

Living

MAGAZINE

Golden EMPLOYEES

Retirement-age workers share why they continue to report for duty

Meet Alison Stewart

EDUCATION

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WELCOME

WHAT'S next?

Five years ago, retirement wasn't even a thought in my wandering mind. Today, at age 55, it's becoming more of a reality. Not next week, next month, next year or likely even the next decade, but it's coming around the corner, sooner than I may realize.



I enjoy my job, and I like to work. Those are good things. At this point, it is difficult for me to imagine what I would do to fill my day if I wasn't working. I don't particularly enjoy traveling, I am not old enough to golf, and I would likely drive my wife crazy if I was around the house too much. I have a feeling many of you who are reading this can relate, in one way or another.

With the labor force in short supply, many opportunities abound for retired people who still want to work. Part time. Full time. Employee. Contractor. As a retired person in today's world, you can take your pick of jobs. In years past, this age group was highly desired among many employers, as those in it were quite often dependable and experienced. The COVID-19 scare changed this, as many retired folks who had come back to work opted to not do so any longer. This created a massive employment gap for many businesses that continues to exist today. Little by little, some seniors who are willing and able are coming back to the workforce. That's good news for everyone.

We have been fortunate in our business to have many folks who are past the traditional retirement age continue to contribute to our company. Some have written stories. Others have sold advertising. And many deliver publications for us. We are grateful and appreciative of the work those in the past have done and those currently continue to do. If I am blessed with good health and a sound mind in my later years, I hope to be able to do the same. And in a few decades, I might even take up golf. Maybe.

Thanks for reading. ■

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Golden EMPLOYEES

Retirement-age workers share why they continue to report for duty

By Chantel Boyd

Jann Graham, 74, works at Menards. Like many post-retirement employees, she returned to the workforce partially out of necessity.

The vision of what life is like “after retirement” is as unique as each individual. For some, that vision focuses on leisure: traveling to warm beaches, afternoons spent reading, extra rounds of golf, more time for hobbies, friends and families. For others, however, employment continues to be an important aspect of their lives. From those who continue full-time careers to those who put in a few hours to keep busy, work can be a key part of life after retirement age.

Financial need prompts return to work

Jann Graham, who lives north of Bondurant on an acreage, works at Menards in Altoona as a stocker. Jann, 74, initially retired in 2008 but went back to work about three years ago. Like many retirement-aged people, Jann returned to work out of necessity.

“I returned back to work because of financial reasons,” she says, adding that she also wanted to remain active and occupied. “I was bored and needed to get out and get exercise.”

Jann thought working regularly would keep her moving and keep her more physically fit.

“I felt that it would help me be healthier,” she says.

Her job is a role reversal for Jann. Previously, she was the business owner, not the employee; however, she says she is relieved to not oversee the whole place or even a team.

“It is nice to not have so much responsibility,” she says.

This also gives Jann a different perspective than her co-workers.

“There’s a different mindset of other employees,” she says.

Jann says her work schedule keeps her busy — too much so.

“I do not have more free time. I work, come home, and still have cleaning, etc., to do,” she says.

While working post-retirement age keeps Jann active, she says it also tires her out at times. Since she considers herself to be a homebody, she would like to have more time to relax at home.

“I am not very social and do not always do well in groups,” she says.

Jann has had to adjust her schedule and routine because of her new work role.

“Since I work weekends, I do not go to church. And there is no evening service, so that ends that,” she says.

When she is not working, Jann is spending time with her family — her husband, Clint, and their five children and grandchildren. Clint is retired from John Deere.

“He just finished up with lung cancer treatment a few months ago and is doing very well. He is retired, too. He does not work currently.”

Jann has had her own battle with cancer

more than once and is grateful to have Clint recovered. They both have a new lease on life to spend together.

“In 2000, I went through breast cancer for over a year and a half, and, obviously, I survived. In 2019, I went through it a second time, and I am still here and cancer-free,” she says.

Jann also adopted a new furry friend in her retirement age. Her adopted friend is also considered a senior.

“My cat’s name is Ace, and he’s a pain, but I love him. He is a rescue from the ARL, and he is 11 years old,” she says.

Jann still finds time to visit the ARL and donates when the nonprofit hosts fundraisers.

“I always donate when they have their double and triple matches,” she says.

Staying in the workforce

John Waldrop, who has been a resident of Bondurant since 2015, is still working even though he is over the typical retirement age. At age 66, he continues to work for Johnson Controls International in Urbandale.

John has been in the same field for the

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FEATURE

entirety of his career. He currently serves as the fire services manager.

"I have pretty much been in the same career. I have worked for JCI for the last 30-plus years," he says. "I never left the workforce because I like to work."

Because he has been in the field for a long time, John has seen a lot of developments in his industry along the way.

"I love the challenges each day brings. I love being part of new things as they come out," he says.

John also enjoys the social aspect of work.

"I enjoy the daily interaction with the people I work with. I need to experience the highs and lows of working, and I need to have a place to be and a purpose for being there," he says.

When John began his career in the HVAC trade, the use of technology was much different than it is today.

"The internet was not commonly used in the workplace when I started working," he says.

As time has passed, technology and the internet have increased the ability of businesses to track performance.

"The ability to research, the amount of data available, and the tools to evaluate and study that data are much greater now," he says.

In the beginning, John used old tools to track his trade work.

"I spent much time with a legal pad and graph paper in my first job. Now, I only use paper if I spill my coffee," he says.

John says that, as technology picks up the pace, patience wanes.

"The pace was much slower since it took longer to get results. There was more tolerance for deadlines. There seems to be less patience now than when I started working. A lot of this, of course, has been brought on by instant availability of information and the ability to act on that information."

John adds that workers know how to research and pursue other job opportunities more than ever before.

"Today's workers know better what their choices are and are fairly consistently exploring them. It is harder to keep those folks than in the past," he says.

Since John continues to work, he hasn't enjoyed any extra free time that would come



John Waldrop continues to work for Johnson Controls International in Urbandale past retirement age because he enjoys his job.

with retirement.

"I probably have about the same free time as at any point in my life," he says. "That is by choice. I am not a person who can sit still very

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long.”

John enjoys watching his daughter play soccer when he is not working.

“I have a 14-year-old daughter who plays soccer, which takes up a lot of time,” he says.

John is also exploring his other hobbies.

“I like small building projects. We go kayaking with friends in the summer, and I just like to keep moving,” he says.

Forgoing early retirement

Civilian Detention Officer Michael “Mike” Kyle lives in Bondurant and works at the Polk County Jail. Kyle is past retirement age but has chosen not to retire yet.

“I am 67 and have worked at Polk County Jail for 15 years,” he says.

Though Kyle has not left the workforce after retirement, he has changed careers in the past. Before becoming a detention officer, he worked as a paramedic for 10 years with a private service.

Kyle began his current career after transitioning from a similar role. His wife, Lori, used to work at Fort Des Moines Corrections, and, when the jail was hiring, Kyle thought,

“Why not?” The rest is history.

The biggest change for Kyle in his work history is his work ethic. When he was younger, he was not as fond of working, he says. Now, he keeps working even though he is eligible for early retirement. Since corrections work is stressful, many do opt for early retirement as early as 60.

“I did not particularly like working when I was younger, but now I do not mind it,” he says.

Lori shares that she admires his work ethic.

“Mike is a very ‘head down and by the book guy.’ They will miss him when he does retire,” she says.

As if still working after being eligible for retirement is not enough already, Kyle even works double shifts on a regular basis.

“I have worked doubles twice weekly the last few years,” he says.

Lori shares that Mike was recently recognized for his dedication.

“Mike got a commendation for finding drugs on a new arrest as that offender was being booked into the jail,” she says.

Lori adds that it is not just his work as an



Civilian Detention Officer Michael “Mike” Kyle has worked at the Polk County Jail for 15 years, and though he is eligible for retirement, he chooses to continue working, including some double shifts.

officer that her husband is devoted to; he is also a devoted family man.

“Family is his ‘hobby.’ We have two teenage

grandsons, our daughter, son and daughter-in-law. There is never a dull moment," she says, adding that the couple has been married for 45 years.

Sticking with IT

Stephen "Steve" Petersen is 66 and works full time with no immediate plans to retire. He is the IT director for primary health care at his place of employment.

"I have no plans to retire for a while yet," he says.

Steve is in the same career that he has been in for decades.

"I've been in informational technology for over 30 years," he says, adding that his career included serving in IT leadership at Iowa Public Radio.

At one point, Steve actually began planning on retirement.

"In 2015, we moved to the Phoenix area to eventually retire there, but, instead, I continued in IT," he says.

Like people often do, Steve moved back home when his family needed him in the last

couple of years.

When Steve turned 66 ½ recently, he became eligible for full retirement.

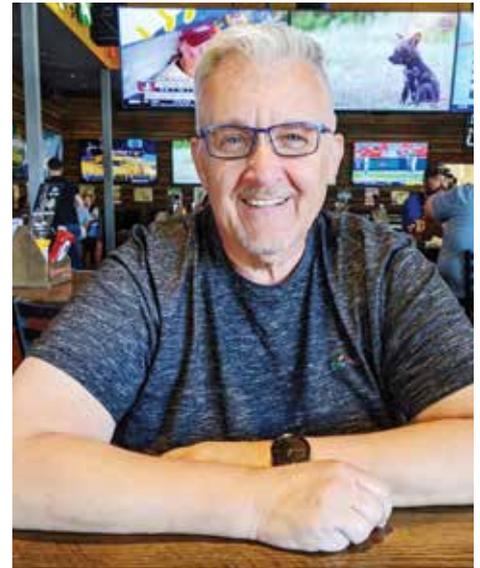
"I just turned old enough for 100% of Social Security but plan to continue working and not draw on Social Security yet," he says. "I enjoy my job, the company I work for, and the people that work for me." Plus, his wife, Carrie, is not yet near retirement age.

"Even at 66-plus, I continue to grow in my work, taking on bigger positions and projects. I am busier and feel I work harder than I did even two years ago," he adds. "I have served on the advisory council for Iowa Tech Junction, Iowa IT Conference 2015, and as an advisor and speaker for Interface Iowa in 2016."

At Iowa Public Radio Operations and IT department, Steve "oversaw the strategic planning and creation of the largest computer-controlled radio automation in public radio."

While Steve's work ethic has not waned, he would not say the same about some others he encounters while working.

"People's attitude about their work has changed," he says. "I take pride in what I do



Steve Petersen is 66 and works full-time with no immediate plans to retire. He is the IT director for primary health care at his place of employment.

and how I do it. I do not see that as much in people anymore. Some have a hard time with a 40-hour week and don't show pride in their work. It can make my work a lot harder." ■

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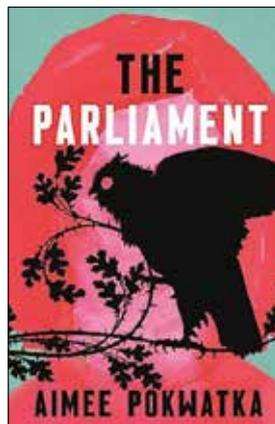
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'The Parliament'

I'm a huge fan of parallel stories — books that flutter back and forth between two worlds, two people's lives, or the past and the future. Here, in this gorgeous, deliciously dark modern fairy tale, the author gives us two stories in one in the best way — a book within a book.

Madeline "Mad" Purdy returns to her hometown to teach a group of teenagers at the local library. This is certainly not her forte, as she much prefers being alone at home. But when the library is surrounded by thousands of killer owls intent on tearing the trapped group to pieces, a new side of Mad blooms in the midst of the terror. Reading to the kids in her care to keep them calm as they look for a way out, the second story nested in the book "The Silent Queen" provides the perfect accompaniment to claustrophobic horror the characters experience.

This is a survivor's tale at its heart, a rich, gorgeously written story full of grief and strangeness but, above all, hope. I loved flipping between "real life" and the fairy tale. It stretched the already taut tension while pulling new threads in the narrative. A perfect balance. — *Review by Julie Goodrich*



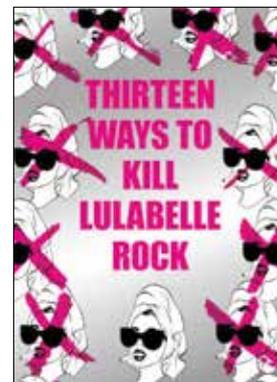
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'Thirteen Ways to Kill Lulabelle Rock'

I don't think I'm the only person who's ever wished for a clone. It would be so nice to send a body double off to shovel the driveway while I stay warm inside with some coffee and a book. But what happens after the driveway is shoveled? Would that clone go off to read a different book? Does she need her own cup of coffee? Is she now a different person with a set of memories I'll never have?

These questions and more abound in this speculative thriller. In the riotous town of Bubble City, the richest and most famous have "Portraits," which are clones to ensure they are seen and involved in the dizzyingly complex social scene. Lulabelle Rock has 12 such beings wandering around, building unique lives and divergent personalities in surprising ways. When she creates a 13th copy with the sole purpose of killing the others, a wild ride ensues, full of questions about personhood and the limits of humanity.

A brilliant premise with a brisk pace and razor sharp writing that never falters, this book is highly recommended for readers who can never get enough of the question, what if? ■ — *Review by Julie Goodrich*



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MEET Alison Stewart

Students “bring joy to the classroom family that we create every year.”

Alison Stewart was born and raised in Bondurant before attending the University of Northern Iowa where she studied early childhood education and special education. Since graduating with a bachelor’s degree in 2009, she has also completed a masters of education from the University of Northern Iowa and a specialist degree from Northwest Missouri State University.

Stewart is in her 15th year teaching at the Bondurant-Farrar Community School District where she currently works as a second-grade educator. Stewart and her husband decided to return to her alma mater because they are both from Bondurant and wanted to work and raise their family in the community that has always been their home.

“The best things about working in the district are the students, staff and community. We have a very supportive leadership team and community, which allows me, as an educator, to feel confident in implementing what is needed for students in all areas,” Stewart says.

Stewart likes teaching students at the second-grade level because they are unique in their own ways. She enjoys discovering who they are as individuals and says their exposure to new things allows them to grow and find their passion each day.

Stewart incorporates many different fun activities into her lessons each year. She enjoys adding technology challenges to help with problem solving, creating fun daily celebrations when students reach goals, having several fun themed days, and having kindness challenges. Stewart also incorporates Fun Fridays. On these days, she wears her fanny pack with speakers while students dance and listen to music in the hallways during Friday transitions and recess times.

“Second grade has a special place in my heart because the students love school and having fun, and they bring joy to the classroom family that we create every year. When working with second graders, they understand humor, yet are old enough to understand how to balance the fun while learning in a safe environment,” Stewart says.

During the remainder of the school year, Stewart is looking forward to creating new memories, having many celebrations, and watching her students continue to grow. When not teaching, she enjoys chasing her two daughters in their many activities. She also enjoys spending time with her family, having movie nights, going to concerts, and traveling to new places.

“I love seeing the many connections students make every day, which may be with building new friendships or understanding a new skill in the classroom. Students are definitely the rewarding part of being a teacher, especially being able to see them as they continue on through the BFCSD!” Stewart says. ■



Alison Stewart with her daughters, Gabbi and Gemma, on a dress-up day at school.

TIPS for better heart health

February is a time to think about hearts. While Valentine hearts, flowers and chocolates are important (and yummy), let's talk about a different type of heart: our own.

February is American Heart Month. This is the month the American Heart Association encourages you to talk and think about your own heart health. Heart disease and stroke are the leading causes of death in the United States. One out of every five people will develop heart failure, and most can prevent it.

Your heart changes as you get older. Aging can cause changes in your blood vessels, and your heart can no longer beat as fast during physical activity. These changes can increase the risk of heart disease. The most common change in our hearts from aging is an increase in the stiffness of the large arteries in our hearts. This stiffness can result in high blood pressure. Signs of heart disease include pain, numbness/tingling in the shoulders, arms, back or jaw. It can also cause dizziness, confusion, tiredness and headaches.

We can all make small changes to help prevent heart disease, such as changing our eating habits. Small changes can make a big



difference. Choose items that are low in sodium and increase the amount of fruits and vegetables you eat. Follow your doctor's orders and take your medication as prescribed. If you smoke, quit. Smoking damages the artery walls. Even if you have smoked for years, quitting now can lower your risk of heart disease. Increase your physical activity. The Centers for Disease Control advises us to "move more and sit less." You should get at least 150 minutes of exercise a week. That may sound like a lot, but it's as easy as 30 minutes a day, five days a week. If 30 minutes still sounds daunting, break it up into smaller time frames during the day. Do activities you enjoy so it doesn't feel like work. Go for a walk, garden or go bowling.

A benefit to living in a senior community is having access to exercise classes that are tailored to work with those over the age of 55 or those with physical limitations. You also get the added bonus of friends living next door to help motivate you to participate. There are various clubs to keep you busy and active and to keep your heart healthy. Grab a friend and come up with a plan you can commit to, and don't forget to make it fun. Challenge one another and find ways to celebrate your successes. Let's make 2024 your best year yet. ■

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



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GIRLS. Bees. Poor Things. And A Missing Apostle.

So, how were your holidays? See any good movies? Me neither! I am somewhat joking on that one, but I was not blown away by much that I saw. We tend to expect high-impact movies during the holiday season. This one came up short.

Meanwhile, we trudge forward into 2024, eagerly awaiting “Dune Part 2” on March 1. If you didn’t see the original, you only have a short time to catch up. Watch it on the biggest television in your house, and you will be blown away.

Alright, let’s catch up.



“MEAN GIRLS” (in theaters)

I loved the original movie and was looking forward to what I thought was an update. I was wrong. It is a film version of the award-winning Broadway play. So you know the story, but every once in a while they stop to break into song and dance. It is still a lot of fun, just not quite as much as I was hoping for. **Grade: B**



“THE BEEKEEPER” (in theaters)

I like Jason Statham, but the man makes some stupid action movies. That being said, he does make a good one every once in a while. Based on the box office draw, I’m not alone in saying that “The Beekeeper” is one of his better, maybe his best? He is retired military and minding his own business in the back of a rented barn. His business is honey and keeping a few beehives. When a scam caller takes all of

the money from the old woman he rents from, Statham is on the trail immediately and, let me tell you, he is unhappy. No one is going to stop him from catching these idiots. From there we get lots of punches, kicks, gunshots and a kitchen sink. It is non-stop action with a flimsy story but enough to keep you entertained. The action is great, the bad guys are really slimy, and you will relish the butt-kicking you get to watch. The box office has been brisk, so this will likely not be the last time we see this beekeeper. **Grade: B-**



“I.S.S.”

The International Space Station is the setting for this movie that tells the story of an American crew that joins the Russians at the Space Station for a joint venture. When huge trouble on Earth strikes, both teams are told to take over the station. An action film in a tight situation in space always proves to be fun. It is not a great film, but it has enough moments for me to mildly recommend it. **Grade: C+**



“POOR THINGS”

This film is by director Yorgos Lanthimos, who gave us “The Lobster” and “The Killing of a Sacred Deer,” two movies I reluctantly suffered through. His new film, “Poor Things,” has received the same type of praise as those earlier films, and I will respectfully disagree. The cast includes Willem Dafoe, Mark Ruffalo and a brilliant (and Oscar-nominated) Emma Stone in a film that defies description — and that’s not

a good thing. It is dark and disturbing but also tries to be funny. Let’s just agree to disagree.

Grade: D-



“SOCIETY OF THE SNOW”

You can find this one on Netflix. It’s a remake of the true and harrowing story of a plane full of rugby players who crash in the Andes mountains. There was a movie titled “Alive” years ago that tackled this same story but not nearly as well. Both movies are good, but this one ramps it up yet tempers itself in certain areas that are controversial. This is well made and enthralling, to say the least. **Grade: A-**



“THE BOOK OF CLARENCE”

My Catholic education failed to clue me in on this missing Apostle who has quite a bit to do and quite a bit to say. It is a thought-provoking and well-produced film that will challenge you and might even start some very interesting conversations. **Grade: B+ ■**

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @ MrMovieDSM.

School Board: 2024 Legislative Priorities & Advocating for Public Education:

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▶ MENTAL HEALTH:

Mental health issues among students and staff continue to be a challenge in this day and age. The shortage of mental health professionals and resources is at a crisis point.

▶ RECRUITMENT & RETENTION:

We are fortunate as a district to have all certified positions filled for the 2023-24 school year. We are the exception, as many districts continue to struggle to fill core and elective teaching positions.

▶ SCHOOL SAFETY:

While many new safety initiatives have been introduced and implemented in Iowa schools, a focus on remaining diligent will be necessary. Schools should have local control over how they spend their safety/security dollars.

We appreciate the work our legislators do on behalf of our students. They are our greatest advocates at the statehouse this upcoming legislative session.



CONTACT YOUR LEGISLATORS >>>

Celebrating Excellence: The Bluejay Way Recognition Program

The Bluejay Way Award began as a staff recognition program and has expanded to also celebrate outstanding community contributions. Each quarter, one staff member per building is honored for their exceptional kindness, compassion, and support for students and colleagues. This program celebrates individuals' contributions, fostering a positive environment, strengthening relationships, and encouraging teamwork.

Building on this success, the Bluejay Way Community Partner Award recognizes community members or organizations positively impacting our district and student experience, embodying the same values as the Bluejay Way.

Both recognition programs are made possible through partnership with Sheena Cochran-Foster of ReMax Hilltop and Homes for Heroes.



Elise Sanny is the first student to receive the community award and was recognized for her work in organizing and starting a new food pantry to support students and their families. Elise collaborated with our local FFA Chapter for donations and collects cans regularly to fund needs for the food pantry. We are so appreciative and proud of her work. Congrats, Elise!



Dan Berggren was recently recognized for his leadership with the Bluejay Basketball Club, a youth program he has led since it originated in 2014. Dan's efforts have contributed significantly to the success of our high school basketball teams, and he continues to be heavily involved in spite of his own kids having aged out of the club. Thank you and congratulations, Dan!

WE WANT TO HEAR FROM YOU

Let us know what you think of these articles, topics you'd like to learn more about, or help us answer any questions you may have about our school district.



Contact Us:

Bondurant-Farrar District Office
300 Garfield Street SW
Bondurant, IA 50035
Phone: 515-967-7819
Online: www.bfschools.org/contactus



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INTRODUCING Miss Carly

We are all very excited to introduce our new children’s librarian, Miss Carly. You will see Miss Carly when you come to the library for story times at 10:30 a.m. on Tuesdays and Wednesdays and at 12:45 p.m. on Fridays. She also hosts Baby Story Time on Thursdays at 9:30 a.m. She is super excited to be here and can’t wait to meet you if she hasn’t already. Carly previously worked at the Pleasant Hill Public Library and Brubaker Elementary School. She received her bachelor’s degree in English from the University of Northern Iowa and will receive her master’s in library and information science in May from the University of Iowa. When she is not at the library, Carly enjoys reading, playing board games with her family, watching garbage TV, and spending quality time with her husband and dogs. Come say “Hello!”



Here is what is happening at the Library in March:

- Story Times: Tuesdays and Wednesdays at 10:30 a.m.; Fridays at 12:45 p.m.
- Baby Story Time: Thursdays at 9:30 a.m.
- Fit for Life exercise class: Mondays and Thursdays at 8:30 a.m.
- March 4: After School STEAM at 2:30 p.m.
- March 5: Bound Together Book Club for grades 3-5 at 6 p.m.
- March 6: Pokémon Club at 4:15 p.m.
- March 7: Adult Craft Night at 6 p.m.
- March 8 - March 17: Pot O’ Gold Scavenger Hunt
- March 8: No-School Open Crafts, 1:30-3:30 p.m.

- March 10: Teens Only Sunday Fun Day at 3 p.m.
- March 11: Spring Break Craft, 1:30-3:30 p.m.
- March 12: Book Discussion for Adults at 6 p.m.
- March 13: Curious & Creative Kids Club at 4:15 p.m.
- March 15: Build a Leprechaun Trap, 1:30-3:30 p.m.
- March 18: After School BINGO at 2:30 p.m.
- March 19: In the Middle Book Club for grades 6-8 at 6 p.m.
- March 19: Books on Tap at Reclaimed Rails at 6 p.m.
- March 25: After School Movie at 2:30 p.m.
- March 31: Library closed for Easter ■

ADVERTISING RESULTS

A BONDURANT gem

Carver finds home is perfect for blended family.



Barb and Matt Carver with their blended family of eight children

When Barb Carver and her late husband, Joe Engelbrecht (a 1996 graduate from Bondurant-Farrar High School), started their family, they knew they wanted to raise their children in Bondurant.

For 10 years, they lived in the country on about 9 acres of land with their four kids. While Joe loved the country, Carver desired to live in town.

“Joe passed away from complications of his stroke in 2012,” Carver explains. “Right away, I needed to make the decision to stay in the country or try to move into town to make transporting my children to and from activities easier.”

Carver ended up finding 2 acres of land up for silent auction.

“It had a 100-year-old farmhouse on it, a huge but damaged barn, and a rock that I fell in love with,” she says.

Carver explains the rock.

“One of the things that I fell in love with from the original land was the huge rock that was on the property,” she says. “I was very happy when I got a call from the gentleman who was tearing down the old house telling me that the cellar was made out of rocks. What he was able to pull from the cellar is what we now use to landscape our house. We do have that original big rock in our front yard by itself. I love looking at it every time I come home.”

Carver also loves the location of her home, since it’s right off the bike trail and on a dead-end street. The kids can walk to and from school without crossing any streets, and their



Since Barb Carver likes sharks, her husband, Matt, had one incorporated into the backsplash design.

road is always first to get plowed since they live right by the city maintenance building.

Carver jokes, “In Iowa winters, that is a huge bonus.”

When she purchased the land in 2013, she had the house on the property torn down and started building her dream home.

“I always knew I wanted a house with a porch that wrapped around the house, and I wanted a very open concept on the main level,” Carver says. “Luckily, I met my now husband, Matt Carver, in April 2013. He knew everything about building a home, and he knew how to do it himself. He took over right away and made all my visions of what I wanted our home to look like a reality.”

As an added bonus, since Matt is in the electrical/construction business, he came up with great ideas so there is no wasted space in the home.

“Every inch is usable space by us and our eight kids,” Carver says. “I love the fact that Matt, his dad and my dad had a part in



Barb Carver got the wrap-around covered porch she dreamed of in her new home.

building our home. That makes it so special for me.”

One of Carver’s most beloved spots of the home is in the kitchen.

“I love sharks, and, as a surprise, Matt made a part of our backsplash look like a shark,” she says.

But perhaps what Carver likes most about where she and her family live is their neighbors.

“We are always looking out for one another,” she says. “Our neighbor Barb Gardner — who was actually related to a gentleman, Gordon Hennick, who lived in the original farmhouse for 25 years — is like a grandmother to all of our kids.”

The best thing about the house itself is that it’s where the Carvers got married.

“We were able to get married on our front porch, joining our two families into one, while our kids stood by our sides,” Carver says. “They say you should love where you live, and we definitely all do love our community and our home.” ■



BONDURANT-FARRAR

2024 SPRING SCHEDULE

Varsity Boys Soccer

DATE	TIME	OPPONENT	LOCATION
Mar 28	5:30PM	Lincoln	Des Moines Lincoln High School
Mar 29	7:30PM	Norwalk	Norwalk High School
Apr 1	5:30PM	Carroll	Carroll Athletic Stadium
Apr 5	5:30PM	Nevada	Bondurant-Farrar High School
Apr 8	5:30PM	Carlisle	Bondurant-Farrar High School
Apr 11	5:30PM	Knoxville	Bondurant-Farrar High School
Apr 13	9:00AM	Multiple Schools	Des Moines East High School
Apr 16	5:30PM	DM Christian	Bondurant-Farrar High School
Apr 19	6:00PM	Boone	Boone High School
Apr 22	5:30PM	Ballard	Ballard High School
Apr 23	5:30PM	Gilbert	Bondurant-Farrar High School
Apr 29	5:30PM	ADM CSD	Bondurant-Farrar High School
May 4	9:00AM	Multiple Schools	Bondurant-Farrar High School
May 6	5:30PM	West Marshall	West Marshall High School
May 7	5:30PM	Winterset	Bondurant-Farrar High School
May 10	5:30PM	North Polk	North Polk High School
May 11	1:30PM	Multiple Schools	Bondurant-Farrar High School

Varsity Girls Soccer

DATE	TIME	OPPONENT	LOCATION
Mar 29	7:00PM	Norwalk	Bondurant-Farrar High School
Apr 1	5:30PM	Carroll	Bondurant-Farrar High School
Apr 4	5:30PM	Pella	Pella High School
Apr 5	5:30PM	Nevada	Nevada High School
Apr 8	5:30PM	Carlisle	Carlisle High School
Apr 13	9:00AM	ADM CSD	ADM High School
Apr 16	4:30PM	DM Christian	Des Moines Christian School
Apr 19	5:30PM	Boone	Bondurant-Farrar High School
Apr 20	9:00AM	Multiple Schools	Bondurant-Farrar High School
Apr 22	4:30PM	Multiple Schools	Pella High School
	5:30PM	Lincoln	Bondurant-Farrar High School
Apr 23	7:15PM	Gilbert	Gilbert High School
Apr 29	7:15PM	ADM CSD	ADM High School
May 3	7:15PM	DCG	Dallas Center-Grimes
May 4	9:00AM	Multiple Schools	Waverly-Shell Rock High School
May 7	5:30PM	Winterset	Winterset High School
May 10	5:30PM	North Polk	Bondurant-Farrar High School
May 14	5:30PM	Ballard	Bondurant-Farrar High School

Varsity Boys Golf

DATE	TIME	OPPONENT	LOCATION
Apr 1	4:00PM	Boone	Terrace Hills
Apr 2	4:00PM	Ballard	Ballard Golf & Country Club
Apr 8	2:00PM	Multiple Schools	Terrace Hills
Apr 9	4:00PM	Multiple Schools	Terrace Hills, Altoona
Apr 11	4:00PM	Multiple Schools	Terrace Hills
Apr 15	2:00PM	Multiple Schools	Lincoln Valley Golf Course
Apr 22	1:00PM	Multiple Schools	Gateway Golf Course
Apr 26	12:00PM	Winterset	Lakeview Country Club
Apr 29	4:00PM	ADM CSD	Riverbend Golf Course
May 4	9:00AM	Multiple Schools	Ames Golf and Country Club

Varsity Girls Golf

DATE	TIME	OPPONENT	LOCATION
Mar 30	1:00PM	Multiple Schools	Willow Creek Golf Course
Apr 2	4:00PM	Multiple Schools	Perry Golf & Country Club
Apr 9	4:00PM	Multiple Schools	Terrace Hills
Apr 11	4:00PM	Multiple Schools	Carroll Municipal Golf Course
Apr 15	1:00PM	Multiple Schools	Terrace Hills, Altoona
Apr 16	2:00PM	West Marshall	Lincoln Valley Golf Course
Apr 22	4:00PM	Carroll	Carroll Municipal Golf Course
Apr 25	1:00PM	PCM	TBA
Apr 26	2:00PM	Roland-Story	Riverbend Golf Course
May 2	4:30PM	Panorama	Panorama High School
May 13	12:00PM	Ballard	Ballard Golf & Country Club

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VARSITY BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 4	3:30PM	Mason City	Mason City HS
Mar 7	9:30AM	Multiple Schools	Iowa State University
Mar 14	4:00PM	Multiple Schools	Central College
Mar 25	4:00PM	Multiple Schools	Bondurant-Farrar High School
Mar 26	4:30PM	Multiple Schools	Johnston High School
Apr 2	4:30PM	PCM	PCM High School
Apr 4	4:30PM	Multiple Schools	Baxter High School
Apr 11	4:30PM	Multiple Schools	Saydel High School
Apr 13	8:30AM	Multiple Schools	Drake Stadium
Apr 15	4:30PM	Multiple Schools	Norwalk High School
Apr 16	4:30PM	Multiple Schools	BGM High School
Apr 22	4:30PM	DM Christian	Des Moines Christian
Apr 23	4:30PM	Carlisle	Carlisle
Apr 25	4:15PM	Multiple Schools	Bondurant-Farrar High School



VARSITY GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 5	2:00PM	Mason City	Mason City HS
Mar 8	3:15PM	Multiple Schools	Iowa State University
Mar 14	4:30PM	Multiple Schools	Central College
Mar 25	4:00PM	Multiple Schools	Bondurant-Farrar High School
Mar 28	4:30PM	Multiple Schools	Ballard Middle School
Apr 9	4:30PM	Johnston	Johnston High School
Apr 11	4:30PM	Multiple Schools	East Marshall High School
Apr 13	8:30AM	Multiple Schools	Drake Stadium
Apr 15	4:15PM	Multiple Schools	Bondurant-Farrar High School
Apr 18	4:30PM	Roland-Story	Roland-Story High School
Apr 22	4:30PM	Multiple Schools	Saydel High School
Apr 25	4:25PM	Carlisle	Carlisle High School
Apr 29	4:30PM	Multiple Schools	North Polk High School

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Photos provided by Photos By Ben.

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A BETTER-FOR-YOU breakfast favorite

(Family Features) Whether you're encouraging loved ones to start a new wellness kick or looking to add new ideas to an already-nutritious menu, families at any stage of a journey toward better health can use newfound favorites to bring fresh flavors to the table.

Start by ramping up your family's breakfast with these slightly sweet mini Greek yogurt pancakes with cinnamon-maple topping for a protein-packed way to start the day with a healthy addition of fresh berries. This dish from Milk Means More provides a delicious breakfast that allows you to bring everyone together for a tasty, nutritious meal no matter the occasion. Dairy foods, like the low-fat or fat-free milk and yogurt found in this recipe, are fundamental to good nutrition.

Constructing a better-for-you menu calls for a balanced diet with a variety of foods to get essential nutrients. This balance is important for maintaining healthy gut and immune function while optimizing overall wellness.

Find additional better-for-you recipe inspiration at MilkMeansMore.org. ■

Mini Greek yogurt pancakes with cinnamon-maple topping

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More
 Total time: 25 minutes
 Servings: 6

Topping:

- 1 3/4 cups plain Greek yogurt (fat free, 2% or 5%)
- 1/3 cup maple syrup
- 1/2 teaspoon ground cinnamon

Pancakes:

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 egg, lightly beaten
- 3/4 cup plain Greek yogurt (fat free, 2% or 5%)
- 1/2 cup milk (skim, 2% or whole)
- 3 tablespoons melted butter
- 1 teaspoon vanilla
- oil
- 1 cup fresh blueberries or chopped fresh strawberries

- **To make topping:** Stir yogurt, syrup and cinnamon. Cover and refrigerate.

- **To make pancakes:** In mixing bowl, stir flour, sugar, baking powder, baking soda and salt. In separate bowl, whisk egg, yogurt, milk, butter and vanilla. Add yogurt mixture to flour mixture. Stir just until combined (batter should be slightly lumpy).
- Scrape batter into large plastic food storage bag. Oil nonstick griddle or large nonstick skillet. Heat over medium heat. Cut off about 1/2 inch from corner of plastic bag. Squeeze batter, about 1 tablespoon at a time, onto hot griddle. Cook 1-2 minutes per side, or until pancakes are golden brown, turning to second sides when bubbles form on surface of pancakes and edges are slightly dry.
- Serve warm pancakes topped with cinnamon-maple yogurt and sprinkled with berries.



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FAITH By Mark Spencer

TRUST fall



When I was a kid, we played a game called the trust fall. In the trust fall game, you choose someone to stand behind you. You then fall backwards and trust they will catch you so you don't fall flat on the ground. A wise trust fall game player will select a person to play with who meets two qualifications.

First, they must be motivated to catch you. It would be a bad idea to pick someone who doesn't like you. In that case, they would stand behind you and watch you fall to the ground with a big thud and point and laugh at you getting hurt and embarrassing yourself in front of others. Instead, you want someone who likes you and wants to protect you from harm and embarrassment.

Second, they must be able to catch you. If you pick someone who is half your size, they probably aren't capable of catching you. They might stand behind you and try their hardest, but if they are too small, you may not only hurt yourself but also squish them. Instead, you want someone who is strong enough to catch you.

I have recently been spending a lot of time studying the book of Daniel. Reading through the book, it struck me how Daniel took risks and found that God would protect him. God was motivated and able to prevent Daniel from falling.

1 Samuel 12:22 says, "For the Lord will not forsake His people, for His great name's sake, because it has pleased the Lord to make you a people for Himself." God is supremely motivated not to forsake you because His own name is at stake.

God is also supremely capable of catching you.

Ephesians 3:20-21 says, "Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen." Notice that God points out that He doesn't just do what you think He can or will, but He does far more than anything we can imagine.

So, God alone is supremely motivated and able to prevent you from falling if you are willing to step out boldly in faith for His sake. Are you timidly taking cautious steps because you are walking with little faith, or are you taking big bold steps in faith completely confident that your Father in heaven is there, ready and able to keep you upright? ■

Information provided by Mark Spencer, lead pastor, First Family Church Bondurant, m Spencer@ffcblife.com, 515-587-5930.

For the Lord will not forsake his people, for his great name's sake, because it has pleased the Lord to make you a people for himself. (1 Samuel 12:22)

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EVENTS IN THE AREA

Be sure to check for cancellations.



Build your own Leprechaun Traps

Friday, March 15,
1:30-3:30 p.m.
Bondurant Community
Library, 104 Second St.
N.E., Bondurant

Use the Library's craft supplies to build your own leprechaun trap during this Spring Break program.



Bondurant American Legion Community Breakfast

Saturday, March 16,
7-9:30 a.m.
American Legion Hall,
315 Second St. N.W.

Bondurant American Legion hosts a Community Breakfast on the third Saturday of every month. The menu includes pancakes, choice of eggs, toast, hash browns, biscuits and gravy, sausage, coffee, milk, orange juice.

More events

- **Feb. 28: Coldest Night of the Year Fun Run/Walk.** Held by Central Iowa Shelter and Services at Principal Park, 1 Line Drive, Des Moines; centraliowashelter.org
- **Feb. 29: Greensky Bluegrass.** Val Air Ballroom. 301 Ashworth Road, West Des Moines; firstfleetconcerts.com/events
- **March 1: Iowa Deer Classic.** Iowa Events Center, 730 Third St., Des Moines; iowaeventscenter.com
- **March 4-8: IHSAA Iowa State Boys Basketball Tournament.** Wells Fargo Arena, 223 Center St., Des Moines; iahsaa.org/basketball
- **March 8: Iowa Home Expo.** Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines; iowahomeexpo.com
- **March 15: All Iowa Auto Show.** Iowa Events Center, 730 Third St., Des Moines; iowaeventscenter.com
- **March 15: Mateo Lane: The Al Dente Tour.** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events
- **March 16: St. Patrick's Day Parade,** starting at the corner of Grand Ave. and Robert D. Ray Drive, downtown Des Moines; friendlysonsiowa.com/Parade/parade.htm
- **March 16: St. Paddy's Marathon, Half Marathon, 5k.** Iowa State Capitol, E. Locust St. and Pennsylvania Ave., Des Moines; iowaruns.com/desmoinesstpaddys5k
- **March 17: Dude Dad Live!** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events
- **March 22: Jim Jefferies: Give 'Em What They Want Tour.** Des Moines Civic Center, 221 Walnut St., Des Moines; desmoinesperformingarts.org/events

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

Cybersecurity workshop

Wednesday, March 27, 5:30-7 p.m.

Bondurant Community Library Meeting Room A,
104 Second St. N.E., Bondurant

Dig deeper into cybersecurity by joining the discussion about multi-factor authentication, how it protects your account, and the different methods of MFA. Cybersecurity specialist Katie Hoff will be present to answer all of your questions.

Live music in Altoona

- **Exit 185,** March 1, 9-11:55 p.m., Brick & Ivy Rooftop, 400 34th Ave.
- **Jordan Beem,** March 2, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **Cody Hicks,** March 9, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **John Burtch,** March 15, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **St. Patty's Day Bash with Mike Moody & The Outlaws,** March 16, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **Suede,** March 23, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **Brittany Sword,** March 29, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **The Snacks,** March 30, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.

Suggest a teacher

for an *Iowa Living* education column!

Send an email to
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Iowa Living
MAGAZINES

EVENTS IN THE AREA

Be sure to check for cancelations.

“The Music Man JR.”

Feb. 16 - March 3, Fridays 7 p.m., Saturdays and Sundays at 2 p.m.

CAP Theatre, 201 First Ave. S., Altoona

The next MainStage performance by Class Act Productions is “The Music Man JR.” Performances at CAP are live theatre for families of all ages, with familiar stories condensed into 90-minute performances that appeal to audiences with shorter attention spans. Tickets are \$10 for students, \$16 for adults and \$13 for seniors. Visit www.captheatre.org for more information.



“The Music Man JR.” follows fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys band that he vows to organize. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain’s fall.

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



Iowa Wolves home games

Wells Fargo Arena, 233 Center St., Des Moines
iowa.gleague.nba.com

- Feb. 23 at 7 p.m. vs. Rio Grande Valley Vipers

Judy Niemack jazz concert

Sunday, March 17, 2 p.m.

Caspe Terrace, 33158 Ute Ave., Waukee

Jazz critic Dan Morgenstern said it best — “If you want to know what real jazz singing can be (but rarely is), listen to Judy Niemack.” Niemack has perfected her beautiful voice, fearless improvisational skills, impressive musicianship and exceptional versatility for more than 40 years and on many critically-acclaimed recordings. She also enjoys a worldwide reputation as a jazz vocal teacher and author of several “must-have” vocal jazz improvisation books. Niemack will be accompanied by pianist John DiMartino, who appeared at Caspe Terrace several years ago with vocalist Jay Clayton. For more information and tickets, visit <https://jazzatcaspe.weebly.com/tickets.html>.



Stephens Auditorium

1900 Center Drive, Ames • center.iastate.edu/events

- Feb. 29 through March 3: “Always Plenty of Light at the Starlight All Night Diner”

HE IS
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PALM SUNDAY 3.24
10am Worship

MAUNDY THURSDAY 3.28
6pm Dinner
6:45pm Service

EASTER SUNDAY 3.31
8:30am Easter Breakfast
9:30am Egg Hunt
10am Worship

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EVENTS IN THE AREA

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Be sure to check for cancelations.

Dome After Dark

Fridays, 6-10 p.m. through March
Des Moines Botanical Garden,
909 Robert D. Ray Drive,
Des Moines

Enjoy the conservatory and gardeners show house which will be illuminated with unique and colorful lighting. Details at dmbotanicalgarden.com



Hoyt Sherman Place

1501 Woodland Ave., Des Moines
hoytsherman.org

- Feb. 23: Postmodern Jukebox at 8 p.m.
- Feb. 24: Marty Stuart and his Fabulous Superlatives at 7:30 p.m.
- Feb. 29: Cat Power sings Dylan: The 1966 Royal Albert Hall concert at 7:30 p.m.

Des Moines Civic Center

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

- Feb. 23-24: Harry Potter and the Order of the Phoenix™ in concert

Des Moines Performing Arts productions

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre,
221 Walnut St., Des Moines
dmpa.org

- Feb. 27 through March 3: “Les Misérables”
- Feb. 27 through March 17: “Dixie’s Never Wear a Tube Top While Riding a Mechanical Bull”



CITYVIEW Chocolate Walk

Friday, Feb. 23, 5-9 p.m.
West Glen Town Center, 5465
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HEALTH

By Dr. Steven Neville

FAQs about dental care for children

Q: When should my child start seeing the dentist?

A: The American Association of Pediatric Dentists recommends that children be seen by a dentist when their first front teeth begin to emerge, or by the time they turn 1. If you notice your child's 2-year molars are present and they have not seen the dentist yet, this would be an important time to make an appointment.



Q: When should I wean my child from a pacifier? Will waiting too long cause damage to their teeth?

A: The American Association of Pediatric Dentists recommends that your child stop using a pacifier by the age of 3. Prolonged use of a pacifier or thumb sucking can cause bite problems and crooked teeth.

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

A: Flossing is recommended as soon as there are two or more teeth touching each other. This can happen as early as age 2. Flossing is recommended to remove food particles that can get stuck between the teeth that a toothbrush can't reach.

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

A: There is not a set age for switching from training toothpaste. The main factor to consider is if your child can spit out the toothpaste. If your child frequently swallows the toothpaste, the American Association of Pediatric Dentists recommends waiting. ■

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

HEALTH

By Nikki Morgan

PROBLEMATIC effects of acne

Acne is a problematic condition for many pre-teens, teens and even adults. Whether breakouts are occasional and mild or chronic and severe, acne can have many negative impacts. Those effects may be physical, due to scarring and lingering post-acne inflammation and discoloration; emotional, due to diminished self-confidence; psychosocial, due to avoidance of activities during outbreaks; and financial, due to the direct and indirect costs of medical visits, medications, skincare and other treatments.



While acne has many triggers, the ultimate underlying cause is overactive sebaceous glands. Pores become clogged as oil and dead skin build up, triggering an inflammatory response resulting in pimples, white heads, blackheads, cysts and nodules.

Dermatology guidelines exist for the treatment of acne, and there are many complementary products and services that can help prevent, treat and heal both acne and its aftermath: skincare products, professional exfoliating services, blue and/or Red LED therapy to kill acne bacteria and calm inflammation, Intense Pulsed Light therapy, and lasers, such as AviClear, that directly target the sebaceous glands to shrink them and control oil production.

Always consult with a healthcare professional with the knowledge and experience in the treatment of acne to find the best solution for your skin type, acne type and severity, lifestyle and budget. ■

Information provided by Nikki Morgan, DNP, ARNP, SkinFusion FX, 410 Eighth St. S.W., Altoona, 515-967-0587, www.skinfusionfx.com, nikki.skinfusionfx@gmail.com

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HEALTH

By Dr. Emily Hogle

PHYSICAL therapy for a healthier heart

This Valentine's Day, keep your heart healthy with a dose of physical therapy, because nothing says "I love you" like a strong and resilient ticker.

Physical therapy plays a crucial role in managing coronary artery disease (CAD) and promoting heart health. CAD, characterized by the narrowing of coronary arteries due to plaque buildup, can lead to heart attacks and other cardiovascular complications. Physical therapy interventions, tailored to individual needs, help patients with CAD improve their cardiovascular fitness, reduce risk factors, and enhance overall wellbeing.

Exercise training is a cornerstone of cardiac rehabilitation, a specialized form of physical therapy for CAD patients. Guided by healthcare professionals, patients engage in structured exercise programs aimed at increasing endurance, strength and flexibility while monitoring vital signs and symptoms. These exercises not only improve heart function but also help manage weight, blood pressure, and cholesterol levels.

Moreover, physical therapists educate patients about lifestyle modifications and risk factor reduction strategies. This includes guidance on smoking cessation, healthy eating habits, stress management techniques, and medication adherence. By empowering patients with knowledge and skills, physical therapists support long-term heart health and reduce the risk of recurrent cardiac events. By incorporating physical therapy, individuals with CAD can optimize their cardiovascular function. ■

Information provided by Dr. Emily Hogle, PT, Bondurant Physical Therapy & Sports Medicine, 85 Paine St. S.E., Suite B, Bondurant, 515-528-2326.



HEALTH

By Dr. Amanda Korth

WHY 'standard' shouldn't cut it: Part 1

Frequently we are asked why insurance doesn't cover everything. The short answer is it generally does cover most of the cost of glasses with small copays to cover standard lenses and frames up to a set point. At Prairie Vision Center, we don't believe that standard should be what you aim for.

Standard plastic lenses were first made into eyeglass lenses after WWII to replace the much more dangerous glass (shattering glass next to the eye is not ideal). Polycarbonate took over as the go-to plastic for lenses after it was patented in 1953. Our recommendation is generally Trivex as it was originally developed by the military and has surpassed its predecessors since it was fitted into eyeglasses in 2002 because it has better vision, is lightweight and is very resistant to shattering and scratching.

Anti-reflective coating was first invented in 1904, but generally applied to eyeglasses in 1935. It was originally a spray-on coating for glass to reduce glare and reflections. Any spray-on coating tends to eventually craze or form microcracks. Anti-glare coatings today offer resistance to smudges, water, dust, have multiple layers of anti-glare coating, plus multiple anti-scratch coating and UV protection. They are also not only sprayed on but baked into the lens to make it very difficult for the coating to worsen over time. ■

Information provided by Dr. Amanda Korth, Prairie Vision Center of Bondurant, 87 Paine St. S.E., Suite 3, Bondurant, 515-267-7908.



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HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

HEALTHY habits to love yourself well

During this season of love, take time to check in with yourself and incorporate these healthy habits to love yourself well.

Have your nervous system checked. Our lives are filled with physical, emotional and environmental stressors that wreak havoc on our nervous system function. Chiropractic adjustments reduce nervous system stress and increase the body and brain's ability to adapt to stress. Adjustments disrupt the sympathetic, fight or flight, dominance that stress gets us stuck in and restores the body to a parasympathetic, rest and restore, state.

Prioritize sleep. Your hormones, mood, digestion, energy levels and overall brain and body function are completely dependent on the rest and regeneration that happens during sleep.

Go for a walk. Movement and fresh air are good for body and mind.

Take a mental break. Pause running around checking things off your to do list and halt scrolling social media to take 10 minutes for yourself. Practice deep breathing or do a short meditation.

Supplement with high-quality essential nutrients. You can't supplement your way out of a poor diet, but even with a nutritious diet there are nutrients we are not getting enough of. Talk to your holistic healthcare provider about what supplements are right for you and your health goals.

Drink half your body weight in ounces of water daily. Add electrolytes one to twice daily. Electrolytes are vital minerals your body needs for proper muscle and nerve function and to maintain a balance of fluids in your blood and body's cells. ■

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

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HEALTH

By Lance Andersen

GET LOST — in a daydream

"How will you go about finding that thing the nature of which is totally unknown to you?" —Meno.

This may seem like a philosophical question, but it appears just as important for every individual to answer today as when it was first said in ancient Greece. Wishing others to "get lost" could be well intentioned, because getting lost can cause what was unfamiliar to appear. "Lost" comes from the Old Norse "los," and one translation is "falling out of formation." This implies it's an action rather than a state of being.

Good news is you can access the expansive blue from anywhere thanks to the power of your mind. Daydreaming stimulates creative innovation in the brain's right hemisphere but also activates the hippocampus, which suggests this could help improve learning and memory. Somewhat paradoxically, daydreaming about recent events helps cement them into memory, so the wandering mind is perhaps never lost. If daydreaming sounds lazy, call it "quiet wakefulness," which is a relaxed state of environmental awareness that helps us process things when we are both awake and at rest. Without it, we may never have heard of Einstein. It's up to you to find what "flow state" helps spontaneous connections in your brain. It's clear from MRI scans that your brain is very active during daydreaming, but how active is it at other times? ■



Information provided by Lance Andersen, LMSW, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, andersen@sstherapyandconsulting.com.

OUT & ABOUT

RESIDENTS' Choice

Bondurant Residents' Choice certificates were presented to the top three favorites in their categories.



Sydney Handsaker, Maddi Johnson, Cara Leiting, Emily Chaplin, Emily Coughenour, Jaydan Murphy and Stacey Goodwin with Bondurant Family Dentistry accept a Resident's Choice award.



Tony Wilson, Alisa Wright and Joe Burgos with Bondurant Auto Body Shop accept a Resident's Choice award.



Kaylin Von Ahnen, Lincoln Dix and Shelby Hagan with the Bondurant Chamber of Commerce accept a Resident's Choice award.

PLAN AHEAD

By Sarah Masteller

WHY would I prepay funeral expenses?

Preplanning one's final arrangements is something that everyone should do. While it is not necessarily an easy topic to address, having arrangements in place can provide a great deal of peace of mind, both for the person making the arrangements and for those loved ones who will be left behind.



No one comes through the doors of the funeral home on the day that their loved one has died and regrets that the plans have already been made. In fact, it is quite the opposite. Families experience great relief knowing that plans are in place, decisions have been made and, perhaps, the expenses have already been handled.

While prepaying funeral expenses is never a requirement for someone to place their arrangements on file with a funeral home, it is an option available and one that you should know about.

There are many benefits to prepaying funeral expenses. Most importantly, it allows a person the opportunity to purchase funeral arrangements at current prices, with the guarantee that those services and merchandise selections will be provided, at no additional expense to the family, at the time the funeral home's services are needed.

Keep in mind, funeral arrangements will never be less expensive than they are today.

Whatever your funeral home of choice is, make sure you understand your options, and then make the decision that is right for you. ■

Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679

Plan Ahead for PEACE OF MIND

Plan & Protect before the need arises.

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

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SIGN UP FOR CITY PARK UPDATES.

Exciting news, everyone! The eagerly anticipated City Park improvements are officially in progress! We sincerely appreciate your patience, understanding, and unwavering support as we work to enhance this beloved community space. Your valuable input has played a crucial role in shaping this project, and rest assured, the improvements will exceed all expectations!

Curious to learn more about what's in store? Visit www.cityofbondurant.com/projects/pages/bondurant-city-park-renovation for all the juicy details. Plus, now's the perfect time to sign up for project notifications. By subscribing at www.cityofbondurant.com/subscribe, you'll be the first to receive exciting updates as they unfold.

Let's embark on this journey together and watch as our City Park transforms into something truly spectacular!

SEEKING BUDGET INPUT.

Attention all residents! Your input is crucial in shaping the future budget of our city. We want to hear your thoughts and priorities to ensure that our financial plans align with the needs and desires of our community.

To make your voice heard, please take a moment to complete the survey located on the City's website. Simply navigate to the Services section, then to the Finance Department, and finally to Budget and Annual Finance Reports. Your participation truly matters, so don't miss this opportunity to contribute to the decision-making process.

Let's work together to build a budget that reflects the values and aspirations of our community. Thank you for your engagement and commitment to the future of our city!

SEEKING BOARD AND COMMISSION MEMBERS.

Opportunity Alert! Bondurant is on the lookout for a dedicated individual to join its esteemed boards and commissions. If you're passionate about preserving our urban greenery, consider joining the City Tree Board. Or, if you have a knack for problem-solving and decision-making, the Board of Adjustment might be the perfect fit for you. Before diving in, be sure to review the detailed responsibilities outlined in Chapter 27 (for the City Tree Board) and Chapter 28 (for the Board of Adjustment) of the Bondurant Code of Ordinances. This will give you a clear understanding of what each role entails and how you can contribute positively to our community.

If you're ready to step up and make a difference, seize this opportunity to become a valued member of our boards and commissions! Apply today and be a part of shaping Bondurant's future.

SEEKING MOVIES IN THE PARK SPONSORS.

Calling all community champions! We're on the lookout for Movies in the Park sponsors to kick off our season with a bang. Join us for a heartwarming celebration of Father's Day on Sunday, June 16th, where we'll be screening the beloved Disney classic, "The Game Plan."

This is your chance to make a lasting impact and create unforgettable memories for families in our community. With your support, we can ensure that everyone enjoys a magical evening under the stars.

To become a sponsor and be a part of this special event, simply donate \$500 to cover the required licensing through SWANK. Your generosity will make a world of difference! If you're interested in sponsoring, please call 515-630-6982.

Let's come together to make this summer outing one for the books! Don't miss your opportunity to be a part of something truly special.

EVENTS:

SPRING CLEAN UP

On **Saturday, May 18th**, garbage haulers will start collecting curbside items early in the morning, so place your items out the night before. Additionally, there will be a designated drop-off location for yard waste from 8am to 5pm. This event is exclusively for residents within city limits who are paying for trash services. If you're unsure whether you qualify, don't hesitate to check with your property manager. Please note that tire disposal will be scheduled for a separate date.

MINDFUL YOGA

Offered weekly on Fridays from 5:30 - 6:30 pm through February 23 at the Bondurant City Center. Classes are brought to us by Yogi Nikki Ballantyne-Emery registered Yoga Teacher (RYT) with Yoga Alliance. Pre-registration is required at a low rate of \$12 per class. See details on the City's website and social media.

LIVE HEALTHY IOWA 5K/1K

Join the pre-race and post-race bash at the Bondurant Regional Trailhead on **April 13th**, kicking off at 7:30am sharp! Everyone is welcome! For further details, hop onto the city's website. Let's make this event a blast!

KEEP BONDU BEAUTIFUL

Let's come together to show some love for our wonderful city and spruce it up! Round up your pals, family, and neighbors and let's Team Up to Clean Up our beloved parks on **April 20th** at 9am. Register yourself or your team on the City's website and let's make our city shine!

CITYWIDE GARAGE SALE

Get ready for the ultimate community event – the Bondurant Citywide Garage Sale on **Saturday, May 11th!** Remember, stick to single-side street parking and avoid no parking zones. Show consideration for pedestrians in the area. If you're hosting a garage sale, don't forget to add your sale to the map on yardsalestreasuremap.com or download the "Garage Sale Map - gsalr.com" app. Let's make this garage sale extravaganza a roaring success!

CONNECT WITH US...

Did you know that our city entities have 11 social media sites offering information about what is happening in the city? Make sure you follow us! Also, a city and library newsletter can be sent to your email. Remember that the Bondurant Living Magazine publishes a City-specific spread sent to every resident's mailbox.

ENGAGE WITH US...

Have you wanted to attend a public meeting at City Hall but needed to know when the meetings were or how to conduct yourself during a public meeting? Guides are being developed to help you. Find them on the City's website.

EXCITEMENT builds for Bondurant Chamber Annual Dinner & Awards: Family Feud Edition

The anticipation is mounting as the Bondurant community eagerly awaits the upcoming Annual Dinner & Awards event, and this year promises to be extra special with a Family Feud twist. Scheduled for March 1 from 6-9 p.m. at BrickHouse Fitness in Bondurant, this event is not to be missed.

Mark your calendars and secure your tickets before it's too late. With just a week left until the big night, now is the perfect time to ensure your spot at this highly anticipated gathering.

What can attendees expect? Prepare for an evening filled with lively conversation, delicious food, refreshing drinks, and plenty of friendly competition. The addition of a Family Feud-style game is sure to add an extra layer of excitement, providing laughter and fun for all.

However, the excitement doesn't stop there. One of the highlights of the evening is the presentation of the community awards. These awards, including Large Business, Small Business, Organization, and Business Person of the Year, are not only a celebration of local excellence but also a testament to the vibrant and supportive community spirit that defines Bondurant.

What makes these awards truly special is that they are voted on by the community itself, highlighting the importance of community involvement and recognizing those who have made significant contributions to the local area.

Whether you're a business owner, a community member, or simply someone who appreciates good company and good food, the Bondurant Chamber Annual Dinner & Awards promises to be an unforgettable evening. It's a chance to come together, celebrate the achievements of the past year, and look forward to the exciting opportunities that lie ahead.

So don't delay. Get your tickets today and join us for an evening of celebration, camaraderie, and friendly competition at the Bondurant Chamber Annual Dinner & Awards: Family Feud Edition. We can't wait to see you there. ■

Information provided by Kaylin Von Ahnen, Bondurant Area Chamber of Commerce Executive Director.



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ANNUAL DINNER AND AWARDS
FAMILY FEUD EDITION

MARCH 1 • 6-9PM • BRICKHOUSE FITNESS

Get ready for an unforgettable night of fun, food, and fierce competition! We're bringing the classic Family Feud game to Bondurant, adding a unique twist to our annual celebration.

B Bondurant Chamber of Commerce

DON'T MISS OUT! Secure your spot for an evening of laughter, camaraderie, and friendly rivalry.

TICKETS ON SALE NOW!

OUT & ABOUT



Jake and Stephanie Ham at the grand opening Jan. 19 for Suites on Grant.



Courtney Kelsey at the grand opening Jan. 19 for Suites on Grant.



Lauren Anderson, Lacie Calvin and Tabatha Gerdner at the grand opening Jan. 19 for Suites on Grant.



Tiana Smith, Lacie Calvin, Blakely Davis and Lacey Davis at the grand opening Jan. 19 for Suites on Grant.



Grant and Lacie Calvin at the grand opening Jan. 19 for Suites on Grant.



Amanda Jones, Barks & Wags, receives her Residents' Choice award for dog groomer.



Densmore Insurance was awarded a Resident's Choice award.



Home Slice Handmade Pies was awarded a Resident's Choice award.



Amanda Korth, Prairie Vision Center of Bondurant, was awarded a Resident's Choice award.



Karen Zimmerman and Adam Kline, CFP at Edward Jones, accept a Resident's Choice award.



Kurt Witte, Ryan LaRue and David LaRue with Somewhere in the Middle Coffee Shop accept a Resident's Choice award.

OUT & ABOUT



Mike Marquess, Nick Brune, Wes Hoyer, Teresa Vodochodsky, Shelby Hagan and Doug Elrod at the ribbon cutting held for Marquess & Hoyer Law Office, P.C. in Bondurant on Jan. 19.



Mike Marquess, Nick Brune, Teresa Vodochodsky and Wes Hoyer at the ribbon cutting held for Marquess & Hoyer Law Office, P.C. in Bondurant on Jan. 19.



Steve Brune and Sydnee Waggoner at the ribbon cutting held for Marquess & Hoyer Law Office, P.C. in Bondurant on Jan. 19.



Doug Elrod and Grant Calvin at the ribbon cutting held for Marquess & Hoyer Law Office, P.C. in Bondurant on Jan. 19.



Peg Grimm, Sandy Brune and Ashlee Spencer at the ribbon cutting held for Marquess & Hoyer Law Office, P.C. in Bondurant on Jan. 19.



Shanna Hampton, Bill Marquess and Dee Elliott at the ribbon cutting held for Marquess & Hoyer Law Office, P.C. in Bondurant on Jan. 19.



Lincoln Dix, Kaylin Von Ahnen and Shelby Hagan at the ribbon cutting held for Marquess & Hoyer Law Office, P.C. in Bondurant on Jan. 19.



Jack Anderson and Danielle Dunne at the ribbon cutting held for Marquess & Hoyer Law Office, P.C. in Bondurant on Jan. 19.



Nicole Hedgecock and Aaron Clayton with Reclaimed Rails Brewing Company accept a Resident's Choice award.



Lindsay Schaper, director of The Bird's Nest, accepts a Resident's Choice award.



Nick Stanley at Schnurr & Company - CPAs accepts a Resident's Choice award.

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FINANCIAL

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