

BONDURANT

JUNE 2023

Living

MAGAZINE

Unplugging

FOR SUMMER FUN

Keeping kids busy and active —
without the screen time

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WELCOME

UNPLUGGED

Many of you reading this may remember “MTV Unplugged,” a television series on the cable channel MTV that showcased musical artists who played acoustic instruments. As such, the term “unplugged” has come to refer to music that would usually be played on electrified instruments but is rendered instead on instruments that can be played without electricity. Some of the artists who appeared on the MTV show in the 1990s include Eric Clapton, Mariah Carey, Rod Stewart, Nirvana and even Tony Bennett. This different twist on the popular music of the day provided a fresh listen that many of us enjoyed — and still do.

Today, unplugged has another meaning. Even though electrical cords are mostly a thing of the past as we rely on batteries for seemingly everything, the idea of letting go of our electronic devices and getting back to nature — or actually talking with people face to face — has a newfound attraction.

When was the last time you hopped on a bicycle for a leisurely ride, seeing the world at less than 5 mph and breathing in the fresh air?

Or when did you last take a casual swim in a nearby lake, feeling the warmth of the sun on your body?

And how about stretching out in the cool grass at night and gazing up at the numerous stars in the sky, listening only to the chirping of crickets or the hoot on an owl?

Sound relaxing? Then maybe it's time to lay your phone down, put social media on hold and hide the remote control to the TV. In short, unplug. And if you really want to tie this unplugged theme together, find a talented friend who can play an acoustic guitar and sing around a campfire.

If you are a parent, you have likely directed your children to put down their phones or stop playing video games and get outside. I know I have. But maybe instead of giving orders to today's youth, we need to take the advice ourselves and enjoy the aforementioned activities and the many others that are available to us.

Need ideas? Well, you are in luck, as this month's cover story provides examples of what residents are doing with their families to reduce screen time and unplug. See you outside.

Thanks for reading. ■

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Unplugging

FOR SUMMER FUN

Keeping kids busy and active —
without the screen time

By Chantel Boyd

It's time to put down the cell phones, iPads and video game controllers and turn off the TV, computers and streaming services. It's summer, and that means it's time to get moving, exploring and enjoying the myriad of fun activities available. This summer, stave off your kids' "I'm bored" blues by trying something new or rediscovering good old-fashioned fun. It all starts with hitting the "off" button on electronics.

Bentley Detrick enjoys summer fun at a splash pad.

Exploring the parks

Jamie Detrick and her husband, Taylor Detrick, and their children, Hadley, 4, and Bentley, 6, are keeping busy this summer by exploring parks.

"We love to explore new parks — and old favorites — around the metro," says Jamie. "It is a great way to get out of the house, meet new friends, and burn some energy."

Jamie and Taylor encourage their kids to stay off their devices and stay unplugged over the summer by using the screen time feature on the electronics and setting time limits. Outside their allotted screen time, the family enjoys many different activities.

"Our favorite activity is finding a park to visit each week," Jamie shares.

The family often brings a picnic lunch and makes a day of it.

"Central Iowa Trek the Parks has a great list of parks that comes out each summer, and my sister and I have a Google Map list that saves all the parks we find."

During her summer break, Hadley enjoys dance camp and swim lessons, while Bentley enjoys piano lessons, cooking classes, camp and

swim lessons.

"As a family, we will be doing a virtual cooking class with Hy-Vee (hyvee.com/events) and a nature camp with Muddy Boots (muddybootsforrestcamp.com)."

These are just a few things the family is scheduled to do this summer.

"I try not to schedule too many activities, so we have plenty of time for spontaneous fun," says Jamie.

Being unplugged and off screens is important to Jamie and Taylor.

"We think it is very important for them to interact with the world around them instead of being on a screen. We are trying to create healthy habits while our kids are young, so they learn how to set boundaries around screen time," says Jamie.

Jamie says choosing to be deliberate with how their kids spend their summer break will help them as they learn and grow.

"We think by intentionally using screens less and giving our children a variety of experiences, we are creating memories and skills that will last a lifetime. We also hope that, as they get older, they will see the value of real hands-on



Jamie and Taylor Detrick and their kids, Hadley, 4, and Bentley, 6, keep busy exploring parks.

experiences and prefer them over screens," she says. "This is something we do year-round. With them being home all summer, it just takes more work on my part to provide different experiences and activities for them to enjoy."

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Crafting fun

Although Kelli and Dan Olson and their daughter, Lily, 8, live in Bondurant, and Kelli's mom, Julie Thede, lives in Indianola, they spend a lot of time together, especially in the summer, making crafts together.

Besides making crafts, Lily spends time "unplugged" by riding her bike, creating sidewalk chalk art, blowing bubbles, playing on playgrounds, and petting neighborhood animals. Lily's mom and grandma also take her to the local library to participate in the activities.

"That's a great resource for caregivers who are not as crafty," says Julie.

Because Julie is retired, she has time for activities with Lily while her mom is working.

"As a lifetime crafter, I'm always ready to do activities with Lily, and she is always ready to participate," says Julie.

Julie suggests, if you want to help your child or grandchild be unplugged over the summer, guide the child and give them clear expectations of what the craft will turn out like.

"Give them ideas, show them pictures, hand them supplies, and let them go. You will be



Lily Olson enjoys the activities and summer reading program at the library.

amazed at their creativity," she says.

Julie also suggests not rushing children, providing them a space to get messy, and planning to offer them everything they need.

"You can learn much about your child as they express themselves through crafting," she says.

Julie and Kelli also strongly encourage reading.

"Reading is the foundation to absolutely anything your child will do. We read at the



Kelli Olson, her mom, Julie Thede, and her daughter, Lily, enjoy making crafts together as a way to be "unplugged."

library, after an outdoor picnic lunch, and at the park after playing," says Julie.

Julie and Kelli also involve Lily in storytelling, writing out grocery lists and chores.

"All these activities take time and allow you to get unplugged," says Julie.

Kelli, Julie and Lily enjoy a variety of outdoor activities, too, like playing in the water, swimming, or playing with water balloons.

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"Lily loves going to Bondurant's awesome parks and loves riding her bike and scooter with her dad," Julie says.

Lily isn't just unplugged during the summer time. Year-round, she has limits on her tablet and TV time.

"There is a noticeable difference in her attitude and personality when she overuses screen time, so we feel it's important for her mental and emotional health to be limited and spend time outdoors."

Kelli and Dan limit their screen time to ensure they stay present.

"It's easy to get lost in electronics and forget to be in the moment. So putting them away ensures we engage with our sweet little girl," says Kelli.

Lily participates in soccer and Girl Scouts, which she really enjoys.

The family also buys workbooks to help Lily keep up with her school skills. She completes a page or two a day, then they read a few books each night.

"I notice a difference in her confidence in starting school and even our relationship," says Kelli.

Enjoying the summer sun

Hannah and Nick Quinlan and their kids, Brooks, 7, Boyd, 5, and Blayke, 3, are about to spend a lot of time in their pool, which they had ready to go Memorial Day weekend with a big pool party.

"We are on our third full summer with our pool and are in it almost daily. We have Adventureland passes, too, to help pass the days," says Hannah.

The family installed the pool in August 2020, just a week after the historic derecho hit Iowa. This inland hurricane-strength storm hit Iowa's midland and devastated parts of the countryside and metro not long after the chaos of the COVID-19 pandemic.

"We decided to get a pool in 2020. With so much time at home, we knew it would keep our family entertained. It was also much easier to throw a swimsuit on and head outside than pack up three kids and all the snacks, towels, etc., to head to a public pool," shares Hannah.

The Quinlans' kids balance using devices and being unplugged. Besides time in the pool, they enjoy riding bikes and playing with battery-operated cars.

Bondurant Summer Activities

• Library programs:

www.cityofbondurant.com/bondurant-community-library/services/pages/summer-reading-program-2023

• School activities:

www.bfschools.org/domain/457

• City of Bondurant festivals and events

(movies in the park, etc): www.cityofbondurant.com/community-events-and-festivals

• Summer Park Passport – Bondurant – 16 parks

(can get at library): www.cityofbondurant.com/home/news/2023-summer-parks-passport-challenge

• Bondurant Summer Camps:

www.bfschools.org/summercamps

While the kids do enjoy their devices, they are glad to "unplug" as well.

"Our oldest loves video games but will never say no to swimming in the pool. It is a family activity that everyone enjoys."

Hannah explains that, for her family, the month of May is hectic with activities.

"I run from practice to game every single

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FEATURE

day. Thankfully, June slowed down a bit. We often must divide and conquer to get them where they need to be.”

Brooks and Boyd are in multiple sports, and Blayke is in dance, so the family is bustling year round, but spring seems to be a busier season than the others.

“We definitely enjoy the slowdown of summer after a busy spring,” says Hannah.

Hannah and Nick encourage their kids to lead a healthy lifestyle.

“My husband and I both love to be active, and our kids have followed suit,” says Hannah.

Hannah says it is important to teach balance to their children.

“It is OK to have screen time, but keeping our bodies and mind moving is essential. I am terrible at sitting still, but I promote relaxation to them, whatever that may be in their minds. It is important to let our bodies rest, too, and keep our mental health in check.”

Hannah shares that maintaining limited screen time is not a battle in their house. Some days they do not even touch a screen.

“They are good about limits and are quick to jump into any activity I suggest. We love summer, and they know how rough our winters can be. If the sun is out, you will see us outside as well.” ■



Hannah and Nick Quinlan and their kids, Brooks, Boyd and Blayke spend a lot of time in the family's pool.

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My family recently got a puppy. We dutifully enrolled him in puppy class. During the first class, the trainer gave each owner a sheet with different activities to do with our puppies. Go to Bass Pro Shops, walk near a busy highway, meet other dogs at the dog park, and the list went on.

Each week, we would work on the basics: sit, stay and so on. However, the trainer was more concerned with what new things we had exposed our dogs to rather than if we had worked on those basic commands. The weekly prize was given to the owner/puppy who did the most different activities, with no prize for the best sit or stay. As the end of the class drew near, she finally came out and explained why. At the puppy stage, she said, the most important learning is what they are exposed to. Dogs can learn to sit and stay at any age, but trying to get a dog comfortable with something new at an older age is far more difficult. Some trainers don't even teach sit and stay to puppies, spending all their time exposing young dogs to new things to be ready to experience the diverse world they will live in.

I think there's an important lesson for those of us who are parents. It's important for us to expose our kids to the knowledge of God early on in their lives. Deuteronomy 11:19 says "Teach them (the words of God) to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up."

A daunting truth is that your kids — even at a young age — learn a lot from you when you are at home, when you are on the road, when you are going to bed, and when you are getting up. They learn from the words you say, the actions you take, and the emotions you display. What are they learning from you?

It's easy to underestimate our children's capacity to understand spiritual things. Expose them at a young age to the words of God, how God is moving in your life and theirs, and how important you see that God is. Your church can be a great resource to complement your teaching about God.

Bondurant will have two Vacation Bible School programs this summer. The first is June 25-27 from 6-8 p.m. at the city park, and the second is July 16-20 from 6-8 p.m. at Lake Petocka. Join us for both if you're able. ■

Information provided by Mark Spencer, Lead Pastor, First Family Church Bondurant, 515-587-5930.

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EMOTIONAL vs. strategic decisions

Information vs. instinct. When it comes to investing, many people believe they have a “knack” for choosing good investments. But what exactly is that “knack” based on? The fact is, the choices we make with our assets can be strongly influenced by factors, many of them emotional, that we may not even be aware of.

Investing involves risks. Remember that investment decisions should be based on your own goals, time horizon and risk tolerance. The return and principal value of investments will fluctuate as market conditions change. When sold, investments may be worth more or less than their original cost.

Deal du jour. You’ve heard the whispers, the “next greatest thing” is out there, and you can get on board, but only if you hurry. Sound familiar? The prospect of being on the ground floor of the next big thing can be thrilling. But while there really are great new opportunities out there once in a while, those “hot new investments” can often



go south quickly. Jumping on board without all the information can be a mistake. A disciplined investor may turn away from spur-of-the-moment trends and seek out solid, proven investments with consistent returns.

Risky business. Many people claim not to be risk-takers, but that isn’t always the case. Most disciplined investors aren’t reluctant to take a risk. But they will attempt to manage losses. By keeping your final goals in mind as you weigh both the potential gain and potential loss, you may be able to better assess what risks you are prepared to take.

You can’t always know what’s coming. Some investors attempt to predict the future based on the past. As we all know, just because a stock rose yesterday doesn’t mean it will rise again today. In fact, performance does not guarantee future results.

The gut-driven investor. Some investors tend to pull out of investments the moment they lose money, then invest again once they feel “driven” to do so. While they may do some research, they are ultimately acting on impulse. This method of investing may result in losses.

Eliminating emotion. Many investors “stir

up” their investments when major events happen, including births, marriages or deaths. They seem to get a renewed interest in their stocks and/or begin to second-guess the effectiveness of their long-term strategies. A financial professional can help you focus on your long-term objectives and may help you manage being influenced by short-term whims. ■

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RECIPE

SHAREABLE sliders for a nutritious summer meal

(Family Features) Fresh, mouthwatering food hot off the grill is a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic — and healthy — option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats. ■

Chicken Shawarma Sliders

Recipe courtesy of eMeals
Registered Dietitian Rachel West
Prep time: 25 minutes
Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced



DIRECTIONS

- In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.
- Cover chicken and chill 8 hours, or up to 2 days.
- Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.
- Serve chicken on buns with hummus, lettuce and onion.



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Serving a diverse Central Iowa community, Polk County is among the nation's most innovative public institutions. We bring together creative leaders, collaborative organizations and key resources to empower our communities and make life better for all people in Polk County.

RESOURCES AND REFERRALS

BOARD OF SUPERVISORS

515-286-3120

ASSESSOR

515-286-3014

BEHAVIORAL HEALTH

515-288-0818

24HR HELP 855-581-8111

CONSERVATION

515-323-5300

ELECTION OFFICE

120 2nd Ave, Suite A Des Moines, IA 50309

515-286-3247

GENERAL ASSISTANCE

515-286-3434

GRANTS AND SPONSORSHIPS

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515-286-3670

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VITAL RECORDS

515-286-3781

PASSPORTS, REAL ESTATE

515-286-3160

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SHERIFF

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515-323-5400

LAW ENFORCEMENT (NON-EMERGENCY)

515-286-3306

TREASURER

MOTOR VEHICLE

515-286-3030

PROPERTY TAX

515-286-3060



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POLK COUNTY
Board of Supervisors



Polk County North/East Side Highlights



Polk County Acquires Sleepy Hollow Sports Park

Polk County has purchased **Sleepy Hollow Sports Park**. The addition of Sleepy Hollow will add to the inventory of parks and recreational opportunities of the Polk County Conservation Department. Plans are in the works for renovations and upgrades to the 76-acre sports and family recreation complex located on **Polk County's East Side**.

Polk County Partners with Agriculture Industry, Conservation for Seeder Crop Program

Whether you live in a rural or urban area, water quality impacts all of us. Polk County is partnering with the agriculture industry for a pilot project in the **Northern part of Polk County**. This **seeder cover crop program** will assist farmers and landowners upstream to apply cover crops to their fields in an effort to prevent soil erosion and run-off into streams and rivers.



Polk County Gives Funds for a New Four Mile Elementary Playground

Polk County presented a \$75,000 Community Development Grant to **Southeast Polk Schools** for construction of new state-of-the-art playground for students of **Four Mile elementary**. In addition to the improved safety features, the new playground will feature century walls, new slides, climbing capabilities, and is ADA accessible. This is the 5th playground Polk County has helped fund in the district in the past 6 years.

Fourmile Creek Greenway Clean-Up Effort Underway

Polk County, the City of Des Moines, and Iowa Department of Agriculture are in the process of creating a 450-acre urban linear park through the heart of **Des Moines**. This reconstructed watershed will provide additional recreational opportunities and help clean and restore our waterways. Perhaps most importantly this effort will help mitigate flooding.



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EDUCATION

By T.K. West

MEET Bonita Wiley

Rewarded by seeing kids grow and learn

Bonita Wiley's teaching career began at the Allamakee Community School District located in northeast Iowa. During that time, she not only worked with students first through fifth grade but also met her husband. Wiley taught with the Allamakee Schools for ten years before relocating with her family to the Bondurant-Farrar Community School District. After 25 years working with the district, Wiley officially retired on May 31.

"I was raised in a small town and wanted that environment for our children, so Bondurant became our home," Wiley says. "I have found Bondurant-Farrar to be a progressive school district, always looking to find what's best for our students." Wiley grew up in Alden and attended Waldorf College and the University of Northern Iowa for her bachelor's degree. She received a master's degree in school counseling from Drake University. Before retiring, Wiley was a school counselor for Anderson Elementary School. When she first joined the district, she worked in a job share position with a second grade classroom.

"My reward has always been to see young people grow and learn in their life's journey. I love hearing from students and the pathways they have chosen. There are several of our staff members who were once my students at BF. It makes my heart happy to see their success," Wiley says.

Wiley says she chose to retire after this school year because she is excited to start a new adventure. She is looking forward to spending time with her family, traveling, painting and volunteering. This August, Wiley will also embark on trip to Germany with her siblings.

"It will be the first time in over 55 years I won't go to school in the fall," she says. "Always believe in yourself and the value you bring to our world. Take advantage of every learning situation you can through school, your teachers and life." ■



Bonita Wiley, school counselor at Anderson Elementary, retired this year.

Join Our Team of Bluejays!

BONDURANT-FARRAR

COMMUNITY SCHOOL DISTRICT

June 2023

SUPPORT STAFF JOB FAIR

Open house event. No registration needed.

WEDNESDAY, | **9-11 AM**
July 12 | **3-5 PM**

300 Garfield Street SW, Bondurant, Iowa
(Enter at intersection of 3rd St. & Garfield St.)

Event Details:

- No registration needed, open house event
- Bring resume and/or references, if possible
- Option to apply on-site with assistance

We're Hiring:

- Bus Drivers
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Employees who are hired to work 30 or more hours per week are eligible for group insurance and health benefits.

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- IPERS Eligible
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- Job Specific Training

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Pay rates for most support staff start at \$15/hour. Bus drivers start at \$25/hour with 90 minutes guaranteed per morning and/or afternoon shift. The district offers paid training for needed licensure and a \$500 signing bonus to bus drivers.



over **90%** of staff
**enjoy coming
to work**



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

EOE / AA

ABOUT skilled care choices

As you know, life doesn't always go according to plan. A fall or accident can happen at any time. Maybe you, your spouse, or maybe a parent has sustained an injury and has had to go to the hospital. The physician recommends skilled care to get strong enough to go home. How do you decide where to go? What are your options? What choices do you have?



The first thing to consider is your insurance. Medicare Part A covers your skilled stay days 1-20 at 100% for each benefit period. Starting on day 21, there is a co-insurance cost per day. If you have a Medicare replacement plan, you may have fewer options of skilled rehab facilities to choose from. With a Medicare replacement plan, you'll need to make sure your preferred community is in network. A preauthorization is often required, which can slow the discharge process down. Nearly all skilled rehab communities are able to quickly admit a patient with Medicare Part A.

Many skilled rehab options across the metro are capable of providing therapy seven days a week, in both the morning and afternoon. You are the deciding factor of where you or your loved one would like to discharge from the hospital to. Centers for Medicare and Medicaid

Services (CMS) have a requirement that you must receive options for a skilled stay. No one should be making a statement such as "we are sending you here" or "this is where you need to go." The choice and authority to make that decision is yours alone. Don't be afraid to ask for options and call around to communities you may be interested in.

Any skilled rehab program will have to review and accept you or your loved one, but you can request your information be sent for review to any rehab center. No one is able to determine where you can or cannot go, as that decision is yours and dependent upon the requirements and availability of the skilled rehab community. If you are in a situation where you feel like you are not given any options, remember to ask for them.

Do your research and decide on what is best for you and your family. Reach out to different skilled rehab programs and ask questions. There is always someone to help you with the process. It's important that you feel comfortable with the community or center where you or your loved one will be staying. Be informed, do your research, and feel good about your healthcare choices. ■

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

INTRODUCING THE MONTAUK COLLECTION



The Montauk Collection is the "Farmhouse" in Modern Farmhouse. This look can be modern, rustic, and everything in between. The plank style, metal accents, and Rough Sawn finish are the mainstays of this collection.



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2571 Guthrie Avenue | Des Moines | ValleyViewVillage.org



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.



Bondu Blues & Brews Festival

Saturday, July 15, 6:30-10 p.m.
Bondurant Regional Trailhead, 2 Main St. S.E.

This is a family-friendly event at Bondurant's iconic regional trailhead in the heart of the Chichaqua Valley Trail system. The evening includes two Des Moines-based blues bands, so you are invited to bring your lawn chairs, blankets, friends and family. Enjoy food trucks, bounce houses, face painting, balloon animals, and ice-cold treats.

After the opening act, the home brew competition judges reveal the home brew winners. Bondurant's local Reclaimed Rails Brewing Company collects home brew submissions from all of Central Iowa. Pre-Register and drop off home brews before Monday, July 9, to participate. Register at <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eju037if81ff8756&oseq=&c=&ch=>.

Showcased along the Chichaqua Valley Trail is art from the Sidewalk Chalk Art Competition held earlier in the day. The public is encouraged to participate in a people's choice vote on the art showcased by Bondurant natives. This year's Sidewalk Chalk Art Prizes winners will be announced at 8:45 p.m.

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 June 25, 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 July 30, 6 p.m., and Sunday, Aug. 27, 6 p.m.



Altoona RAGBRAI Celebration

July 27, 5 .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.

Summer Stir

Friday, July 21, 5-9 p.m.
Historic East Village

Join CITYVIEW's traveling cocktail party. Visit many great establishments in the early evening and sample their signature Summer Stir drinks. For only \$25 (prepaid online, visit summerstirs.dmcityview.com), participants will receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$30. All of the establishments will be within walking distance.



Des Moines Arts Festival

Pappajohn Sculpture
Park, 1330 Grand Ave, Des
Moines
June 23-25

The Des Moines Arts Festival will host 190 of the nation's top artists in a beautiful urban street setting surrounding the John and Mary Pappajohn Sculpture Park and the Krause Gateway Center. The event will feature live music, food vendors and critically acclaimed art. The outdoor festival celebrating arts and culture attracts more than 200,000 people each year. www.desmoinesartsfestival.org.

Leprechaun Bags Tournament

July 15, noon
Sully's Irish Pub, 860 First St., West Des Moines

The Friendly Sons of St. Patrick are hosting a bags tournament to raise funds for the St. Patrick's Day Parade. Registration begins at 11 a.m. with play starting at noon. The fee is \$30 per two-person team, with advanced or beginner divisions. Prizes awarded and fun for all. Visit www.friendlysonsiowa.com for more information.



EVENTS IN THE AREA

Be sure to check for cancellations.

ON STAGE

ACTORS, INC. - AMES COMMUNITY THEATER

120 Abraham Drive, Ames

www.actorsinc.org

June 23-25: "Pump Boys and Dinettes"

ANKENY COMMUNITY THEATRE

1932 S.W. Third St., Ankeny

www.ankenycommunitytheatre.com

Aug. 4-13: "Twelfth Night"

CAROUSEL THEATRE OF INDIANOLA

117 E. Salem Ave., Indianola

www.carouseltheatre.org

July 28-30, Aug. 4-6: Disney's "The Little Mermaid"

DES MOINES METRO OPERA

Pote Theatre, 513 N. D St., Indianola

www.desmoinesmetroopera.org

June 30, July 2, 7, 11, 13, 15, 23: "Carmen" by Bizet

July 1, 9, 14, 22: "Bluebeard's Castle" by Bartok

July 8, 15, 21: "Driving While Black" by Kander/Gumbel at Des Moines venue, TBD

July 8, 16, 18, 21: "The Love for Three Oranges" by Prokofiev

July 12: "Stars of Tomorrow Concert" at Sheslow Auditorium, Drake University

July 20, 22: "The Falling and the Rising" by Redler/Dye at Freedom Center, Camp Dodge

DES MOINES PERFORMING ARTS

Des Moines Civic Center, Cowles Commons, Stoner

Theater, 221 Walnut St., Des Moines

www.dmpa.org

June 27 - July 2: "Ain't Too Proud - The Life and Times of The Temptations"

Sept. 15-24: "Persuasion" by Iowa Stage Theatre Company

DES MOINES PLAYHOUSE

831 42nd St., Des Moines

www.dmplayhouse.com

Through May 7: "How I Became a Pirate"

July 14-30: "Little Shop of Horrors"

Sept. 8-24: "Once"



DES MOINES YOUNG ARTISTS' THEATRE

Various venues

www.dmyat.org

June 23-25: "The Wolves" at Tallgrass Theater

Aug. 18-27: "Shrek: The Musical" at Stoner Theater

DMACC ANKENY THEATRE

Black Box Theatre, Building 5, 2006 S. Ankeny Blvd., Ankeny

www.dmacc.edu/theatre/ankeny

June 30: Summer Academy Performance

July 25-30: "The 25th Annual Putnam County Spelling Bee" ■

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Holiday Fireworks

July 18
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Berkwood

July 20
Iowa Oaks

July 22
Caleb Kilian Bobblehead Giveaway



MATT MERVIS BOBBLEHEAD GIVEAWAY JUNE 17



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LIBRARY is about so much more than books

The Library is excited to announce the recent addition of a tablet station. This tablet station was made possible because of a generous grant from Polk County through the Community Betterment Grant. The Bondurant Community Library Foundation and The Friends of the Bondurant Community Library also made generous donations to help bring this new feature to our patrons. Stop by the library soon to check out a tablet to use while in the library.

We are four weeks into our 2023 Summer Reading Program, Explore Your Library, More Than Just Books. From programming and book clubs to movies and music, we are so much more than just books.

Reminder, those participants who track on ReadSquared all eight weeks will get a free library T-shirt.

We hope you will take advantage of the free library programming we are offering through the end of July. All events take place at the library, unless otherwise noted.

Take a look at our July programming and events:

- Fit for Life Mondays and Thursdays at 8:30 a.m.
- Join Miss Megan M. for story time at the library, Tuesdays at 10:30 a.m. and 3:45 p.m. and Fridays at 12:45 p.m.
- Baby's Morning Out story time with Miss Megan M. Thursdays at 9:30 a.m.
- Story time at the City Park every Wednesday at 10 a.m. in July
- PBS Education Open STEAM Play, July 3 at 10 a.m.

- Pokémon Club (ages 8 and older), July 5 from 4:15-5 p.m.
 - PBS Education Open STEAM Play, July 6 at 10 a.m.
 - Adult Craft Night, July 6 at 6 p.m.
 - Open DIY Quilted Hearts in the Maker Space, July 8 from 10 a.m. to 4 p.m.
 - Teens Only Sunday Funday – Tie-Dye, July 9 at 3 p.m.
 - Egg Drop Challenge, July 10 at 10 a.m.
 - Bound Together Book Club (grades 3-5), July 11 at 6 p.m.
 - Adult Book Discussion on "No Exit" by Taylor Adams, July 11 at 6 p.m.
 - Bubble Stations at the Farmer's Market, July 12 at 6 p.m.
 - Bubble Stations, July 13 at 10 a.m.
 - Welcome to Medicare, July 15 at 10 a.m.
 - Tie-Dye, July 17 at 10 a.m.
 - Books on Tap at Reclaimed Rails, July 18 at 6 p.m.
 - In the Middle Book Club (grades 6-8), July 18 at 6 p.m.
 - Sharpie Tie-Dye at the Farmer's Market, July 19 at 6 p.m.
 - Tie-Dye, July 20 at 10 a.m.
 - Third Thursday at Hoover's, July 20 at 6 p.m.
 - Magic Show, July 24 at 10 a.m.
 - End of Summer Reading Program Party, July 27 from 4-6 p.m., Foam Blaster from 4-5 p.m., Water Fight from 5-6 p.m.
- Thank you again to our donors this year. Without your generosity, our program would not be a success. ■

Start your morning off right with an update from

the daily umbrella

Brief updates on local news, weather, events, career opportunities and the morning chuckle.



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Bondurant News

June 2023

WE NEED YOUR INPUT

The City of Bondurant has hired a team of consultants from Group Creative Services and Confluence to create an Art, Culture, and Wayfinding Plan based on input and direction from the community. Learn the basics of specifically what culture, art, and wayfinding mean, then take a survey and upload images on the Idea Wall. Find details on the City's website.

ICMA RECOGNIZES THE CITY OF BONDURANT FOR OUTSTANDING LOCAL GOVERNMENT PROGRAMS

Marketa Oliver, City Administrator, and Shelby Hagan, City Clerk, will be honored by ICMA, the International City/County Management Association, as the recipient of the organization's MARC (Maintenance, Access, and Records Compliance) Program.

NEW PARKING AT THE BONDURANT RECREATIONAL SPORTS COMPLEX

Construction began on Wednesday, June 7th. We're building something super exciting along Jr. Haines Parkway, but don't worry, your access road won't be totally blocked. However, there might be some quick closures during the day so we can set up all the infrastructure.

WHO BREWS AT HOME?

Beer, that is. Please be sure to spread the word that the Reclaimed Rails Brewing Company's annual Homebrewing Competition is seeking homebrews to taste test. The Reclaimed Rails Brewing Company Head Brewer, other specially selected Pro Brewers, and a Bondurant local BJCP judge will taste-test the brew entries. The deadline is July 9.

EVENTS:

BONDU BLUES AND BREWS FESTIVAL

Planning is underway for blues under the stars. This year will be the 5th Annual Bondu Blues and Brews being held on **July 15**, beginning at 6:00 PM. Expect food trucks, balloon animals, bounce houses, refreshments, ice cream, and sidewalk chalk. The Homebrew Competition winners and the Sidewalk Chalk Competition winners will be announced. This event is a great opportunity to get outdoors and meet your neighbors. Bring the entire family and enjoy a fun summer evening.

2023 SUMMER HAS ARRIVED EARLY!

Pick up your **Summer Park Passport** at the library and begin exploring the Bondurant Playgrounds throughout the Bondurant community. Get out and explore these parks and win a prize! This program is intended for kids ages 15 and younger.

SUMMER JUST GOT BETTER!

Catch a **free ride** with the **Des Moines Area Transit Authority** from Bondurant to some amazing destinations. We've got Altoona Aquatic Park, Adventureland Resort, and Altoona Cinemark Theater. Sign up before noon on Monday for a ride on Wednesday and/or Friday. Safe, easy, and affordable!

TOUCH A TRUCK

July 28 from 3:30 PM to 4:30 PM behind the fire station. What child doesn't love to climb, explore, learn, and touch? This free family-centric event will offer children a hands-on opportunity to explore working trucks of all types!

CONNECT WITH US...

Did you know that our city entities have 11 social media sites offering information about what is happening in the city? Make sure you follow us! Also, a city and library newsletter can be sent to your email. Remember that the Bondurant Living Magazine publishes a City-specific spread sent to every resident's mailbox.

ENGAGE WITH US...

Have you wanted to attend a public meeting at City Hall but needed to know when the meets were or how to conduct yourself during a public meeting? Guides are being developed to help you. Find them on the City's website.

AFFLECK, Lopez, and another super-long Marvel film

May was super-thin in movies to see. Obviously, the calm is before the storm as summer movies are now here.

"Guardians of the Galaxy: Vol. 3"

(in theaters)



I've taken a ton of anticipated grief for my review of this latest Marvel film. I'm tired of sitting through these super-long Marvel films that substitute really long (and boring) special effects for a strong story and honest to goodness character development. Disney/Marvel seems content to give us two good-to-very-good films, and then they turn on cruise control. The second "Black Panther" film was a mess, and a really long mess. The "Ant-Man and the Wasp" movie was a mess, a really bad mess. I've had enough. Call me a cranky old man if you want, but I'm guessing many of you didn't see them anyway. Don't bother. **Grade: D**

"Hypnotic" (headed for streaming super fast)



This movie will confuse and disappoint many people. Viewers will wonder why Ben Affleck is in the film. I was heading in that direction but then realized that Robert Rodriguez wrote and directed the movie. A buddy of Quentin Tarantino, Rodriguez plays in the action/comic book genre, and this movie made much more sense to me after seeing his name in the credits. A great film? No. Worth seeing if you like these kind of movies? Heck yes! **Grade: B**

"The Mother" (Netflix)



With husband Ben Affleck in "Hypnotic," Jennifer Lopez takes on an action role in the Netflix movie "The Mother." She plays a woman living in hiding with a lot of really nasty guys trying to kill her. She ships her daughter off to a safe place, but when the bad guys turn their attention to the daughter, J Lo's character comes out of hiding for some serious butt-kicking action. A great movie it isn't, but it has moments and ends up being fairly entertaining. **Grade: B**

"Master Gardener" (in theaters)



Writer/Director Paul Schrader has had his hands in some great and some truly controversial films in his career. He wrote "Taxi Driver," "The Light Sleeper," "Raging Bull" and "The Mosquito Coast," to name a few. He also wrote "The Last Temptation of Christ" (for director Martin Scorsese), which is the only movie I've ever had to cross a picket line to see. His later films are all dark but never rise to the level that those early films did. His latest, "Master Gardener," stars Joel Edgerton as a former white supremacist who turned his life around and is now a master gardener working for a very wealthy woman (Sigourney Weaver). The movie takes some dark but interesting turns. **Grade: B+**

"Fast X" (in theaters)



How we got to 10 movies in this series is a mystery to many, and a thrill to many more. I loved the original and a few of the early sequels, but they kept getting more over the top, and I eventually lost interest. I was completely entertained by this alleged last film in the series. The movie knows its audience and what they want, and it delivers in spades. It's hard to knock a movie that is giving its audience exactly what they want and more than anyone expected. This is a triumph film that could not be any more disconnected from reality. My sister-in-law from Phoenix is a "Fast and Furious" aficionado, and she LOVED this movie. **Grade B+**

"The Little Mermaid" (in theaters)



Another live action remake of a Disney classic animated film. These live action versions have not been the end all that Disney expected, and a couple of them were just plain not good. The story is as you expect. Halle Bailey as Ariel is darn good, and her voice is angelic. Melissa McCarthy was my stumbling block. She is so outrageous and over the top that it hurts the movie. Her goal was to steal every scene, and she accomplishes that — but not in a good way. The visuals at the Palms IMAX were stunning, but the story fell flat and what a waste. **Grade: B** ■

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.



'Witch King'

Sometimes I just want to lose myself in a strange place, meet some interesting people with fascinating stories and forget about reality. Thankfully, Martha Wells is a master storyteller and has delivered an epic tale that is tailor-made to swallow me up. Her instantly relatable, always complex characters live in my head for weeks after I leave them, and her world-building is top notch.

Kai is a demon prince looking for answers after discovering he has been murdered. To find out what happened to him, why the world is so much different now than when he died, he'll need the help of some unlikely allies and the grit to get messy, even for a demon. Vengeance isn't supposed to be easy, after all.

I struggled to put this book down, even once. The best part, though, is the sharp, engaging and witty writing that captured me from the first sentence. I love an author who trusts me to figure out the story on my own. I dove into this one with high expectations, and it met every one. ■

— Review by Julie Goodrich



By Martha Wells
5/30/23
432 pages
\$28.99
Tordotcom

'Yellowface'

Unreliable narrators are a bit of a fad in the literary world, one that I don't usually enjoy all that much. However, R.F. Kuang has this incredible habit of making me eat my words. She's just so good at setting a scene and building a narrative that I don't even notice when I'm hooked and devouring a story I forget I'm not supposed to like.

Athena Liu is a much celebrated debut author with everything going for her. Her friend June, however, is standing in her shadow, aching for the same glory. When Athena dies in a freak accident, June sees an opportunity she can't pass up. Taking Athena's manuscript and passing it off as her own quickly spirals into a tense and dramatic series of events that threaten everything June believes.

This is a dark bit of satire that is both hilarious and heartbreaking. It's incredibly timely and powerful while also bringing up interesting questions of authenticity, the power of social media, and what culture really means. Read it, even if you don't think it's your kind of story. ■

— Review by Julie Goodrich



By R.F. Kuang
5/16/23
336 pages
\$30.00
William Morrow

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OUT & ABOUT

RIBBON

Cutting

The Bondurant Chamber of Commerce held a ribbon cutting for the grand opening of Fareway on June 6.



The Bondurant Chamber of Commerce held a ribbon cutting for the grand opening of Fareway on June 6.



Ellie Kingma and Wesson Kingma at the grand opening ribbon cutting for Fareway on June 6.



Holly Garvey, Jill Black and Chloe Hochstein at the grand opening ribbon cutting for Fareway on June 6.



Reynolds Cramer and Amanda Munson at the grand opening ribbon cutting for Fareway on June 6.



Rob Stevenson and Chuck Richmond at the grand opening ribbon cutting for Fareway on June 6.



Emily Toribio and Delaney Ehn at the grand opening ribbon cutting for Fareway on June 6.



Linda Finzen-Mathers and Megan Vore at the grand opening ribbon cutting for Fareway on June 6.



CEO Reynolds W. Cramer, Benny Cramer, Vice President of Market Operations Jeff Cook, and Rep. Brian and Mary Lohse at the grand opening ribbon cutting for Fareway on June 6.



Gabe Ridnour, Brian Houge, Nathan Thompson, Mitch Vetter, Nick Vawter and Shay Trytten at the grand opening ribbon cutting for Fareway on June 6.

MYTH or truth: Is running bad for your knees?

The short answer is, no. Running can actually be good for your knees. The myth that running is bad for your knees usually stems from the assumption that repetitive impact can cause long-term damage by “wearing away the cartilage” in your knee, leading to osteoarthritis (OA). OA is the development of bone-on-bone contact from the cartilage, which is supposed to serve as a cushion between the bones of our knee joint, breaking down. One of the primary goals of physical therapists is to protect knee cartilage because the development of OA can sometimes lead to the need for early knee replacement.



However, the good news is that our bodies can adapt to stress and build stronger and more resilient tissue over time. Take for example resistance training or weight-lifting. When we stress our muscles, this actually causes a state of micro-damage, and our body responds to this stress by building those muscles back up to be stronger. Bone has been shown to adapt in a similar fashion and continue to build and grow with weight-bearing exercises. Cartilage, despite previous belief, acts in the same way. It will adapt to load and increase in volume to stay as a healthy cushion for our knee joints.

Reach out to your local physical therapist to help create a proper program with running or any other weight-bearing activity. ■

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

DON'T sweat it

It's summer, and it's hot. Feeling sweaty this time of year is pretty common. Sweating is the body's natural response to hot temperatures and cools the body as the sweat evaporates. This keeps us from overheating. However, not all sweating is normal.

Some people have hyperhidrosis, which means “excessive sweating.” Hyperhidrosis is a medical condition that occurs when a person's body doesn't need cooling. It may affect the entire body but usually affects one or two body areas such as palms, feet, armpits or scalp. There are some conditions that may cause excessive sweating. More commonly, primary hyperhidrosis affects healthy teens and young adults.

Signs of hyperhidrosis:

1. Visible sweating at rest. Beads of sweat appear or clothing is wet.
2. Sweating interferes with daily activities. It is difficult to write with a pen due to sweat.
3. Skin turns white (macrated) and peels. Occurs from prolonged moisture exposure.
4. Skin infections occur in sweaty areas. Athlete's foot may develop.

What can you do for excessive sweating? Keep the area clean and wear moisture-wicking clothing. Wear a clinical strength antiperspirant. If this doesn't help, see a board-certified dermatologist. ■

Information provided by Dr. Katrina Smith, 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. Amanda Korth

FUN in the sun

We all know the dangers of UV light when it comes to our skin. We wear sunscreen and try to avoid getting burnt. Did you know you should protect your eyes from the sun, too? Kids are especially vulnerable to UV damage to their eyes. Most of the UV damage we do to our eyes is done by the time we are 18 years old. The lens in the eye protects adults more than kids as it gets thicker (eventually the thickening due to age is called a cataract).

Wearing a hat and sunglasses is important. Only wearing a hat decreases UV light coming to their eyes by 50%. Sunglasses can block up to 100% of UV light.

Kids need to be outdoors for both their physical and mental health, so we want to protect them from the dangers. Being outside two hours per day protects kids from going near-sighted, especially prior to them being near-sighted. It also helps slow down the progression of increasing prescriptions. Genetics play a big role in prescription, too, so if you (as a parent) are near-sighted, your kids are already at risk. So encourage your kids to wear sunglasses and hats when you're outside this summer. ■



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



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HEALTH

By Dr. Kari Swain

CHIROPRACTIC and sports

Sports are an excellent way to stay active and socially connected, but stress, strain and trauma to the body occur when the body isn't given the tools it needs to repair and restore. Untreated, the accumulation of these traumas will adversely affect health and mobility.

Doctors of chiropractic are licensed and trained to care for the neuromusculoskeletal system and can provide advice on sports training, nutrition and injury prevention to athletes. A thorough chiropractic evaluation and care plan based on that clinical assessment can keep athletes in the game and help to minimize and prevent injuries, particularly spinal injuries.

Chiropractic care should be a part of every athlete's well care no matter the age or competition level to maintain a healthy nervous system and musculoskeletal system, increase performance and prevent injuries. Through childhood and adolescence, the body is still growing and developing, making it susceptible to injury. Often, minor spinal injuries go unnoticed until adulthood, and thus it takes longer to make corrections. For adults, a healthy nervous system and musculoskeletal system are important for longevity and to maintain mobility.

When the nervous system is healthy and the spine is aligned, the brain and body are able to communicate optimally providing the following benefits: increased reaction times, coordination, balance, proprioception and range of motion; sufficient oxygenation; more energy and stamina; and decreased risk of injury. ■

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

ELECTRIC toothbrush a great option

If you are looking for the easiest and most efficient way to take care of your teeth, an electric toothbrush is a great option. Unlike a manual toothbrush, an electric brush does the work for you. You only need to guide the electric brush along the surfaces of your teeth. People with arthritis or similar conditions and children find using an electric brush more user-friendly and more effective at removing plaque. Electric toothbrushes provide superior plaque removal compared to a manual brush. There are many options and features to consider when buying an electric brush such as:



- Brushing modes specialized for sensitive teeth, whitening teeth and gum massaging.

- Pressure sensors to signal when you are brushing too hard.
- Timers to help you keep track of how long you are brushing.
- Multiple brush head designs to fit your needs and comfort.

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

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

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MENTAL time travel

Our minds have the fascinating power to transport our experience forward and backward through time. In memory, we can recall and relive events from our pasts, and, with the ability to forecast and predict, we can peek ahead to our expected futures. These impressive mental feats do come with a price tag, however. While remembering and anticipating are absolutely necessary to function as people, they can also greatly contribute to our suffering. We can become stuck on certain memories, ruminating on past events and whatever negative emotions with which they are associated. Similarly, we can imagine troubling possible futures that fill us with anxiety and dread. For many, this struggle is a key factor in staying mentally healthy. Having the ability to come back to the present moment, through skills like mindfulness or immersion in sensory experience, are important ways in which we can prevent getting too caught up in either the future or the past. Managing our mental time travel is a lifelong skill, but, if you are finding it too difficult to develop on your own, there are professionals who can help you develop the necessary skills to feel more in control of where your mind takes you. ■



Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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PRE-PLANNING is a gift

If you knew that you only had a short time left to convey important information to your loved ones, what would it be?

Would you tell them you love them? Tell them that you are proud of them? Talk to them about important life decisions? Care for financial obligations?

As I anticipate retirement at the end of June, this may be my final opportunity to share with you. First, I want to say how thankful I am for the privilege of working with families here at Highland Memory Gardens. Many have had the sad responsibility of burying a loved one; others have taken the time to prepare for their own future burial needs; still others have asked questions as they anticipate treading into the unknown territory called death.

What else would I tell you? One of the greatest gifts you can give your family is pre-planning for your own future burial needs. Pre-planning will allow your family to grieve at the time of your passing instead of being forced to make difficult decisions.

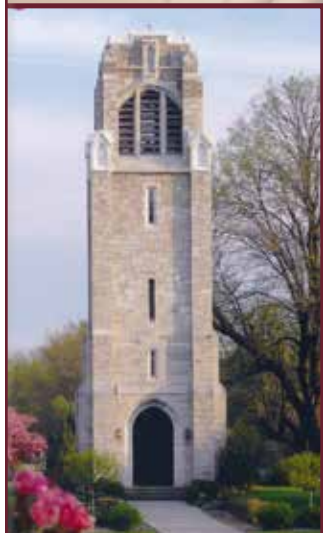
Thank you for allowing me to serve you, whether in person or through this publication.

Give your family a gift of love and care for your future end-of-life needs now. ■

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



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Ihde cherishes motorized memories

Cars have sentimental value.



His 1956 Chevy and 1972 Monte Carlo remind Allen Ihde of happy days.

What's in Allen Ihde's garage in Bondurant? The simple answer is: cars that he finds meaningful.

"It's not that I'm a crazy car guy, it's just that these are cars I've grown up with over the years," he says.

"I had a '56 Chevy when I was 16 years old," says Ihde as he takes a stroll down memory lane — and through the garage.

He points out that the '56 Chevy in his garage is not the actual car he had back then.

"It's not quite what I had when I was 16, but I got close to it."

Next, he points out his 1972 Monte Carlo.

"I bought that new in 1972. That was my first new car I ever owned. It's only got like 65,000 miles on it."

Ihde then shows his rare 1978 Corvette pace car.

"There were only 6,502 of those built in 1978, and how they did that is there was one of those shipped to every Chevrolet dealership, and I happened to buy this one, maybe 15 or 20 years ago. And I only have like 12,000 or 14,000 miles on that car. It's all original."

Finally, Ihde says of his 2015 Corvette Roadster, "This is my driver; this is my toy. I drive this one periodically. I bought it brand new in 2015, and it's only got like 6,000 miles on it."

"I've always liked Corvettes, and I've always wanted to have a new one," he adds.

The reason his Roadster is bright yellow? He is a self-proclaimed "Big Hawkeye fan."

"It's fun to get them out and drive them around a little while. I usually try to go to Bennigan's on Wednesday nights. They have a car group that gets together out there. And I put them in a couple cars shows here in town. I hope that I can get out more with them this summer."

Asked about a favorite memory with his cars, Ihde recalls his son's wedding.

"When he got married in Chicago 22 years ago, I actually hauled that car (the '78 Corvette) to Chicago, and he used it in his wedding. That was the car they took off in."

Ihde summarizes his bond with cars, saying, "I'm 76 years old, so I kind of like to remember. My son will probably end up with them at some point." ■

BEING prepared for door-to-door

Supporting businesses and organizations that are members of the Chamber has many benefits to Bondurant residents, some of which are fairly commonly discussed: the local economy, a strong commercial tax base, supporting our neighbors and maintaining job opportunities to attract new residents to maintain a vibrant community. What about some of the not-so-obvious benefits?



Earlier this month, I was in my backyard having some family time with my kids. A young man on a hoverboard/Segway device was rolling along the street and eventually made it to my yard. He asked if I was the homeowner, and, after I confirmed that was the case, he eased into his sales pitch about pest control services. After answering a few of his qualifying questions, I asked if he was licensed by the City of Bondurant for door-to-door solicitation. He stated that he was cleared in Ankeny (showed me his badge) and said that would cover all of the surrounding communities. Fortunately, in one of the Chamber's Coffee & Conversations, I remember this topic coming up and the City liaison specifically stating that Bondurant's code was that all door-to-door solicitations were required to be licensed by the City of Bondurant, and the individual would receive a badge from the City to display as they made their house calls. I let the gentleman know this, and he promised to check in with his boss to confirm.

The salesman then asked who currently handles our pest control. I let him know that it was a local business and member of the Chamber — two very important factors my wife and I consider when doing business. He used a few techniques to overcome this objection, and, after he was done, I thanked him for his time and encouraged him to stop in at City Hall to get his license before continuing to make sales calls. The entire interaction took less than three minutes, but I often hear of cases where homeowners feel intimidated or unsure of how to talk to a door-to-door salesperson — regardless of whether or not the person is pleasant or aggressive, legitimate or questionable.

Buying from Chamber members — and being involved in Chamber events — is a great way to stay educated on what's going on in Bondurant and to make connections with others whom you trust and who can provide insight and perspective on issues. I've learned more about a variety of industries by having a drink or sharing a light appetizer with other chamber members than I ever did in school or through work. Talking to an unexpected solicitor at your door isn't always the most pleasant experience, but being educated on the City's code and knowing that you are already doing business with a trusted local company will give you the confidence you need to be firm, but polite, to individuals who are likely just trying to make a living and doing their job. ■

Information provided by Lincoln Dix, Bondurant Chamber board president.

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OUT & ABOUT FARMERS Market

Bondurant Farmers
Market was held May 31.



Lindsey Henkle



Alissa Fastenau and Jaydon Fastenau



Sarah Boorman and Brent Boorman



Joyce Ouverson



William Kunze



Scott Seiderling, Monroe Seiderling, Reagan Seiderling and Erica Seiderling



Tammy Smith



Deb Hike



Brad Hoogendoorn, Jack Hoogendoorn and Carter Hoogendoorn



Adelle Larson, Jeff Rotert and Morgan Rees

OUT & ABOUT



Zoe Hike



Brenda Allen



Al Moreland and Pat Cory



Deb Dewein and Steve Dewein



Beth Bebnarek and Hannah Witte



Al Seals



Benaiah Pagel, Trista Pagel and Carson Pagel



Roberta Cruz and Mark Craddock



Nicole Cunningham



Harvey Hornbeck and Holly Karnes



The Collingwoods Family



Kelly Ward-Butters

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\$384,000

4 BED
2 1/2 BATH
1,920 SQFT

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