

BONDURANT

MAY 2025

Living

MAGAZINE

Festivals

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10	FLAT	\$95,000
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12	FLAT	SOLD
13	PARTIAL DAYLIGHT	SOLD
14	PARTIAL DAYLIGHT	\$125,000
15	PARTIAL DAYLIGHT	\$120,000
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17	FLAT	SOLD
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WELCOME

AIRING of grievances and feats of strength

"A Festivus for the rest of us." If you watched the popular TV show "Seinfeld" in the late 1990s, you are smiling right now. If you didn't watch the show, well, read on, as you can still smile.

Festivus was depicted on "Seinfeld" as a Dec. 23 holiday that includes a Festivus dinner, an aluminum Festivus pole, practices such as the "airing of grievances" and "feats of strength," and the labeling of explainable events as "Festivus miracles." It's a Costanza tradition.

Every time I hear the word "festival," I think of "Festivus." And, this time of year in Iowa, festivals are aplenty. For several decades now, Jolene and I have been traveling to various communities in our great state to partake in their wonderful community festivals, including the one we write about in this month's cover story.

Do these others sound familiar to you? Tulip Time in Pella. Mac and Cheese Festival in Dubuque. John Wayne Birthday Celebration in Winterset. Scandinavian Days in Story City. Bell Tower Festival in Jefferson. Good Egg Days in Stuart. Ice Cream Days in Le Mars. RibFest in Sioux City. Four Seasons Festival in Polk City. Truckers Jamboree in Walcott. Beef Days in Solon. National Balloon Classic in Indianola. Watermelon Days in Newell. Hobo Days in Britt. Pufferbilly Days in Boone. And, not to be left out, the Testicle Festival at Appleberry Orchard in Donnellson.

The list goes on. And on. If there is one thing we Iowans know how to do, it is how to throw a community festival.

Many of the festivals have similarities. Some focus on food. Others on drink. Many include music. But they all have at least one unique selling point that makes them truly stand out.

My dad would take me to festivals around our hometown when I was a kid, whether I wanted to go or not. He enjoyed connecting with people and reminiscing about days gone by — the same things I do today.

When it comes down to it, though, all of our community festivals are about wholesome fun — with or without the Festivus pole.

Have a great month, and thanks for reading. ■

SHANE GOODMAN
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Festivals

OFFER SUMMER FUN

Celebrate Bondurant and Summerfest
highlight gratefulness for the community

By Rachel Harrington

Bondurant residents and visitors have two great opportunities to enjoy local festivities. Celebrate Bondurant, a Bondurant Chamber of Commerce event, will kick off summer June 7, and the Bondurant Men's Club's Summerfest will follow with family fun June 9-10.

The carnival returns for Summerfest.
Photo courtesy of Photos by Ben

FEATURE

Celebrate Bondurant

The Bondurant Chamber of Commerce is proud to sponsor Celebrate Bondurant for its 11th year on June 7 from 5-8 p.m. The event recognizes and celebrates the vibrancy of the city of Bondurant and the businesses and vendors of the area. It is the kick-off event for Bondurant summer celebrations. Event visitors will have the opportunity to connect with well-known and visible vendors, as well as those that may not typically be seen at the farmers market or on Main Street.

This will be Chamber Executive Director Courtney Ackerson's first year attending Celebrate Bondurant. She started in her position the beginning of March. She says she looks forward to being part of the planning process and connecting with community members. Courtney is teaming up with Chamber Events Committee members Crystal Sinclair (chair), Laura Lacina, Amanda Korth, Steve Hall, Chris Johnsen, Chase Netusil and Mike Hochstein to make Celebrate Bondurant an evening to remember and enjoy for the whole community.

Celebrate Bondurant will feature vendors



The Bondurant Men's Club puts on Summerfest each year for two evenings of family fun. Stop by their table at the event.

and business tables sharing what they offer to the community throughout the event. Businesses that are members of the Bondurant Chamber of Commerce, numbering roughly 145, get to set up tables during the event for free, but any non-member business is welcome to participate and set up a table for a small fee. To sign up, email Ackerson at [director@](mailto:director@bondurantchamber.com)

bondurantchamber.com.

"There will be family-friendly events all evening," Ackerson shares. "The Rec and Roll trailer full of yard games will be pulled out for community members' enjoyment. The Bond, a local band talent playing an assortment of rock, country, pop and blues music, will grace the stage and provide musical entertainment for

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FEATURE



Kids enjoy the carnival. Photo courtesy of Photos by Ben

event visitors. What makes this event special is the people who are a part of it. We may have something like a bingo or 'passport around Bondurant' game for community members to play and get to know local businesses and vendors. Another highlight will be who we celebrate."

Plans are to hold an awards ceremony for honors such as Citizen of the Year. Another new addition to the celebration will be the "Franks-a-lot" hot dogs served as a thank you to volunteers.

"We are beyond excited to have such incredible local talent help us honor and celebrate our amazing community," Ackerson says. "This year, we're shining a special spotlight on the incredible volunteers who make our city thrive. From supporting local businesses to organizing events and lending a helping hand, your dedication fuels the heart of Bondurant. Celebrate Bondurant is our way of saying 'thank you' for everything you do to make our community extraordinary."

Along with hot dogs, other food vendors will also be available at the event.

Ackerson encourages the public to enjoy "an evening of fantastic music, good company and heartfelt appreciation.

"Let's come together to celebrate you, the spirit of Bondurant, and the amazing journey we're all on together."

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Summerfest

Summerfest, a free event, is entering its 51st year as a community-favorite event, missing only one year in 2021 due to the COVID-19 pandemic. This year, the June 9-10 event, hosted by the Bondurant Men's Club, will kick off on Monday night at 6 p.m. with a parade.

"The parade isn't new, but the route this year is new," Austin Sullivan, Bondurant Men's Club president, shares. "It is better logistically and better to eliminate congestion into the event as parade members leave the end point to attend Summerfest."

"The parade will line up at the high school and end at the middle school," fellow club member and event planner, Bruce Cordes, adds. "Right after the parade, the downtown area is blocked off. That's when all the fun and activities start."

Last year, Summerfest attendance reached about 4,500 people each evening. At the last census, Bondurant numbered more than 9,000 residents.

"I think it is unique to take half the town and put it into four square blocks at an event that connects the community and keeps the small-town feel alive," Sullivan shares. "It is an event that raises funds that go right back into the community. For example, this past year, we were able to give guardian caps to the youth football team."

"When we first started 50 years ago, the town was around 1,000 residents, and our event had just four rides," Men's Club member Al Ihde recalls.

The group is both proud and amazed at how much the community celebration has grown. In addition to the event growing, the Men's Club



Kids enthusiastically tackle the pie-eating contest. Photo courtesy of Photos by Ben

has grown, too.

"We have almost the same group of guys running the event as when we started, but we've picked up several younger, new guys," Ihde says. "We're always looking for new members to get involved."

"We have quite a lot of people set up business info tables," Cordes says.

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"We get tremendous support from local businesses, and their sponsorships are greatly appreciated," Sullivan adds.

In planning the event, organizers use a helpful magnetic map the city staff created with magnets for each participating vendor and business at their assigned locations to make sure they have room for all who wish to be a part of the fun. Ihde says that, if there's still room, vendors and businesses can join the fun up until the last day. However, Sullivan shares that they usually don't have trouble filling all the spaces well before the event and that participants need to get set up by Monday afternoon.

Many popular community events will return this year including the midway rides and games. Following great success last year, ride seekers are welcome to purchase a wristband that allows unlimited access to all the carnival rides. If desired, a wristband voucher can be purchased for \$20 ahead of time. They are available at Brickhouse Fitness Center.

"We will still have the little princess party on Monday evening," Sullivan says. "We also anticipate a number of mascots attending from various Des Moines sports teams."

Other returning favorites include the Kids Pedal Pull, face and body painting by Tiah Leinen, and a pie-eating contest. Pies are provided by local business Homesliced Handmade Pies.

New to Summerfest this year will be an open-mic stage on Tuesday evening where community members can sign up to showcase their talent or skill.

"We already have several people interested in participating," Cordes says. "Any junior high, high school or adult individual or group can reach out to the Men's Club to sign up."

Also new this year is a golf simulator. Samantha Retzloff, a strolling stilt walker, will meander through the event, showcasing hula hoop skills. The Iowa National Guard will offer a rock-climbing wall, and a large selection of food vendors will be set up in the depot area to offer carnival fare to satisfy Summerfest attendee appetites from start to close each evening.

"We've gotten big enough that we will have two entertainment areas this year. The new stage will be by the fire station, but the main stage will be across from the Re/Max office," Cordes states.

"There will be many demonstrations from community groups throughout the event such as Kasey Leigh Dance Studio, Heart of Iowa Cloggers, Oscar Rosales (balloon artist), Samantha Rezz (street performer), and East Coast Tae Kwon Do," Ihde says. "The Men's Club is also proud to announce that Jordan Beem will be on the Summerfest stage downtown."

To wrap up the event on Tuesday evening, a raffle drawing and a silent auction will be held at the Bondurant Depot, followed by fireworks behind the middle school, provided by the Bondurant Men's Club. Raffle tickets are already available.

"We have a lot of nice items available for the auction, and that goes back to thanking the businesses for their support," Ihde says.

He adds his favorite part of Summerfest is getting families, both old and new, together to enjoy the carnival and community together, making it a huge family-friendly event.

Throughout Summerfest, Men's Club members can be found and identified by their lanyards and badges to answer any questions patrons may have. ■



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Bondurant

May 2025

News



Join us for Operation: Summer Shine, a community-wide cleanup following the big summer bash. We'll roll up our sleeves, grab some trash bags, and give our town the fresh start it deserves. Whether you're a seasoned volunteer or just ready to enjoy the sunshine, everyone's welcome to help make Bondurant sparkle. Let's launch summer the right way — together. **June 11th, 2025 at City Hall.** More info will be posted at <https://tinyurl.com/BonduJune>.



The annual Youth Fishing Derby is coming up on Friday, June 6th from 5-6pm at Lake Petocka. Come out and find the biggest fish in the lake! Big shoutout to the Bondurant-Farrar FFA group for volunteering their time to help our young anglers! We'd also like to recognize the sponsors for this event - the Bondurant Men's Club, Bondurant Civic Club, the Iowa DNR and Midstates Precast Products. Mark your calendars and get those fishing poles ready!

Sadly, the Live Healthy Iowa team has discontinued their Live Healthy 1k/5k event, BUT we are still hosting the event, just under a new name and adding some great new options! This year the race will be on **Saturday, June 7th.** Stay tuned more info & registration.



NEW THIS YEAR:

- Name:** We have renamed the event Rail2Trails to honor the transition of our agricultural past to our recreation-based future.
- 10K distance option:** We are adding a 10k option for those of us with more lung capacity!
- Mascot Race:** We are hosting a mascot fun run that will start right before the 1k. Look for Fareway Frank, Winger, Crash and many more! Get your selfie stick ready!

We want to thank the sponsors that have already stepped up for this year's event including the Bondurant Chamber of Commerce, the Bondurant Men's Club and Midstates Precast Products! **If you're interested in sponsoring, please reach out to kklus@cityofbondurant.com.**

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Engage with Us



You can find upcoming City Council meeting dates, agendas, and past meeting minutes by scanning the QR code. We're making it easier than ever to stay informed and engaged.

WHAT IS a circle of protection?

So many times we deal with families that indicate their loved one had “everything taken care of” only to find out that everything was not taken care of. Maybe the loved one had their cemetery arrangements handled in advance but had never visited with the funeral home. Or, maybe they had talked with a funeral home but never decided on a cemetery.

What we know is that this can leave a family with an unexpected burden and/or unexpected expenses at what can otherwise be a very emotional and stressful time.

Complete arrangements often involve the selection of services and merchandise from two separate entities: the cemetery and the funeral home. A funeral home and cemetery can help you with completing this “circle of protection” so you can protect your family from having to make these decisions when they are grieving.

It truly is the difference between the question, “What would Dad have wanted?” and the confident statement, “This is what Dad wanted.” Do your family a favor and start the conversation today. Reach out to your cemetery and funeral home of choice. You will be glad you did, and it will be a gift for your family. ■

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



HOW LONG does it take to sell a house?

Selling a home is often one of the biggest financial transactions in a person's life, and, naturally, homeowners want to know how long the process will take, especially in today's market. The answer depends on a few factors, including location, condition of the property, pricing strategy and overall market conditions.

First thing to factor in is how long does it take to get the house on the market? Do you need to do any paint touch ups, or are there any unfinished projects that need to be squared away? From there you have to factor in some time for a photographer to shoot the property and then get it ready to put on the market. All of this can take days to weeks but, for this example, we will say 10 days to get it on the market.

Once the home is on the market, the question is how long before it gets an offer? Timelines can always differ, but today we can see houses sit on the market for 30-60 days before getting an offer. Some homes, particularly in competitive areas or when priced aggressively, can sell in under two weeks. Others may sit on the market for several months, especially in more rural areas or if they are overpriced.

Once an offer is accepted, we have to look at what the typical closing period will be. How long will it take for inspections, appraisal, title work, abstracting and underwriting to be completed? Today, in our market, this can be done as quickly as 25 days, but we are seeing closings more around 30-60 days. This means from the day you start to think about selling, the quickest time frame to closing would be 45-60 days, and it could even take up to 100 days or more to close.

There are some factors that can influence the time to sell.

1. Location: Homes in certain areas have a higher demand so tend to sell faster.

2. Season: Homes do sell year round but there is a spring and summer rush we see every year that can lower your days on market.

3. Pricing: Homes priced correctly from the start tend to sell faster.

4. Condition: If your home has great curb appeal, is updated and in good condition, this will attract more buyers.

5. Market conditions: In a seller's market, homes sell faster. In a buyer's market, it can take a little longer. ■



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

'LEVEL UP at Your Library' this summer

The Bondurant Community Library is all set to "level up" with you this summer. Level Up at Your Library with our 2025 Summer Reading Program. From our incredible variety of physical and online resources to our special programs and various clubs, there is something for everyone at our library.

We have a jam-packed program and amazing grand prize line-up for all ages this summer. If you have not registered for Summer Reading before, go to bondurantreads.readsquared.com or stop by the library for assistance registering. Participants who track on ReadSquared will get to use their daily reading points to "purchase" raffle tickets towards the grand prize item they want to win.

We hope you will take advantage of the free library programming we are offering during this eight-week program beginning on June 2. All events take place at the library unless otherwise noted.

Thank you to our donors this year. Without your generosity and continued support, our program would not be a success.

Bondurant Community Library

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Monday - Thursday, 9 a.m. to 7 p.m.

Friday and Saturday, 9 a.m. to 5 p.m.

Sunday, noon to 5 p.m.

June events

Fit for Life: Mondays and Thursdays at 8:30 a.m.

Story Time at the Library: Tuesdays and Wednesdays at 10:30 a.m. and Fridays at 12:45 p.m.

Baby's Story and Play Time: Thursdays at 9:30 a.m.

June 2 at 10:30 a.m. – Stomp Rockets

June 3 at 6 p.m. – Grades 3-5 Book Club

June 4 at 4:15 p.m. – Pokémon Club: Bead Workshop

June 5 at 10:30 a.m. – Night Sky Luminaries

June 5 at 6 p.m. – Adult Craft Night

June 8 at 3 p.m. – Teens Only Glow BINGO

June 9 at 10:30 a.m. – Community Art Project with ASAP

June 10 at 6 p.m. – Adult Book Discussion

June 11 from 4-5 p.m. – Curious and Creative Kids Club: DIY Board Games

June 11 from 6-7 p.m. – Bubble Stations at the Farmers Market

June 12 at 10:30 a.m. – Bubble Stations at the Library

June 12 from 5-8 p.m. – Family Game and Pizza Night

June 14 at 10:30 a.m. – Messy Munchkins: Chalk Party

June 16 at 10:30 a.m. – Boom! Science Center

June 17 at 6 p.m. – Grades 6-8 Book Club

June 17 at 6 p.m. – Introvert Book Club for Adults

June 19 at 10:30 a.m. – Wesley Waffles

June 19 at 4 p.m. – Anime Club

June 20 at 1 p.m. – Coffee Social

June 23 at 10:30 a.m. – DIY Puzzles and Travel Games

June 23 at 4:30 p.m. – Teen Café

June 24 at 1 p.m. – Adult Crafternoon

June 25 at 10:30 a.m. – Elvis the Pony at Story Time

June 25 from 6-8 p.m. – Craft Stick Art at the Farmers Market

June 26 at 10:30 a.m. – Happy Faces Entertainment Game Show

June 26 at 6 p.m. – Paint Night for Adults

June 30 at 10:30 a.m. – PBS Open Play ■

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STAY AHEAD academically with summer tutoring

While summer offers a welcome respite from the regular school year, it also presents a unique opportunity for students to gain an academic edge. Learning centers recognize this potential and provide tailored summer programs

designed not just to prevent learning loss, but to actively propel students forward, equipping them with the skills and confidence to excel in the upcoming academic year.

One of the key ways to help students get ahead is through targeted skill enhancement in core subjects. Summer programs in reading, writing and mathematics go beyond simple review. Instead, they focus on deepening understanding, reinforcing foundational concepts, and introducing more advanced skills in an engaging manner. For instance, students strengthening their algebra skills might also get a preview of pre-calculus concepts, creating a smoother transition when the new school year begins. This proactive approach builds a stronger academic base and reduces potential



learning gaps.

Summer offerings often incorporate forward-thinking elements. Subtly introducing concepts students will encounter in the next grade level provides a significant advantage. Imagine a rising seventh grader engaging with pre-algebraic thinking through interactive activities. When these concepts are formally taught in the fall, they will already possess a foundational understanding, leading to increased confidence and comprehension. This head start can translate to better grades and a more positive learning experience.

Beyond specific subjects, a focus on cultivating crucial learning skills essential for long-term academic success is beneficial. This can include modules on study skills, organization, time management and critical thinking. These skills are transferable across all disciplines and empower students to become more effective and independent learners. A student who masters effective notetaking or learns how to break down complex problems during the summer will be better equipped to tackle challenging coursework in the future.

For students with specific academic

aspirations, such as excelling in advanced placement courses or achieving high scores on standardized tests, specialized summer preparation programs are the key. These intensive sessions provide focused instruction, targeted practice and valuable test-taking strategies, allowing students to enter the school year feeling well-prepared and confident in their abilities. This proactive approach can alleviate stress and maximize their potential for success in high-stakes academic environments.

Summer programs offer a strategic and effective way for students to gain a significant academic advantage. By focusing on targeted skill enhancement, introducing future concepts, cultivating essential learning skills, and providing personalized instruction, tutoring empowers students to not only avoid the summer slide but to move forward into the new school year with confidence, preparedness and a genuine enthusiasm for learning. ■

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

May 2025

Celebrating the Class of 2025

On May 18, students of the Class of 2025 participated in a commencement ceremony to celebrate their accomplishments and the conclusion of their academic journey as a Bluejay.

- **Started kindergarten in 2012**
- **160 Bluejay students then**
- **190 Bluejay graduates now**

When they first entered kindergarten classrooms in 2012, there were just 160 students in the class. This May, 190 seniors received their diplomas—a reflection of our community's growth and the strong support surrounding our students.

Please join us in congratulating this year's senior class. We're proud of your journey and excited for what's ahead!



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At Bondurant-Farrar, we're seeking dedicated individuals to serve in a number of roles for the 2025-26 school year. This is your opportunity to be a part of a supportive team and positively impact the educational journey of Bluejay students.

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ASIAN ground turkey bowl is healthy and flavorful

When our girls were younger, and we were running from one activity to the next seemingly every night, we treated ourselves, often to Chinese take-out. Shane and the girls loved the sweet sauce on orange chicken. My choice was cashew chicken, and we all devoured the fried rice.

We like Asian food, but it has not been something I cook at home. This recipe caught my eye the other day, so I thought I would test it out. My family loved it!

I appreciate this Asian ground turkey bowl recipe for its perfect balance of flavors and textures. The savory turkey, cooked with garlic, ginger, hoisin sauce and soy sauce, brings a rich base that pairs well with the freshness of crunchy vegetables. It is a healthy yet satisfying dish with lean ground turkey providing a great source of protein.

I also appreciate how customizable it is. You may choose to add a little spice with sriracha or keep it mild. Adjust the flavors to your taste. The rice gives it a comforting feel, while the vibrant toppings — like cucumbers and lettuce — add just the right amount of crunch. It is one of those meals that feels indulgent but is actually good for you with only 366 calories and 32 grams of protein per serving.

Enjoy and let me know what you think. ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.



Asian ground turkey bowl

Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- 4 green onions, chopped
- 1.5 cups carrots, shredded
- .5 cup water chestnuts, chopped
- 4 teaspoons minced ginger
- 4 teaspoons minced garlic
- 4 tablespoons low sodium soy sauce
- .75 cup hoisin sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 4 cups rice (any variety – I use Jasmine)
- 1-2 cups lettuce, finely chopped
- 1-2 cups cucumbers, diced

Directions

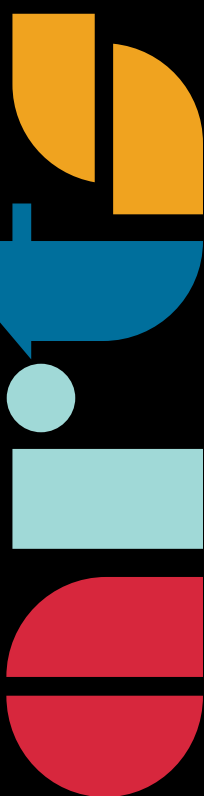
- Make sauce by combining hoisin sauce, soy sauce, rice vinegar and sesame oil. Save for later.
- Heat olive oil over medium high heat. Add turkey once hot and brown for 3-5 minutes. Push the



turkey to the sides of the pan. Add red and green bell peppers, green onions, water chestnuts, garlic and ginger. Stir together and cook for 4-7 minutes. Cook until turkey is cooked. The vegetables should be tender-crisp.

- Add sauce and cook 2-3 minutes. Sauce will thicken and coat the turkey and vegetables nicely. Serve turkey and vegetables on top of a bed of rice. Top with lettuce and cucumbers. You can add additional carrots and green onions if desired. Serves eight.

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PUBLIC art honored

Bondurant's master plan brings art to life.

Launched in February 2024, the Arts, Culture and Wayfinding Master Plan has steered the city of Bondurant in elevating public spaces while celebrating the town's charm and history.

The plan was driven by the city's desire to ensure that public art is not an afterthought but a core component of city planning and growth.

This vision has not only enriched the community's experience with public art but also brought wider recognition to Bondurant through various awards.

Most recently, the city announced that its public art program was awarded Program of the Year by the Iowa City/County Management Association (IaCMA). This statewide honor recognizes Bondurant's innovative approach to integrating public art, cultural initiatives and community wayfinding into everyday city planning — an effort that has secured more than \$175,000 in grant funding.

Thanks in part to the Arts, Culture and Wayfinding Master Plan, Bondurant has received competitive grants from BRAVO/ICON, the Bondurant Community Foundation, Prairie Meadows, Polk County and multiple private sponsors.

The city also received the Economic Development Planning Award for the Grain District Redevelopment Plan, which focuses on redeveloping the property at 101 Lincoln



Among the city's public art is this mural celebrating nature and the seasons.

St., where the 140-foot-tall grain elevators owned by Landus Cooperative stand. The plan includes the development of a commercial district that will integrate public art.

Katie Klus, communications and events coordinator for the city of Bondurant, notes that Bondurant is growing, and the city wants to set an example for other small communities by showing that public art can be thoughtfully incorporated as they develop.

"Public art in general has an impact on quality of life," she says.

It can also increase property values and boost economic vitality.

Bondurant's commitment to public art

is evident in notable projects such as The Dining Room installation at Lake Petocka, the Unveiling Nature mural at the Depot Trailhead and the mural at City Park.

Looking ahead, the city is set to debut new public art installations, including Puddle Pavilions at Eagle Park, The Garden at Lake Petocka, and a Water Tower Mural, which will serve as both inspirational and functional additions to these amenities.

Ultimately, public art in Bondurant helps build stronger social ties and transform once-overlooked spaces into more beautiful, vibrant areas that the entire community, and its visitors, can enjoy. ■



Art installations at Lake Petocka will include functional aspects such as seating areas.



This artist's rendering shows how the water tower will be transformed through art.



May Is Hepatitis Awareness Month

Hepatitis is an inflammation of the liver that can cause health problems, such as liver cancer and liver failure.

Learn the ABCs of this serious virus.

Hepatitis A

- Spread through contaminated food and drink.
- It's very contagious and you can spread the virus even if you don't have symptoms.

Hepatitis B

- Spread through contact with an infected person's blood or other bodily fluids.
- There's no cure for hepatitis B, but treatment can delay or reduce the risk of developing liver cancer.

Hepatitis C

- There isn't a vaccine to prevent hepatitis C, but treatment is available.
- Most people with hepatitis C can be cured with just 8–12 weeks of treatment.

Help Protect Your Liver From Hepatitis



Ask your healthcare provider about hepatitis vaccines and testing.

Source: cdc.gov 4/25

EVENTS IN THE AREA

Be sure to check for cancellations.

Coming up in Bondurant Living magazine:

Cancer Survivors: In June, we will be sharing the stories of cancer survivors. If you would be willing to share your experiences about how overcoming cancer has impacted your life, please email tammy@iowalivingmagazines.com.

Yards: Enjoying the green spaces around your home: Do you have a lush, green lawn with plenty of open spaces? Tell us how you keep your yard healthy and how your family makes the best of the space. Perhaps your yard provides space for barbecues, fun around the pool or hot tub, room for play equipment and lawn games. Email tammy@iowalivingmagazines.com with your experiences enjoying the cool feeling of grass beneath your feet.

Pilates in the Park

Wednesdays, June 4, June 18 and July 2, 6:30-7:15 p.m.
The Depot, 2 Main St. S.E.

Enjoy Pilates in the Park for free (a mat can be rented for \$5).

Bondu Bike Night

Fridays, May 23 and June 27, 5 p.m.

Downtown Bondurant - Intersection of Main Street and First Street

Bondu Bike Night is an annual event that celebrates motorcycle enthusiasts, music lovers and local businesses. Attendees can enjoy an evening filled with entertainment, live music and community engagement. The event aims to provide a fun and memorable experience for all. ■

COMMUNITY

STUDENTS learn about a future in skilled trades



Members of the Bondurant-Farrar High School building trades class attended Build My Future, Iowa's largest hands-on learning event on April 16 at the Iowa State Fairgrounds. More than 5,000 students attended and learned about skilled trades. The event is sponsored by Central Iowa Skilled Trades and statewide partners including Kading Properties, which has a townhome community in Bondurant. ■

EVENTS IN THE AREA

Be sure to check for cancellations.

Youth Fishing Derby

Friday, June 6, 5-6 p.m.
Lake Petocka, Bondurant

This city of Bondurant event is for ages 3-15, although Iowa residents can try fishing without buying a license as part of the Iowa Department of Natural Resources (DNR) free fishing weekend. All other regulations remain in place. Bring your own fishing gear, bait and tackle. A few buckets will be onsite to hold the fish that are caught. Gather for raffle drawing and donuts after the kids catch a few fish.



Celebrate Bondurant

Saturday, June 7, 5-8 p.m.

The Bondurant Chamber of Commerce's Celebrate Bondurant will feature live music from local band The Bond. For this year's event, the chamber will be shining a special spotlight on the volunteers who make Bondurant thrive. From supporting local businesses to organizing events and lending a helping hand, the dedication of volunteers fuels the heart of Bondurant. See the cover story for more information.

Bondurant Summerfest

Monday and Tuesday, June 9-10

The Bondurant Men's Club's annual Bondurant Summerfest promises fun for all ages. Enjoy entertainment, a parade, carnival, games and much more. See the cover story for more details.



Holy Smoke Backyard BBQ Competition and Car Show

Saturday, June 7, 1-6 p.m.
Rising Sun Church of Christ, 6390 N.E. Rising Sun Drive, Pleasant Hill

Car show from 1-6 p.m., BBQ samples from 4-6 p.m.



Music At The Park

Sundays, May 25, June 29, July 27,
Aug. 24, 6-8 p.m.
Haines Park Outdoor Stage,
700 Block of Third Ave. S.E., Altoona

Enjoy free summer concerts along with pop and popcorn to be sold by CAP Theatre. ■

the countdown

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FAITH

By Trevor Pinegar

LEADING our children by example



The other day, I was walking through the church and saw a smudge on the glass door. My natural inclination was to grab the Windex, but, when I looked closer, it was the perfect imprint of a little hand. We are only blessed with children for a short time before they grow to adults. Our duty as parents is to present our children with information so that they can formulate opinions that will shape the future leaders they will become (Proverbs 22:6).

Bring the children unto me and do not hinder them (Matthew 19:14). I really feel that no healthy church is devoid of distractions. We are often a noisy bunch, filled with little ones who make themselves at home in service. Sometimes, to the chagrin of embarrassed parents, little ones are carted out of service kicking and screaming. I can't help but laugh, or I'll make a joke that will soften the mood while preaching. But, I honestly love it every time.

We are now in full graduation party season, but it wasn't that long ago that these Bondurant-Farrar graduates of 2025 were leaving their own toddler smudges on our windows and doors.

Jesus loved children. His discussions surrounding them included stern warnings for leading them to sin and rebukes when people attempted to keep children from participating in worship. I desire to teach my children how a father and husband engages in worship. To lead by example and encourage them to create their own faith-based opinions. I don't presume to know how their lives will turn out, but I would like to equip them to understand our system of belief. What they ultimately choose is up to each individual.

According to census data, the median age in our community is 33, meaning that our population is made up of an overabundance of young families. Everyone loves seeing the little ones in our community, and we seek to do a good job offering parents options for fun and safe activities that engage the heart and mind.

Part of the American dream is to make the lives of your children better than the environment you grew up in. But how does that apply to the religious convictions of our children as we afford them the opportunity to engage in local houses of worship?

Join me in prayer for our children and for our community. And take a leap of faith. ■

Information provided by Pastor Trevor Pinegar, Federated Church of Bondurant, 103 Second St. S.W., 515-967-2243.

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THE IMPACT of reduced Social Security benefits on senior living care

Social Security is a vital lifeline for many Americans, especially seniors. However, not everyone receives full Social Security benefits, and this shortfall can significantly impact their ability to afford senior living care.



Several factors contribute to reduced or ineligible Social Security benefits. One common reason is an insufficient number of work credits. To qualify for retirement benefits, individuals must earn at least 40 credits, which typically requires about 10 years of work. Those who haven't met this threshold, such as homemakers or individuals with irregular employment histories, may not qualify. Additionally, certain government and railroad employees are excluded from Social Security if they are covered by alternative pension systems.

Claiming benefits early is another factor that reduces monthly payments. While individuals can start collecting Social Security at age 62, doing so results in permanently lower benefits compared to waiting until full retirement age, 67. This decision, often made out of financial necessity, can have long-term consequences.

For seniors relying on Social Security as their primary income, reduced benefits present challenges in affording senior living care. Assisted living facilities, long-term care facilities, and other senior care options often come with substantial costs. According to recent data, the average monthly cost of assisted living in the U.S. exceeds \$4,000, while nursing home care can cost three times as much. For seniors with limited Social Security income, these expenses can quickly become unmanageable.

The financial strain often forces seniors to explore alternative solutions, such as relying on family members for care, seeking government assistance programs like Medicaid, or downsizing

to more affordable living arrangements. However, these options may not always provide the level of care or independence seniors need.

To address these challenges, it is crucial for individuals to plan ahead. Maximizing Social Security benefits by delaying claims, exploring supplemental income sources, and understanding eligibility requirements can make a significant difference. Additionally, advocating for policy changes that support seniors with limited benefits could help bridge the gap.

Reduced Social Security benefits are a reality for many Americans, and their impact on senior living care highlights the importance of financial planning and systemic support. By staying informed and proactive, seniors can navigate these challenges and secure a dignified future. ■

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



Valley View Village Chapel Upgrades Underway

Thanks to the generosity of our donors, the next phase of the chapel renovation at Valley View Village is nearing completion! This upgraded space will foster faith, fellowship and fullness of life at Valley View Village for years to come.

We are grateful to our donors for making this transformation possible. We look forward to inviting the community to celebrate the completion of this project in the near future.



Contact Dave Zahn
for more information
515-299-1731
Dave.Zahn@CassiaLife.org

Learn More



2571 Guthrie Ave., Des Moines, IA 50317

ValleyViewVillage.org





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2025 SUMMER SCHEDULE



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JV/VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
Monday, May 19, 2025	5:00PM	Des Moines Lincoln	Bondurant-Farrar High School
Friday, May 23, 2025	5:00PM	Away vs. Newton	Newton High School
Wednesday, May 28, 2025	5:00PM	Gilbert	Bondurant-Farrar Intermediate
Friday, May 30, 2025	5:00PM	Away vs. Ankeny	Ankeny High School
Monday, June 2, 2025	5:00PM	Away vs. Carlisle	Carlisle High School
Wednesday, June 4, 2025	5:00PM	Away vs. North Polk	North Polk
Friday, June 6, 2025	5:00PM	Des Moines East	Bondurant-Farrar High School
Monday, June 9, 2025	5:00PM	Away vs. Adel DeSoto Minburn	ADM
Wednesday, June 11, 2025	5:00PM	Carroll Community School	Bondurant-Farrar Intermediate
Thursday, June 12, 2025	5:00PM	Away vs. Boone	Boone High School
Monday, June 16, 2025	5:00PM	Away vs. Norwalk	Norwalk High School
Wednesday, June 18, 2025	5:00PM	Away vs. Carroll Community	Carroll Baseball Stadium
Monday, June 23, 2025	5:00PM	Winterset	Bondurant-Farrar High School
Wednesday, June 25, 2025	5:00PM	Away vs. Gilbert	Gilbert High School
Thursday, June 26, 2025	5:00PM	North Polk	Bondurant-Farrar Intermediate
Friday, June 27, 2025	10:00AM	Away vs. Waukee Northwest	Saydel High School
	12:15PM	Away vs. Multiple Schools	Saydel High School
Monday, June 30, 2025	5:00PM	Ballard	Bondurant-Farrar High School
Wednesday, July 2, 2025	5:00PM	Boone	Bondurant-Farrar Intermediate
Monday, July 7, 2025	5:00PM	Clear Creek Amana	Bondurant-Farrar High School
Wednesday, July 9, 2025	5:00PM	Away vs. Pella	Pella High School

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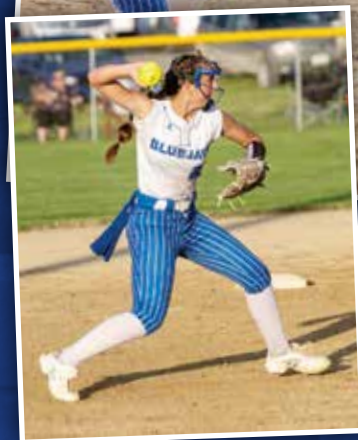
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RARR

Bluejays

JV/VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
Tuesday, May 27, 2025	3:30PM	Away vs. Des Moines Roosevelt	DM Roosevelt HS
Wednesday, May 28, 2025	4:30PM	Gilbert	Bondurant-Farrar Intermediate
Saturday, May 31, 2025	9:00AM	Away vs. Williamsburg	Williamsburg High School
Monday, June 2, 2025	4:30PM	Away vs. Carlisle	Carlisle High School
Wednesday, June 4, 2025	4:30PM	Away vs. North Polk	North Polk High School
Thursday, June 5, 2025	5:00PM	Knoxville	Bondurant-Farrar High School
Friday, June 6, 2025	5:30PM	Away vs. Des Moines Christian	Des Moines Christian School
Monday, June 9, 2025	4:30PM	Away vs. Adel DeSoto Minburn	ADM
Wednesday, June 11, 2025	4:30PM	Carroll Community School	Bondurant-Farrar High School
Thursday, June 12, 2025	4:30PM	Away vs. Boone	Boone High School
Friday, June 13, 2025	9:00AM	Away vs. Multiple Schools	Creston High School
Saturday, June 14, 2025	9:00AM	Away vs. Multiple Schools	Creston High School
Monday, June 16, 2025	5:30PM	Away vs. Norwalk	Norwalk High School
Wednesday, June 18, 2025	4:30PM	Away vs. Carroll Community	Carroll High School
Friday, June 20, 2025	9:00AM	Away vs. Waukee Northwest	Waukee Northwest High School
Monday, June 23, 2025	5:00PM	Winterset	Bondurant-Farrar High School
Wednesday, June 25, 2025	4:30PM	Away vs. Gilbert	Gilbert High School
Thursday, June 26, 2025	4:30PM	North Polk	Bondurant-Farrar High School
Friday, June 27, 2025	3:15PM	Away vs. Multiple Schools	Roland-Story HS
Saturday, June 28, 2025	9:00AM	Away vs. Multiple Schools	Roland-Story HS
Monday, June 30, 2025	5:00PM	Ballard	Bondurant-Farrar High School
Tuesday, July 1, 2025	5:00PM	Grand View Christian	Bondurant-Farrar High School
Wednesday, July 2, 2025	4:30PM	Boone	Bondurant-Farrar High School
Tuesday, July 8, 2025	9:30AM	Away vs. Winterset	Winterset High School
Wednesday, July 9, 2025	5:30PM	Away vs. Newton	Newton High School



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WELLNESS

By Nikki Morgan

UNLOCKING the power of light

Light therapy has become a popular, non-invasive way to support healthy skin and overall wellness. Using specific wavelengths of light, this treatment can target skin concerns at the cellular level — without downtime or discomfort. Here's how red, green and blue light therapy each work their magic:



Red light therapy (630–660nm) penetrates deep into the skin to boost collagen production, reduce inflammation and stimulate cell repair. It is ideal for reducing the appearance of fine lines, wrinkles and scarring while promoting a healthy, radiant glow. Many people find it also helps with joint pain and muscle recovery.

Green light therapy (520–560nm) targets skin pigmentation and discoloration. It's a gentle solution for fading age spots, sun damage and redness from broken capillaries. Green light calms the skin and helps even out tone, making it a go-to for those with sensitive or blotchy complexions.

Blue light therapy (405–470nm) is best known for fighting acne. It works by killing acne-causing bacteria and reducing oil production, helping to clear existing breakouts and prevent future ones. Because it also has anti-inflammatory properties, it can soothe irritated skin as it heals.

Whether used individually or combined in treatment sessions, light therapy is a safe, painless way to improve skin health and appearance over time. Always consult a qualified provider to determine the best light therapy plan for your skin type and goals. ■

Information provided by Nikki Morgan, DNP, ARNP, SkinFusion, 200 Second St. S.E., Altoona, 515-967-0587, www.skinfusionfx.com, nikki.skinfusionfx@gmail.com



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HEALTH

By Dr. Steven Neville

ALLEVIATING grinding or clenching

There are five muscles that make up the opening and closing motion of the jaw. The muscles are: masseter, temporalis, medial pterygoid, lateral pterygoid and digastric. The strongest muscle in the body is the masseter muscle due to the weight and force this muscle utilizes when being used. Since the masseter muscle has a lot of tension, people who experience grinding or clenching of their teeth often cause stress on this muscle. Around 8-10% of the population



grinds or clenches their teeth with or without knowing. Jaw pain, flat teeth, broken teeth, headaches and/or earaches are results of grinding and clenching. Causes of grinding are stress, anxiety, sleep apnea and medication changes. There are no cures to stop grinding your teeth but there are ways to manage the pain and symptoms from grinding. Mouth guards are effective for protecting teeth during the day and night. A boil-n-bite guard, found at a pharmacy, is easy to try at home while sleeping. Consult with your dentist about the possibility of a custom fit guard if you choose. The nightguard does not solve or address the cause of grinding or clenching but helps manage jaw pain and protect teeth from damage. If you experience one or more of these symptoms, discuss it with your dentist and they can help guide you in the right direction to help relieve jaw pain and protect your teeth. ■

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

FAMILY summer bucket list

Summer offers the perfect opportunity for families to prioritize health, wellness and growth together. Creating a summer bucket list helps families bond while developing healthy habits that can last well beyond the summer months. A thoughtfully designed summer bucket list helps create memories while also reducing screen time naturally and fostering physical and mental wellness.

Start by gathering as a family to brainstorm activities everyone would enjoy, balancing active adventures with restorative experiences. Keep your list manageable; quality experiences matter more than quantity. Keep the activities simple. Breaking them down into categories like these is a good way to start.

- **Health and movement:** Enjoy family bike rides, hikes, walks, swimming pools, splash pads, backyard obstacle courses, yoga, stretching.
- **Nutrition adventures:** Visit farmers markets or try new produce, plant a small garden, try new recipes, go berry picking at a local farm.
- **Mental wellness:** Start a family gratitude practice, take “unplugged” days without screens, practice deep-breathing exercises.
- **Sensory activities:** Use Play-Doh, water play, sandbox, and finger painting.
- **Creative projects:** Make nature crafts from outdoor treasures, learn something new together (stargazing, bird identification), create a family mural or art project, build something as a team.

Leave plenty of time for unscheduled play, too. Kids need opportunities to simply play and use their imagination. Free time and boredom foster creativity and problem solving. The focus shouldn't be about checking things off the list, but about savoring summer with meaningful activities and family time. ■

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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Information provided by Tricia Heberer, Owner/LE, Luxe Medical Spa and Aesthetics, 88 Paine Circle, Suite 7, Bondurant, IA 50035, theheberer@luxemedicalspa.net, 515-630-8637.

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SATURDAY

JUNE 7, 2025

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A-LOT"

RAILS2TRAIL RUN

offers fitness and community

On Saturday, June 7, Bondurant will proudly welcome the return of a beloved tradition — now reimagined as the Rails2Trail Run. Formerly the Live Healthy 5K, this year's event carries forward the energy of the past while embracing exciting new additions that reflect Bondurant's evolving identity.



While the statewide Live Healthy Iowa 1K/5K program has been discontinued, Bondurant is continuing the tradition under its own banner, ensuring residents and visitors still have a fun, local way to kick off the summer with fitness and community spirit. The new name, Rails2Trail, pays tribute to our agricultural heritage and the growing role of recreation and trail connectivity in our city's future.

New to the Rails2Trails in 2025, participants can now choose between the traditional 5K or a newly added 10K distance. This is perfect for those looking to challenge themselves on the scenic Chichaqua Valley Trail. The Kids 1K (0.62 miles) is also returning. The Kids Run is a fun, short-distance race designed specifically for those younger than 12. It will be non-competitive and will focus on encouraging physical activity, confidence and enjoyment rather than speed or winning.

This year also introduces a Mascot Fun Run, launching just before the Kids 1K. Expect crowd favorites like Fareway Frank, Winger, Crash and other costumed characters jogging and goofing their way down the course. It's a perfect chance for photos — selfie sticks highly encouraged.

The Bondurant Chamber of Commerce will continue its support of the race by providing business sponsorship opportunities and a vendor space at the start/finish line. This is a fantastic chance for local businesses to gain exposure to runners, families and visitors in town for the event. The Chamber sees this partnership as not just a way to support health and wellness, but also a platform for economic and community development.

As always, the event is open to runners and walkers of all skill levels. With professional timing, participant swag, and the friendly, high-energy atmosphere that Bondurant residents know and love, the Rails2Trail Run is about more than racing — it's about movement, momentum and making memories.

So, mark your calendars for Saturday, June 7, and get ready to run, walk, cheer — or chase a mascot. Whether you're in it for the miles, the laughs or the community connection, the Rails2Trail Run has something for everyone.

For registration and more information for the run, visit <https://tinyurl.com/BonduJune>. If you're interested in having a booth through the Bondurant Chamber, email director@bondurantchamber.com. ■

Information provided by Katie Klus, Communications and Events Coordinator, City of Bondurant, 200 Second St. N.E., Box 37, Bondurant, IA 50035, 515-630-6982, kklus@cityofbondurant.com, www.cityofbondurant.com.

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FARMERS Market

Opening day of the Bondurant Farmers Market May 7 featured the Polk County Sheriff's Office Safety Village with interactive booths, displays and demonstrations.



Sydney Storm



Rosie Thierer and Jon Klein



Trevor Martin, Amy Ferguson, Staci Galetich and Kirstyn Nystrom



Paul and Melissa Holmes, Ally Holmes with Luca and Cutler Fry



Jon and Maryssa Dunn



Cordero Wells and Rylee Virden



Rodney and Kaitlynn Reddick with Isla, Vera and Jett



Matilde Cortez and Nicole and Ricardo Rodriguez



Emma Tobey, Kelsey Foster and Missy Price with Annistyn



Nathan Bolton with Grace, Scarlet and William

FARMERS Market

Opening day of the Bondurant Farmers Market May 7 featured the Polk County Sheriff's Office Safety Village with interactive booths, displays and demonstrations.



Torri Sturm, Katie Gonzalez and Jennifer Simonson with Mabel, Della, Jude and Evelyn



Kenneth and Donna Stinson



Christine Meyer and Angela Paglia with Isabel



Kelly Cameron with Ager and Beth Bednarek



Shannon Brown and Connie Phillips



Yvonne Ecker



Victoria Torres and Kelce Wiig with Sophia and Mila



Chelsea Wilson and Evelyn



Matt and Betsy Cibula



Nicole Poling and Tessa



Evan and Sam Rix

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SUMMER FEST

JUNE 9 & 10



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