enjoy! Steak? You betchya! Donuts? My Friday favorite!

Get past diet culture, remove the guilt and say “yes” to finding what works best for you. A flexible, macronutrient-based approach to nutrition can create sustainable changes that align with your current lifestyle.

These changes can start during any chapter in your life. It's important to establish a solid foundation of nutrition that will help you set goals and create progress you can sustain for a lifetime — not just a quick fix. ■



Information provided by Taylor Grgurich, RDN, LD, MAC OUT Nutrition, 641-344-1665, www.macoutnutrition.com.

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HEALTH

By Leslie (Foley) Brant

Q: What is integrative dry needling?

A: Dry needling is a treatment licensed physical therapists use in conjunction with other treatment techniques to treat a variety of conditions. Dry needling can be utilized to treat carpal tunnel, tennis elbow, plantar fasciitis, neck, back and knee pain, along with many more conditions. Dry needling is different from acupuncture because a physical therapist utilizes knowledge of the anatomy and physiology when placing the needles.

The sterile needles create a microlesion that initiates the body's natural healing process, allowing that painful or limited area to heal itself. Each patient responds differently. Some patients experience relief immediately, for others it may take a few days, or some do not notice a change. Patients will also perform stretches and strengthening exercises to experience the maximum benefits. Many patients have experienced pain relief and increased mobility when combining exercise with dry needling.

It is important to note not all physical therapists perform dry needling treatments, and those who do have taken additional continuing education beyond their graduate degree. Contact your physical therapist to see if they provide dry needling and if you could be a candidate. ■



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

IMPORTANCE of cervical health

In 2021, about 14,000 women in the United States were diagnosed with cervical cancer, and about 4,000 women died of the disease. Cervical cancer is almost always caused by the human papillomavirus (HPV), and this cancer can be largely prevented with screening and vaccination.



Q: What is cervical cancer?

A: Cervical cancer is a malignant tumor of the cervix, which is the lowest part of the uterus. Sometimes, precancerous changes to the cervix (dysplasia) are diagnosed and steps can be taken to prevent cancer from developing.

Q: Can cervical cancer be prevented?

A: Screening is a key component in the effort to eliminate cervical cancer. Pap testing involves collecting cells from the cervix for examination under a microscope to look for abnormal cells. Since most of these abnormal changes are caused by HPV, screening also includes testing for the presence of the virus. Regular Pap and HPV testing improves detection of precancerous changes to the cervix.

HPV vaccination is recommended for everyone around age 11 or 12. It can be given later if necessary, up to the age of 45. Since most cases of cervical cancer are caused by HPV, vaccines that protect against this virus can dramatically reduce the number of cases per year.

Q: What are the signs or symptoms of cervical cancer?

A: Cervical cancer in its early stages generally produces no signs or symptoms. However, with more advanced cervical cancer, a woman may experience:

- Bleeding during intercourse
- Vaginal bleeding between periods or after menopause
- Watery, bloody vaginal discharge that may be heavy and have a foul odor

Make an appointment with your health care provider if you have any signs or symptoms that worry you. If you're thought to have cervical cancer, you may be referred to a gynecologic oncologist, a doctor who specializes in treating cancers that affect the female reproductive system. ■

Information provided by Dr. Abby Gonik, gynecologic oncologist with MercyOne Des Moines Surgical Group, 411 Laurel St., Suite 2100, Des Moines, 515-247-3266, [MercyOne.org/desmoines](https://www.mercyone.org/desmoines)

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WHAT SHOULD you do if your parked car is hit?



You presumably expect that, when you park your car while out and about, it will be safe and sound until you return. Accidents do happen, though, even when you're not in your vehicle. It can be difficult to know what to do if someone hits your parked vehicle and you return to see damage. The person who caused the collision might not have stayed or left a message with their information.

What do you do if no one else is willing to take charge?

If your parked vehicle has been hit, here are some pointers to assist you through the process:

Take pictures of the damage. Documenting the damage with your smartphone will assist you in making a claim with your insurance company and obtaining any necessary repairs from a local auto body shop. Be cautious as you approach the vehicle if there is broken glass.

Here are a few things you should be sure to photograph and videotape:

- Photograph the car as well as any important facts like debris or tire marks.
- Be sure to document the weather conditions, location, and any nearby landmarks to help identify any factors that may have played a role in the accident.
- If the driver left a note, make sure to take the note and take a picture of it as well, to make certain you have their contact information.

Submit a police report even if the person who hit your car left a note. In rare circumstances, authorities may be able to locate security camera footage to assist in determining the cause of the damage and who is to blame.

Contact your insurance company. The accident may be covered by insurance depending on the type of coverage you have. Check to see if the damage is covered. If you can, start the procedure by submitting images and video of the damage.

Locate a nearby auto body or auto glass shop to repair the damage. You can contact an auto body or auto glass shop near you to explore prospective repairs if your automobile has been damaged, such as a dented bumper, dent, or shattered window or windshield. To get a virtual estimate and start the repair procedure, inquire if they accept digital images of car damage.

What should you do if you run into a parked car?

Don't be alarmed if you accidentally strike a parked car in the opposite situation. Wait for the driver to return before giving them your information. If they don't return, leave a message containing your name, phone number, and insurance information. You can also contact your own insurance provider to begin the claims procedure. Whatever you do, don't leave the location without first reporting the event to law enforcement; otherwise, it could be deemed a crime. ■

Information provided by Todd Hanrahan, Bondurant Auto Body, 1002 Second St. N.E., Bondurant, 515-967-9000.



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ANNUAL awards presented

It's the time of year to celebrate our business community and announce our Annual Awards winners! Thank you to our community for making the awards not only a success, but also an accurate reflection on our town.

The finalists for Large Business of the Year were: Amazon, Bloom Early Learning Center, BrickHouse Fitness, and Off the Rails Quilting.

It's a business with a heart. This business is an anomaly more interested in the better good of community rather than financially profiting from it. They have amazing local events and fundraisers for community members and their families who are dealing with grief, death, cancer or other illnesses. You can't put a price tag on the impact that has on the lives of these families — not to mention the fitness classes, body tempering, state-of-the-art weight machines, a full basketball court for members or area teams to use for practice and tournaments. For me, it's a no brainer: BrickHouse Fitness.

The finalists for Small Business of the Year were: Bondurant Auto Body, Home Slice Homemade Pies, Hyspie, Los Altos, Somewhere In The Middle, Stop and Smell the Flours.

There is a hometown feel when you walk into their shop. They keep us grounded and are more important than the commercial chains out there. They are doing a great job of expanding their menu, keeping involved in the community, and helping with a coat drive. The owner is an amazingly hard worker who is always looking to better the shop and our community. Somewhere In The Middle Coffee Shop.

Finalists for Organization of the Year were: Battle of the Bands, Bondurant Community Library, Bondurant-Farrar Community Schools, Bondurant Men's Club, and City of Bondurant.

This business has gone through a lot with the addition but upheld their standards. It is a great place for our kids to learn, grow and make new friends. They are an amazing community resource. They take time to check in with children, encourage people to participate in the free activities, and go above and beyond to make people feel they are a partner in our community as opposed to being obligated to be there. Bondurant Community Library.

Finalists for Business Person of the Year were: Laura Lacina (Home Slice Homemade Pies), Julie Sillanpaa (BrickHouse Fitness, Battle of the Bands, Body Temper Iowa), Matt Sillanpaa (BrickHouse Fitness, Body Temper Iowa), and Ann Van Thomme (Off the Rails Quilting).

Another class act and significant business expertise in making a unique business thrive in a small community. Her business is known far and wide for what it offers. She is a warm, inviting person who has been a face for the community. She promotes other small businesses in the area and puts Bondurant on the map. The local projects to support the area represent her generosity and commitment to the community. A true community treasure. Ann Van Thomme.

Congratulations to all the finalists and winners. With so many responses, we can say without a doubt that our residents support and advocate for our business community. Thank you to our business community and to our residents for taking the time to vote — and to those who attended our Annual Dinner and Awards. ■

Information provided by Tiffany Luong,
Bondurant Chamber of Commerce.





Cocktails & Conversation



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RESIDENTS' Choice

Voted as a favorite in the Eastern Polk County Residents' Choice poll.



Dr. Renee Conley, along with Sam Cutts and Megan Springer, of Bondurant Animal Clinic



Desiree Claypool of Style by Desiree



Nate and Sheena Kannegieter with A3 Auto



Joe Tollari with Metro Heating & Cooling



Suzy Hendrickson with Suzy's Kitchen



Lena Pierce, Brandon Thompson and Andrea Weber with Great Escape



Ryan and Laurie LaRue with Somewhere in the Middle Coffee Shop



Lindsay Schaper with The Bird's Nest



Dr. Rocky Reeves of Chiropractic Associates



Dr. Leslie Foley Brant, along with Cindy Fyfe, of Bondurant Physical Therapy

OUT & ABOUT



Brayton Foster, Sheena Cochran-Foster, Irelyn Hollingshead and Trinity DiTomaso at Breakfast with Santa at Bondurant Legion Hall on Dec. 18.



Randy and Laura Lacina and family at Breakfast with Santa at Bondurant Legion Hall on Dec. 18.



Matt Knutson and Joe Morton at Coffee & Conversations at Somewhere in the Middle Coffee Shop on Jan. 13.



Shelby Hagan and Becky Koulavongsa at Coffee & Conversations at Somewhere in the Middle Coffee Shop on Jan. 13.



Dr. Amanda Korth of Prairie Vision Center was voted as a favorite in the Eastern Polk County Residents' Choice poll.



Tiffany Luing with the Bondurant Chamber of Commerce, along with Mat Johnson, Shelby Hagan and Becky Koulavongsa. The chamber was voted as a favorite in the Eastern Polk County Residents' Choice poll.



Andrew Glann, Donna Ammen, Keith Williamson, Cody Morgan and Ryan Borland with Williamson's Repair & Tire, which was voted as a favorite in the Eastern Polk County Residents' Choice poll.

CLASSIFIEDS

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