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Local grandparents share why living close to their grandkids is so important to them.



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# WELCOME

## A GRANDPA and his grandson

Jolene and I are new to this grandparenting thing. We are only weeks in, but, so far, so good. We had heard how wonderful the experience is from others, but, like most things in life, we didn't fully understand until we began to live it.



Our middle daughter, Samantha, got married a few years ago. She and her husband, Brady, then moved to Arizona. We missed them, and, thankfully, they missed us, too. As they began to talk about starting a family together, they came to the conclusion that they wanted to be close to family again and were moving back to the area.

We were able to see Samantha through the pregnancy process, and we were at the hospital shortly after their son was born. Holding Callahan in my arms for the first time was amazing, and doing so each time since has been as well. No phone call or video call could ever replace that.

I am greatly looking forward to the years ahead, too. Walking. Talking. Birthday parties. Ball games. And whatever he chooses to be involved in. But what I look forward to the most is the time we can spend together, just the two of us. Playing games at the kitchen table. Working on a project together in the garage. Going on boat rides. And just talking about whatever he wants to talk about.

My grandparents had all died by the time I was 5 years old, but I have a few wonderful memories of my Grandpa Lane. I can still envision him. In bib overalls. Sitting in his recliner. Looking at me and thinking how he could make me laugh. He would ask me if I wanted to see a monkey, and, of course, I always did. So I would jump up on his lap, and he would pull out his pocket watch and turn the shiny side over so I could see my reflection. And we both would giggle. I fell for that one repeatedly.

I was fortunate to be able to spend time with my grandpa, albeit not as much as I would have liked. I loved him dearly, and I want to do all I can to be sure my grandson and my future grandchildren will have those same opportunities with me.

This month, we share the stories of grandparents who live nearby their grandchildren and are able to create these types of cherished memories — and maybe see a few monkeys, too.

Thanks for reading. ■

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# A Special BOND

Local grandparents share why living close to their grandkids is so important to them.

By Rachel Harrington

These days, kids often grow up, move away and start families and careers far from where they grew up. Siblings are often scattered across the country and even the globe. Dinners with the extended family is now regulated to the holidays, when those who are able make the trip “back home.” But there is something about grandkids that brings about another family shift. Many young families decide their kids would benefit from having family close by, and many grandparents find retirement is the perfect time for making a move closer to family. Some of those grandparents who live close to their grandkids share what it means to them to form the special bonds that come from time spent together.

Lori Mathis feels lucky that she is a grandparent whose grandchildren all live within 5 miles of her. She proudly displays their photos in her home.

**Grandkids giving back**

Donna Comegys has lived in Bondurant for about 50 years. She is the proud grandma of 10 grandkids and eight great-grandkids. Half of the group lives close by, and she is pleased that she gets to spend so much time with them.

“I’m 80 years old, and my great-grandkids range in age from 1 to 20 years old,” she shares. “Most of them are close, which has been handy for both me and them. Others live in Collins, one in Sully, and one lives in Colorado, so I have been able to travel there now and then.”

Most of her grandchildren are grown up, but Donna recalls spending a lot of time having them over to her house and attending their various extracurricular activities.

“I would go to all of their sports events,” she says. “Wrestling was big, and soccer was, too.”

Now, she attends extracurricular events for her great-grandchildren. She still drives herself around, but if she doesn’t want to drive to an event because it is later in the evening, one of her grandchildren will come by to pick her up. If one grandkid can’t be there for her, they work together to make sure one of the others can. She recalls being a regular babysitter for her

grandkids, and she now does the same with her great-grandkids.

“I keep the little ones off and on, though not as much now because they go to daycare,” Donna explains.

Though she doesn’t have any trouble taking care of her daily errands away from home, her grandchildren are faithful at swinging by to check on her.

“If they’re at the grocery store, they’ll call and ask if I need anything,” she says. “Sometimes I’ll put a message on our group text thread that, if they are close, they should stop in because I have a chore that needs to be done. Usually, I’ll get a couple of responses.”

Her grandkids bless her by helping with the outdoor chores, too, especially since they prefer her not to climb ladders anymore. She remembers with gratitude how they came over when her late husband was sick to relieve her and take care of him so she could have a break. Also, when Donna needed to go to the hospital recently, she had a granddaughter nearby who drove her there.

Donna has fond memories of doing crafts, especially with the girls.



Donna Comegys decked her house out in Valentines decorations. She is the proud grandma of 10 grandkids and eight great-grandkids.

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## FEATURE

“I would keep stuff here so we could make messes with jewelry, nails and baking,” she shares. “These days, one 17-year-old granddaughter comes over to do that with me. I probably have more patience than their parents do because I let them do what they want. If they want to make a mess, we’ll make a mess.”

One of her favorite aspects of living near her grandchildren and great-grandchildren is that she has been able to watch them grow up.

“They can depend on me, and I can depend on them. The little ones make me feel younger, and maybe doing things I shouldn’t,” Donna laughs, “but they keep me moving. I think they’ve been pretty darn lucky to be able to come over to Grandma’s house so much.”

### Camp, cruise, pizza and more

What grandparent wouldn’t love to live within several miles of their grandchildren? Lori Mathis feels lucky that she is a grandparent whose grandchildren all live within 5 miles of her.

“We used to be even closer when I had an acreage, and we all lived on the same 7-acre area,” she explains. “But life happened. I’m glad



Lori Mathis enjoys the tradition of Grandparents’ Camp and had a puzzle made from family photos.

we’re able to still live so close together.”

Lori tries to plan something to do with her grandkids at least once a month.

“It might be a movie, a sleepover or something like that,” she says. “It was easier when they were younger. Now the two older ones have jobs, and that makes it a little harder to find time for them to come over. Sometimes

we’ll have pizza, but we always have popcorn. Occasionally we bake cookies, and if there are birthdays that month, we’ll do a birthday party.”

One of the annual events Lori attends with her grandkids, Landon, 17; Micah, 17; Callen, 14; and Layla, 12; is Grandparents Camp at Hidden Acres.

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“We’ve been going together each year since 2017. We call it ‘Nana and Me Camp,’” she laughs.

At the camp, they ride horses together, swim, do archery and play carpetball. Last year, Callen won the prize for his age group in carpetball.

When Lori’s grandkids were little, they would visit the parks around Bondurant often, and they would go to her backyard to play bags, a ladder game, and all kinds of ball and catch.

“Landon and I used to ride bikes together on the trails,” she shares.

Now that they are older, she makes a point to know what things her grandkids enjoy and find ways to connect with them doing what they enjoy. For instance, Landon is a fan of the Kansas City Chiefs, and they discuss games and players together. Micah runs cross country, so she goes to many of his meets. Callen is big into music, so she attends his concerts. Layla really likes cats, but her whole family is allergic to them. So, she comes over to see Lori’s cat, and sometimes they will go together to Coffee Cats in West Des Moines.

Until Landon got his driver’s license, Lori’s

grandkids would regularly come to her house and ride with her to school since she works at the junior high. She now misses that interaction with them but is glad she was able to be around them when they came through middle school. Last year, Lori took the two older grandkids on an Alaskan cruise. She plans to take the younger two perhaps in the summer of 2026.

“When we were getting ready to leave Alaska, they told me that it was the best experience,” she shares. “They were old enough to really enjoy it and young enough that jobs and relationships didn’t prevent them from going.”

Lori says one of the best benefits of living close to her grandkids is the time together and memories shared.

“I get to know what’s going on in their lives and connect with them,” she says. “I get to be their backup person and their sounding board, just like my grandparents were for me.”

## Sharing life on the farm

Life on a farm is never dull, but it does come with some hitches. Having farm animals means you can’t all travel far very often. This

is one reason that Neal and Carol Shivers are incredibly glad that their 11 grandchildren (and one “bonus” grandchild) live within 15 miles of them.

The Shivers family has lived and worked on their farm since the 1960s, and it is certainly a family affair. Their grandkids are a big part of the farm activities, and it is one of their favorite things to do with their grandparents. When their second son, his wife, and three kids lived in Iowa City, their older two daughters would want to come to help their grandparents during harvest season.

“I drove clear over to Iowa City to get the girls so they could ride in the combine with their grandpa,” Carol shares. “Now that they live close, they don’t have to miss any school to come and be a part of the farm activities. During planting and harvest seasons, we always seem to have a grandkid in the cab of our farm equipment. It is seldom that we don’t have one with us. We get a lot of quality time, teaching and guiding in decision-making as we go.”

Their youngest son and his family live on the farm, and their three kids all help around the farm.

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Neal especially enjoys carrying on the family tradition of attending cattle shows with three or four of his grandkids who show cattle themselves.

“Those kids love their grandpa. He’s usually the one that takes them to cattle shows. We do the Iowa Beef Expo where three are showing,” Carol says. “Five of them do 4-H. We do the county and state fair and various livestock shows.”

When farm chores don’t prevent it, you might catch Neal or Carol with a grandkid or two at the zoo, a park, an ISU game, gymnastics meet, wrestling match, baking cookies, eating out on Sundays, gardening or canning with Grandma, or playing games and doing puzzles. But one of their favorite memories with their kids and grandkids is from last Christmas when they had the rare chance to all get away to Branson, Missouri, together.

“It was their Christmas gift,” Carol relates. “Everything was paid for. We rented a house that fit everyone, pre-made and hauled down most meals, got matching sweatshirts, visited Silver Dollar City, attended church on Christmas Eve, then went to Dolly Parton’s Stampede. Otherwise, we spent time together hanging out and going to the indoor community pool.”

The Shivers enjoy attending church with seven of their grandkids, serving on the worship team, helping in the live-streaming room, or running the screen for the service. They also enjoy keeping the grandkids so their parents can take time to go places without worrying about a babysitter.

“We get to see them at least one or two times a week and get to



Neal and Carol Shivers are incredibly glad that their 11 grandchildren (and one “bonus” grandchild) live within 15 miles of them, making it possible for them to enjoy trips together.

attend their activities,” Neal says. “I love everything we get to do with them.”

“Our things we do together are a little different than what most people do, but whatever we get to do with them, we cherish our time with our grandchildren,” Carol adds. “We are truly blessed.” ■

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# AN IMPACTFUL organization

How the Friends of the Library benefits the community.

The Friends of the Bondurant Community Library is a dedicated group that works both behind the scenes and in the public eye to make a meaningful impact.

“It’s a group of local citizens who join together to support, improve and promote the library,” member Sonya Sellmeyer shares. “They understand the importance of the library service to the community and work in a variety of ways to help provide high-quality service to encourage the use of the library.”

What makes the Friends group so special is its ability to contribute in multiple ways — fundraising, public relations, advocacy, volunteerism and community engagement. Their activities evolve as the library’s needs change, which ensures their support is always relevant and impactful.

In the past, the group has organized fundraisers like book sales and a popular puzzle night, with proceeds helping to cover specific library needs. Beyond raising

funds, the Friends also assist in recruiting volunteers for major library events, including the summer reading party and holiday celebrations.

The Friends group also plays a key role in supporting the library’s mission, whether by helping to purchase necessary items or lending a hand at events.

As the Bondurant Community Library continues to grow and serve the community, the Friends group is looking for new members, volunteers and sponsors.

Community members can get involved by becoming a sponsor or signing up to volunteer when help is needed at various library events. Sponsorship forms are available at the library or by emailing [friendsofthebcl@gmail.com](mailto:friendsofthebcl@gmail.com).

By joining the Friends of the Library, you can make a difference in ensuring the library remains a valuable resource for the entire community. ■



Puzzle Night is one of the activities supported by Friends of the Bondurant Community Library.





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# NEW YEAR, new faces at the library



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The new year has brought a few changes here at the library. Jill Sanders, the library director for 11 years, retired at the end of 2024. The Library Board hired me, Michell Klinker-Feld, as the new library director, and I am so excited to move forward in this position and serve the community of Bondurant.

Our new assistant director joined our team on Dec. 9. Megan Sockness Teeple came from Johnston Public Library, where she served eight years as a library manager. She is dedicated to fostering an inclusive and welcoming environment, strengthening relationships with the community, and promoting lifelong learning. Megan holds a bachelor's degree in history from Ripon College and a master of library and information science (MLIS) from the University of Wisconsin-Milwaukee. When she's not at the library, Megan enjoys reading, golfing and spending time with her husband and their puppy, Meiko.

In January 2025, our new library clerk joined the team. Ezra Adams is a student at Bondurant-Farrar Community Schools and is excited to serve our patrons.

Please stop by the library and say "Hello" to our new staff members.

## Here is what is happening at the library in March:

- 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.
- March 3: After School Open Play at 2:30 p.m.
- March 4: Book Club for grades 3-5 at 6 p.m.
- March 5: Pokemon Club at 4:15 p.m.
- March 6: Adult Craft Night at 6 p.m., registration required.
- March 8: Messy Munchkins at 10:30 a.m.
- March 9: Teens Only Sunday Funday at 3 p.m.
- March 10: After-School BINGO at 2:30 p.m.
- March 11: Book Discussion for Adults at 6 p.m.
- March 12: Curious and Creative Kids Club at 4:15 p.m.
- March 12: Foy School of Irish Dance Performance at 6 p.m.
- March 13: Paint Night for Adults at 6 p.m., Wildflowers, registration required.
- March 14: Leprechaun Trap Building at 1 p.m.
- March 17: Spring Break Open Play at 1 p.m.
- March 18: Book Discussion for grades 6-8 at 5:30 p.m.
- March 18: Introvert Book Club at 6 p.m.
- March 19: Spring Break Open Play at 1 p.m.
- March 20: Anime Club at 4 p.m.
- March 20: Problem Gambling and Sports Betting at 6 p.m.
- March 21: Spring Break Open Play at 1 p.m.
- March 21: Coffee Social at 1 p.m.
- March 24: After-School Movie at 2:30 p.m.
- March 24: Teen Café at 4:30 p.m.
- March 25: Adult Crafternoon at 1 p.m.; registration required.
- March 27: Safe Mushroom Foraging at 6 p.m.
- March 31: After School Craft at 2:30 p.m. ■

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# News from the **BONDURANT-FARRAR** COMMUNITY SCHOOL DISTRICT

February 2025

## Community Awareness Events: Develop Safe & Healthy Screen Habits in Kids

Parents, caregivers, and community members are invited to a series of community awareness events focused on navigating screen time and social media use. Discussions will explore key insights from *The Anxious Generation* and practical ways to foster digital well-being in youth.

### ▶ Three-Part Book Study: *The Anxious Generation*

Bondurant Community Library  
March 4, April 1, & May 6 from 6:00-7:00 PM

- Limited copies available at the library
- RSVP required - Scan our QR code to register!

### ▶ Film Viewing: *The Social Dilemma*

Bondurant-Farrar High School Auditorium  
April 23, 2025 starting at 5:30 PM

- No registration required

Let's work together to support kids in developing healthy screen habits, self-esteem, and digital balance.

Questions?

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## New Junior High Girls Wrestling Program

This year marks the debut of junior high girls wrestling at Bondurant-Farrar. With 13 participants in grades 7-8, many of whom are new to the sport, this program is providing a strong foundation for future growth. The team is competing in seven meets this season, and it has been exciting to see their confidence grow as they develop their skills on the mat.



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## Support for Bluejay Students & Families: Student Assistance Program

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### ▶ Learn More: [www.bfschools.org/sap](http://www.bfschools.org/sap)

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# TACKLE wellness goals by adding a touch of green

Better-for-you recipes inspired by savory salad kits

*(Family Features)* Around the start of a new year, many people are setting their wellness intentions, from incorporating a variety of greens into meals to boosting daily step goals, drinking more water and practicing gratitude.

As part of the journey, it's important to rethink nutrition and your recipe repertoire to include better-for-you meals. For example, you can satisfy seafood cravings while getting your protein fix with Italian Crusted Salmon with Creamy Truffle Caesar Salad. This one-pan solution is paired with a Fresh Express Twisted Creamy Truffle Caesar Chopped Salad Kit, inspired by high-end dining experiences with flavors that transport you to the finest restaurants around the world.

The kit allows you to indulge in crunchy garlic brioche croutons paired with garden fresh crispy romaine lettuce, delicate sprinkles of truffle Parmesan cheese shreds and creamy dressing, transforming every bite into a sensation to be savored.

Visit [freshexpress.com](http://freshexpress.com) to discover more than 380 fresh recipes and find a store near you. ■

## Italian crusted salmon with creamy truffle Caesar salad

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**Servings:** 2

- 1 clove garlic, minced
- 1 teaspoon lemon juice
- 2 teaspoons chopped, fresh rosemary
- 1/2 teaspoon honey
- 1/4 teaspoon salt
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon olive oil
- 2 salmon fillets
- nonstick cooking spray
- 1 bag (9.3 ounces) Fresh Express Twisted Caesar Creamy Truffle Caesar Chopped Kit Salad
- 2 lemon wedges (optional)

**DIRECTIONS**

- Heat oven to 425 F. Line sheet pan with parchment paper.
- In small bowl, combine garlic, lemon juice, rosemary, honey and salt. In another small bowl, combine breadcrumbs, walnuts and



- olive oil.
- Place salmon on prepared sheet pan. Spread mustard mixture over fish; sprinkle with panko mixture, pressing to adhere. Lightly coat with nonstick cooking spray.
- Bake 12-15 minutes, or until fish flakes easily with fork.
- Place greens from salad kit in large bowl. Drizzle with dressing; mix well.
- Evenly divide salad among two plates. Top with salmon. Serve each with lemon wedge, if desired.

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**PI DAY + PIE CHARTS = THE PERFECT SLICE OF CIVIC ENGAGEMENT!**

Get ready to feed both your sweet tooth and your curiosity at Home Slice Handmade Pies this International Pi Day!

On March 14, 2024, from 3:14 PM to 4:30 PM, the City of Bondurant invites you to a budget discussion like never before! Join the City Administrator and Finance & Employee Services Director as they serve up budget insights—using pie charts, of course—to break down how the city allocates resources.

**WHAT'S ON THE MENU?**

- ✔ A unique and delicious twist on budget discussions
- ✔ A City budget quiz, where one lucky winner takes home a free pie!
- ✔ A relaxed, interactive way to learn where your tax dollars go!

Whether you're a budget whiz or just here for the pie, this event has something for everyone. Don't miss out on this slice of knowledge—mark your calendars and join us at Home Slice Handmade Pies! Big thanks to Home Slice Handmade Pies for partnering with the City of Bondurant on the tastiest way to learn more about your City budget!

**Event Details:** 📅 March 14, 2025 | 🕒 3:14 PM – 4:30 PM  
👤 Home Slice Handmade Pies



**CALLING ALL BUSINESSES & ORGANIZATIONS**

The 2025 Community Sponsorship Guide for the City of Bondurant is now available! This is a great opportunity to support community programs, gain visibility, and connect with residents in meaningful ways.

**By Becoming A Sponsor, You Can:**

- ✔ Increase brand awareness in the community
- ✔ Support local events and initiatives
- ✔ Build strong relationships with residents and other businesses

**We invite you to explore the sponsorship opportunities and find the best fit for your organization. For more details or to get involved, contact us today.**

**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.



# BONDURANT-FARRAR

## 2025 SPRING SCHEDULE

### VARSITY BOYS SOCCER

DATE	OPPONENT(S)	TIME	LOCATION
4/7/25	vs Carroll	7:00 PM	
4/11/25	@ Nevada	7:00 PM	Nevada HS Cub Stadium
4/14/25	@ Carlisle	7:00 PM	Carlisle HS
4/19/25	Invitational	TBD	James W. Cownie
4/22/25	@ DM Christian	7:00 PM	DM Christian
4/28/25	vs Ballard	7:00 PM	Bondurant-Farrar HS
4/29/25	@ Gilbert	7:00 PM	Gilbert HS Turf Field
5/5/25	@ ADM	7:00 PM	ADM HS Tiger Stadium
5/12/25	@ Central IA United	7:00 PM	West Marshall HS Football Field
5/16/25	vs North Polk	7:00 PM	Bondurant-Farrar HS

### VARSITY GIRLS SOCCER

DATE	OPPONENT(S)	TIME	LOCATION
4/11/25	vs Nevada	7:00 PM	Bondurant-Farrar HS
4/19/25	ADM Tournament	9:00 AM	ADM HS Tiger Stadium
4/22/25	vs DM Christian	7:30 PM	Bondurant-Farrar HS
4/25/25	@ Boone	5:30 PM	Goeppinger Field
4/28/25	@ Des Moines Lincoln	7:00 PM	James W. Cownie Soccer Complex
4/29/25	vs Gilbert	7:00 PM	Bondurant-Farrar HS
5/8/25	vs DC-Grimes	7:15 PM	Bondurant-Farrar HS
5/10/25	W-SR Tournament	10:00 AM	Waverly Soccer Complex
5/16/25	@ North Polk	7:00 PM	North Polk HS



### VARSITY BOYS GOLF

DATE	OPPONENT(S)	TIME	LOCATION
4/7/25	@ Boone	4:00 PM	Cedar Pointe Golf Course
4/14/25	B-F Invite	2:00 PM	Terrace Hills Golf Course
4/15/25	Triangular	4:00 PM	Perry Golf & Country Club
4/17/25	Triangular	4:00 PM	Carroll Country Club
4/21/25	Tournament	2:00 PM	Lincoln Valley Golf
4/26/25	Invite	9:00 AM	Ames Golf & Country Club
4/28/25	Invite	1:00 PM	Gateway Recreation
5/5/25	vs ADM	4:00 PM	Terrace Hills Golf Course
5/12/25	Meet	9:00 AM	Carroll Country Club

### VARSITY GIRLS GOLF

DATE	OPPONENT(S)	TIME	LOCATION
4/17/25	Triangular	4:00 PM	Terrace Hills Golf Course
4/21/25	Quad @ B-F	1:00 PM	Terrace Hills Golf Course
4/22/25	Tournament	2:00 PM	Lincoln Valley Golf
4/28/25	Triangular	4:00 PM	Carroll Country Club
5/1/25	Invite	1:00 PM	Gateway Recreation
5/12/25	Meet	9:00 AM	Ballard Golf & Country Club



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# Bluejays

## VARSITY BOYS TRACK

DATE	TIME	LOCATION
3/10/25	2:00 PM	UNI-Dome
3/13/25	9:00 AM	Lied Recreation Athletic Facility
3/13/25	4:00 PM	H.S. Kuyper Fieldhouse
3/25/25	4:15 PM	Johnston HS
4/4/25	4:30 PM	Winterset HS
4/8/25	4:30 PM	PCM HS HS Stadium
4/10/25	TBD	Marshalltown Kenny Dean Relays
4/10/25	4:30 PM	Hawk Stadium
4/12/25	8:30 AM	Drake Stadium Track
4/12/25	10:30 AM	Iowa City West HS Trojan Stadium
4/14/25	4:30 PM	Baxter - Seales Sport Complex
4/14/25	4:30 PM	Norwalk Warrior Stadium
4/17/25	4:30 PM	Saydel HS Saydel Stadium
4/22/25	4:15 PM	Colfax-Mingo HS
4/24/25	8:00 AM	Drake Stadium Track
4/25/25	8:00 AM	Drake Stadium Track
4/26/25	8:00 AM	Drake Stadium Track
4/28/25	4:30 PM	DM Christian School Lions Field
4/29/25	4:15 PM	Carlisle HS Stadium
5/5/25	4:30 PM	North Polk HS
5/7/25	4:00 PM	Gilbert HS Track

## VARSITY GIRLS TRACK

DATE	TIME	LOCATION
3/11/25	2:00 PM	UNI-Dome
3/13/25	4:00 PM	H.S. Kuyper Fieldhouse
3/14/25	3:15 PM	Lied Recreation Athletic Facility
4/3/25	4:30 PM	Ballard HS
4/10/25	4:30 PM	Hawk Stadium
4/12/25	8:30 AM	Drake Stadium Track
4/14/25	4:30 PM	Baxter - Seales Sport Complex
4/15/25	4:30 PM	Dallas Center-Grimes HS
4/17/25	4:30 PM	East Marshall Community Schools
4/21/25	4:30 PM	Bondurant-Farrar HS
4/24/25	8:00 AM	Drake Stadium Track
4/24/25	4:30 PM	Roland-Story Sports Complex
4/25/25	8:00 AM	Drake Stadium Track
4/26/25	8:00 AM	Drake Stadium Track
4/28/25	4:30 PM	Saydel HS Saydel Stadium
5/1/25	4:15 PM	Carlisle HS
5/5/25	4:30 PM	North Polk HS
5/7/25	4:00 PM	Gilbert HS Track



FOR ALL  
BLUEJAYS  
SCHEDULES



Schedules are subject to change.  
Scan for most up-to-date schedules.

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# DEVELOPMENTAL kindergarten fills gap

Helps students build skills for success

The Bondurant-Farrar Developmental Kindergarten (DK) Program has been offered by the district since 2003. It was created when administrators and teachers saw the need for a year between the preschool program and kindergarten. Taylor Andrews has been the Morris Elementary DK teacher for the past two years, and she enjoys the role. She says some students need the program to get off on the right foot.

“For some of them, it is their very first year of being a Morris Jay. Some of them didn’t get to attend our preschool program or haven’t attended a preschool program at all. I get the ability to instill that love and desire for learning. I get to show them how much fun school is,” Andrews says.

The program is unique because the goal is to provide a solid framework to help students be successful in kindergarten, not to mirror preschool or kindergarten. The students work at a different pace than their kindergarten peers, and classes are tailored to laying the groundwork for kindergarten skills. Morris Elementary currently only has one section of DK, and its class size is smaller, with only 12 students.

“They truly become my little classroom family, and it’s awesome to know that I am sending them to kindergarten ready to take on the next school year,” Andrews says.

To join DK, parents must apply for their child. The program then hosts interviews to get to know possible candidates. Families are asked to provide information such as the student’s birthday, previous schooling and academic knowledge prior to starting DK.

“I really enjoy getting to host these interviews because it really helps us make decisions about the best candidates for the program,” Andrews says.

Students in DK also get to participate in multiple fun units during the school year. They learn about restaurants, which includes a field trip to Brick Street Cafe and hosting a pizza restaurant for parents. One of the students’ favorite units is the zoo and vet unit, when students learn about zookeepers and vets, concluding with a field trip to the zoo.

“I like getting to learn,” student Cohen says.

“I like going to specials,” student Bryant adds.

Andrews is looking forward to the end of the school year and seeing the growth her students have made from the beginning to the end. Although she has only been teaching the program for two years, Andrews says she becomes a better educator every year with the help of her students. ■



Taylor Andrews has been the Morris Elementary Developmental Kindergarten teacher for the past two years.

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# A CROWD of one

In 1986, when I was a teenager, I went with a group of friends—most of them older than me—to see the movie *Hoosiers*. I’ve always loved playing and watching basketball, so seeing this inspiring film about a small-town high school team defying the odds to reach the Indiana state championship was thrilling. When Jimmy Chitwood sank the game-winning shot, I nearly jumped out of my seat in excitement.



After the movie ended, we all made our way out of the theater, and I was shocked by the conversation around me. One friend said, “Well, that was boring.” Another quickly chimed in with a similar comment. Before long, the whole group was complaining about the movie. Wanting to fit in, I kept my opinion to myself. But as time has passed, my instincts have been confirmed—*Hoosiers* is one of the greatest sports movies of all time.

Have you ever felt like the only person in a group who saw things differently? Peer pressure is powerful. It’s hard to hold a position that goes against the crowd, especially when you want to belong.

Joshua 2 tells the story of a courageous woman who dared to stand alone in faith. Rahab, a Canaanite, hosted two Israelite spies in her home. She told them that everyone in her land had heard about how God miraculously parted the Red Sea to save Moses and the Israelites. Speaking of that event, she said in verse 11, “And as soon as we heard it, our hearts melted, and there was no spirit left in any man because of you, for the Lord your God, he is God in the heavens above and on the earth beneath.”

This miracle had happened years earlier and miles away, yet it was so extraordinary that word of it spread throughout the region. The entire Canaanite people heard about it—but only Rahab responded in faith. She stopped worshipping false gods and put her trust in the one true God. In the end, her willingness to step out alone saved not only her life but also the lives of her family.

Rahab’s story reminds us that faith sometimes requires standing alone. She was such a significant figure, she became one of only five women listed in the genealogy of Jesus (Matthew 1). It’s not always easy, but when we choose to follow God, even against the grain, He blesses that faith. This is an area our kids struggle with, so make sure you share with them examples of times you stepped out alone in faith. The opinions of the crowd may shift, but God is the same yesterday, today, and forever. Standing for the right thing might mean standing alone. ■

Information provided by Mark Spencer, lead pastor, First Family Church Bondurant, [m Spencer@ffcblife.com](mailto:m Spencer@ffcblife.com), 515-587-5930.

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# “Never be afraid to trust an unknown future to a known God.”

- Corrie Ten Boom

“But blessed is the one who trusts in the Lord, whose confidence is in Him.”  
Jeremiah 17:7

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## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancelations.

### Upcoming in Bondurant Living magazine:

**Foreign Exchange Students:** Have you hosted a foreign exchange student in the past or are hosting one this year? Tell us about sharing your home and culture with a student from abroad and what you learned from the experience. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) to be included in the April issue.

### CAP Theatre presents "Disney's Beauty and the Beast JR"

Friday, Saturday and Sunday, Feb. 28-March 2

CAP Theatre, 201 First Ave. S., Altoona

CAP Theatre presents "Disney's Beauty and the Beast JR." Performances are 7 p.m. Friday night and 2 p.m. on Saturday and Sunday.

Based on the original Broadway production that ran for more than 13 years and was nominated for nine Tony Awards and the Academy Award-winning motion picture, "Disney's Beauty and the Beast JR" is a fantastic adaptation of the story of transformation and tolerance. The play features some of the most popular songs ever written by Alan Menken and the late Howard Ashman, along with new songs by Menken and Tim Rice.



The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end, and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

The play features 28 youth actors. Tickets are \$16 for adults, \$14 for seniors and \$10 for students.

### Live music at Prairie Meadows

- Neil Hewitt, Feb. 28, 8 p.m., Finish Line Show Lounge, free, must be 21 or older to attend.
- Robert Yeltman, March 1, 8-11 p.m., Finish Line Show Lounge, must be 21 or older to attend.
- Jerry Beauchamp Band, March 4, 11 a.m. to 3 p.m., polka band, Finish Line Show Lounge, free, must be 21 or older to attend.
- Taylor King and Nicholas Sinclair, March 7, 8-11 p.m., Finish Line Show Lounge, free, must be 21 or older to attend.
- The Unfortunate Sons, March 8, 8-11 p.m., Finish Line Show Lounge, free, must be 21 or older to attend.
- Jim Dandy and the Kountry Rebels, March 11, 11 a.m., Finish Line Show Lounge, must be 21 or older to attend.
- Royce Johns, March 14, 8-11 p.m., Finish Line Show Lounge, must be 21 or older to attend.
- Kick, March 15, 8-11 p.m., Finish Line Show Lounge, free, must be 21 or older to attend.
- Kevin Lindgren, March 18, 11 a.m. to 3 p.m., Finish Line Show Lounge, free, must be 21 or older to attend.
- Hudson Road, March 21, 8-11 p.m. Finish Line Show Lounge, free, must be 21 or older to attend.

## EVENTS IN THE AREA

Be sure to check for cancellations.

### Women's Club Art Exhibit

Sunday, March 2 - Saturday, March 8

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

The Des Moines Women's Club is hosting its 117th Annual Art Exhibition. Central Iowa artists will again display their original art for the viewing pleasure of the public. Admittance is free, and some items will be available for purchase. This year's judge is Diane Kunzler. The opening reception and awards presentation is 1-3 p.m. on Sunday, March 2. Art exhibition gallery hours are 10 a.m. to 4 p.m. Monday through Saturday. Gallery Night is 5-7 p.m., Friday, March 7. Open to the public. Refreshments and light appetizers will be served.

The Des Moines Women's Club was established in 1885, and its primary objective was to develop and maintain a free public art gallery in Des Moines. The Hoyt Sherman Place Gallery is home to a large collection of 19th and 20th century paintings and classical sculptures. Twelve paintings from the original DMWC collection can be seen in the Hoyt Sherman Place Art Gallery today.

### Elks Annual St. Patrick's Day Celebration

Saturday, March 15, 5:30 p.m.

West Des Moines Elks No. 2752, 2060 N.W. 94th St., Clive

The Elks Annual St. Patrick's Day Celebration will begin with the Foy School of Irish Dancers performing at 5:45 p.m. They will perform for about 20 minutes, followed by the Elks' famous St. Paddy's Day corn beef and cabbage with Irish potatoes meal for \$12 per serving.



### Friendly Sons of St. Patrick Pre-Party and Parade

March 15 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 15, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Black Dirt Ramblers, a food truck and cash bar for an at-will donation. The parade is on Monday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information.



### Dome After Dark

Fridays through March, 6-10 p.m.

Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

[dmbotanicalgarden.com](http://dmbotanicalgarden.com)

The Greater Des Moines Botanical Garden's lush tropical conservatory and Gardeners Show House are colorfully illuminated for Dome After Dark. Flora, the botanical garden's restaurant, serves food and drinks till 9 p.m. ■



## RSV can cause serious illness in infants and older adults.

RSV can cause fever, runny nose, wheezing and more. Vaccines and antibodies can help protect those most at risk.

### Who should get the RSV vaccine?

The Centers for Disease Control and Prevention (CDC) recommends the RSV vaccine for

- All adults 75 and older.
- Adults 60-74 with medical conditions like heart or lung disease.
- Children 8-19 months who are at increased risk for severe illness.
- Pregnant women in weeks 32-36 of pregnancy.



Health and  
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Ask your healthcare provider about RSV vaccines for your family.

Source: [cdc.gov](http://cdc.gov)

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## HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

### WHAT is a Heart Rate Variability test?

Heart Rate Variability measures your nervous system's reserve and ability to adapt to daily and eventful life stressors. It looks at the nervous system globally and gives insight into the capacity of your parasympathetics in restoring function and bringing you back to midline after a sympathetic, fight or flight, experience. Experiences like a tough workout, a stressful encounter at work, an argument with a loved one, too much sugar or alcohol, or a poor night of sleep all cause a sympathetic stress response in the body and brain.

A healthy nervous system can adapt to these experiences with ease and return to a parasympathetic, rest and restore, state quickly. However, in our culture of constant stress and busyness, many people are stuck in a state of sympathetic, fight or flight, dominance. In this case, heart rate variability will be low, and this is an indicator that help is needed with nervous system regulation.

A neurological chiropractic exam includes nervous system scans that identify areas of nervous system stress. A chiropractor trained in these methods can work with patients to create individual care plans to address their unique needs.

Heart Rate Variability is highly individualized and fluctuates greatly. There are many factors that affect the trends and results of nervous system scans. Working together with a chiropractor, an action plan can be formulated to reduce stress and increase adaptability. When you are under regular chiropractic care, your nervous system is primed to move you back to midline. ■

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

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## HEALTH

By Nikki Morgan

### THE BENEFITS of a facial

A facial is more than just a luxury; it offers numerous benefits for your skin, helping to rejuvenate and restore its natural glow. Regular facials can help with deep cleansing, exfoliating and hydrating, giving your skin a fresh, youthful appearance.

One of the primary benefits of a facial is deep cleansing. While your daily skincare routine is essential, a professional facial goes beyond what you can do at home by clearing out dirt, oil and impurities that accumulate in your pores. This process reduces the risk of breakouts and promotes a smoother complexion.

Another key advantage is exfoliation. Facials typically involve exfoliating treatments that slough off dead skin cells, revealing brighter, healthier skin underneath. This can reduce the appearance of fine lines, wrinkles and sunspots, promoting an even skin tone. It also helps your skincare products penetrate deeper, making them more effective.

Facials also provide significant hydration. Many facial treatments use masks and serums designed to replenish moisture and improve skin elasticity. This is particularly beneficial for those with dry or dehydrated skin, helping to restore balance and enhance the skin's natural glow.

In addition to skincare benefits, facials offer relaxation. The massage and calming atmosphere allow you to unwind and reduce stress, which can have a positive effect on both your skin and mental well-being. ■



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)

# WHEN should my child start seeing the dentist?

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



**When should I wean my child from a pacifier?**

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

**When should I start flossing my child's teeth?** Flossing is recommended as soon as there are two or more teeth touching each other. Flossing is recommended to remove food particles that a toothbrush can't reach. Not flossing these areas can increase risk of developing a cavity.

**When can my child switch from training toothpaste to regular toothpaste?** There is not a set age to switch from training toothpaste. The main factor to consider is if your child can spit out the toothpaste when brushing. If your child frequently swallows the toothpaste, the American Association of Pediatric Dentists recommends waiting until the child can spit well to prevent ingesting the fluoride. ■

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

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# DERMAL fillers

Dermal fillers are used to help diminish facial lines and restore volume and fullness in the face. Many fillers stimulate collagen production to help restore structure to the area treated. Dermal filler can add volume to thin lips, enhance cheeks or the chin, enhance shallow spots, smooth creases and wrinkles and create a more youthful appearance.



Many of the most popular injectable dermal fillers are made of hyaluronic acid. Hyaluronic acid is a natural substance found in your body. It can be found in skin tissue, soft connective tissues, in the fluid surrounding your eyes, in some cartilage and joint fluids.

As we age, we lose subcutaneous fat in our faces. This causes the facial muscles to be closer to the skin's surface. The facial muscles then pull on the skin, causing smile lines and crow's feet. Facial skin also stretches, adding to the loss of facial volume. To soften and smooth wrinkles and fine lines and restore volume loss from subcutaneous fat loss, dermal fillers are used to regain youthfulness.

Many factors affect the facial skin including sun exposure, lifestyle and genetics. It is always recommended that you use medical grade sunscreen and skin care products.

Consult a medical professional to see if dermal filler is right for you. ■

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).

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# ACTIVITY professionals play a key role

In January, we celebrated Activity Professionals Week. Activity Professionals Week is a wonderful time to reflect on the vital role that activity professionals play in the lives of seniors living in assisted livings and nursing home communities. These dedicated individuals do far more than simply organize events or keep residents busy. They are key to ensuring the physical, emotional and social well-being of our loved ones in care facilities.



Activity professionals, also known as recreational therapists or activity directors, are responsible for planning and organizing a wide range of activities designed to meet the individual needs of seniors. From arts and crafts to exercise classes, game nights, music therapy, and outings, these activities are tailored to encourage cognitive function, improve mood, promote physical health, and foster connections among residents. Every resident has unique needs, preferences and abilities. Activity professionals work closely with families and healthcare teams to develop customized activity plans. This ensures that each resident's physical, cognitive and emotional needs are met in ways that bring them joy and fulfillment.

But it's not just about fun and games. Activity professionals are deeply attuned to the needs and preferences of each resident. They work hard to create an environment where every senior feels valued and engaged. Whether it's a trivia game to spark memory, a music session to bring back cherished memories, or a fitness activity to promote

mobility and strength, their work enhances quality of life in meaningful ways. Participating in enjoyable activities can have a huge impact on a senior's mental health. It reduces feelings of loneliness, depression and anxiety, which can be common among those who live in long-term care settings. Activity professionals help create a sense of purpose by offering opportunities for residents to express themselves, learn new things and engage socially.

While Activity Professionals Week is an official time for celebrating these incredible individuals, it's important to remember the value they bring every day of the year. Their commitment and passion for enriching the lives of seniors should be recognized and appreciated regularly.

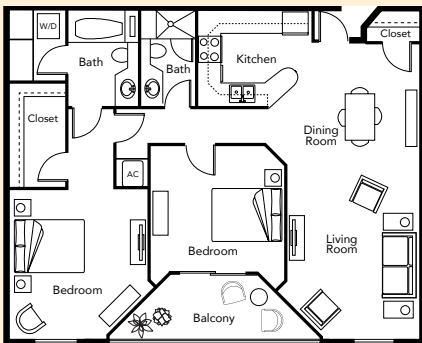
If you are a resident or family member in an assisted living or long-term care setting, take a moment to thank the activity professionals in your community. Their work doesn't just fill time, it fills lives with joy, connection and purpose.

Activity professionals are the unsung heroes of assisted livings and nursing homes. Their dedication to improving the lives of seniors through meaningful engagement is something worth celebrating. So, let's take a moment to appreciate the remarkable impact they have in the lives of our loved ones and recognize the heart and soul they bring to our communities. ■

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



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2571 Guthrie Ave., Des Moines, IA 50317 | [ValleyViewVillage.org](http://ValleyViewVillage.org) |

# LAKE Petocka stocked with rainbow trout

The Iowa Department of Natural Resources (DNR) released 3,700 rainbow trout Jan. 16 at Lake Petocka in Bondurant, Triumph Park West and East in Waukee, and Terra Lake in Johnston.



“We decided to stock trout earlier so anglers could take advantage of favorable ice conditions,” said Ben Dodd, Iowa DNR fisheries biologist.

The winter community trout stockings at these Central Iowa community lakes were previously scheduled for Feb. 1 and Feb. 4.

Anglers 16 years and older must have a valid fishing license and pay the trout fee to fish for or possess trout. The daily limit is five trout per licensed angler with a possession limit of 10. Children age 15 or younger can fish for trout with a properly licensed adult, but, together, they can only keep one daily limit. Children can pay the trout fee, allowing them to keep their own daily limit. ■

# PLANNING a trip?

Do you travel out of state or out of the country, whether to visit family, to go on a vacation or to escape the Iowa winters?



Being a funeral home, we know there are times when a death occurs away from home. It happens more often than people would probably expect.

What people do not always realize is that it can be difficult to get a person transported back home — and there can be unexpected expenses.

While the funeral home does everything it can to make these situations as seamless as possible and to keep extra expenses at a minimum, there can still be some challenges.

Fortunately, there is an affordable solution that can provide a tremendous amount of peace of mind to those who frequently travel.

Travel plans offered through a funeral home can be very affordable (usually a modest one-time payment), and they can help ensure that, if the inevitable happens away from home, everything will be covered to bring the loved one back home to where services will be provided.

If you are a traveler — or plan to become one in your retirement years — then visit with your funeral provider of choice and ask if they offer a travel plan.

As we often like to say, you will be glad you did. ■

Information provided by Kathy Dunbar, Advanced Planning Counselor, Hamilton's on Westown Parkway, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3681

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# EXCITEMENT builds for annual dinner and awards



The anticipation is mounting as the Bondurant community eagerly awaits the upcoming Annual Dinner & Awards, and this year promises to be extra special with a red-carpet event. Scheduled for March 7 from 6-9 p.m. at the Bondurant American Legion, this event is not to be missed.

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

What can attendees expect? Prepare for an evening filled with lively conversation, delicious food, refreshing drinks and plenty of friendly competition with movie and music trivia.

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

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

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

So, don't delay. Get your tickets today and join us for an evening of celebration, camaraderie and friendly competition at the Bondurant Chamber Annual Dinner & Awards. Tickets can be purchased via the Bondurant Chamber's Facebook page. We can't wait to see you there. ■

Information provided by Doug Martin, General Manager at Amazon and a member of the marketing committee of the Bondurant Chamber of Commerce, 515-967-2424, [www.bondurantchamber.com](http://www.bondurantchamber.com).

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# RESIDENTS' Choice

East Polk County Residents' Choice winners and runners up were presented certificates.



Celia Burriola, Lisa Hildman Gunderson, Crystal Sinclair and Angel Stiles accept the Residents' Choice certificate for Hypsie Salon.



Nate and Sheena Kannegieter accept the Residents' Choice certificate for A3 Auto.



Amanda and Zachary Svoboda accept the Residents' Choice certificates for Little House on Main.



Ann Van Thomme and Jenny Gruenwald accept the Residents' Choice certificate for Off the Rails Quilting.



Bryan Davis and Nicole Hedgecock accept the Residents' Choice certificate for Reclaimed Rails Brewing Company.



Karen Zimmerman, Adam Kline and Alyssa Arnold accept the Residents' Choice certificate for Adam Kline, Edward Jones.



Shelby Hagan and Joni Hutchinson accept the Residents' Choice certificate for Bondurant Chamber of Commerce.



Mallory Doerring, CA, Dr. Laura Mooney, DC, DICCP and Dr. Maddie Kress, DC accept the Residents' Choice certificate for Bondurant Family Chiropractic.



Ben Fuller accepts the Residents' Choice certificate for Photos by Ben.



Nick Stanley accepts the Residents' Choice certificate for TrustPoint Certified Public Accountants.



Leslie Brant accepts the Residents' Choice certificate for Rock Valley Physical Therapy.

# OUT & ABOUT



Cameron Clifform, Meredith Sieck, Stephanie Terhune and Teresa Sieck at the Glo2Facial Event at Luxe Medical Spa & Aesthetics on Feb. 6.



Doug Elrod, Katie Klus and Isaac Pezley at Cocktails & Conversation at Reclaimed Rails Brewing Company on Feb. 13.



Tammy Ranfeld and Susie Peden at the Glo2Facial Event at Luxe Medical Spa & Aesthetics on Feb. 6.



Scott Griffin, Chris Thomason and Maggie Murray at Cocktails & Conversation at Reclaimed Rails Brewing Company on Feb. 13.



Chris Schonridge and Audra Jackson at Cocktails & Conversation at Reclaimed Rails Brewing Company on Feb. 13.



Marketa Oliver, Shelby Hagan and Tiffany Luing at Cocktails & Conversation at Reclaimed Rails Brewing Company on Feb. 13.



Noah Schulte and Chase Netusil at Cocktails & Conversation at Reclaimed Rails Brewing Company on Feb. 13.



Mike Poirier accepts the Residents' Choice certificate for Honda of Altoona.



Russ Gilman, Dominic Schnepf and Joe Krentz accept the Residents' Choice certificate for Terrace Hills Golf Course.



Elizabeth Paton, Taylor Wesesuk and Note Thanupakorn accept the Residents' Choice certificate for Hy-Vee Pharmacy.

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