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BONDURANT

NOVEMBER 2024

# Living

MAGAZINE

## ON THE

# Map



**Landmarks add to  
Bonurant's character**

**Meet DJ Duve**  
EDUCATION

**Crab and shrimp sushi burrito**  
RECIPE

**Honoring those who have served**  
VETERANS SALUTE

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1	FLAT	\$95,000
2	FLAT	\$95,000
3	FLAT	\$95,000
4	FLAT	\$95,000
5	FLAT	\$95,000
6	FLAT	\$95,000
7	FLAT	\$95,000
8	FLAT	\$95,000
9	FLAT	\$95,000
10	FLAT	\$95,000
11	FLAT	SOLD
12	FLAT	SOLD
13	PARTIAL DAYLIGHT	SOLD
14	PARTIAL DAYLIGHT	\$125,000
15	PARTIAL DAYLIGHT	\$120,000
16	FLAT	\$80,000
17	FLAT	SOLD
18	PARTIAL DAYLIGHT	\$110,000
19	PARTIAL DAYLIGHT	\$125,000
20	PARTIAL DAYLIGHT	SOLD
21	PARTIAL DAYLIGHT	\$125,000
22	PARTIAL DAYLIGHT	SOLD
23	PARTIAL DAYLIGHT	\$125,000
24	PARTIAL DAYLIGHT	\$110,000
25	FLAT	\$95,000
26	FLAT	\$80,000
27	FLAT	SPEC
28	FLAT	\$90,000
29	FLAT	\$90,000
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# BINDING generations

Take a left by the old police station. Go three blocks till you come up to the water tower, then head right until you see the bear statue. Go past that for another block and turn left at the corner with the big rock. Then you will find what you are looking for, right next to where the old grocery store used to be.



Sound familiar? If you have ever asked for directions from someone who lived in a town for a long time, you likely heard something like that.

I worked at a gas station in high school, and a day rarely went by when people didn't stop in and ask for directions — and they also rarely wrote my instructions down. Either my directions were really simple, or they got lost along the way. I am guessing the latter.

I learned to first ask directions-seekers if they were familiar with the area. If the answer was yes, I could use landmarks as a guide. If the answer was no, I offered street names and my best guess for a number of blocks.

You may know people in town who moved to an older home where the prior owners lived for many decades. The Smith home. The Johnson home. The Jones home. The new owners could live there for 20 years, but many of the locals would still call it by the name of the prior inhabitants. Change is slow for many of us.

When our editor and I discussed a story idea about popular landmarks in the community, we both wondered what we would hear from residents when asked to name a few of the most popular. Parks. Ponds. Monuments. Bridges. Things like these topped the list, but we also heard about some unique landmarks that we guess many have never heard of. In that sense, landmarks are like art, and what defines art is different to every person.

French essayist Joseph Joubert said monuments are the grappling irons that bind one generation to another. I believe this to be true with many other landmarks, too, as they give us a sense of comfort and belonging and identity. And, although many of our central Iowa communities have a great deal in common, these landmarks make each one unique.

In this issue of your Living magazine, we share some of the popular landmarks in town and tell the stories of their relevance to the community. We hope you smile as you recall some of these, and we hope you are also inspired to seek out the others.

Thanks for reading. ■

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# ON THE Map

Landmarks add to  
Bonurant's character

By Rachel Harrington

Artworks. Architectural delights. Stunning homes. Monuments. Bondurant abounds with well-known sights — historic and new — that serve as landmarks and add to the community's character. They catch the eyes of visitors, spark memories in longtime residents, and embed themselves in the minds of those who use them as guideposts as they traverse the town. As street scenes change with the times, the landmarks remain steadfast reminders that Bondurant is one of a kind. This month's cover story tells the stories of some of the most recognizable landmarks of the city.

Bondurant City Clerk Shelby Hagan says the depot trailhead was placed across the street from where the old depot used to sit and pays homage to the railroad history of the area.

## Grain elevator and silos

In sleepy small towns all over Iowa, it isn't unusual to find farm elevators and silos dotting the skyline. Bondurant's skyline is graced with a large grain elevator and two silo six packs that have stood the test of time. They are affectionately known by many as the silhouette of Bondurant. Only in recent years have they ceased to be used.

Jan Johnson, a member of Bondurant's Historical Society, grew up in Bondurant and has spent most of her adult life here. She says she remembers when many of the current structures on the silo campus were erected.

"The current set of structures weren't the first ones," she explains. "The first ones, managed by Frank Miller with Miller & McClay Elevator, went up in 1900. According to 'Bondurant – A Centennial Celebration,' those were torn down after it was destroyed by fire. Unfortunately, there aren't many records before 1930. In 1950, the current grain elevator with 'Bondurant' painted on the top was built. It was the first concrete elevator. The other ones before it were wooden. It was added onto with two concrete storage additions. The third one was added in 1972 right next to the others."

On May 25, 1977, more storage was needed, so a silo project was started. To begin the base, the crews dug deep and started pouring concrete. It took 47 yards of concrete for the base. The crews couldn't stop once the concrete began to be poured. Pulley systems were used to lift buckets of concrete up and down, both day and night.

"The first part of the wall was poured on June 6, 1977. It took six days of non-stop work, and the first six-pack of silos were completed on June 12, 1977. They could hold 3.5 million bushels of corn," Johnson shares. "I remember it. I didn't live far from there. Both men and women worked on the elevator crews. In that generation, that was quite something. Sometimes the ladies wore swimsuit tops while they worked due to the heat. There was a car wash across the street that, occasionally, workers would walk to after their shift to rinse off."

In 1982, more storage was needed, so a second six-pack of silos was poured. A huge metal building was built that same year.

The derecho of 2020 caused significant damage to the structures. It was enough that insurance wouldn't cover the repairs to the complex, so the owners decided to sell it. They didn't feel like they wanted to invest the funds out of pocket to fix it up. As of now, the whole complex stands empty.

"You can drive all through the complex to look at it," Johnson says. "It's a bit dilapidated now."

Johnson's brother, Larry Haines, worked at the elevator for about 42 years.

"So many landmarks that used to be around are gone now," Johnson reminisces. "I'm eagerly awaiting what will happen with the property."



Jan Johnson, a member of Bondurant's Historical Society, displays information about the history of the grain bins and silos that have been part of the city landscape for decades.

## Freedom Rock honors local heroes

Allen Ihde has been a Bondurant resident for the better part of his adult life and even served as a long-time mayor of Bondurant. While mayor, he made many connections and was acquainted with many of Bondurant's residents. Through his connections, he became involved in getting a Freedom Rock in Bondurant.

"I got involved in this project because I knew a lot of folks from when I was the mayor here for about 20 years. I'd also been involved with the city for about 10 years before that," Ihde shares. Heather Johnson, a Bondurant



Allen Ihde, a former long-time mayor of Bondurant, helped arrange for a Freedom Rock in Bondurant, the first in the county.

resident, reached out to Ihde in 2012 because she knew he was a Vietnam veteran and associated with the local American Legion Post 396. She asked if a rock could be found and delivered to the Legion building for artist Ray “Bubba” Sorenson to paint a mural to honor veterans. Ihde said the American Legion would be glad to have it.

“We were the first Freedom Rock in Polk County and the fifth rock that was painted in the state,” Ihde shares. “The rock we have came from the quarry at Hallett Materials in Johnston. Bill Huber volunteered to use his flatbed semi to pick it up and drop it off at the Legion.”

Funds were raised for the \$5,000 cost of Sorenson’s services. Ihde praises Heather Johnson’s work in coordinating and organizing everything for the project.

“She did most of the legwork,” Ihde says.

The painting on the rock displays a member from each branch of the military carrying a fallen soldier, as well as that soldier’s boots, rifle and helmet. Two planes from different eras fly overhead the soldiers. On the other side of the rock is a flying eagle over Iowa’s state flag colors with the state flag’s motto, as well as a list of

the military branches along another section of ribbon.

“Bubba picked out what picture would be painted,” Ihde shares. “He did the painting in about a week or so. He put up a tent around it and worked on it about every day.”

The work was finished on June 1, 2013, and the rock was dedicated shortly after.

“It’s an honor to have something like it here,” Ihde states. “It’s a remembrance of being in the military and being part of that era.”

Ihde says many visitors stop by the rock.

“It seems like someone stops nearly every day. Every couple of years, a graffiti coating is put on the rock to protect it. Now, 11 years later, it’s still in pretty good shape.”

There is at least one Freedom Rock in every county of Iowa, with some counties boasting more than one.

“It’s an Iowa thing,” Ihde says. “Bubba lives in Greenfield, and he decided he wanted to paint one there in 2010. Later, he decided that he wanted to paint one for each county in the state. Bubba has a website that has a picture of every rock he has ever painted and where each one is located.”

## Trailhead links the community

In 2009-2010, the city of Bondurant put together a proposal for a downtown streetscape improvement project. Along with that proposal, the FC Cooperative approved the installation of bike trails along their railroad right of way, and it was decided that a trailhead would be installed as part of the trail system to be developed. The plan was to design the trailhead to replicate the original train depot in Bondurant. The project included restrooms, landscaping, an outdoor shelter building, attractive paving and designated trailhead parking. By Aug. 18, 2011, the Bondurant Regional Trailhead Masterplan was complete. A timeline for the trailhead depot construction was established on June 7, 2012, and a groundbreaking ceremony was held on Nov. 29, 2012.

When current Bondurant City Clerk Shelby Hagan moved to the area in 2008, the railroad was still in place.

“The groundbreaking started the trail system project,” she says.

The project was a collaboration by Parks and Recreation, the city council, the Trailhead Committee and the city administration. When

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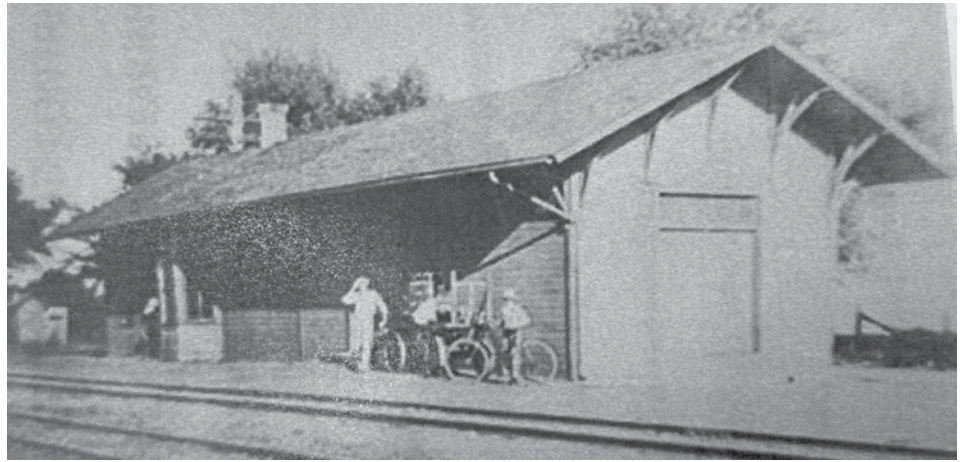
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planning began, Snyder and Associates, headed by Don Marner and Diane Goering, was chosen as the design team, SVPA Architects designed the depot, and the trail paving engineer was Mike Anthony of Shive-Hattery.

The new depot trailhead was placed across the street from where the old depot used to sit. The old depot served the community from 1883 to 1962 as part of the Chicago Great Western rail line. In total, the railway was in operation from 1883-2005.

Hagan says that most of the planning was done before she became the Parks and Rec coordinator, a position she held prior to becoming city clerk.

“I was the administrative assistant then,” she shares. “I helped execute the grand opening which took place June 22, 2013. For the opening, we had a pancake breakfast, a ribbon cutting, a 5K walk/run and a bike ride to Baxter and back. The railway was a big historical piece of Bondurant, so I think that they replicated the depot as the trailhead to preserve and honor a piece of its history. The trailhead stays really busy, especially in the summertime, and it is used by people from all



A historic photo shows the Bondurant Depot as it was.

over. It’s also a hub for community events such as Bondurant Blues & Brews, Summerfest and the Bondurant Chowder ride.”

Hagan says she used to bike the trails before starting her family, but that these days she and her family enjoy walks on the trail.

Funding for the trailhead project was provided by Prairie Meadows, and a Polk County Community Betterment Grant helped give the project a great start. The final product

is a .7-acre trailhead park with a 1,440 square foot open-air shelter complete with restrooms and a water bottle fill station.

“The trail system has really connected our town,” Hagan states. “We are connected to the metro through the Central Iowa Trail System. There is only one major gap in our trail system — a section toward Altoona. Plans are currently in place and awaiting funds to be raised to fill that gap.” ■

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*(Family Features)* Some nights, especially when schedules are jam packed, the allure of grabbing takeout or swinging through a drive-thru between activities may sound more appealing than spending time in the kitchen. You can skip the to-go boxes, however, with these tasty Asian-inspired dishes that come together almost as fast as delivery while allowing you to get creative at mealtime.

Packed with fresh shrimp and crispy veggies, this crab and shrimp sushi burrito fuses some favorite takeout dishes together to satisfy cravings in half an hour using Success Boil-in-Bag Jasmine Rice, which cooks up soft and fluffy and provides a flavorful and aromatic base. This combination of seafood, homemade sauces and flavorful veggies makes for an unforgettable taste experience comparable to your favorite quick-serve restaurant.

Find more recipe inspiration to tackle takeout cravings and more at [SuccessRice.com](http://SuccessRice.com). ■

## Crab and shrimp sushi burrito

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 4

- 1 bag Success Jasmine Rice
- 1/2 cup unseasoned rice vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons kosher salt
- 2 tablespoons mayonnaise
- 2 tablespoons Sriracha sauce
- 1/4 teaspoon sesame oil
- 1 tablespoon black sesame seeds
- 4 sushi nori sheets
- 1/2 carrot, ribboned, divided
- 1/2 cucumber, ribboned, divided
- 6 crab sticks, shredded, divided
- 6 large shrimp, cooked, deveined, tails removed and butterflied, divided

### DIRECTIONS

- Rinse rice bag under cold water to remove starch. Prepare rice according to package directions.
- In small saucepan over medium-low heat, heat rice vinegar, sugar and salt until sugar and salt have dissolved, about 1 minute. Set aside.
- In small bowl, mix mayonnaise, Sriracha sauce and sesame oil. Set aside.



- Transfer cooked rice onto large baking sheet. Drizzle half the vinegar mixture over rice, turning until all rice is fully coated. Taste and add more vinegar mixture, if desired. Spread rice into thin layer and cool to room temperature. Sprinkle sesame seeds on top.
- Lay down one sushi nori sheet. Spread layer of rice on it. Place half the carrots and cucumbers on rice. Place crab and shrimp on top.
- Place another sushi nori sheet just under first one and roll. Repeat with remaining sushi nori sheets, rice, carrots, cucumbers, crab and shrimp. Wrap both burritos in plastic wrap. Let rest 10 minutes.
- Slice burritos in half and serve with spicy mayo.

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News from the

# BONDURANT-FARRAR

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November 2024

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- **Athletic Booster Club:** Support student-athletes in grades 7-12
- **Education Foundation:** Support K-12 students in their academic journey
- **Elementary PTO:** Support PK-6 students and programs
- **Employment Opportunities:** Join our team as a staff member this school year
- **Fine Arts Booster Club:** Support 7-12 fine arts programs and students
- **Parent Advisory Committees:** Hosted by building principals at each school
- **Safe, Supportive, & Equitable Schools Committee:** Help ensure a safe, welcoming, and supportive school environment for all students
- **School Board Meetings:** Public meetings typically held twice per month
- **School Improvement Advisory Committee:** Hosted by district leadership twice annually
- **Volunteer:** K-5 classrooms are in need of volunteers to help facilitate lessons centered around financial literacy, entrepreneurship, and work readiness.



### GET INVOLVED:

If any of these opportunities interest you, please call our district office at 515-967-7819 or fill out our contact form to express your interest and learn more.

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# BONDURANT-FARRAR

## 24-25 WINTER SCHEDULE



**FOR ALL BLUEJAYS SCHEDULES**

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### VARSITY BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Dec 6	7:30PM	Ballard	Ballard High School
Dec 10	7:30PM	Winterset	Bondurant-Farrar High School
Dec 13	7:30PM	Carlisle	Bondurant-Farrar High School
Dec 14	3:30PM	Spencer	Wells Fargo Arena - Des Moines
Dec 17	7:30PM	ADM CSD	ADM High School
Dec 20	7:30PM	Boone	Bondurant-Farrar High School
Jan 3	7:30PM	Carroll	Carroll High School
Jan 7	7:30PM	North Polk	North Polk High School
Jan 10	7:30PM	Gilbert	Bondurant-Farrar High School
Jan 16	7:30PM	Des Moines Roosevelt	Bondurant-Farrar High School
Jan 17	7:30PM	Ballard	Bondurant-Farrar High School
Jan 21	7:30PM	Winterset	Winterset
Jan 24	7:30PM	Carlisle	Carlisle High School
Jan 28	7:30PM	Adel DeSoto Minburn CSD	Bondurant-Farrar High School
Jan 31	7:30PM	Boone	Boone High School
Feb 4	7:30PM	Carroll Community School	Bondurant-Farrar High School
Feb 7	7:30PM	North Polk	Bondurant-Farrar High School
Feb 11	7:30PM	Gilbert	Gilbert High School
Feb 13	7:30PM	Knoxville	Bondurant-Farrar High School
Feb 18	7:30PM	Newton	Newton High School
Feb 20	7:30PM	Indianola	Indianola High School

### VARSITY GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 26	7:30PM	Norwalk	Norwalk High School
Dec 2	7:30PM	Des Moines Lincoln	Bondurant-Farrar High School
Dec 6	6:00PM	Ballard	Ballard High School
Dec 10	6:00PM	Winterset	Bondurant-Farrar High School
Dec 13	6:00PM	Carlisle	Bondurant-Farrar High School
Dec 17	6:00PM	Adel DeSoto Minburn CSD	ADM High School
Dec 20	6:00PM	Boone	Bondurant-Farrar High School
Jan 3	6:00PM	Carroll	Carroll High School
Jan 7	6:00PM	North Polk	North Polk High School
Jan 10	6:00PM	Gilbert	Bondurant-Farrar High School
Jan 16	6:00PM	Des Moines Roosevelt	Bondurant-Farrar High School
Jan 17	6:00PM	Ballard	Bondurant-Farrar High School
Jan 21	6:00PM	Winterset	Winterset
Jan 24	6:00PM	Carlisle	Carlisle High School
Jan 27	6:00PM	West Marshall	West Marshall High School
Jan 28	6:00PM	ADM CSD	Bondurant-Farrar High School
Jan 31	6:00PM	Boone	Boone High School
Feb 4	6:00PM	Carroll Community School	Bondurant-Farrar High School
Feb 7	6:00PM	North Polk	Bondurant-Farrar High School
Feb 8	2:00PM	Clear Creek Amana	Clear Creek Amana High School
Feb 11	6:00PM	Gilbert	Gilbert High School



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# Bluejays

## VARSITY WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 5	5:30PM	Multiple Schools	Bondurant-Farrar High School
Dec 6	11:00AM	Multiple Schools	XTream Arena
Dec 7	9:00AM	Multiple Schools	XTream Arena
Dec 12	5:30PM	Multiple Schools	Ballard High School
Dec 13	5:30PM	Waverly-Shell Rock	Waverly-Shell Rock High School
Dec 19	5:30PM	Multiple Schools	Bondurant-Farrar High School
Dec 21	10:00AM	Multiple Schools	Bondurant-Farrar High School
Jan 9	5:30PM	Winterset	Winterset High School
Jan 11	9:00AM	Multiple Schools	Atlantic High School
Jan 16	5:30PM	Multiple Schools	Gilbert High School
Jan 18	10:00AM	Cedar Rapids Jefferson	Cedar Rapids Jefferson High School
Jan 23	5:30PM	Carroll	Carroll High School
Jan 25	9:00AM	Multiple Schools	Urbandale High School
Jan 30	5:30PM	Multiple Schools	Carlisle High School

## VARSITY BOWLING

DATE	TIME	OPPONENT	LOCATION
Dec 3	3:15PM	Gilbert	Great Escape
Dec 10	3:15PM	Norwalk	Great Escape
Dec 14	1:00PM	Newton	Newton - Cardinal Lanes
Dec 17	3:15PM	Oskaloosa	Great Escape
Dec 19	3:15PM	Southeast Polk	Great Escape
Jan 7	2:00PM	Knoxville	Statesman Lanes- Oskaloosa
Jan 11	12:30PM	Pella Christian	Statesman Lanes- Oskaloosa
Jan 16	3:15PM	Ballard	Great Escape
Jan 23	4:00PM	ADM CSD	Adel Family Fun Center
Jan 30	3:15PM	Pella	Great Escape
Feb 8	9:00AM	Sigourney-Keota	Mahaska Bowl



Photos provided by Photos By Ben.

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# UNBREAKABLE spirit

Annual softball tournament benefits Madi Meyer.



Bree and Ryan Meyer have appreciated the community's support since their daughter, Madison, was diagnosed with a rare, aggressive and fast-growing tumor in her brain.

Shortly after her fourth birthday, Madison Meyer woke up with bleeding on her brain from a tumor that had burst open in the middle of the night. She was life flighted from the family's then home in Kansas to Colorado, where she underwent an eight-hour brain surgery.

Shortly thereafter, test results revealed Madison had high-grade glioma — a rare, aggressive and fast-growing tumor that affects the brain or spinal cord. Madison's parents, Bree and Ryan, were told their daughter would not be able to walk, talk or have any basic motor skills again. They were also told by doctors she had a survival chance of just 5%.

She's proven everyone wrong.

After undergoing intensive physical, occupational and speech therapy, Madison regained her basic motor skills. Recently, she celebrated her sixth birthday.

Since her diagnosis, she's had to relearn everything, and, as parents, Bree and Ryan had to make decisions no parent should have to.

"In the beginning, they told us we wouldn't be able to bring her home, and they had us planning the unthinkable task," Bree recalls.

"We would sit by her bedside and pray. We knew she was a fighter, but we had to keep her quality of life in the forefront."

Yet Madison has beat the odds stacked against her, and she continues to fight every day.

Recently, Bondurant residents joined in that fighting spirit through the Ashley Carpenter Classic Softball Tournament held on Sept. 28 at the Bondurant Little League fields. The annual event is all about bringing the community together to help fight childhood cancer and bring awareness to those enduring the battle.

"We got together as a family, including Madison's sisters, uncles, aunts, grandparents and close friends, to support Madison," Bree shares. "Seeing everyone having a good time, not worrying about her next treatment or what's to come, but instead just being together playing a game was refreshing and so uplifting."

From the tournament proceeds, the family was able to purchase Madison a brand-new playset for their yard — a simple joy that has helped the young girl feel like a kid again as she continues to work on rebuilding her strength and coordination.

The outpouring of support from the

Bondurant community has been a bright spot throughout Madison's challenging journey, including the teachers and staff at Morris Elementary, who have embraced Madison's needs, and the Brickhouse Fitness gym membership gifted by the owners that allows the family to exercise together.

"We are new to the community, so seeing the amount of support from the community and schools was an amazing experience for the whole family," Bree says. "Knowing that Bondurant comes together to help each other really makes it easy to say this is our forever home."

As Madison continues her daily chemotherapy treatments, her family remains cautiously optimistic about the future. They're hoping the current medication will keep her tumor from growing for the next five years, at which point they may consider surgery again. But no matter what lies ahead, they know the Bondurant community will be there to lift them up.

"Madison is learning to live a fun-filled life, not only as a kid with cancer, but as Madi," Bree says. ■

# HONORING OUR LOCAL VETERANS

VETERANS DAY WAS MONDAY, NOV. 11, 2024



## DAN CLARK

**Bondurant**

**Military branch:** Army National Guard • **Rank:** E4

**Service:** Operation Enduring Freedom, Operation Iraqi Freedom, Operation Vigilant Relief

**How can the public best honor veterans?** "Thank a veteran. A simple 'Thank you' goes a long ways. If you see a veteran, shake their hand and ask how they are doing. Volunteer your time at a local Veterans Hospital or donate to local veterans charities. When you see a flag in a parade, stand, remove your hat and put your hand on your heart. Always remember that veterans fought and died carrying and defending the American flag in combat. The American flag means the world to a veteran, so never let it touch the ground. And lastly, never forget those who sacrificed their life, those who paid the ultimate price defending the American way of life."

*Thank you for your service!*



## DOUG WILLIAMS

**Bondurant**

**Military branch:** U.S. Navy (Naval Mobile Construction Battalion), U.S. Air Force

**Rank:** E-5

**Deployments:** 2007-2008, Operation Iraqi Freedom and Operation Enduring Freedom

**How can the public best honor veterans?** "Honor and respect the flag we have all served under to protect our liberties, rights and freedoms. Never forget those who have paid the ultimate price to help protect each and every one of us."



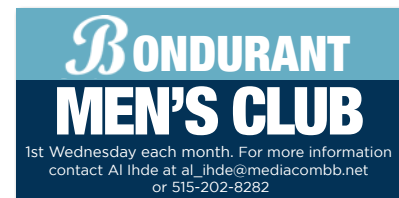
## JANA PARSONS

**Military branch:** U.S. Air Force

**Rank:** TSGT

**Service:** 1986 to 1997

**How can the public best honor veterans?** "The public does a great job of recognizing the 'obvious' soldier (and rightly so): The young people deployed multiple times to harrowing war (like my son). There are others, though, that paid an equally heavy price that is invisible to most (like myself). I would like the public to recognize that any veteran who was brave enough to walk away from their normal life because they wanted to do something for their country is worthy of recognition."



# MEET DJ Duve

Coaching baseball and teaching sixth grade

Originally from West Des Moines, DJ Duve played baseball at Simpson College until he hurt his elbow in two consecutive years. He then transferred to Iowa State University where he graduated. Prior to working with the Bondurant Farrar Community School District, Duve was the assistant baseball coach at Waukee Northwest and taught fourth grade. He decided to join the B-F district after being given the opportunity to serve as head baseball coach and teach.

“My favorite part of working in this district is how much people care about the schools and athletics. People are willing to help the community whenever needed. It is a special place,” Duve says.

Duve currently teaches sixth grade at the Intermediate School. He says he likes working with students at that level because of their sense of humor.

His students have the opportunity to attend JA Biztown. Duve says that many of his students look forward to being a citizen of their own town for a day. They also like learning the skills needed to participate in the program.

A reward for Duve is hearing how much his students enjoy their time in his classroom.

“The biggest reward is hearing how much students grow socially or academically with me as their teacher,” Duve says.

This past summer, Duve coached his first season as head coach with the Bondurant-Farrar baseball team. He also entered his first year teaching sixth grade with the Intermediate School this past fall. Overall, Duve has coached baseball for seven years and has taught for three years. This school year, Duve says he is mostly looking forward to creating excitement about learning and the baseball program. ■



DJ Duve, pictured with his fiancée Molly Carlson, says he enjoys seeing his students grow socially and academically.

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thankful  
blessed



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# PRACTICING thankfulness

“There is always a reason to be thankful.” “’Tis the season to be thankful.” “Grateful-thankful-blessed.” We often see these quotes or reminders around Thanksgiving on decorations, napkins and social media. It is the time of year when many of us reflect upon what we are thankful for. Thankfulness isn’t only good for the soul; it is good for the body.



A mindset of thankfulness can help improve health and extend your life. It can improve sleep, decrease depression, reduce headaches and decrease pain. Practicing thankfulness is a simple yet important practice and easy to implement into your daily routine. Here are a few ways you can practice thankfulness and gratitude in your day-to-day life.

**Write in a gratitude journal what you are thankful for each day.** A gratitude journal is similar to a diary, but it doesn’t have to be long, drawn-out paragraphs, it can just be a few words each day. This journal gives you the opportunity to reflect and record what you are thankful for. A bonus: When you are having a bad day, you can look back in your journal to see the positive and remember how many things there are to be thankful for. Understand that thankfulness

doesn’t have to be a momentous event; it could be something small or an everyday moment.

**Try a gratitude day.** Pick one day during the week and don’t complain about anything. We live in a complaint culture. The United States is ranked No. 1 in countries that complain the most. Just say no to complaining and think about how you can spin a negative into a positive. Try to find the silver lining.

**Try to add random acts of kindness into your day.** Just a smile or a thoughtful gesture can improve someone’s day. Even if your acts aren’t seen, they can make a huge impact in others’ lives. Your random act of kindness could be what another person is thankful for that day.

**Go for a walk outside and notice the natural beauty all around us.** Fall is a beautiful time a year. The trees are changing color, the leaves are falling, and you can hear the wonderful sounds of the season as they crunch under your feet. There is so much in nature to be thankful for.

Family, friends, home, a job, health... there is so much to find to be thankful for. What are you thankful for today? ■




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



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# THANKFUL to give

Leading up to Thanksgiving, it seems like we always ask the questions, “What are you thankful for?” “Who has been a blessing in your life?” And, in the spirit of the song “Count Your Blessings,” we can usually name off a bunch of things and people who have filled our hearts. God is good, and being connected with His people fills our cup to overflowing.



But I want to take it a step further. When you have fullness and abundance, whether that’s physical or spiritual, how are you being a blessing outward to others? If you haven’t thought about it, may I suggest a couple of ways?

When is the last time you gave of your time without being reimbursed for it? There are a great many charities and organizations that do some great work around our city (Bondurant and beyond), and volunteering your time blesses both them and you. Have you ever noticed that? Of course, they’re able to get their work done, but when you give your time in the service of others, you get the blessing in return of having done something just for the sake of doing what is right.

How about your talents? God has blessed you with skills and abilities that are unique to you. The apostle Paul used the illustration of our physical body and the various parts working together in unison. Some of us are an eye or an ear (up front, out in the open, and our work is more glamorous) and some of us are a spleen or an ankle (more behind-the-scenes and less obvious upon first glance). But which body part, if it’s malfunctioning, do you not notice? In the same way, however God has wired and gifted you, do your part. (Also see 1 Corinthians 12 for Paul’s illustration.)

We’ve also been given blessings of treasure, in various forms and degrees. Sometimes things are tight, and sometimes they’re not. When we find that we have a little extra, who can we bless? Find a neighbor and bring them a meal or get their oil changed. Go to a homeless shelter and ask what some of their biggest needs are (pro tip: lots of people are generous at Thanksgiving and Christmas. Be the one who also gives in the dead of winter).

So, build those connections with your neighbors, your community and a group of imperfect church people who follow a perfect Christ. And out of the abundance that God blesses you with from those connections, give freely to those you have opportunity to serve. ■

Information provided by Thomas Christensen, serving as Family & Children’s Ministry Director at Federated Church of Bondurant.

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# IT'S BACK!

Who will be voted favorite in Eastern Polk County?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.



Make your voice be heard and cast your votes in the 2024 Eastern Polk County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish January Altoona and Bondurant editions. You can vote in one or every category, or anywhere in between.

**HURRY! POLL CLOSSES DEC. 6, 2024**

See rules and vote at [www.iowalivingmagazines.com/residentspoll](http://www.iowalivingmagazines.com/residentspoll). One vote per resident, please.

SCAN HERE TO VOTE TODAY!



## FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

## AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

## COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce
- Library
- Camping Spot

## SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman
- Consignment Store

## ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Child's Birthday Party
- Golf Course

## HEALTH/BEAUTY

- Hair Salon
- Physicians Clinic
- Dental Office
- Orthodontist Office
- Mental Health Service
- Chiropractic Office
- Audiologist/Hearing Clinic
- Vision Care
- Health Club or Gym
- Alternative Health Care

## HEALTH/BEAUTY

- Pharmacy
- Physical Therapy
- Dance Studio
- Gymnastics/Tumbling Studio

## OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Lawn Care Business
- Nursery or Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
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## DO YOU have a messy munchkin?

The Bondurant Community Library announces a brand-new program intended for children ages 3-6. Messy Munchkins is a messy, sensory art program which aims to meet the needs of families in and around Bondurant who are not able to make it to a traditional story time during the week.

Messy Munchkins looks to provide a space where you and your kiddo can connect with each other as well as with others in our community. We are excited for the opportunity to offer a relaxed atmosphere where children can express themselves creatively. Leave the stress and mess to us and come out and enjoy this fun program.

Messy Munchkins will be held on the second Saturday of the month at 10:30 a.m. There is no registration required; however, adult supervision is required and drop offs are not permitted. On Dec. 14, we will enjoy Cookie Decorating.

On Tuesday, Dec. 10 at 10:30 a.m., Story Time participants will get the opportunity to enjoy a presentation from Polk County Conservation on Animal Winter Preparation and Hibernation.

Later on in December, Story Time will take a short two-week break while Miss Carly prepares for the upcoming year. This break will take place Dec. 23 to Jan. 3. Fear not. During this break, we still have fun in store. On Tuesday, Dec. 31, the library will host a Noon Year's Eve party from 11 a.m. to 12:30 p.m. We know a lot of families don't get the opportunity to watch the ball drop in real-time, so come out and enjoy the coming New Year with us a bit early.

### Here is what's happening at the library in December:

- Story Time: Tuesdays and Wednesdays at 10:30 a.m. and Fridays at 12:45 p.m.
  - Baby Story Time and Play: Thursdays at 9:30 a.m.
  - Fit for Life (exercise class for older adults): Mondays and Thursdays at 8:30 a.m.
- Dec. 2: After-School BINGO at 2:30 p.m.
- Dec. 3: Gift Wrapping Party from 4-7 p.m.
- Dec. 3: Book Club for Grades 3-5 at 6 p.m.
- Dec. 4: Pokémon Club at 4:15 p.m.
- Dec. 5: Adult Craft Night at 6 p.m., registration required.
- Dec. 8: Teens Only Sunday Funday at 3 p.m.
- Dec. 9: After-School STEAM at 2:30 p.m.
- Dec. 10: Story Time with Polk County Conservation at 10:30 a.m.
- Dec. 10: Book Discussion for Adults at 6 p.m.
- Dec. 11: Curious and Creative Kids Club at 4:15 p.m.
- Dec. 12: Family BINGO at 6 p.m.
- Dec. 14: Messy Munchkins at 10:30 a.m.
- Dec. 16: After-School Craft at 2:30 p.m.
- Dec. 17: Adult Crafternoon at 1 p.m., registration required.
- Dec. 17: Book Club for Grades 6-8 at 5:30 p.m.
- Dec. 17: Books on Tap book discussion at Reclaimed Rails at 6 p.m.
- Dec. 19: Anime Club at 4 p.m.
- Dec. 19: Paint Night for Adults at 6 p.m.
- Dec. 23: No-School Movie at 10 a.m.
- Dec. 23: Library closes at 1 p.m.
- Dec. 24 and 25: Library closed
- Dec. 30: Coloring Night at Reclaimed Rails at 6 p.m.
- Dec. 31: Noon Year's Eve Party at 11 a.m.
- Dec. 31: Library closes at 1 p.m. ■

Be sure to check for cancelations.

## Upcoming in Bondurant Living magazine:



**Holiday recipes:** Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) by Dec. 1 to have it included in our December issue.

**First cars:** Do you remember your first car? Do you have a photo of yourself with it? Or maybe you still own it? We want to hear your stories. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) by Jan. 1 to be included in the January issue.



## 2024 Merry & Bright Celebration

Sunday, Dec. 8

Bondurant's annual Merry & Bright Celebration is a holiday tradition that brings the community together for a day of festive fun. If you're new to town, this is the perfect chance to see our hometown sparkle, meet neighbors and kick off the holiday season with family-friendly activities. This year's event will feature horse-drawn carriage rides, a tree lighting ceremony, a lighted parade, carolers and so much more.

From 10 a.m. to 3 p.m., enjoy the Winter Market & Vendor Fair at Bondurant Junior High School, 1201 Grant St. N. From gifts and decor, to food and more, you'll find much to enjoy at this great annual event. For information on being a vendor, email [bondurfarmersmarket@gmail.com](mailto:bondurfarmersmarket@gmail.com) for a vendor application.

From 1-4 p.m., enjoy the magic of the season with the Bondurant-Farrar Choirs at KaleidoHope, 109 Main St. S.E. The Bondurant-Farrar Fine Arts Booster Club will also be offering hot chocolate. Come for the music and stay for the holiday spirit.

From 1-4 p.m., The Bondurant Historical Society will be having a s'more station at The Depot and Founders Irish Pub will have a hot cocoa bar and a chili and chicken noodle bar (the soup bar special is available from noon to 8 p.m.). They will also be hosting a free kids craft activity.

From 3-5 p.m., visit Santa's Workshop & Cocoa Stop at the Bondurant Community Library, 104 Second St. N.E. Santa will be waiting to hear what you want for Christmas, and Photos by Ben will be on site to document that magical moment.

At 4:39 p.m., the Tree Lighting Ceremony will take place on the lawn of the Bondurant Community Library. The Lighted Parade rounds out the day's activities at 5 p.m. The route has yet to be announced. If you are interested in having a float in the lighted parade, contact Katie at [kklus@cityofbondurant.com](mailto:kklus@cityofbondurant.com) or call 515-630-6982. For the most up-to-date information search for the Facebook event. ■

## Here Comes Santa Claus

Dec. 7, 9-11:30 a.m.

Reclaimed Rails Brewing Co., 1 Main St. S.E., Bondurant

The Real Advantage Partners team is once again hosting Here Comes Santa Claus, one of the community's favorite holiday events. This is a free event where families can get their photo taken with Santa, share a light breakfast of fruit, donuts and muffins, and do some fun holiday activities like make "reindeer food" or put together a holiday countdown chain. There is no cost, and no pre-registration is required. This is a great way for families to start a Saturday and for parents to check off some items from their holiday to-do lists.



## Bondurant Senior Citizens meetings

First and third Mondays of the month

The public is invited to join the Bondurant Senior Citizens. The group meets at a local restaurant or has a catered meal the first Monday of the month at the Bondurant Legion Hall and meets for coffee and donuts at the Bondurant Legion Hall on the third Monday of the month at 9:30 a.m.



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## PREPARE your skin for winter

As the weather cools, you might be finding your skin feels more sensitive and drier and looks more dull and lackluster. Following are some of our favorite tips for keeping your skin healthy, hydrated and radiant during the winter months.



- **Drink plenty of water.** Two to three liters of a non-caffeinated beverage per day can improve your skin's elasticity, reduce fine lines and wrinkles, prevent acne and flush toxins from the body.
- **Switch to a richer moisturizer** with ceramides and/or hyaluronic acid to restore the skin's barrier and hold in hydration. Moisturize twice a day.
- **Don't forget to exfoliate.** A gentle exfoliating cleanser that contains glycolic acid not only helps loosen up dead skin cells so they shed quicker, but also acts as a humectant to attract water into the skin and boosts the body's own production of hyaluronic acid.
- **Schedule a bi-weekly or monthly DiamondGlow.** This three-in-one facial treatment exfoliates away dead skin cells, suctions dirt and debris from the pores, detoxifies the skin through lymphatic drainage, and infuses hydrating treatment serums to the level of the dermal-epidermal junction. The result is instantly radiant and hydrated skin.
- **Wear your SPF.** Sunscreen is still the most important product in your skincare routine, even in the winter. Exposure to harmful UV rays still occurs through windows and during outdoor activities. The sun's rays break down collagen and elastin in the skin, leading to thinner skin and further compromising its protective barrier. ■

Information provided by Nikki Morgan, DNP, ARNP, SkinFusion FX, 410 Eighth St. S.W., Altoona, 515-967-0587, [www.skinfusionfx.com](http://www.skinfusionfx.com), [nikki.skinfusionfx@gmail.com](mailto:nikki.skinfusionfx@gmail.com)



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## EAR infections and chiropractic

Ear infections can be a common issue for kids and are hard on them and their parents. Chiropractic is a great place to start to help prevent and heal these infections naturally. Chiropractic adjustments support natural ear drainage, improve blood flow to the ENT region, and encourage healthy lymphatic circulation. Antibiotics are commonly prescribed to treat ear infections, but they do not address the root cause, and many times the infections return repeatedly. Chiropractors look beyond symptom relief and focus on the source of the problem.

Chronic ear infections often stem from issues with fluid drainage in the ear. When the middle ear and eustachian tubes aren't draining properly, it can lead to fluid buildup, congestion and inflammation. Over time, this can result in recurring ear infections and disrupt the balance of the entire ear, nose and throat (ENT) system. Misalignments in the upper neck can disrupt this process, leading to fluid buildup and possible ear infections.

Getting adjusted as a child (or an adult) can restore proper alignment and enhance your nervous system function, which helps aid in fluid drainage. This not only helps prevent ear infections but also supports the natural healing process if an infection does occur. Having babies checked immediately following birth can help address issues of misalignment before they have time to develop into things like ear drainage issues. Ear infections are even more common in babies born by cesarean section.

Your nervous system controls vital functions, including the immune system and drainage systems. By enhancing nervous system function with chiropractic adjustments, we help the body manage drainage and immune responses more effectively. This includes supporting the nerves that regulate fluid flow in the ear, lymphatic system and respiratory system. ■

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

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# GRIEF and the holidays

After someone you love dies, special days like birthdays, anniversaries and holidays can result in what seems like a sudden wave of grief. But it makes a lot of sense. The holidays typically represent togetherness, emphasizing the one who isn't there. Traditions can bring up memories from past holidays, which may now feel painful. And the impossible expectations to have the "perfect" holiday season can leave you feeling as if there is no room for grief during this time of year.



Here is an important reminder: Allow yourself to feel however you are feeling, and make a plan for the days/situations that will be toughest for you.

When making that plan, consider these questions for yourself and those you care about:

What are the things you still want to do and the things you do not? Are there new things you want to try? Everyone grieves differently, so what is comforting to one might not be to another. Is there a way to meet in the middle? Are there others who could aid in making important things happen that you don't have the energy for?

How can you remember and honor your loved one during this season? What is meaningful to you? What was meaningful to them? How can you still incorporate them in new ways?

For more ideas, contact the Academy. Take good care of yourself. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.

*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

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FUNERAL & AFTER LIFE SERVICES

515-243-5221  
6 Area Locations

# GINGIVITIS vs. periodontitis

**Gingivitis:** Teeth are not loose, and there is no irreversible damage to the jawbone, which supports the teeth. The gums become red and inflamed because bacterial plaque and tartar accumulate on the surface of the tooth.



**Periodontitis:** The gum and bone recede from the teeth and form large pockets. Bone and gum loss is irreversible and cannot grow back once it is lost. Dental plaque and tartar collect in the pockets between the gums and teeth, and bacteria populate the pockets. The immune system cannot remove plaque and bacteria, which causes gums and jawbone to back away from the bacteria and their toxins and, ultimately, the teeth.

**Treatment of gingivitis:** After brushing, rinse thoroughly with an antibacterial mouthwash to help fight plaque, gingivitis and bad breath, and floss or Waterpik at least once a day to remove food particles and plaque between teeth. See your dentist every six months.

**Treatment of periodontitis:** It is important to have plaque and calculus removed by a dental professional. This may be done using hand tools or an ultrasonic water stream that removes plaque and tartar. Depending on how much plaque and calculus is present, the process may take one or two visits and may require anesthetic. A professional cleaning is normally recommended twice a year, and possibly more often, depending on how much plaque accumulates. See your dentist regularly based on the recommended interval. ■

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

**Perfect Check-Up Winners**  
Caelynn W.!

**Monthly Referral Winner**  
Jessica H.!

**Congratulations!**

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# AGING: fine lines and wrinkles



With winter almost upon us, it's a great time to discuss skin. Here in the Midwest, we often savor our warmer months and take full advantage of being outdoors during the beautiful sunny weather, utilizing our colder months to seek treatments for our skin concerns when the sun can be avoided.

Fine lines and wrinkles are one of the top skin concerns people want to prevent and correct. They are caused by many factors, intrinsic and extrinsic, such as age, UV radiation exposure, smoking, pollution and genetics. Prevention is key. Always wear SPF while outdoors, wear protective clothing and avoid indoor tanning. Make it a habit to cleanse and moisturize your face both a.m. and p.m. Active ingredients such as vitamin C, niacinamide and retinol are helpful in reducing fine lines and wrinkles.

Discuss medical-grade skincare products with a professional for optimal results. Laser resurfacing procedures utilizing non-ablative laser or broad band light (BBL) treatments, which are minimally invasive, address aging, sun damage, texture, even skin tone and reduce acne. While most people start to recognize fine lines and wrinkles, they also notice areas of the skin that start to cause concern such as brown spots, red spots, unwanted freckles, rosacea and melasma. It is important to recognize that broad band light slows the cellular aging process, while non-ablative laser treatments help pigment, fine lines, and improve tone and texture with very little down time. These treatments are extremely beneficial in prevention as well as correction but should only be performed by a licensed and trained professional.

You can also improve the appearance of skin laxity and wrinkles with proven medical therapies that tighten and improve skin of the face, neck and body. While it is not a fine line or wrinkle, skin laxity and/or crepey skin are also noted as we age. Laxity of the skin can also be seen post pregnancy. Broad band light treatments are extremely beneficial in prevention as well as correction of crepey, saggy or lax skin.

Botulinum toxins (neurotoxins) can also be used to treat and prevent fine lines and wrinkles. The muscles of the face and body tug and pull as they contract, causing the skin to wrinkle. Toxins are injected into the muscle of the face or neck to relax the muscle, soften and smooth the skin. Toxins are very safe when injected by a trained professional. Fine lines and wrinkles happen to the best of us, even when preventative measures have been followed. Don't fret. There are clinically proven treatments to help address all of your skincare concerns. Seek out a licensed skincare specialist to discuss and address your areas of concern. ■

Information provided by Teresa Sieck MPAS, PA-C, PhD, Luxe Medical Spa and Aesthetics, 88 Paine Circle S.E., Suite 7, Bondurant, 515-630-8637, [www.luxemedicalspa.net](http://www.luxemedicalspa.net).

## Join the Chamber!

### Your 2025 membership includes:

- ✓ Events
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- ✓ Membership Directory
- ✓ Greater Des Moines Partnership Benefits
- ✓ Communication
- ✓ And much more!

Email [director@bondurantchamber.com](mailto:director@bondurantchamber.com) for more information.



**BONDURANT**  
CHAMBER OF COMMERCE

[www.BondurantChamber.com](http://www.BondurantChamber.com)



## Merry & Bright

*December 8th, 2024*

Merry & Bright Celebration is a day full of holiday events for adults and families. This year's event will feature horse-drawn carriage rides, visits by Santa, tree lighting ceremony, a lighted parade, carolers, and so much more!

If you are planning a holiday event for Dec. 8th please reach out to Katie at [kklus@cityofbondurant.com](mailto:kklus@cityofbondurant.com) or call 515-630-6982.

### **WE NEED VOLUNTEERS!**

If you are interested in lending a hand making this year's holiday event shine, please contact Katie at [kklus@cityofbondurant.com](mailto:kklus@cityofbondurant.com) or 515-630-6982



## SCHEDULE

**10am-3pm: Winter Market & Vendor Fair**

*At the Bondurant Junior High*

**1-4pm: S'more Station at The Depot**

*Hosted by the Bondurant Historical Society*

**1-4pm: Horse-Drawn Carriage Rides**

*Meet at the Depot*

**1-4pm: Bondurant-Farrar Choirs performances at KaleidoHope**

*The Bondurant-Farrar Fine Arts Booster will also be offering hot chocolate*

**1-3pm: Santa, Sweets & Selfies**

*Snap a photo with Santa, and treat yourself to a slice (or two!) of delicious pie at Home Slice Pies!*

**3-5pm: Santa's Workshop at the Bondurant Library**

*Photos by Ben will be set up ready to make this stop memorable!*

**4:30pm: Tree Lighting Ceremony**

*Lawn of the Bondurant Library*

**5pm: Lighted Parade**

## HOLIDAY

### CLOSURES:

Nov. 28th & Nov. 29, 2024

### TREE REMOVAL OPPORTUNITY:

In the most recent City contract to remove dead/diseased trees on City right-of-ways in Bondurant, a discount was included for residents. Residents of Bondurant have an opportunity to save 10% on the removal of private dead/diseased trees from their private property. If you are interested in taking advantage of this special discount, please contact Central Tree Pros directly.

Note: Please note that the City does not endorse any specific tree removal company. Residents are encouraged to choose the tree care provider that best meets their needs. All information, quotes and removal will be done directly by the contractor Central Tree Pros.

### 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.

# ROAMING the pitch

Three locals play on national rugby team.

Three young men from Bondurant gathered in Salt Lake City, Utah, last July to play rugby with some of the best players their age from around the globe.

Blake Guthrie, Hudson Vroegh and Gavin Vroegh were selected to play for the Colorado-based Rebels Rugby Academy, a national program that recruits players across the country to play in a national tournament in Utah each year.

The academy brought five teams to the tournament, with one of the teams winning their division. The team that Gavin and Blake played on — 16U Elite — took fifth place. Hudson sustained an injury prior to competition and did not play.

The three play locally for the Bondurant Blue Plague, a club team, and, over the past couple of seasons, have been chosen to also play for the Iowa Selects Rugby squad. It was there that the three came onto the radar of the Rebels Rugby Academy coaches. The Blue Plague won the Iowa state championship in May.

In Iowa, the high school season takes place in March and continues through April and May. The sport has yet to be sanctioned by the Iowa High School Athletic Association.

Ginger Guthrie, mother of Blake, says that, although rugby is primarily known as being an overseas sport, it is quickly gaining traction here as well.

“It is growing so fast,” she says. “It’s a great sport. And with the Olympics this summer and the women’s team earning USA’s first-ever medal, the popularity is just spreading all across the country.”

In Bondurant alone, there were approximately 30 kids who went out for rugby a year ago.

“That’s definitely one of the larger programs in the state, especially for a school our size,” Ginger Guthrie says.

Bondurant doesn’t have a girls team, but those who do want to participate do so as part of the Southeast Polk or Ankeny teams.

Guthrie thinks a Bondurant girls team is just around the corner, however.

“Once we get more girls involved, I’m certain we will have a team,” she says.

Guthrie says she enjoys the sport for many



Blake Guthrie, Gavin Vroegh and Hudson Vroegh were members of Rebels Rugby Academy, based out of Colorado, which competed in a national tournament in July.

reasons, one being the camaraderie that is built.

“It’s something to be seen, the way they interact with one another,” she says. “The coaches are so encouraging and want the kids to love the sport.”

As a mother of two rugby players, Guthrie

admitted to being a little nervous when her kids began playing. That all changed as she learned the intricacies of the game and how things worked.

“It’s a very well-played sport,” she says. “It looks scarier than it actually is, and I can say that as a mom.” ■



## OUT & ABOUT

# RIBBON Cutting

Rock Valley Physical Therapy, 85 Paine St. S.E. Suite B, Bondurant, ribbon cutting and open house were held Nov. 14.



Rock Valley Physical Therapy held a ribbon cutting and open house on Nov. 14.



Jenna, Kayleigh and Chris Cass



Sam Huey and Seth Bonifas



Eric Reynolds and Chase Netusil



Jake Stearns, Kristen McGown and Kylie Williams



Julie Asher, Cindy Fyfe, Leslie Brant and Chris Cass



Leslie Brant, Chris Cass and Kyle Lee



Kris and Joni Hutchinson



Jim and Deb Holwegner



Debbie Healy and Patrick Ford

# OUT & ABOUT



Luxe Medical Spa and Aesthetics, 88 Paine Circle S.E. Suite 7, Bondurant, celebrated a ribbon-cutting ceremony Oct. 17. Photos by Ben



Dr. Teresa Sieck and Meredith Sieck at the Luxe Medical Spa and Aesthetics ribbon-cutting ceremony Oct. 17. Photos by Ben



Tenley Fried at the Bondurant vs. ADM volleyball match in Adel on Oct. 8.



Amanda Mccarty at the Bondurant vs. ADM volleyball match in Adel on Oct. 8.



Hailey Mullen at the Bondurant vs. ADM volleyball match in Adel on Oct. 8.



Mia Keith at the Bondurant vs. ADM volleyball match in Adel on Oct. 8.



Nora Dodson and Erica Lyle at the Bondurant vs. ADM volleyball match in Adel on Oct. 8.



Kai Arens at the Bondurant vs. ADM volleyball match in Adel on Oct. 8.



Grace Wignall at the Bondurant vs. ADM volleyball match in Adel on Oct. 8.

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# HOLIDAY

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