

BONDURANT

APRIL 2024

Living

MAGAZINE

The gift of a future

Residents share their stories
of organ transplants

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WELCOME

IF YOU have a heart...

Like most of you reading this, I have not had to deal with organ failure or the need for organ transplants. I am quite thankful for that.

Like many of you reading this, I agreed to be an organ donor when I renewed my driver's license several years ago. I had to pull my license out of my wallet and check it to be sure. You should do so right now, too.

I have some friends who have put great thought into this and how their organs can help others live longer lives. I have other friends who are also organ donors but have not thought about it much at all, having the attitude that they will be dead and don't really care. Regardless of how you feel, those who benefit from your organ donations will be forever grateful, as will their family members and friends.

Mothers will be able to bear children. Fathers will be able to walk their daughters down the wedding aisle. Grandparents will be able to hug their grandkids. And young children can learn to smile, knowing their lives won't likely end anytime soon.

As a regular reader of this magazine, you know we cover a variety of subjects and themes in our cover stories. In the past few months alone, we have written about the benefits of hiring senior employees, dream vacations for local families, ongoing educational opportunities, Christmas card traditions, early risers and more. Some topics have been light-hearted while others have had more serious tones.

As you have likely figured out by now, this month's cover features the stories of local residents and the positive impact of organ donations. I got choked up while reading it, and I found the stories to be incredibly touching. I think you will, too.

If you are not an organ donor, I hope these stories change your mind and have you consider becoming one. We share details on how you can do so, along with the heart-warming stories of local residents who are deeply grateful for those who already have. Be sure to read the story, but grab some tissues first.

Thanks for reading. ■



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The gift of a future

Residents share their stories
of organ transplants

By Chantel Boyd

For many people with organ failure, a transplant is their one hope for a return to good health. In the U.S., more than 100,000 people are waiting for an organ donation — and, for many, the wait can be five or more years. For 17 people each day, time runs out before a match can be found (organdonor.gov). Those fortunate enough to receive a transplant are given not only a gift of health, but of hope — and a future to enjoy.

Anna Harlow received a new kidney from her mother, Sheri Fogarty.

A daughter's gift

Lyndsey Moon of Bondurant gave the gift of a longer life to her dad, Jeff Moon. Lyndsey chose to be a living donor, providing one of her kidneys to her dad.

"My dad was living with kidney disease for several years, and I got tested to be his donor, as well as other friends and family, and I was the best match," she says.

Lyndsey's kidney was transplanted and started working for her dad.

"But my dad wasn't feeling good like I had wanted him to," she says.

So, Jeff went to an infectious disease doctor, who found he had contracted the parvovirus variant that affects people. After being treated, he improved.

"Finally, that's when I really started seeing him thrive and feel great, which made me feel great," says Lyndsey, adding she feels blessed to have been her dad's donor. "It was such a great experience to have been able to give my dad a second chance at life."

Lyndsey wishes she could give another kidney away.

"I wish I could grow another one and give that one away, too. Being a living donor is great;



Lyndsey Moon, her mom, Tina, and her dad, Jeff, were able to spend several additional years together after Lyndsey donated a kidney to her dad.

more people should investigate it to make a difference in someone else's life," she says.

Prior to the transplant, she spent time with her dad as they underwent the necessary tests and prepared for their surgeries.

"I remember right after the transplant, I woke up and asked about my dad, and he was still in surgery. I waited for him to get done," says Lyndsey. "We were on opposite sides of

the floor, so we could walk to each other. The amount of support we got from family and friends was unreal. Seeing my dad healthy and happy was a good memory for me that will last a lifetime."

The recovery process for Lynsey was challenging for a short time.

"It took several weeks for my body to get used to having one kidney. I slept a lot for

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FEATURE

several weeks, but everything returned to normal in no time," she says.

Jeff received his daughter's kidney on May 27, 2014, at the Mercy Transplant Center. In 2018, he died from a cardiac event.

"He had a good four years with the transplant," Lyndsey says. "He was coming up on his fifth kidney anniversary. We sure do miss him."

It won't be long before Lyndsey will celebrate the 10th anniversary of her gift to her dad. Even though he is no longer with her and her family, Lyndsey is grateful for the almost five extra years he was with them, and that is why they celebrate.

A baby's journey

When Danielle Goodnight's daughter, Nova, was born, Danielle quickly learned that her baby's life would depend on receiving a liver transplant. It was not the start of Nova's life that her mother had envisioned.

Nova was born with a condition called Biliary Atresia, which caused her biliary ducts connecting her liver to her intestines to not develop properly, causing her liver to fill with bile. Soon she was very sick.

Surgery was performed when she was 2 months old to try to delay the need for a transplant until Nova was much older.

"About a month after that procedure, we learned it failed, and she was listed for transplant at 5 months of age," says Danielle.

Before the transplant, Nova was in the hospital more often than not.

"When Nova would get sick, it would make her liver even more sick," says Danielle. "She would be on IV antibiotics for two weeks at a time, causing us to need to stay in the hospital."

Even though Nova couldn't speak, her family could tell she was sick. Her skin was olive green, and she was often uncomfortable and unhappy.

"Nova now is a wild 2-year-old, and, looking at her, you would have no idea she had a transplant," Danielle says.

Today, Nova keeps up with her big brother and attends daycare like any other kid.

"We are still super cautious about germs, but mostly because she is on an immunosuppressant to keep her body from attacking her new liver. Since the transplant, we have only been in the hospital one time for two days for an issue completely unrelated to her liver," Danielle says.

The family of Nova's donor has chosen to



Nova Goodnight received part of a donor's liver and has been doing well. Her mom, Danielle, encourages others to be donors.

remain anonymous.

"We wrote a letter to them shortly after Nova's transplant, hoping we would be lucky enough to hear back from them and learn more about them," Danielle says. "However, we have not yet received a letter from the donor's family. They were a deceased donor, and Nova received half of that person's liver."

Nova's family went through the process of organ donation when she was young, and Danielle and her family are grateful she won't



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remember the difficulties she faced.

“As her mother, I encourage everyone to list themselves as an organ donor,” Danielle says. “We were told that, if Nova did not receive her transplant as quickly as she did, she may not have made it to her first birthday.”

Danielle knows that the donor of the liver Nova received saved at least two lives.

“I wish I knew how many they saved, but two lives with just one organ is incredible,” she says.

Since receiving the new liver, Nova has enjoyed being a typical toddler, and Danielle has just enjoyed watching her baby girl grow.

“Watching Nova meet her 2-year-old milestones has been incredible,” she says.

Because of her time in the hospital, Nova was behind developmentally. She did not walk until she was 20 months old and barely spoke until just before her second birthday.

“To hear her pediatrician treat her like any other kid on their 2-year well check was the biggest blessing. She does all things a normal 2-year-old does, and that was something we were never sure would happen,” Danielle says.

The organ donation process was difficult, not only in medical terms.

“Nova has a big brother, and being away from him was the hardest part for us all,” Danielle says. “My husband and I each took turns staying a few nights with one of the kids, and then we would swap out so we could also see the other child.”

In Danielle and her family’s letter to the donor family, Danielle shares that, every time she spends time with her daughter and hears her laugh or sees her smile, she thinks of the organ donation and the family who chose to give the gift of life.

“All of those things would not have happened without you,” she says. “You will forever hold a special place in our hearts. Her new liver has truly brought her to life. Because of you, she lives, and your loved one’s life will carry on within our daughter. We hug and kiss our daughter extra tight because of you.”

A mother doesn’t hesitate

Anna Harlow of Altoona was the recipient of a new kidney, and the organ donor created the rest of her organs, too. Anna’s donor? Her mother, Sheri Fogarty.

Sheri did not hesitate to give her kidney to her daughter.

How to become an organ donor

Register with the DMV or register online at the Iowa Donor Network website, www.iowadonornetwork.org.

- 637 Iowans are waiting for an organ transplant.
- 103,388 people are on the National Organ Waiting List.
- 16 Iowans are waiting for a heart
- 559 Iowans are waiting for a kidney
- 347 organs were transplanted in Iowa in 2022.

“Any mother would do this. With no hesitation,” Sheri says.

Anna developed inflammation of valves — triggered by an autoimmune disease — and needed a new kidney quickly. All in what should have been one of the happiest times of her life.

“I went into kidney failure just weeks before my wedding,” she says.

Receiving the kidney changed everything for Anna.



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“Having the new kidney from my mom makes my life easier because I don’t have to rely on dialysis three times a week for four hours,” she says. “I can work full time, have the energy to hang out with my friends and family, and live a somewhat normal life again with minimal restrictions.”

Anna encourages others to give a kidney as a living donor, even if the recipient isn’t closely related.

“It’s giving someone another chance at life,” she says. “The whole process can be anonymous if you choose for it to be. I am so grateful to have gotten my second chance.”

After receiving the donation, Anna made many great memories with her mom, Sheri, and other loved ones.

“The best memory was seeing my mom for the first time after surgery and then taking my first trip with my husband, Dillon, to Branson, Missouri, for Christmas time,” says Anna.

The most challenging part of the process for Anna was the fluctuation of her fluid intake. She had to restrict it before surgery and dramatically increase it afterward.

Anna’s road to transplant began when she was diagnosed with high blood pressure in 2019.

“I went two years with stable kidney numbers,” she says. “New Year’s Day, my husband proposed, and I started the new year off great.”

At that time, Anna was being tested every six months to check on her kidney function, and, in May, it began to decline.

“As we kept an eye on things that September, my numbers were getting higher (indicating decline in kidney function). My doctors were trying to get me to my wedding on Oct. 8, 2022,” she says.

As the wedding was fast approaching, and Anna and her fiancé were putting the last touches on the venue, her parents’ barn, she got a phone call that she will forever remember.

“I found out my kidneys failed, and I was to go be admitted into the hospital that Monday,” she says.

What should have been Anna’s honeymoon was spent preparing for dialysis. On Oct. 19, she started treatment. Fast forward to Feb. 7, when she started her transplant journey at the University of Iowa.

“I was waiting to see if I was a good candidate for transplant, and, a few days later, I got a call saying I would be a great candidate,” she says.

Anna shared the university’s link to become a direct donor. On May 19, she received a call telling her to mark her calendar for July 20, 2023.

“They said, ‘You are getting a kidney!’ Tears filled my eyes as I called my loved ones with the great news,” she says.

That evening, Anna’s mom, Sheri, gave her a shirt saying, “kidney buddies for life.” Sheri said she also got one for Anna’s donor, whomever it may be.

“As I was soaking up the great news, my mom walked away and returned with the same shirt I had just got,” Anna says.

Anna was overjoyed and shocked that her mom would be her donor.

“As we counted down the days together, just nine short months later, to the date, I had a kidney,” she says.

Recovery was a short two days in the hospital for Sheri and three for Anna. The mother and daughter spent time together during recovery and have been spending time together ever since, making a lot of new memories.

“I got rides from my apartment to my parents’ house to see my mom, and we were able to heal together,” says Anna. ■

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CITY COUNCIL ADOPTS BUDGET

The city council adopted the fiscal year 2025 budget on April 15th, marking the 18th consecutive year that the city has lowered its levy rate. The new levy rate of \$10.84075 represents a reduction of \$0.42144 from the previous year's rate. This means that even though the homeowner with a median-valued property of \$287,900 will invest the same number of dollars for city property taxes in the upcoming year as they have invested this year, even though their property value has increased by more than \$50,000. This also means that a property owner in Bondurant with a median-valued property will pay \$119 LESS in city property taxes in FY25 than they did in FY20.

The budget proposal for the upcoming year funds multiple planning and design efforts and emphasizes capital investment. The capital spending plan aligns with the council's priorities, as established through ongoing discussions and facilitated strategic planning sessions.

It's important to recognize that the Capital Improvement Plan (CIP) serves as a snapshot in time, offering a foundation for future action. While the CIP provides a guiding framework, the City retains the flexibility to adjust priorities as needed to seize strategic opportunities. The City's past actions demonstrate its ability to quickly pivot, whether by leveraging available outside funding or addressing unexpected needs.

This year's budget reflects the council's commitment to responsible financial management and its dedication to investing in the city's future growth and development.

For information about the City's finances and budgets, please visit the City's Finance page on its website found at: <https://www.cityofbondurant.com/finance-department/pages/budget-and-annual-finance-reports>.

CITY OF BONDURANT ANNOUNCES SPECIAL CENSUS RECRUITMENT DRIVE

The City of Bondurant is conducting a special census, a process that provides updated population data that is crucial for city planning and resource allocation. Accurate population figures help the city receive its fair share of state funding and aid, allowing us to better serve the community's needs.

We are currently looking for workers to assist with the census process. This is a great opportunity for those looking for temporary, flexible work that helps shape the future of our city. If you're interested, please visit our website or contact the city office for more details on how to apply. Thank you for helping us make Bondurant an even better place to live!

NATIONAL VOLUNTEER WEEK

The City of Bondurant has declared April 21-27, 2024, as National Volunteer Week, honoring the profound impact of volunteers on the community. Volunteers in Bondurant selflessly dedicate their time, talents, and energy across various areas, including education, healthcare, social services, environmental stewardship, and more. They play a vital role in shaping policies, driving initiatives, and supporting events that enrich the cultural, recreational, and social fabric of the city.

National Volunteer Week serves as an opportunity for the community to express gratitude and appreciation for the invaluable contributions of volunteers. Mayor Doug Elrod encourages all residents to join in celebrating these individuals and their commitment to making Bondurant a better, more inclusive, and thriving place for all.

EVENTS:

CITYWIDE GARAGE SALE

Saturday, May 11 residents and garage sellers unite for the Bondurant Citywide Garage Sale! During this time, it is important to continue to abide by all traffic laws including single-side of the street parking and no parking zones. Please be courteous and careful of all pedestrians in the area.

If you are offering a garage sale, then add your sale to the map at <https://www.yardsalestreasuremap.com/> or download the app Garage Sale Map - gsalr.com.

CITYWIDE SPRING CLEAN-UP

Spring Clean-Up is an opportunity to eliminate unwanted trash that won't fit in your garbage cart or may require large items stickers for disposal. On **Saturday, May 18** there will be garbage haulers starting early morning to pickup curbside items, so place your items the night before. Also, there will be a drop location for tires on **May 11** from 8:00 to 5:00 PM and yard waste on **May 18** from 8:00 to 5:00 PM. This program is for residents within city limits ONLY and the residents that pay for trash services. You may need to ask your property manager if you qualify to participate.

YOUTH FISHING DERBY

Join us for the Youth Fishing Derby on **June 2nd at Lake Petocka!** This fun-filled event is open to youth up to 15 years of age. Check-in begins at 9:30 a.m.

The Iowa Department of Natural Resources (DNR) will be on hand for an education and exciting morning. There will also be raffled prizes and morning refreshments to enjoy.

Don't mist out on this great opportunity for young anglers to learn and have fun at the same time!

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.

MEET Dustin Schultz

Enjoys the “bold personalities” of fifth-grade students.

Born in the Quad Cities, Dustin Schultz spent the first couple of years of his life living in western Illinois. Prior to starting school, his family relocated across the river to Muscatine, where he lived until attending college at the University of Northern Iowa.

“I had a bit of a nontraditional route to education, as it was not my first degree. I started off with a degree in psychology and then went to graduate school at the University of Iowa, only to transfer back to UNI and get a second degree in elementary education. It was a wild ride, but one that I am very thankful for, as I have loved working in the classroom,” Schultz says.

Schultz first began teaching fourth grade in Boone before joining the Bondurant-Farrar Community School District. Now, he has entered his fifth year teaching fifth grade with the district. So far, Schultz’s favorite part about working with the district has been the personal connections he’s made with colleagues, administrators and families. He enjoys the team he works with and feeling supported by the administration.

“My wife, who teaches social studies at the junior high, and I always wanted to end up in central Iowa, and we couldn’t have asked for a better community to attach ourselves to,” Schultz says. “I can speak for both my wife and I when I say that we couldn’t imagine teaching in any other community, and we are both so thankful for the opportunity to work with such amazing students every single day.”

Schultz likes teaching students at the fifth-grade level because they are young enough to still be excited and joyful about school and learning but also old enough to have developed passions and bold personalities. This year, Schultz is teaching two classes of math and science. Many projects his students participate in involve finding ways to make the content more meaningful. For example, students have created their own terrariums and mapped the route the Earth takes around the sun. Schultz also likes to incorporate learning games into the math curriculum.

“I would say that the greatest rewards in education all revolve around my students, whether they be current or past. Having the opportunity to build a community within the classroom every year is one of the greatest joys that I’ve experienced in my professional life,” Schultz says.

During the remainder of the school year, Schultz is trying to cherish every day he has left with his classes and is excited for the end of the year activities. When not teaching, he enjoys biking and has participated in RAGBRAI eight times. He also enjoys spending time with his wife and dog, reading books, music and following his favorite sports teams. ■



Dustin Schultz graduated with a degree in psychology before deciding to also complete a degree in elementary education.

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GOOD for the soul

Moorman using horses to help veterans.

Given the opportunity, horses can connect with your soul and heart, says Eric Moorman, the veteran equine specialist at Jester Park Equestrian Center.

“They are proven to lower anxiety and depression levels by just being with them,” says Moorman, 59, a United States Marine Corps combat veteran who served in the U.S. Marine Military Police from 1986-1992.

Helping humans is what Moorman has done for decades. But now it’s more important than ever.

“Today, there are 22 suicides a day by combat veterans of Vietnam, Gulf War, Iraq and Afghanistan,” he says. “We have more combat veterans today than we’ve had in many years. The Veterans Administration is overwhelmed.”

Moorman, with his lifelong experience in horses and service to his country, thinks he can help. And has.

Moorman grew up in a family business breeding, training and showing quarter horses at national and world shows. His father was a horse farrier/blacksmith, horse trainer and quarter horse breeder, and raised about 15-20 foals a year to sell or show.

Moorman has continued showing and training quarter horses for customers for the last 20 years, and with that came World and National Collegiate Championships. He still helps his mother and sister organize and operate the Iowa State Fair Cowgirl Queen Show and two-day All Breed Horse Show the first weekend of the Iowa State Fair.

In 2016, Horses Helping Heroes began when the VA asked the Jester Park Equestrian Center to create a horse program in an attempt to help veterans suffering from PTSD, anxiety, depression or substance abuse.

A few short years later, in 2022, Moorman became aware of this effort and wanted to put his military and equine background together for a good cause.

“I became aware of this great program and called and asked if I could volunteer,” he says. “The leader of the program welcomed me, and soon the veterans in the group asked if I could lead the sessions.”

He did. To date, Horses Helping Heroes has served 300 veterans. In 2024, the then-program director resigned and moved away. Moorman



Eric Moorman is the veteran equine specialist at Jester Park Equestrian Center.

was quick to apply for the position. Once again, it was his.

Moorman now spends his weeks coordinating and leading sessions aimed to help his fellow veterans, all through the spirit of riding a horse. Moorman welcomes any and all veterans in need to seek him, or the program, out. Moorman says he will be adding a First Responder Horse Program to his itinerary soon, and even more programs will follow.

“The more veterans that come out and go through our horse programs, they will be amazed how much they learn from the horse,” Moorman says.

For more information, visit www.polkcountyiowa.gov/conservation/jester-park-equestrian-center/horses-helping-heroes/. ■

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MAKING a sweet dream a reality

Senior living team, bakery owner give Lillard chance to bake again.

Courtyard Estates at Hawthorne Crossing, a local senior living community managed by Jaybird Senior Living, shares a heartwarming story about teaming up with Laura Lacina, owner of Home Slice Handmade Pies, to make a resident's special dream come true as part of Jaybird Senior Living's Dare to Dream program.

Lucille "Lucy" Lillard, a longtime resident of Courtyard Estates, enjoyed baking pies. Growing up on a farm, Lucy has fond memories of baking with her mother and sharing pies with family and friends.

Recognizing Lucy's passion for baking, Courtyard Estates and Home Slice Handmade Pies worked together to give her another chance to enjoy the pursuit. Even though Lucy hadn't been in the kitchen in a while, this collaboration gave her the chance to spend a wonderful day at the bakery, rediscovering her love for making pies.

During her visit, Lucy chose to prepare an apple crème pie topped with cinnamon and walnuts, reminiscent of fond kitchen moments.

With the assistance of Laura and the team at Courtyard Estates, Lucy had an unforgettable experience.

Sadie Steinbach, life engagement coordinator of Courtyard Estates at Hawthorne Crossing, shared her thoughts on the collaboration.

"Upon learning of Lucy's passion for pies, I teamed up with Laura, the owner of Home Slice Handmade Pies. Together, we brought Lucy's baking dreams to life, crafting delightful memories and tasty treats. Our collaboration with Laura and Home Slice was a joyous experience, filled with laughter and warmth."

Lacina expressed her happiness in being part of Lucy's sweet journey, saying, "Pie is all about connecting with people, and it almost always brings up stories of nostalgia. Lucy had so many wonderful stories of her time growing up, her family and her life. We had such a wonderful time learning about her and hearing about her pie experience. Pie will never fail to bring people together." ■



Lucille Lillard, resident of Courtyard Estates at Hawthorne Crossing, and Laura Lacina, owner of Home Slice Handmade Pies, show their finished pies.



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CALLING ALL KINDERGARTENERS!



Please help us better prepare for the 2024-25 school year by beginning the kindergarten registration process today!

1 AGE REQUIREMENTS:

Kindergarten registration is now open for all residents that will be five years of age on or before September 15, 2024.

WHAT INFO WILL BE NEEDED?

To prepare, families can expect to provide:

- Proof of residency (2 documents, ie: purchase or lease agreement, utility bill, payroll check w/ address, etc.
- Proof of age (ie: birth certificate, US passport, adoption record, immunization record, must include DOB)
- Household and emergency contact information
- General health conditions, medications, etc.
- Preschool contact information, if applicable

3 TIPS FOR GETTING STARTED:

1. Don't have all the paperwork? That's okay, begin the process today and we'll help along the way!
2. Using a mobile phone to complete the process will make things difficult! Instead, we recommend using a laptop or desktop computer, if possible.
3. We are here to help! For assistance, contact our district registrar:
 - a. By phone at 515-967-7819
 - b. By email at registrar@bfschools.org

2 WAYS TO COMPLETE THE PROCESS:

The registration process can be completed fully online from the comfort of your home -OR- in person by scheduling an appointment with our district registrar.



1. Online: www.bfschools.org/kindergarten
2. Call: 515-967-7819 for an appointment

SCAN HERE TO GET STARTED



Students Explore Personal Finance:

April marks Financial Literacy Month, an annual reminder to enhance awareness and understanding of personal finance. At Bondurant-Farrar, students are empowered with essential financial skills throughout their academic journey.

- **REAL LIFE SIMULATIONS THROUGH FIELD TRIPS**
Through partnership with Junior Achievement of Central Iowa, 6th grade students attend an annual field trip. While there, they participate in a hands-on, simulated workplace community centered around the free enterprise system.
- **JUNIOR HIGH EXPLORATORY CLASSES**
8th grade students participate in a 7-week exploratory rotation that includes personal finance. They conclude the rotation by visiting Junior Achievement of Central Iowa for a personal budgeting simulation.
- **PERSONAL FINANCE FOR HS SENIORS**
This course, required for graduation, helps students develop vital personal financial skills needed for success in life. It provides essential knowledge for managing finances and fiscal responsibility.



Help Keep Our Students & Schools Safe:

At Bondurant-Farrar, ensuring school safety remains a top priority. Many precautions are in place and we continue to enhance and improve our safety and security protocols to ensure a safe, positive environment for all.

An integral part of our proactive approach involves encouraging students, families, and community members to report any past, present, or potential threats within our schools.

**SEE SOMETHING
SAY SOMETHING**



You may utilize several resources to report concerns; including law enforcement, school district, and statewide reporting tools. Creating a safe learning environment is our highest priority, and it starts with early detection of potential threats.

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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Newsletters: www.bfschools.org/subscribe

OPTIONS for living with higher levels of care

Last month we briefly explained some of the differences between independent living and assisted living. This month, let's focus on higher levels of living. Here are some options for when your loved one may need more continuous supervision to remain independent, whether that's on a short-term or long-term basis.



life.

• **Hospice:** Hospice care helps improve the quality of life of those with a terminal illness. Hospice has an interdisciplinary team including chaplains, music therapists, nurses and more. Taking advantage of hospice benefits does not mean that the patient will pass away tomorrow. This service supports and promotes quality of life, for not only the client, but their family. "Graduating" from hospice is possible, meaning a patient could improve to the point that they are no longer imminently terminal.

• **Skilled care or short-term rehabilitation:**

Skilled care is often utilized after a major health event or surgery, such as a stroke or knee replacement. This is a short-term option, often no longer than a 14- to 20-day stay. During this time, nursing care and in-house therapy are provided to promote healing and improve strength to assist the patient to be more successful at home.

• **Respite care:** Some people are able to provide a higher level of care for their loved one in the home. However, caregiver burnout is very real. Respite care is short-term relief for the primary caregiver and short-term care for our loved ones. This can mean a stay in a nursing home for several days or weeks. There are also adult day programs that offer weekly or daily activities, which is a great option for short-term relief.

• **Long-term care:** Long-term care (formerly known as nursing home care) is an option for those who have serious health concerns, personal needs or disabilities that require them to have assistance with many or all activities of daily living (ADLs). ADLs are tasks such as going to the restroom, walking, personal grooming, dressing and more. Although services can still be scheduled, long-term care offers more "services on demand" instead of part-time/intermittent scheduled care, like an assisted living environment. The goal of long-term care is to help maintain normal everyday life with additional assistance. Long-term care helps provide emotional, physical and spiritual care for the remainder of your

Last, but definitely not least, there are some wonderful non-medical home health options available as well. These would allow your loved ones to stay in their home longer, while still offering supportive services. Not only can this benefit your loved one, but it also means a much needed and deserved break for you. ■

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



Bloom with Us at Valley View Village Assisted Living!
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Marti.Stanley@CassiaLife.org



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2571 Guthrie Ave., Des Moines, IA 50317 | ValleyViewVillage.org  

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FAITH By Mark Spencer

THE ORIGINAL creator and designer



Before I became a full-time vocational pastor, I worked in the financial services industry for many years. While I worked there, we hired a large software firm to provide a new software system for our operational area. The large software firm had purchased a small one-man firm years ago and bought not only the software, but also paid the original software programmer to join them. During the sales process, I met “the guy.” He explained to me that the large software firm had a team of people who handled the low-level questions and was called their tier 1 support. If there was a more advanced question, they had a smaller team of people who knew more of the software details and could help solve those questions and was called their tier 2 support. However, occasionally, there would be someone who ran into a major issue that was more complex than even the tier 2 support team could handle. That’s when he got the call. “The guy” was the sole tier 3 support. He could answer any question. He knew the capabilities and limitations of the software program because he was the one who created it. He knew what it was designed to do and what it was designed not to do. He knew why the software did what it did because he programmed the architecture behind it.

Jesus is our original creator and designer. Colossians 1:16 says “For by him (Jesus) all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities — all things were created through him and for him.”

Jesus individually created all of us, unique and distinct from one another. Jesus isn’t just a generic expert in “humans,” He’s an expert in the unique and individual person of you. Jesus knew what you were designed to do and not to do. Jesus knows what your potential and limits are.

A few years ago, I thought it was pretty cool that I was on a first name basis with “the guy” who was the original creator of the software that we used. Now, I think it’s humbling and amazing that I’m in an even more intimate relationship with the God-Man who is the original creator of me.

In the business world, nobody ever starts out talking to “the guy” for small tier-1 type questions. “The guy” is only going to be called upon when the problem is severe. Jesus, on the other hand, is the tier 3 support for all of us for all our needs and is available at any time. Jesus shouldn’t be the last person you call for help, He should be the first. ■

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

PUT a traditional spin on Cinco de Mayo

(Family Features) Whether Cinco de Mayo means an opportunity to celebrate your family's heritage or it's simply an excuse to gather with the ones you love, every holiday truly is about the same thing: special moments together.

Take this year's festivities the traditional route with recipes that combine familiar favorites with ingredients you normally may not use otherwise, such as cactus. This Mexican Cactus Pork Stew makes Cinco de Mayo a cinch with the use of a Dutch oven.

Visit Culinary.net to find more family-friendly recipes perfect for celebrating holidays throughout the year. ■

Mexican cactus pork stew

- 1 pound pork shoulder (leftover or fresh)
 - 1 medium onion, chopped
 - 1 jalapeno pepper, chopped
 - 3 cups beef broth
 - 1 can (28 ounces) diced tomatoes
 - 2 cans (15 ounces each) mild chili beans
 - 1 cup chopped cactus (nopales)
 - 1 tablespoon garlic powder
 - 2 tablespoons smoked paprika
 - 1 teaspoon cayenne pepper
 - salt, to taste
 - pepper, to taste
 - 4 green onions, chopped, for garnish
 - 1/4 cup chopped cilantro, for garnish
- If using fresh pork, in Dutch oven, cube and brown it with onion and jalapeno pepper. If using leftover pork, reheat in Dutch oven with onion and jalapeno pepper.
 - Add beef broth, diced tomatoes, chili beans, cactus, garlic powder, smoked paprika, cayenne pepper and salt and pepper, to taste.
 - Simmer 25 minutes then garnish with green onions and cilantro.





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MONDAY, MAY 20, 2024

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Join us for a top-notch golf experience with exciting hole contests *(including the return of the \$50,000 hole-in-one contest courtesy of Foster Group), delicious breakfast, drinks, and more!*

The day will culminate with our 19th hole celebration featuring a hot lunch and announcement of awards.



Scan the QR code to learn more!

EVENTS IN THE AREA

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

Be sure to check for cancellations.



Bondurant Vintage and Maker Market

Saturday, May 11, 10 a.m. to 3 p.m.
Morris Elementary School south parking lot, 700 Garfield St. S.W., Bondurant

Moon River Vintage presents a Vintage and Maker Market featuring small businesses that do not have a brick and mortar location. This is a great opportunity for the public to be able to shop these small businesses in person. There will be around 50 vendors and three to four food trucks. Citywide garage sales will also be going on. It is also Mother's Day weekend, so a great opportunity to grab a last minute gift for mom. A florist and many other vendors with great gift options will be participating.

Bondurant American Legion Community Breakfast

Saturday, May 18, 8-10:30 a.m.
American Legion Hall, 315 Second St. N.W.

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

Spring Clean Up

Saturday, May 18

The Spring Clean Up event offers an excellent opportunity to dispose of unwanted items that are too big for your regular garbage cart or require large item stickers. Garbage haulers will start collecting curbside items early in the morning, so make sure to place your items out the night before. Additionally, there will be a designated drop-off location for yard waste from 8 a.m. to 5 p.m. This event is exclusively for residents within city limits who are paying for trash services. If you're unsure whether you qualify, check with your property manager. Please note that tire disposal will be scheduled for a separate date.



Citywide Garage Sale

Saturday, May 11

Bondurant community

Mark your calendar for Bondurant's Citywide Garage Sale. 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.

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EVENTS IN THE AREA

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Be sure to check for cancelations.

Live music events in Altoona

- May 3, 8 p.m., The Detour Band, Finish Line Show Lounge, Prairie Meadows. Must be 21 or older. Free admission.
- May 4, 7-9 p.m., Josh Sinclair, Brightside Aleworks, 480 Center Place
- May 4, 9-11:55 p.m., The Unfortunate Sons, Hawk Heaven Tavern, 805 17th Ave. S.W.
- May 7, 11 a.m., Kowboy Kix, Finish Line Show Lounge, Prairie Meadows. Must be 21 or older. Free admission.
- May 10, 10 a.m., Dan Trilk, Finish Line Show Lounge, Prairie Meadows. Must be 21 or older.
- May 11, 10 p.m., Tommy Browder & The Country River Band, Finish Line Show Lounge, Prairie Meadows. Must be 21 or older. Free admission.
- May 14, 11 a.m., Dale Menning & The Stardusters, Finish Line Show Lounge, Prairie Meadows. Must be 21 or older. Free admission.
- May 17, 10 p.m., Recoil, classic rock and pop, Finish Line Show Lounge, Prairie Meadows. Must be 21 or older.
- May 18, 6-9 p.m., Casey Peasley, Brightside Aleworks, 480 Center Place
- May 18, 10 p.m. Duke Tumatote & The Power Trio, blues band, Finish Line Show Lounge, Prairie Meadows. Must be 21 or older. Free admission.
- May 21, 11 a.m., Clarksville Station, classic country music, Finish Line Show Lounge, Prairie Meadows. Must be 21 or older. Free admission.
- May 24, 10 p.m., Royce Johns, country music, Finish Line Show Lounge, Prairie Meadows. Must be 21 or older.
- May 25, 10 p.m., Lincoln Highway, contemporary country, Finish Line Show Lounge, Prairie Meadows. Must be 21 or older.



Altoona Music in the Park

Last Sundays of the month, May through August, 6 p.m.
Haines Park Outdoor Stage, 700 Block of Third Ave. S.E.

Enjoy free concerts in the park monthly during the summer, May 26, June 30, July 28 and Aug. 25. Sponsored by Altoona Parks and Recreation Board. CAP Theatre will provide popcorn and pop for sale to support the children's theatre.

Dress For Success Pop-up Sale

April 24-28

Valley West Mall, 1551 Valley West Drive, West Des Moines

desmoines.dressforsuccess.org

Dress for Success collects clothing donations that are then sorted for interview or on-the-job appropriateness (those are then available for Dress for Success clients to have as they get into the workforce) and those items that aren't useful for those purposes are saved and sold at the annual Pop-up Sale. ■

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HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

SMALL changes lead to wellness lifestyle

When deciding to take control of your health and start living a wellness lifestyle, sometimes starting with small changes can be easier and more manageable. There are many small choices you can make every day that, when added together, can lead to major health shifts. Here are some simple choices you can make to start your family's path to wellness.

- **Eat protein for breakfast.** Protein for breakfast provides more than energy and nutrients, it also elevates mood. It jumpstarts the metabolism and helps maintain blood sugar levels throughout the day.
- **Beat the afternoon slump.** Keep your water bottle nearby, have healthy snacks on hand, or go for a walk to get some fresh air.
- **Take a deep breath.** Breathing calms your body and reduces stress. Do a mini-meditation when you feel stress rising. Close your eyes and do three full inhale-exhale breath cycles.
- **Sleep.** Go to bed 30 minutes earlier. Work to get to eight hours each night. Sleep recharges your cells and restores energy.
- **Drink water.** Drink half your body weight in ounces of water a day. Swap out sugary and caffeinated drinks for water. Add citrus fruits, berries or cucumbers to your water for a flavor infusion.
- **Schedule a chiropractic evaluation.** Subluxations interfere with the messages between the brain and the body. Chiropractic adjustments remove subluxations and allow the body to return to a state of full health. A family wellness chiropractor will do a thorough evaluation to determine a plan of action to restore health and work closely with you to help you achieve your health and wellness goals. ■

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

HEALTH

By Dr. Amanda Korth

WHY is dilation important?

Everyone hates having their eyes dilated. It's inconvenient to be blurry and light sensitive. But, having 3D views of the retina is important. The eye is the window to your health, specifically your cardiovascular, autoimmune and neurologic health. Today, we will discuss how we see the cardiovascular system, which includes your heart and blood vessels.

The blood vessels in the back of the eye are the smallest in the body easily seen. They're the same size as a single human hair at their largest. When your eye doctor is looking at the back of your eye, we are searching for structural damage from high blood pressure, diabetes and high cholesterol. We even can catch carotid artery blocks because there are small pieces of plaque that get caught where the small blood vessels split within the retina. (Hollenhorst Plaques if you want to Google.)

Diabetics know they have to see their eye doctor once a year as part of their health team. Blood vessels in the eye are the early warning system for other systems. Any of these diseases, if they've progressed to the eye, means the entire body is showing cardiovascular damage, including the brain, the kidneys and all the way down to your toes. ■

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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Dr. Amanda Korth

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MANUAL toothbrush vs. electric toothbrush

Which is better, an electric toothbrush or a manual toothbrush?

If you are looking for the easiest and most efficient way to take care of your teeth, an electric toothbrush is a great option. Unlike a manual toothbrush, an electric brush does the work for you. You only need to guide the electric brush along the surfaces of your teeth. People with arthritis or similar conditions and children find using an electric brush more user-friendly and more effective at removing plaque. Electric toothbrushes provide superior plaque removal compared to a manual brush. There are many options and features to consider when buying an electric brush such as:



- Brushing modes specialized for sensitive teeth, whitening teeth and gum massaging
- Pressure sensors to signal when you are brushing too hard
- Timers to help you keep track of how long you are brushing
- Multiple brush head designs to fit your needs and comfort

If you are interested in learning more about electric toothbrushes, ask your dental provider at your next visit. ■

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

SKIN cancer and melanoma

May is National Skin Cancer & Melanoma Awareness month, promoted annually to raise awareness of the symptoms, causes, risks and treatment of skin cancer in its various forms. One in 50 Americans will develop melanoma in their lifetime, making it the deadliest type of skin cancer in the United States.



Melanoma arises from pigment-producing cells (melanocytes) when they are damaged by ultraviolet radiation and sunlight exposure. This type of skin cancer does not discriminate against age, gender or skin type. Genetic factors like fair skin, family history and eye color, can all indicate increased risk for melanoma.

The good news is, there are many ways to prevent melanoma, and everyone can take steps to reduce risk. Avoid tanning beds — ALWAYS. Seek shade whenever possible and keep covered with light, non-reflective clothing and broad-rimmed hat. Use broad-spectrum sunscreen with an SPF 30 or greater and reapply every two hours.

Melanoma is most treatable when detected early, so performing regular self-exams to look for new, changing or suspicious moles can be crucial to your health. Self-examinations should focus on all areas from head-to-toe. If you have a partner, ask for help when checking hard-to-see areas, like your back or scalp. If you notice irregular spots or other changes in the skin, such as itching or bleeding, seek out a board-certified dermatologist ASAP. A yearly professional skin exam is also recommended, particularly if you have risk factors and a personal history of any other type of skin cancer. ■

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. Christopher Cass, PT

PHYSICAL therapy and TMD

As we progress into the spring and summer months, my mind wanders to the many celebrations and gatherings that are upcoming. Memorial Day, the 4th of July, BBQs, baseball, softball, soccer and, of course, spending time at Lake Petocka. These activities often involve a common activity: eating. But what if we have pain when doing so? TMD, or temporomandibular joint dysfunction, is a common diagnosis for patients who have pain when talking, yawning and chewing, among additional symptoms. It can often lead to headaches as well first thing in the morning or throughout the day. Most patients will feel a TMD-associated headache in their temples, base of the skull or forehead. TMD can often present as ear pain due to the joint's proximity to the ear canal. Physical therapy is a great option for those who have these symptoms. We can use a variety of treatment options to reduce pain, improve motion, and improve posture to reduce symptoms quickly. Physical therapists often work with your dentist to help co-treat and reduce stress to the temporomandibular joint, or TMJ. If you have any questions, contact your physical therapist. ■



Information provided by Dr. Christopher Cass, PT, Bondurant Physical Therapy & Sports Medicine, 85 Paine St. S.E., Suite B, Bondurant, 515-528-2326. Reference: Harrison A. L. A Proposed Diagnostic Classification of Patients With Temporomandibular Disorders: Implications for Physical Therapists. JOSP. 2014; 44(3):182-197. doi: 10.2519

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HEALTH

By Shelly Stewart-Sandusky, MS, LMFT

LIVING with an anxiety disorder

Anxiety is a common emotion everyone experiences at some point, generally when there is a situation or stressor that warrants an anxious response, after which, unhealthy levels of anxiety will go away as the situation is resolved. Problematic anxiety doesn't go away. People who suffer from anxiety disorders often experience anxiety in a chronic way, resulting in thought patterns and physical symptoms that are a constant part of their life. For instance, racing thoughts that can't seem to be stopped or deflected, constant worry or fear of something bad happening, and physical symptoms such as fatigue, muscle tension or nausea, among others. For a person with an anxiety disorder, it can be hard to imagine not having to constantly battle your own mind to be functional throughout the day or to always be worried about something even when there doesn't seem to be a reason to worry. But there are different things you can do to help.



- Therapy can be a helpful way to process through anxiety and learn about coping strategies to better manage it and to learn about triggers and patterns associated with your anxiety.
- Medication management with a psychiatrist or psychiatric nurse practitioner can be helpful for some people.
- Meditation can help calm the central nervous system and help give your mind a reset that helps alleviate some anxiety. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com.

SUMMER is coming



We here at the Bondurant Community Library are busy getting ready for the Summer Reading Program. Once again, there will be awesome programs and prizes. Registration for the Summer Reading program begins on May 20. Just stop by the library to get registered or register using the Read Squared app. It is easy to do. The librarians have come up with a few new surprises for our patrons as well, so don't miss out. A few of the summer programs include: magic show, an owl program, stomp rockets, dance and music, ISU Insect Zoo, and bubble stations. How do you participate in our Summer Reading program? The program is for all ages, and all you need to do is track if you read for that day. Do this for eight weeks, and you are eligible for some very special grand prizes. Please stop by the library or call us if you have any questions about the program.

Another important news item: The Friends of the Bondurant Community Library will be holding their book sale from Friday, May 3, to Sunday, May 5. Come early to get the best pick. All funds raised by the Friends of the Library go back to benefit the library. If you are interested in volunteering or joining the Friends of the Library, visit their Facebook page or call the library for more information.

Here is what is happening at the library in May:

- 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.
- May 1: Pokémon Club at 4:15 p.m.
- May 2: Adult Craft Night at 6 p.m.
- May 6: After School, Ancient Art of Mehndi at 2:30 p.m.
- May 7: Book Club for grades 3-5 at 6 p.m.
- May 8: Curious and Creative Kids Club at 4:15 p.m.
- May 12: Teens Sunday Funday - Bring Your Mom Event at 3 p.m.
- May 13: After School BINGO at 2:30 p.m.
- May 14: Book Discussion for Adults at 6 p.m.
- May 16: Estate Planning Workshop with Smith Law at 6 p.m.
- May 20: After School Magic with Pat D at 2:30 p.m.
- May 20: Summer Reading program registration begins
- May 21: Book Club for grades 6-8 at 6 p.m.
- May 21: Books on Tap book discussion at Reclaimed Rails at 6 p.m.
- May 22: Library at Farmers Market at 6 p.m.
- May 23: Video Conferencing workshop at 11 a.m. and 5 p.m.
- May 26 and 27: LIBRARY CLOSED for Memorial Day holiday
- May 28: Adult Crafternoon at 1 p.m. ■

PREPAY my funeral expenses? Why?

While payment is never a requirement in order to preplan your funeral arrangements, there are several benefits to paying for your services ahead of time.

First of all, it provides the opportunity to pay for expenses based upon current prices. There are even many payment options, including paying all at once or setting up a payment plan. Prepaying expenses guarantees that prepaid service and merchandise selections will be provided at the time of need at no additional expense to your family. This helps to eliminate any financial stress for your family at a time that will already be emotional.

Second, paying in advance will protect your money from Medicaid, should you outlive your assets and need to qualify for assistance. An irrevocable funeral policy is considered a protected asset.

Third, most funeral homes utilize a funding vehicle where your assets are placed at the time of the preplan. This allows your money to be protected and portable, which means that, even if you move away from the area where you originally made your prearrangements, your prepaid policy can easily be transferred to another funeral home.

There are funding options for people at all ages and in all health situations and, as we all know, the prices for everything only go up as time goes by. So, the sooner you do this, the more opportunity you have to save.

What an incredible gift from you to your family. ■



Information provided by Dave Cortner, Hamilton's on Westtown Parkway, 3601 Westtown Parkway, West Des Moines, IA 50266, 515-697-3681



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.

Contact Hamilton's to start your plan.

Funerals
Cremation
Advanced Planning
Academy of Grief & Loss
Pet Services
Memorial Gift Shop



515-243-5221

6 Area Locations



HAMILTON'S

FUNERAL & AFTER LIFE SERVICES

ACCESS, affordability and personalization

The promise of direct primary care

It used to be that people typically relied on a go-to doctor who took care of all their general healthcare needs.

When people feel sick, they often face a choice. Try to make a doctor's appointment with their primary care provider and potentially wait days or weeks or head to the closest walk-in or urgent care clinic to see a provider right away.



Finding a primary care provider — someone who helps oversee all your healthcare needs and doesn't just treat common issues such as the flu and sprains and is available when you need them — can be hard. At the same time, out-of-pocket costs for doctor visits are rising, leaving some patients more hesitant to make appointments.

Direct Primary Care (DPC) has emerged as a transformative solution, placing the patient at the center of care. DPC operates as a membership model, charging a transparent flat monthly fee for primary and urgent care services. In return, members gain access to a provider on the same or next day, whether through in-office visits, over the phone, messages or telehealth consultations.

Yet DPC extends beyond convenience. Its blend of on-demand and personalized care reflects dedication to the patient's wellbeing, acknowledging that health concerns don't adhere to schedules. Moreover, DPC appointments are longer, allowing for meaningful conversations and the development of personalized treatment plans that address not just the symptoms but the root causes of illnesses.

The impact of DPC goes beyond the individual patient, as employers are increasingly recognizing its value and incorporating it into their benefits packages. This investment in employee wellbeing not only enhances employee satisfaction and retention but also reduces healthcare costs in the long run.

DPC stands out for its emphasis on accessibility, personalization and patient satisfaction. By integrating these clinics with walk-in services covered by insurance, communities can provide individuals with a range of healthcare options, ensuring individuals receive timely local care when they need it.

Join us! Hy-Vee Health Exemplar Care ribbon cutting

Thursday, May 9, 4-6 p.m.

88 Paine St. S.E., Bondurant, IA 50035

Open to members and non-members. ■

Information provided by Jacqueline Robson, Hy-Vee Health Exemplar Care, 89 Paine Circle, Bondurant, 515-650-4370, www.exemplar.care.

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CELEBRATE BONDURANT SHOWDOWN

10th Annual

EVENT HIGHLIGHTS

Friendly Competitions

Competitions Include

- Push Up
- Tug of War
- Log Race
- Obstacle Course
- Power Wheels Racing
- Chalk Drawing

Live Entertainment- Nick Sinclair

Experience an exciting performance by local talent.

Food & Drinks

Enjoy delicious food & refreshments from various food trucks around the area.

Community

This is a free family friendly event! Join the Bondurant Chamber along with some of your favorite businesses in the area for this fun event!

Competition Registration

Premier Members and Sponsors

JUNE

01

3-6PM

THE DEPOT

12 MAIN ST SE,
BONDURANT, IA 50035

OUT & ABOUT

RIBBON Cutting

A ribbon cutting was held for Growth Reading Center on April 8.



A ribbon cutting was held for Growth Reading Center on April 8.



Michael Current and Dana Huss



Randy Pelham and Darson Grantham



Tristine Hemsted and Samantha Fett



Joe and Dana Huss



Kaylin Von Ahnen and Shelby Hagan



Connor Bushanan and Kyle Lee



Patty Alexander, Samantha Fett, Dana Huss, Jennifer Turner and Kerry Gruenhagen



Benjamin Huss, Josh Kent and Josh Huss

COCKTAILS & Conversation

Cocktails & Conversation at Reclaimed Rails in Bondurant featured an exclusive unveiling and discussion of the Grain District Downtown Redevelopment Plan on April 11.



Donovan Hill and Doug Martin



Chase Netusil, Clayton Netusil and Kaylin Von Ahnen



Judi and Craig Erickson and Tara Cox



Sheena Cochran-Foster, Eric Berkey and Liv Wendt



Kristin and Matt Goodwin and Brian Brewer



Bert and Jen Keeler and Andy Mains



Creighton Cox and Jill Altringer



Jason Lozano and Brian Lohse



Derek Johnson and Mike Harwood



Deb Harwood and Jan Johnson



Angela McKenzie and Liv Wendt

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