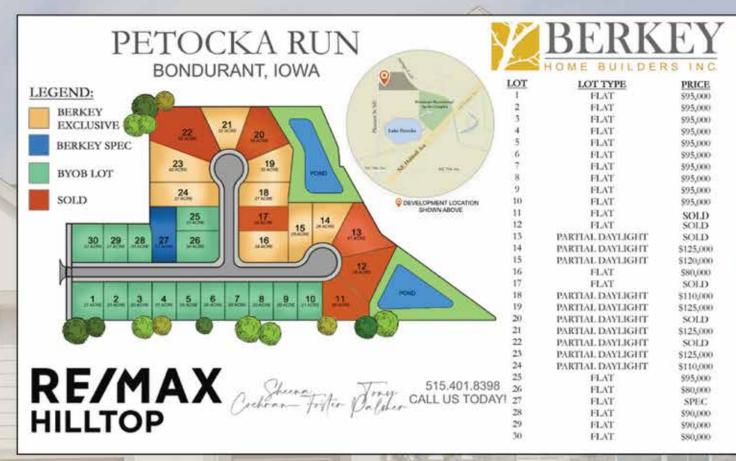


Welcome to PETOCKA RUN





AN OLD RV, a friendly farmer and a moose head

Jolene and I were married on Sept. 30, 1995. And, yes, this will be our 30-year anniversary.

Jolene's parents, Dean and Lois Porath, lived at Lake Panorama at the time, but we never even considered a lake wedding. I am not sure why. Maybe late September was pushing it for an outdoor wedding, but, more than likely, the decision had to do with our focus on being truly independent from our parents. Looking back, a lake wedding might have been the better option.



Our wedding ceremony was beautiful, and the church looked spectacular. From there, though, things got a little rocky. Rather than renting a limousine for the two of us, we thought it would be more fun to take the entire wedding party on a well-stocked cruise from the church to the reception hall. When a friend offered his RV for us to use, we thought we had the perfect plan. It was great fun - until the RV broke down on a rural road. We eventually found a friendly farmer who gave us a ride to the reception hall in his farm truck — complete in our wedding dress and tuxedo. He then gave the rest of the wedding party rides as well. Needless to say, the reception was delayed. Fortunately, or maybe unfortunately, the members of the wedding party were well-hydrated.

We had our wedding reception at the Jester Park Lodge, and not the new fancy one that is in the park today. We rented the old building with the giant moose head on the wall, which made for some entertaining photos. Not too many years later, that lodge burned to the ground, and that was probably a good thing.

Through it all, we sang, we danced, we toasted and we had one of the best nights of our lives. It certainly wasn't a storybook wedding, and after reading about the beautiful ceremony featured in this month's issue, it makes me wonder if we should have leaned on Dean and Lois to use their place instead. The scents of an approaching autumn. The sounds of nature. The love of my life. And a beautiful lake view.

Just no moose head or a broken-down RV. Aaaahhh, the memories. Happy 30th anniversary, Jolene! ■

SHANE GOODMAN

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FEATURE

Dalton and Cailey Dolash wanted theirs to be a hometown wedding. They met in 2016 while attending Bondurant-Farrar High School. They and several mutual friends played slow pitch softball together, and, shortly after, the two began dating.

Seven years later, in 2023, Dalton proposed to Cailey. He purchased a ring from the Zales outlet in Altoona.

"I ruined Dalton's initial plan to propose," Cailey recalls. "We always go to the Goodguys car show around the Fourth of July together. I am a softball coach for the school, and we had a game that weekend that ended up getting cancelled, so he said he was going to run home to shower before the car show, though he was really going home to get the ring so he could propose during the car show. I didn't know his plan and insisted that he stay and shower where we were."

Dalton's second attempt at a proposal was planned during their annual camping trip with family and friends to Happy Times. While they were packing the car, Cailey said she would grab Dalton's bag for him, and though he said he'd get it himself, she insisted. As she was

grabbing for his bag and pillow, the ring box fell out.

"Do you see why I didn't want you to get my stuff," he asked.

Since the secret was out, he asked if she would marry him and if she wanted to wear the ring for the weekend. Her answer? "Yes."

Cailey had a general idea of what she wanted for her wedding, but the couple began to plan together. At first, they chose a date in May 2025 — after she would finish her master's degree and after the school year finished — but some family things changed, so they decided on a May 2024 date.

"We found a weekend that I didn't have anything happening with the junior high softball team I coached," Cailey says.

For years, Dalton's grandparents, who own Griff's Farm and Feed, had told the couple they needed to get married and that they could do so at the store property. After their engagement, they got everything cleaned up and set up for the happy couple to be married in the big feed

Cailey chose to use the online bridal website, Azazie, for dresses for her two



Cailey found her wedding gown at The Bridal Boutique in East Village in Des Moines. Photo by Carlye Bishop Photography



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FEATURE

bridesmaids, her maid of honor, and two personal attendants. She chose a lilac color for the bridesmaids' dresses and a plum color for the attendants' dresses. After she chose the colors, she shared them with her bridal party and gave them the option to choose their own style.

The groomsmen chose suits from the newer Halberstadt's location in West Des Moines. Gray suits were worn by the two groomsmen, the best man and the two ushers. The groomsmen wore white shirts under the suit jackets and gray ties. Dalton wore a white tie. The men found their shoes at Rack Room Outlet. The couple chose their niece and nephew to be the flower girl and ring bearer. Dalton's mother found a dress for the flower girl, and they pieced together an outfit on Amazon for the ring bearer that had a white shirt and lilac-colored suspenders.

Cailey found her wedding gown at The Bridal Boutique in East Village in Des Moines.

"I had previously told my best friend that I didn't want any sparkles on my dress, but the dress I chose had all the sparkles," she laughs. It was the third dress she tried on, and she knew it was the one when every dress she tried on after it



The bride chose lilac and white flowers with eucalyptus leaves for her bouquet and decorations. Photo by Carlye Bishop Photography





At the end of their wedding day, photos were taken of the bride and groom with the sunset in the background. Photo by Carlye Bishop Photography

was compared to it.

Cailey asked her cousin, Carlye Bishop, of Carlye Bishop Photography, to take her engagement and wedding photos. She and Dalton also asked the Hagans of Hagan Entertainment to DJ the event. Tables and chairs were rented from JP Party Rentals in Ankeny, and white tablecloths were ordered from Amazon. Dalton's ring was ordered online from a vendor that made it out of a whiskey barrel and a deer antler.

"Larry Halbrook and Melinda Strable took care of the food for our reception," Cailey says. "Melinda used to own Sorisso Grille in Ankeny. They provided pulled pork, baked beans, cheesy potatoes, pasta salad and dinner rolls."

The couple asked Sue LaZella to make homemade mints for the wedding because Dalton enjoys them. They chose a bride and groom cake from Nothing Bundt Cake and chose the cakes for their guests from Costco.

Cailey's brother, Cole Schlenker, is an ordained minister. She had told him that, when it was time for her to get married, she wanted him to officiate.

Cailey and Dalton opted for fake flowers on Etsy from Celebrity Wedding U.S. They were lilac and white with eucalyptus greenery.

The couple worked on their guest list, which ended up including around 250 people.

"It was hard to cut down the list since we're both from Bondurant and still live in Bondurant," Cailey remarks.

Though they had quite a crowd, the wedding was laid back in its atmosphere. The Thursday and Friday before the wedding,

family and friends of both the bride and groom gathered at the feed barn to get things ready.

"His grandparents had their employees push the feed in its casings to the side, and we swept the floor," Cailey remembers. "We cleaned Dalton's grandfather's woodworking shop and where he works on his tractors. Dalton's mom cut wood slabs from their property to use for décor, and we borrowed floating candle lanterns for centerpieces from Ray and Annette Sauer."

Besides the candle centerpieces, the couple chose to place photos on the tables highlighting special moments from their dating and engagement years. A rehearsal dinner was held onsite in the feed barn since everyone was there all day setting up. They ordered Casey's pizza and chicken from Pizza Ranch.

On their wedding day, the women got ready at Dalton's grandparents' house, and the guys got ready at Cailey and Dalton's house across the street. Hair styles were done by a family friend, Taylor Sawatzky, and makeup was done by Nicole Demondo. Cailey and Dalton had their first look together on his grandparents' property near their pond. They also took most of their wedding photos before the ceremony around the property, including at the pond and feed shop. The couple also had several taken after the ceremony during sunset.

One of the most special memories Cailey has of her wedding stemmed from a promise her late grandfather had made to her.

"My grandfather had passed away several years ago, but he'd always promised me that I could ride to my wedding in his 1938 Cadillac LaSalle," Cailey says. "My grandma kept

that promise, and my dad drove me to the wedding in it. It was really special, because my grandfather built that whole car, and there are less than 10 of them still drivable in the U.S."

The ceremony itself was brief, but the couple enjoyed getting to share their big day with their family and friends, saying that was the best part of it all. The reception was held in the same location, and they enjoyed their catered food, music and dancing. To their surprise, Dalton's mom and Cailey's dad had picked the songs to dance to for the father/daughter and mother/son dances.

After the ceremony and reception, Dalton's grandfather hooked up his parade trailer to one of his beloved John Deere tractors, and the wedding party rode in it around his grandfather's campground, Griff's RV Park.

"It was special to pull him in like that," Cailey says.

They also did a memorial for Dalton's good high school buddy who had passed away, having the song "Simple Man" played in his honor. At the end of the night, the remaining guests and wedding party gathered in a circle with arms around each other while Cailey and Dalton danced in the middle to the song "Piano Man," like they do at their annual camping event at Happy Times.

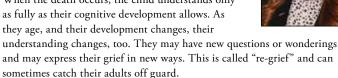
Cailey says their wedding had a lot of special touches from many loved ones from around the Bondurant area. Both her and Dalton's favorite aspects of their wedding day were the fact that they shared it with their friends and family who pulled together to make their day the most wonderful day of their lives.

REAL ESTATE By Austin Sullivan

WHAT to know about 're-grief'

When children have someone significant in their life die, it can be difficult to know how to best support them. It's natural to want to "fix it," but this is one of those things we cannot fix.

Children will continue to grieve as their development and understanding of the world changes. When the death occurs, the child understands only as fully as their cognitive development allows. As they age, and their development changes, their



While our fundamental understanding of death may not change after adulthood, our understanding and experience of grief can change over time, too. Whenever a new life milestone occurs (i.e., we get married), we understand the world in a different way (as a newly married person). This can also have an impact on our grief. Remember, there is no time limit on grief.

How to help? 1. Listen, compassionately. "It makes sense you feel that way. Do you want to tell me more about it?" 2. Answer questions honestly and repeatedly if asked — in consistent, developmentally appropriate ways. 3. Encourage creative and physical activities (that they enjoy) to get feelings out of their bodies. 4. Encourage sharing memories and, if you knew their person, share memories you have. They may learn something new about them, and what a gift that is.

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



DO YOU really need professional photos?

This is a question that both homeowners and even some agents ask when listing a property, and the answer is always "yes." Professional photos play a crucial role in selling your home, making it look brighter, more open and more appealing to potential buyers. High-quality images are essential for marketing, as they create a strong first impression online, where most buyers begin their home search.



Professional photographers know how to capture the best angles, ensure proper lighting and make even the smallest spaces look inviting. They also have the skills to enhance exterior shots — ensuring blue skies and lush green grass, no matter the weather on the day of the shoot. Remember, your listing photos are the first step to attracting buyers — so make them count.

How to prepare your home for photos

There's a difference between a "picture-ready" home and a "show-ready" home — and it's important to understand both.

• Picture-ready: For photos, your home should be as clean, open and clutter-free as possible. Clear off countertops, tuck away personal items, and remove anything that might make a space look smaller. In the kitchen and bathrooms, hide everyday essentials like soap bottles, toothbrushes and small appliances to create a sleek, spacious look.

De-cluttering is also key. If a room feels crowded, consider temporarily removing excess furniture, bookshelves or dressers to make the space feel bigger. You may also want to depersonalize by taking down family photos or personalized wall decor, helping buyers envision themselves in the home instead of focusing on the current owners.

• Show-ready: Once photos are done, you can transition your home to show-ready mode for in-person tours. Unlike listing photos, buyers expect to see a lived-in home, so it's OK to bring back essentials like hand soap, coffee makers or toasters. However, if you've already packed away non-essential items for pictures, consider keeping them stored — you're moving soon anyway.

Final thoughts

Investing in a Realtor who works with a skilled, professional photographer is one of the smartest decisions you can make when preparing to sell your home. High-quality, well-lit photos showcase your home in the best possible way, highlighting its key features and making a lasting impression on potential buyers. So, before you list your home, take the time to get it picture-perfect. The effort you put in now can pay off with faster sales, higher offers, and a smoother selling process. You won't regret it.

Information provided by Austin Sullivan, Re/Max Concepts, 3880 Prairie Fire N.W., Altoona. 515-943-9797. austin@soldwithsullivan.com

AN HONOR to serve



On behalf of the Library staff, the Library Board of Trustees, the Library Foundation, and the Friends of the Library, I want to thank the Bondurant Chamber of Commerce for the 2024 Organization of the Year Award. We received this award at the Annual Chamber Dinner on March 7. It was a fun night to remember with great food, networking and, of course, some bingo fun. The library staff and I are honored to serve the community of Bondurant, and we are lucky to be supported by the trustees, the foundation, and the friends. as well as the city of Bondurant. We all love what we do, and we are always open to suggestions, comments and feedback on ways we can serve this community better. Please feel free to reach out to me, the library director, at any time or stop by the library

Here is what is happening at the library in April

- 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.
 - April 1: Book Club for grades 3-5 at 6 p.m.
 - April 2: Pokémon Club at 4:15 p.m.
 - April 3: Adult Craft Night at 6 p.m., registration required
 - April 7: After-School Bird Feeders at 2:30 p.m.
 - April 8: Book Discussion for Adults at 6 p.m.
 - April 9: Curious and Creative Kids Club at 4:15 p.m.
 - April 10: Family BINGO at 6 p.m.
 - April 12: Messy Munchkins at 10:30 a.m.
 - April 13: Teens only Sunday Funday at 3 p.m.
 - April 14: After-School Bunny Pom Pom Poppers at 2:30 p.m.
 - April 15: Book Discussion for grades 6-8 at 5:30 p.m.
 - April 15: Introvert Book Club at 6 p.m.
 - April 17: Anime Club at 4:15 p.m.
 - April 18: Coffee Social at 1 p.m.
 - April 20: LIBRARY CLOSED for Easter
 - April 21: No-School BINGO at 1 p.m.
 - April 22: Hands-Only CPR/AED Training at 6 p.m.
 - April 26: Rain Barrel Workshop at 1 p.m., registration required
 - April 28: After-School Movie at 2:30 p.m.
 - April 28: Teen Café at 4:30 p.m.
 - April 29: Adult Crafternoon at 1 p.m.; registration required ■



Stay Safe From Shingles

1 in 3 people will get shingles. Prevention is possible.

Shingles can cause a painful skin rash and lead to serious health problems, such as long-term nerve pain and vision loss. Shingles stays dormant in your nervous system after you recover from chickenpox. Your risk of shingles increases with age.

The shingles vaccine is the best way to protect against the virus and its complications.

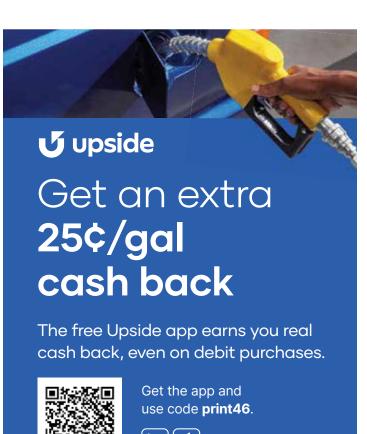
The shingles vaccine is recommended for:

- · Adults 19 and older with weakened immune systems.
- · Adults 50 and older.



Ask your healthcare provider about the shingles vaccine.

Source: cdc.gov 2/25





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NEWS BRIEF

SCHOLARSHIP program awards college funds

Forty-three Iowa high school and college students have each received \$1,000 for college as part of the ISL Education Lending Scholarship. Local winners include: College Student, Jaiden Simonson, Bondurant.

In its second year, the program has now awarded \$123,000 as college savings deposits for Iowa students.

The winners were chosen from among more than 11,000 registrations from Iowa parents, high school students and college students during the fall 2024 registration period. While registering, the parents and students were able to view and interact with relevant financial literacy tips to learn more about paying for college.

"This program is designed to benefit more Iowa families, through the awards themselves and through education," said Steve McCullough, president and CEO, Iowa Student Loan Liquidity Corporation, which sponsors the scholarship under the name ISL Education Lending. "Awarding ISave 529 deposits allows the winners to use the money for education expenses when it's most suitable for them. In addition, the information provided to parents and guardians and to students helps them plan for future college financing."

The financial information provided with the scholarship is always available to the public at www.IowaStudentLoan.org. In addition, families can visit the website for additional resources and to sign up for other services, like the parent email service Student Planning Pointers for Parents.

ISL offers two registration periods each year for the scholarship, and eligible students may enter each registration period for which they meet the eligibility requirements. The spring 2025 registration period is open through March 31. Details for the ISL Education Lending Scholarship are available at www.IowaStudentLoan.org/Savings. ■



News from the BONDURANT-FARRAR

COMMUNITY SCHOOL DISTRICT

March 2025

CALLING ALL KINDERGARTENERS!

Please help us better prepare for the 2025-26 school year by beginning the kindergarten registration process on March 31!

AGE REQUIREMENTS:

Kindergarten registration opens on March 31 for all residents that will be five years of age on or before September 15, 2025.



WHAT INFORMATION WILL BE NEEDED?

To prepare, families can expect to provide the following:

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

TIPS FOR GETTING STARTED:

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





TWO WAYS TO COMPLETE THE PROCESS:

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

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

Contact US:

Bondurant-Farrar District Office 300 Garfield Street SW Bondurant, IA 50035 Phone: 515-967-7819

Online: www.bfschools.org/contactus



Stay Connected:

Facebook: @BFDistrict Twitter: @BF_District YouTube: @Bondurant-FarrarCSD Flickr: www.flickr.com/photos/bfcsd/albums Newsletters: www.bfschools.org/subscribe

A LOADED casserole that is quick and comforting

(Family Features) It's tough to beat an easy dinner that's equal parts comforting, convenient and delicious. This loaded hamburger potato casserole is no exception. Just brown ground beef then mix in a casserole dish with potatoes, bacon, cheese and more before baking for an hour. Find more casserole recipes and beyond at Culinary.net.

Loaded hamburger potato casserole

Recipe courtesy of "Cookin' Savvy" Servings: 4-6

- · 1 pound ground hamburger
- · 1 tablespoon garlic powder
- 1 bag (1 1/2 pounds) tri-colored baby potatoes
- 1 can (10 ounces) cream of mushroom soup
- 1/2 cup sour cream
- 1/4 cup milk
- 1/2 cup fried onions (optional)
- 1 cup shredded cheddar cheese
- 2 1/2 ounces bacon pieces
- salt, to taste
- pepper, to taste
- chives or green onions, for topping

Directions

- · Heat oven to 375 F.
- In skillet over medium heat, brown ground beef with garlic powder; drain and set aside.
- Cut potatoes into small pieces. In casserole dish, mix beef; potatoes; soup; sour cream; milk; fried onions, if desired; cheese; and bacon pieces. Season with salt and pepper, to taste. Bake, covered, 50 minutes then uncover and bake 10 minutes.
- Top with chives or green onions.



SAVORY pork chili fresh from the slow cooker

(Family Features) If you're hunting for a cool-weather warmup or just need a break from the kitchen, the slow cooker is a perfect tool to make dinner a breeze. This Barbecue Chili recipe from "Cookin' Savvy" offers a hearty meal that serves a crowd. Visit Culinary.net to find more family-friendly dinner inspiration and step-by-step recipe videos. ■

Barbecue chili

Recipe courtesy of "Cookin' Savvy" Servings: 8-10

- 1 pork loin (2-3 pounds)
- 1 can (10 ounces) diced tomatoes and green chilies
- 2 cups barbecue sauce, divided
- 1 cup water
- 1 can (29 ounces) tomato sauce
- 2 cans (27 ounces each) chili beans
- 1 package chili seasoning
- 1 tablespoon barbecue seasoning
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- salt, to taste

12

- pepper, to taste
- sour cream, for serving
- shredded cheddar cheese, for
- corn chips, for serving

- Place pork loin in slow cooker. Cover with diced tomatoes and green chilies, 1 cup barbecue sauce and water; cook on low 4-6 hours.
- Cut up cooked meat and place in Dutch oven along with juices from slow cooker. Add remaining barbecue sauce, tomato sauce, chili beans, chili seasoning, barbecue seasoning, onion powder and garlic powder. Season with salt and pepper, to taste.
- Cook over medium heat 20 minutes, stirring occasionally.
- Serve with sour cream, shredded cheese and corn chips.
- Tip: Add can of beans if serving bigger crowd.

www.iowalivingmagazines.com



SPRING into success

Finishing the school year strong

As the school year nears its end, students often face a mix of excitement and pressure. The anticipation of summer break can be distracting, while the need to maintain grades and complete assignments remains. This combination can lead to burnout, procrastination and declining academic performance. However, with the right support, students can finish strong and head into summer with confidence.



One of the biggest challenges during this time is staying motivated. After months of hard work, fatigue can set in. A personalized approach to learning helps by focusing on individual needs and styles. Tutors provide targeted instruction, breaking down complex concepts into manageable steps. This method not only reinforces understanding but also boosts confidence and engagement.

For students struggling in specific subjects, tutoring can be a game-changer. Whether it is tackling algebra, improving reading comprehension, or preparing for final exams, expert tutors identify knowledge gaps and create customized learning plans. This targeted support ensures students feel prepared and capable as they approach their assessments.

Beyond academic subjects, tutoring also helps develop essential study skills. Time management, organization and effective note-taking are crucial, especially during the hectic final stretch of the school year. Tutors equip students with these skills, helping them manage their workload efficiently and reduce stress — preparing them not just for finals but for future academic success.

Moreover, tutoring provides a supportive learning environment. A tutor acts as both an educator and mentor, offering encouragement and positive reinforcement. This guidance helps students overcome anxiety and build the confidence they need to tackle challenges head-on.

As the school year winds down, consider whether your child could benefit from extra support. Personalized tutoring, targeted academic assistance, and essential study strategies can make a significant difference. Investing in your child's academic success now will set them up for a confident and accomplished transition into summer — and beyond. ■

Information provided by Angela Jones, Owner and Center Director of Sylvan Learning of Altoona, 301 Center Place, Suite C-1, Altoona, 515-957-2923, Angela. Jones@sylvanlearning.com.



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Offer valid on tutoring packages of 25+ hours at this location only. Good through August 15, 2025.

MEET Mary Jo Hetrick

Helping kids get to where they are going safely

Originally from Ohio, Mary Jo Hetrick started driving a school bus in Norton in 2004. When her husband's job relocated them to Iowa, she drove for the Ankeny Community School District before working as a site supervisor for transportation departments at Saydel and Colfax-Mingo. Hetrick first learned about the opening at the Bondurant-Farrar Community School District from a friend.

Joining the district as assistant director gave Hetrick the opportunity to work closely with the previous director while learning what it takes to lead a growing transportation department. When the director retired, Hetrick stepped into her current role as director of transportation in 2018. She has been part of the district since 2015.



Mary Jo Hetrick, director of transportation, works with a large crew to get students to and from school.

"I love this community, our students and the team I work with every day. Whether I'm helping with bus safety, supporting families, or finding creative solutions to transportation challenges, it's rewarding to be part of such a great district," Hetrick says.

Hetrick's day typically begins around 6:30 a.m. and ends after 4:45 p.m. During that time, she checks in with drivers, problem solves student behavior issues, reviews bus camera footage, and coordinates with the school resource officer on stoparm violations. During the winter months, Hetrick is sometimes out at 3:30 or 4 a.m. to check road conditions and help determine possible weather delays or cancellations.

Through PBIS, the transportation department also started a "BEST Bus Rider of the Month" program, where drivers recognize students for positive behavior. In addition, students participate in bus evacuation drills twice a year, and, with the help of high school students, the transportation department has an updated safety video to help with training.

"The best part of my job is working with an amazing team of drivers who truly care about our students," Hetrick says.

Hetrick says that one of the biggest challenges this year has been the driver shortage. While they started the year fully staffed, the department has been hit with illnesses, retirements and job changes, making things tighter than they would like. Coming up, spring means a lot of field trips and a record number of athletes in need of transportation. Hetrick says that the department is getting creative with routing in order to make everything work.

"Every day is like solving a giant puzzle, but, at the end of the day, our goal is always the same: getting students where they need to be safely," Hetrick says. ■



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Felicia Collison/Jill Sullivan, owners & Lindsay Schaper, director.



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You can always pay your bill at no cost by setting up autopay through your bank. If you are interested in this option, please call City Hall at 515-967-2418





Home Alone Awareness

April 28th, 2025 2:30-5:30pm

Thinking of letting your child stay home alone this summer? Make sure they are equipped with ways to stay safe!

Brought to us by Bondurant Parks and Recreation, taught by members of the Polk County Sheriff's Office, Blank Children's Hospital and Bondurant Emergency Services, providing educational tools and safety tips as they make kids aware of potential dangers in and around your home. Class limited to 20 students.



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.



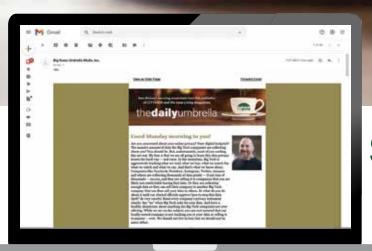


Start your morning off right with an update from

thedailyumbrella

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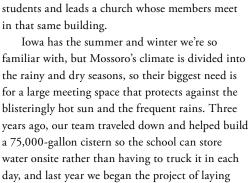


This free service is brought to you by the publisher of CITYVIEW and the lowa Living magazines.



MISSION trip to Brazil

Countless hours of preparation, coordinating logistics, and prayer go into Federated Church's yearly missions trip overseas. Over the last 20-plus years, many of our trips have been to Haiti and Mexico. For the past three years, a group of 11-12 men have traveled to Mossoro, Brazil, to build infrastructure for one of our supported missionaries who runs a school of about 300 students and leads a church whose members meet



the massive footings for this structure. This year

multi-purpose seating structure that will house administrative offices and storage underneath.

(Feb. 22 through March 4), we began work on the

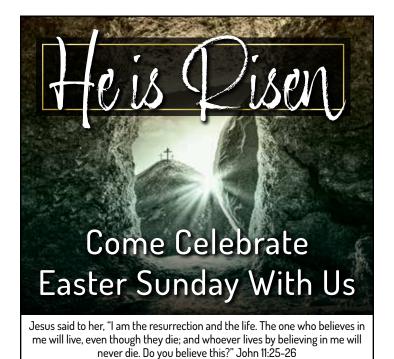
Serving overseas, even for only 10 days at a time, helps us to gain a perspective that life is more than the familiar routines we all have. Life is more than air conditioning and three square meals a day. Life is also about serving others, humbly giving of yourself to meet the needs of others. And, sometimes, when you travel 5,000 miles from home, eat new food, communicate through Google Translate, and realize that not everyone has the same amenities you take for granted, you realize that the body of Christ truly is multicultural.

Yes, we laid the bricks and mortar. Yes, we shocked our systems with 95-degree heat in late February. But we also sang our hearts out and prayed with believers who speak another language and eat food we've never tried before. And you realize that, when John 3:16 says that "God so loved the WORLD..." that He truly does love all people, and because of our shared faith in the work of Christ on the cross, we can fellowship with believers all over the globe. The first time you get a hug and see that spark in someone's eye who says, "Eu te amo meu irmão," you realize the family of God is bigger than just us. We love you, too, our brothers.

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







Biblical teaching. Genuine people. Spreading truth.

SUNDAY WORSHIP, 10 A.M. LEGION HALL

315 2ND ST N.W. BONDURANT

FFCBLIFE.COM

515-587-5930

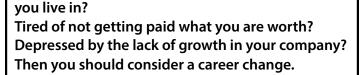
FIRST FAMILY

WE'RE GROWING!

lowa Living magazines are currently seeking an

ADVERTISING ACCOUNT EXECUTIVE

Frustrated in your current advertising, sales, communications or customer service position? Want to work in the community



Our massive audited readership drives results for our advertising customers. We have grown immensely over the last 18 years, and we are just getting started. Our award-winning publications are household names and are respected by readers and advertisers throughout central Iowa.

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Jolene Goodman Vice President

515-953-4822 ext. 319 jolene@iowalivingmagazines.com



WWW.IOWALIVINGMAGAZINES.COM

EVENTS IN THE AREA

Be sure to check for cancelations.

Coming up 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 by April 3 to be included in the April issue.

Keep Bondu Beautiful

Saturday, April 19, 1-3 p.m. 200 Second St. N.E.

Celebrate Earth Day in Bondurant. Gather your friends, family and neighbors for a day of community spirit and environmental action. The city's "Team Up to Clean Up" event invites



you to explore and enhance local treasures like the Chichagua Valley Trail, Lake Petocka, Bondurant City Campus, Gateway Park, the Gay Lea Wilson Trail and more. Sign up to volunteer at https://tinyurl.com/ BonduBeautiful.

City events

Check for updates and information at https://www.cityofbondurant. com/parks-and-recreation/pages/2025-community-events-programs.

- Safety Village, May 7, Downtown Bondurant. Watch for details
- City-wide Garage Sales, May 10
- Bondurant Spring Cleanup, May 17
- Bondurant Tire Drop Off, May 17, 8 a.m. to 4 p.m., 306 First St. N.W.

Home Alone Awareness

April 28, 2:30-5:30 p.m.

Bondurant City Hall, 200 Second St. N.E.

Thinking of letting your child stay home alone this summer? Make sure they are equipped with ways to stay safe. Brought to you by Bondurant Parks and Recreation, the class is taught by members of the Polk County Sheriff's Office, Blank Children's Hospital and Bondurant Emergency Services, providing educational tools and safety tips as they make kids aware of potential dangers in and around your home. Class limited to 20 students. Register at https://bondurantia.municipalonlinepayments.com/bondurantia/ easypay/ju3HW_nEGkyNzrRwZnpn3w/home-alone-awareness.

Edencrest at Pleasant Hill Grand Opening

Thursday, April 3, 4-7 p.m.

Edencrest at Pleasant Hill, 6151 Martha L. Miller Drive, Pleasant Hill

The public is invited to the Grand Opening Celebration of Edencrest at Pleasant Hill. Enjoy heavy appetizers and drinks, live music, and an official ribbon cutting with the city of Pleasant Hill and the Pleasant Hill Chamber of Commerce.



For more information, contact Staci

Fjelland, community relations director, 515-380-0598.

EVENTS IN THE AREA

Be sure to check for cancelations.

Tai Chi Class at The Tuscany

Thursdays from 9:45-10:30 a.m. until June 5 Edencrest at Tuscany, 1600 Eighth St. S.E., Altoona, lower east entrance

Tai chi is an ancient Chinese exercise program to promote strength, flexibility and balance. Individuals will learn warm-up, cool-down, six basic forms and six advanced forms, with modifications available for those who need to remain seated for all or most of the



class. Classes offered on a contribution basis for those age 60 and older. For those younger than 60, there is a \$4 charge. All donations go to Aging Resources of Central Iowa, a nonprofit agency serving older adults in central Iowa.

Ask an Audiologist: Hearing Health Seminar

Thursday, April 24, 2-4 p.m. Edencrest at Tuscany, 1600 Eighth St. S.E., Altoona, lower east entrance

The public is invited for a special event on hearing health in collaboration with CaptionCall and Sorenson. We will discuss hearing aids, present on CaptionCall candidacy and eligibility, and provide hearing aid checks and routine maintenance. Light refreshments and treats will be provided. RSVP by Monday, April 21, by calling 515-850-6119.

Healing Hearts Grief Support

Meets every second and fourth Tuesday of each month. Edencrest at Tuscany, 1600 Eighth St. S.E., Altoona, lower east entrance

A supportive gathering for residents and community members to share their experiences, connect with others, and find comfort during their grief journey. Light snacks and beverages are offered. This event will create a safe space for healing and connection within the community.



Covered Bridges Winery events

2207 1700th Trail, Winterset coveredbridgeswinery.com

See website for tickets and any last minute changes.

- March 29: Comedy Night Chowdown Improv
- April 13: Sunday Music at the Winery, 2-4 p.m., no cover charge, Liv McNair
- April 19: Music at the Winery, Kracklin, 6:30-9:30 p.m., \$5 cover

Dome After Dark

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

Elks Pancake Breakfast Buffet, Bake Sale and the Easter Bunny

Sunday, April 13, 8 a.m. to noon West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Yes, the Easter Bunny will be at the breakfast to greet the children and have treats to share. The breakfast buffet includes biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and, of course, all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody Mary or mimosa for \$3.50.



Playhouse Summer Classes

Various dates Des Moines Playhouse, 831 42nd St., Des Moines

The Des Moines Playhouse offers students from kindergarten through high school more than 30 different classes and camps this June-August to fill the long summer days and keep minds active. A complete list of classes and registration is available at dmplayhouse.com. Theatre arts education at The Playhouse provides students with the opportunity to explore, create, imagine and express themselves, all within a safe, nurturing environment. Every class at The Playhouse is unique and led by the theatre's professional teaching artists. For more information on summer theatre camps and other Playhouse educational offerings, contact The Playhouse education department at 515-974-5365.



African Violet Show and Sale

March 28 and 29

Wesleyan Church, 2025 Lower Beaver Road, **Des Moines**

The Evening African Violet Club of Des Moines invites the public to its 2025 African Violet Show and Sale. This is a nationally sanctioned show and sale that will have judges from the African Violet Society of America. Club members' plants and supplies will be available. The sale hours are Friday, March 28, noon to 6 p.m., and Saturday, March 29, noon to 5 p.m. The judging of violets, gesneriads and floral design will take place on Saturday, 10 a.m. to noon. Educational exhibits and AVSA promotional information will also be displayed. The Evening African Violet Club of Des Moines meets monthly from February to November on the third Saturday of the month at 2 p.m. at the Debra Heights Wesleyan Church. The public is invited. ■



WELLNESS

By Teresa Sieck

FACIAL chemical peels

Facial chemical peels offer several benefits for the skin. Chemical peels improve skin texture and tone. Chemical peels help to smooth rough skin and even out skin tone by removing or exfoliating dead skin cells and stimulating collagen production.



Other notable benefits include reduction in acne and acne scarring, reduction in pigmentation and age spots, minimizing pore size and reduction in wrinkles and fine lines.

What to expect at your appointment:

- 1. Consultation with a licensed medical professional or aesthetician to discuss your skin concerns and goals.
- 2. The professional will thoroughly cleanse your skin to remove dirt, oils and makeup, ensuring the peel solution can work effectively.
- 3. Application of the chemical peel solution: The chosen chemical peel solution is then applied to the skin. This solution is typically left on for a few minutes, depending on the type and strength of the peel. The solution may cause a mild tingling or stinging sensation. Some peels require neutralization following the peel solution.

The procedure is relatively quick, typically taking around 30 minutes to an hour, depending on the type of peel. It's essential to consult with a professional to determine the best option for your skin.

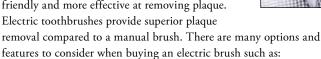
Information provided by Teresa Sieck MPAS, PA-C, PhD, Luxe Medical Spa and Aesthetics, 88 Paine Circle S.E., Suite 7, Bondurant, 515-630-8637, www.luxemedicalspa.net.

HEALTH

Bv Dr. Steven Neville

WHICH IS better, an electric or a manual toothbrush?

If you are looking for the easiest and most efficient way to take care of your teeth, an electric toothbrush is a great option. Unlike a manual toothbrush, an electric brush does the work for you. You only need to guide the electric brush along the surfaces of your teeth. People with arthritis or similar conditions and children find using an electric brush more userfriendly and more effective at removing plaque.



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

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

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



DON'T sweat it

Hyperhidrosis, or excessive sweating, can be an embarrassing and uncomfortable condition that affects daily life. While antiperspirants and other treatments may not always provide relief, Botox (botulinum toxin) has emerged as an effective solution for managing excessive sweating.

Botox works by blocking the nerve signals responsible for activating sweat glands. Normally, the nervous system stimulates sweat production to help regulate body temperature. However, in individuals with hyperhidrosis, these glands are overactive, leading to excessive sweating even when it is not needed. Botox injections temporarily interrupt this process by inhibiting the release of acetylcholine, the neurotransmitter that signals sweat glands to activate. As a result, sweating is significantly reduced.

The procedure is minimally invasive, involving a series of small injections directly into the affected area. Most patients begin to notice results within a few days, with full effects typically seen within two weeks. The results can last anywhere from four to six months, after which repeat treatments may be necessary to maintain dryness.

Botox for hyperhidrosis is FDA approved and has a high success rate, making it a popular choice for those seeking long-term relief. With minimal side effects and little to no downtime, it provides a safe and effective option for managing excessive sweating and improving overall quality of life.

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

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HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

PREPARATION key to good health

Good health isn't a product of luck. Healthy people make lifestyle choices that lay the foundation for health. Preparation through healthy habits is key in building and maintaining health.

- Chiropractic adjustments prepare the nervous system to be able to adapt to stressors when they arise. This includes physical, emotional and environmental stressors. Different stages and times in life will require our nervous system to adapt differently. All ages and stages of development, from birth on, require a nervous system able to adapt. Adults need to be prepared to navigate work, life stressors and aging with ease. Parents need to be prepared from preconception to prenatal and birth to the transition and responsibility of caring for infants, littles, teens and beyond.
- A diet consistent in nutrients lays the foundation for health, keeping inflammation low and supporting the immune system. Keep it simple and focus on whole foods like proteins, vegetables, fruits and healthy fats. The less processed and fewer ingredients the better. Set aside time once or twice a week to do food prep to make this manageable.
- Supplements are not a substitute for a nutrient-dense diet but rather a supplement to a healthy diet. They add nutrients we are not getting enough of or that we need extra of to support the body in a specific way. Individual needs vary and should be discussed with your holistic healthcare provider like a family chiropractor.

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



THE FUTURE of senior care is personalized care

As we look to the future, the senior living landscape is undergoing an exciting transformation. These communities, once primarily designed as peaceful retreats for active retirees, are now evolving into vibrant hubs of innovation, health and connection. The future of senior care in these communities is focused on empowering residents to live independently and maintain social connections, all while having access to the healthcare they need.



The 55+ community model is moving away from the traditional "retirement village" stereotype and embracing a new vision where aging is seen as an opportunity for growth and self-fulfillment. As the Baby Boomer generation continues to age, the demand for housing options that cater to both independence and care is driving this exciting change.

The future of senior care in 55+ communities is also shifting toward personalized care. Gone are the days of one-size-fits-all solutions. As people live longer, their care needs and preferences can vary greatly. The senior population is diverse, with different levels of independence, health challenges and lifestyle preferences. To meet these varied needs, 55+ communities are offering flexible care models that cater to the individual. From specialized wellness programs to chronic disease management and mental health support, personalized care plans are designed to address not only physical health but also mental, emotional and social well-being. For example, fitness programs are tailored to seniors' abilities and health

conditions, ensuring that every resident can participate at their own level. Additionally, memory care and cognitive support are becoming increasingly important as more communities focus on providing services for those with dementia or Alzheimer's disease.

This shift toward personalized care means that seniors are not treated as a homogeneous group but as individuals with unique needs, preferences and goals. It is a model that encourages aging with purpose and allows seniors to maintain as much independence as possible while receiving the support they require.

One of the most significant factors affecting senior health is social isolation, which can lead to depression, cognitive decline and other negative health outcomes. As such, senior communities are placing a strong emphasis on fostering social connection.

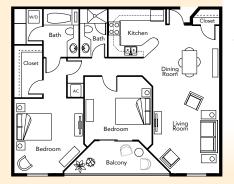
Rather than being isolated, seniors in these communities have more opportunities to engage with their peers, form new friendships, and build supportive networks. Community events, ranging from fitness classes and art workshops to volunteer opportunities and intergenerational programs, are designed to keep seniors active and socially engaged.

The future of senior care in 55+ communities is not just about aging, it is about thriving. It is about fostering independence, embracing technology, nurturing social connections and providing personalized care that enhances the quality of life.

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



Come Age In Place at Valley View Village



Reserve your Independent Living, Two Bedroom apartment and enjoy 10% off your rent for 12 months!

Act today ... only 3 apartments left! Must sign your lease by April 30, 2025 Valid for new Independent Living residents only

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2 Bedroom, 2 Bathrooms, 1240 Square Feet | Full kitchen Scheduled transportation for outings and shopping

Learn More



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Contact Dave to schedule your tour and reserve your 2 bedroom apartment today! 515-299-1731 Dave.Zahn@CassiaLife.org

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



WHAT IS new in 2025?

As I reflect upon our family's history in Bondurant, we have experienced observing a small, rural town of around 2,000 people blossom into a thriving, connected city with great potential. Today, 9,400 of us call Bondurant home. I can honestly answer that I have never been more optimistic about our collective future.



In the past several years, numerous leaders have stepped up within our community to help build and prepare for our future. Community-based organizations are more active and organized than ever before. Please take an opportunity to thank our community leaders and consider lending a hand.

As we continue to build upon our successes, we are excited about several key projects upcoming this year.

Enhancing community spaces and recreation

- City Park Phase 2: The splash pad will be installed and operational within City Park.
- Disc Golf Course at Eagle Park: A new recreational offering for residents and visitors.
- Public Art Installations: "Puddle Pavilions" at Eagle Park, "The Garden" fishing pier at Lake Petocka, and the Water Tower Mural will be installed this year, creating inspiration as well as creating functional additions to these amenities.
- Renovation of "The Station": Our current Bondurant Emergency Services building will be transformed into an indoor Parks and Recreation facility and Community Center.

Strengthening Infrastructure

- Water tower: Will be completed and operational this year.
- Major road construction projects: Enhancing transportation infrastructure across Bondurant, such as the widening of the western portion of Second Street, re-design of the intersection at Second and Hubbell Avenue, and the installation of a new road (Truman Avenue).
 - Water treatment plant: Construction to begin this year.

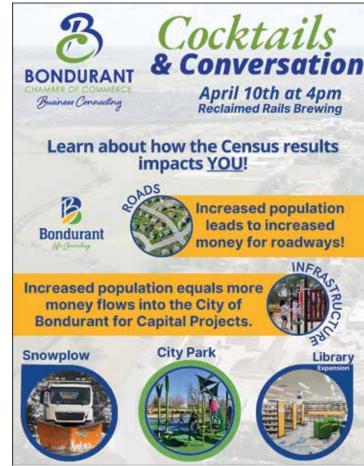
Planning for growth and development

- Bondurant Emergency Services: Will be completed and operational this
- Grain District development: A vibrant mixed-use extension of our downtown will begin to take shape this year.
- · Adopting updated zoning codes: We will be modernizing our development regulations to align with Bondurant's vision for the future.

These projects will strengthen our city's infrastructure, enhance our amenities, improve safety and service to our residents and continue fostering a community we're all proud to call home.

Thank you for your support and dedication to our city. It is an honor to serve as your mayor. We welcome your feedback and participation. Together, we will make 2025 another outstanding year for Bondurant. ■

Information provided by Mayor Doug Elrod, City of Bondurant, 200 Second St. N.E., Box 37, Bondurant, IA 50035, 515-967-2418, www.cityofbondurant.com.



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OUT & ABOUT

ANNUAL Dinner

The Annual Bondurant Chamber Dinner was held March 7 at American Legion Post 396, Bondurant.



Haley Busick, Katie Hamilton and Kay Van Kirk



Chase Netusil, Justin Simmons and Nick Stanley



Holli and Doug Martin



Chase and Susie Netusil



Nick and Bethany Stanley



Crystal Sinclair, Laura McNichols, Angel Stiles and Ceila Burriola



Tracey Wilcox, Melissa Merrifield and Micah Purcell



Marketa Oliver and Laura Lacina



City of Bondurant staff



Amanda White, Hailey White and Kaylin Von Ahnen

OUT & ABOUT



David and Jene Jess



Josh Bryant, Michell Klinker-Feld and Jeff Burright



Shelby Hagan and Crystal Sinclair



Jolene and Mike Kramer



Mike Hochstein and Cadence Hochstein



Doug Elrod and Jill Altringer



Small Business of the Year awards were presented to Justin Simmons (accepting on behalf of Tiffany Simmons) and Laura Lacina



Tara Cox and Dr. Amanda Korth



Rich and Kristi Powers



Abby and Matt Cole



Jessica Johnsen and Tiffany Luing



Kimberly and Trevor Pinegar

CLASSIFIEDS

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MANUFACTURED HOMES, (2025, Vinyl/ Shingled. 2 Bedroom start at \$41,999). (16x80) (3 Bedroom- 2 Bath) \$89,999. (28X64) (4 Bedroom-2 Bath) \$99,999. Delivered Factory-Direct, East Of I-35. North of I-80, 319-239-1920, (mcn)

MISCELLANEOUS

Cedar Rapids Largest Flea Market & Garage Sale: March 29/30, Lindale Mall, old Younkers, Cedar Rapids, IA, Over 200 spots. Sat. 8-10 \$5, 10-7 \$3; Sun. 10-5 \$3. Call Jason 515-298-3968.

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

AUTOMOBILES

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-844-588-6535, (mcn)

Get a break on your taxes! Donate your car. truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855 977-7030

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

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DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directy and get your first three months of Max, Paramount +, Showtime, Starz. MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

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AVON- EARN EXTRA MONEY! Looking for representatives in your area. Zero cost to sign up. Earn up to 50%. www.sellbeauty. today Independent Sales Rep. (mcn)

FINANCIAL

Inflation is at 40-year highs. Interest rates are way up, Credit Cards, Medical Bills, Car Loans, Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

HEALTH & MEDICAL

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-833-650-5916. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest #6258. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and longlasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a noobligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

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Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971(mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work, Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling!

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

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BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth, 100% Free Evaluation, Call Now: 1-888-767-0798(mcn)

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

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Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

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My journey began in Bondurant, where I grew up, graduated, and eventually chose to raise my own family. After high school, I joined the Iowa National Guard as an Infantryman, and in 2017, I put down even deeper roots by purchasing a home here and coaching with the high school football team.

In 2019, I launched my real estate career, and it quickly took off. Today, my wife Taylor, our son Kace, and our dog Trice live just outside of Bondurant, embracing everything this wonderful community has to offer. We love spending summer days at the farmers market, and whenever I can find free time, you'll probably find me fishing.

While much of my business is here in Bondurant, I'm always happy to help with real estate needs across the Des Moines Metro. If you ever need guidance, I'm here to help!









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