

BONDURANT

JULY 2023

Living

MAGAZINE

HEAD-TURNING

Wheels

Residents share their passion
for restoring vehicles.

Meet Katie Fox
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RECIPE

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6	FLAT	\$95,000
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10	FLAT	\$95,000
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WELCOME

THE shine

When I was in my early twenties, I worked at The Des Moines Register and was the account rep for many of the largest car dealers in Des Moines. I loved that job, as I was able to learn from incredible people and work in an industry I truly enjoyed — cars and trucks.

That passion led me to another job in the mid-1990s, launching and managing an automotive photo magazine called Car & Truck Market. Clever name, I know. It was a publication dedicated to the buying, selling and trading of — you guessed it — cars and trucks.

I was never much of a gearhead. Still am not. I have a brother who loved tearing stuff apart and putting it back together. He still does. As such, he continues to be my go-to guy for questions dealing with auto mechanics. But, although I wasn't much interested in what was under the hood of a car, I did have great interest in the shine and show.

I don't own a classic car (yet), but I have been known to attend many car shows, and I have a sincere appreciation for those who restore and rebuild vehicles. One of my childhood friend's dad owned a body shop in our hometown, and I would marvel over the results of their work. And, as an adult, I have been known to hang out in garages and listen to stories about the restoration of some incredible cars.

When we started our Iowa Living magazines, I wanted to pay tribute to these car guys who fulfill their passions, often learning as they go. And with much of our readership of the Living magazines being female, I wanted to include something for the guys. So, I decided to start a monthly feature called "What's In Your Garage?" It featured lots of stuff in residents' garages, but we focused much of the ink on classic and custom cars. We continue this feature in many of our magazines today but simplified the name to "Garage."

In this issue of Bondurant Living magazine, we took it a step further and dedicated our cover story to "head-turning car projects," complete with photos of the vehicles that so many local car buffs have spent countless hours working on.

Be sure to check out this story and those in our other Living magazines at www.iowalivingmagazines.com.

Yes, there is something about that shine of a vehicle that draws the eye of a young boy — and an old boy, too.

Thanks for reading. ■

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HEAD-TURNING *Wheels*

**Residents share their passion
for restoring vehicles.**

By Chantel Boyd

While some of us dream about one day owning that fresh-off-the-showroom-floor vehicle with its spotless exterior, dust-free dashboard, brand-new smell and scuff-free tires, others are looking for something quite different: potential. Where we see a rusty, broken-down or past-its-prime set of wheels, they see what will be after repairs, cleaning, fresh paint and hours of labor, frustrations and gratification. They see a dream car in the making.

Garret Von Stein restored his grandfather's 1979 Custom Deluxe 20k20.



His grandfather's truck

Garret Von Stein of Bondurant is a go-getter and a handy guy, having been active in FFA and having won a lot of trophies for projects he entered. One big project he took on recently was restoring his grandfather's truck.

The truck is a 1979 Custom Deluxe 20k20.

"It is one of the coolest farm trucks you'll ever see," says Garret.

Garret enlisted friends around his age to help him with it. Russell Hanson is who Garret considers the go-to person when it comes to a rat rod. (A rat rod is a custom car with a purposefully worn-down, unfinished appearance, usually lacking paint and showing rust.)

"Russell is the expert on my truck and others like it. He got my truck up and running," says Garret.

Garret also asked his buddy Jace Huff.

"We use his home body shop he calls Huff Auto Body," he says. "We use Jace's shop to fix everything, and he is the one who helps me out the most on everything with the truck."

Recently, he and his crew of buddies (all are still in high school — Garret and Jace were sophomores this past year and Russell was a



The 1979 Custom Deluxe 20k20 has special meaning to Garret Von Stein because it was his grandfather's work truck and is now his work truck.

senior) replaced parts like the carburetor, the intake and valve covers.

"We also replaced the brakes and did a spin on repairing the floors by using retired road signs," he says.

The innovative idea to use the signs to fix the rusted-out floorboards came from a show Jace was watching.

"I just use the truck as a daily driver — haul hay and other stuff around," Garret says.

Garret did not have to repaint the truck. It does have some rusting around the edges, but that adds to the charm. After all, it is a farm truck and was his grandpa's work truck.

Garret continues to fix the truck as he continues using it. He remembers his grandpa also working on the truck and him admiring it when he was younger.

"I always loved the truck as a kid, and I would sit in it for hours as our house was being built."

After a year of working on it, Garret and his buddies are putting the finishing touches on it. Meanwhile, he continues to drive it during the summer and plans to drive it to school next year.

Garret's favorite thing about his truck is how custom it is.

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Todd Schlenker finished a body-off restoration of his 1954 Chevy truck.



"We put a different spin on it than most restored trucks. It has more of a farm truck vibe, and that is what I like about it," he says.

Others agree with Garret and his buddies.

"It's just been a few high schoolers making do with what we have in knowledge and parts," Garrett says. "And it gets a lot of attention."

Garret has lived in Bondurant his entire life.

"And so has my dad and his dad before him.

For years, my grandpa had an electric business in Bondurant, Von Stein Electric," he says.

Grit and know-how

When rebuilding cars, it takes a specific mix of passion, precision and persistence — especially when it is the cars' owners doing all the restorations themselves. Such is the case with Todd Schlenker. He had the perfect mix of grit and know-how when restoring his old truck from hood and headlights to truck bed and tailgate — and everything in between.

His hard work paid off recently when he entered his first car show, the Hawk Haven

Father's Day Car Show in Altoona, and won Best Truck. His daughter, Cailey Schlenker, was happy he completed the long project before Father's Day this year.

"My dad restored his '54 Chevy, entered it into a car show and won in Altoona this year," she says.

Todd lives on the outskirts of Maxwell by Farrar with his wife, Sue, and does not restore cars for other people; he just runs his plumbing business, Todd's Plumbing, Heating &

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Jake Clos rebuilt a 1978 Trans Am.



Jake Clos rebuilt a 1965 Mustang with some help from his older brother, AJ Clos.

Cooling LLC, serving Bondurant, Altoona and surrounding areas, and works on his car when time permits. He used to live in Bondurant and raised both of his kids there.

Todd bought the car six years ago, in 2017, and did all the bodywork himself with the exception of the paint, which was done by United Classic Body and Paint by Larry Webb.

Todd performed a complete restoration.

"It was a complete 'body off restoration' from the ground up," he says.

A body-off restoration means the car body is unbolted and removed from the chassis or frame.

Todd did all the restorations and upgrades by himself with help from his friends and family, who inspired him to take on this project in the first place. His father, Bill Schlenker, and brother, Mark Schlenker, had completed car projects, and he wanted in.

"My father and older brother restored vehicles themselves, so I wanted to prove I could do one myself," he says.

Though this restoration was done as a hobby initially and not necessarily with car shows in mind, Todd was confident enough in his work to enter the car into a show and won first prize.

The truck is a 1954 Chevy 3100 Pickup First Series.

"It now has a Mustang 2 front end coil springs, four-link rear suspension, 350 Chevy Motor, with a 400 turbo transmission, and four-wheel disc brakes."

Todd also added a few modern amenities like power steering and air conditioning, making this truck a dream to drive. His favorite thing about his truck is driving it as a finished product and hearing positive feedback on his hard work.

"I hear others' compliments about my restoration. They love the color and say it looks great," he says.

Restorations a family affair

Jacob "Jake" and Jasa Clos live in Bondurant, where they have rebuilt a 1965 Mustang and a 1978 Trans Am. Jake has done most of the work, with help from his older brother, AJ Clos, who lives in Imlay City, Michigan, and runs Angry Al's, a car shop.

Jake has owned the Mustang since 2019 and the Trans Am since 2021. He used Gary Martin of Goldfield Trim for the Mustang interior and convertible top.

"All other work has been done by us and my husband's brother," says Jasa.

The Mustang has seen a lot of action since removed from the barn where it had been sitting since 1983. Same with the Trans Am.

"The Trans Am was just a shell when we got it," says Jake.

Getting both cars back in working order has been a family affair. Getting the cars restored was a dream of Jasa's, and Jake and his brother were happy to help make that dream come true.

"I have always wanted a 1965 Mustang. My husband found mine sitting in a barn in southern Michigan and gave it to me for my 40th birthday."

Jake had a similar dream, so the two car enthusiasts are a match made in heaven with their two classic cars restored.

"Jake has always wanted to restore a Trans Am," says Jasa.

The two found the Trans Am during the pandemic and made it a project to focus on as a hobby.

The Mustang is a 1965 ragoon red Mustang convertible with a white interior. The 1978 Trans Am is a blue Pontiac Trans Am with T-top.

The projects have been a work in progress over the years, and they are just putting the finishing touches on them.

"We are finishing the work on the interior

and the final wiring of the Trans Am, and we are finishing up the final work under the hood of the Mustang," says Jasa.

The couple is pleased with how their projects turned out, and when they take them out of storage, they are glad their long journey of restoring them is ending.

"We have been trailering it back and forth for engine and bodywork," says Jasa.

It's been bonding time for the couple — and for Jake and brother AJ.

"We have enjoyed spending time together, working on the cars," Jasa says.

They look forward to taking the cars on a cruise instead of putting them in the trailer to go back and forth to the garage.

People wanted to buy the cars before they were nearing the finish line of rebuilding them.

"We have had a few people stop and ask to buy the cars while we were working on them," says Jasa.

The first couple of times the couple took the Mustang out, they enjoyed the feedback they got for their hard work.

"When we take the Mustang out, we always get honks or waves and people telling us how good it looks," says Jasa.

Jasa has lovingly named her Mustang "Lucy Dale." Dale was her grandpa's name. Jasa says she has loved Lucy Dale since Jake gave it to her as a surprise on her 40th birthday.

"Jake gave me a big gift bag with a model of the car, and the title was taped to it. Took me a minute to realize what it was," she says.

From the first time the Clos family brought the Mustang to AJ's from the barn to when the body and paint were done to finally bringing the Mustang home last fall, it's been a labor of love. Jasa cannot wait to continue cruising in both of the cars and enter them into car shows.

"We re-did the classic cars so we can drive them, not leave them covered up in the garage," she says. ■



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FAITH

By Trevor Pinegar

THE BEAUTY of God's creation



We only have a short amount of time left to enjoy the summer sun and all the beauty that nature provides. Scripture says, "When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?" (Psalm 8:3-4). This month, I want to inspire you to bask in the beauty of our landscape and absorb all the harmony of God's creation. He created it for you.

God has left us signs all throughout nature that point us to his power, beauty and love for us. In the book of Romans, it says, "For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse."

Imagine for a second being a part of a movement which sought to tell you that you were created for a purpose. That you were created by a higher power who values your genus and species above all others. In Psalm 8, it also says, "You have given him dominion over the works of your hands; you have put all things under his feet." And, in the very beginning at the creation of man, God said, "Let us make man in our image, after our likeness. And let them have dominion over [all animals on the earth]" (Genesis 1:26).

Does this mean that we are able to do anything we like within our ecosystem without judgment or punishment? No. We are called to respect all things that come from God and value each life. Scripture says the righteous have regard for the lives of animals, and sustainable farming is key to growth (Proverbs 12 and Exodus 23).

Nature points us to God and reminds us of his great love for us. In the coming months, before the leaves change color, please consider sitting in the peace that nature provides and know that you are in the hands of a loving God.

If you by chance find yourself with more questions about God, having witnessed the beauty of his creation, please reach out to a pastor in our community to discuss how much God loves you and what He's done on your behalf. ■

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

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A LOOK at diversification

Ancient Chinese merchants were said to have developed a unique way to manage their risk. They would divide their shipments among several different vessels. That way, if one ship were to sink or be attacked by pirates, the rest stood a good chance of getting through. Thus, the majority of the shipment could be saved.

Your investment portfolio may benefit from that same logic.

Diversification is an investment principle designed to manage risk. However, diversification does not guarantee against a loss. The key to diversification is to identify investments that may perform differently under various market conditions.

On one level, a diversified portfolio should be diversified between asset classes, such as stocks, bonds and cash alternatives. On another level, a diversified portfolio also should be



diversified within asset classes, such as a diverse basket of stocks.

A diversified approach

For example, let's say a stock portfolio included a computer company, a software developer and an internet service provider. Although the portfolio has spread its risk among three companies, it may not be considered well diversified, as all the firms are connected to the technology industry. A portfolio that includes a computer company, a drug manufacturer, and an oil service firm, however, may be considered more diversified.

Similarly, a bond portfolio that invests exclusively in long-term U.S. Treasuries may have limited diversification. A bond fund that invests in short-term and long-term U.S. Treasuries, plus a variety of corporate bonds, may offer more diversification.

Mutual Funds and ETFs

The concept of diversification is one reason why mutual funds and Exchange Traded

Funds (ETFs) are so popular among investors. Mutual funds accumulate a pool of money that is invested to pursue the objectives stated in the fund's prospectus. The fund may have a narrow objective, such as the auto sector, or it may have a broader objective, such as large-cap stocks. ETFs also can have a narrow or broader investment objective. Keep in mind, though, the more narrow an investment objective, the more limited the diversification. Furthermore, a narrow investment objective may result in more volatility and additional risks associated with a particular industry or sector.

The concept of diversification is critical to understand when you are evaluating a portfolio. ■

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RECIPE

BRING brunch favorites to the table

(Family Features) Few things go together like the weekend and brunch. Whether that means gathering with family, friends or a combination of both, it's the perfect time to slow down and bring your loved ones together for a lighthearted meal.

Catering to a variety of different palates requires a diverse menu of dishes ranging from fresh fruit and baked goods to proteins and more. A key ingredient to bring any spread together: Envy apples, which are a natural cross between Braeburn and Royal Gala apples.

With their beautifully balanced sweetness, uplifting fresh aroma, delightfully satisfying crunch and bright red skin that sometimes features a golden blush, they can be served fresh or paired with other brunch favorites in shareable dishes like the Brunch Board with a Twist. Plus, their naturally white flesh doesn't brown as quickly as other apples, making them easy to savor while enjoying time with loved ones.

Find sweet brunch recipe inspiration at EnvyApple.com. ■

Brunch board with a twist



- 2 Envy Apples, sliced
- boiled eggs, halved
- cooked bacon
- bananas, sliced
- berries
- miniature pancakes
- edible flowers, for garnish
- 2-3 Envy Apples, for garnish

Directions

- On breakfast platter, artfully arrange sliced apple, halved boiled eggs, bacon, bananas, berries and pancakes.
- Garnish with edible flowers and whole apples.

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EDUCATION

By T.K. West

MEET Katie Fox

Encouraging curiosity and wonder

Katie Fox says she has wanted to be a teacher for as long as she can remember. Growing up, she enjoyed school and had “amazing” experiences, especially in elementary school. Her mother returning to college to earn a teaching degree also motivated Fox to pursue a career in education. She graduated from the University of Northern Iowa in 2019 and now teaches fourth grade at Anderson Elementary School. She just finished her fourth year teaching overall and her second year with the Bondurant-Farrar Community School District.



Katie Fox's own enjoyment of school and inspiration from her mom led her to become an educator.

“My mom has always been a huge inspiration to me, and her decision to become a teacher had a major influence on my career path. I saw firsthand the passion, hard-work and creativity that teaching requires from a very young age,” Fox says.

Fourth graders are sweet and hard-working, making them a joy to work with, she says, adding they are eager to learn and at an age when they start making deep connections. One of Fox's biggest goals as an educator is to encourage her students' sense of curiosity and wonder.

“I have loved having my former students visit or send me notes. Nothing makes me happier than seeing their smiling faces and catching up. Every teacher invests so much into building a strong classroom community, and it makes me so happy to see how my kids are doing, even after they leave my room,” she says.

During the school year, Fox says her students dive deep into reading comprehension and begin laying the foundation for practical math skills. This past school year, Fox was also a member of the Fun Committee where she had the opportunity to help lead the school-wide March Madness Book Bracket. During this activity, her students had some great bonding moments while discussing some favorite books, including the winner, “The Sour Grape.”

“I loved to see how much my students loved the books we read. Picture books can teach valuable lessons that really stick with kids,” she says.

In her free time, Fox likes spending time with family and friends, hiking, cooking and attending musicals. This summer she is looking forward to traveling, reading and relaxing. ■

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

July 2023

URGENT NEED: SCHOOL BUS DRIVERS

The Bondurant-Farrar Community School District is seeking caring individuals and good drivers who are interested in driving a school bus. This role is vital in ensuring our students arrive safely to and from school.

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➤ **We Will Work With Your Schedule**

Our biggest need is individuals who can drive regular bus routes in both the mornings and afternoons, but we also have half-time and substitute driving opportunities available.

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Registration for the 2023-24 school year is currently underway! This is an annual process, required for returning AND new students, that provides families an opportunity to update student and household information prior to the start of a new academic year. Families are encouraged to complete this process by August 1, 2023.

➤ **Two Ways To Sign-Up For School:**

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

1. Online: www.bfsschools.org/registration
2. In-Person: Email us at registrar@bfsschools.org or call our district office at 515-967-7819 to schedule an appointment



Back-To-School Events & New Student Orientations Begin In Early August

To help students and families prepare for the first day of a new school year, each building has open houses scheduled for returning students as well as tours/orientations scheduled for new students to the district. These events begin as early as August 2, 2023.

➤ **Mark Your Calendars!**

View building schedules by using the camera of your smartphone to scan our QR code!

Questions? Call our district office at 515-967-7819 or your child's school office directly.



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OPTIONS for helping pay for assisted living

Assisted living communities provide personalized care in a social setting with the goal of preserving your independence as long as possible. Assisted living focuses on keeping you active and encouraging you to continue living life to its fullest.

Looking into the investment to live in assisted living can be daunting. Many people wonder how they can afford to cover the cost. It is a common misconception that Medicare will assist in paying for assisted living. It does not. However, there are some options for those who need the benefit of assisted living and cannot afford the entirety of the monthly payment.

If you are a veteran, a spouse to a veteran, or the surviving spouse of a veteran, you may be eligible to receive funds for assisted living through the Veteran's Aid and Attendance program. Veteran's Aid and Attendance assistance is in addition to the normal veteran's pension amount. The Veterans Administration does not pay the assisted living directly; you receive the funds and then pay the assisted living to help cover the costs.

There are qualifications in order to receive funds from this program, including an honorable discharge and the receiver must be 65 or older and have monthly income below the limits set by the Veterans Administration. You also must meet medical requirements such as the need of assistance with activities of daily living. Activities of daily living include help with dressing, bathing, medication management, and more.

Another option for those who need financial assistance for assisted living



is elderly waiver. Elderly waiver is a Medicaid-based program that provides funding assistance for those who need the extra service and support that assisted living provides. Elderly waiver also has eligibility requirements. You must be an Iowa resident 65 or older, you must need assistance with ADLs, and there are also asset and income limits. It is important to note that not all assisted livings accept elderly waiver as payment.

Another option to assist with paying for assisted living is long-term care insurance. Many long-term care insurance policies will also provide coverage for assisted living care. Not all policies are the same. Check with your long-term care insurance provider to see if and what they will cover for assisted living. If you do not yet have long-term care insurance, the sooner you get it the better, as the premiums increase with age. Generally, between the ages of 50-65 is the most cost effective time to buy long-term care insurance. The younger you are, the lower the premium will be, but you will be paying that premium for a longer period of time.

Tour different assisted living communities, find out what their requirements are, and always plan ahead. As you can imagine, many of our seniors are on fixed incomes. If you may need to take advantage of the elderly waiver program, it's important to research what communities accept the waiver program and inquire about their waiting lists. This is a great time to get a plan in place and share it with your loved ones so they can be ready to support you when the time comes. ■

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

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Be sure to check for cancellations.



Touch a Truck

Friday, July 28, 3:30-5:30 p.m.
Bondurant Emergency Services, 101 Grant St. N.

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, including public service, emergency, utility, construction, landscaping, transportation, and delivery — all in one place. They can also meet the people who protect and serve the Bondurant community. The first 100 kids to stop by the Event Booth will receive a goody bag to help carry all the other goodies from each station.



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.

Music at Haines Park

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



River Ruckus

July 27-29
408 West State St., Guthrie Center

This country music festival marks the event's 15th anniversary featuring acts such as HARDY, Riley Green, Chase Rice and 10 others. For a full schedule, visit www.guthriesriverruckus.com.



National Balloon Classic

July 28 - Aug. 5
Memorial Balloon Field, 15335 Jewell St., Indianola

National Balloon Classic takes your eyes to the skies as pilots suspend more than 100 hot air balloons for competition. The event also features live music, food vendors, balloon rides, fireworks and more. For a full schedule, visit www.nationalballoonclassic.com.

Ava's Blood Drive and Block Party

Aug. 12, 8 a.m. to noon blood drive, 11 a.m. to 2 p.m. block party

Federated Church, Bondurant

Living Ava's Way Foundation presents Ava's Blood Drive and Block Party. Sign up to donate blood with LifeServe at https://donor.lifeservebloodcenter.org/donor/schedules/drive_schedule/181738. The block party will be on Garfield Street in front of the church. The fundraiser luncheon will be cooked by Hutch's BBQ, a two-time BBQ competition winner. The Bondurant Rec-N-Roll Trailer filled with lots of fun and games, like ladder ball, bags (cornhole), bocce ball, giant UNO, giant Connect Four, etc. will also be there. All profits will support Living Ava's Way Foundation's local initiatives: school-based food bank, scholarships, and Ava's Garden. For more information, visit the Facebook event page – Ava's Blood Drive and Block Party <https://www.facebook.com/events/158246677140264>.



'The Comedy of Errors' CAP Summer Classic

July 27-30, Thursday through Saturday at 7 p.m., and Sunday at 2 p.m.
Haines Park Amphitheatre, Altoona

Class Act Productions announced the return of its CAP Summer Classic, William Shakespeare's "The Comedy of Errors." 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. In the event of inclement weather, performances will be moved to CAP Theatre. Tickets are \$7 and available day of at the park or in advance through the CAP Theatre website at captheatre.org.

"The Comedy of Errors" is the story of two sets of identical twins accidentally separated at birth. Antipholus of Syracuse and his servant, Dromio of Syracuse, arrive in Ephesus, which turns out to be the home of their twin brothers, Antipholus of Ephesus and his servant, Dromio of Ephesus. When the Syracusans encounter the friends and families of their twins, a series of wild mishaps based on mistaken identities lead to misadventures the likes of which only Shakespeare could have imagined. ■

BE 'Fit for Life'

Here is something you might not have known: The Bondurant Community Library hosts an exercise class twice a week. These classes are geared toward persons over the age of 60, but anyone is welcome. Sometimes we are working out with weights and stretch bands. Other times we don't need any equipment at all. Our Fit for Life classes are designed to help people be more flexible, improve balance, get stronger and prevent falls. If you would like to try out the class, come to the library on Mondays and Thursdays at 8:30 a.m. Wear comfortable clothing and sturdy shoes and bring a bottle of water and 2- to 3-pound weights if you have them. We can't wait to see you.

Here is what to look forward to at the library in August:

- No story times, Aug. 1-11
- No baby story times, Aug. 1-11
- Beginning Aug. 15, Story Time is on Tuesdays at 10:30 a.m. and 3:45 p.m., Wednesdays at 10:30 a.m., and Fridays at 12:45 p.m.
- Beginning Aug. 17, Baby Stories and Play are on Thursdays at 9:30 a.m.



- Fit For Life (exercise class), Mondays and Thursdays at 8:30 a.m.
- Aug. 2—Pokémon Club at 4:15 p.m.
- Aug. 3—Adult Craft Night at 6 p.m., registration required
- Aug. 8—Book Discussion for Adults at 6 p.m.
- Aug. 10—Family Bingo Night at 6 p.m.
- Aug. 13—Teens only Sunday Fun Day at 3 p.m.
- Aug. 15—Grades 6-8 Book Club at 5 p.m.
- Aug. 15—Books on Tap book discussion at Reclaimed Rails at 6 p.m.
- Aug. 17—Third Thursday at Hoover's at 6 p.m.
- Aug. 23—After School STEAM Open Play at 2:30 p.m.
- Aug. 28—After School bingo at 2:30 p.m. ■



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BEFORE YOU GO

By Tosha Edmundson

YOUR memorial's story

Our country was declared independent from Great Britain on July 4, 1776. We know this because it is well documented and taught history. Did you know three United States presidents died on July 4 — two of them in the same year? This information is easily found with a quick Google search on the Internet.

I think most of the information we know about our history is only known because somebody thought it worthy of recording and that it would be valuable information to future generations. I believe this is why we mark our graves with memorials. We are human beings — each unique in characteristics, skills and attributes — and we are all valuable. Memorials tell stories about us that future generations want to know.

We have many people stop in the office in pursuit of information about their family history. Many times, they find that the names on the memorials surrounding their loved ones are actually related to them, too. The words on the memorials and emblems that they chose tell a bit of their story. It's a kind of declaration to future generations, and you get to choose what that declaration says when you pre-plan for your burial needs.

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

Information provided by Tosha Edmundson, Family Services Representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.




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HEALTH

By Dr. Amanda Korth

DOES my kid need glasses?

Near-sighted kids are easily caught with a standard vision test. Most children are far-sighted, which is harder to check. There are three things to watch for depending on the severity of the prescription. The mildest symptoms are headaches, tired eyes or avoiding reading for long periods of time. They may also become class clowns as a way to avoid reading. The headaches typically occur in the early afternoon.

The second symptom is complaining that the board is blurry, especially after reading. This mimics near-sightedness, but it's actually due to a muscle cramp inside the eye. The eye works so hard to focus on things up close that it can't adjust properly to see things at a distance. Most children with these first two categories of symptoms will need reading glasses, which they usually outgrow by their teens.

The most severe symptom is an eye turn towards the nose, which is caused by a high prescription. When we look at something up close, we use two systems to focus: We add power to keep it in focus, and we bring our two eyes inward to keep it as one image. If the overall glasses prescription is too powerful, both systems must be used for distance, causing one eye to turn towards the nose. This type of eye turn generally requires glasses and sometimes vision therapy before surgery is considered. ■

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



SET yourself up for back-to-school success

Often, the transition back to school can come with immune challenges, but it doesn't have to. By supporting the overall health of our kids and ourselves, we can strengthen the immune system and build health. Start these habits now and continue them throughout the school year.

Initiate chiropractic care. Before heading back to school is an ideal time to have children and adolescents evaluated by a Board Certified Pediatric Chiropractor. A comprehensive consultation and examination can identify how specific chiropractic adjustments can help your child function at their highest potential this school year. Chiropractic boosts immune system function, improves attention span, addresses forward head posture created by screen use, and supports active kids and athletes.

Get in your bedtime and sleep routine. If you've fallen into the habit of staying up too late and sleeping all day this summer, now is the time to turn it around. Turn off electronics after dinner. Spend time outside in natural light. Read or do a meditation to wind down.

Make daily hydration a priority. Kids and adults should drink half their body weight in ounces of water daily and more if they are very active. Send a water bottle to school with your child and make sure to have one in the car for them when you pick them up.

Prepare nutrient dense meals. Send a packed lunch with them and support them at home with healthy breakfasts, snacks and dinners. ■

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

BACKPACK safety

As school approaches in August, many children will return to carrying backpacks to and from school. Here are a few tips to help our students fit and carry their backpacks:

- Make sure the backpack is positioned over the mid-back muscles.
- Do not carry more than 10-15% of your body weight in the backpack. For a child who weighs 50 pounds, he/she should carry no more than 7.5 pounds. A child who weighs 80 pounds should carry no more than 12 pounds. A child who weighs 100 pounds should carry no more than 15 pounds.
- Make sure to wear both shoulder straps, and wide shoulder straps are preferred to distribute the weight evenly.
- Backpacks with multiple compartments are preferred for small items, allowing larger and heavier items to be placed in the center of the bag and positioned closest to the wearer.
- Take off the backpack while standing.

If you have any questions or would like someone to assist in fitting your child's backpack, contact your local physical therapist. ■

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. Steven Neville

OPTIONS for straightening teeth

One common question 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 eliminating 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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HEALTH

By Elijah Johnson

GRATITUDE

In our fast-paced, streamlined world, it is easier than ever to overlook the positive in our lives. We tend to walk through life expecting that it ought to be good and that the negatives are anomalies that need fixing so that life can return to normal. Though this attitude makes life easier to swallow, it also leaves us without much focus on the positive.

Practicing intentional gratitude refocuses our attention on that which brings us happiness. Taking a step back to appreciate the glimmers of joy in our lives also helps to remind us why we persevere through it. It is easy to excuse the practice when we go through especially difficult times, but that is when gratitude is needed the most. To intentionally recall and truly appreciate that which brought us purpose, hope and happiness amid our struggles brings us greater joy than they would in the "normal times."

If one practices intentional gratitude often, they will begin to find the gifts of life scattered everywhere. Often, gratitude does not end with the self. If one is able to appreciate the gifts that life offers, they are much more able to offer gifts of kindness so that others may pick them up. Appreciating life's good moments sweetens our experience and, eventually, the experience of others. ■



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

KLINE shares a bountiful gift

Harvest benefits charitable groups.

A well-known Bible verse says, “Remember that whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully” (2 Corinthians 9:6). That theme seems to relate to the garden of Scott Kline of Bondurant.

This is the second summer that Kline has grown vegetables in Bondurant to give to charitable recipients in the area, and the harvest is expected to be bountiful. He has previously given vegetables to Lutheran Church of Hope, which he attends, for those in need, but this year he is expanding.

“I’m planning to give to some of the food pantries and homeless shelters this year,” he says. “Last year I planted 65 tomato plants; this year I planted 80. And last year I picked a little over 1,000 tomatoes. We canned 131 quarts of spaghetti sauce.”

Kline, who previously lived in Ames, is friends with Keith Williamson, who owns and operates Williamson Repair & Tire in Bondurant. When Williamson heard that Kline wanted to find a place to grow a garden, Williamson offered a spot behind his shop. Kline quickly accepted, and the two worked to prepare the land for gardening, scraping the grass off the ground, adding compost, and tilling to eliminate some areas with too much sand or clay near the surface.

Kline says he is grateful to Williamson for letting him use the land for free — and for even installing a water spigot on the back of the shop. He doesn’t charge Kline anything for using the water.

Because Kline has a full-time job in building maintenance, he’s figured out ways to “work smarter” in his garden, but it still requires a lot of time.

“Before it starts getting picked, I spend probably two hours a week, just to water,” he says. “After I till everything, I lay down landscape fabric and make holes for the plants so there’s no weeding.”

Once harvest time rolls around, that increases to around eight hours per week, and Kline is grateful for the help of his girlfriend, Heidi. Kline squeezes in time to take care of the garden whenever it’s needed, including an 8 a.m. watering trip on the Fourth of July.

This year, Kline’s garden, which measures 12 feet by 46 feet, includes 52 pepper plants (Super Chili, Jalapeno, Hot Banana, Sweet Banana, Green Bell and Sweet Red Italian), 18 cucumber plants (Burpless and Space Master), 80 tomato plants (Roma, Jet Star, Early Girl and Better Boy), and many green bean plants. He says he experiments with new methods to make his plants healthy and productive.

Kline’s explanation for his generous project is simple.

“God gave me the green thumb, and I like watching things grow.” ■



Scott Kline keeps his garden watered to get the best harvest he can.



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Community Guide soon, too, so watch for that!*



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CHAMBER

By Lincoln Dix

NEED a sponsorship?

Chances are, you're looking local first.

Something you may have noticed is that members of the Chamber are not always "Main Street" companies. In fact, some of our largest Chamber members and supporters are multi-national, global organizations that are not headquartered in Iowa, much less Bondurant. And you know what? That's OK. Companies that join chambers of commerce often have a few things in common — all of which are generally good for the local business community and our residents:



• **They are involved** — BrickHouse Fitness is a local organization that organizes community events such as the Battle of the Bands, Hillbilly Bike Ride and the Mary Bump Sand Volleyball tournament — all of which go to support local non-profit organizations and causes in central Iowa. If you attend any local event in Bondurant, (Summerfest, Bondu Blues Festival, etc.) chances are the sponsors of that event are predominantly Chamber members — and, many times, big company chamber members.

• **They are generous** — Amazon recently retired its Amazon Smile program because the costs to support it were outweighing the impact it was having in the community. It was recently replaced with the Amazon GIVEhub (through Benevity.org), which allows local community nonprofits to register and receive a greater level of visibility and support. Local sports teams, silent auctions and event planners have all found local chamber members and businesses to be approachable, easy to work with, and generous with their time, resources and finances.

• **They are advocates** — You will often find Chamber members involved in local projects, surveys, committees and nonprofits, seeking to do good for others. Chamber members are consulted by government leaders and asked to provide input and insight into the business community, helping to shape policy and economic growth in the region. This takes all types of input from big and small companies, local and national.

• **They are leaders** — Chamber members serve on boards, city councils, own businesses, take risks, and share their success with their employees, communities and others in need. Sometimes they get a shout out; most often, they don't. Usually a simple "thank you" is enough to keep them moving forward.

So, whether you need a sponsorship or are weighing the choice between doing business with Company A or Company B, we hope that you will look local first. And, by local, any Chamber member will likely fit the bill. ■

Information provided by Lincoln Dix, Bondurant Chamber board president.



Bondurant News

July 2023

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.

EAGLE PARK PHASE 1 COMPLETION MARKED A SPECTACULAR GRAND OPENING

On Monday, June 19 several visitors celebrated the completion of construction at Eagle Park. The park now includes soft walking paths, access to Mud Creek, solar-powered charging benches, native plant nodes, captivating butterfly gardens, a variety of new trees, and new signage. Spanning a vast 39 acres, Eagle Park proudly stands as the second largest park in the Bondurant Community. Established in 2006, it has been a cherished retreat for nature lovers and wanderers alike.

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.

REMINDER: GOLF CARTS ALLOWED TO OPERATE ON CERTAIN CITY STREETS WITH PERMIT IN BONDURANT

The Bondurant City Council passed an ordinance on May 2, 2022 permitting golf carts on most city streets within Bondurant with a few limitations. Specific details can be found in Chapter 82 of the Bondurant City Code. Golf carts may travel the city streets of Bondurant between sunrise and sunset. All golf cart operators will first need to obtain a Golf Cart Permit from City Hall each calendar year. The Golf Cart Permit fee is \$35. Access the Golf Cart Street Map on the city's website, which shows certain roadways on which or across which golf cart travel is prohibited.

EVENTS:

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!

B-SAFE KIDS CAMP

August 7 to August 9 from 9 AM to 11:30 AM each day at the City Center. This will be the 7th annual B-Safe Kids Camp, which has provided proven results in the past. The feedback from families is always incredibly positive and the kids enjoy learning about safety. This will give your child the foundation they need to feel confident on their first day of kindergarten. Sign up on the City's website.

MOVIES IN THE PARK

Save the dates! Saturday, August 12, Saturday, September 16, and Saturday, October 7 all at the Bondurant Regional Trailhead.

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.

FARMERS Market

Bondurant Farmers
Market was held June 28.



Scott Depristo



Julie Hilborn



Lenee, Mark and Beverly Sandon



Kelly Ward-Butter



Jason Tyndall



Memory Turner



Sidney Benevanto, Roberta Cruz and Mark Craddock



Brent Rath, "Dobby" and Becky Rath



Jiaxue Reben



Pat Cory



Deb Dewein

SUMMERFEST Parade

The Bondurant
Summerfest Parade was
held on June 12.



The Torres family



Amber Myrick and Heather Cousins



The Seidl family



Laura Tucker and Kim Tucker



Degan Dirks and Dayton Dirks



The Finley family



The Harvey and Alshouse families



Heather Senarighi, Liz Bryant, Lanette Miller and
Quaid Miller



The Johnston family



The Strong family



The Billbrey family

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1,763 SQFT
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3 BATH
1,936 SQFT
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\$193,527

2 BED
2 BATH
1,407 SQFT
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\$415,000

3 BED
2 BATH
1,265 SQFT
5.03 ACRES
RUNNELLS



325 31ST ST SW
\$415,000

5 BED
3 BATH
1,563 SQFT
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7243 SE 32ND AVE
\$360,000

3 BED
2 BATH
1,667 SQFT
1.21 ACRES
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337 10TH ST NW
\$384,900

4 BED
2 BATH
1,960 SQFT
ALTOONA



910 13TH ST CR SW
\$275,000

3 BED
2 BATH
1,326 SQFT
ALTOONA



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\$796,481

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