

BONDURANT

JUNE 2025

# Living

MAGAZINE

## SURVIVING and thriving

Local cancer survivors  
share their stories of  
strength and resilience

Explore Iowa's culinary  
history and more

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Bondurant rugby team wins  
second-straight state title

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Scotcheroos are a family tradition

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WELCOME

# THE TRIALS and tribulations made them stronger

A few decades ago, my dad and I had a conversation about the tremendous health care costs that are associated with medical treatments for cancer patients. Being a naïve and overconfident young man, I expressed my concern over how we are all paying for these costs through higher insurance costs in our own plans.

My dad, who was not a wealthy man but was wise, told me he was glad to pay his share and that he was thankful he had not needed the treatments.

A few years later, Dad was diagnosed with bladder cancer. A few years after that, despite a valiant fight against it, the disease had spread throughout his body and took his life.

Unfortunately, my dad's story is not unique. Almost 10 million people die of cancer worldwide each year, including more than 600,000 Americans. But this is not a message about death. Rather, it is about beating cancer.

In the United States alone, more than 18 million people are cancer survivors, and this number is projected to grow to 26 million by 2040. Each year, many individuals live five or more years after their cancer diagnosis, contributing to the overall number of survivors.

You likely know some of these heroes. You may even be one.

In our cover story this month, we share the victorious stories from some of the folks who received the news we all hope we never have to hear. The adage says, "What doesn't kill you makes you stronger." The trials and tribulations these survivors faced certainly made them stronger, and they serve as role models for those of us who may face the same challenge — and even those of us who, hopefully, never have to.

Thanks for reading. ■



## SHANE GOODMAN

President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305



**Tammy Pearson**  
Editor  
515-953-4822 ext. 302  
tammy@iowalivingmagazines.com

**Angela Ossian**  
Advertising Account Executive  
515-953-4822 x307  
angela@iowalivingmagazines.com



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# SURVIVING and thriving

**Local cancer survivors  
share their stories of  
strength and resilience**

**By Rachel Harrington**

As has been widely reported in recent months, Iowa continues to have the second-highest age-adjusted rate of new cancers in the U.S. and is one of only two states — the other being Kentucky — with a rising rate, according to the Cancer in Iowa Report produced by the Iowa Cancer Registry (see full report at <https://shri.public-health.uiowa.edu/cancer-data/reports/iowa-cancer-reports>). An estimated 21,200 Iowans will be diagnosed with new, invasive cancers this year. Yet, with cancer screenings and improved treatment methods, more Iowans are joining the estimated 171,535 cancer survivors living in the state now.



Tara Osborn learned of her cervical cancer online before doctors had the chance to give her a call.

## A family history

Jenni Newton has traveled a long road in her victory over cancer. She has a family history of breast cancer, including her grandma, her mom and her aunt.

"I knew at a young age that this would be in my future," she says. "I just didn't know when."

Newton began getting mammograms at 30 years old. The day after her 38th birthday, Dec. 29, 2022, she had a routine mammogram.

"They said I needed to come in for additional tests," she explains. "This had happened once before, so I went to the appointment thinking nothing of it and that it was just built up calcium again."

However, the doctor returned with the news that she indeed had breast cancer — two spots on her right side. She was officially diagnosed with breast cancer on Jan. 17, 2023.

Thankfully, Newton's cancer was detected early and was only Stage 1, Grade 2. Newton had several biopsies done in February and March 2023 to confirm the cancer. The cancer was a ductal carcinoma in situ, a non-invasive form that was contained and hadn't spread into the lymph nodes. She also had genetic testing

"I knew at a young age that this would be in my future. I just didn't know when."

— Jenni Newton

done in March 2023. It came back negative for the BRCA-1 and BRCA-2 genes.

"There must be some other genetic thing that hasn't been found yet," she says.

Because her cancer was in two separate spots, she would automatically need a mastectomy.

"There was a spot on my left side that the doctors were questioning," Newton shares.

"Because I was going to have a mastectomy on one side, I had the option to do the other side, too, as a preventative measure. I decided to do



Jenni Newton has a family history of breast cancer so began having mammograms when she was 30.

both, and my bilateral mastectomy was on May 12, 2023." Afterward, she received the news that she was cancer free.

Newton planned on reconstructive surgery from the start. She knew she wanted to use her own tissue (DIEP flap) instead of receiving implants. The procedure would take 8-10 hours, and she chose to have it delayed knowing it was a more complicated process. The original surgery date was November 2023, but testing

## SKIN CONCERNS OR NEED A *Skin Check?*

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came back in a gray area.

"I had the option to do four rounds of chemo or wait and see if the cancer came back," Newton shares. "I said 'No, thank you' to waiting and opted for the chemo because I didn't want the cancer to ever come back."

From July to September 2023, Newton had four rounds of chemotherapy. She lost all her hair and had to take another leave of absence from work. Her reconstruction had to be pushed back again.

Surgery was then set for April 2024, but she says she found a new job that would be a good career move, so again delayed the procedure. She finally had the surgery on April 1 this year, has completed her eight weeks of recovery and, as of May 28, has been able to return to work.

Newton says she is grateful for her family's support, as well as that of her surgeons, Dr. Scott Hamling (mastectomy), Dr. Lester Yen (reconstruction) and Dr. Lekkes (reconstruction) for making it possible for her to overcome cancer. She strongly recommends women be proactive and start early with mammograms to increase the chance of early detection.

## Unexpected news

Tara Osborn has been cancer free for a year, but her journey has been a rocky one.

"The day after Thanksgiving 2022, I started bleeding really badly," she recalls. "The week after, it happened again, and I ended up in the ER and received two pints of blood. My hemoglobin level was at a 4, and normal levels are between 12-15. They sent me to a gynecologist, and they found a mass in my cervix. A few days later, I found out that I had cervical cancer."

The mass was too large for a hysterectomy, so Osborn's medical team recommended both external and internal radiation to shrink it.

"Basically, they fried my female organs on the inside," she quips.

Osborn doesn't have a family history of cancer, so her diagnosis came as a shock.

"I think I am the first in our family to be diagnosed with cancer of any kind," she says.

She admits that she was "scared to death" when she received her news. She discovered the news by accident via a MyChart notification. She took a screenshot and sent it to her oldest daughter, a nurse. Osborn had Googled the

**"It took a village to get me through it, but we did it."**

— Tara Osborn

information prior to the call, and she asked her daughter if it was what she thought it was. Unfortunately, her daughter confirmed Osborn's fears.

"My daughter was with my mom, and they both immediately came to see me," she shares. "I hadn't even officially heard the news from the doctor yet, and they took the info off MyChart, probably so they could tell me in person instead of my finding out online. I had 85 million things that went through my head — all the worst possible scenarios — and I was extremely emotional."

Osborn says the doctors have no idea what caused her cervical cancer.

"I hadn't been to my gynecologist the year

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before like it is recommended to do, so it'd been two years since I'd last been checked," she says. "None of my previous PAP smears were abnormal, so the mass was probably growing over the two years since my last gynecology appointment, and finding it was a complete shock."

Her fiancé and kids went with her to her first radiation appointment to support her. For eight weeks, Osborn had external radiation in the mornings, Monday through Friday. Every Wednesday she went for chemotherapy. Next, she had five internal radiation rounds within two weeks.

"The internal radiation exhausted me, and they had to put me all the way out to administer it," she recalls. "That probably scared me the most, wondering if I'd wake up."

After the internal radiation was completed, it was a two month wait before her next checkup.

Osborn says she has a fantastic team of doctors that helped her get to where she is today, and she is grateful for her family's support through the whole thing. Though she is "cancer free," she must still get checked every three months for another year before she graduates to six-month checkups.

"It took a village to get me through it, but we did it," she says.

## A difficult journey

Jalisha Hoffman is a breast cancer survivor, but the journey to recovery has not been easy. It began when she was sick at home with COVID in 2021.

"I happened to find a lump while in bed one night," Hoffman says. "I thought it was probably not anything because I had had a non-cancerous lump before, but I decided to get it checked anyway for peace of mind."

Because of her relationship with Katzmann Breast Center due to the non-cancerous lump, Hoffman was able to directly schedule a check-up with them within a few weeks.

She had an ultrasound and a mammogram.

"I am a nurse, and I realized as they asked questions during the ultrasound that it was going to be a cancer result," Hoffman shares, though she still had to have a biopsy.

The biopsy was scheduled later the same week, and the results came back as an aggressive, triple positive stage 2B breast cancer. She was officially diagnosed Sept. 27, 2021.

Hoffman started chemotherapy and targeted therapy on Oct. 18, 2021. During the six



Jalisha Hoffman celebrates her last day of chemotherapy.

**"There were definitely good days and bad days. I only wish people would have told me more often that it was OK to not be OK some days, to feel all the highs and lows."**

— Jalisha Hoffman

months of treatment that ended Jan. 21, 2022, she lost all her hair. On March 3, she had a double mastectomy.

"My doctors and I decided that, because the cancer was so aggressive and I was so young, I should go ahead and have a double mastectomy even though the cancer had been in my left breast, armpit and lymph nodes," she explains. "After my surgery, there was no evidence of more cancer, so I was given the cancer-free diagnosis."

Her recovery time was eight weeks. Beginning in May 2022, Hoffman next underwent 25 rounds of radiation to her chest and armpit area to make sure the cancer was gone for good, as well as another six months of targeted therapy.

"Even as a nurse, I realized through my experience that there was so much I did not understand about cancer," Hoffman shares.

In December 2022, she had breast reconstruction surgery with implants after her radiation treatments were completed. The



After her treatment for breast cancer, Jalisha Hoffman had a double mastectomy and breast reconstruction surgery.

recovery time was shorter, about four to six weeks. Hoffman must still take medication to keep her body in a hormonally stable place. Since she hasn't yet gone through menopause, she must have a shot of hormone blocker every four weeks and must continue to do so for five to 10 years.

"Basically, it turns off my ovaries so they don't produce hormones," she explains. "I also take an everyday pill, Letrozole, that makes it so other cells in my body don't produce estrogen — a chemically induced menopause."

Hoffman continued to work as much as possible during her battle with cancer.

"I feel like I stayed stronger that way, whereas not doing so I feel like I would have gotten weaker," she says.

She credits her family and friends with helping her remain encouraged through her experience but places the greatest credit to her faith in God and much prayer and time in church.

"There were definitely good days and bad days," she says. "I only wish people would have told me more often that it was OK to not be OK some days, to feel all the highs and lows. I would also encourage others that it is OK to accept help when others offer it." ■



# THE SCOTCHEROOS that became a family tradition

"My mom's Scotcheroos are the best!"

The first time I heard one of my daughters say that, I was deeply honored — and I still feel that way every time I hear it. They often tell me about other versions they have tried and always end with, "They were good, but yours are the best!"

In our family, Scotcheroos are a must-have at gatherings, reunions, road trips and just about any occasion. These sweet treats deliver a perfect combo: smooth peanut butter flavor, a satisfying crunch, and a thick, rich layer of butterscotch-chocolate topping that keeps everyone coming back for seconds. I am happy to share the secrets behind their success, but I first must give credit where credit is due. My friend Tammy Even gifted me this recipe more than 30 years ago at my bridal shower. I still have the recipe book my friends gave me that day, and I use it often.

## Now, the secrets:

**1. Use Special K cereal** — it gives the perfect texture and structure. I know many recipes use crispy rice cereal, but trust me on this one. It is truly the ingredient that makes the difference.

**2. Don't skip on the topping** — use one full bag each of semi-sweet chocolate chips and butterscotch chips.

**3. Watch the syrup closely** — this step can make or break the batch. Don't overcook or undercook it. Bring it just to a boil (for maybe a minute). The sugar crystals need to melt completely, or the syrup will turn gritty. But overcook it, and your Scotcheroos will be too chewy.

**Here's a tip:** Dip a spoon in the hot syrup, tap a little onto the counter, and taste it. If you can still feel sugar crystals, keep it on the stove a bit longer. The moment they are gone, pull it off the heat.

Give these a try and let me know what you think. Do you have recipe traditions you would like to share? Send them my way at [jolene@iowalivingmagazines.com](mailto:jolene@iowalivingmagazines.com). Happy snacking! ■

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



## Scotcheroos

### Ingredients

- 6 cups Special K cereal
- 1 cup white sugar
- 1 cup corn syrup
- 1.5 cups peanut butter
- 2 teaspoons vanilla
- 1 12-ounce package of semi-sweet chocolate chips
- 1 12-ounce package of butterscotch chips

### Directions

- Let sugar and corn syrup come to a boil in saucepan on the stove. Do not let boil long, just until sugar is not crystalized. Remove from stove. Add peanut butter and vanilla. Stir. Add cereal. Press into a 9-inch by 13-inch pan. Let cool. Melt all chips in a microwave-safe bowl in the microwave. Spread over bars. Allow topping to set before cutting and serving. Enjoy!



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As we like to say to the folks who we have the privilege to serve, we will take as much information as you will give us. Even if you have that special file in your own home where all your important information resides, get that information on file with the funeral home. The funeral home is the place where this information will be needed, and it helps make things so much easier for the family when the funeral home already has these important pieces of information at their fingertips.

I will say it again...planning ahead is a gift. ■



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

## RENT or buy in 2025?

### What makes sense this year

It is 2025, and the classic housing dilemma, renting vs. buying, has never felt more complicated. Mortgage rates are still elevated, hovering around 6.5%, and while home prices have cooled in some areas, affordability remains a major hurdle. At the same time, rent prices are creeping up again after a brief slowdown, leaving many wondering, which is the smarter move this year?



### The case for renting

Renting offers flexibility, especially for those uncertain about job changes, lifestyle shifts, or future plans. It requires far less upfront cash, with no down payment, closing costs or property taxes. Maintenance and repairs are typically the landlord's responsibility, saving renters time and money.

However, renting comes with trade-offs. Most leases come with rules that limit your freedom, such as restrictions on pets, painting walls, or even hanging things on the walls. And while rent payments may be more predictable short-term, they don't build equity or long-term wealth. In 2025, many renters are facing annual rent increases, especially in our area and high-demand markets.

### The case for buying

Buying a home is still one of the most powerful ways to build wealth over time, especially for those planning to stay in one place for at least five years. Fixed-rate mortgages offer predictable monthly payments, and homeowners benefit from rising home values, tax incentives and growing equity.

There's also the freedom to make the home your own, renovate the kitchen, build a fence, or plant a garden without needing permission. But homeownership comes with serious responsibilities. You'll need a solid financial cushion for maintenance, insurance and rising property taxes, plus a significant upfront investment for a down payment and closing costs.

### What's the right move in 2025?

If you're still building savings or expect to relocate soon, renting may offer more financial breathing room. But, if you're ready to put down roots and can afford the costs, buying can be a smart long-term move, especially as the housing market shows signs of stabilizing.

The real key? Know your goals. Consider how long you plan to stay, what you can realistically afford, and how much flexibility you need. In 2025, there is no one-size-fits-all answer, just the right choice for your lifestyle and future. ■

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

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## EXPLORE culinary history, learn how to arrange flowers, get in a workout and more

Summer library programs are not just for children. Adults can explore Iowa's culinary history, learn how to arrange flowers, get in a workout and so much more at the library in July.

• The library's final 2025 Humanities Iowa Speaker Series presentation, **Savor Iowa's**

**Culinary History**, is at 5:30 p.m. on Thursday, July 31. This fun and interactive program serves up fascinating tidbits and cooking tips related to more than 150 years of Iowa cuisine and ethnic food traditions. This program has been funded by Humanities Iowa and the State Historical Society, and it is free and open to the public. No need to register.

• Make a flower arrangement with beautiful fresh flowers from the Iowa Flower Farm at the library's free **Flower Arranging Workshop** at 3 p.m. on Saturday, July 12. This workshop is led by an Iowa Flower Farms expert, and all supplies will be provided, including vases and flowers. Registration is required and will be limited. Registration begins at 9 a.m. on June 28 and can be done through the library website calendar. We would like to add a big thank you to Iowa Flower Farm for donating their time and vases.

• Join us at the library for a low-impact workout for everyone at 8:30 a.m. Monday and Thursday mornings all year. Most **Fit for Life** workouts are around 45 minutes, and workouts are mostly done seated in a sturdy chair. Workout videos are rotated, and we do strength, stretching, balance, posture and core work. Please bring 2- to 3-pound weights, a stretch band and water. There is no need to register for this free program.

• Other library programs for adults include Craft Night, Crafternoon, Book Discussion for Adults, Introvert Book Club and Coffee Social. See below for dates and times.

### JULY EVENTS

- Fit for Life (exercise class for older adults): Monday and Thursdays, 8:30 a.m.
- Story Time: Tuesdays and Wednesdays, 10:30 a.m., and Fridays, 12:45 p.m.
- Baby Story and Play Time: Thursdays, 9:30 a.m.
- July 1: Grades 3-5 Book Club, 6 p.m.
- July 2: Pokémon Club, 4:15 p.m.
- July 3: PBS Open Play, 10:30 a.m.
- July 3: Adult Craft Night, 6 p.m.
- July 4: Library closed for Independence Day
- July 7: Tie Dye, 10:30 a.m.
- July 8: Book discussion for adults, 6 p.m.
- July 9: Curious & Creative Kids Club, 4 p.m.
- July 9: DIY Bracelets, the Farmers Market, 6 p.m.
- July 10: Teddy Bear Picnic, 10:30 a.m.
- July 12: Messy Munchkins, 10:30 a.m.
- July 12: Flower Arranging Workshop for Adults, 3 p.m.
- July 13: Teens Only Tie Dye Tote Bags, 3 p.m.
- July 14: Egg Drop Challenge, 10:30 a.m.
- July 15: Grades 6-8 Book Club, 6 p.m.
- July 15: Introvert Book Club, 6 p.m.
- July 17: Christmas in July, 10:30 a.m.
- July 17: Anime Club, 4 p.m.
- July 18: Coffee Social, 1 p.m.
- July 21: All About Bees program, 10:30 a.m.
- July 23: DIY Buttons, Farmers Market, 6 p.m. ■

### Bondurant Community Library

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# OFF to a head start

Edge graduates high school with associates degree.

When Isabelle Edge was a freshman at Bondurant-Farrar High School, she was part of the TAG (Talented and Gifted) program. Through the program, she was allowed to take online DMACC classes during both her freshman and sophomore years.

"Because I had this opportunity, I immediately decided that I was going to try to get as many college credits as I could while I was still in high school," Edge shares. "As I planned this out more, I decided to go big or go home and that I would work toward getting my associate's degree in high school."

This decision came with an added bonus: The high school covered the cost of all her classes and materials.

In May, Edge's goal came full circle when she officially graduated from Bondurant-Farrar with both her high school diploma and her associate's degree.

"This was something that I worked incredibly hard on for the past four years, and it was such a wonderful experience to know that all of my hard work paid off," she says. "I felt — and still do feel — incredibly proud of myself for accomplishing this."

Edge will start her next chapter at Drake University this fall, where she plans to double major in American politics and Spanish, with a minor in history. She'll be in the Honors Program, sing in the choir and participate in a variety of clubs and activities at the university, continuing her pattern of being an active student. At Bondurant-Farrar, she stayed busy by juggling her studies with choir, jazz choir, speech, theater and other extracurricular activities.

Throughout her experience pursuing an associate's degree in high school, Edge learned a lot about what motivates her. She also developed skills for working in a less structured environment.

"The DMACC classes were not at all set up like my high school classes, and I learned very quickly that I was responsible for my own learning and studying," she shares. "I've heard that this organizational shift from high school to college can be very jarring for many people, but I believe I've learned how to succeed in these kinds of classes and will be able to bridge the gap."

The sense of independence in her work helped Edge understand how important it is to take responsibility and accountability for her own learning — something that will certainly serve her well at Drake.

For current Bondurant-Farrar students, she strongly encourages taking advantage of any opportunity to earn college credit while still in high school.

"You can take classes with no out-of-pocket expense, so it provides a great opportunity to find out what kinds of classes you like, help you figure out what you might want to study in the future, and it can end up saving you a lot of money," Edge says. "At the very least, I recommend trying at least one DMACC class while you're in high school and see where it takes you from there. It's a fantastic opportunity." ■



Isabelle Edge started taking DMACC classes through Bondurant-Farrar High School's TAG program as a freshman. She planned her coursework so she could earn her associate's degree by the time she graduated from high school.

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# Bondurant News

## June 2025

### Indoor Conservation Tips

Fix leaks, including leaky toilets  
 Install high-efficiency toilets, aerators on bathroom faucets, and water-efficient shower heads  
 Take shorter (5 minute) showers  
 Track your water bill and meter to curtail water use  
 Turn off water when brushing teeth or shaving  
 Use dishwashers and washing machines with full loads only

### Outdoor Conservation Tips

Plant drought-tolerant/resistant plants and trees  
 Recycle indoor water to use on plants  
 Refrain from watering your home landscape when it rains  
 Replace your grass/turf with water-wise plants  
 Use a broom to clean driveways, patios, and sidewalks instead of water  
 Water your landscape earlier in the day when temperatures are cooler

To learn more information, go to [https://www.dmwww.com/education/using\\_water\\_wisely.php](https://www.dmwww.com/education/using_water_wisely.php) or scan the QR Code.



**BONDURANT BLUES BREWS & BBQ**

**JULY 12 2025**

**BONDURANT BLUES BREWS AND... BBQ CHALLENGE**

**7.12.25**

**FARMER'S MARKET 9AM - 12PM**

**SIDEWALK CHALK FESTIVAL 9AM - 3PM**

**BBQ TASTING 4.30PM - 6PM**

**BONDURANT BLUES BANDS 5.30PM - 9.30PM**

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MARKETA OLIVER & ERNEST GEORGE LARBA MCNICOLE & STEVEN F AGG

**SIDEWALK CHALK FESTIVAL**

**JULY 12TH 9AM-3PM**

BONDURANT COMMUNITY FOUNDATION

**SUMMER CAMPS**

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- ✓ MacQueen Robotics
- ✓ Project Runway
- ✓ Bricktopia Master Builders Council
- ✓ Mad Scientist Training Academy

Sign Up Today at [www.tinyurl.com/BonduParksRec](http://www.tinyurl.com/BonduParksRec)

## Connect with Us



The City of Bondurant offers a variety of ways to keep you connected-from social media pages and email newsletters to texts right to your phone! Follow along, subscribe, or check in when you can-we're here to keep you in the loop and connected to your community.

## 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.

## EVENTS IN THE AREA

Be sure to check for cancellations.

### Coming up in the Bondurant Living magazine:

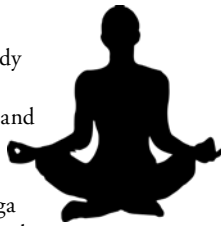
**Yards: Enjoying the green spaces around your home:** Do you have a lush, green lawn with plenty of open spaces? Tell us how you keep your yard healthy and how your family makes the best of the space. Perhaps your yard provides space for barbecues, fun around the pool or hot tub, room for play equipment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

**RV Camping:** Do you enjoy packing up the RV and heading out on the open road for vacation? Share with us why you think RVing is the way to go and the adventures you've discovered. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your stories.

### Yoga at the Depot

Wednesdays, July 9, July 23, Aug. 13, 6-6:45 p.m.  
The Depot, 2 Main St. S.E., Bondurant

Flow Yoga is a 45-minute mind-body class that increases strength, flexibility and cardiovascular fitness through a flowing series of yoga postures. Bring a blanket or yoga mat with you to class. Cost is \$5 per person, to be paid to Kayla Burkle via cash or Venmo upon arrival.



### Bondu Bike Night

Friday 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.

### Bondu Blues, Brew and BBQ Challenge

Saturday, July 12, 4:30-9:30 p.m.  
200 Second St. N.E., Bondurant

Get ready for Bondurant's signature summer bash, now with even more flavor. Enjoy a full evening of live music, cold brews and smoky BBQ. This year's musical headliner is the award-winning Major Blues and the Mugshots, with an opening band kicking off the night and setting the tone for a fun-filled community celebration. For more information, visit <https://secure.rec1.com/IA/bondurant-ia/catalog>.

### Passport to the Parks

Until Aug. 28  
City of Bondurant

Register online for free and pick up a passport at the Bondurant Library, then track down Benji the Blue Jay, one each hidden on the playground at each park listed on the Parks Passport. For more information and registration, go to <https://secure.rec1.com/IA/bondurant-ia/catalog>.

### Pilates in the Park

Wednesdays July 2, July 30, Aug. 27, 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).

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## EVENTS IN THE AREA

Be sure to check for cancellations.

### Summer Camps

Enjoy an exciting summer filled with adventure, creativity and outdoor fun. The city of Bondurant Parks and Recreation Department offers a variety of summer camps designed to engage kids of all ages in sports, arts, nature and hands-on learning experiences. Each camp will feature age-appropriate activities, experienced instructors and a safe, welcoming environment to help kids make new friends, stay active and create unforgettable summer memories. Camp locations will vary. Check the details for each specific camp to ensure you're headed to the right place. Sign up and information available at <https://secure.recl.com/IA/bondurant-ia/catalog>.

- **MacQueen Robotics.** Grades 4-8, Aug. 11-15, 9 a.m. to noon.
- **Mad Scientists Training Academy.** Grades 2-5, Aug. 4-8, 9 a.m. to noon.
- **Project Runway.** Grades 4-8, Aug. 18-22, 9 a.m. to noon. ■

## NEWS BRIEF

### LAWN watering banned immediately

Pending an imminent risk of violating the nitrate standard, all commercial and residential lawn watering and use of automatic lawn watering systems are prohibited until further notice. This ban is effective immediately and affects all businesses and all residential customers served by Central Iowa Water Works. The ban includes Bondurant.

"We are pulling all levers at our treatment facilities and nitrate removal processes to prevent a violation," Tami Madsen, executive director of Central Iowa Water Works, said. "Now we need full cooperation from the public. This is no longer a voluntary request."

CIWW has made the decision to enact the first-ever lawn watering ban to ensure that treatment facilities can produce enough water for lifeline essentials amid water supply challenges caused by high nitrate concentrations in raw source waters. Nitrate concentrations in the Raccoon and Des Moines rivers have climbed to near record levels.

Treated drinking water continues to meet all state and federal regulations for drinking and household uses.

Any residential or commercial customer observed by Central Iowa Water Works or a member agency watering their lawn will be notified of the violation. If lawn watering does not cease, water service could be disconnected.

More information will be coming from individual member agencies about enforcement and how to report violations.

The ban affects all CIWW member agencies: City of Ankeny, City of Clive, Des Moines Water Works, City of Grimes, City of Johnston, City of Norwalk, City of Polk City, Urbandale Water Utility, Warren Rural Water District, City of Waukee, West Des Moines Water Works and Xenia Rural Water, as well as communities served by Des Moines Water Works: Alleman, Berwick, Bondurant, Cumming, Pleasant Hill, Runnells, Unincorporated Polk County and Windsor Heights.

Central Iowa Water Works has been removing nitrate using the nitrate removal facility for more than 55 days. All nitrate removal processes are operating at full capacity to produce clean, reliable water to 600,000 central Iowans. ■



## HPV VACCINATION

### Help Protect Against Cancer

Human papillomavirus (HPV) infections may be common. Fortunately, the HPV vaccine prevents the virus and the cancers it can cause.

#### WHO SHOULD GET VACCINATED?

The Centers for Disease Control and Prevention (CDC) recommends the HPV vaccine for boys and girls, starting as early as age 9 and through age 26.

**IOWA**  
Health and  
Human Services



Ask your child's  
healthcare provider  
about the HPV vaccine.

Source: [cdc.gov](https://www.cdc.gov) 4/25

# TALKING to God



Have you ever had a hard time knowing how to talk to someone?

Back in the teenage years, that usually meant boys fumbling through awkward conversations with girls — or just avoiding them entirely. Maybe you remember trying to work up the courage to talk to your middle school crush, only to send a friend instead. “Hey, go give her this note telling her I like her.”

Even as adults, the struggle continues. Have you ever tried to say just the right thing in a job interview? I used to work in the corporate world and interviewed a lot of people. One guy was so nervous he looked like he might pass out. By the end of our conversation, his shirt was soaked in sweat, and he could barely breathe.

Some conversations are just intimidating. So, wouldn’t it be great if someone handed us a guide titled, “How to Talk to Important People Without Freaking Out?”

But here’s the thing: If anyone should leave us speechless, it’s not a crush or a CEO — it’s the Creator of the universe. Imagine trying to talk to God. That’s intimidating on a whole different level.

And yet, the same God who causes trembling also gives us a stunning invitation: to come and talk to Him in prayer. That’s incredible.

He doesn’t bark at us from behind a curtain like the Wizard of Oz. He doesn’t ask us to jump through hoops or offer bribes. He says, “Come.” And not just once. Over and over again, Scripture invites us to bring our hearts before God.

Philippians 4:6 says, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Yes, He is holy, holy, holy. Yes, He is powerful. But He is also personal. He welcomes us into conversation, not with trembling fear, but with humble confidence.

So don’t overthink it. You don’t need a script. You don’t need a friend to pass the note. Just come. The God who made you wants to hear from you.

Jesus gave us great instruction on how to pray to God in Matthew 6:9-13 in what is often referred to as the Lord’s Prayer. Some churches recite the prayer regularly, which is great. What’s even better is to understand what the pieces within the prayer are all about and use those to guide you as you talk to your Father.

So, whether you’re nervous, unsure or just out of practice — remember this: the God who formed the stars is also the God who formed you, and He’s listening. Come boldly. Come often. He’s waiting to hear your voice. ■

Information provided by Mark Spencer, lead pastor, First Family Church Bondurant, mspencer@ffclife.com, 515-587-5930.

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# RAISING awareness of Alzheimer's disease

Alzheimer's disease is a condition that profoundly affects millions of people worldwide, touching the lives of both those diagnosed and their caregivers. As we approach June, Alzheimer's and Brain Awareness Month, it is an essential time to reflect on the significance of education, early detection and compassionate care.



## The importance of early detection

Recognizing the early signs of Alzheimer's can make a significant difference. Seeking a medical evaluation when memory problems first appear can lead to an early diagnosis, allowing patients and their families to plan for care, explore treatment options, and maintain a higher quality of life for as long as possible.

While there is currently no cure, medications and therapeutic approaches can help manage symptoms and improve cognitive function. The earlier interventions are introduced, the better chance individuals have of maintaining clarity and engagement with loved ones.

## Supporting caregivers

Caregiving for someone with Alzheimer's is an emotional and physical journey that requires patience and resilience. Caregivers often experience stress, exhaustion and emotional strain. Finding a strong support system, whether through family, community resources or caregiver networks, can make a tremendous difference. Practical strategies for caregivers include:

- Maintaining routine: A consistent schedule reduces confusion and provides comfort.

- Creating a safe environment: Removing hazards and simplifying tasks can prevent accidents.

- Practicing self-care: Taking breaks and seeking emotional support are crucial for avoiding burnout.

## Raising awareness and advocacy

Public awareness plays a vital role in Alzheimer's research and support. Every individual can contribute to the cause, whether by educating others or advocating for better care policies.

In honor of Alzheimer's Awareness month, let's take time to acknowledge the challenges of Alzheimer's while fostering hope. Through continued research, education and compassionate support, we can work toward a future where Alzheimer's is no longer a devastating diagnosis but a condition with solutions and understanding.

"To care for those who once cared for us is one of the highest honors." -Tia Walker ■

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



You are cordially invited to the

## Chapel Dedication & Celebration at Valley View Village



Join us as we celebrate the dedication of the recently renovated and newly named Erickson Family Chapel. We look forward to honoring the generosity of all those who made this meaningful transformation possible.

<p>Join us for</p> <p><b>Dedication Service (4 PM)</b></p> <p><b>Ribbon Cutting</b></p> <p><b>Refreshments</b></p> <p><b>Live Music</b></p> <p><b>Tours Available</b></p>	<p>Wednesday</p> <h1 style="color: purple;">JULY 23</h1> <p>4 to 6PM</p>	<p>Located at</p> <p><b>Valley View Village</b></p> <p>2571 Guthrie Avenue</p> <p>Des Moines, Iowa</p> <p>50317</p>
---	--	---

**RSVP by July 18**

**Contact Dave** at [Dave.Zahn@CassiaLife.org](mailto:Dave.Zahn@CassiaLife.org) or 515-299-1731





## Polk County Invests in Affordable Housing Initiatives & Homeless Shelter

Polk County Board of Supervisors distributing more than \$44 million on Affordable Housing initiatives & investing in critical infrastructure repairs at Central Iowa Shelter & Services' downtown Des Moines Homeless Shelter. Below are some initiatives Polk County has invested in using one-time federal funding.

### Monarch Apartments (4845 Merle Hay Rd, Des Moines)



Anawim Housing converted a former hotel into permanent housing for those experiencing homelessness & offering wrap-around services

42 total housing units

**Polk County's commitment: \$1 million**

### Goldfinch Lofts (3404 Ingersoll Ave, Des Moines)



Cutler Development's Goldfinch Lofts will be the first in the country that is carbon neutral certified and Iowa's first Passive House certified (for extremely high-efficient operational systems).

28 total housing units

**Polk County's commitment: \$1 million**

### Central Iowa Shelter & Services' Downtown Des Moines Homeless Shelter (1420 Mulberry St, Des Moines)



Supporting critical repairs including HVAC, plumbing, electrical, kitchen repairs, and security upgrades

**Polk County's commitment: \$817,333.93**

"Access to affordable housing is one of the single most important issues facing this country," said Board Chair Matt McCoy. "Polk County is fortunate to have this one-time federal funds to invest in affordable housing initiatives and those experiencing homelessness, because wherever you're at in life, everyone deserves to have a roof over your head."

- Matt McCoy







# Community Highlights

## Anawim Supportive Hotel-to-Housing Initiative Launches in Des Moines

Polk County Supervisors Matt McCoy and Angela Connolly joined other community leaders to celebrate the grand opening of The Monarch Apartments, the latest achievement in supportive housing spearheaded by Anawim Housing. This innovative hotel-to-housing conversion aims to offer stable, long-term accommodation to 40 individuals who are currently experiencing homelessness. By leveraging funds from the American Rescue Plan Act (ARPA), Polk County has played a pivotal role in bringing this project to fruition. These efforts not only provide residents with much-needed housing but also offer a pathway toward enhanced independence and overall well-being.



## Polk County and Ankeny Inaugurate Fourmile Creek Wetland Project

The Fourmile Creek Watershed Management Authority proudly dedicated the Creekview Stormwater Wetland, a landmark collaborative initiative between Polk County and the City of Ankeny. This ambitious project introduces a vast stormwater wetland meticulously crafted to manage urban runoff from approximately 423 acres of pre-regulation developments. Spanning 15 acres, the wetland incorporates key design features, including a precisely sized forebay, intricate micro-topography, and an innovative stream diversion structure. The dedication ceremony offered attendees a unique perspective with a hayrack ride tour, providing an up-close look at the transformational new wetland.



## Open House Held for Center at Sixth Development

Polk County Board Chair Matt McCoy had the honor of speaking at the unveiling of the Center at Sixth Development, located along the vibrant 6th Ave. corridor in Des Moines. Proudly backed by Polk County's funding, this unique development aims to empower local minority entrepreneurs. The 9,000-square-foot space will blend innovation and community by offering live/work units alongside a dynamic mixed-use incubator tailored for local artists, chefs, and retailers. This groundbreaking project is poised to serve as a catalyst for revitalizing Des Moines' 6th Avenue corridor, fostering growth and opportunity in the area.



## Polk County Gifts Adaptive Bikes to Ankeny Schools

Polk County Supervisor Mark Holm proudly awarded a Polk County Community Betterment Grant to Ankeny High School, marking a significant step towards inclusivity. The grant will fund the introduction of adaptive bikes, designed to empower students who are wheelchair-bound or have other special needs, enabling their active participation in school activities. This initiative underscores a commitment to ensuring accessibility and inclusivity for all students, fostering a more supportive and engaging educational environment.



## Character Counts Expansion Supported by Community Funding

Polk County Supervisors are thrilled to back the expansion of the Character Counts initiative, made achievable through generous grants and support from local organizations such as Prairie Meadows and Polk County. This expansion aims to extend the program's influence, reaching more than 30% of classrooms statewide. The program offers early childhood kits centered around the six pillars of character, provided at no cost to classrooms. These kits include comprehensive lesson plans, family guides, music, and posters. Educators can benefit from on-site training at the Robert D. and Billie Ray Center at Drake University or participate in convenient webinars, ensuring impactful and widespread character education.





## HEALTH

By Dr. Steven Neville

# WHITER teeth

Millions of Americans have stained and discolored teeth. Dental professionals ask patients what they would like to improve most about their smile, with one of the most common answers being whiter teeth. Understanding whitening in the dental profession comes from understanding two different types of stains: intrinsic and extrinsic. Extrinsic stain is on the surface of the tooth. Tobacco, coffee stain and tartar buildup are examples and can easily be removed by a dental hygienist when getting your teeth cleaned. Intrinsic stains are below the surface and difficult to remove. Aging, medications and trauma are causes of intrinsic stain. We have several solutions to help you remove the stain: whitening toothpaste, rinse, at-home strips, custom trays and in-office whitening. Whitening toothpaste, strips and custom trays are the most common choices among patients. One thing we recommend when you whiten your teeth is to use sensitivity toothpaste at least once daily to help with sensitivity you may experience. If you are interested in a whiter and brighter smile, let your dental provider know, and they will help guide you to the right solution. ■



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



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## HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

# CHIROPRACTIC checkups for kids

Summer break gives families the opportunity to focus on their health without the pressures of school stress and schedules. Summer is a popular time for health and wellness checkups and appointments and the ideal time to schedule a comprehensive chiropractic exam to evaluate children's nervous systems and spinal health.

Many parents assume chiropractic care is only necessary when their child complains of pain, but chiropractic care is much more than that. Neurologically focused chiropractors address nervous system dysfunction as well as structural issues. Children encounter physical, environmental and emotional stressors just as adults do. Leaving this stress unaddressed can create lasting effects on health and development. Nervous system dysfunction can manifest as digestive, immune system, behavioral, attention, emotional and sleep issues or be present with no apparent symptoms at all. Board-certified pediatric chiropractors are specially trained to identify nervous system dysfunction and provide gentle, age-appropriate adjustments.

Summer break provides the perfect environment for your child's body to adapt and heal. Without daily classroom stresses and busy schedules, the nervous system can respond more effectively to chiropractic care. Chiropractic adjustments facilitate healing and nervous system regulation. Start the school year stronger, healthier and more adaptable by creating a strong foundation this summer. Proper spinal alignment and nervous system function sets children up for success through improved attention span, better focus, decreased behavioral issues, enhanced emotional processing, strengthened immune system function, better sleep quality, support for optimal growth and development, and postural correction to counteract screen-time effects. Healthy families incorporate chiropractic care as part of their comprehensive healthcare team. ■

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

**A HEALTHY FAMILY IS A  
happy family!**




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## SUMMER skin myths debunked

Summer is all about sunshine and glow, but some common skincare myths can do more harm than good. Let's debunk three of the most persistent summer skin misconceptions.



**1. I don't need sunscreen if it's cloudy.** Clouds may block sunlight, but up to 80% of UV rays still penetrate through overcast skies. This means your skin is still at risk for sunburn, premature aging and even skin cancer. Daily SPF — rain or shine — is essential to protect your skin year-round, especially in summer when UV index levels tend to spike.

**2. Tanning clears up acne.** While a tan might temporarily mask redness or blemishes, UV exposure actually worsens acne in the long run. Sunlight can dry out the skin, leading to increased oil production and clogged pores. It also increases the risk of post-acne hyperpigmentation. Instead of sunbathing, opt for professional acne treatments, like DiamondGlow and non-comedogenic products.

**3. Exfoliating more often is better in summer.** It's tempting to scrub away sweat, sunscreen and buildup more frequently, but over-exfoliating can strip your skin barrier, leading to irritation, dryness and sensitivity — especially when combined with sun exposure. Stick to exfoliating one to two times a week using gentle products, and always follow with SPF.

The takeaway? More isn't always better when it comes to summer skincare. Stay informed, stay consistent and, when in doubt, consult a skincare professional to create a plan that's safe and effective for your skin all season long. ■

Information provided by Nikki Morgan, DNP, ARNP, SkinFusion, 200 Second St. S.E., Altoona, 515-967-0587, [www.skinfusionfx.com](http://www.skinfusionfx.com), [nikki.skinfusionfx@gmail.com](mailto:nikki.skinfusionfx@gmail.com)

## BENEFITS of medical grade retinol skin products

Retinol, a derivative of vitamin A, is widely used in skincare for its powerful anti-aging and skin-renewing effects. Here are the main benefits:

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While effective, retinol can also cause irritation, dryness or sensitivity — especially when first introduced. Contact a skincare specialist to determine what product(s) are best suited for your skin type and how to meet your skincare goals. ■

Information provided by Tricia Heberer, Owner/LE, Luxe Medical Spa and Aesthetics, 88 Paine Circle, Suite 7, Bondurant, IA 50035, [theberer@luxemedicalspa.net](mailto:theberer@luxemedicalspa.net), 515-630-8637.

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# BLUE dynasty

Bondurant rugby team wins second-straight state title.



The Bondurant Blue Plague beat Norwalk 26-10 to capture its second-straight state championship rugby title recently.

When you think of rugby powerhouses, what teams come to mind? For the average Iowan, honestly, probably none.

If Brad Lewis has anything to say about it, that's about to change. And the team won't be from Des Moines or its western suburbs either. Try Bondurant.

Lewis, the founder and head coach of the Bondurant Blue Plague rugby team for the last eight years, is quietly building a dynasty just east of the metro.

Most recently, his team beat Central Springs, 31-14, followed by a 38-5 win over Clinton, and capped off with a 26-10 win over Norwalk to capture its second-straight state championship with an undefeated 15-0 season.

The team, comprised entirely of Bondurant students grades 9-12, outscored opponents 554-48 for the season. It isn't a dynasty in the making; it's already here.

Lewis is at the forefront of something big: rugby.

"It's the fastest growing sport in the country," he says. "In Iowa, there was 30%

growth over last year alone. Next year, there could potentially be another 10 teams."

In its first season, the Blue Plague went 0-12.

"We weren't very good," Lewis jokes.

But things turned in their favor quickly, as the team posted an 11-1 mark the second season and advanced all the way to the state championship game. It's been nothing but success ever since. The team is currently on a 46-game regular-season win streak and has won multiple international tournaments as well, Lewis, who is also the president of the Iowa Youth Rugby Association, says.

And they aren't done. The team will travel to Bozeman, Montana, to play in The Great Northwest Challenge where they will face off against 15 teams from the northwest region of the United States. And that's just a warm-up. The team will head overseas to take on Terenure College in Dublin, Ireland, Aug. 21 in an exhibition game prior to the Aer Lingus College Football Classic game between Iowa State and Kansas State on Aug. 23. A girls'

match will feature Terenure and Southeast Polk High School.

Rugby has yet to become a sanctioned sport by the Iowa High School Athletic Association, but Lewis predicts that, within the next two or three years, there could be as many as 51 teams in the state, the benchmark that must be met before it could be considered.

The rugby season takes place from the last week of March through Mother's Day weekend.

"It's a quick seven-week season," Lewis says. "There may be a little overlap with the kids who are state-bound in basketball and wrestling, who usually miss the first couple of weeks of practice, and we encourage that, obviously. We also encourage them that, once they are done, to take at least a one-week break between finishing that season and coming to ours. There's some crossover with the spring sports but we work with those coaches to make sure our practices are after theirs. If there are conflicts in scheduling, we work them out. We work well and communicate well, I think." ■

## NEWS BRIEF

### BONDURANT receives funds for project

Iowa Secretary of Agriculture Mike Naig announced the Iowa Department of Agriculture and Land Stewardship will invest in 14 urban water quality projects within communities across the state. The announcement was made as part of the annual Iowa Soil and Water Conservation Week.

Bondurant received \$127,500 for its Parks and Recreation Event Center. The city of Bondurant is transforming the fire station into a multi-use Parks and Recreation Event Center for their growing community. This project will include bioretention cells to

manage stormwater and shared permeable paver parking through a public-private partnership.

Utilizing funding from the state's Water Quality Initiative (WQI) and other sources, the Iowa Department of Agriculture and Land Stewardship will provide cost-share grants that cover up to 50 percent of the total cost of each project. The Department is investing nearly \$2.7 million to support the 14 projects, which will leverage an overall investment of more than \$5.7 million.

The Department provides financial and

technical assistance to the communities and organizations implementing these urban water quality practices. To receive state funding, the urban water quality projects must include education and outreach components and involve local partners. These community-based projects raise awareness about new stormwater management methods and encourage others to adopt similar practices to improve water quality.

To learn more about urban conservation practices and projects in Iowa, visit [CleanWaterIowa.org](http://CleanWaterIowa.org). ■



# THE VALUE of community involvement

As a business owner, do you find that time spent in community involvement is worth it for your business? This would include your social media presence and any face-to-face interactions you have with the public, whether during the course of business or by your participation in a community event. Why should you make this a priority in the weeks and months to come?



First, customers do business with the ones they remember. Your business may have the storefront or the vehicles, but are you the first name they think of when they need the goods or services you offer? When was the last time they heard your business name? If it's been awhile, chances are they will simply Google search to see who is nearby.

Second, customers do business with the ones they trust. Do they see you with a happy clientele? Do they see you resolving problems that arise? People want to know that you are a genuine person with a vested interest in our community. They want to know that their money will be well-spent in doing business with you, and they trust you when they can see your genuineness, your follow-through, your reachability, your reputation and your results.

So, what are the best ways to achieve and maintain that community involvement for your business? Let's suggest three:

- **Determine which social media platforms your target clientele uses most, and post at least one or two pieces of content each week.** You can use Google (or that newfangled A.I. stuff) to learn how to build a content schedule that fits your business model and target audience.

- **Connect with the Bondurant Chamber of Commerce and participate in every event that reasonably fits your schedule and gives you face time in the community.** Networking with other local businesses helps get you solid referrals, and when customers see you at multiple local events and see your business repeatedly, they are more likely to call you directly rather than find you through a Google search.

- **Find a way to give back.** Whether that's periodically donating to a local charity, our public servants or those in need, find a way that your business can leverage its strength in some sort of selfless action. Even if you don't make a big deal out of it, people will notice, and those small actions go a long way.

There is just something about living and working in small town Iowa, and you've chosen to run your business here in Bondurant. Here is to an even greater impact in the year to come. ■

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

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# BONDURANT Summerfest

The Bondurant Men's Club kicked off Summerfest with the parade on Monday, June 9.



The Bondurant Men's Club members with their Favorite Eastern Polk County Community Festival or Event certificate. This is their 51st year of presenting Summerfest.



Lisa Modlin, Ayla Fjelland and Taylor Fjelland



The Shivers family



Teresa Sieck, Meredith Sieck and Tricia Heberer



Members of the 9U, 10U and 11U Bondurant Blue Jays Baseball Club



Members and friends of Generational Guns



Members of the Bondurant Christian Church



Nolan Banns and Kaylin Von Ahnen



Peter Parks



# OUT & ABOUT



Members of Bondurant-Farrar High School Dance Team



Members of Federated Church of Bondurant



Emmersan Fargo, Lily Simmons and Lauren Dingeman



Members of Bondurant Go-Getters 4-H Club



Members and friends of Bondurant Auto Body



Members of the Bondurant Troop 10 and Pack 10 Boy Scouts



Members of the Bondurant-Farrar Varsity Cheerleading Team



Members of the American Legion Post and Squadron 396



Members and friends of First Family Church Bondurant



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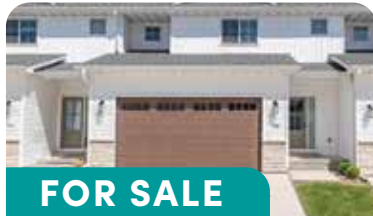
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