

BONDURANT

APRIL 2023

Living

MAGAZINE

OVERCOMING the FEAR

Residents share how they
faced their fears and doubts
to reach their goals

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WELCOME

ARE YOU chicken?

Whenever my childhood friends and I wanted to talk our buddy Tommy into doing something, we would simply call him chicken. He would yell back, "I'm not chicken!" and would then proceed to do whatever it was we were trying to talk him into. I wish managing adults was that simple.

Meanwhile, we are all seemingly chicken, at least to some degree.

Musician Jim Stafford sang "I don't like spiders and snakes" in 1974. Who does?

Green Day vocalist and guitarist Billie Joe Armstrong said he wrote the song "Basket Case" in 1994 to cope with his feelings of anxiety and panic.

And heavy metal rockers Metallica made us fear falling asleep with their 1991 hit, "Enter Sandman."

But phobias aren't just fodder for songs. Most all of us, if we are being honest, have something that makes us shiver in our boots.

As a child, I didn't like going into old, unfinished basements by myself. I was especially fearful of my grandparents' "root cellar." There was no way I was going down there alone, at least not until my brother discovered this fear and pushed me down the steps.

My aunt and uncle had a painting of a clown in their house that gave me the creeps. This was long before the movie "It" ever hit the screen. I still don't like clowns, other than Bozo. He is all right.

I don't mind spiders and snakes, but I could do without mice. The phrase "shivering in your boots" reminds me of working on farms as a teenager and having mice run up my legs when I would put my rubber boots on.

Like many of you, I would get the jitters before a sporting competition. "Butterflies in your stomach," they were often called. The more I competed, the less those butterflies fluttered, but they were always there. Still are.

To this day, I don't especially like heights. It is not so much a fear as it is a stomach ache. Either way, it's not pleasant. I love roller coasters, but a Ferris wheel ride makes me nauseous. I don't get it.

In this issue of your Living magazine, we share the stories of local residents, their fears and how they are dealing with them. Some may seem far-fetched while others might strike a chord with you.

Give it a read... unless you are chicken.

Thanks for reading. ■



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FEATURE

OVERCOMING the **FEAR**

Residents share how they
faced their fears and
doubts to reach their goals

By Chantel Boyd

Reaching a goal often requires planning, hard work and determination. Sometimes it also requires courage. When faced with a daunting task, we may find that fear and doubts crop up. For some, those can be difficult — even impossible — to overcome. Others face them head on and meet the challenge. Residents who have accomplished what they thought they couldn't share their stories of perseverance.

As a circus performer, Laura Ernst had to overcome stage fright as well as a fear of getting hurt, since some stunts pose a danger.



FEATURE

Fear of public speaking

Jeremy Sisk of Bondurant was afraid of getting in front of crowds and speaking well into young adulthood. He says he lacked the confidence to be in front of even a small group of people without panicking.

“The thought of having to speak in front of others caused so much anxiety,” he says.

As a kid, he remembers hiding behind his parents when meeting people he did not know. Being that shy was especially difficult because he moved and changed schools often while growing up in Kansas City, Missouri. His family relocated to Des Moines when he was a teenager.

“It was not easy and a little frightening to try to make friends,” he says.

As a result, he became even more shy and reserved.

“I did not want to put myself out there anymore,” he says.

As an adult, Jeremy’s first professional job was in credit card services. He took inbound international calls, which forced him to push himself.

“I was forced to speak up and speak with

confidence,” he says, adding that he became more assured in his abilities.

He started leading training classes and even conference meetings. But, because he wanted to continue growing his career, he had to push himself even farther.

“I had supervisors and managers tell me that I had to put myself out there more,” he says.

They told him he had to show more confidence. They asked him, “If you don’t believe in yourself, how do you expect others to?”

Today, Jeremy is comfortable in front of crowds, though the anxiety has not gone away completely.

“There is always a little anxiety each time I am in front of a crowd or when I try to make a new sale,” he says.

To keep moving forward, he relates to whom he is speaking and reminds himself nothing “bad” will happen.

“I think to myself, what is the worst thing that will happen? They say no to my sales pitch? OK. Then I will just move on to the next one. Ultimately, they will not think about me personally, so why should I let it affect me on a



Jeremy Sisk, pictured with his wife, Ashley, was shy as a child, a situation made worse by the fact that he changed schools often.

personal level?”

By managing his fear, Jeremy has been able to work his way up in several companies to leadership roles, primarily in sales. He says he does not polish up a script but is conversational in his sales approach.

“I am friendly with them and get to know them first. Then I speak about the sale or the



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FEATURE

service,” he says.

Jeremy reminds others, “Fear is just the fear of the unknown. The more you try to do something you are afraid of, the less you will be afraid of it. Do not let fear stop you from missing out on great experiences and opportunities.”

Stage fright — and a fear of getting hurt

Laura Ernst is a circus performer, so her job is to entertain others wherever her career takes her. She says two fears often creep up while entertaining: stage fright and the fear of being injured and unable to work.

Laura says she enjoys connecting with the audience.

“I live for the audience laughing, gasping or clapping,” she says.

Laura has come a long way in overcoming her stage fright.

“If you told 14-year-old me that I would be walking out on a stage in front of hundreds of people doing amazing stunts and telling jokes, I would never have believed you.”

Laura was a shy teenager but determined to become more social.

“I wanted to connect with people,” she says. “So, I went to the library and checked out books on how to talk to people.”

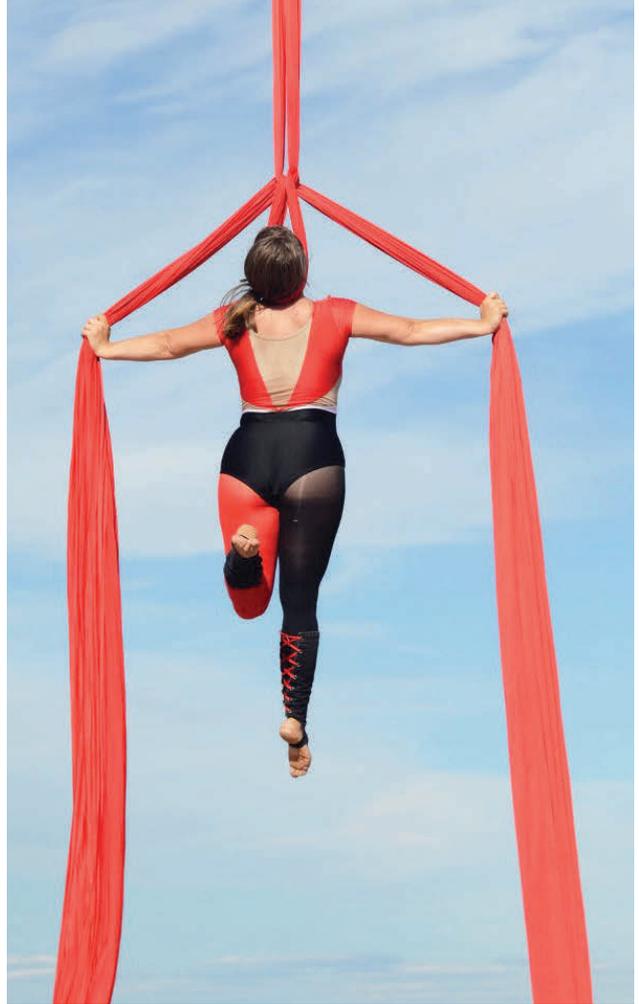
Then she discovered she had a unique talent.

“When I discovered juggling in a middle school play, I loved it. Then, after I did a performance for a small festival in my hometown, I was hooked,” she says.

She decided she wanted to become a circus performer and knew she had to overcome her fear to do so.

“I think the base of every fear is wanting safety,” she says. “We want to feel safe physically, emotionally and socially. So when we don’t feel safe, we feel fear.”

Laura has become a master in overcoming fears.



Laura Ernst does a variety of risky stunts in the circus.



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FEATURE

"I like to think of myself as a professional overcomer of fear. But, of course, there's a fine line between brave and stupid, and I have boldly crossed that line repeatedly," she laughs.

As a circus performer, Laura has done a share of dangerous stunts that, without the proper training, could have jeopardized her life and livelihood. Instead, she has learned to be in tune with her feelings of fear and to use them to her advantage.

"I think the best way to look at fear is not to ignore it but get curious about it. What is it trying to tell me? Is this stunt something I should do with additional safety equipment? Is this something I should break down into smaller, easier skills?"

When she begins to feel stage fright, Laura acknowledges it is more of a perceived fear than actual fear.

"Stage fright has more to do with connection and feeling accepted. When I feel this way, what I am really saying to myself is, 'Will they like me?'"

Laura says her drive to find out how far she can push herself as she performs keeps her motivated to face her fears.

"I show up to practice or shows and hold myself accountable. Gradually, it doesn't feel as threatening as it did before," she says. "Adrenaline helps."

Controlled breathing helps Laura to keep her heart rate down. She also visualizes removing the barrier of fear from her body.

"I envision taking the fear out of my body, validating it and sympathizing with it."

She has an inner dialogue between herself and her fear, speaking directly to it.

"You are having a hard time. I get it. Talking in front of a group of people is hard, and this is a new situation, so there are a lot of unknowns. What is it you need to tell me?"

Then Laura says she listens to her body and relaxes.

"I comfort and thank my fear for sharing what it had to say. Most of the time, my negative emotions just needed to be heard; sometimes, they tell me I need to make a change."

Symptoms of anxiety

Teresa Cassaubon says she has been afraid of heights for as long as she can remember. She

is not just fearful of herself being up high, but also of watching someone else up high. If she sees someone rock climbing or walking too close to the edge of a cliff or on a roof, it causes her anxiety.

"I get sweaty, my stomach feels like it goes to my throat, and I sometimes shake," she says.

Fear can manifest itself in an array of unpleasant feelings.

"I think everyone has a fear of something at one time or another, whether it be a fear of flying, dogs, the dark, snakes (which I am) or heights."

Teresa theorizes she learned her fear. Earlier in her life, she could scale a ladder to clean the gutters without getting fearful. But, as she became older, she became more uneasy. Still, she has tried to go places that require her to be off the ground higher than 5 feet.

"I try to not let the fear win," she says.

Teresa was concerned her fear could influence her children to be fearful, so she pushed herself past her perceived limits.

"I did not want my fear to rub off on my children, so I have kept trying to take part in adventures."

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FEATURE

One tall order was visiting the Space Needle in Seattle.

“I got up to the top but could not stop hugging the wall and looking for the door,” she says.

Still, she did get to the top and has kept seeking adventures, even if she is white-knuckling it the whole way.

Teresa has come a long way from when she used to ski only on the “bunny hills” because she was too scared to get on the ski lift. She has since taken a ride on the Boone & Scenic Valley Railroad, which traverses a 156-foot-high bridge. And though she didn’t stand outside with others to see the view, she did “look out the window from the inside.”

She has even undertaken the quintessential facing-your-fear activity for heights — skydiving.

“I thought to myself, who willingly jumps out of a perfect plane?”

But she did have to be told three times to jump.

“I had to step with nothing under my feet but air,” she recalls. “Finally, I did land safely on the ground, but this did not fix my fear.”

Teresa advises others to remember they are alive, even when they feel like they are dying from fear.

“I think to myself, you’re still breathing, so it cannot be so bad.” ■



Teresa Cassaubon refuses to let her fear of heights stop her from having fun. She often challenges herself to face her fears, as she did on a ride on the Boone & Scenic Valley Railroad, which includes crossing a 156-foot high bridge.



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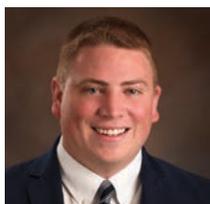
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Out of all the sports I played in school, track was my least favorite, and I only lasted a couple years in it. The track coach was looking for a spot to hide my marginal track skills and placed me on a relay team. I had no idea how hard it was to properly hand off the baton. The timing has to be just right, the spacing needs to be just right, the grip on the baton needs to be in the right spot, and the communication needs to all work for each handoff. If any one of those things is off, the baton drops. An aluminum baton dropping on a track surface has the same decibel level as 100 chainsaws at a heavy metal concert. Our team dropped the baton more often than we had a successful pass. I have great respect for the elite track athletes who make it look so easy.

We just celebrated Easter a few weeks ago. It's easy to come down off that high and go about your daily routine not thinking much about it until next year. I think it's important to remember what happened to Jesus after He rose from the grave. He came back, spent 40 days with His followers and then ascended. The book of Acts captures the scene when Jesus ascends up to heaven. The disciples look on, and two angels appearing as men in white robes say to the disciples, "Men of Galilee, why do you stand looking into heaven?" (Acts 1:11).

The angels are essentially saying, "Don't just stand there...go!" Jesus had given them the Great Commission which was handing them the baton of sharing the Gospel. This was no time to just stand there and look at the sky. Imagine watching a relay race where the second runner receives the baton and just stands there. Everyone would be yelling at them, "Run...run!"

Easter reminds us of the fact that Jesus paid the sin penalty for us. He then passed the baton to us to bring the Good News to the rest of the world. "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God" (Hebrews 12:1-2). ■

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



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MEN'S mission trip serves Brazil

Helping provide clean water storage

In February, a group of 11 men from the Federated Church of Bondurant traveled to Mossoró, Brazil, where they helped build clean water storage at a local school.

Because the town is so close to the equator, it's extremely hot and prone to draughts, so having the ability to store clean water without trucking it in frequently literally changes lives.

The men from Bondurant worked for five days alongside local contractors and helped lay bricks and make mortar for the walls that surround the water tank.

The purpose of the mission trip was more than just providing physical labor, so the men also made time to connect with others in the community through prayer and worship, as well as taking part in fun activities like playing soccer with kids at the school.

Thomas Christensen, who serves as the family and children's ministry director at the Federated Church of Bondurant, attended the trip and shared that his biggest takeaway was "perspective."

"Ministry takes place in more than just these walls, this city," he says. "Keeping that broader vision of the global side of it is a big piece of what I brought back."

Christensen kept a detailed travel log from the group's journey to Brazil and back. One

thing he made note of was how it was standard for everyone to take breaks during the day.

"We stopped at 11 a.m. when it was starting to get really hot," he wrote. "Ken (the group's missionary host) tells us the sun at the equator is several times more intense than the Midwest, so we're all slathered up with a bunch of sunscreen, as well as long sleeves and pants, and drinking tons of water."

The group would then take time to eat lunch before taking a midday siesta, as is common in the Brazilian culture.

On the trip, Christensen met Fellipe, the assistant pastor at a church in Mossoró.

"He really reminds me a lot of myself at that age and stage of life, including his love of books," he says. "I spoke with Ken about the possibility of buying him some study books in Portuguese, and he said Fellipe would absolutely adore that, and I would have a loyal friend for life."

A couple days later, Christensen did just that.

"I tell you, the look on this man's face as his eyes teared up and he hugged me tight, I will



Members of Federated Church of Bondurant helped to build space for clean water storage at a local school in Mossoró, Brazil.

never forget," he says.

Trevor Pinegar, lead pastor at the Federated Church of Bondurant, says this is what mission trips are all about.

"It's important to find our shared identity in Christ and connect with each other so we can be a united front, loving people in a different, special way," he shares. "When we take ourselves out of the daily environment we're in and connect with a different culture, we can become closer to God and see his creation in the way he put us all together to work seamlessly." ■

COMMUNITY

CROSSOVER Ceremony

Cub Scout Troop 10 welcomed Timmy Antelman and Trevor Vander Noord. These two have reached the highest rank, Arrow of Light, in Cub Scouts. On Feb. 27, the official cross-over ceremony was held, and they entered the next chapter in scouting, Boy Scouts.

The troop also welcomes the new Troop 10 leader, Emily Antelman. She has been part of the Bondurant Cub Scout community for the past four years. Emily's dedication and commitment to the Scouting community will be a great asset to the Troop 10 family. ■



EVENTS IN THE AREA

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

Be sure to check for cancellations.

Piece of Bondurant

Saturday, April 29, noon to 3 p.m.
Outside BrickHouse Fitness, 86 Paine St. S.E., Bondurant

Enjoy live music, bounce houses, vendors, food trucks and more.



Bondurant American Legion Community Breakfast

Saturday, May 20, 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. Menu includes pancakes, eggs, toast, hash browns, biscuits and gravy, sausage, milk, coffee and orange juice.

Craft and Vendor Show

May 6, June 24, 10 a.m. to 4 p.m.

Bondurant Legion Hall, 315 Second St. N.W.

Valerie and Cathy's Boutique is hosting this monthly craft and vendor show.



Citywide garage sales

- Bondurant, Saturday, May 13, 8 a.m. to 4 p.m.
- Altoona, Thursday-Saturday, May 11-13

Citywide Spring Cleanup

Saturday, May 20, 8 a.m. to 5 p.m.
Bondurant

Spring Cleanup is an opportunity to eliminate unwanted trash that won't fit in your garbage cart or may require a large item sticker. Examples include a couch, desk, lamp or chair. When you're considering getting an item out for Spring Cleanup, ask yourself: Can two people lift it? Is my pile smaller than the bed of a pickup truck? Following the guidelines will help maintain consistent garbage rates, keep everyone safe and support continuation into the future.

So, what are the guidelines? Besides the two items already mentioned, here's what not to place at your curb for Spring Cleanup:

- Appliances, TVs, computers (Purchase a large items disposal sticker at City Hall for TVs, computer monitors and appliances)
- Tires (Take these to the Public Works Maintenance Shop at 306 First St. N.W. on Saturday, May 20, 8 a.m. to 5 p.m. Limit five tires per household and no businesses.)
- Hazardous waste (Take these items to the Metro Hazardous Waste Drop-Off located at 1105 Prairie Drive S.W., Bondurant. TVs, computers, and paint are recycled for a fee)

Find more specifics by visiting www.cityofbondurant.com/public-works-department/pages/citywide-clean. Only residents enrolled in city services (trash services through the City of Bondurant) are eligible to participate. If you have questions about your neighborhood, call City Hall at 515-967-2418. ■

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INFLATION and your money

“If the current annual inflation rate is 7.9%, why do my bills seem like they’re 10% higher than last year?”¹

Many of us ask ourselves that question, and it illustrates the importance of understanding how inflation is reported and how it can affect investments.



• **What is inflation?** Inflation is defined as an upward movement in the average level of prices. Each month, the Bureau of Labor Statistics releases a report called the Consumer Price Index (CPI) to track these fluctuations. It was developed from detailed expenditure information provided by families and individuals on purchases made in the following categories: food and beverages, housing, apparel, transportation, medical care, recreation, education and communication, and other groups and services.²

• **How applicable is the Consumer Price Index?** While it’s the commonly used indicator of inflation, the CPI has come under scrutiny. For example, the CPI rose 7.9% for the 12 months ending in February 2022. However, a closer look at the report shows movement in prices on a more detailed level. Energy prices, for example, rose 25.6% during those 12 months.¹

• **Are investments affected by inflation?** They sure are. As inflation rises and falls, three notable effects are observed.

First, inflation reduces the real rate of return on investments. So, if an investment earned 6% for a 12-month period and inflation averaged 1.5% over that time, the investment’s real rate of return would have been 4.5%. If taxes are considered, the real rate of return may be reduced even further.³

Second, inflation puts purchasing power at risk. When prices rise, a fixed amount of money has the power to purchase fewer and fewer goods.

Third, inflation can influence the actions of the Federal Reserve. If the Fed wants to control

inflation, it has various methods for reducing the amount of money in circulation. Hypothetically, a smaller supply of money would lead to less spending, which may lead to lower prices and lower inflation.

• **Empower yourself with a trusted professional.** When inflation is low, it’s easy to overlook how rising prices are affecting a household budget. On the other hand, when inflation is high, it may be tempting to make more sweeping changes in response to increasing prices. The best approach may be to reach out to your financial professional to help you develop a sound investment strategy that takes both possible scenarios into account. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114. All investing involves risk, including the possible loss of principal, and there is no guarantee that any investment strategy will be successful. 1. USInflationCalculator.com, 2022. 2. BLS.gov, 2022. 3. This is a hypothetical example used for illustrative purposes only. It is not representative of any specific investment or combination of investments. Past performance does not guarantee future results.

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RECIPE

PRODUCE shopping on a budget

5 strategies to save on fresh fruits and veggies

(Family Features) Cooking meals that bring your loved ones joy is often objective No. 1, but creating those flavorful favorites on an appropriate budget is an important aspect of well-rounded, family-friendly recipes. A few simple steps, like developing good grocery shopping habits, can put smiles on hungry faces without leaving a dent in your finances.

Consider these tips from the experts at Healthy Family Project along with its produce partners, which are on their 2023 Mission for Nutrition to improve access to fresh produce that's essential in alleviating many public health and personal wellness challenges. This year's partners are striving to be part of the improvement efforts by donating funds to increase the accessibility to fruits and vegetables in schools through the Foundation for Fresh Produce.

Make a list (and stick to it): When buying fresh produce, remember some items have a shorter shelf life. Limiting purchases to items on your list can help lower grocery

spending while alleviating food waste.

Buy local: Transportation cost is one of the biggest factors in the price of produce, meaning buying local, when possible, can help reduce your total at checkout.

Stock up on seasonal produce: Although you can generally find any produce item at any time of year, this isn't always an affordable practice. Knowing when your favorite fruits and veggies are in-season can save you money and allow you to use the freshest ingredients in family breakfasts like protein-packed sausage breakfast muffins and savory english muffins.

Know your produce department: The front or feature table of the produce department often offers the best deals. Don't forget to look at the end caps on each produce aisle, which sometimes display seasonal items.

Find more grocery savings strategies and family-friendly recipes at HealthyFamilyProject.com. ■

Savory English muffins

Recipe courtesy of Healthy Family Project



- English muffins
- guacamole
- cherry tomatoes
- 1 tablespoon cilantro, finely chopped
- 1 tablespoon light cream cheese
- 1 tablespoon crumbled turkey sausage, sauteed
- 1 egg
- 1 tablespoon basil, finely chopped
- 1 tablespoon balsamic glaze
- Toast English muffins and top with desired combinations of toppings, such as: guacamole, tomatoes and cilantro; cream cheese, tomatoes and turkey sausage; or egg, tomatoes, basil and balsamic glaze.

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EDUCATION

By T.K. West

MEET Jessie Nelson

Fifth graders bring life to the classroom, says special education teacher.

Originally from Albia, Jessie Nelson grew up in a family of educators. She received an undergraduate degree from the University of Northern Iowa before earning a master's degree in special education from Morningside University. Following her student teaching, Nelson taught in Waterloo, Minnesota, and then the Des Moines Public School District before relocating with her family to Bondurant in 2020.

"I had heard amazing things about the school district as a parent and an educator. Even though I loved my job in Des Moines Public Schools, I wanted to come be part of this strong, growing school district. I'm so glad I did," Nelson says.

From day one, Nelson says she noticed the Bondurant-Farrar Community School District is like a family. As a special education teacher at the B-F Intermediate School, Nelson works with small groups of students on reading, writing, social skills and math. Although Nelson has worked with a mixture of kindergarten through fifth-grade students during her career, she says she enjoys working with fifth graders because they bring so much life into her classroom and give her purpose in her day.

"In my career, I have taught students from a variety of backgrounds with a variety of challenges they have faced in their short lives. It is challenging yet very rewarding to come alongside them and support them as a person and student," she says.

Nelson says she enjoys soaking in every moment with her students and is looking forward to seeing how much progress they have made by the end of the year — and how much their confidence has increased when they recognize their own growth.

When not working, Nelson enjoys spending time with her family. They enjoy the outdoors and supporting the Bondurant-Farrar athletic teams. ■



Jessie Nelson joined the Bondurant-Farrar district in 2020 and teaches special education at the intermediate school.

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1

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Kindergarten registration is now open for all residents that will be five years of age on or before September 15, 2023.

2

WHAT INFORMATION WILL BE NEEDED?

To prepare, families can expect to provide the following:

- Proof of residency (two documents, ie: purchase or lease agreement, utility bill, payroll check w/ address, etc.
- Proof of student's 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 required paperwork? That's okay, begin the process today and we'll help you 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:
 - By phone at 515-967-7819
 - By email at registrar@bfschools.org



4



TWO 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. Visit our website at www.bfschools.org/kindergarten
2. Call 515-967-7819 to schedule an appointment

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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COMMON scams targeting older adults

Each year more than 90,000 older adults are victims of fraud and scams resulting in losses in the billions. Scams specifically targeting seniors can be financially and emotionally devastating for those who fall victim. This demographic is often targeted due to the perceived lack of tech knowledge and the assumption that older adults have significant financial savings.



Scammers typically use fear as a tactic to convince their victims to give them money or personal financial information. One of the most common scams is government impersonation. In these incidents, scammers will call older adults with a “spoofed” phone number that looks like it is from a government official. The caller pretends they are from the IRS saying money for unpaid taxes are due immediately or an arrest warrant will be issued. They often ask for prepaid debit cards, wire transfers or cash. The IRS website states that most contact from the IRS comes through the mail, but they will sometimes call after multiple letters have been sent. The IRS will never ask for prepaid debit cards, cash or wire transfers. If you receive a call from the “IRS” and have not received any prior notice, it is a scammer. If you are unsure, hang up with the caller and reach out to the IRS directly.

Family imposter scams or grandparent scams are when scammers pose as a loved one by phone, email or social media. The person you are

talking to states there is an emergency that has left them in dire need of money. Similar to the IRS scam, they will ask for prepaid gift cards or transfers using cash apps. They typically will ask you to keep it a secret that they called you. If you receive one of these calls, do not keep it a secret. Take a moment to call your loved one to verify it is in fact them reaching out to you for help.

Even more disturbing, there are scammers out there that seek out lonely seniors online, pretending to enter a romantic relationship with promises of meeting soon to start a life together. They will ask for money along the way, always finding a reason to cancel their plans to meet, often due to lack of financial resources or some kind of emergency. This scam is particularly troublesome, as the scammer may lead the victim on for months, if not years.

A consistent red flag with scams is that there will be an immediate need; they need funds right now. They plan on their victims being fearful and anxious to get them to act impulsively. Don't be rushed, give yourself time to think about what is happening. If you are suspicious or worried about a call, talk to someone you trust, and if someone tells you to keep something a secret, they likely aren't trustworthy.

If you believe you have fallen victim to a scam, report it to the authorities and the Federal Trade Commission. ■

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

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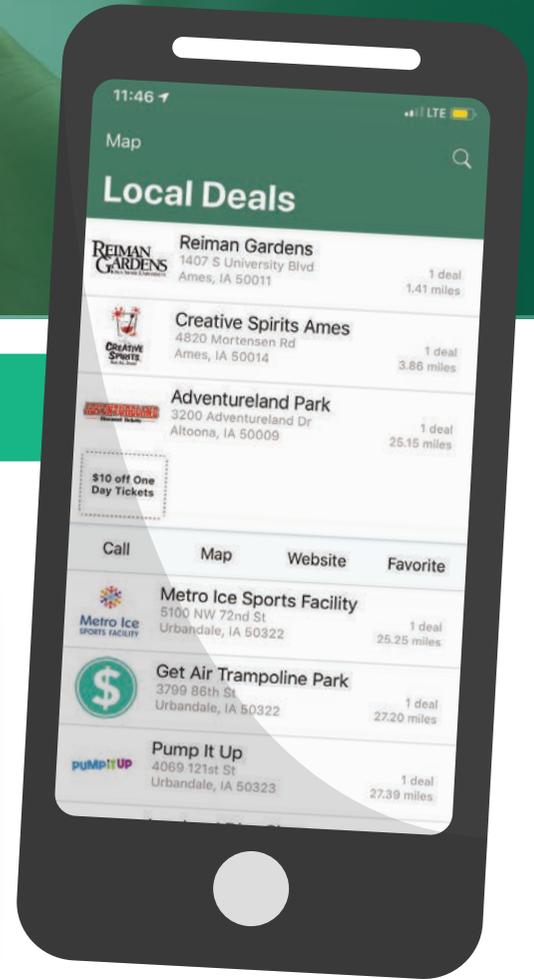
SLIDING BARN DOOR? YES, PLEASE! The Montauk Bedroom Collection is the “Farmhouse” in Modern Farmhouse. The inspiration for the Montauk collection comes from the eclectic styles associated with sliding barn doors. This look can be modern, rustic, and everything in between. The plank style, metal accents, and Rough Sawn finish are the mainstays of this collection.

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PREPARE for the inevitable

Benjamin Franklin said, “But in this world nothing can be said to be certain, except death and taxes.”

You have already (or should have) cared for the “taxes” part of that statement. Have you cared for the “death” part?

I cannot express more emphatically the importance of pre-arranging for your future funeral/burial needs. You might be thinking, “I have plenty of time to think about that.” Scan the obituaries listed on any of the local funeral homes’ websites, and you will be surprised at how many “young ’uns” there are — age 50 and younger. Death is no respecter of affluence, prominence or age. It may call anyone when least expected.

Just like planning for a “rainy day” or your retirement, pre-arranging for your funeral/burial needs is a good financial decision. Funeral/burial costs are rising every year. It is to your advantage to make pre-arrangements for your future needs now, which will lock in today’s rates for tomorrow’s needs.

Where do you begin? Contact the funeral home and/or cemetery of your choice to discuss your many options.

Wondering what to do with this year’s tax refund? Consider caring for the other “certainty” of which Ben spoke.

Give your family a gift of love and care for your future end-of-life needs now. ■

Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.



Prearrange

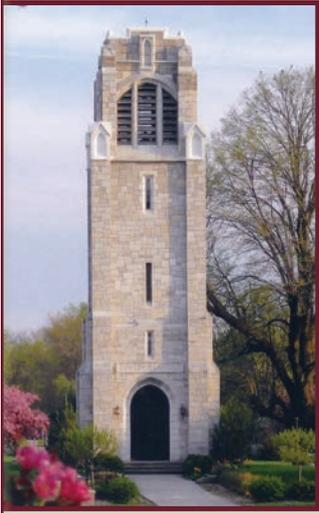
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WE GET by with help from our Friends

The Friends of the Bondurant Community Library is a group that supports the library in so many ways. They are a hands-on group, so if you are looking for ways to give back to our community, consider joining the Friends group. Members volunteer at special library events when we anticipate larger crowds (such as Summer Reading events). The Friends also host a used book sale twice per year to raise funds to support the library. Members are needed to staff the book sales, to take money and arrange books. You can find the Friends group on Facebook, but you can also stop by the library for a membership form. Choose whatever level of support is right for you, and know you are helping to bring programs, services and supplies to the library. Come to the library soon to see the new seating in the juvenile fiction section — all thanks to the Friends.

We also want to thank the Bondurant Community Library Foundation for their fundraising efforts. They work to raise funds for needs which are outside the scope of our regular budget. Recently, they helped provide funds for a virtual tour of the library (coming soon to our website). If you have played mini-golf in the library (yes, it really happens), then you have participated in a fundraising event hosted by the Foundation. It is an annual event, so, if you missed, don’t worry. It will be back.

Here is what is happening at the library in May:

- Shredding bins will be available from May 1 to May 15 for your sensitive documents
- Story Times: Tuesdays at 10:30 a.m. and 3:45 p.m.; Wednesdays at 10:30 a.m., and Fridays at 12:45 p.m.
- Baby’s Morning Out Story and Play Time: Thursdays at 9:30 a.m.
- Fit for Life! Exercise class for older adults: Mondays and Thursdays at 9 a.m.
- May 1: After School STEAM at 2:30 p.m.
- May 1: Become a Dementia Friend at 6 p.m.
- May 2: Bound Together Book Club for grades 3-5 at 6 p.m.
- May 3: Pokémon Club at 4:15 p.m.
- May 4: Adult Craft Night (registration required) at 6 p.m.
- May 7: Teen Movie Matinee at 3 p.m.
- May 8: After School STEAM at 2:30 p.m.
- May 9: Book Discussion for Adults at 6 p.m.
- May 15: After School Craft at 2:30 p.m.
- May 15-16: Finals Week for Seniors, 2-6 p.m.
- May 16: In the Middle Book Club for grades 6-8 at 5 p.m.
- May 16: Books on Tap book discussion at Reclaimed Rails at 6 p.m.
- May 18: Family BINGO at 6 p.m.
- May 18: Third Thursday at Hoover’s at 6 p.m.
- May 20-21: Model Train exhibit and Escape Room, during open hours
- May 22: Registration for Summer Reading begins
- May 22: After School Movie at 2:30 p.m.
- May 22-25: Finals Week for grades 9-11, 2-6 p.m.
- May 28 and May 29: Library closed for Memorial Day ■

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HEALTH

By Dr. Emily Hogle

SPRING cleaning safety tips

As we transition into warmer weather, keep these safety tips in mind during the spring cleaning season to help prevent and avoid injuries.

- Warm up with a short walk or low-level exercise, especially before performing strenuous tasks, to help prevent common injuries such as low back pain or muscle strains.
- Avoid overuse and try to alternate use of both arms when completing tasks such as washing windows or walls.
- Maintain good, upright posture with vacuuming and mopping and keep items at waist level to avoid straining forward with arms and trunk.
- Avoid twisting when raking or sweeping and instead shift weight side to side with your feet.
- Lift with the legs and avoid bending when moving heavy items.
- Avoid prolonged bending with tasks such as gardening and use stools or knee pads.

While it is good to work hard, you must remember to listen to your body. Take breaks for tense muscles to relax them, drink plenty of water, and even stop completing the task for that day if you are getting too fatigued. Think about how you could break up your spring cleaning tasks between different days so you know you are pushing yourself just to the right limit. Lastly, don't forget to admire all the hard work you've done. ■



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



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HEALTH

By Dr. Kari Swain

UNLEARNING the stress response

In our society we live in such a way that excess stress is normalized, even celebrated. We are also experiencing skyrocketing chronic illness and rapidly declining mental health in children and adults because a body stuck in a state of chronic stress is not able to adapt and heal.

When the body perceives stress, it responds by activating fight or flight mode. When the nervous system is in overdrive like this, the other systems that run the body are also taking a hit — either revving up or down — regulating in survival mode. Being stuck in a chronically stressed state wreaks havoc on your body and disrupts normal body functions, keeping it from achieving a state of homeostasis, or growth and repair.

An out-of-balance nervous system can be expressed through chronic illness, autoimmune disorders, hormonal imbalances and fertility issues, exhaustion, brain fog, migraines, memory loss, digestive issues, mood changes, focus and attention issues, learning and development difficulties, struggles with relationships, impulsivity and behavioral issues.

The only way out is to unlearn the stress response and retrain the body and brain by removing external stressors and learning to adapt to them. Individualized chiropractic care can facilitate rewiring the stress response as adjustments activate the parasympathetic response and help the brain learn new neural pathways. A thorough exam to identify nervous system stress and establishing an individualized chiropractic care plan will help balance the nervous system and start a path toward healing. ■

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

HEALTH

By Dr. Amanda Korth

SCREEN time and kids

As I enter the realm of raising a toddler with many opinions, I keep refreshing myself on how much screen time I should allow her to have. The American Academy of Pediatrics has my favorite easy-to-follow guide. Under 18 months old, limit it to video calling with you (the adult) helping them. We use this all the time for keeping in touch with family throughout the country.



After 18 months and before they're 2, they should still not be left by themselves with a screen and should be limited to educational programming only. Then there's a nice gap from 2 to 5 years old. They suggest limiting screen time to 1 hour per weekday and 3 hours on weekend days.

The reason they're concerned is screen time can interfere with the brain's ability to learn social cues, focus and develop sleep schedules. Screen addiction is a real concern, as it can share similarities to many other mental health diagnoses. They stress tech-free bedrooms and say we parents should lead by example of healthy tech habits. ■

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

HEALTH

By Sheryl Frye

GROUNDING techniques

Sometimes in our busy lives, we have trouble being present in the moment. We are thinking about things we need to get done, remembering the past or just experiencing anxious thoughts. Grounding techniques can help us create some distance from our distressing thoughts to help us become more present in the moment. These techniques use our five senses to help us regain our perspective. Grounding techniques — such as breathing deeply or listening to your surroundings — are often simple and can be utilized in any situation. Other physical grounding techniques include taking a walk, holding a piece of ice or savoring a scent like tea. Grounding techniques can also include mental tasks to help us with distraction. Thinking about silly jokes, reciting a poem or song and counting backward from 100 are examples of grounding mental techniques. Sometimes, soothing techniques can help in times of high distress. We can use our imagination to ground us by picturing someone we love or visualizing our favorite places. Playing with our pets and engaging in favorite activities like crafts can also help us create feelings of wellbeing during periods of high stress. Identifying techniques to stop us from getting lost in our distressing thoughts can give us the tools to create more joy in our daily lives. ■



Reference: www.healthline.com. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, frye@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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HEALTH

By Dr. Steven Neville

MANUAL 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 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.

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HEALTH

By Dr. Katrina Smith, MD FAAD

SUN-INDUCED skin discoloration



Spring is here. Now we all head outdoors to enjoy the sun and warmer weather. However, sun exposure may cause some people to develop uneven dark areas on their skin. Melasma is a common condition that appears as darker patches of skin discoloration. It is more common in women with medium to darker skin tones but may also occur in men and typically appears on the cheeks, forehead and upper lip.

Melasma is not a dangerous condition, and many people will choose not to treat it or simply camouflage it with makeup. It tends to flare during pregnancy or with the use of oral birth control pills. Sometimes it improves spontaneously after pregnancy. Topical treatments include mineral sunscreen, hydroquinones, corticosteroids and tretinoin. Creams with vitamin C and kojic acid are gentler treatment options. Stubborn melasma may respond to procedures such as chemical peels, microneedling and laser/light treatments. A newer option is topical or oral tranexamic acid. For people with melasma, dermatologists recommend wearing sunscreen that contains zinc oxide, titanium dioxide or iron oxide.

If you have melasma, see a board-certified dermatologist who can distinguish this from other medical conditions and provide you with the best treatment plan. ■

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



Bondurant News

April 2023

CITY COUNCIL ADOPTS FY24 BUDGET AND LOWERS LEVY RATE FOR 17TH CONSECUTIVE YEAR

On March 20th, the City Council adopted the Fiscal Year 2023-2024 budget and a Capital Improvements Plan for the upcoming five years.

The tax levy rate is \$11.26219, a \$0.01031 reduction from the current rate of \$11.27250 per thousand dollars of taxable valuation and the 17th consecutive year for a reduction.

The budget proposal funds multiple planning and design efforts in the upcoming year. A significant portion of the budget remains capital investment.

The capital spending plan reflects council priorities as discussed throughout the year and during facilitated strategic planning sessions. It is important to note that the Capital Improvement Plan (CIP) is a snapshot in time and a foundation to prepare for future action. The CIP, however, does not prevent the City from re-organizing priorities to take advantage of strategic opportunities. The City has previously shown its ability to pivot quickly to leverage available outside funding or to meet unanticipated needs.

DID YOU RECEIVE YOUR NEW PROPERTY TAX EVALUATION FROM POLK COUNTY?

The Polk County Assessor is independent of the City of Bondurant and the Iowa Department of Revenue. The Polk County Assessor's Office uses data from the property sale to determine the assessments. The market

has seen a lot of appreciation; properties were, on average, selling for about 25% more than their 2021 assessments. Property taxes will NOT be increasing by this percentage due to revaluation or reassessment; residential rollback limits the taxable value to 3% statewide.

Please note that an increase in your property assessment does not lead to a direct and proportionate increase in property taxes. For example, in Bondurant, a house of median valuation has increased by more than 15% over the past five years and pays \$2 less in property taxes to all taxing entities than it did five years ago. (See graph below.) While the property is assessed at a higher value, the actual taxes paid are lower because the City and the School District have lowered rates. This has been made possible due to ambitious economic development efforts.

A FORK IN THE ROAD

Due to the cost of infrastructure improvements and treatment and increasing demand for water supply, over the past few years there have been discussions amongst several cities (including Bondurant) Des Moines Water Works, and West Des Moines Water Works related to a regional water utility or regional water governance. Parallel to those discussions, the City has been exploring the possibility of producing and treating water independently again. The City is pursuing a water facilities study to determine the feasibility of producing its own water, which could give the City as much direct control over costs as possible. Preliminary results are proving to be very encouraging. The City is approaching a fork in the road where a determination will need to be made. There are major capital investments on the horizon, regardless of which path is pursued. Find full details on the city's website.

EVENTS:

CITYWIDE GARAGE SALE

Saturday, May 13 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 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 20** 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 and yard waste 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.

BABYSITTING BASICS

All students in 5th grade and above are invited to attend the 4-H Babysitting Basics program. Babysitting is an important job and can sometimes be scary if you don't know what to expect. We'll cover all the skills to help you be successful on the job! Find more details and submit your child's registration on the City's website.



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SUMMER EVENTS
Hosted at BrickHouse Fitness

Season 1 Sand Volleyball
starts May 4

Bicycle Brew Barbecue & Beer in Hand Volleyball Tournament
May 20

Hillbilly Bike Ride & Celebrate Bondurant
June 3

Battle of the Bands & Mad Hatter Sand Volleyball Tournament
June 24

Ashley Carpenter Classic Softball Tournament
August 26

SCAN FOR DETAILS! →

B
Bondurant
Chamber of Commerce

CHAMBER By Kaylin Von Ahnen

SPOTLIGHT on Prairie Meadows

We, the Bondurant Chamber of Commerce, note the many events coming up for our premier member, Prairie Meadows Casino, Racetrack & Hotel.

Experience the thrill. May 12 is opening day for the 2023 live racing seasons at Prairie Meadows Casino, Racetrack & Hotel. Mark your calendars to enjoy a spectacular season filled with excitement, entertainment and family fun.



2023 live racing

Post times are tentative and subject to change.

- Thoroughbred only, Fridays and Saturdays, post time 6 p.m., Sundays and Mondays, post time 4 p.m., May 12 - June 17.
- Thoroughbred and quarter horse, Fridays and Saturdays, post time 6 p.m., Sundays and Mondays, post time 4 p.m., June 18 - Sept 30.

Special race days and events

Post times are tentative and subject to change.

- Monday, July 3 – Fireworks, post time 4 p.m.
- Friday, July 7 – Festival of Racing, post time 6 p.m.
- Saturday, July 8 – Festival of Racing, post time 6 p.m.
- Friday, Aug. 18 – Regional Challenge Finals, post time 6 p.m.
- Saturday, Aug. 19 – Regional Challenge Finals, post time 6 p.m.
- Sunday, Aug. 20 – Regional Challenge Finals, post time 4 p.m.
- Friday, Sept. 29 – QH Championships, post time 6 p.m.
- Saturday, Sept. 30 – Iowa Classic, post time 4 p.m.

Upcoming events at Prairie Meadows

Must be 21 to attend the listed events

Senior Tuesdays Entertainment – 11 a.m., Finish Line Show Lounge

- Tuesday, May 2 – Jerry Beauchamp Band
- Tuesday, May 9 – Clarksville Station
- Tuesday, May 16 – Kenny Frette & the Country Classics
- Tuesday, May 23 – Dale Menning & the Stardusters
- Tuesday, May 30 – Tommy Browder & The Country River Band

Friday Night Entertainment – 8-11 p.m., Finish Line Show Lounge

- Friday, April 28 – Hudson Road
- Friday, May 5 – Craig Swalwell Band
- Friday, May 12 – Ted Stockton
- Friday, May 19 – Lucas Beebe
- Friday, May 26 – Taylor King and Nicholas Sinclair

Saturday Night Entertainment – 8-11 p.m., Finish Line Show Lounge

- Saturday, April 29 – Route 66
- Saturday, May 6 – The Journey Tribute
- Saturday, May 13 – Opus Taylor
- Saturday, May 20 – Royce Johns
- Saturday, May 27 – Trio Aceto ■

Information provided by Kaylin Von Ahnen, executive director, Bondurant Chamber of Commerce.

OUT & ABOUT

EASTER Egg Hunt

The Bondurant Men's Club held its Easter Egg Hunt at the Bondurant Recreational Sports Complex on April 8.



Mike and Sidney Mackin with Will



Kendall Miller with Oliver



Thurston Gable with Sophie



Madi Carlson with Wesley



Kristi Brock with Axl



Josh Berry with Loreli



Shelby Hagan with Kolton



Ryan and Brittney Obermeier with Sophie



Jake Jury with Kalia



Tori Olthoff with Mac



Chas Bebout, Roy Bebout and Susan Bebout with Brynlee



Austin and Stella

OUT & ABOUT



Stefani Scheeler and Alex Nuzum with Brighton and Parker at the Bondurant Men's Club Easter Egg Hunt at the Bondurant Recreational Sports Complex on April 8.



Tara Hartmann with Jensen at the Bondurant Men's Club Easter Egg Hunt at the Bondurant Recreational Sports Complex on April 8.



Reed Little and Mary Little with Lennon at the Bondurant Men's Club Easter Egg Hunt at the Bondurant Recreational Sports Complex on April 8.



Shelby Stenger and Nicole Shield at the Live Healthy Iowa 5K at the Bondurant Regional Trailhead on April 15.



Jon and Janey Erdahl with Griffin, Duncan and Pelsie at the Live Healthy Iowa 5K at the Bondurant Regional Trailhead on April 15.



Sarah Bush and Jeff Bush at the Live Healthy Iowa 5K at the Bondurant Regional Trailhead on April 15.



David and Megan Funk at the Live Healthy Iowa 5K at the Bondurant Regional Trailhead on April 15.



Misty Yager and Betsy Vaquerano at the Live Healthy Iowa 5K at the Bondurant Regional Trailhead on April 15.



Aaron Burns, Misty Smith and Trisha Herr at the Live Healthy Iowa 5K at the Bondurant Regional Trailhead on April 15.



Cadynce Mather, Dawn Atwood, Mary Lafferty, Carol Ossian and Dawn Mather at the Live Healthy Iowa 5K at the Bondurant Regional Trailhead on April 15.



Kathryn Gilbert, Jessica Main and Stephanie Main at the Live Healthy Iowa 5K at the Bondurant Regional Trailhead on April 15.

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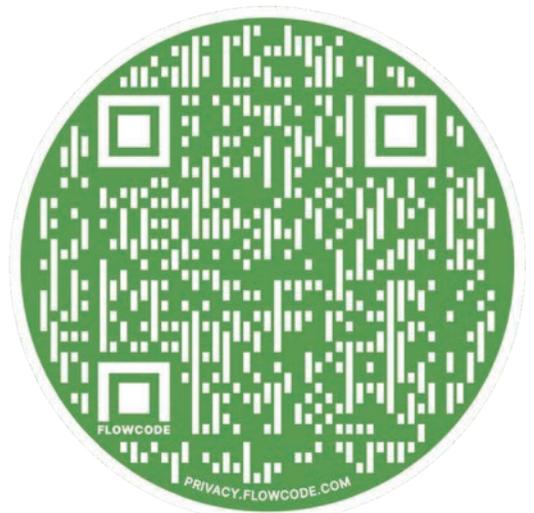
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