

BONDURANT

MARCH 2022

Living

MAGAZINE

COLD turkey

Residents share
their experiences of
quitting smoking.

Meet Emmie Swift

EDUCATION

Seed starting — just the basics

GARDENING

Prune, mozzarella and basil skewers

RECIPE

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WELCOME

KICK the habit

My father told me that he smoked two packs of cigarettes a day since he was 14 years old. He said, in those days, if you were tall enough to put coins on the store counter, you could buy cigarettes. He met his demise at 73 years old from smoking-related cancer. He quit smoking about a year before he died. It was a good idea, but it was, unfortunately, too late for him. The good that did come from him quitting is that my mother and my brother both stopped smoking as well, and both are alive today.



I never understood the draw to smoking. The entire idea of rolling anything up, lighting it on fire, and breathing in the fumes still doesn't sound appealing to me. I don't doubt the addiction, though, as I have seen its impact.

My mother told me that she was determined to learn how to smoke when she was 18 years old. She would try over and over again, she said, one cigarette after another, vomiting in between each one. But she kept trying, and she eventually accomplished her goal and became a smoker — and then she spent the latter part of her life trying to accomplish the more difficult goal of giving it up.

As a result, I grew up in households with clouds of smoke. Second-hand and third-hand smoke were aplenty, and I despised everything about cigarettes. Meanwhile, I have a tremendous respect for people who have quit not only for themselves but for the loved ones around them. We share some of those successes in this month's cover, and I hope their stories provide motivation for you or someone you love to kick the habit as well.

Thanks for reading. ■

SHANE GOODMAN

Publisher

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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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SCAN ME

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Eric Landau began smoking while serving in the military so he could have the same breaks from work as the smokers. Now he is glad to have quit for his family.

COLD *turkey*

**Residents share
their experiences of
quitting smoking.**

By Lindsey Giardino

As most former smokers can attest, breaking the habit isn't easy. Nicotine is addictive, so going "cold turkey" is almost impossible. In fact, the Mayo Clinic reports only about 5% of people who try to quit without the use of a nicotine-replacement product will succeed. And there are many options out there: patches, gum, lozenges, sprays and inhalers. (It's best to consult with your doctor about the options.) But, even with such products, quitting isn't easy. The most effective programs combine using a quit-smoking product with guidance and support from trained professionals. The American Lung Association's "Freedom from Smoking" program includes professional guidance along with support groups to optimize the odds of success.

FEATURE

Whether it's your first or 15th attempt at quitting, those who have withstood the trials and tribulations and succeeded say you can do it, too — and the many health, social and financial benefits make it worth the effort.

Allergy appointment prompts decision to quit

Debi Spiller's decision to quit smoking came in May 2011 after she had an appointment for her allergies.

"The doctor was testing me for allergies and asked if I had ever been tested for COPD (chronic obstructive pulmonary disease)," Spiller recalls. "Of course, I hadn't and wasn't aware of what COPD even was. He prescribed two inhalers for my symptoms and scheduled an appointment for testing while explaining the disease and what to expect."

COPD is a group of lung diseases that block airflow and make it difficult to breathe, causing shortness of breath, wheezing or a chronic cough. The two most common conditions to make up COPD are emphysema and chronic

bronchitis.

The day after her allergy appointment, Spiller smoked her last cigarette and quit cold turkey.

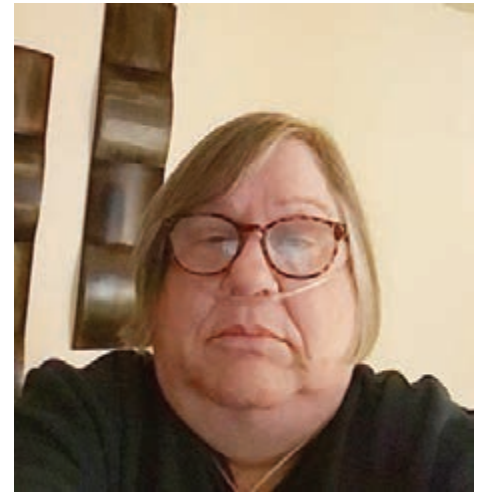
"I had spent so much money over the years on patches, hypnosis, pills and gum trying to quit, but this doctor really got to me," she says.

The decision to quit is a huge accomplishment for Spiller, who started smoking when she was 15 years old and continued for the next 45-some years. She took up the habit in the early 1970s because it was "kind of a women's movement/independence thing and made me feel older."

She adds that she smoked Virginia Slims because they targeted women with their slogan, "You've come a long way, baby."

Since quitting, Spiller no longer smells like smoke and has extra cash on hand. However, due to her COPD, she was put on oxygen in 2014. While it's challenging, she says she has learned to adjust to life with the disease and has learned to deal with her limitations.

She encourages others to quit smoking.



Debi Spiller quit smoking after 45 years when she was diagnosed with COPD. Although she is now on oxygen, she says quitting has helped provide relief.

"I actually just had this discussion with a young man at Walmart who loaded my groceries," Spiller says. "He said he had quit recently, and I congratulated him and pointed to my oxygen tank and said, 'Believe me, you don't want this!'"

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Benefits of quitting outweigh habit

Eric Landau first took up smoking as a result of the “pressure to fit in while joining the armed services in 2005. Not peer pressure, but a need to fit in with my new group.”

Landau smoked Marlboro Menthol Lights for the next 10 years but finally made the choice to quit in 2015.

“I just decided one day that it was my last one,” he says. “I quit cold turkey, but I had tried cold turkey before and nicotine tablets as well.”

Since quitting, Landau has had to find new ways to relieve stress, and although he’s gained weight, he says it’s well worth dropping his old smoking habit.

For others who want to quit, Landau shares, “When you are ready, you will know. Wanting to quit isn’t enough.

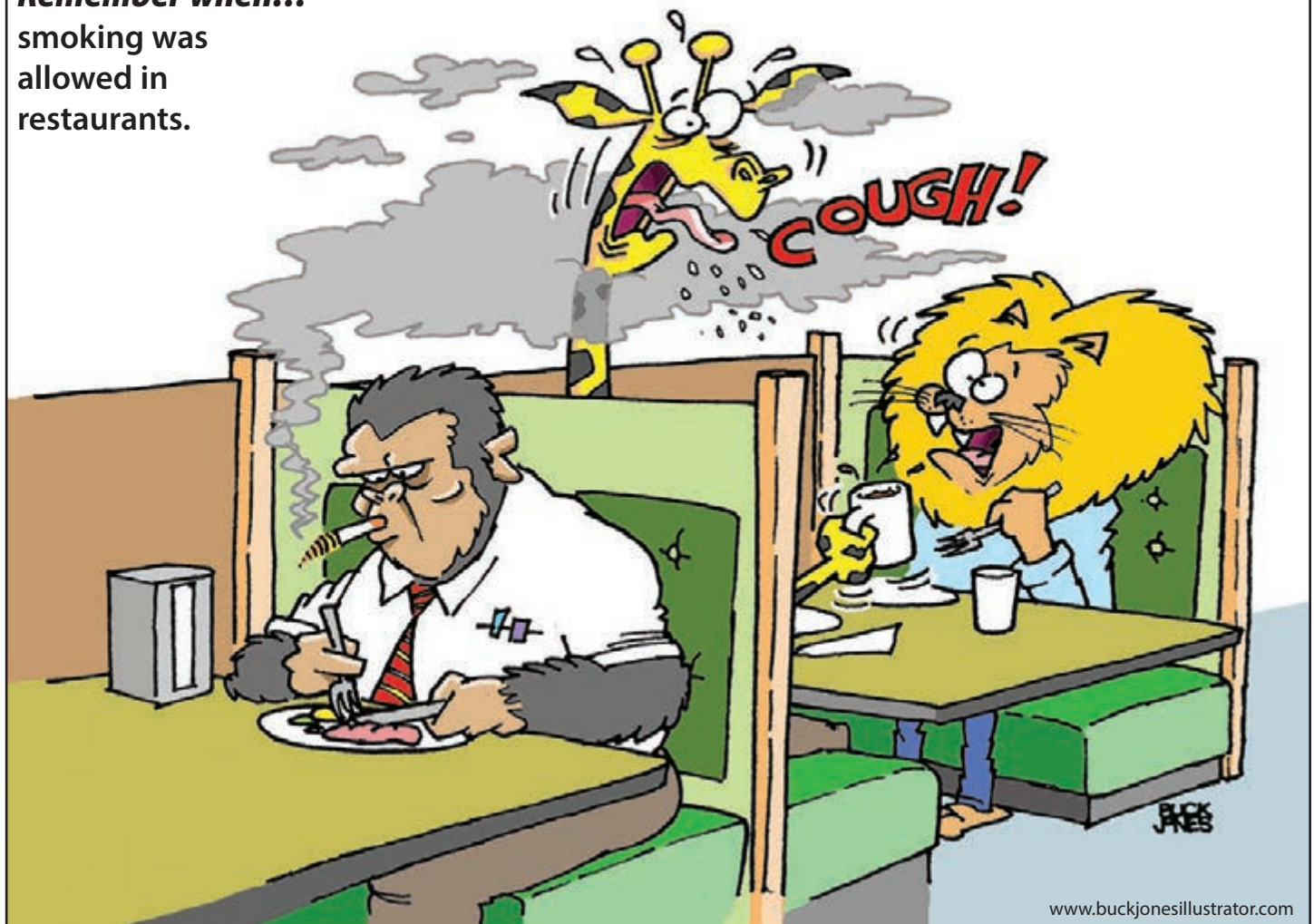
“You may gain weight and lash out with stress, but find new ways to cope,” he urges.

QUIT SMOKING RESOURCES

- The Iowa Department of Public Health Quitline offers a free smoking-cessation program. Call 1-800-QUIT NOW or visit www.quitlineiowa.org.
- The American Lung Association offers various resources to help people quit smoking. Visit www.lung.org/quit-smoking.
- Teenagers in Iowa can receive support to quit smoking or vaping by calling My Life My Quit at 855-891-9989; text 36072 or visit <https://ia.mylifemyquit.org/index>.
- Check out the government’s Smokefree resources, which include quit programs, apps and support for those trying to quit smoking, vaping and using smokeless tobacco. It includes text messaging support and tips for teens, pregnant women, veterans and Spanish speakers at <https://smokefree.gov>. ■

Remember when...

smoking was allowed in restaurants.



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FEATURE

Newfound energy

When James Witzke started smoking at the age of 16, it was because all the people he hung out with were smoking.

"I guess you could call it peer pressure and wanting to be cool," he says. "It was the 1970s, and I remember family members sitting around the kitchen table smoking. It was no big deal back then."

Witzke mostly smoked Marlboro Reds.

"Everybody called them 'coffin nails,' and for good reason," he says.

Witzke was a consistent smoker until he had to have a tooth pulled when he was 48. That procedure required him to not smoke for three days.

"I always heard how painful a dry socket was and did not want that," he says. "After three days, I thought I could go three more days. Those three days have now turned into 10 years. It wasn't easy, but I'm so glad

I did it."

Witzke will never forget the day he quit: Nov. 1, 2011 — 11-1-11.

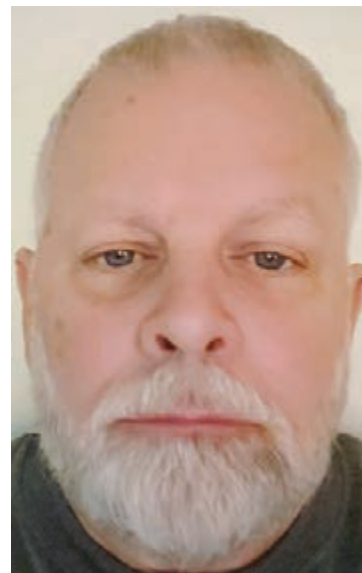
Now that he's quit, Witzke says his overall health is better. He can ride his bike 20 miles, which he never would have done before. He also adds that now, when he smells other people who smoke, he thinks how he used to smell the same way and is glad things have changed.

Not having the expense of buying cigarettes has been another plus.

"I see the prices of cigarettes now and don't know how people afford them. I also save money on healthcare now, which is great."

Perhaps the best part of quitting, though, is the newfound energy Witzke has.

"I now have grandkids and can play with them without being out of breath — but they still can wear me out," he says with a laugh. ■



Since he quit smoking, James Witzke says he has a lot more energy and can enjoy playing with his grandchildren.



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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

Fundraising to beat childhood cancer

A St. Baldrick's fundraiser is being held to raise funds to help put an end to childhood cancer on Saturday, April 9, 5 p.m., at Bondurant Auto Body, 1002 Second St., Bondurant. Whether you decide to shave your head, volunteer to raise money another way, or make a donation, you are invited to help give kids with cancer the long, healthy lives they deserve.

Maundy Thursday meal

Bondurant Christian Church, 304 Grant St. South, is hosting a Maundy Thursday meal of soup and sandwiches with a special church service to follow on April 14. The meal will start at 6 p.m. and the service will start at 6:45 p.m. For information, call 515-967-2328.



Concerts

- **Sean Sullivan Live at The Rails**, March 26, 7-10 p.m., Reclaimed Rails Brewing Company, 101 Main St. S.E., Bondurant.
- **Kick**, March 26, 8-10 p.m. at Prairie Meadows. This power rock trio's arena-style performance is not to be missed. Kick has performed with 1980s greats Skid Row, Dokken, Night Ranger, Great White and more. See Kick perform their hard rocking show for free in the Finish Line Show Lounge. Must be 21 or older to attend.
- **Jerry Beauchamp Band**, March 29, 11 a.m. to 1 p.m., Prairie Meadows. Join the Jerry Beauchamp Band for a day of polka fun. Find them in the Finish Line Show Lounge. Must be 21 or older to attend. Free show.
- **Lucas Beebe Live at The Rails**, April 1, 7-10 p.m., Reclaimed Rails Brewing Company, 101 Main St. S.E., Bondurant.
- **South 35 Live & Loud at Hawk Heaven Tavern**, 805 17th Ave. S.W., Altoona, April 2, 9-11:55 p.m. Enjoy all your country favorites with a side of rock. No cover charge.

Keep Bondu Beautiful

Saturday, April 16, 9-11 a.m.

April is "Keep Iowa Beautiful Month." Help keep the city tidy and celebrate Earth Day together. Community projects during this month encourage Iowans to build pride and respect in making their communities better places to live and work through beautification, clean-up and recycling activities. Prizes will be awarded for team spirit and best selfie, along with the coveted Bigg Buttowski and Ye Olde Bag honors.

"Team Up to Clean Up" along the Chichaqua Valley Trail, Lake Petocka, Bondurant City Campus, Gateway Park, Gay Lea Wilson Trail and other community parks. Check in at Bondurant City Hall at 8:30 a.m. to collect some needed supplies. Casey's General Store has donated breakfast pizza. For more information and to register yourself or a team, visit: <http://events.constantcontact.com/register/event?llr=u5gpoh4ab&coeidk=a07ej2vp157dd086467>.



'Amongst the Stars'

April 2, 5-7 p.m.

Metro Ice Sport Facility, 5100 N.W. 72nd St., Urbandale

The Iowa Figure Skating Academy presents its spring show, "Amongst the Stars." Enjoy the talents of local ice skaters.

Live Healthy Iowa 5K

Saturday, April 23, 8 a.m.

Bondurant Regional Trailhead, 2 Main St. N.E.

The 5k Run/Walk starts at 8 a.m., followed by a 1K Kids Run/Walk at 9 a.m. for ages 12 and younger. The trailhead is on the east side of the Emergency Services Building. Register online at <https://events.clearhunder.com/LHI5K2022>. Cost at the event will be \$30 and T-shirt won't be guaranteed. Registration fee includes: T-shirt, race number, finisher medal, post-race refreshments and an opportunity to win door prizes. Early packet pickup will be Friday, April 22, from 4-7 p.m. at City Hall, 200 Second St. N.E. The day of event pickup will be Saturday, April 23, from 7-7:45 a.m. at the Fire Station, 101 Grant St. N., east side entrance.

Wild Lights Festival

April 1-May 30, nightly Wednesday-Sunday plus Memorial Day, 7:30-10 p.m. Blank Park Zoo

Blank Park Zoo's Wild Lights Festival presented by MidAmerican Energy Company will feature more than 40 handcrafted, larger-than-life, illuminated animal-shaped Asian lanterns. This year's festival features Asian mythical creatures, prehistoric dinosaurs and endangered animals, in partnership with Tianyu Arts & Culture. Cost if ordered in advance is \$24.95 per person or \$19.95 for Zoo members (ages one and younger are free). Purchase tickets at www.blankparkzoo.com/wildlights. Capacity is limited.

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>



Bondurant News

March 2022

BONDURANT LIBRARY DIRECTOR NOMINATED FOR THE AMERICAN LIBRARY ASSOCIATION AWARD

Jill Sanders is recognized for her accomplishments as an exceptional librarian. Read the nomination that was submitted on the City's website.

CITY COUNCIL LOWERED THE TAX LEVY RATE AGAIN

The new levy rate is \$11.27250, a \$0.35165 reduction from the current rate and the 16th consecutive year in levy rate reduction. What does this mean to a homeowner in Bondurant with a home at the median valuation? Find out on the City's website.

CITY PARK UPDATES

Late 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 phase and program the phases into the City's Capital Improvements Plan. More details can be found on the City's website.

ADJUSTED RATES

The City of Bondurant contracts with Des Moines Water Works and other wholesale providers to provide water, garbage, and recycling services. Recently, the City was notified by wholesale providers that rates are being adjusted. See what this means to you by visiting the City's website.

DON'T FORGET DOG LICENSING FOR 2022

All dog owners are required to register their dogs through Polk County each year. If you have questions call 515-286-3079. A dog license application can be found on the City's website.

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.

TREE REMOVAL RELATED TO DITCH #2 STREAM RESTORATION AND STABILIZATION PROJECT

Tree removal along the section of Ditch 2, on the west edge of Bondurant, in preparation for the Stream Restoration and Stabilization Project began March 11. This area was recently annexed into the city and there is new residential development occurring along both sides of the stream area. This project will allow access to the stream for recreational activities. Learn more on the City's website.

WANT TO SAVE MONEY ON YOUR WATER BILL? FIND OUT HOW!

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

EVENTS:

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 to get registered.

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 in 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 - gsalsr.com"

BONDURANT'S ANNUAL SPRING CLEAN UP

Saturday, May 14

One day only for residents within city limits.
More information will come.



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BEFORE YOU GO

By Jan Shawver

PEOPLE to notify when someone dies

When a death occurs, there is a myriad of people who should be notified. Most people think first of notifying family and close friends — as well you should. But others who should be notified immediately include doctor(s), insurance agents (life, health, etc.); attorneys, financial advisors, clergy or other religious advisors; employers of family members who will be missing work, etc.



You can make this task easier by making a list of people who should be notified. Include names, phone numbers and relationship to the deceased. For example:

Dr. Joe Smith	555-555-5555	family physician
Rev. Craig Jones	555-123-4567	pastor
Sue Daniels	555-321-6549	insurance agent

When a death occurs, you may pull out the list and delegate someone to make some of the calls for you. You, as the spouse, power of attorney or close family member, may have to make calls to insurance companies or other businesses which have security policies in place.

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

BEWARE of scams

Sometimes a scam is blatant. A fake company calls or emails and tries to gain financial information. In those cases, it's easy to hang up or just delete. Other times, the scam is harder to uncover. It could be someone pretending to be a company that we do business with. It could be an online relationship that started innocently. That so called "romance scam" consists of the trusting, innocent person being persuaded into wiring funds, giving out credit card or bank information or purchasing gift cards for the other party repeatedly. Another scam is perpetrated under the guise of a loved one needing help. A person calls stating a loved one is in jail, and they need your banking information so they can pay the fine or bail. Other scams are related to fraudsters bilking people out of gift card information under the guise that they are owing a tax or penalty or to earn a sweepstakes of some kind by paying a fictional "fee." There are online merchandise scams, money order scams, and many others. The best way to protect yourself is to be wary and trust your gut. If you feel something is off, it's OK to hang up or ask for a phone number to call back so you can verify the information. Remember these tips for yourself, and check on the most vulnerable in your family. Consumers who may not be as Internet savvy or who are lonely can be easy prey for fraudsters. ■



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

PRAYING for Ukraine with scripture in mind

Every so often, I call together my more experienced (older) congregation members to have coffee and treats. I feel they should be in the loop concerning the things happening at their church. During one of these chats, a wise person who I love, asked a fantastic question. How can we pray for Ukraine?



It took me a minute to formulate the appropriate answer in my mind. The selfish part of me wanted to blurt out, "Pray that the maniac in charge of Russia pulls out his troops." Thankfully, the Holy Spirit interjected and stopped me from making a pastoral recommendation that showed the impulsive reaction of my sinful heart.

I searched my memory banks regarding Jesus' teachings on the subject of conflict, "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you." (Matthew 5:43-44)

You may feel that invading forces deserve harsh punishment, but how are you praying for them? Scripture says, "For all have sinned and fall short of the glory of God" (Romans 3:23). My mistakes typically involve spelling or punctuation, not invading a sovereign nation, but my sin isn't any less condemning in the eyes of God.

I have devoted my life to serving others and sharing the holy scriptures with anyone willing to listen. I'm a person just like all of you, not any better or worse than anyone else, and I make mistakes constantly. I can't imagine what would compel a leader to invade another nation and put people's lives in danger.

...So what was my response?

PRAY: that the people impacted by these acts would not be harmed as a result; that soldiers defending and carrying out orders encounter little bloodshed; that leaders in all nations would make decisions to protect their citizens and offer dignity to all God's creation; that more souls would come to Christ during this ordeal; and that God would be glorified.

War is ugly, but God is beautiful. Scripture says that God is Love. Therefore, as his vessels, it is our obligation to help show the world what love is capable of. "(Love) does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things" (1 Corinthians 13:6-7).

Pray and love will win. ■

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

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SENIOR

By Stephanie Proper

THANK YOU, healthcare workers

The first Friday in March was employee appreciation day — a day set aside to recognize and be grateful for, well, just about everyone. Most of us have been or are currently an employee, and I don't know that we can ever fully show how appreciative we are for the laborious and dependable workforce.



I could argue those who work in healthcare deserve a considerable amount of appreciation on employee appreciation day, given their experiences the last few years. We started out as healthcare heroes, appreciated and valued for the bravery and selflessness shown. However, some days it feels like we are no longer regarded as the heroes we once were, but instead as a pestering voice reminding everyone to wear their mask. Honestly, we do this not only for our concern with your safety and health but also because we are so very tired. We have watched families suffer great loss from losing a loved one, and we have lost loved ones and/or patients who have become like family, all while wearing painful and restricting personal protective equipment for long shifts.

As many of you are slowly getting back to some kind of normalcy, clinics, hospitals and care centers are still under regulations to keep our community safe. We are in healthcare, not for the fame and fortune, but because we love and care for people, so we keep persevering. Unfortunately, the negativity and the stress that has come from working in healthcare during a global pandemic has brought too many compassionate and caring employees to the brink, and they have left healthcare altogether.

How do we fix this? How do we recruit the people needed? Recognition and appreciation are crucial, yet how can you really put into words the amount of gratitude we have for our healthcare workers? They have shown a tremendous amount of sacrifice, long hours and extra shifts and continuous flexibility and adaptation. There have been numerous selfless acts of kindness and love, innovative thinking and effortless teamwork. Where would we be without our healthcare workers?

I would ask you to remember that all employees can be thanked, not only by their employer, but also by the customer. Often, we are quick to speak up if something has gone wrong but not as willing to compliment what has gone right. A simple thank you or kind word is always appreciated. Why is the line for complaints always longer than the lines for compliments?

Let's make things better for everyone and move to the right line. It may seem like such a small gesture, but that one moment you take to show your appreciation can mean the world to someone. Thank you, healthcare workers. We see you, we honor you, you are valued. You are still our healthcare heroes. ■

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



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RECIPE

HAVE A healthier happy hour

(Family Features) Add a healthy twist to happy hour at home with a nutritious snack that goes perfectly with your favorite beverages. When gathering family and friends for a weekend toast or just winding down after work, these Prune, Mozzarella and Basil Skewers make for a nutritious and delicious addition to the party.

Rich and smooth with an ability to enhance various flavors, California Prunes are a versatile ingredient that allows you to expand your menu. In this recipe, prunes help form a palate-pleasing snack that delightfully combines sweet, salty and savory flavors.

In addition to their versatility, prunes provide important nutrients for your bones, including vitamin K and copper. When they are served with mozzarella — a good source of calcium — you get a perfect power pairing that supports your bone health and satisfies your snack cravings.

Visit CaliforniaPrunes.org to find more recipe ideas from morning to night. ■

Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes

Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

Directions

- If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.
- Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.



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MEET Emmie Swift

Enjoys the interaction of her students



Emmie Swift is a special education teacher who is happy to have returned to Iowa.

Emmie Swift's passion for working with students began when she participated in the Big Brothers Big Sisters program while attending Colfax-Mingo High School. This led her to pursue a bachelor's degree in elementary education from Iowa State University along with a special education endorsement and a master's in education from Morningside University.

After graduation and a wedding, Swift and her husband moved to Hawaii then to Colorado where they had lived until this past August. She taught special education at a separate school setting for four years and was program director of the school for three years.

Swift says that she was excited when she saw an open position at the Bondurant-Farrar Community School District because she has only heard good things about the district as a whole.

"The culture of Bondurant-Farrar is positive and welcoming. The teachers have a true passion for teaching their students, and they are always willing to put in extra time to make sure each student gets what they need," she says.

As a special education teacher for the Bondurant-Farrar High School, some of Swift's favorite days in her academic support class are the days students open up and share personal or funny stories that get the whole class laughing. She also gets joy from seeing her students feel comfortable to be themselves in her classroom. Swift says she likes seeing her students interact with each other in positive ways.

"The most rewarding part of teaching is when students get to see the fruit of their hard work," Swift says.

When not teaching, Swift enjoys completing home interior projects, shopping and exploring new restaurants. She also is enjoying all the time she gets to spend with her family and old friends since moving back to the area. ■

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WONDERBOOKS are wonderful



Have you seen the new Wonderbooks we have at the library? These books are truly wonderful — and very popular right now. If you have not seen them yet, Wonderbooks read the story aloud to you. We have titles in both the children's and the juvenile fiction sections. Each book has two modes. One is Read Along mode in which the story is read aloud and teaches young children how to turn the pages of a book carefully as well as allows them to follow along with the words on the page. The other mode is Learning Mode, which then asks questions about the book such as "Who was your favorite character in the book?" and "What was your favorite picture in the book?" and "What voice would you use to read this book?" Wonderbooks for the older children ask more in-depth questions. Each book has volume control and a place to plug in headphones. The library charges each book when it is returned, and the charge should last for around 40 to 50 readings. Stop by soon to check out one of these Wonderbooks.

April at the library

- Geri-Fit: Strength training for older adults, Mondays and Thursdays 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.
- April 4, 2:30 p.m.: After School Board Games
- April 5, 6 p.m.: Third Thursday at Hoover's EXTRA! at the library or via Zoom
- April 7, 6 p.m.: Adult Craft Night, beach terrariums, registration required
- April 11, 2:30 p.m.: After School STEAM
- April 12, 6 p.m.: Book discussion for adults, "Harlem Shuffle" by Colson Whitehead
- April 13, 6 p.m.: Family BINGO
- April 15, 1-3 p.m.: No School Open Crafts and Activities
- April 18, 2:30 p.m.: After School Craft
- April 20, 7 p.m.: Virtual School-age Story Time on Facebook
- April 21, 6 p.m.: Third Thursday at Hoover's, topic is TBD
- April 23, 10 a.m. and 12 p.m.: Rain Barrel Workshops
- April 25, 2:30 p.m.: After School Movie
- April 26, 7 p.m.: Teen/Tween Book Discussion and Craft, "The Goldfish Boy" by Lisa Thompson ■



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HEALTH

By Dr. Laura Myers, MD FAAD

PREVENT rosacea flare ups

Everyone likes a rosy glow. But what do you do when those pink cheeks become too much? You may be experiencing rosacea.

Rosacea is a skin disorder characterized by facial redness, visible blood vessels, flushing, blushing and acne-like papules and pustules. It can affect anyone, but it's most common among women aged 30-50. Skin that sunburns easily, smoking and a family history of rosacea are also risk factors.

People who struggle with rosacea tend to have more sensitive skin. Common things such as heat, sunlight, emotions, spicy foods or alcohol can trigger a rosacea flare.

Some simple lifestyle changes can be helpful in calming rosacea and keeping the skin more comfortable.

- Pay attention to things that trigger your rosacea flare-ups, and try to avoid them.

- Treat your skin gently by choosing gentle cleansers, washing twice daily with your fingertips, and applying a non-fragranced moisturizer.

- Use a broad spectrum sunscreen of SPF 30 or higher. Physical sun blocker such as zinc or titanium are best for sensitive skin.

If these steps aren't enough, there are several effective treatment options for rosacea. Visit a board-certified dermatologist to find a plan that works 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 Leslie (Foley) Brant

SLEEP and recovery

Many of us spend a lot of time focusing on crafting training programs that include specific exercises, frequency, duration, etc., but when was the last time we thought about including the quality of sleep as part of our training programs? Quality sleep is by far the most important part of the training and recovery process. Without sleep, our muscle and soft tissues will break down and never recover. Sleep deprivation can lead to poor athletic performance, lack of concentration and increased risks for diabetes, stroke, high blood pressure, weight gain and depression.

It is recommended that the average person sleep 7-9 hours each night. This recommendation can vary based on age and activity level. Children, teenagers and elite athletes require more sleep than the average adult. The more physically active we are, the more sleep per night we require. For example: LeBron James (NBA) sleeps 12 hours per night and elite runner Usain Bolt sleeps 10 hours per night.

"I can do all of the training, I can use all of the ice bags and NormaTecs I want while I'm awake. But when you get a good night's sleep, that is the ultimate recovery. I always feel, after good rest, I can tackle everything in my day at the highest level." — LeBron James ■



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

HEALTH

By Dr. Kari Swain

DOES your child 'W' sit?

"W" sitting is a position where a child's bottom is sitting on the floor and their legs are bent at the knee and fanned out towards the back, forming the shape of a W. While "W" sitting, major muscle groups are placed in shortened positions, causing muscles to tighten, affecting coordination, balance and development of motor skills. "W" sitting is harmful to normal postural development as it does not allow for the engagement of core muscles (abdominals and back), which keep us upright, resulting in a delay in postural muscle development and in gaining the core stability needed to keep an upright posture, eventually causing a delay in gross motor skills, coordination and adequate balance reactions.

This type of sitting widens the child's base of support, which may make them feel more stable but results in less need for trunk rotation, weight shifting, changing into other seated positions, postural control and stability as they are playing. Without trunk rotation, the child will not develop important "midline crossing" movements, which help develop the separation of the two sides of the body for bilateral coordination needed to further refine motor skills, including writing.

What is the solution?

To correct the root of the problem, you must address the structural issue. The child should be evaluated by a board certified pediatric chiropractor to identify vertebral subluxations. Based on exam findings, the doctor will most likely recommend a series of specific chiropractic adjustments to correct the vertebral subluxations and restore movement to the spine. ■

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

HEALTH

By Dr. Steven Neville

TOOTH abscess

Tooth pain is not fun for anyone. The pain can come from chewing, swelling, pressure, hot or cold drinks or an infection. A tooth infection can also be called a dental abscess. An abscess is a swelling filled with a yellow fluid around the gums of the tooth or the roots of the tooth in the jaw bone. Gum abscess, which is around the tooth, is caused by food getting stuck between teeth or gum disease. A gum abscess can be treated with a gum therapy cleaning that is more focused on removing the bacteria around the tooth that caused the gum abscess. Tooth abscess, which is at the root of the tooth, is when the tooth's nerve is infected by a cavity, is dying or dead or has suffered trauma. Occasionally a red or yellow pimple-like bump can form on the outside of the tooth; that is a visual sign of an abscess. This is the infection draining out of the side of the tooth. If the pimple-like bump is visible, visiting your dentist would be important for you to help prevent the infection from spreading, growing or losing the tooth. Regular check up visits with a hygienist or dentist and good dental care at home can help catch and prevent the two types of dental abscesses. ■



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

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WELLNESS

By Morgan Piper

SMALL changes make big difference

Creating small, sustainable changes within your diet by incorporating healthier recipe swaps can make the biggest difference in your overall health. Take the time to research healthier recipe alternatives that fit best into your diet that are macro friendly. Check out this high-protein recipe, the perfect twist on a favorite family dish.



Strawberry Pretzel Salad

All you need:

- 1 cup Two Good Strawberry (or vanilla) yogurt
- 2 ounces low fat cottage cheese
- 1 cup SF Strawberry Jello
- 1 ounce diced strawberries
- 10 pretzel twists

Macro breakdown: 24P, 3F, 21C

Mix together for the perfect snack. ■



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

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HEALTH

By Paul Guerdet

THINKING about yourself

At a young age, we are taught that it's good to think about the needs of others. A lot of us are taught that we're "good people" if we think about others, and, as a therapist, I agree. The problem, however, is that we sometimes trick ourselves into thinking, if it's good to think about the needs of others, then it's bad or selfish to think about our own personal wants and needs.



When we choose to think about ourselves, it means we are making a conscious choice to see we are worthy of the same love, patience, kindness and understanding we so freely give away. It doesn't mean that we are ignorant or callous to the needs of others; it means we recognize we have the same needs as our friends and family.

Self-care is not selfish. Going for a walk in the sun, enjoying ten minutes playing with a pet, or just choosing to wait with the laundry until tomorrow does not make a person selfish. It means we're realizing what we need and we're making a choice to do something kind for ourselves.

You are allowed to be kind to yourself, and you are allowed to give yourself what you need. After all, even a Ferrari occasionally needs a tune up. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322 and 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, www.sstherapyandconsulting.com.

WHAT YOU NEED to know about colorectal cancer

Did you know colon cancer is the third most diagnosed cancer in men and women according to the American Cancer Society? Colorectal cancer is one of the most preventable forms of cancer, is easily treatable and, when found early, the survival rate is high.



Colon screening

Early detection through screening is crucial.

Colorectal cancer is found in the large intestine, made up of the colon and rectum. Most colorectal cancers start as growth polyps on the inner lining of the large intestine. Screening helps find precancerous polyps that can be removed before they turn cancerous.

A colonoscopy is the best screening exam available to detect colorectal cancer. During the screening, a doctor examines the lining of your entire colon to check for polyps or tumors, and, if polyps are found, they can be removed.

Dr. Shankar Raman, director of MercyOne's nationally accredited rectal cancer program, reminds, "Colon cancer is preventable by screening. While there are numerous screening options, the best one is that which gets done. Colonoscopy picks up even the tiniest of lesions and can remove polyps which could grow into cancer.

Remember, screening starts at age 45."

If you're 45 and older, maintaining a regular colon screening every ten years is critical. Colon cancer deaths among those 55 and younger are increasing according to the American Cancer Society.

Symptoms

Colorectal cancer develops with few, if any, symptoms. That's why colon screening is important and should not be pushed off. Always talk with your primary physician if you notice any concerning changes with your body. Symptoms include:

- Change in bowel consistency
- Constipation and/or diarrhea
- Fatigue
- Nausea
- Persistent abdominal/ pelvic discomfort
- Quick and unexplained weight loss
- Rectal bleeding/blood in stool

Don't delay care. Make an appointment with your primary care provider if you have any symptoms that worry you. ■

Information provided by Shankar Raman, MD, colorectal surgeon, MercyOne Richard Deming Cancer Center, 411 Laurel St., Suite C100, Des Moines, 515-643-8206, MercyOne.org/RDCC

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METRO'S BEST

AUTO

By Todd Hanrahan

WHAT IS a 'preferred' body shop?

You've been in an accident and need auto body repair services. We have all been there, and we know how stressful it can be to figure out all the details of insurance claims let alone where to go. And now, some insurance companies are suggesting "preferred" body shops (also referred to as Direct Repair Facilities or In-Network Shops). To make this as easy as possible for you, here is some information to help you understand what's in your best interest.



Let's start with the basics. What is a "preferred" body shop? They are shops that work through a direct repair program offered by an insurance company. A relationship with a repair shop allows the insurance company to control how a car is repaired, right down to approving specific parts and labor. It eliminates a lot of guesswork from the insured, since the insurance company simply gives them a list of their "preferred" repair shops and lets them choose — but at a price. In other words, you are tethered to your insurance company, not the auto shop. The insurance company gets to make all the decisions, which isn't always in your best interest or that of your vehicle.

What motivates auto body shops to enter such a relationship? Usually, it's guaranteed income. Insurance companies provide them with business in exchange for gaining more control. Even though one of these "preferred" shops can do a perfectly adequate job, it's a lot better if you use an auto body shop that works for you, not the insurance company.

Any auto body shop that works with you directly will be concerned about your satisfaction, not that of the corporation. Keeping costs down is important to insurance companies, and if they can do that by using cheaper parts and lower labor rates, then they will.

Like with most things in life, you'll typically want to go with quality over the cheapest option, especially when safety may be involved.

Insurance companies often take steps to discourage you from using a "non-preferred" shop, which is not surprising. If they have less control, that means more paperwork and costs for them, but, ultimately, that's what insurance premiums pay for.

It's simple really: If you're insured, your insurer must allow you to repair your car wherever you like. It's always your choice. ■

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

NEWS BRIEFS

KLISARES honored for work as real estate agent

Char Klisares of RE/MAX Hilltop in Bondurant was named among America's Top 100 Real Estate Agents for 2022. Selection is by invitation only and is reserved to identify the nation's most esteemed and skilled real estate agents and brokers with a history of routinely selling homes above market value.

Members are selected through a comprehensive multi-phase selection process involving proprietary algorithms using advanced data analytics to assess a broad array of criteria and data for each candidate, including (but not limited to) the real estate professional's total yearly sales volume, notable above market value sales, luxury home sales, efficiency rating for closing sales, lifetime professional experience, client satisfaction ratings, and other notable recognitions, among many other proprietary factors.

Only the Top 100 qualifying real estate professionals in each region will receive this honor and be selected for membership among America's Top 100 Real Estate Agents. Less than one percent of active real estate professionals in the United States will receive this honor. ■

DOLLAR GENERAL now open in Bondurant

Dollar General announced its store at 501 Hawthorne Crossing Drive S.E. in Bondurant is open.

"At Dollar General, we believe the addition of each new store provides positive economic growth for the communities we proudly serve, and the addition of our new Bondurant store highlights our commitment to deliver a pleasant shopping experience that includes great prices on quality products in a convenient location," said Dan Nieser, Dollar General's senior vice president of real estate and store development. "We look forward to welcoming customers to our new store and hope they will enjoy shopping at our new location."

To commemorate the opening of the Bondurant location, Dollar General plans to donate 100 new books to a nearby elementary school to benefit students ranging from kindergarten to fifth grade. Through the partnership with the Kellogg Company, the donation will be part of a planned donation of more than 100,000 books across the country to celebrate new DG store openings.

Furthermore, DG strives to be a good neighbor with its support of literacy and education initiatives through the Dollar General Literacy Foundation. The addition of the Bondurant store opens the opportunity for schools, nonprofit organizations and libraries within a 15-mile radius of the store to apply for Dollar General Literacy Foundation grants. Since its inception in 1993, the Dollar General Literacy Foundation has awarded more than \$203 million in grants to nonprofit organizations, helping more than 14.8 million individuals take their first steps toward literacy or continued education. For more information about the Dollar General Literacy Foundation and its grant programs, visit www.dgliteracy.com.

The Bondurant store is expected to employ approximately six to 10 people. ■

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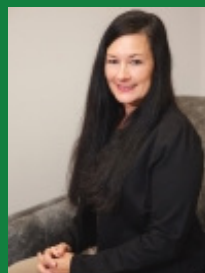
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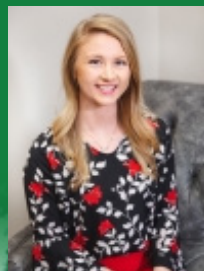
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TAX tips and changes



The second Thursday of every other month, the Bondurant Chamber hosts a Coffee & Conversation for all chamber members. This is a time you can get together and network with like business personnel to discuss topics of interest. For March, the topic consisted of conversation about taxes and finances — a special thank you from Schnurr and Associates, Edward Jones and our newest Gold Member Raymond James.

While we are all generally familiar with gathering our 1099s, W-2s and charitable donation receipts before we prepare our returns or hand over our information to our qualified tax professionals, for your 2021 return, there are a couple of new items you will also want to make sure you have.

The first item is an IRS notice labeled Letter 6475. This letter will help reconcile the economic impact payment you received in early 2021 and help you determine if you received the correct amount.

If you have qualifying children and received advanced child tax credits, you will also be receiving a notice labeled Letter 6419. This letter is used to help determine the amount of Child Tax Credit you are due.

For both of those letters, if you are married, you will receive one, and your spouse will receive one. Both letters will be important in preparing your 2021 tax return.

Looking forward to 2022, the State of Iowa has some changes that will affect both business and personal taxes. On March 1, the Iowa Governor signed into law House File 2317.

This new law makes significant changes to the state's tax code. For starters, it significantly reduces the individual tax brackets over the next few tax years and schedules a phase in of a flat tax rate. It also excludes certain retirement income beginning in 2023 for disabled and retired Iowans as well as some retired farmers.

For corporations, the legislation creates a system to reduce the corporate rate over a period of years and ultimately will result in a single rate when the state generates certain dollar amounts in gross receipts.

If you are wondering how these changes will affect your personal tax situation, you should reach out to a qualified tax professional who can do a tax projection for you and any other tax planning you will need. The chamber has many great members that can help you with all your planning needs.

As the weather gets warmer and tax season fades into the distance, don't forget to stop at some of the upcoming Chamber events. A Piece of Bondurant is on April 30 at BrickHouse Fitness, and Celebrate Bondurant is June 4 at City Park, featuring free live music, food trucks, beverages and local business vendors. Hope to see you all there. ■

Information provided by Heather Byers, Bondurant Chamber of Commerce Secretary, KJH Family, LLC & DNG Properties LLC.

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A PIECE OF BONDURANT

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OUT & ABOUT



Zach and Amanda Svoboda at Little House on Main send a Happy Easter message.



Jill Sanders and Megan Schincke at Bondurant Community Library send a Happy Easter message.



Rick Kroeger and Jake Campbell at Bondurant Chamber's Coffee & Conversation at Brick Street Market & Cafe on March 10.



Tara Cox and Chris Schon at Bondurant Chamber's Coffee & Conversation at Brick Street Market & Cafe on March 10.



Chase Netusil and Kris Hutchinson at Bondurant Chamber's Coffee & Conversation at Brick Street Market & Cafe on March 10.



Marketa Oliver and Anthony Meyer at Bondurant Chamber's Coffee & Conversation at Brick Street Market & Cafe on March 10.



Nick Stanley, Tiffany Luig and Heather Byers at Bondurant Chamber's Coffee & Conversation at Brick Street Market & Cafe on March 10.



Clayton Netusil, Amanda Korth and Alysia Webster at Bondurant Chamber's Coffee & Conversation at Brick Street Market & Cafe on March 10.

OUT & ABOUT



Conny Beard and Cassie Sampson at NAWBO Coffee & Conversation hosted by Pennie Carroll & Associates on March 11.



Aly Carroll and Robyn Sullivan at NAWBO Coffee & Conversation hosted by Pennie Carroll & Associates on March 11.



Jen Haywood and Gretchen Proksa at NAWBO Coffee & Conversation hosted by Pennie Carroll & Associates on March 11.



Peg Mattison and Pennie Carroll at NAWBO Coffee & Conversation hosted by Pennie Carroll & Associates on March 11.



Jeff Sullivan, Josh Bryant, Josh Barber and Ron Meendering at Legacy Bank send a Happy Easter message.



Nicole Wolfe at Brick Street Market & Cafe sends a Happy Easter message.



Jenny Gruenwald, Ann Van Thomme and Hannah Schnur at Off the Rails Quilting send a Happy Easter message.



Melisa Ikeljik, Carli Ullrich, Julianna Albers and Megan Belz at Bondurant Family Dentistry send a Happy Easter message.

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