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MARCH 2024

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WELCOME

104 vacation days

Dream vacation. You have heard the term. You may have even experienced one or two. But, more than likely, your dream vacation may still be something in your mind.

When I was a young man working at The Des Moines Register, I was planning a short vacation and told Denny, a customer of mine, that I would be off work. He looked at me with a stern face and said, "Vacation? You don't work Sundays, do you? That's 52 days of vacation a year." He continued, "Wait, you don't work Saturdays either, do you? That's another 52 days. That's 104 days of vacation per year. How much vacation do you need?"

I was without words. Denny was having fun with me, but there was some truth to what he was saying.

As a teenager, I worked at a local gas station that was open 24/7. Even in the 1980s, staffing was a challenge, especially on Thanksgiving, Christmas and New Year's Day. My family didn't take many vacations, so when the opportunity came to earn time-and-a-half for holiday pay, I was the first to sign up. I enjoyed working those days, as the store traffic was lighter, the customers were cheery, and I liked the paycheck.

When I worked at the Register, we were told that we would not be allowed to take vacation between Thanksgiving and Christmas. Those were the newspaper's busiest times with advertising, and we were to be there to make sure of it. We are not as strict today in our company, but a holiday does mean we have to complete five days of work in four days. The presses keep running.

Author Rob Hill said, "My goal is to build a life I don't need a vacation from." Now that makes sense to me. But, like most things in life, I have learned that there truly are different strokes for different folks. Some people love to travel and spend time on a beach; I get sunburned and have two days of diarrhea. Others want to take a week off and ride a bicycle 468 miles across the state in 90-degree weather; that's not my idea of a vacation. And a select few enjoy time at home working on a list of projects and relaxing with friends and family; that's more my style.

Meanwhile, my wife and kids not only enjoy vacations, they have come to expect them. I am slowly but surely learning to appreciate the time off as well. And, although our ideas of what a dream vacation may differ, I am happy to be along for the ride.

Thanks for reading. ■

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Trips OF A lifetime

Residents share stories of their
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By Chantel Boyd

For some people, vacationing is a part of their routine. They plan, take and enjoy numerous trips to see the sights and “get away” from the usual hustle and bustle of life. They enjoy good times and make fond memories. They share photos and stories, but it isn’t long before they are looking forward to their next excursion. For some others, a vacation turns out to be much more than that — it is a dream come true, and, no matter how many vacations may follow, none will ever compare. It is a trip of a lifetime.

Amanda Gamper and her children visited many sites in France, where Amanda’s husband, Gilles, grew up.

FEATURE

A celebration of family

Amanda Gamper, her husband, Gilles, their children, Adèle, Clara, Elisa and Gabriel, had a Christmas season to remember when they took a trip to France in late 2023. The trip was all about connecting with family.

"Because of two moves — one across states — and the pandemic, we were unable to visit my husband's home country and family for nearly eight years," says Amanda. In addition, Gilles had not been home for Christmas in more than 14 years.

Amanda admits she is not a big planner.

"I am an 'on a whim' planner and the type to go with the flow. One day in August, I talked to my husband about his beautiful country at Christmas time, and we did the calculations: He hadn't been home for Christmas in 14 years. I decided right then and there we were going."

After a quick check of airline tickets, it was a done deal. The cost was manageable, so Amanda and her family went for it.

"It was like it was meant to be," she says.

"It was breathtaking and magical," says Amanda. "Every village and town was completely decorated for Christmas and hosted



The Gamper family enjoyed Christmas in France. It was the first Christmas in 14 years that Gilles Gamper was able to be with family in France.

a Christmas market."

As magical as the visit was, they wished there had been more time to visit with Gilles' family and friends.

"Before our 2023 trip was even halfway over, we already bought tickets to return to France for February," Amanda says. "We went from November 2023 until Dec. 7, 2023, and again from Feb. 16 to March 1, 2024 — a total of

four wonderful weeks in Europe."

The Gamper family trip centered around the region of Alsace, France, and more specifically, Mulhouse, France.

"But we also went across the border to Germany and Switzerland," Amanda says.

The Gampers wanted to immerse their children in their father's culture.

"We wanted them to fully live as the



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French. Speak, eat and do all the normal, day-in and day-out activities of a French lifestyle,” Amanda says, adding that the children did just that. “Our kids learned to walk more, eat less processed foods, waste less, and conserve natural resources like water and electricity.”

This was also a homecoming trip for Gilles, and it brought back childhood memories he enjoyed sharing with his wife and children. In addition, it was a chance for Gilles’ family in France to meet new members of the family.

Gilles’ dad beamed joyfully to hold his first grandson for the first time. Even when the active baby was fussy, the grandpa refused to give him up because he didn’t want to miss a moment with him, Amanda says, adding they made a point to be in France for Gabriel’s first birthday. They were there for another big celebration as well.

“We arrived in France in February just in time for the European carnival season,” she says.

Close to Gilles’ hometown is Basel, Switzerland, which hosts one of the largest and most famous carnivals.

“The carnival was like nothing I’d ever seen before,” Amanda says. “Big, animated masks,

large floats, tons of confetti, and so many odd items tossed into the crowd. We caught dozens of candies, beer, flowers, potatoes, bananas, limes, oranges and even a teddy bear.”

Amanda wishes she had packed less to accommodate all the souvenirs she had accumulated.

Amanda’s advice to other would-be travelers would be to plan less and do more.

“Sometimes we tend to overthink our anxieties and worries, which keep us from the trip of a lifetime,” she says. “My favorite memories weren’t planned; they just happened to come upon us. I wouldn’t change a thing, and I wish more people traveled and took the trip of their dreams without letting all the details get in their way.”

A “wish trip” come true

Kevin Waul took his daughter, Sarah, and his entire family on a “wish trip” to San Francisco 18 months ago.

Kevin and his family have lived in Bondurant for a few years, and, during that time, Sarah had been sick, and the community rallied around her. A Facebook page, “Fight for



Kevin Waul’s daughter, Sarah, in front, was granted a “wish trip” during her battle with a rare cancer. She chose for her family to go to San Francisco to meet George Kittle, back row, and watch him play.

18,” was created, and the community cheered Sarah on there.

“Our daughter passed away 11 months ago, but six months prior, we got to go on a trip of a lifetime,” says Kevin. “She had clean scans then.”

Kevin, his wife, Rachel Waul, and their children, Cameron, Joseph and Elizabeth, went on Sarah’s “cancer wish trip” with her.

Sarah was diagnosed with desmoplastic small round cell tumors in July of 2022. That type of



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cancer is rare and aggressive. It has only been diagnosed in 300 teens and young adults.

Sarah wished to go to San Francisco and meet up with George Kittle, who plays for the San Francisco 49ers. They had met Kittle eight years earlier at a University of Iowa event. While in San Francisco, they met Kittle and attended a 49ers game.

This was not the first time meeting one of Sarah's favorite football players, and this was not Sarah's first time fighting childhood cancer.

"She was a previous cancer survivor 15 years earlier with Ewing's Sarcoma, a different type and unrelated form of sarcoma cancer," says Kevin.

As the weather began to change in Iowa, the family took the trip to a sunnier destination of San Francisco and Santa Clara, California, in October 2022.

Sarah was invited to attend a San Francisco game by George Kittle in July via a Zoom call. University of Iowa Child Life connected her with the Victory Project in Kansas City, which is the charitable organization of the Sporting Kansas City professional soccer team.

"They organized all the air travel, hotel accommodations, and some sightseeing recommendations," says Kevin.

Once in San Francisco, the Waul family connected with George's dad, Bruce Kittle, who made the trip special.

"He upgraded our hotel accommodations and game tickets and worked with the 49ers to get us pre-game field passes and a personalized tour of their facilities and team museum the Friday before the home game," says Kevin.

Kevin's favorite memory was from before the game even started. While on the field with Kittle's family, George took pictures with the Waul family.

"I asked him if it was possible and, if the 49ers won, if he could get Sarah a game ball," says Kevin.

George responded quickly — "Absolutely."

At the beginning of the fourth quarter, the 49ers were making a comeback, and George scored his first touchdown of the year.

"Right in the middle of celebrating with teammates, he stopped, looked around, and ran to get the touchdown ball from the referee," says Kevin. "I told Sarah, 'I think he's getting that for you.'"

Sure enough, a couple of days after the Waul family returned to Iowa, there was a box from the 49ers with George's touchdown ball signed by him.

Kevin only wishes he could have spent more

time with his family in San Francisco.

"I would have liked to have scheduled an additional day or two to make sure we could have seen more of San Francisco, especially taking the tour of Alcatraz."

Kevin's advice to other travelers is to plan but not over-plan.

"It's good to plan a 'no plans' day where you can relax and take it easy, spend time at the pool or play games as a family where you're not on technology and not looking at the clock to be at the next place," he says.

Kevin shares that losing Sarah has been difficult, but the memory of this trip and so many more with her makes life more meaningful.

"It's rough, but it also helps not to take the good things in life for granted," he says.

Kevin and his family keep Sarah's memory alive.

"Even in every bad story, there is beauty in it," he says. "I describe my daughter's fight as a beautiful, terrible story."

Dance moms enjoy trip

MaKayla Nemmers and a crew of "dance moms" from one of Bondurant's local dance studios, Kasey Leigh Dance Studio, went to Nashville, and, though there were some snafus, she still considers it the trip of a lifetime.

MaKayla and nine other dance moms — Kairsten, Kristin, Chelsey, Stephanie, Amanda, Morgan, Holly, Leah and Julie — had a fabulous trip down south.

It took some work to coordinate 10 different schedules, but the plans were made, and the trip was taken. The group planned, bought the tickets, and had "plane departure T-shirts" to wear.

MaKayla admits she is usually well-rested, in bed early, and needs plenty of coffee.

"I had to remind the other moms that my bedtime is still 8 or 9," she laughs.

The trip was well worth it, she says.

The group started planning for the trip because, after the dance recital every year, the moms would celebrate by going out for drinks in town.

"I always talked about going on a trip with the group," MaKayla says. "We decided to go to Nashville."

The moms created a Facebook group, and the planning began.

"We found the cutest AirBnB that would sleep all of us at a reasonable price, and we found affordable flights out of Cedar Rapids,



MaKayla Nemmers and her fellow "dance moms" enjoyed going out on the town during their Nashville trip.

too."

This moms' trip of a lifetime started off great. It was meant to be a getaway from the stress of life, but the stress of life ended up finding them. The first and most challenging thing to tackle was to find the time to do it.

"This is the trip that we had 22 kids between the 10 of us, so finding times in our schedules was hard, but we did it," MaKayla says.

Then, the flight was rough.

"We had horrible turbulence on the way there," she says. "Gut-dropping kind of turbulence."

Once the group landed, they took taxis to the AirBnB and then prepared to go out.

"The first night was somewhat uneventful," MaKayla says. "We went out and had some dinner."

The next day proved more interesting.

"We realized in the morning that the bathtubs and sinks were backing up," she says. "Then the ceiling in the kitchen where the pendant lights came out was leaking water. We began to fight with AirBnB to relocate us. The host for that location also had other properties, and they moved us to another condo."

"From turbulence to the sewage issue, it was a comical trip to retell," says MaKayla.

However, when MaKayla recalls the trip, the good memories of the time spent together overshadows the hiccups.

"My favorite memory is just time spent with friends," she says. The trip was fun enough that the group decided to return — and stay in a hotel.

For a memorable trip, MaKayla says travel with people you love, so no matter what happens or how bad it gets, you can still make great memories.

"No matter what was thrown our way, we had an amazing time," she says. ■

EASY Easter eats

(Family Features) Even if Easter hosting duties fell on your plate this year and added one more thing to your holiday to-do list, that doesn't mean it has to be difficult. After all, Easter is a time meant for fun and fellowship with the food just one part of the celebration.

Building the menu around simple, one-pan dishes can keep the focus where it needs to be: spending time and creating memories with family and friends. These dishes call for short lists of ingredients, many of which you may already have in your pantry, and simple preparation to create a full spread perfect for sharing with loved ones. Plus, using only one pan makes cleanup a breeze, so you can get back to the festivities quickly.

A dish like this Easter roast lets you check both the main course and side dishes off your list, relying on the oven to do most of the work for you after some quick prep work.

For more Easter recipe inspiration, visit Culinary.net. ■

Easter roast

Yield: 1 roast

- Salt
- pepper
- garlic powder
- 1 roast (3 pounds)
- 1 bag (1 pound) baby carrots
- 1 bag (1 1/2 pounds) trio potatoes or potato of choice
- 3 cups beef broth
- 1 can (10 ounces) cream of mushroom soup
- 1 tablespoon garlic pepper
- 3 tablespoons brown sugar
- 1 onion, roughly chopped
- 1 bundle asparagus

Directions

- Preheat oven to 350 F.
- Sprinkle salt, pepper and garlic powder over roast and rub into front, back and sides. Place seasoned roast in middle of large roasting pan.



- Place carrots on one side of roasting pan and potatoes on other side.
- In large bowl, mix beef broth and cream of mushroom soup with garlic pepper. Pour mixture over roast, potatoes and carrots. Sprinkle brown sugar over carrots and add chopped onion. Cover and cook 2 1/2 hours then remove from oven, add asparagus and cook uncovered 30 minutes.
- Serve from pan or place on platter for more formal presentation.



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Regan Bishop says she feels lucky to help students grow as people and in their educational journey.



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NECESSARY holds Bondurant close

Finding community during a time of grief

Amanda Necessary has a long history in Bondurant.

Her father, David Wright, was the first one in her family to live in town. He loved it. He especially enjoyed the quiet and being outside.

David eventually moved to Des Moines but returned to Bondurant in 1995 with his wife, Joyce, and children, including Amanda, and remained even after their kids graduated from high school and left the nest.

Amanda returned in December 2018 after leaving a relationship. Bondurant is a community that holds fond memories for her, so it was the perfect spot to be.

"I enjoyed the same things as my dad," Amanda says. "The quiet. In the rural areas where they lived, I loved being able to look up at the night sky and see the stars, comets, planets and everything space has to offer. Dad and I also enjoyed having bonfires."

Another special memory was her parents' 40th wedding anniversary in June 2020. Although the pandemic derailed her plans for a big celebration, Bondurant first responders made up for it as they drove by David and Joyce Wright's home.

"A Polk County Sheriff led the parade, and we had an ambulance and a fire truck go down the cul-de-sac where my parents lived," Amanda says. "The Sheriff's Office gave my parents some neat stuff as a small gift."

Amanda's father passed away later that year, followed by her mother in October 2021. Shortly after her mom's death, one of Amanda's neighbors brought over a hot dinner for her and her children.

"That small sacrifice really did it for me," she says. "I knew that I had certain people I could count on."

The neighbor didn't know her father had also passed, and when Amanda told her, the neighbor started to cry.

"I told her that it was OK that she didn't know," Amanda says. "Dad's passing was hard on us. Mom's passing was even worse. I really loved that she wanted to be someone to shine light during a storm."

Amanda says this is just one example why she holds Bondurant so close to her heart. It's the right place to call home. ■



Amanda Necessary with her mom, Joyce Wright, and daughters Alissa and Kylie Jo.



Amanda's parents, Joyce and David Wright, made Bondurant their home, and Amanda has as well.



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THE DIFFERENT levels of senior living

Senior care lingo can be confusing. What does it all mean? What does each level of living offer, and what choice is best for your loved one? This month, let's focus on independent living and assisted living. Keep in mind, some communities may offer even more specialized programs than the options below. This is a good starting reference point for your search.



Independent living: Independent living is exactly how it sounds: You are independent. You will enjoy maintenance-free living with the freedom to stay active and do the things you want to do. Some communities may offer a social dining room experience, while others may have meals to go, or maybe not offer meal/dining choices at all. There are typically not many services available in a fully independent living community. Some enhanced independent communities may offer services such as weekly housekeeping and emergency response pendants. The benefits to this level of living are the friendships, the neighborly feel, and maintenance-free living. So put the lawnmower and shovels away and don't worry about calling a plumber. They will have you covered.

Assisted living: The goal of assisted living is to stay independent

longer, through the benefit of a personalized service menu. These services address the specific needs of each person, whether that means assistance with medication, help with oxygen management, or just housekeeping and providing meals. A good way to think about assisted living is an "independent living apartment" with "built in" home-health services. Assisted living also offers a great deal of social opportunities and encouragement to stay active and independent. Emergency call pendants are provided, and staff members are available 24/7, which also brings a great sense of safety and security to tenants and their family members. Some programs are all inclusive while others have tailored packages with a broad range of pricing/service options.

If you are unsure what level of care your loved one needs, don't hesitate to pick up the phone and ask questions. There are continuum care communities that may offer all levels of living. These can be a great resource in your search. The most common comment we hear when people move to the needed level of care is, "Why didn't I do this sooner?" We agree. With spring right around the corner, now is a great time to start your search. ■

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



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March 2024

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1. Scan the QR code to make an online payment
2. Mail a check to:

Bondurant-Farrar Education Foundation
Attn: Nutrition Donation Fund
P.O. Box 212
Bondurant, IA 50035

▶ CONTACT THE EDUCATION FOUNDATION

- Call: 515-967-7819
- Email: BFEFTreasurer1@gmail.com



High School Students Crafting Homes, Building Futures

Students enrolled in Mr. Hammes' construction technology classes are hard at work on this year's student-built construction house. From concrete to cabinetry, they're experiencing every aspect of the home construction process, all while learning under the guidance of their teacher and alongside local trades persons and contractors.



Traditionally, the first half of the school year is focused on the exterior construction including concrete, framing, windows, siding, roofing, and installation. Continuing on this progress, the second half of the school year typically includes a focus on electrical, HVAC, drywall, trim, cabinetry, and floor covering.



Mr. Hammes, a 34-year veteran of the district, leads the program and has been involved since its start in 1997. Since then, over a span of nearly 27 school years, students will have built 21 houses in the Bondurant community. This year's project, in collaboration with Parks Custom Homes of Bondurant, promises to be another masterpiece!

This 5 bedroom and 3 bath home features over 3,100 sq ft of living space and is located at the intersection of 13th Street NW and Deer Ridge Dr NW in Bondurant.

▶ THIS STUDENT-BUILT HOME IS FOR SALE

Interested buyers are asked to contact local realtor, Sheena Cochran-Foster of RE/MAX Hilltop.

- Call: 515-401-8398
- Email: sheena@sheenacochranfoster.com

Contact Us:

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



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But God released him from the horrors of death and raised him back to life, for death could not keep Him in its grip. (Acts 2:24)

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FAITH By Thomas Christensen

A TEST(IMONY) of authenticity

What is it about hypocrisy that makes people recoil like they do? It seems like we instinctively know when someone just isn't quite all they say they are, and we just can't seem to trust them.

The Apostle Paul wrote a letter to his dear friends in the city of Corinth, and, in his introduction, he said something I find fascinating. He told them to remember how “the testimony of our conscience is this, that we behaved in the world with simplicity and godly sincerity” (2nd Corinthians 1:12).

First, notice how he mentions that he can think of his behavior while he was with them with a clear conscience. I think that's telling. Check and see, is your own conscience still sensitive? And assuming it's still sensitive, is your conscience at rest? If it's not, that might be a good indicator of a problem.

Second, note the word “simplicity.” Perhaps you've matured past this, but I have a tendency to over-complicate things. My goal is to live a simple life when it comes to stuff. I can accumulate things in my closet and my garage and my bookshelves so fast, it's crazy. I also want to live a simple life when it comes to schedule. It's so easy to be busy, to fill my days and every waking minute with (often good) meetings and tasks and to not leave time for margin.

And third, this word “sincerity” is an interesting one. Back in Graeco-Roman times, making statues from marble was a notable art form. When one of these statues came up for sale, it was common to “dress it up for the sale” much like you or I might wipe down an item before we sell it on Facebook Marketplace. The way they accomplished this was by rubbing wax into any of the small cracks that may have formed to make it look presentable. The trouble with wax is that it yellows and breaks down over time, and so it was also common to have the piece appraised before a sale, and the appraiser would give it his stamp of approval: “sin” (meaning without) “cera” (meaning wax).

Sin cera. . . without wax.

And thus, we get our word “sincere.”

Paul's reminder to his friends was that his character was truthful and genuine, simple and sincere. He didn't put his best foot forward. He didn't wear a mask.

It's true that God uses us in spite of our flaws, but our goal should continually be to cut out anything from our life that isn't the real deal.

Simplicity. Sincerity. A life lived with authenticity. ■

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





Bondurant News

March 2024

ARTOCKA TRAIL LOOP COMING SOON

The City of Bondurant is excited to announce progress on the ARTocka Trail Loop project, with the selection of the inaugural art installation, The Dining Room, designed by I/Thee, marking a milestone in their efforts to enrich the community's cultural landscape. Planned as part of the Art, Culture, and Wayfinding Master Plan, this project aims to infuse creativity into Bondurant's natural surroundings, with The Dining Room serving as a communal hub for connection and gathering, set for completion before June 30, 2024, thanks to support from Bravo Greater Des Moines. The next installation will be in "The Garden". More to come!

SEEKING MOVIES IN THE PARK SPONSORS

The second movie to sponsor will be hosted on Sunday, July 28 in celebration of National Soccer Day. YOU can be the reason many have unforgettable experiences in 2024. We're screening a Will Farrell classic, Kicking & Screaming, for all the soccer fans out there. It's the perfect way to celebrate summer with a FUN outing! Be a part of this magical evening by sponsoring the movie with a \$500 donation which will cover the required licensing through SWANK. Call 515-630-6982 if interested.

CITY OF BONDURANT ADOPTS GRAIN DISTRICT DOWNTOWN REDEVELOPMENT PLAN TO TRANSFORM CORE AREA

The City of Bondurant unveils its Grain District Downtown Redevelopment Plan, envisioning the transformation of a former grain elevator into a boutique hotel and event center, alongside public improvements such as trail extensions, an arboretum, street realignment, and creative placemaking initiatives. With potential private investment exceeding \$100 million, the plan aims to invigorate the downtown area, garnering widespread community support and laying the groundwork for future economic growth and vitality.

NOW HIRING 54 PEOPLE TO HELP WITH THE BONDURANT SPECIAL CENSUS

The City of Bondurant is embarking on a Special Census initiative to accurately reflect the community's population changes since the 2020 Census. This endeavor requires the recruitment of at least 54 dedicated individuals for Field Representative positions. This is a great opportunity for teachers, school personnel, college students, retirees, or individuals seeking an additional source of income. Find details on the City's website.

EVENTS:

SPRING CLEAN UP

Mark your calendars! The Spring Clean-Up event offers an excellent opportunity to dispose of unwanted items that are too big for your regular garbage cart or require large item stickers. On **Saturday, May 18th**, garbage haulers will start collecting curbside items early in the morning, so make sure to place your items out the night before. Additionally, there will be a designated drop-off location for yard waste from 8:00 AM to 5:00 PM. This event is exclusively for residents within city limits who are paying for trash services. If you're unsure whether you qualify, don't hesitate to check with your property manager. Please note that tire disposal will be scheduled for a separate date.

LIVE HEALTHY IOWA 5K/1K

Join the pre-race and post-race bash at the Bondurant Regional Trailhead on **April 13th**, kicking off at 7:30 AM sharp! Whether you're eager to strut your stuff in the walk/run or just want to be a fantastic cheerleader, everyone's welcome! For further details, hop onto the city's website. Let's make this event a blast!

KEEP BONDU BEAUTIFUL

Let's come together to show some love for our wonderful city and spruce it up! Round up your pals, family, and neighbors and let's Team Up to Clean Up our beloved parks on **April 20th**, kicking off at 9 AM. Register yourself or your team on the City's website and let's make our city shine!

CITYWIDE GARAGE SALE

Get ready for the ultimate community event – the Bondurant Citywide Garage Sale on **Saturday, May 11th**! As we gear up for this exciting day, let's remember to keep our streets safe and traffic-friendly by adhering to all traffic laws. Remember, stick to single-side street parking and avoid no parking zones. Let's also show consideration for pedestrians in the area by being courteous and vigilant. If you're hosting a garage sale, don't forget to add your sale to the map on yardsalestreasuremap.com or download the "Garage Sale Map – gsalmr.com" app. Let's make this garage sale extravaganza a roaring success!

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 meetings were or how to conduct yourself during a public meeting? Guides are being developed to help you. Find them on the City's website.

EVENTS IN THE AREA

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

Be sure to check for cancellations.



Live Healthy Iowa 5k/1k

Saturday, April 13, 5k Run/Walk at 8 a.m. and 1k Kids Run/Walk at 9 a.m. Bondurant Regional Trailhead, 2 Main St. N.E.

Register now for the Live Healthy Iowa 5K run/walk and 1K kids run at <https://event.racereach.com/lhi5k>. Early packet pickup will be Friday, April 13, from 4-7 p.m. at City Hall, 200 Second St. N.E. The day-of-event pickup will be Saturday, April 13, from 7-7:45 a.m. at the Bondurant Regional Trailhead.



Bondurant American Legion Community Breakfast

Saturday, April 20, and Saturday, May 18, 7-9:30 a.m. American Legion Hall, 315 Second St. N.W.

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



Citywide Garage Sale

Saturday, May 11
Bondurant community

Mark your calendar for Bondurant's Citywide Garage Sale. If you're hosting a garage sale, don't forget to add your sale to the map on yardsalestreasuremap.com or download the Garage Sale Map – gsalr.com app.

HE IS Risen!



MAUNDY THURSDAY 3.28
6pm Dinner
6:45pm Service

EASTER SUNDAY 3.31
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9:30am Egg Hunt
10am Worship

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515-967-2328



EVENTS IN THE AREA

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

Be sure to check for cancellations.



Live music events in Altoona

- **Brittany Sword**, March 29, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **The Snacks**, March 30, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **Hold On**, March 30, 8 p.m. Hold On covers the last 40 years of rock. Must be 21 or older to attend this free show. Prairie Meadows
- **Dale Menning & The Stardusters**, April 2, 11 a.m. Must be 21 or older to attend this free show. Prairie Meadows
- **Taylor King**, April 5, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **The Unfortunate Sons**, April 5, 8 p.m. Must be 21 or older to attend this free show. Prairie Meadows
- **Grind 80s Rock Show**, April 6, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **Drive Thirty5**, April 12, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **Touch of Grey**, April 20, 7-10 p.m., Brightside Aleworks, 480 Center Place
- **Recoil**, April 20, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **ABBAmnia -ABBA Tribute**, April 20, 7 p.m. Must be 21 or older. Tickets on sale in the Prairie Meadows Gift. Prairie Meadows

Central Iowa Wind Ensemble presents 'Lollipops & Posies'

Sunday, May 5, 3 p.m.
Franklin Events Center, 4801 Franklin Ave., Des Moines

Step into a world of musical brilliance and artistic triumph with the Central Iowa Wind Ensemble's grand season finale concert, "Lollipops and Posies." Get ready to be mesmerized by an enchanting afternoon filled with captivating melodies, exhilarating performances, and a celebration of talent that will leave you in awe. The concert features the iconic band piece "Lincolnshire Posy" by Percy Grainger and a selection of familiar popular themes from movies and Broadway. Admission is free but tickets are required and are available at www.ciwe.org.

SAVE THE DATE!

Gary's RIDE

505050

BEAT BRAIN CANCER

get on your bikes and ride!

MAY 18, 2024 *10:00 A.M.

Gary's Ride: Beat Brain Cancer

Saturday, May 18, 10 a.m.
Waukee Raccoon River Valley Trailhead, Hickman Road and N. 10th St., Waukee

Help support local brain cancer patients and their families by making a charitable contribution toward Gary's Ride's \$45,000 goal. Registration is now open for Gary's Ride. Adult riders registered by May 6 receive the 2024 T-shirt. Register at www.garysrideiowa.org.



Elks Spring Style Show Fundraiser

Saturday, April 6 from 10 a.m. to 2:30 p.m.
West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Go shopping and enjoy lunch at the Elks Spring Style Show Fundraiser. Many fabulous vendors and terrific door prizes are included. Cost is \$15 for admission and funds benefit the Elks' veterans projects. Fashion show starts at 11 a.m. with shopping and lunch to follow. A 50/50 raffle will also be held. Must be present to win prizes.



Zagazig Shrine Chocolate and Champagne Dinner

April 27, 5:30-11 p.m.
Holiday Inn Downtown - Top Floor, 1050 Sixth Ave., Des Moines

This black tie event will feature a menu of fire grilled 8-ounce filet mignon with steak butter or fire grilled fresh Atlantic salmon topped with lemon and chef's special sauce with a side of vegetables, side of potato, rolls with butter, and a salad. Enjoy a chocolate fountain with assorted dipping items, chocolates from Stam and various cupcakes. Champagne, water, lemonade and iced tea and a full cash bar will be available. Cocktail hour starts at 5:30 p.m. with dinner at 6:30 p.m. A silent auction will be held from 5:30 to 8:30 p.m., followed by a live auction and dance until 11 p.m. Tickets are \$75 per person and \$500 for table of eight. For information and tickets, visit www.simplerix.com/e/chocolate-and-champagne-gala-tickets-157130.

53rd Annual Juried Student Exhibition

Through April 14
Anderson Gallery, 1310 25th St., Des Moines
andersongallery.wp.drake.edu

A showcase of the students of the Drake Art & Design program, this competitive juried exhibition highlights student work in a variety of media.

Events at The Brenton Arboretum

25141 260th St., Dallas Center

For more information or to register, visit www.thebrentonarboretum.org.

- April 4 and April 18, Nature Club, varying times. Register by age group.
- April 21, Earth Day Celebrations; Exploratory Beekeeping.
- April 27, Birds & Bagels. ■



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HEALTH

By Nikki Morgan

VITAMIN C: a skin health powerhouse

April 4 is National Vitamin C Day, so let's recognize the benefits of topical vitamin C for skin health. Vitamin C (ascorbic acid) is a powerhouse skincare ingredient and a powerful antioxidant that fights against environmental aggressors like pollution and UV rays. When used together with SPF, vitamin C can decrease redness and protect the skin from long-term sun damage.



Vitamin C is essential in the production of collagen, which is one of the main building blocks of skin and what gives skin its plump, youthful look. As we age, collagen production stops, and we start losing around 1% of our skin's collagen annually. Skin begins to appear crepe-like, wrinkled and saggy. Topical vitamin C alone, or in combination with collagen-induction therapy (like microneedling), can boost levels of collagen within the skin and improve skin quality and texture.

Vitamin C is helpful in promoting a more even skin tone for those who experience discoloration from conditions like melasma, sun spots and post-acne marks. It works by both blocking the overproduction of pigment within the skin and by brightening the skin. You'll notice a beautiful glow within just a couple of weeks after starting a vitamin C serum.

Lastly, the anti-inflammatory benefits of topical vitamin C can also reduce acne by controlling sebum production, particularly when combined with other topical ingredients, such as silymarin.

Topical vitamin C is generally well-tolerated, but not all vitamin Cs are created equal. Talk to your skin health provider about which vitamin C is right for you. ■

Information provided by Nikki Morgan, DNP, ARNP, SkinFusion FX, 410 Eighth St. S.W., Altoona, 515-967-0587, www.skinfusionfx.com, nikki.skinfusionfx@gmail.com



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Dr. Amanda Korth

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HEALTH

By Dr. Amanda Korth

EVOLUTION of bifocal lenses

Last month, we started a discussion about the history of lens materials and why "standard" shouldn't cut it. Today we continue with Dr. Korth nerding out about the history of lenses and how cool bifocal lenses are.



Progressives or "no line trifocals" were first invented in 1959. They were the first major stride in bifocal lenses since Benjamin Franklin first patented a lined bifocal in 1784. Progressives became the go to lens given they allow a wearer to have every distance clear from near to far distance. Every year, they continue to improve on the design, making it easier for the eye to find its set area. Standard progressives still use designs from the 1970s with a set hourglass shape of clear vision making them harder to adapt to. The latest designs go through five years of FDA testing before they are released, so the newest ones were invented in the past five to 10 years, taking into consideration how different our eye usage has become with smart phones.

The newest wave in lenses, which is very much due to cell phones, is the anti-fatigue lenses or "baby bifocals" which have a very slight add power for near to help those of us under 40 with all the things we need to do within arm's reach. They help relax our eyes and, when combined with a blue light filter, drastically reduce eye tiredness after a long workday. ■

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

HEALING time for injuries

How long do injuries take to heal? The type of injury is one major factor in healing time. Four common types of injuries are strains, sprains, tendon injuries and ligament injuries. A strain is a stretch or tear of a muscle or a tendon. Common muscle strain injuries include a pulled hamstring or low back. Common tendon strain injuries include lateral epicondylitis (aka tennis elbow) or patellar tendinosis (aka jumper's knee). Tendinosis is chronic or repetitive trauma, usually with no inflammation. Tendonitis is a term used to describe more recent trauma which still has inflammation. A sprain is a stretch or tear of a ligament. Ligaments connect two bones, cartilage, or hold a joint together while tendons connect muscles to bone. Common sprain injuries include anterior cruciate ligament (ACL) injuries in the knee or an ankle sprain.



Here is a further breakdown to give you a general timeline on how long an injury may take to heal.

- Exercise muscle soreness = 0-3 days
- Muscle strain: Grade 1, 0-2 weeks. Grade 2, 4 days to 3 months. Grade 3, 3 weeks to 6 months.
- Ligament sprain: Grade 1, 0-3 days. Grade 2, 3 weeks to 6 months. Grade 3, 5 weeks to 1 year.
- Tendon injury: Tendonitis, 3 to 7 weeks. Tendinosis, 3 to 6 months.
- Bone injuries = 5 weeks to 3 months ■

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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TOOTH pain from dental abscesses

Tooth pain is not fun for anyone. The pain can come from chewing, swelling, pressure, hot or cold drinks, or an infection. A tooth infection can also be called a dental abscess. An abscess is a swelling filled with a yellow fluid around the gums of the tooth or the roots of the tooth in the jaw bone. A gum abscess, which is around the tooth, is caused by food getting stuck between teeth or gum disease. A gum abscess can be treated with a gum therapy cleaning that is more focused on removing the bacteria around the tooth that caused the gum abscess. Tooth abscess, which is at the root of the tooth, is when the tooth's nerve is infected by a cavity, dying, dead or traumatized. Occasionally a red or yellow pimple-like bump can form on the outside of the tooth and is a visual sign of an abscess. This is the infection draining out of the side of the tooth. If the pimple-like bump is visible, visiting your dentist is important to help prevent the infection from spreading, growing, or losing the tooth. Regular checkup visits with a hygienist or dentist and good dental care at home can help catch and prevent the two types of dental abscesses. ■



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

Perfect Check-Up Winner Angelyn!

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HEALTH By Elijah Evans


EMOTIONAL granularity

The way we describe our emotions has a strong influence on how much relief we get from talking about them. For instance, simply acknowledging “I was mad” isn’t likely to change our feelings much, whereas something more specific has a much higher likelihood of creating insight and consolation, such as: “I felt disrespected because I had previously explained why I didn’t want a surprise birthday party, so when my friends threw me one anyway, it seemed like they were disregarding my wishes, on my birthday of all days. It also made me worried I couldn’t trust them to respect my feelings going forward.” Lisa Feldman Barrett explains this phenomenon in her book “How Emotions Are Made,” and she terms it emotional granularity. She also explains research she has carried out showing that, when people use more specificity (higher emotional granularity), this has the effect of heightening positive emotions and down-regulating the intensity of negative ones. Therefore, a simple (but not always easy) principle for enhancing our emotional wellness is pushing ourselves to be more detailed in how we label and explain our feelings. If this is something you are struggling to do on your own, a licensed mental health professional can help expand your emotional vocabulary and understand the source of troubling feelings. ■



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

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HEALTH By Dr. Kari Swain and Dr. Elizabeth Ellrich

REST and restore state

In our daily lives, we continuously encounter stressors — physical, chemical, and emotional — in our environments. Our bodies were designed to interpret stress responses and use them to shift into a state of sympathetic dominance, also known as fight or flight mode, becoming more alert, energized, and able to withstand physical injury. This response was designed to protect during times of danger, but the body was not designed to sustain this state long-term. Clinically, we have seen a significant increase in sympathetic dominance in adults and children living in a prolonged and constant state of stress. When stuck in sympathetic dominance, the body’s natural state of self-healing and self-regulation is inhibited.

Signs that you or your child’s nervous system is in fight or flight include being overwhelmed, emotional outbursts, disruptions in sleep, fatigue, moodiness/irritability, anxiousness/hypervigilance, headaches, weight gain, reduced inhibition, high blood pressure, increased heart rate, frequent or prolonged illnesses, muscle aches/tension, and regulation issues with breathing, blood sugar handling, hormones and digestion.

By recognizing the signs your nervous system is giving you, you can choose responses that help your body downshift and return to a parasympathetic, rest and restore state, such as: **Pause and breathe.** Breathe in for four counts, hold for four counts, breathe out for four counts. **Sun exposure.** Get outside first thing in the morning and get sunlight. **Get moving.** Movement changes the feedback to the brain. **Chiropractic adjustments.** Chiropractic adjustments remove interference in the nervous system and enable the body to return to a parasympathetic, rest and restore state. A neurologically focused chiropractor will perform a thorough exam with nervous system scans to detect areas of stress followed by a care plan to address dysfunction and restore optimal health and function. ■

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

LIBRARY holds locker to make pickup easier



The Bondurant Community Library Foundation has recently been named a recipient of a 2024 Meta Data Center Community Action Grant. The Library Foundation works hard to fundraise for the needs of the library that are outside of the general budget. This grant will be used to purchase a holds locker for the library. We are so excited to bring this innovative technology to our patrons. It will mean patrons can pick up material they've placed on hold at any time — even when the library is closed. The library holds locker will be outside the library entrance and will enable patrons to enter a library card number in order to open the locker containing the materials they've reserved. We think this will be great for parents who don't want to get children out of car seats, patrons whose work hours are not conducive to getting to the library before it closes, and anyone else who wants to quickly pick up their materials and be on their way. Look for this new feature coming soon. For more information about the Bondurant Community Library Foundation, stop by the library.

Here is what is happening at the library in April:

- Story Times: Tuesdays and Wednesdays at 10:30 a.m.; Fridays at 12:45 p.m.
- Baby Story Time: Thursdays, 9:30 a.m.
- Fit for Life exercise class: Mondays and Thursdays, 8:30 a.m.
- April 1: After School STEAM, 2:30 p.m.
- April 2: Book Club for Grades 3-5, 6 p.m.
- April 3: Pokémon Club, 4:15 p.m.
- April 4: Adult Craft Night, 6 p.m.
- April 8: After School Eclipse Party, 2:30 p.m.
- April 9: Book Discussion for Adults, 6 p.m.
- April 10: Curious & Creative Kids Club, 4:15 p.m.
- April 11: Family BINGO, 6 p.m.
- April 14: Teens Only Sunday Funday, 3 p.m.
- April 15: No School Open Play, 1:30 p.m.
- April 16: Book Club for Grades 6-8, 6 p.m.
- April 22: After School Movie, 2:30 p.m.
- April 23: Adult Crafternoon, 1 p.m.
- April 27: Rain Barrel Workshops, 9 a.m. and 1 p.m.
- April 29: After School Craft, 2:30 p.m. ■

IT TRULY starts with a simple conversation

Addressing one's own final arrangements can seem like an overwhelming task. There are many important decisions that need to be considered. It sometimes just seems to be easier to think about it another day. However, by doing this, it remains on your "to-do" list.

What people do not always realize is that the advanced planning process starts with a simple conversation.

An advanced planning counselor will guide you through all of the options available and help you with planning the final arrangements that are right for you.

We find that most of the people we meet with find the process to be surprisingly pleasant and are relieved to have it done.

As one client wrote after meeting with one of our staff members, "It was a joyful experience. I can honestly say that it was fun to think about how I would like to be remembered. I want my loved ones to have a chance to say good-bye and then live on with happy memories of our times together."

It doesn't cost anything to start the conversation, and you may find yourself happy that you did. ■

Information provided by Kathy Dunbar, Advanced Planning Counselor, Hamilton's on Westown Parkway, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3681



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ISG GRAIN DISTRICT DOWNTOWN REDEVELOPMENT PLAN

Bondurant

Contact Us
director@bondurantchamber.com

CHAMBER

By Kaylin Von Ahnen

BUILDING community connections

Coffee & Conversation vs. Cocktails & Conversation

Coffee & Conversation and Cocktails & Conversation — two distinct yet equally compelling gatherings designed to create community bonds. From morning pick-me-ups to evening cocktails, these events offer invaluable opportunities for individuals to come together, share insights and build relationships in a world that craves connection more than ever before.



Coffee & Conversation: Every second Thursday of odd months, early risers gather at 8:30 a.m. for Coffee & Conversation. This morning event offers a refreshing start to the day, with attendees engaging in discussions with key speakers over coffee. From community happenings to business insights, topics range far and wide, providing a platform for individuals to connect on both personal and professional levels.

The atmosphere is relaxed yet energizing, creating an ideal setting for networking and relationship building. Seasoned professionals mingle with newcomers, sharing experiences and knowledge in a supportive environment. The emphasis is not only on exchanging ideas but also on fostering a sense of belonging within the community.

Cocktails & Conversation - Developer Edition: For those who prefer a later start or a different vibe, Cocktails & Conversation - Developer Edition offers a laid-back alternative. Taking place every second Thursday of even months at 4 p.m., this gathering provides an opportunity for professionals in the developer community to unwind and socialize.

The setting is relaxed, with attendees sipping cocktails and engaging in conversations with one another. From exploring opportunities to sharing insights, the focus is on fostering collaboration and knowledge-sharing within the industry. Each event features guest speakers or topics of interest, adding depth and relevance to the discussions.

One notable upcoming event is the April 11 Cocktails & Conversation, which will spotlight the Grain District Downtown Redevelopment plan with key speakers Scott Turczynski and ISG. This highlights the relevance of these gatherings in not only networking but also in staying informed about key developments shaping the community.

Building connections: Both Coffee & Conversation and Cocktails & Conversation serve as pillars of community engagement, offering unique opportunities for individuals to connect, collaborate and grow. Whether over a morning cup of coffee or an evening cocktail, these gatherings provide a space where relationships flourish, ideas thrive and communities unite. So, mark your calendars, spread the word, and join us for these vibrant gatherings where connections truly thrive. ■

Information provided by Kaylin Von Ahnen, Bondurant Area Chamber of Commerce Executive Director.

ANNUAL Dinner

The Bondurant Chamber of Commerce Annual Dinner and Awards event was held March 1 at BrickHouse Fitness.



Bondurant Chamber Board: Laura Lacina, Crystal Sinclair, Chase Netusil, Kaylin Von Ahnen, Nick Stanley, Shelby Hagan, Doug Martin, Amanda Korth, Josh Barber, Alysia Webster and Lincoln Dix.



Jodi Brogan and Jessica Hartgers



Sarah and Jordan Walkup



Kayla and Lincoln Dix



Nate Koerselman, Crystal Sinclair and Jaci Robson



Tina and Clay Netusil



Chase and Susie Netusil



Kurt and Hannah Witte



Ron Meendering and Josh Barber



Josh Bryant and Jon Yesulis

OUT & ABOUT



Megan Barber, Liz Bryant and Julie Bergeson at the Bondurant Chamber of Commerce Annual Dinner and Awards event held March 1 at BrickHouse Fitness.



Jamie and Laurel Swanson at the Bondurant Chamber of Commerce Annual Dinner and Awards event held March 1 at BrickHouse Fitness.



Bob Peffer and Patrick and Jennifer Meyer at the Bondurant Chamber of Commerce Annual Dinner and Awards event held March 1 at BrickHouse Fitness.



Dianna Peterson, Laura Lacina and Hannah Schnur at the Bondurant Chamber of Commerce Annual Dinner and Awards event held March 1 at BrickHouse Fitness.



Annie and Brandon Dolin at the Bondurant Chamber of Commerce Annual Dinner and Awards event held March 1 at BrickHouse Fitness.



Chris and Kelsey Wedemeyer at the Bondurant Chamber of Commerce Annual Dinner and Awards event held March 1 at BrickHouse Fitness.



Doug Steele and Kim Helland at the Bondurant Chamber of Commerce Annual Dinner and Awards event held March 1 at BrickHouse Fitness.



Prairie Vision Center celebrated its "first" Birthday on Feb. 29 (Hooray for Leap Day). Pictured are Chris Schonridge, Gabby Bell, Rebecca Backstrom, Elizabeth Bryant, Dr. Amanda Korth, Jason Ludwig and Aaron Burns.



Sheena and Nathan Kannegieter accept their Residents' Choice certificate for A3 Auto.



Joe Morton accepts the Residents' Choice certificate for Frontline Lawn & Landscape.



Matt Sillanpaa, Julie Sillanpaa, Jamie Baas and Beth Grosc accept the Residents' Choice certificate for BrickHouse Fitness.



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