

Living

PUT ME IN, COACH

Residents recall the coaches
who impacted their lives

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WELCOME

JUST a few words

The thrill of victory. The agony of defeat. Most anyone who watched sports on TV in the 1970s remembers those famous words of sportscaster Jim McKay in the opening of ABC's "Wide World of Sports," along with the horrific crash of Yugoslavian Vinko Bogataj on the ski jump in Obersdorf, Germany. Ouch.

Participating in sports certainly brings some physical injuries and a lot of aches and pains, but it also creates many great memories and life lessons that are the result of purposeful efforts of many coaches who dedicated countless hours to helping young people mature through sporting activities.

Bill Fjetland was my high school wrestling coach for three years. When I was getting started in the youth program, he pulled me aside and said, "You have a lot of natural ability. We need to teach you some technique, and you will be tough." I am sure he doesn't remember saying that, as he said things like that to hundreds of other kids in his coaching career. But those few words inspired me to stay involved with a sport that shaped my life.

Gene Hunt was my high school wrestling coach my senior year in high school. Having a new coach wasn't easy. I realized later that being a new coach wasn't easy either. His coaching approach and philosophy were much different than his predecessor. Not better or worse. Just different. I remember him once yelling out during practice, "There is only one person in the wrestling room right now working his tail off, and that is Shane Goodman." I wasn't the most talented athlete, but I did take pride in my work ethic, and he knew that would inspire me — as well as the others in the room who wanted him to say the same about them. I doubt he remembers those comments either.

Coaches can have some of the most significant impacts on young people, sometimes with just a few words. Of course, a few words can also have a negative effect, and that doesn't just go for coaches. In a sense, we are all coaching someone every day, whether we realize it or not. And it is our job to help others revel in the thrill of victory and understand how to deal with the agony of defeat.

Thanks for reading. ■

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PUT ME IN, COACH

**Residents recall the coaches
who impacted their lives**

By Chantel Boyd

Coaching is about much more than teaching the fundamentals of a sport. It is about developing the heart and mind of an athlete. It is about encouraging, leading and building relationships. It's about more than a winning season. It's about developing the mindset of a winner — not only in competition but in life's endeavors. Great coaches do that — and more, as the athletes whose lives they touched can attest.

Casey Zarr enjoyed playing baseball — competitively and for fun.

Players, friends, family

Spencer Pitts attended Bondurant-Farrar High School. But before he even got there, the baseball coach had already been coaching him in the sport — and life. You see, Coach Dan Hagman is his grandpa.

Hagman helped Pitts and many of his friends, like Aaron Whitehead, become good people, baseball players, and a close-knit family.

Pitts says his “Grandpa Dan” helped him start his baseball career off on the right foot.

“Without him, I would not have been very good and may not have played baseball as long. He taught me to have good sportsmanship and play well as a team member.”

Whitehead, also coached by Hagman, says he feels the same about their coach.

“Dan taught me everything there is to know about baseball,” he says.

Pitts adds, Hagman helped him not just in baseball but in life.

“He helped me become a respectful man who can work in a team with people and take responsibility for myself,” he says.



Coach Dan Hagman had an impact on his grandson Spencer Pitts and his friend Aaron Whitehead on and off the field.

Whitehead echoes the sentiment.

“Dan helped show me that, just because you don’t have the same blood as someone, it doesn’t mean they can’t be family,” he says.



Aaron Whitehead, catcher, and Spencer Pitts, pitcher, have been good friends and fellow baseball players for a long time and share appreciation for their coach.

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Hagman helped build his players' hitting average and character. Whitehead remembers doing a can drive for a fundraiser. Pitts remembers batting practice with his grandpa.

Both Pitts and Whitehead remember growing up under Hagman's direction, too. Whitehead remembers the coach helping him with his anger.

"The hardest thing I had to do was get my anger under control while on the field," he says.

Pitts says his coach helped him accept constructive criticism well.

"I needed to understand him telling me what I was doing wrong or talking to me from the dugout was him helping, and once I realized that, it helped me become stronger mentally," he says.

That mental toughness helped him develop patience, Pitts says.

"Having patience is a key part of baseball and in life. Sometimes it's hard to wait for a good pitch, but, once you get it, it's worth it," explains Pitts.

Whitehead agrees. He remembers that Hagman would remind him to "make them

give you a good pitch."

"This stuck with me because, yes, it had to do with baseball, but, to me, it helped me understand to know my worth and to not settle," he says.

Whitehead and Pitts agree that baseball brought them together, and they have remained good friends ever since.

"Baseball is more than just a sport; baseball is a place where you can build a family and make lifelong friends," says Whitehead.

Pitts agrees it's a team-building sport on and off the field.

"Baseball is a sport that helped shape me into who I am today," he says. "You also grow great friendships with people, and some even become like family."

Both say they want to thank Coach Hagman.

"Thank you, Grandpa, for helping to make me into the ball player and person I am today," shares Pitts.

"Thank you, Dan, for teaching me and helping me deal with my anger on the field, bringing me into your family, and helping me make lifelong friends," says Whitehead.

A supportive coach

Taylor Berggren played basketball and softball, and her dad, Dan Berggren, is a coach, runs the Blue Jay Basketball league, and gives lessons. He coached Taylor and her siblings.

Taylor was coached in basketball and softball by her dad and says she appreciated his coaching style.


"He is a very supportive coach," she says. "He pushes us athletes to be the best we can be on the court or field and as a person. He is a fan of us as athletes but is an even bigger fan and advocate of us being the best people we can be."

Taylor adds she has been grateful for her dad's accessibility.

"He was willing to work with me wherever and whenever and always motivated me to be the best I could be," she says. "He also would help me with any advice and shared his great knowledge of the sports he coached. He's very wise and knows what he's doing."

Her dad has also been an inspiration in her life, Taylor says.

"I admire his hard work and dedication to everything he does — his job, family and



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coaching his athletes. He wants success and nothing but the best for them.”

She adds, many of Coach Berggren’s contributions may seem routine.

“He does many things behind the scenes that I think go unnoticed,” she says. “He’s always working supporting his athletes and helping them perform better, and that’s how he is as a father, too. He listens, understands, and helps in whatever way he can. I am thankful to have had such a great coach, leader, role model and dad.”

The extra time spent with her dad when he was her coach was a bonus for Taylor, as well as traveling for tournaments and team camps.

“We were bonding as a team,” she says. “Going somewhere further away to play games against tougher teams was always great for us to improve our athletic skills and get better as a team. But going out to eat afterward, staying in the hotels, and doing fun activities with the team and coaches was always the best time. It made for such fun and long-lasting memories.”

One basketball season was more challenging than others, Taylor says. One of her siblings was sick and staying in the



Taylor Berggren says she learned many lessons on and off the court from her coach and dad, Dan Berggren.

children’s hospital in Iowa City. Taylor and her dad stayed home while her mom, Karen, was with her sibling at the hospital. Taylor had nonstop practices and games. The family regrouped in Iowa City for the weekend at the hospital.



Taylor Berggren played basketball and softball, and her dad, Dan Berggren, was her coach.

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"It was a long, hard period and season, but we got through it together, and it made us better and stronger as people," she says.

Some coaches have motivational phrases. Some have traditions. Coach Berggren had a tradition that stuck with Taylor. After every sports season, he wrote a letter to each player.

"These letters were personalized to each athlete," says Taylor. "Inside, it shared great memories of the past season, things that improved, things to maybe work on for the next season, and motivation and excitement for the next season ahead. It was so amazing how each letter was so specific to each athlete. It shows the complete time, dedication, and how much he cared for his athletes and the sport."

Taylor says she is grateful that, as a multi-sport athlete, she had a good support network in her parents.

"My family and siblings were rockstars. I can proudly say I had at least one family member at every one of my games," she says. "They helped me be the best athlete and person I can be. I don't have enough words to describe my gratitude towards them for all they've done for me."

On and off the field

Casey Zarr says he was proud to call Brad Hamilton both coach and uncle.

"My coach, Brad Hamilton, helped me with baseball and every aspect of life," he says. "My uncle was the varsity baseball coach at Bondurant for around 20 years with over 300 wins."

Zarr says those wins did not come easily over the years and refers to his uncle and coach as a "players' coach."

"He's there for the players, and that's the mentality he has instilled in me as I venture on my coaching journey," he says.

Now Zarr is applying what he learned from Hamilton to his coaching.

"I have applied many of his styles and philosophies to my team," he says, adding that, as a player, he developed the mindset needed for success because of his coach.

"I had decent skills, but developing the mindset behind the skills helped me tremendously to become a situational player and to know what's next," he says.



Casey Zarr says he is proud to call Brad Hamilton both coach and uncle.

"He helped me develop the ability to stay present — very hard for athletes, but he taught me to keep my feet grounded and play the game one pitch at a time," Zarr says.

As he looks back on his life, Zarr says Hamilton was there every step of the way.

"Brad made a positive impact on me since I could walk," he says. "I was a bat boy for the high school team since 2003 and got to interact and meet some of the guys who have become lifelong family friends."

Zarr has fond memories of baseball at Bondurant.

"I grew up in that dugout," he says. "He let me flourish and grow, allowed me to take risks, and guided me through the ups and downs."

While Zarr was playing, Coach Hamilton led the team to State.

"My favorite thing I've ever done with him as a coach was making it to State for the first time in 10 years," he says.

After the celebratory dogpile after the win, Zarr says he found his uncle and gave him a big hug.

"I'll never forget that hug," he says.

Saying goodbye to his varsity baseball career was difficult, says Zarr.

"To look my uncle in the eye and know it was the last time I'd play for him at Bluejay stadium was heart-wrenching."

The two had been on a long journey together.

"He had given everything he had to me — from being a bat boy to coaching me for a



Casey Zarr's uncle, Brad Hamilton, mentored him and introduced him to baseball when he was a young boy.

travel team to being my varsity coach," Zarr says.

Even then, Coach Hamilton helped him with the lesson of letting go.

"You can't carry things with you, especially things you can't control," says Zarr. "You have to move on and find a way to finish it. Brad used the phrase, 'Flush it.'"

Zarr says he now realizes, especially as he coaches, baseball is like life.

"There are average days, perfect days, and some days just aren't your day. But there is always tomorrow, so you must prepare whether today was good or bad," he says.

His message to his coach?

"Thanks for the countless hours and the endless amount of money spent so I could do what I love and travel the world playing the game," he says. "Thank you for allowing me to succeed and fail. Thanks for telling me to get back out there and keep trying. You're a true legend." ■

EQUIPPING our kids for success

With August beginning, we parents start preparing our kids to return to school. The school sends out shopping lists, ensuring kids have all the necessary supplies like pencils, notebooks and backpacks. But is that all our children need to be truly successful this school year? We know our kids need more than just school supplies; they need emotional and spiritual preparation to navigate the challenges ahead. Here's a checklist on how we can equip our kids to flourish academically, emotionally and spiritually this school year.



1. Cultivate courage rooted in faith

Joshua 1:9, "Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the LORD your God is with you wherever you go."

The Bible tells us not to fear 365 times. As parents, we can instill this powerful truth in our kids' hearts, reassuring them they are not alone on their school journey; God is with them!

Sharing personal stories of how we've faced our fears with God's help can be incredibly impactful. If you've ever felt nervous about something and prayed for courage, tell that story to your child. Being transparent about your own experiences will not only foster a deeper connection between you but also encourage them to lean on God in their own fears.

2. Emphasize prayer as a source of strength

Philippians 4:6-7, "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus."

Teaching our kids the power of prayer is a gift that will serve them throughout their lives. Show them how praying about worries can bring peace and strength. By witnessing prayer's positive impact, they'll learn to rely on God's guidance and trust in His plan for their lives.

3. Foster positive friendships

Proverbs 13:20, "The one who walks with the wise will become wise, but a companion of fools will suffer harm."

Help your kids identify and establish good friends. Positive friendships provide emotional support, build confidence and help kids overcome challenges with a sense of unity.

Let's embark on this new school year with hearts full of hope and trust in God's loving plans for our children. Together, as a family, we can journey through the school year with faith, confidence and the knowledge that God is guiding each step. May our kids shine brightly as they embrace the adventure of learning and grow into the remarkable individuals God intended them to be. ■

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

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WHAT IS transfer trauma?

Moving is often cited as one of life's most stressful events. Leaving a familiar setting is not only stressful, it can also result in depression. As we age, we must sometimes move to a different home or setting to meet our changing needs. These changes as we age can be unwanted and often feel forced upon us, and this can result in "transfer trauma."

Transfer trauma, also known as relocation stress syndrome, is a physical, behavioral and emotional reaction to a sudden change in your surroundings. Increasingly, older Americans are experiencing transfer trauma when transitioning through care settings, from home to an apartment, from independent living to assisted living, or from independent or assisted living to a long-term care facility. These transitions are hard and stressful. People experiencing these transitions are grieving the loss of not only a familiar environment but also a sense of safety and security that comes with being in a well-known setting.

The mood, behavioral and physiological symptoms from transfer trauma can include depression, combativeness, wandering, poor appetite, anger, confusion, weight loss/gain, screaming and incontinence issues. It is not uncommon for older adults who are experiencing transfer trauma to continually ask to go home and express dislike for their new



environment. Because of these symptoms, transfer trauma can often be misdiagnosed as dementia.

Everyone has a potential risk of experiencing transfer trauma. The risk increases in older adults and those living with dementia. Often times those living with dementia do not recognize their own physical or cognitive deficits and believe they are capable of staying where they are and caring for themselves when in actuality they need a higher level of care.

Including your loved one in decisions and offering them a choice in their living arrangements, no matter their cognitive level, can significantly reduce the risk of experiencing trauma. Plan ahead and move slowly through the process, allowing self-choice. If there is a feeling of being bossed around and having choices stripped away, trauma is more likely to occur. Those who agree to the needed transitions have a much easier time adjusting to the change.

In an ideal world, we would all be able to age in our homes and stay there until our passing. Unfortunately, sometimes these transitions are necessary. Watching your loved one experience transfer trauma can be incredibly difficult. Knowing what to expect can help you help your loved ones have a safe, healthy and well-adjusted move. ■

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

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WHY REGULAR rebalancing makes sense

Everyone loves a winner. If an investment is successful, most people naturally want to stick with it. But is that the best approach?

It may sound counterintuitive, but it may be possible to have too much of a good thing. Over time, the performance of different investments can shift a portfolio's intent — and its risk profile. It's a phenomenon sometimes referred to as "risk creep," and it happens when a portfolio has its risk profile shift over time.

When deciding how to allocate investments, many start by taking into account their time horizon, risk tolerance and specific goals. Next, individual investments are selected that pursue the overall objective. If all the investments selected had the same return, that balance — that allocation — would remain steady for a period of time. But, if the



investments have varying returns, over time, the portfolio may bear little resemblance to its original allocation.

Rebalancing is the process of restoring a portfolio to its original risk profile. But remember, asset allocation is an approach to help manage investment risk. Asset allocation does not guarantee against investment loss.

There are two ways to rebalance a portfolio.

The first is to use new money. When adding money to a portfolio, allocate these new funds to those assets or asset classes that have underperformed.

For example, if one investment fell from 40% of a portfolio to 30%, consider purchasing more of that investment to return the portfolio to its original 40% allocation. Diversification is an investment principle designed to manage risk. However, diversification does not guarantee against a loss.

The second way of rebalancing is to sell enough of the "winners" to buy more underperforming assets. Ironically, this type of

rebalancing actually forces you to buy low and sell high.

Keep in mind, however, that the information in this material is not intended as tax advice and may not be used for the purpose of avoiding any federal tax penalties. Please consult your tax professional before rebalancing. Rebalancing by selling "winners" may result in a taxable event.

Periodically rebalancing your portfolio to match your desired risk tolerance is a sound practice regardless of the market conditions. One approach is to set a specific time each year to schedule an appointment to review your portfolio and determine if adjustments are appropriate. ■

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RECIPE

STEPS toward heart-healthy eating

(Family Features) As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit hearttruth.gov to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at healthyeating.nhlbi.nih.gov. ■

Heart-healthy pita pizzas

Prep time: 10 minutes

Cook time: 8 minutes

Servings: 4

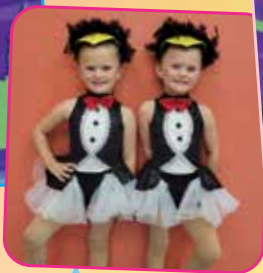
- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.



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MEET Daryl Dotson

Helping solve problems with — not for — students, families and staff

After graduating from East Waterloo High School, Daryl Dotson attended Upper Iowa University where he earned a degree in marketing and participated in football and wrestling. He has since attended Drake University, where he earned a master's degree in teaching; the University of Northern Iowa, where he participated in the Principalship Program; and Northwest Missouri State, where he obtained a Superintendent Licensure. Dotson previously worked for the Des Moines Public Schools for 17 years before joining the Bondurant-Farrar Community School District. Today, he serves as the student success advocate for the Bondurant-Farrar High School.



As the student success advocate, Daryl Dotson enjoys working with high school students.

"Working with students at the high school level is what I love about my job," Dotson says. "I enjoy the fact that, in my role, I get to know students on a personal level and develop a relationship with them."

Dotson says every day looks different in his role. He is learning that he must be organized in order to maximize the day. On most days, he checks in with a list of students, meets with teachers about students when necessary, is part of a team that has a shared responsibility in student achievement, and more.

"Our students are some of the best human beings I have had the pleasure of working with. The reward in doing this work is about helping students, families and staff members solve their problems with them, not for them. Working with students daily allows me to grow as a person because I learn from them as well," Dotson says.

This summer, Dotson looked forward to spending a lot of time with his new grandson, who was born on April 11. He also enjoys spending time with his three children, fishing, hunting, camping and more.

This fall, Dotson is also looking forward to growing as an educator and making more of an impact on both students and staff. He is looking forward to becoming a better resource for students, teachers and staff members as they continue to grow as a district. ■

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

August 2023

BFCSD's Graduation Rate Remains High

Per the Iowa Department of Education, Bondurant-Farrar's four-year graduation rate in 2022 was 96.7%, which is over 6% higher than the state average.

Iowa graduation rates are calculated with a formula established by the U.S. Department of Education. Unique student identification numbers allow school districts to account for all ninth-grade students as they move through high school, creating a four-year graduation rate for each cohort of students.

As a district, our focus is on ensuring all students feel welcomed, safe, and supported while helping them develop the academic, social, and emotional skills needed to succeed.



2023 Summer Camps = A Big Success

As summer break comes to a close, we look back on the success of Bondurant-Farrar's 2023 season of summer camps and the great educational experiences offered to students. From exciting adventures to inspiring creativity, these camps for students in grades 1-8 were a hit!

Over 330 students participated in 23 camps, which were led by our own Bondurant-Farrar educators. Students discovered new passions and interests, developed new friendships, and learned new skills while having so much fun.



Contact Us:

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

New Partnerships & Positions in New Year



Bondurant-Farrar is working to redefine the definition of success by providing students with an array of educational experiences and an awareness of life's multiple pathways. It is our goal that each graduate leaves with a plan for their career and the educational experiences to support that choice.

We have a number of new programs and partnerships in place to support this work in the new school year!

► Career & College Transition Counselor:

The CCTC position is an innovative addition to our existing team of high school counselors. This role, shared with North Polk and DMACC, focuses on guiding students through the crucial post-graduation journey to college and career pathways. This position would work closely with smaller groups of seniors to assist them in making informed decisions about their future steps, aligning with their college and career aspirations.

► iJAG Partnership:

iJAG stands for Iowa Jobs for America's Graduates. The program is meant to assist a small subgroup of students with individual attention to graduation, prepare them for success in the workforce/life, and find clarity with post-secondary transition. The iJAG initiative establishes an additional community and networking for students throughout their high school journey and for one year post-graduation.

► Portrait of a Graduate:

A POG is a collective vision that articulates the community's aspirations to better define the skills students need for success after high school. Following months of work by community stakeholder groups, our district's POG competencies were formally adopted at the June school board meeting. In the coming months, students will be designing ideas for the graphics that depict our core ideals and staff will be developing learning progressions that outline what each competency will look like at different grade levels.

Stay Connected:

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

ELVIS the Pony visits Bondurant

Kids learn about horses during event.



Ponies Elvis and Tivio are the stars of Ponies in the Park. Tiffany Lauer takes her ponies and her stories about Elvis to read to children.

Tiffany Lauer and her ponies, Elvis and Tivio, recently visited Bondurant for a Ponies in the Park event, which was a public reading of the local author's "Elvis the Pony" books. This event was held in partnership with the Bondurant Public Library at City Park.

At the Bondurant event this past July, during which kids also got to pet the ponies and take pictures, 70 attendees including parents and kids showed up. Lauer held a similar event in June with 90 attendees.

"One of my favorite parts of Ponies in the Park is seeing kids interact with the ponies," Lauer says. "I also enjoy their responses to the stories. I try to make the readings interactive either through model horses or active and

engaging storytelling. Their laughs and participation are always a win for me."

Lauer shares she's already preparing to host additional Ponies in the Park events next spring and summer, as well as a Pony Party carnival during which she will offer a variety of fun including a Kiss the Pony booth fundraiser for the library, pony rides, book readings, games, crafts and other horse-related activities.

"The plan is to horse around and have a heck of a good time," she says.

As a veteran English teacher and horse lover, Lauer enjoys sharing her stories of Elvis the Pony and the lessons he learns in his adventures.

"Many of these city kids do not have an opportunity to be around real horses, and Elvis the Pony and Tivio are small enough to come into these public places," she says. "They are kind, quiet and tolerant of the craziness."

And if Lauer spots a busy park on her way home from a Ponies in the Park event, she'll pull over and read a book to the kids and let them meet Elvis and Tivio, too.

Next on the agenda, readers can gallop on over to Altoona on Sept. 23 for an Elvis the Pony Adventure Party at the Altoona Public Library where Lauer and her ponies will be horsing around, telling stories, offering pony rides and hosting a variety of other activities for the whole family. ■



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BONDURANT-FARRAR

2023 FALL SCHEDULE

VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 25	7:30PM	North Polk	Bondurant-Farrar High School
Sep 1	7:30PM	Grinnell	Grinnell High School
Sep 8	7:30PM	Waverly-Shell Rock	Waverly-Shell Rock High School
Sep 15	7:30PM	Lewis Central	Bondurant-Farrar High School
Sep 22	7:00PM	Newton	Newton HA Lynn Stadium
Sep 28	7:30PM	Des Moines Hoover	DM Hoover High School
Oct 6	7:30PM	Gilbert	Bondurant-Farrar High School
Oct 13	7:30PM	Pella	Pella High School
Oct 20	7:30PM	Carlisle	Bondurant-Farrar High School

JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 28	6:00PM	North Polk	North Polk High School
Sep 4	6:00PM	Grinnell	Bondurant-Farrar High School
Sep 11	6:00PM	Waverly-Shell Rock	Bondurant-Farrar High School
Sep 18	5:30PM	Lewis Central	Lewis Central HS
Sep 25	6:00PM	Newton	Bondurant-Farrar High School
Oct 2	6:30PM	ADM	ADM High School
Oct 9	6:00PM	Gilbert	Gilbert High School
Oct 16	6:00PM	Pella	Bondurant-Farrar High School

JV/VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 29	4:30PM	Multiple Schools	Dallas Center-Grimes Middle School
Sep 2	10:00AM	Pella	Central College
Sep 7	5:45PM	Multiple Schools	Iowa State University Cross Country Course
Sep 11	4:30PM	Ballard	Ballard High School
Sep 21	4:30PM	Roland-Story	Roland-Story
Sep 28	5:00PM	Perry	Perry Golf & Country Club
Oct 2	4:30PM	Multiple Schools	North Polk High School

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VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 22	7:00PM	Norwalk	Bondurant-Farrar High School
Aug 26	8:00AM	Multiple Schools	Bondurant-Farrar High School
Aug 29	7:00PM	Winterset	Winterset High School
Sep 5	7:00PM	Ballard	Bondurant-Farrar High School
Sep 12	7:00PM	ADM	ADM High School
Sep 14	7:00PM	Boone	Bondurant-Farrar High School
Sep 16	9:00AM	Multiple Schools	Bondurant-Farrar High School
Sep 19	7:00PM	Carlisle	Carlisle High School
Sep 21	7:00PM	Carroll	Bondurant-Farrar High School
Sep 23	8:30AM	Multiple Schools	Nevada High School
Sep 26	7:00PM	Gilbert	Gilbert High School
Oct 3	7:00PM	North Polk	Bondurant-Farrar High School
Oct 7	9:00AM	Multiple Schools	Indianola High School
Oct 10	7:30PM	Humboldt	Humboldt High School

JV VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 22	5:30PM	Norwalk	Bondurant-Farrar High School
Aug 28	5:30PM	Multiple Schools	Gilbert High School
Aug 29	5:30PM	Winterset	Winterset High School
Aug 31	4:30PM	Multiple Schools	Carlisle High School
Sep 5	5:30PM	Ballard	Bondurant-Farrar High School
Sep 9	8:00AM	Multiple Schools	Bondurant-Farrar High School
Sep 12	5:30PM	ADM CSD	ADM High School
Sep 14	5:30PM	Boone	Bondurant-Farrar High School
Sep 21	5:30PM	Carroll Community School	Bondurant-Farrar High School
Sep 25	5:30PM	Multiple Schools	ADM High School
Sep 26	5:30PM	Gilbert	Gilbert High School
Oct 2	5:30PM	Multiple Schools	Gilbert High School
Oct 3	5:30PM	North Polk	Bondurant-Farrar High School
Oct 9	5:30PM	Carlisle	Carlisle High School
Oct 10	5:30PM	Humboldt	Humboldt High School



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RAISING Readers in the Heartland

We here at the library are excited because the Bondurant Community Library has been chosen to begin the program sponsored by Raising Readers in the Heartland.

What does this mean, and what is Raising Readers in the Heartland?

Raising Readers in the Heartland's mission is to inspire a life-long love of reading by providing new, high-quality books for all children from birth to age 5 who live in Polk County, regardless of socioeconomic status. Raising Readers in the Heartland partners with Dolly Parton's Imagination Library to provide the books, and the residents of Bondurant will now be eligible. Can you imagine? Each child will receive one book per month, free of charge, from birth to age 5.

Dolly Parton launched Dolly Parton's Imagination Library in 1997 in her home county in eastern Tennessee. She wanted to foster a love

of reading, get children excited about books and feel the magic that books can create. Now Dolly Parton's Imagination Library sends more than two million books per month to children around the world.

We are so thankful and excited Bondurant will now be a part of this. More details are forthcoming, but plan to join us here at the library for the launch party on Sept. 16 from 10 a.m. to noon to learn more.

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

- Story Time 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.
- Baby Stories and Play on Thursdays at 9:30 a.m.
- Fit For Life (exercise class), Mondays and Thursdays at 8:30 a.m.

- Sept. 3 and 4 - LIBRARY CLOSED for Labor Day
- Sept. 5 - Grades 3-5 Book Club at 6 p.m.
- Sept. 6 - Pokémon Club at 4:15 p.m.
- Sept. 7 - Adult Craft Night at 6 p.m., registration required
- Sept. 10 - Teens only Sunday Fun Day at 3 p.m.
- Sept. 11 - After School Craft at 2:30 p.m.
- Sept. 12 - Book Discussion for Adults at 6 p.m.
- Sept. 13 - STEAM Club at 4:15 p.m.
- Sept. 16 - Raising Readers in the Heartland Launch Party, 10 a.m. to 12 p.m.
- Sept. 18 - After School BINGO at 2:30 p.m.
- Sept. 19 - Grades 6-8 Book Club at 5 p.m.
- Sept. 19 - Books on Tap Book Discussion at Reclaimed Rails at 6 p.m.
- Sept. 21 - Third Thursday at Hoover's at 6 p.m.
- Sept. 25 - After School Movie at 2:30 p.m. ■

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AT HOME in a welcoming community

Bondurant is a perfect fit for Stalzer.

Kayla Stalzer says her Bondurant home is in the perfect location for her and her family.

"We are right near the bike trail, library, parks within walking distance and on a fairly quiet street," she shares.

Stalzer and her three children moved to town in January 2022 because she wanted to settle down in a place with a small-community feel, great schools and a home she could afford.

She found all that and more in Bondurant.

"Our home has a beautiful, open concept as you walk in," Stalzer says. "The living room, kitchen and eating space are all one. It creates a cozy feeling, and, with the large front windows, I can watch kids play outside while cooking dinner."

Stalzer says she is blessed to have great neighbors.

"There are several kids on our street who all love to play with one another," she adds. "We have made friendships and connections that will last a lifetime. We all look out for one another, our houses and our furry friends."

Perhaps most important, though, Stalzer says she has felt nothing but welcomed in the community.

"Moving here as a single mom, I felt pretty alone and isolated," she explains. "Bondurant was the fresh start for our family. The school system support has been amazing. From the teachers to bus drivers, administrators to the lunch ladies, the kids never stop saying how much they love their school workers."

She also appreciates the many free, family-friendly events held in town.

"We always can find something to do, but our favorite is the farmer's market kickoff with inflatables, all the emergency vehicles that come to town and the hundreds of friends that join the fun," Stalzer says. "We look forward to each event, and it has made living here that much better."

And while Stalzer says she knew she'd like living in Bondurant, she didn't know how fast she'd fall in love with the community.

"Seeing all three kids be so happy here really made me sure we made the right move," she says. "If you see our smiling faces on the bike trail, at the park or farmer's market, be sure to say hi. We love the friendships we have made so far and know there are many more to be made. We love Bondurant!" ■



Kayla Stalzer says Bondurant has exceeded her expectations as a great place to raise her children.

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.



Movies in the Park

Saturday, Sept. 16,
7:20 p.m.
Bondurant Regional
Trailhead, 2 Main St. S.E.

The movie will be "Top Gun: Maverick," which is approximately 2 hours and 11 minutes. Come in your pajamas, bring a blanket, and prepare for a flick full of magic. Freshly popped popcorn will be provided.



Bondurant American Legion Community Breakfast

Saturday, Sept. 16, 7-9:30 a.m.
American Legion Hall, 315
Second St. N.W., Bondurant

Bondurant American Legion hosts a Community Breakfast on the third Saturday of every month at the Legion Hall. The menu consists of pancakes, choice of eggs, toast, hash browns, biscuits and gravy, sausage, coffee, milk and orange juice.



Music at Haines Park

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.

Oktoberfest Fall Bags Tournament

Saturday, Sept. 30, 12:30-5 p.m.
Reclaimed Rails Brewing Company, 101 Main St. S.E., Bondurant



To register, download Scoreholio on your mobile device then register at <https://app.scoreholio.com/link/YBYN>. Join the fun for Oktoberfest. The Rails have Dains Dutchmen kicking the day off with some old-fashioned polka music to get you in the festival mood. Food trucks will be there serving up some traditional German eats. German-style and fest beers will be served at the Rails and some of your favorite local breweries! Prizes for best dressed will be presented. Then, to end the festivities, Reclaimed Rails will have live music from 7-10 p.m.

GROUP MEETINGS

• American Legion Post 396 Meeting

Tuesday, Sept. 5, 7 p.m.

American Legion Hall, 315 Second St. N.W.,
Bondurant

• Bondurant Men's Club

Wednesdays, Sept. 6 and 20, 7 p.m.

Mr. Ihde's Shop, 229 Railroad St., Bondurant

• American Legion Auxiliary

Thursday, Sept. 14, 7 p.m.

American Legion Hall, 315 Second St. N.W.,
Bondurant

• Senior Citizen's Club

Monday, Sept. 18, 9:30 a.m.

American Legion Hall, 315 Second St. N.W.,
Bondurant

Senior Citizen's Club meets on the third Monday of the month.

• Bondurant Historical Society

Monday, Sept. 18, 6 p.m.

Bondurant Community Library, 104 Second St. N.E.,
Bondurant

The Bondurant Historical Society meets the third Monday of the month.

• Friends of Chichaqua Valley Trail Meeting

Tuesday, Sept. 19, 7 p.m.

Friends of Chichaqua Valley Trail meets on the third Tuesday of the month. Contact chichaquavalleytrail@gmail.com for location.

• Lions Club

Thursdays, Sept. 7 and 21, 7:30 p.m.

American Legion Hall, 315 Second St. N.W.,
Bondurant

Lions Club meets on the first and third Thursdays of the month.

• Bondurant Community Foundation

Tuesday, Sept. 26, 6 p.m.

The Bondurant Community Foundation meets on the fourth Tuesday of the month. For more information, contact bondurantcommunityfoundation@gmail.com.

• Mother's Club

Tuesday, Sept. 26, 7 p.m.

Mother's Club meets on the fourth Tuesday of the month.

• Bondurant Civic Club

Wednesday, Sept. 27, 7:30 p.m.

Civic Club meets at various locations/members' homes. ■



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EVENTS IN THE AREA

Be sure to check for cancellations.



World Food & Music Festival

Aug. 25-27

Western Gateway Park,
1205 Locust St., Des Moines

Enjoy a weekend of international cuisine, live music and performances. For a full schedule, visit www.dsmpartnership.com/worldfoodandmusicfestival.

Harmony Central Chorus of Des Moines concert

Sept. 30, 3 p.m.

First Baptist Church of Greater Des Moines, 8250 N.W. 62nd Ave., Johnston

Harmony Central Chorus of Des Moines, a four-part a capella harmony chorus, will present a concert. Tickets are \$20 per adult and \$15 per student and may be purchased at the door.



Ingersoll Live

Aug. 26, 3-10 p.m.

2800 block of Ingersoll Avenue

Ingersoll Live is a family-friendly block party with three stages of live music and entertainment plus local vendors, food trucks, art and family activities. For more information, visit www.theavenuesdsm.com.

Log Cabin Days Festival

Sept. 23

Warren County Fairgrounds,
1400 W Second Ave., Indianola

The annual festival brings you in for a taste of Indianola history that will include craft booths, quilt exhibit, an antique car show and classic car show at the Warren County Fairgrounds.




Fall Festival Dallas Center

Aug. 25-26

Dallas Center

Fall Festival is known for being a family-friendly event that is the pride of Dallas Center. This year's theme is "Feeling Groovy in DC." Enjoy the carnival, parade, fireworks, live music, sand volleyball tournament, cow pie drop, cornhole tournament, car show, garden tractor pull, pedal pull, pie auction, 5K/1 mile road race, toddler trot, cribbage tournament, bingo, freewill donation BBQ and so much more. For more information, visit www.dallascenterfallfestival.com.



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EVENTS IN THE AREA

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

Be sure to check for cancellations.



Halfway to St. Pat's Car Show

Sunday, Sept. 17
Mugsy's Pizza House,
1225 Copper Creek
Drive, Pleasant Hill

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at www.friendlysonsiowa.com.

Latino Heritage Festival

Sept. 23-24
Western Gateway Park, 100
Grand Ave., Des Moines

Latino Heritage Festival presents a taste of Latin America with more than 20 food vendors and tons of live music over the weekend at Western Gateway Park, 100 Grand Ave., Des Moines. www.latinoheritagefestival.org.

Oktoberfest

Sept. 22-23
Lauridsen Amphitheater,
Water Works Park,
2251 George Flagg Parkway

Oktoberfest returns for the 18th year with all your favorite authentic celebrations including a huge selection of German and craft beers, delicious German food, beer puppeteer, live music, bier maiden and stein holding competitions, a silent disco featuring 11 DJs over three days, and much more. www.oktoberfestdsm.com.



Valley Junction Farmers Market and Music in the Junction

Thursdays through Sept. 28, 4-8:30 p.m.

Historic Valley Junction, 100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. Scheduled are: Aug. 31, Gimikk; Sept. 7, Rhythmatics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; Sept. 28, The Crust. ■



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



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UV light is always a main focus in summer. We try to protect our skin whenever we are outside, but we also need to protect our eyes. If you've ever experienced snow blindness or welders burn, you know the worst case scenario of burning the top layer of your cornea (super pain, do not recommend). But UV rays are also responsible for accelerating cataracts and macular degeneration.



Most of the damage we do to our eyes from UV light is actually done prior to us turning 18. Kids are notorious for not wearing their sunglasses and hats. Summer camp photos are usually a great way to highlight this. When cabin photos are taken the first day, almost every kid is wearing a hat or sunglasses. On the last day, almost none of them are wearing either of these. If your kid is too young to wear contacts (which we leave primarily up to parents to decide), we highly suggest a pair of prescription sunglasses for kids when they are outside. Thankfully, many contacts have a layer of UV protection, including the latest technology which includes transitions in the Acuvue Oasys contacts. ■

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



Perfect Check-Up Winner Megan!



Monthly Referral Winner Jennifer!

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By Dr. Steven Neville

WHITER teeth for a better smile

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



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

HEALTH

By Dr. Kari Swain

PRENATAL chiropractic care

Restoring and building health are essential for optimal fertility and healthy pregnancy. Adding a board-certified prenatal chiropractor to your healthcare team can help tremendously in your preparation for conception, pregnancy and birth. Chiropractic care is important for both mothers and fathers as both of their fertility plays an integral role in conception.


Chiropractors are doctors of the nervous system, and the nervous system is the master controller of all the systems in the body, including the reproductive and endocrine systems. Prolonged stress can disrupt function, including hormonal and fertility.

Spinal misalignment can disrupt communication and blood flow to the reproductive organs. Imbalance in the pelvis also impacts the vitality of the reproductive organs by placing undo stress on them. Chiropractic adjustments remove the interference to the nervous system, allowing it to function optimally and also increase blood flow, encouraging sperm production in men and easier movement of fertilized eggs in the fallopian tubes for women.

A thorough exam to assess the function and state of the nervous system provides the information and findings needed for the doctor to recommend individualized care.


Prenatal chiropractors can also be a resource for lifestyle recommendations to help support the mother and father's overall health. Nutrient rich diet and supplementation, adequate sleep and hydration, and stress reduction and exercise are all important. ■

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



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HEALTH

By Shelly Stewart-Sandusky

ADULT children of emotionally immature parents

As adults, we can see interactions with parents in a different way than when we are children.

Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children.

In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, www.sstherapyandconsulting.com, 515-528-8135.

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HEALTH

By Dr. Emily Hogle

DELAYED onset muscle soreness

Post-workout soreness, also known as delayed onset muscle soreness (DOMS), can often discourage individuals from maintaining a consistent exercise routine. Various techniques can aid in decreasing post-workout soreness, allowing individuals to enjoy their fitness journey to the fullest.



- 1. Gradual progression:** One of the primary causes of excessive post-workout soreness is pushing the body too hard, too soon. Start with manageable routines and gradually ramp up intensity and volume over time.
 - 2. Proper warm-up and cool-down:** A well-structured warm-up routine prepares muscles, tendons and ligaments for the demands of exercise. Similarly, a cool-down session, involving stretching and light exercises, aids in preventing muscle stiffness and promotes blood circulation, which can accelerate recovery.
 - 3. Hydration and nutrition:** Staying hydrated before, during and after exercise is crucial for muscle function and recovery. Additionally, consuming a balanced diet rich in protein, healthy fats and carbohydrates helps repair and rebuild muscle tissues.
 - 4. Active recovery:** Engaging in low-intensity activities on rest days can facilitate blood flow to sore muscles, promoting healing.
 - 5. Quality sleep:** During deep sleep, the body releases growth hormone, which is crucial for repairing damaged tissues.
- Working with a physical therapist can provide valuable insights into proper exercise techniques and progression. ■

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

BEFORE YOU GO

By Tosha Edmundson

THE MEANING in a memorial

I hadn't spent time in cemeteries previous to working in one enough to notice the patterns and meaning behind how memorials are designed and even laid out on the grounds. Reasons behind a cemetery layout are often biblical. Many of the individual areas within a cemetery have biblical context — Trinity, Prayer, Resurrection. The way the memorial is facing is even of biblical relevance. The Bible teaches that when Jesus returns, He will come from the east, and the dead in Christ will be raised to meet him. If two had been joined in matrimony, Christian tradition would have the man standing on the right of his wife facing the east, therefore, being buried on her left. I challenge you to look closer the next time you're visiting a cemetery.

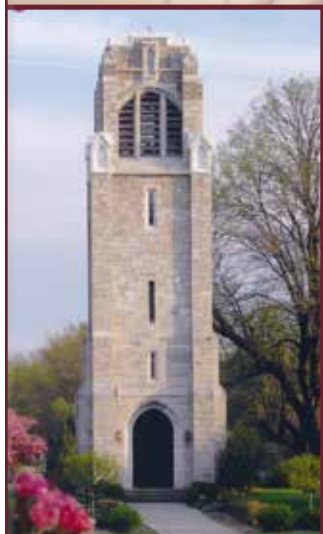


While this is some interesting history, every family's story, beliefs and desires are different and should be honored. Many times the wife is buried on the left side because it is closer to her family. Perhaps they just liked how it looked on the memorial better. You may see three names on a memorial or a single name. Nearly every aspect of a memorial can be customized. Whether driven by tradition, faith or the unique life lived by a person, designing a memorial is a meaningful process.

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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DOG LICENSING REQUIRED FOR YOUR DOG

Attention, Bondurant Residents! Register your dogs now for the essential Dog License by Polk County. Fulfill the requirement, ensuring safety and well-being. Questions? Contact 515-286-3079. Dog Licenses for unincorporated areas and select cities like Bondurant, Altoona, Mitchellville, Runnells, Carlisle, and Sheldahl. Access the form at <https://www.polkcountyiowa.gov/county-auditor/news-and-press-releases/2023-dog-license-renewal/>. Secure our furry friends' future today!

METRO HOME IMPROVEMENT PROGRAM

Calling all Bondurant homeowners! We're thrilled to share that the Metro Home Improvement Program is at your service, extending a helping hand for housing repairs. Access up to \$16,820 through our forgiving loan initiative. Visit the city's website at <https://www.cityofbondurant.com/community/pages/metro-home-improvement-program>. Seize the moment to enhance your abode! Don't delay – act now and bestow your home with the care it truly deserves.

BONDURANT COMMUNITY LIBRARY ACHIEVES STATE ACCREDITATION FOR OUTSTANDING PUBLIC LIBRARY SERVICE

This accomplishment reflects the library's unwavering dedication to providing exceptional library services to its community. Earning accreditation necessitates a steadfast commitment to upholding superior library services, a commitment that the Bondurant Community Library has demonstrated across all aspects of its operations. This includes governance and funding, staffing, library collection, services, public relations, access, and facilities. The accreditation status, effective from July 1, 2023, through June 30, 2026, highlights the library's consistent excellence.

SAVE MONEY ON YOUR WATER BILLS

Contemplating a pool addition? Moving into a new construction house and need to water sod? Discover City Hall's irrigation meters (second meters) – a savvy choice. By using outdoor faucets, you dodge sewer fees, preserving \$12.75 per 1,000 gallons. Imagine the impact: an average above-ground pool holds around 5,973 gallons, translating to noteworthy savings. Delve into details at: <https://www.cityofbondurant.com/utilities-department/pages/irrigation-meters>

EVENTS:

MOVIES IN THE PARK

Saturday, September 16 will include the showing of Top Gun: Maverick. "Top Gun: Maverick" soars with Tom Cruise as Pete "Maverick" Mitchell, a veteran pilot training a new generation, including Bradley "Rooster" Bradshaw (Miles Teller). The film combines thrilling aerial combat with Maverick's personal journey, showcasing his mentorship and legacy in a high-energy tale of aviation excellence and emotional growth.

MOVIES IN THE PARK

Saturday, October 7 will include the showing of the Field of Dreams. "Field of Dreams" is a heartfelt drama where a farmer, Ray Kinsella (Kevin Costner), transforms his cornfield into a baseball diamond guided by a mysterious voice. As he connects with the past, the film weaves a tale of redemption, family, and the magic of believing in the impossible.

BONDU SPOOKTACULAR

Save the Date! **Saturday, October 21** from 2:00 to 4:00 PM at the Bondurant City Park (may relocate if the park is under construction due to a hotly anticipated renovation). There will be a variety of safe trick-or-treat options to fulfill every child's desire. Many games and activities. Allergy-friendly treats, as well as sugary treats. Expect to participate in a costume contest and donut eating contest.

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.

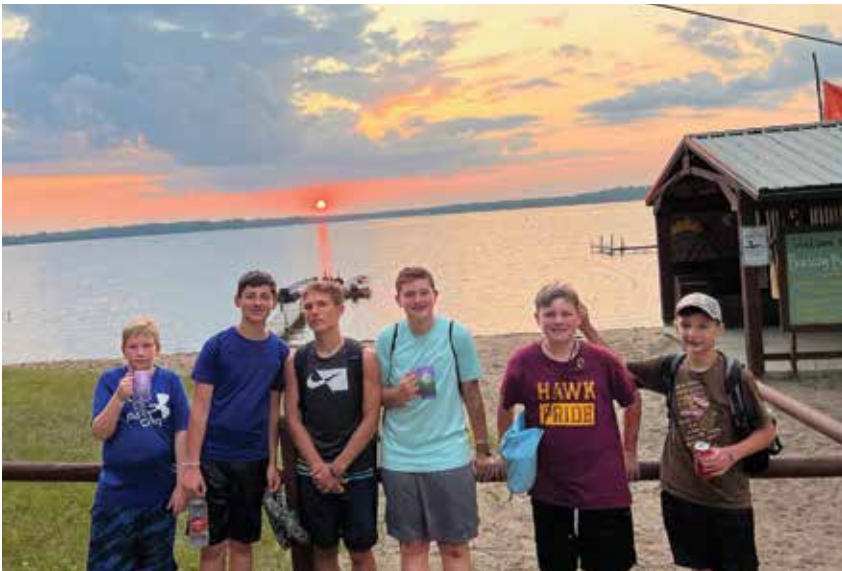
ENGAGE WITH US...

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.

BONDURANT Troop 10 news



Troop 10 finished the summer with a six-night, five-day camp at the Many Point Scout Camp in Minnesota. Scouts completed merit badges such as: Archery, Life Saving, Rifle Safety, Hiking, Rock Climbing, and many more.



UPCOMING EVENT

Community wide can and bottle drive will be held in November. Watch for details and save your cans.



Boy Scouts Troop 10 Bondurant and Cub Scouts joined the Bondurant American Legion Post 396 in a flag burning ceremony. The troop and Cub Scouts attended a ceremonial experience learning how to dispose of worn-beyond-repair American Flags.

CITY'S accolades reflect its mission statement

The City Council for Bondurant adopted a mission statement that reads, "The City of Bondurant collaborates with citizens and community partners to deliver exemplary public services, diverse recreation activities, and opportunities to participate in shaping a vibrant, welcoming hometown." The work that the Bondurant community has done in the past few years furthers this mission statement and has been recognized with multiple honors.



The Robert D. and Billie Ray Center recognized Bondurant as the 2022 Community of Character, thanks to the city's commitment to trustworthiness, respect, responsibility, fairness, caring and good citizenship and the leadership of active civic organizations and volunteers. Also, in 2022, Bondurant was designated as an Iowa Great Place, due to the outstanding work and leadership of the Bondurant Community Foundation, as well as the City's elected leadership.

The Bondurant Community Library earned the 2023 Best Development Award for its renovation and expansion project. The library's expansion increased its physical space and collection while prioritizing green building practices. The project's inclusion of permeable pavers in the expanded parking lot mitigates stormwater run-off, reduces flooding, and minimizes the need for road salt in winter. Managing this project while continuing to provide innovative programming and great community service are key reasons Jill Sanders achieved the 2022 Distinguished Leadership Award from the Iowa Library Association.

Another recent honor is the International City/County Management Association's (ICMA) 2023 Program Excellence Award for Strategic Leadership & Governance. This award acknowledges the innovative MARC (Maintenance, Access and Records Compliance) Program. The program significantly streamlined records retention and access, resulting in cost savings and increased efficiency.

Bondurant's dedication to economic development has not gone unnoticed either. The City's Economic Development Program, launched in 2017, identified strategic properties for development, contributing to a marked increase in commercial and industrial valuation. This initiative has given the City the resources necessary to provide better services and amenities and garnered 2022 ICMA Strategic Governance and International Economic Development Council Program Excellence awards.

The City's commitment to continuous improvement through the Strategic Continuous Operational Redesign and Evaluation (SCORE) program also earned accolades from ICMA in 2022. The City achieved significant cost savings by embracing continuous improvement.

Bondurant was recognized as a Tree City USA Community for the 27th consecutive year in 2023. This designation is a testament to the city's unwavering commitment to environmental stewardship.

These awards reflect the City of Bondurant's commitment to excellence and drive to enhance the community and help citizens and businesses grow and thrive. With visionary leadership and innovative programs, Bondurant sets a high standard, making it a model for other communities. These accolades reflect the dedication of the many community leaders, elected officials and volunteers. ■

Information provided by Marketa Oliver, Bondurant City Administrator.

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We will be updating our online Community Guide soon, too, so watch for that!

Bondurant Chamber of Commerce

www.BondurantChamber.com

OUT & ABOUT

TOUCH-A-Truck

Bondurant's Touch-A-Truck event was held July 28 at Bondurant Emergency Services, 101 Grant St. N.



Inside the MercyOne AirMed. Photos by Ben.



People waiting to see inside the MercyOne AirMed. Photos by Ben.



Jalen and Alessandra Salazar



Joe and Amber Salazar and family.



Scott and Morgan Szurek and family



Diana Felice, Austin Dagenais, Bret Miller and Leah Newell



Theresa Geelan and Kelly Rosenbalm



Logan and Samie Fitchett and daughter



Josh and Mille Klapp and family



Steve and Ashley Cox and family, and Roger and Connie Cox

TOUCH-A-Truck

Bondurant's Touch-A-Truck event was held July 28 at Bondurant Emergency Services, 101 Grant St. N.



Samoa Elnour and family



Pat and Jenn Graham



Kimberly Bell and family



Jesus Gonzalez, Matt Hemesath, Chris Ailts, Blake Christensen and Curtis Harper



Leslie Brandt and child



Holly Manning and Adelynn



Nicole VanHouten and Katelyn McComber



Jennifer Sevedge and Colin Brown



Jeremy and Lyndsey Schwanz and family



Neal and Carol Shivers and Conner



Jeff DePoorter and family; Oscar Kruse and Jayson Hudecek

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200 11TH CT NW
\$441,059
3 BED
1 BATH
1,730 SQFT

1 Day
BONDURANT

pcca REAL ESTATE
KRISTIN GOODWIN

LICENSED IN THE STATE OF IOWA

