

Living

FESTIVAL FUN!

**Summerfest and
Celebrate Bondurant
kick off a busy summer.**

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EDUCATION

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RECIPE

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WELCOME

A FESTIVAL as unique as its community

Not too many years ago, community festivals were few and far between. The ones that did exist were small in comparison to those today. Now, seemingly every community has a large, multi-day festival with food truck, parades, carnivals, live music and even fireworks. I have attended most all of them in central Iowa at one point or another, and although they are similar, each has its own unique identity, too — as it should.



Suburban communities are sometimes criticized for having lines of chain stores, cookie-cutter houses and the traditional family make-up. Those criticisms typically come from outsiders who don't live in the community or try to understand its unique characteristics. And, there is a reason why chain stores choose to come to a town, developers choose to build here, and families decide to move in. As a whole, the communities are cleaner than rural communities and safer than metro ones. Call it what you want, but those characteristics are magnets for people and businesses.

Meanwhile, if you dive deeper into neighborhoods, business districts and even cemeteries, you find that uniqueness I mentioned previously. The history is rich, and the pride is immense. The same can be said for community festivals, and that is ever apparent in Bondurant.

The Bondurant Men's Club has been the driving force of Summerfest and has grown this annual celebration while maintaining its flavor — and its weeknight dates. With its parade, carnival and fireworks, among many other family-friendly activities, the festival provides hometown, wholesome family fun.

Meanwhile, the Bondurant Chamber provides an opportunity for residents to get acquainted with local businesses and services while their kids partake in fun activities at the Celebrate Bondurant event.

Once again, Bondurant Living shares the details of these wonderful events in the pages of this magazine. We are glad to share the details of the festivities and encourage everyone to make some wonderful hometown summer memories. These events are a wonderful part of this wonderful community and yet another reason why a growing number of people are choosing to call Bondurant home.

Thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



Tammy Pearson

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

Kristine McDonald

Advertising Account Executive
515-975-3543
kristine@iowalivingmagazines.com



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FESTIVAL FUN!

**Summerfest and
Celebrate Bondurant
kick off a busy summer.**

By Chantel Boyd

When it comes to summer festivities, Bondurant residents are gearing up for hometown fun. June begins the summer with a bang — with both Summerfest and Celebrate Bondurant just around the corner. Get ready for old-fashioned family fun.

FEATURE

Summerfest returns for its 49th year

Bondurant Summerfest, returning for its 49th year, is a two-day annual event celebrating the community. This year's event will be held on June 12 and 13.

Highlights include a parade, food, games, carnival, silent auction, giant raffle with about 100 prizes, vendors, community businesses and organizations giving away free samples, fireworks, and more.

Every year, this event, hosted by the Bondurant Men's Club, sees thousands of people congregate in the heart of Bondurant, enjoying time with neighbors, friends and families. It's a time to showcase Bondurant's vibrant community to the many visitors to the event.

Bruce Cordes, a Men's Club member since 1987 and co-chair of the raffle and silent auction, explains the event is held on a Monday and Tuesday because residents tend to be busier during the weekends. And, hosting the event at the beginning of the week has historically been successful.

"People just love to sit around and visit with



Enjoy carnival games and rides during Summerfest. "PHOTOS BY BEN" Ben Fuller

neighbors," he says. "It's like a huge block party with a couple thousand people."

The event starts Monday evening with a parade coordinated by First Family Church at 6 p.m., followed by festival fun until 10 p.m.

Children's activities will be highlighted with the tractor pull, dance groups and karate demonstrations by moving these entertainment events to First Street in front of the RE/MAX building to make it more accessible for families.

Tables and chairs will be set up for all members of the family.

The Trailhead Depot will be headquartering the Men's Club, with the silent auction and raffle (open both nights) and the various community groups and businesses. Raffle tickets are \$1 each, and top prizes include a gas grill, Play Station 5, a flat-screen TV, and four complete oil changes. Other prizes include coolers, meals, car detailing, garden equipment

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FEATURE

and toys.

Food will be offered throughout the downtown area. Food options this year will include Founders Irish Pub, the newly opened Flame, Home Slice Handmade Pies, and a variety of food trucks. In addition, the Bondurant Lions Club will be offering homestyle foods, including BBQ. Ice cream will also be available, as well as popcorn.

In addition to carnival rides and games by Sam's Amusements, Summerfest activities include a Little Princess Party, Oscar the Balloon Artist, performances by Kasey Leigh Dance Studio and the Heart of Iowa Cloggers, and a demonstration by East Coast Tae Kwon Do. Face painting, tattoos and activities will also be available.

Again this year, the Bondurant Farmers Market will be held in City Park on Tuesday of Summerfest. Tuesday evening will also bring the Kids Pedal Tractor Pull competition.

Summerfest will culminate with a fireworks display on Tuesday evening around 10 p.m. The best viewing area will be at the Bondurant Farrar Middle School in the bleacher area (at the old football field).



The parade is at 6 p.m. in the Monday of Summerfest. "PHOTOS BY BEN" Ben Fuller

Once again, Summerfest will have carnival ride wristband vouchers. These vouchers are turned in for wristbands at the event. These were popular last year and can be purchased in advance, replacing the former carnival tickets. Wristbands can be purchased at BrickHouse Fitness for \$20 and used for unlimited rides

for one night. These will also be available from Men's Club members.

Summerfest proceeds allow the Bondurant Men's Club to serve the community. Previously, funds from the event have been used for library programs, park equipment, Bondurant Soccer, Breakfast with Santa, Little League, Youth

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The Summerfest parade features many hometown organizations joining in on the fun. "PHOTOS BY BEN" Ben Fuller

Football, and much more. Every dime that is generated goes straight back to the community.

For Cordes, the best part of being involved with Summerfest is seeing all the community members who gather. The Bondurant Men's Club would like to thank the City of

Bondurant and its staff, the Bondurant Fire Department and Emergency Services, the Chamber, and the businesses and people that help support this event.

"We couldn't do this event without all the incredible support," he says.

Celebrate Bondurant highlights businesses

In addition to Summerfest, mark your calendars for Saturday, June 3, when the annual Celebrate Bondurant event will take place from 6-9 p.m. at City Park.

Put on by the Bondurant Chamber of Commerce, the event is free to the public and highlights local Bondurant businesses. All chamber members are encouraged to set up a booth with information and a kids' activity. Celebrate Bondurant offers participants the chance to learn about local businesses while children enjoy the activities they provide.

The mission of the Bondurant Chamber of Commerce is to promote member businesses and enhance the business climate in the Bondurant area.

"We want to provide our members the opportunity to be in direct contact with the community and for the community to see who these wonderful businesses are that they know and love," says Kaitlyn Von Ahnen, executive director of the Bondurant Chamber of Commerce.

"We are bringing in lots of people to help

Grand

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FEATURE

celebrate with the community,” she says. “We want to throw a big celebration to show how much we appreciate the community Bondurant has built.”

The kids’ activity is a way of drawing people to the booths and, in the past, has included things like bubbles, face painting and a bounce house. In addition, Kaitlyn says, “We are bringing in new music acts, bounce houses, entertainment and much more.”

The Hillbilly Bike Ride by BrickHouse Fitness leads right into Celebrate Bondurant. The annual car show will not take place this year, but most of the favorite traditions are returning, with the Chamber of Commerce excited to host.

The Chamber recognizes that putting on an event like this takes a lot of work.

“Our Board of Directors does a fantastic job of volunteering. Many people must work together to ensure this event runs smoothly.”

Celebrate Bondurant is also an opportunity to familiarize the public with how the Chamber serves the community. In the past, the event has had a great turnout with hundreds of attendees.

Sponsors this year include Prairie Meadows, RMS, DSM5, Vision Bank, City of Bondurant, JLL Midland, BrickHouse Fitness, Meta and Bondurant Family Dentistry.

“We love being able to showcase the businesses to the community that make the town of Bondurant so special,” says Kaitlyn. ■



Businesses set up booths and provide kids activities during the Celebrate Bondurant event. “PHOTOS BY BEN” Ben Fuller



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49TH ANNUAL SUMMERFEST

MONDAY AND TUESDAY
JUNE 12 & 13

MIDWAY RIDES AND GAMES BY SAM'S AMUSEMENTS

MONDAY, JUNE 12

6:00 PM PARADE – The parade will start at B/F Middle School, Anderson, and Morris Parking Lots, complete route on the parade route flyer.

6:30 PM MIDWAY RIDES AND GAMES

6:30 PM Food & Information Vendors (Depot Area)

7:00 PM Kasey Leigh Dance Studio (Downtown 1st St)

7:00 PM Little Princess Party (Depot Area)

7:00 PM Oscar Rosales (Balloon Artist)

8:00 PM Heart of Iowa Cloggers (Downtown 1st St)

TUESDAY, JUNE 13

6:00 PM MIDWAY RIDES AND GAMES

6:00 PM Food & Information Vendors (Depot Area)

6:30 PM Kids Pedal Tractor Pull Registration

7:00 PM East Coast Tae Kwon Do (Downtown 1st St)

7:00 PM Kids Pedal Tractor Pull (Downtown 1st St)
(Sponsored by Kimberly Ag)

8:30 PM Raffle Drawing Begins – Sales Closed

9:30 PM Silent Auction Closed

10:00 PM Fireworks (Behind Middle School)

Special Attractions: June 12th: Cubbie Bear June 12th: Iowa Wild Crash Bondurant Bluejay

CONTINUOUS ACTIVITIES

- MIDWAY RIDES AND GAMES
- FOOD & CONCESSIONS
- RAFFLE TICKETS/MEN'S CLUB

Many Other prizes including major prizes from: Vision Bank-Gas Grill, Austin Sullivan Real Estate PS5, Williamson Repair & Tire-50" TV, A3 Auto- 4 Oil Changes (**NEED NOT BE PRESENT TO WIN**)

- SILENT AUCTION/MEN'S CLUB

Donations by: Chris Vance Art, Men's Club Entertainment Package, Brickhouse Fitness, Honest Wrenches, Shivers Farms-Beef & Pork Bundle, Storey Kenworthy, Farm Bureau Jake Brannen, Joyce Pruismann-Quilts, Bailey Excavation, Haverhill Pizza's, Deery Chevrolet, Plus Many More Items

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Farmers Market
Tuesday 6-8pm | City Park

National Guard Climbing Wall
Fireworks | Behind B-F Middle School
Reclaimed Rails-Summerfest Beer

RAFFLE AND SILENT AUCTION – All Men's Club activities – will take place at:
Bondurant Depot, starting at 6:00 PM both Monday and Tuesday

The Bondurant Men's Club gives special thanks to the Bondurant Fire Department , City Staff and Chamber for their annual support of Summerfest activities

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FAITH

By Thomas Christensen

LIFELONG learners

Don't ever graduate. Yes, I know that seems like a non-sequitur in the month we celebrate so many graduations, but hear me out.

There are seasons of life that are appropriate to graduate from. We run a race and win a trophy, we finish school and get a degree, and we retire from a career and get to spend our days in other pursuits. These are all good things, and they're all seasons of life that will come to an end at a definitive point.

But there are lots of areas of life we don't ever want to "graduate" from; we don't ever want to let ourselves feel like we've arrived at the end. You've heard the term lifelong learner, typically applied in an academic sense. The truly smart and wise person is the one who, even after they graduate with a degree, intentionally maintains their sense of curiosity about the world, and they continually dive deep into learning more about their craft. This is the person who will go to YouTube to figure out the answer to a problem they're having or go to the library for a technical manual that gives an answer to an obscure question.

We ought to maintain that same hunger and drive in our spiritual walk with God. We shouldn't ever allow ourselves to feel like we've arrived. In Hebrews 12:1-2, the author reminds his readers to

1. Lay aside every weight, and the sin that ensnares us. Think about that! Not everything that weighs us down is necessarily sinful.
2. Run our race with endurance. As long as we have breath, we can be influencing the people around us for the good.
3. Look to Jesus. This has to do with the direction we're looking. Have you ever gone for a jog and found yourself looking down at your feet the whole time? It's so hard to stay focused, and every step is a chore. But, if you look up and keep your focus down the path, it's so much easier for the miles to fall behind you. And, so it is with life. Look to Jesus as the author and finisher of your faith. He gives strength for the journey and comfort for each step.

Stay the course. Run with endurance. Lay aside the weight and the sin. And don't ever graduate. ■

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




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MUTUAL FUNDS vs. ETFs

The growth of exchange-traded funds (ETFs) has been explosive. In 2005, there were fewer than 500; by the latter half of 2021, there were more than 8,000 investing in a wide range of stocks, bonds and other securities and instruments.¹

At first glance, ETFs have a lot in common with mutual funds. Both offer shares in a pool of investments designed to pursue a specific investment goal. And both manage costs and may offer some degree of diversification, depending on their investment objective. Diversification is an approach to help manage investment risk. It does not eliminate the risk of loss if security prices decline.

Structural differences

Mutual funds accumulate a pool of money that is then invested to pursue the objectives stated in the fund's prospectus. The resulting collection of stocks, bonds and other securities is professionally managed by an investment



company.

ETFs work in reverse. An investment company creates a new company, into which it moves a block of shares to pursue a specific investment objective. For example, an investment company may move a block of shares to track the performance of the Standard & Poor's 500. The investment company then sells shares in this new company.²

ETFs trade like stocks and are listed on stock exchanges and sold by broker-dealers. Mutual funds, on the other hand, are not listed on stock exchanges and can be bought and sold through a variety of other channels — including financial professionals, brokerage firms and directly from fund companies.

The price of an ETF is determined continuously throughout the day. It fluctuates based on investor interest in the security and may trade at a "premium" or a "discount" to the underlying assets that comprise the ETF. Most mutual funds are priced at the end of the trading day. So, no matter when you buy a share during the trading day, its price will be determined when most U.S. stock exchanges typically close.

Tax differences

There are tax differences, as well. Since most mutual funds are allowed to trade securities, the fund may incur a capital gain or loss and generate dividend or interest income for its shareholders. With an ETF, you may only owe taxes on any capital gains when you sell the security. (An ETF also may distribute a capital gain if the makeup of the underlying assets is adjusted).³

Determining whether an ETF or a mutual fund is appropriate for your portfolio may require an in-depth knowledge of how both investments operate. In fact, you may benefit from including both investment tools in your portfolio. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114. All investing involves risk, including the possible loss of principal, and there is no guarantee that any investment strategy will be successful. Amounts in mutual funds and ETFs are subject to fluctuation in value and market risk. Shares, when redeemed, may be worth more or less than their original cost. Mutual funds and exchange-traded funds are sold only by prospectus. Please consider the charges, risks, expenses, and investment objectives carefully before investing. A prospectus containing this and other information about the investment company can be obtained from your financial professional. Read it carefully before you invest or send money. The Standard & Poor's 500 (S&P 500) Index is a free-float weighted index that tracks the 500 most widely held stocks on the NYSE or NASDAQ and is representative of the stock market in general. It is a market value weighted index with each stock's weight in the index proportionate to its market value.



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RECIPE

DISHING out the facts on good fats

(Family Features) For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado).

To find more nutritional facts and figures, along with recipes, visit AvocadosFromMexico.com. ■

Harvest bowl salad with balsamic vinaigrette

Servings: 8

Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries



- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.



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BONDURANT-FARR

2023 SUMMER SCHEDULE

JV/VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 23	5:00PM	Hoover (DH)	Bondurant-Farrar Intermediate School
May 24	5:30PM	Winterset	Bondurant-Farrar Middle School
May 25	5:30PM	Gilbert	Gilbert High School
May 29	3:00PM	Oskaloosa (DH)	Central College
May 31	5:30PM	Carroll	Bondurant Middle School
Jun 1	5:30PM	North Polk	North Polk High School
Jun 2	5:00PM	Des Moines East (DH)	Bondurant-Farrar Middle School
Jun 5	5:30PM	ADM	Bondurant-Farrar Middle School
Jun 7	5:30PM	Carlisle	Carlisle High School
Jun 8	5:30PM	Boone	Bondurant-Farrar Middle School
Jun 9	1:00PM	Clayton Ridge	Riverfront Stadium
Jun 12	5:00PM	Martensdale-St Mary's (DH)	Simpson College
Jun 14	5:30PM	Ballard	Bondurant-Farrar Middle School
Jun 15	5:30PM	Winterset	Winterset High School
Jun 16	5:15PM	PCM	PCM Middle School
Jun 19	5:30PM	Gilbert	Bondurant-Farrar Middle School
Jun 21	5:30PM	Carroll	Carroll Baseball Stadium
Jun 22	5:30PM	North Polk	Bondurant-Farrar Middle School
Jun 23	4:00PM	Eddyville-Blakesburg (DH)	Eddyville-Blakesburg-Fremont High School
Jun 26	5:30PM	ADM	ADM High School
Jun 28	5:30PM	Carlisle	Bondurant-Farrar Middle School
Jun 29	5:30PM	Boone	Boone High School
Jun 30	5:00PM	Waukee	Waukee High School
Jul 3	5:00PM	Knoxville (DH)	Bondurant-Farrar Middle School
Jul 5	5:30PM	Atlantic CSD	Bondurant-Farrar Middle School



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FARRAR Bluejays

JV/VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 22	5:30PM	Ballard	Ballard High School
May 23	4:00PM	West Marshall	West Marshall High School
May 24	4:30PM	Winterset	Bondurant-Farrar Middle School
May 25	4:30PM	Gilbert	Gilbert High School
May 27	9:00AM	Multiple Schools	Williamsburg High School
May 31	4:30PM	Carroll	Bondurant-Farrar Middle School
Jun 1	5:30PM	North Polk	Bondurant-Farrar Middle School
Jun 3	9:00AM	Multiple Schools	Bondurant-Farrar Middle School
Jun 5	4:30PM	ADM	Bondurant-Farrar Middle School
Jun 6	5:30PM	Knoxville	Bondurant-Farrar Middle School
Jun 7	4:30PM	Carlisle	Carlisle High School
Jun 8	5:30PM	Boone	Bondurant-Farrar Middle School
Jun 9	9:00AM	Creston Community	Creston High School
Jun 10	9:00AM	Creston Community	Creston High School
Jun 13	3:30PM	Des Moines Roosevelt	Des Moines Roosevelt High School
Jun 14	4:30PM	Ballard	Bondurant-Farrar Middle School
Jun 15	4:30PM	Winterset	Winterset High School
Jun 16	5:30PM	Des Moines Christian	Des Moines Christian School
Jun 19	4:30PM	Gilbert	Bondurant-Farrar Middle School
Jun 21	4:30PM	Carroll	Carroll High School
Jun 22	4:30PM	North Polk	North Polk High School
Jun 23	3:15PM	Marshalltown	Marshalltown Community College
Jun 24	10:00AM	Roland-Story	Roland Story High School
Jun 26	4:30PM	ADM	ADM High School
Jun 27	5:30PM	Grand View Christian	Bondurant-Farrar Middle School
Jun 28	4:30PM	Carlisle	Bondurant-Farrar Middle School
Jun 29	4:30PM	Boone	Boone High School
Jun 30	1:00PM	Multiple Schools	U of I Hawkeye Softball Complex
Jul 3	6:00PM	Saydel High School	Bondurant-Farrar Middle School



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MEET Julie Nash

Retiring as TAG teacher and 38-year educator

After 38 years working as a public school educator, Julie Nash will retire from the Bondurant-Farrar Community School District on May 30.

Nash was born and raised in St. James, Minnesota, before graduating from what is now Augustana University in Sioux Falls, South Dakota. However, it wasn't until she relocated to Davenport and worked at Zion Lutheran Church that Nash decided she also wanted to teach in an academic setting.

Nash returned to school at Iowa State University where she received a degree in elementary education. She then taught in Ottumwa for seven years before joining the Bondurant-Farrar Community School District as a talented and gifted (TAG) teacher in 1992. Although Nash originally taught students in K-12th grade, her position has evolved into teaching students from fewer grade levels as the district has grown.

"It has been a pleasure to work with dedicated, creative and caring staff members, a hardworking and forward-thinking school board, supportive and appreciative parents, and eager and enthusiastic students. I have also appreciated my positive experiences with the district as a parent to four children who are Bondurant-Farrar graduates," Nash says.

As a TAG educator, Nash often works with students for multiple years. This provides her an opportunity to really get to know them and their families. Nash has also had the opportunity to teach siblings and two generations of a number of families. She enjoys keeping in touch with her former students and hearing about their adventures, interests, families and careers.

Teaching students over multiple years has also provided some unique challenges for Nash, such as keeping materials and activities fresh and engaging. Because of this, Nash has looked for new books, websites, activities and contests to share with her students.

"My advice to students would be to keep reading and learning throughout your lifetime. Don't be afraid to try new things and take advantage of opportunities to expand your knowledge and experiences. Above all, be kind, respectful, accepting and appreciative of the wide variety of people you will encounter throughout your life," she says.

Once retired, Nash is looking forward to spending more time with her granddaughter and being available to assist her children and extended family members. She is excited to enjoy summer activities this year as her last two summers have been focused on recovery and physical therapy after having both knees replaced. Nash is involved with a variety of activities through her church. She hopes to expand her involvement to include Family Promise, the Food Pantry, and other community service ministries.

"I am blessed to retire from a career that I enjoy even more now than when I started," Nash says. "I got misty-eyed most of December and January whenever I talked about retiring, but, over the last couple of months, I've started to get excited about the new options and possibilities that will open up in retirement." ■



As a TAG teacher, Julie Nash has had the same students over multiple years so has worked to develop new lessons to keep them fresh.

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

May 2023

Congratulations, Bluejay Graduates!

On May 21, students of the Class of 2023 participated in a commencement ceremony to celebrate their accomplishments and the culmination of their academic career at Bondurant-Farrar. Please join us in congratulating the over 170 students in this year's graduating class. We wish them all the best!

► Fun Facts About the Class of 2023:

- The first iPhone was released when they were in preschool.
- The high school opened the same year they started kindergarten.
- They never had to wait for dial-up internet.
- When they started kindergarten, Bondurant's population was 3,860. Today, Bondurant's population is over 8,000.
- Of the 171 graduates, 108 attended BFCSD in 2nd grade.



Help Keep Our Schools Safe

School safety is a top priority at Bondurant-Farrar. Many precautions are in place and we continue to enhance and improve our safety and security protocols to ensure a safe, positive environment for all.

An important piece in our proactive approach is encouraging students, families, and community members to report past, present, and possible threats to and within our school community.



SEE SOMETHING SAY SOMETHING

You may utilize several resources to report suspicious activity; including law enforcement, school district, and statewide reporting tools. Creating a safe learning environment is our highest priority, and it starts with early detection of potential threats. See something, say something, do something!

Contact Us:

Bondurant-Farrar District Office
300 Garfield Street SW
Bondurant, IA 50035
Phone: 515-967-7819
Online: www.bfschools.org/contactus

May is School Board Recognition Month



As part of School Board Recognition Month, we are shining the spotlight on our board members for their commitment to our students, staff, and families. These locally-elected officials play a crucial role in ensuring students have the building blocks needed for future success. Please join us in saying thank you to these volunteers who donate their time to lead our schools:

- Stacia Sanny, Board President
- Chris Freese, Vice President
- Garry Lenhart, Director
- Sue Ugolini, Director
- Kayla Vandehaar, Director



8th Graders Explore Personal Finance

As part of their financial literacy class, 8th grade students have had the opportunity to participate in activities at Junior Achievement of Central Iowa which allowed them to explore 14 different areas of budgeting, ranging from groceries to transportation to vacations to eating out.

With the help of volunteers, students learned about each of these areas and were able to generate a budget based on an individual life scenario. This experience was truly eye-opening for them, as they realized just how expensive certain items and services can be. The program has been a fantastic addition to the classroom learning and has helped students to better understand financial literacy.



Stay Connected:

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

ASK questions about long-term care insurance

We are getting older, and, as we get older, we will likely need more help with daily activities. Approximately 70% of Americans age 65 and older will need long-term care. It is important to start thinking about how to cover the cost of 24-hour care. Long-term care insurance is a great option for easing the cost of assisted living or nursing home level of care. Long-term care insurance policies work similarly to car or home insurance policies. You pay a premium and make a claim when you need services covered. Depending on the policy, it may help you pay for services in your home or a health care facility. Some policies have a waiting period where you must pay privately for services until the insurance benefit kicks in, typically between 90 and 180 days. Long-term care insurance policies can have restrictions on what they cover. If you need long-term care due to a substance abuse problem, you may not receive coverage. If you have a pre-existing condition, such as cancer, you could likely still obtain a policy; however, there is also a chance it may not cover care related to that condition. It is important to ask questions before getting a long-term care insurance policy to ensure you are getting the coverage you will need.

Firstly, talk to an insurance agent you trust or have worked with



before. They can help you determine which policy will offer the best coverage to meet your potential future needs. Choose a long-term care policy that has a guaranteed renewal regardless of health or age. Some policies will not renew past a certain age, even if you have paid your premiums faithfully. Two out of every 100 people have dementia; choose a policy that will cover dementia care in the event you are diagnosed with dementia. Clarify if a policy covers home health care benefits and all levels of senior care. You would ideally want coverage for both assisted living and long-term care.

Consider cost. Does the policy guarantee that your premiums will remain level or increase with age? Clarify what the maximum benefit period is. It could range anywhere from six months to a year or more. Is the deductible for the waiting period affordable? Can you financially cover the waiting period before coverage starts?

The older you are or the more co-morbidities you have when buying long-term care insurance, the more it will cost. Many experts in the field suggest shopping for long-term care policies as early as your 40s or 50s. It is important to be prepared for your future. ■

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



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EVENTS IN THE AREA

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Be sure to check for cancellations.



Bondurant Farmers Market

Wednesdays, 6-8 p.m.
through October
City Park, 201 Main St. S.E.

Enjoy a variety of fresh produce and vendors.

'Hometown America' Paint & Pour

Tuesday, June 6, 6-8:30 p.m.
Reclaimed Rails Brewing Company, 101 Main St. S.E., Bondurant

Join Enchanted Easel Events at Reclaimed Rails Brewing Company for a "Hometown America" Paint & Pour! Cost is \$40 and includes all supplies, step-by-step instructions, and a pour of choice on select beer. Beginners welcome. For more information and to register, visit <https://conta.cc/41WqrdP>



Craft and Vendor Show

June 24, 10 a.m. to 4 p.m.
Bondurant Legion Hall, 315 Second St. N.W.

Valerie and Cathy's Boutique is hosting this monthly craft and vendor show.



Music at Haines Park

Sunday, May 28, 6 p.m.
Haines Park, Outdoor Stage, 700 Block of Third Ave. S.E. in Altoona

Enjoy these free concerts offered by the Altoona Parks and Recreation Board. Pop and popcorn are sold by CAP Children's Theatre. Other dates are Sunday June 25, 6 p.m.; Sunday July 30, 6 p.m. and Sunday, Aug. 27, 6 p.m.



'Matilda the Musical JR'

June 2-11, Friday and Saturday at 7 p.m.; Sunday at 2 p.m.
CAP Theatre, 201 First Ave. S., Altoona

Class Act Productions announces its upcoming mainstage performances of "Matilda The Musical JR." Mainstage performances at CAP are live theatre for families of all ages, with familiar stories condensed into 90-minute performances that appeal to audiences with shorter attention spans. Tickets are available through the CAP Theatre website at captheatre.org and are \$10 for youth ages 3-18, \$13 for seniors and \$16 for adults.

Rebellion is nigh in "Matilda JR," a gleefully witty ode to the anarchy of childhood and the power of imagination. This story of a girl who dreams of a better life and the children she inspires will have audiences rooting for the "revolting children" who are out to teach the grown-ups a lesson.

Altoona RAGBRAI Celebration

July 27, 5 a.m. to noon
Spring Creek Sports Complex on Edwin Skinner

Join the fun as RAGBRAI comes through Altoona. The public is asked to park at St. John and St. Paul Church. Busing will be available to the sports complex. Enjoy food vendors, beer tents, music and more. ■

"It's been through the addition of MAPLE that we have been able to get the kids to talk."

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NEIGHBOR

By Lindsey Giardino

NEW chamber director grows fond of Bondurant

Von Ahnen takes the helm at age 19.

At the age of 19, Kaylin Von Ahnen has already accomplished so much.

When she was 14 years old, she self-published her first book, "Millie the Duck," and, at 16, self-published a second one, "Millie the Duck the Big Game."

"I wrote these children's books to help kids learn life lessons as they grow up," she says. "When I was 16, I created my apparel brand, Beauty Is the Beast, made to show that the female athlete is both beautiful and a beast."

Von Ahnen's first job was at BrickHouse Fitness in 2019 as part of their daycare and front desk staff.

"I loved the environment that BrickHouse has and knew it was a great fit for me right away," she says. "When I was 17, I began to help with the BrickHouse community events. That's when I really started to find a love for the community of Bondurant."

Late in 2021, Von Ahnen had the opportunity to become a trainer at BrickHouse — an experience that brought her some of her most rewarding moments.

Von Ahnen's fondness for Bondurant is part of what attracted her to the role of executive director of the Bondurant Chamber of Commerce. The opportunity came about at the end of last summer when she was introduced to the position by the former director.

"I knew that I had a love of business, and I knew how much the Bondurant community had started to grow on me," Von Ahnen says. "I loved the small-town feel that Bondurant had even though the community is growing rapidly. After taking the time to read what the job as director would entail, I knew it was something that could be a great fit for me."

Von Ahnen officially started as director of the chamber last September.

"Coming into this role at the age of 19, I understood that I didn't have all the knowledge that someone older may have," she shares. "I did know that I was willing to learn, and I was willing to be coached. I wanted to show the board that I wanted feedback from them and from members and use that to grow and hopefully grow the chamber. I knew that, as I continued with the position, that I would gain the knowledge I needed in order to help move the chamber forward."

Von Ahnen shares that some of the biggest highlights from her role thus far have been seeing the businesses and people from the community get together and form relationships at one of the town's many events.

"Another highlight for me thus far has been being able to learn from our chamber board," she says. "They welcomed me right away and work to make sure we can bring in as much value to our members as possible. Each board member has a lot of experience throughout the community and has been great to learn from throughout my time with the chamber."

"I am extremely grateful for the opportunity to join the Bondurant Chamber of Commerce," she adds. "I see a lot of potential within the business community and the City of Bondurant and am excited to see where it goes." ■



Kaylin Von Ahnen was eager to learn about the community in her role as executive director of the Bondurant Chamber of Commerce.

HEALTH

By Dr. Laura Myers, MD FAAD

BEWARE of ticks

With the arrival of spring, many of us are eager to get outside. But beware... the ticks are waiting for us. So, how do we enjoy nature without becoming lunch?

Ticks thrive in wooded and grassy areas. When exploring, it's best to stay on trails. Wear long sleeves and lighter-colored clothing to more easily spot the tiny hitchhikers. Tuck pant legs into socks or boots, and apply a DEET-containing bug repellent to clothing. After being outdoors, remove clothing, shower, and perform a thorough inspection of skin and scalp.

If you find a tick, don't panic. Remove it by grasping with tweezers and pulling gently at the level of the skin. Don't squeeze the body as this can cause regurgitation and increase risk of disease transmission. Wash the wound with soap and water, and apply antibacterial ointment.

In order to spread disease, ticks must be attached for 24-48 hours. In Iowa, the most significant tick-borne illness is Lyme disease. Lyme disease is transmitted only by deer ticks, which are smaller than dog ticks and the only ticks with black legs.

If you develop symptoms after a tick bite, such as rash, headache, fever or joint aches, see a doctor. ■

Information provided by Dr. Laura Myers, MD FAAD, co-owner, Iowa Dermatology Consultants, 2675 N. Ankeny Blvd., Suites 101/103, Ankeny, 515-348-4097.



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HEALTH

By Dr. Emily Hogle

PHYSICAL therapy to alleviate headaches

Physical therapy has been proven to be an effective treatment option for headaches. Headaches can be caused by a variety of factors, including tension and poor posture. Physical therapy addresses these factors by correcting muscle imbalances and improving posture. One of the most common causes of headaches is poor posture. Many people spend their days hunched over a computer or phone, which can lead to tension headaches. Physical therapy can improve posture and alleviate tension by strengthening weak muscles and stretching tight ones. A physical therapist can also teach patients exercises to do at home to maintain good posture. Muscle imbalances can also cause headaches. For example, tightness in the neck muscles can put pressure on the nerves that lead to the head, causing headaches. Physical therapy can address these imbalances by using techniques such as massage, stretching and strength training to relieve tension and improve circulation. In some cases, physical therapy may be used in conjunction with other treatments, such as medication or stress management techniques. A physical therapist can work with patients to develop a comprehensive treatment plan.

If you suffer from headaches, consider seeking out a physical therapist. They can help you identify the underlying causes of your pain and develop a personalized treatment plan. ■

Information provided by Dr. Emily Hogle, PT, Bondurant Physical Therapy & Sports Medicine, 85 Paine St. S.E., Suite B, Bondurant, 515-528-2326.



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HEALTH

By Dr. Kari Swain

MOMS, want to feel better and reduce stress?

From pre-conception and beyond, chiropractic care supports moms in being their best physically and mentally. The benefits are numerous, but here are four of the most commonly heard from moms.

Physical movement and stamina: Being able to enjoy play time and engage in active play with your kids should be something that comes naturally and doesn't easily exhaust you. Regular chiropractic adjustments help you restore and maintain function and alignment in your physical body to facilitate proper movement as well as increase your energy, stamina and reaction times.

Better quality sleep: Different stages of motherhood come with shorter periods of sleep, but being able to achieve restful and restorative sleep in the periods you are able to get sleep can make your waking hours feel more manageable, less lethargic and even vibrant.

Stress response: Being a mom comes with stress, but it's how you are able to adapt to the stressors that determines your response both physically and mentally. Moms under regular chiropractic care report feeling less anxious, less brain fog, more motivation and better moods.

Prenatal: Physical harmony is critical for the end goal of birthing, as gently as possible, a healthy baby. Women who receive prenatal care using the Webster Technique have been shown to benefit by experiencing shorter labor times and decreased labor pain intensity. ■

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

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HEALTH

By Dr. Amanda Korth

FLYING and vision

Vision is very important when it comes to flying an airplane. The criteria for vision when flying is much more strict than it is for the road. Both eyes must be correctable to "perfect" 20/20 vision for standard pilot criteria. By contrast, for a regular driving license, you must only be correctable to 20/40 in one eye. Correctable means what your vision is after we use glasses, contacts or surgery to fix it. The military has more criteria for what a pilot must have when their vision is uncorrected. Color vision, field of view and depth perception are also important for being passed, too.

Sunglasses are the most unique factor when it comes to picking out eyewear for pilots. Polarized sunglasses are a no go when it comes to pilots. Polarized sunglasses block out light coming from one direction. Generally, they are set to block glare off the horizontal surface of water. That's why, when you look at digital screens, if you turn your polarized sunglasses, they will cause it to go black. That is the main reason pilots aren't allowed to have polarized sunglasses. If it affects the screens of gauges, it could be catastrophic. ■



Information provided by Dr. Amanda Korth, Prairie Vision Center of Bondurant, 87 Paine St. S.E., Suite 3, Bondurant, 515-267-7908.

WHAT WILL your memorial say about you?

Decoration Day (now known as Memorial Day) was first observed in 1868 when people placed flowers on the graves of those who had been killed in the Civil War. After World War I, the day was adjusted to honor the deceased in all wars and became a national holiday in 1971. Today, we observe not only the death of our veterans, but of all loved ones who have died.

It is interesting to walk through a cemetery and read the words on various memorials.

"Loving parents and grandparents," "Always in our hearts," "At home with God," "Gone, but not forgotten." These words can give a glimpse of what was important to those who lie beneath the soil. Some endearments are humorous: "I'd rather be fishing!" or "Sorry I can't get up!"

Does your family know how you want to be remembered? The wisdom you wish to share? When planning for your future memorial, take time to reflect on what you want future generations to know about you. One hundred years from now, the only thing most will know is what they see on your memorial. Choose your words carefully.

Memorial Day — a day to remember loved ones but also a day to begin thinking of how you wish to be remembered. ■

Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.



Join us at *Highland Memory Gardens Cemetery*

31st Annual Memorial Day Service

Monday, May 29th at 9 a.m.

One NE 60th Avenue in Saylor Township
(corner of 2nd Avenue and NW 60th Avenue)



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followed by the entrance of
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HEALTH

By Dr. Steven Neville

OPTIONS for straightening teeth

One common question that is discussed among patients and dental professionals is, "What are my options to make my teeth straight?" Most options to straighten teeth are about braces and clear trays. Braces are bonded onto teeth in specific spots, with wires laced through to allow assistance in moving the teeth. Monthly visits to the dental office with adjustments of brackets, wires and chains help make the process easier, quicker and more efficient. Clear trays are completed in a series of multiple trays changed out every two to three weeks. Before the first tray, filling material is placed on teeth for the trays to snap and stay in the mouth. The trays are then removed while eating but worn the rest of the day. After the braces process is complete, wearing a retainer for top and bottom teeth is most important. In the future, teeth have a tendency to move back to their original position before braces when the retainer is not worn. Benefits of doing braces, other than a confident smile, are easier oral care of brushing and flossing and correction of occlusion of the teeth coming together, overbite of the front teeth, and tooth pain caused from misaligned teeth. If you have any questions about what you can do to correct misaligned teeth, discuss with your dentist the options they would recommend for you. ■



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

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CHAMBER

By Kaylin Von Ahnen

WHAT IS a chamber of commerce?

What is a chamber of commerce? We receive this question quite often. Almost every city has a chamber of commerce, but what is it and what does it do?

The vision of most chambers is to connect local businesses with local customers. This vision becomes reality through a variety of missions, including networking events, vendor fairs, local event sponsorships and community parties.

The Bondurant Chamber of Commerce is well known for engaging in all of these activities. We host monthly coffee and conversations to help educate community members on topics relating to business management and community involvement. We have an annual vendor fair where chamber members and non-members can participate in a "farmers market" style setup where they meet residents. We sponsor community events like free bike rides and music festivals. We also host the annual Celebrate Bondurant with live music, bounce houses, vendor tents and games.

All of these events help connect local businesses with local residents in a fun, engaging environment. If you are a resident interested in attending these free events, or a business looking to reach your local market, take a look at our events calendar or contact us directly at director@bondurantchamber.com



Check out upcoming community events

(*event coordinator)

- June 3, 10 a.m. to 3 p.m.: Hillbilly Bike Ride. *BrickHouse Fitness
- June 3, 3-7 p.m.: Celebrate Bondurant. *Bondurant Chamber of Commerce
- June 12-13: Bondurant Summerfest. *Bondurant Men's Club
- June 24, 4-9 p.m.: Bondurant Battle of the Bands. *Mary Bump Memorial Foundation
- July 15: Bondu Blues & Brews. *City of Bondurant

Check out upcoming BrickHouse tournaments

- June 24: MadHatter Sand Volleyball Tournament (sign up as an individual)
- Aug. 26: Ashley Carpenter Softball Tournament (10th annual, fundraiser)

Check out upcoming BrickHouse leagues

- July 6 – Aug. 25: Adult Sand Volleyball League – Season 2
- Sept. 7 – Oct. 15: Fall Youth Volleyball League

Check out upcoming BrickHouse camps

- June 12, 13, 15: Summer Day Camp
- June 5 – July 26: Youth Training Camp
- July 24, 25, 27: Summer Day Camp

Scan the code to see more information or to register for leagues/camps/tournaments. ■



Information provided by Kaylin Von Ahnen, executive director, Bondurant Chamber of Commerce.



CELEBRATE BONDURANT

4-7 PM

City Park

June | 3rd | 4 PM

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TRACK Meet

The boys junior high track meet competed on May 5 in Winterset.



Landon Carpenter and Braylon Coffman



Tatum Smith and Lindsay Curtis



Brennan Hammond and Jeremiah Nyeswah



Drew Hill and Preston Francois



Ryler Hanson and Clark Bennett



Colton McKinney and Carson Sirdoreus



Brody Granass and Kayden O'Connor



Haydon McConnell and Anthony Ditomaso



Tate Pfantz and Riley Vanderlinden



Connor Glissmann and Kane McCloud



Andrew Kurtz and Brandon Weeks

OUT & ABOUT



Tucker Lindsey and Abraham Zohn at the boys junior high track meet held on May 5 in Winterset.



Austin Muller and Eric Rodriguez at the boys junior high track meet held on May 5 in Winterset.



Jaxon Grow and Owen Kinzie at the boys junior high track meet held on May 5 in Winterset.



Preston Francois and Logan Belieu at the boys junior high track meet held on May 5 in Winterset.



Thomas Christensen and Laura Lacina touring Wilkie House to gather volunteer opportunities for youth on May 9.



Mary Little and Lennon at Federated Church Sunday worship service on April 30.



Helen Tufts and Jean Cannon at Hidden Acres Senior Saints Day on May 2.



Mackenzie Pooch, Clare Haselhoff and Claire Meislanh at the baccalaureate held by FCA at Federated Church on May 7.



Phyllis McIntosh, Betty Warrick and Helen Tufts at Hidden Acres Senior Saints Day on May 2.



Suggest a teacher

for an Iowa Living
education column!

Send an email to
tammy@iowalivingmagazines.com





Glen Hanson, Nicole Van Houten and Trevor Pinegar touring Wilkie House to gather volunteer opportunities for youth on May 9.

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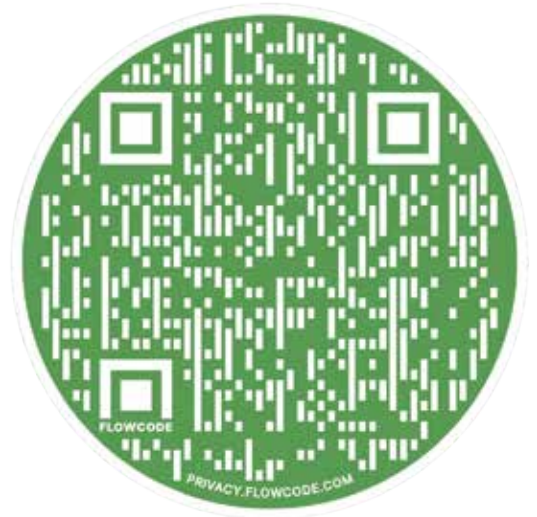
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