

BONDURANT

MAY 2024

Living

MAGAZINE

Summerfest

delivers for 50 years

Celebrate Bondurant adds to the summer fun!

Meet Kaitlyn Vasey

EDUCATION

Save the date: Battle of the Bands and more

CALENDAR

Creamy tomato smoked sausage and asparagus tortellini

RECIPE

PSRRT STD
ECRWSS EDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

WELCOME TO

Petocka Run

Will work with buyer's agent!

PETOCKA RUN BONDURANT, IOWA



LEGEND:

- BERKEY EXCLUSIVE
- BERKEY SPEC
- BYOB LOT
- SOLD



LOT	LOT TYPE	PRICE
1	DAYLIGHT	\$95,000
2	DAYLIGHT	\$95,000
3	DAYLIGHT	\$95,000
4	FLAT	\$95,000
5	FLAT	\$95,000
6	FLAT	\$95,000
7	FLAT	\$95,000
8	FLAT	SPEC
9	FLAT	\$95,000
10	FLAT	\$95,000
11	FLAT	\$105,000
12	FLAT	SOLD
13	PARTIAL DAYLIGHT	SOLD
14	PARTIAL DAYLIGHT	\$125,000
15	PARTIAL DAYLIGHT	\$120,000
16	FLAT	\$80,000
17	FLAT	SOLD
18	PARTIAL DAYLIGHT	\$110,000
19	PARTIAL DAYLIGHT	\$125,000
20	PARTIAL DAYLIGHT	SOLD
21	PARTIAL DAYLIGHT	\$125,000
22	PARTIAL DAYLIGHT	\$125,000
23	PARTIAL DAYLIGHT	\$125,000
24	PARTIAL DAYLIGHT	\$110,000
25	FLAT	\$95,000
26	FLAT	\$80,000
27	FLAT	SPEC
28	FLAT	\$90,000
29	FLAT	\$90,000
30	FLAT	\$80,000



Sheena Cochran-Foster 515.401.8398
Kim Schmidt *Jenny Palcher*
 CALL US TODAY!



Sheena
 REALTOR

Licensed to Sell Real Estate in the State of Iowa

515-401-8398 www.seedesmoineshomes.com

Over 15 years experience in the Bondurant Market

Each office independently owned and operated RE/MAX Hilltop ■ 102 1ST Street SE, Bondurant ■ 515-967-5424



WELCOME

IT'S what we do

Most of us who grew up in rural Iowa communities have a great deal in common, whether we spent any time on a farm or not. We swam in gravel pits. We knew the difference between dinner and supper. And we called our fizzy drinks pop, not soda.

We also know the strength that comes from connecting — and not via Facebook or Snapchat or Nextdoor. We do it the old fashioned way. We break out the lawn chairs, we share our favorite foods or beverages, and we talk.

Yes, some things have changed. Our front porches may have changed to backyard decks. Our neighbors may no longer be our cousins. And gravel roads and fishing ponds may be more difficult to find. But we still relish the spirit of community, and we live it, too.

This is apparent in our ongoing support of our community festivals. Most all of us smile when we think of the midway amusement rides, the demolition derbies and the tractor pulls we experienced in our youth. We can still taste the corn dogs, the cotton candy and the church stand cheeseburgers. And despite them being available seemingly every weekend somewhere in central Iowa, we still get giddy over fireworks.

The good news is that we don't have to reminisce about the good old days. They are alive and well right here, and we can experience many of those moments soon without leaving town. Turn the pages of this magazine, and you will find all the details you need to know about Bondurant Summerfest and Celebrate Bondurant Showdown.

So give Netflix a rest. Get off Instagram. And save the pre-packaged meal for another day. It's time to get out and see your friends and neighbors in person, listen to the festival sounds, and enjoy some local food, beverage and entertainment. Just don't forget your lawn chair.

Thanks for reading. ■



SHANE GOODMAN

President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



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

Angela Ossian
Advertising Account Executive
515-953-4822 x307
angela@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

DID YOU KNOW?

- ✓ **Lazer Home Services is locally owned and operated**
- ✓ **We offer Plumbing**
- ✓ **We offer Electrical**
- ✓ **We offer Heating and Air**
- ✓ **We offer free second opinions on Air Conditioners, Furnaces & Water Heaters**
- ✓ **Just give us a call and let us show you how much MONEY YOU CAN SAVE**

Lazer

HOME SERVICES

Electric | Plumbing | Heating & Cooling

Locally owned & operated for 23 years

515-657-6706

www.LazerHomeServices.com

Summerfest

delivers for 50 years

Celebrate Bondurant adds to the summer fun!

By Chantel Boyd

It's that time of year. Community celebrations abound with the start of summer — and Bondurant is no different. Bondurant Summerfest and Celebrate Bondurant are right around the corner, along with all the other fun the season brings.

While many community celebrations today share some features, such as food trucks, parades, carnivals, live music and more, each is still unique, with its own flare and flavor. Bondurant residents understand what makes the town one-of-a-kind, and Summerfest and Celebrate Bondurant are ways to extend a welcome to neighbors and visitors.

This year's Bondurant Summerfest will be extra memorable as it is celebrating a milestone — its 50th anniversary — June 10-11.

The Bondurant Men's Club has nurtured Summerfest, a beloved tradition, since its inception. This annual celebration has grown over the years, yet it has stayed true to its original purpose to unite the community and extend a warm invitation to others to join in the festivities.

Enjoy carnival games and rides during Summerfest. Photo by Ben Fuller

FEATURE

The festival, with its parade, carnival, fireworks and many other family-friendly activities, like the new live music and the newer food trucks and food activities (including a pie-eating contest), provides a unique blend of wholesome family fun right in the heart of this hometown.

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

These quintessential celebrations are a testament to the community's pride and unity, as well as a big part of how Bondurant thrives, so mark your calendars and don't miss out on the fun as summer gets into full swing.

Summerfest returns for 50th year

Bondurant Summerfest, a two-day annual event held by the Bondurant Men's Club, will be Monday and Tuesday, June 10-11. The event kicks off Monday evening at 6 p.m. with festival fun until 10 p.m.

The festival is a fundraising initiative that gives back to the community starting the day of the event, with free entertainment, and continues to give back throughout the year. Proceeds allow the Bondurant Men's Club to donate to causes such as the library, youth sports, community projects, school and community programs.

"Since 2023, Bondurant Men's Club has given back to the community over \$37,000. We are very proud of our community and being able to support the many activities and programs," Jeff Cook, secretary of the



The parade is at 6 p.m. on the Monday of Summerfest. Photo by Ben Fuller

Bondurant Men's Club, says.

Summerfest draws thousands of people to the heart of Bondurant, creating excitement, a sense of community and pride. Attendees spend time with neighbors, friends and families.

"It's a time to showcase Bondurant's vibrant community to the many visitors of the event," Cook says.

Highlights of this family-friendly event include a parade, food, games, carnival, silent auction, raffle, entertainment, vendors, community

CALL NOW!
515-428-0153

A+ IRRIGATION & LIGHTING
The Educated Experts

\$500 OFF
6 LIGHTS & CONTROLLER INSTALLED
REGULAR PRICE \$1995 Must present coupon at time of payment. Not valid with any other offer. Expires 6/30/24.

A+ IRRIGATION & LIGHTING
The Educated Experts

CALL NOW!
515-428-0153

\$300 OFF
ANY LANDSCAPING JOB OVER \$3500
Not valid with any other offer. Expires 7/31/24.

businesses and organizations, fireworks and more from 6-10 p.m. each of the two days.

Bruce Cordes has been a Men's Club member since 1987. He explains that the event has been held on Mondays and Tuesdays because residents tend to be busier during the weekends with various summer activities. Holding the event at the beginning of the week has historically been successful for the festival.

For 37 years, Cordes has planned this event alongside other volunteers like him. Recently, new members have joined who are ready to contribute.

"They are young, and they have fresh ideas. Then they get in there and are ready to work and help," Cordes says.

When Cordes started in the Men's Club, there were only five or so rides for kids. Now, there are three times as many, including adult rides.

"We have some rides that are also at the state fair. So, there's a good variety and fun rides for everyone," Cordes says.

Cook enjoys seeing the impact the event's planning and hosting have on the community.

"It's all about seeing the smiles," he says.

Cordes and Cook agree that the Bondurant Men's Club is a great way to network with Bondurant's leadership. They are looking forward to continuing this celebration with the existing help and any new volunteers who want to come along.

The Bondurant Men's Club works throughout the year to provide community events centered around the needs of residents with a particular emphasis on events for children and their families.

"Being a part of the Men's Club is a great way to give back to the community. The festival allows us to give back with our Easter Egg Hunt and our Breakfast with Santa," Cook says. The Breakfast with Santa event served 288 adults and 182 children.

New this year will be live entertainment on stage and a pie-eating contest for kids and adults.

"People just love to sit around and visit with neighbors because it always feels like a big block party, except with a couple thousand people," Cordes says.

The Bondurant Men's Club booked two bands this year; David Watson will play Monday 8-10 p.m., and The Sons of Gladys Kravitz will

Celebrate Bondurant Showdown

Saturday, June 1

Hosted by the Bondurant Chamber of Commerce

www.facebook.com/BondurantChamber

Bondurant Summerfest

Monday, June 10 and Tuesday, June 11

Hosted by Bondurant Men's Club

www.facebook.com/BonduMensClub

Bondurant Battle of the Bands

Saturday, June 22

Hosted by Mary Bump Memorial Foundation

www.facebook.com/bondubattleofthebands

play Tuesday, 7-10 p.m. There will be a pie-eating contest, hosted by Home Slice Handmade Pies, on Monday from 7-8 p.m.

"It's a safe, fun, family-friendly event with a variety of food and entertainment," Cordes says. "Standing back and seeing all the work pay off at the end of the year inspires me and makes me happy. I look forward to seeing everyone visiting with old friends and making new friends. There's

5/5 - 6/30

Come Enjoy
10% OFF
YOUR ENTIRE PURCHASE
with promo code*:
IOWAMAY10

Bring this ad to our Ankeny location to redeem.

*Exclusions apply, not combinable.

C&B
CHRISTOPHER AND BANKS

Delaware Center 1
1802 SE Delaware Ave. #109
Ankeny, IA 50021
515-400-0063

Shop anytime at
www.christopherandbanks.com

Join our team!

- ▶ Family-friendly schedule
- ▶ No nights/weekends
- ▶ Competitive pay
- ▶ Inclusive culture

We're hiring!
Scan the code or visit our website.

optimaelifeservices.com/join-OHH
515-277-0134
Optimae Home Health Services
Central Iowa

Optimae
HOME HEALTH SERVICES

a lot of networking going on.”

Returning events like the parade, carnival and fireworks are crowd favorites.

“The silent auction will have approximately 20 items to bid on, and the raffle will include close to 50 prizes,” he says.

It takes a lot to put on this annual festival. The Bondurant Men’s Club has 20 volunteer club members who start most of the Summerfest planning in January by working with vendors to secure the dates and contracts.

For Cordes, the best part of being involved with Summerfest is seeing all the community members gather.

“Our community partners include the City of Bondurant, Bondurant Fire Department, Polk County Sheriff’s Office, Bondurant Chamber of Commerce, BrickHouse Fitness, and all the generous donations and support from local businesses,” Cordes says.

Several businesses will provide products and information in the Bondurant Trailhead vendor area and at different locations throughout the carnival. Tables and chairs will be set up for all family members to enjoy the event.

The Bondurant Men’s Club would like to

thank the City of Bondurant and its staff, the Bondurant Fire Department and Emergency Services, and the businesses and people who help support this event.

“We couldn’t do this event without all the incredible support,” Cordes says.

“Of course, the carnival rides and games are a big part of the event. Additional activities include a parade, fireworks, kids’ tractor pull, balloon artist, face painting, stilt walker, little princesses, Cubbie Bear, Bluejay and Crash mascots,” Cook says.

Carnival ride wristband vouchers are available at BrickHouse Fitness for an advance price of \$20. These were popular last year and replace the former carnival tickets. These vouchers are turned in for wristbands at the event and provide unlimited rides for one night.

Bondurant Men’s Club will also sell wristband vouchers during the parade for \$20. After the parade, wristbands will be available at the carnival ticket stand for \$25 each.

Summerfest will culminate with a fireworks display on Tuesday evening around 10 p.m. One of the best viewing areas will be at the Bondurant Farrar Middle School in the bleacher

area at the old football field.

Follow Bondurant Men’s Club on Facebook for more information and watch the Bondurant Community Discussion Facebook Club to keep updated on all Summerfest activities.

Celebrate Bondurant Showdown highlights businesses

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

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

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

The event will look slightly different in its 10th year. The date will be Saturday, June 1,

YES!

We do pipe camera inspections.

Clogged Drains • Full Service Plumbing
Camera Inspection & Locating Sewer Lines
Hydro-Jetting • Sump Pumps • Water Heaters

SERVING POLK, DALLAS, WARREN, GUTHRIE, MADISON & CLARKE COUNTIES


ROTO-ROOTER
PLUMBING & DRAIN SERVICE

OPEN 24/7 INCLUDING HOLIDAYS
515-278-5668
rotorooterdesmoines.com


RAYMOND JAMES

LIVE YOUR LIFE.

When it comes to financial planning there’s only one person who matters: **YOU**. This is your life, your goals, your dreams. We strive to help you plan for your future while living in the moment. That is **LIFE WELL PLANNED**.



Clayton J. Netusil
Branch Manager/ Financial Advisor
clayton.netusil@raymondjames.com
W: 712-794-1407 C: 712-790-2664



Chase R. Netusil
Financial Advisor
chase.netusil@raymondjames.com
W: 515-289-9211 C: 712-790-7528

2010 N. Ankeny Blvd. Ankeny, IA 50023
www.raymondjames.com/netusil

Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Avialia Bank is not registered a broker/dealer, and is independent of Raymond James Financial Services. Investment Advisory Services offered through Raymond James Financial Services Advisors, Inc.

from 3-6 p.m. This year, it will host friendly competitions and food samplings. The event brings back live music and adds a new twist.

“We have added a new aspect this year. The Celebrate Bondurant Showdown will incorporate friendly competitions between kids and adults,” Julie Sillanpaa, a member of the Events Committee for the Bondurant Chamber of Commerce, says.

Andy “Danger” VonAhnen will entertain participants during the friendly competitions, emceeding the Power Wheels races, push-up contests, food-eating contests, obstacle course races and more.

“We will also have Nick Sinclair playing live music at the back end of the event. There is also a deadlifting contest starting at noon that day, which will lead into the event,” Sillanpaa says.

This event will surely be an action-packed day filled with friendly competitions, live entertainment, delicious food and drinks, and a strong sense of community. Participants can sign up through the event page on the Celebrate Bondurant Facebook page: <https://forms.gle/ntueY5oTs7Akq4ar9>.

Also new this year, Sillanpaa says booths will have samples to share.

“Each booth present is asked to have a sample to share with visitors at their booth. Visit the booth for a ‘Taste of Bondurant,’ ” she says.

This event is free, so bring your family and friends and join the Bondurant Chamber and your favorite local businesses for a fun day.

It takes a lot of volunteers and business community partners to put on the celebration each year.

“We will have an obstacle course bounce house, materials for the contests, sound equipment and tents,” Sillanpaa says.

Sillanpaa shares that more volunteers are needed to make this event a success.

“We are also seeking community partners to help raise the funds needed to incorporate the different events, such as purchasing the Power Wheels, obstacle course, and other contest materials.”

The Chamber is offering opportunities to local businesses in this outdoor event to showcase their goods and services to residents and visitors to the event.

“Businesses can set up a booth for your business,” she says. “Incorporate a treat — food or drinks — to share or an interactive game for the attendees to enjoy.”

Sillanpaa also explains that there are many sponsorship levels.

“If your business wants to be a sponsor to help make this event a success, we have multiple sponsor opportunities available,” she says.

Sillanpaa has been on the Events Committee for the Bondurant Chamber for five years. She and her husband, Matt, run BrickHouse Fitness. Sillanpaa also plans community events for BrickHouse Fitness and the Mary Bump Memorial Foundation.

“As a local businessperson, I feel that being a part of planning the Chamber events will give me a chance to meet new people and become familiar with the Bondurant businesses,” she says. “Interconnections between businesses and other people who want to see the Bondurant Community thrive is a fulfilling experience and one I am proud to be a part of.”

Sillanpaa reminds community members of another upcoming event exclusive to Bondurant: the Bondurant Battle of the Bands, coming up after the Celebrate Bondurant Showdown and Bondurant Summerfest.

“The event is June 22, put on by the Mary Bump Memorial Foundation, a local nonprofit, and this will be our 11th year for the event.” ■



“It’s been through the addition of MAPLE that we have been able to get the kids to talk.”

PAWS WITH A CAUSE

To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:

GET ZAPPAR
ZAP THE CODE TO DONATE

Available on the App Store and Google Play.

Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan



RETAIL SHOP & WINE BAR

Wine • Beer • Cheese
Charcuterie • Chocolate • Gifts
Small Bites • Events • Memberships

WineStyles
Taste, Learn and Enjoy:)
Locally owned and operated

1450 SW Vintage Pkwy, Ste. 170, Ankeny | [f](https://www.facebook.com/WineStylesAnkeny) WineStylesAnkeny | 515-963-WINE



Love
WHAT YOU WEAR!

Purple Poppy Boutique
ANKENY

WOMENS • MENS • INFANTS
EVENTS • PERSONAL STYLIST

Locally owned and operated and located in the District at Prairie Trail.
1615 SW Main St #109, Ankeny
(515) 289-9178

[PURLEPOPPYBOUTIQUE.COM](https://www.purplepoppyboutique.com)



50th ANNUAL SUMMERFEST

MONDAY AND TUESDAY
JUNE 10 & 11

MIDWAY RIDES AND GAMES BY SAM'S AMUSEMENTS

MONDAY, JUNE 10

- 6:00 PM PARADE** – The parade will start at B/F Middle School, Anderson, and Morris Parking Lots, complete route on the parade route flyer.
- 6:30 PM MIDWAY RIDES AND GAMES**
- 6:30 PM Food & Information Vendors** (Depot Area)
- 7:00 PM Kasey Leigh Dance Studio** (Firestation)
- 7:00 PM Little Princess Party** (Depot Area)
- 7:00 PM Oscar Rosales** (Balloon Artist)
- 7:00 PM Samantha Rezz** (Street Performer)
- 7:00 PM Pie Eating Contest** (Summerfest Stage-Downtown)
- 8:00 PM Heart of Iowa Cloggers** (Fire Station)
- 8:00 PM David Watson** (Summerfest Stage-Downtown)

TUESDAY, JUNE 11

- 6:00 PM MIDWAY RIDES AND GAMES**
- 6:00 PM Food & Information Vendors** (Depot Area)
- 6:30 PM Kids Pedal Tractor Pull Registration**
- 7:00 PM Sons of Gladys Kravitz** (Summerfest Stage-Downtown)
- 7:00 PM East Coast Tae Kwon Do** (Fire Station)
- 7:00 PM Kids Pedal Tractor Pull** (Grain Street)
(Sponsored by Kimberly Ag)
- 8:30 PM Raffle Drawing Begins – Sales Closed**
- 9:00 PM Silent Auction Closed**
- 10:00 PM Fireworks** (Behind Middle School)

Special Attractions: Cubbie Bear-June 10th Iowa Wild Crash-June 10th Bondurant Bluejay-June 10th

CONTINUOUS ACTIVITIES

- **MIDWAY RIDES AND GAMES**
- **FOOD & CONCESSIONS**
- **RAFFLE TICKETS/MEN'S CLUB**
Vision Bank - Flat top Grill, Williams Auto - Fire Pit, And many more items.
(NEED NOT BE PRESENT TO WIN)
- **SILENT AUCTION/MEN'S CLUB**
Chris Vance - Art, Imperial RV - Electric Scooter, Kline Electric - 65" TV,
Men's Club Entertainment Package, Haverhill Pizza's, Shivers Farm - Meat Bundle.
Plus many more items.

Advanced
Wristband Voucher
\$20 unlimited rides
Per Day
Available at Brickhouse
Fitness Center

FireWorks | Behind B-F Middle School
Reclaimed Rails-Summerfest Beer

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

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

Brought to
you by the: **BONDURANT
MEN'S CLUB**

MEET Kaitlyn Vasey

Recipient of the Richard Riggleman Young Speech Coach award



Kaitlyn Vasey enjoys teaching at the high school level because she likes teaching complex ideas.

Kaitlyn Vasey decided to join the Bondurant-Farrar Community School District because her high school friends were part of the district, and it seemed like a great school. Vasey graduated from Ballard High School in 2017 and received a bachelor's degree from the University of Northern Iowa in 2021.

She has now returned to UNI, where she is virtually working toward a master's degree in communication and media. She also teaches English at the Bondurant-Farrar High School and has entered her third year with the district.

"I love Bondurant because it feels like home. I've made some of my best friends here, and I am doing everything I've ever dreamed of doing," Vasey says, adding she was drawn to teaching students at the high school level because she enjoys teaching more complex ideas.

Her students are at the age where they are starting to figure out who they are and who they want to be, and she likes watching them embrace their passions.

One of Vasey's favorite class projects is the Sales Pitch in speech class. Her students pair together to create their own product or service. They use Monroe's Motivated Sequence and the sales framework to sell that product or service to the class. Vasey says her students get super creative, and it is fun to see what they come up with.

"One of the coolest awards I've received is the Richard Riggleman Young Speech Coach award. It is given to a second- or third-year speech coach who is making a difference in their program," Vasey says.

When not teaching, Vasey likes spending time with her family, friends and boyfriend. She also enjoys attending shows at the Civic Center and reading. This summer will be the first time she will not be working or taking a graduate class since high school, and she is excited to have a long break. ■



ENROLLING FOR THE 24/25 SCHOOL YEAR!



Felicia Collison/Jill Sullivan - Owners and Lindsay Schaper - Director

Our discovery center program offers a series of activities devoted to the physical, emotional and social development of children!

500 Grant Street S • Bondurant • 515-957-1386
www.thebondurantbirdsnest.com

FIRE PITS 101

Get ready for summer fun! As the warmer weather approaches, it's time to dust off the BBQs, plan pool parties, and perhaps even enjoy bonfires. We've received inquiries at City Hall about recreational fires and their permissibility. Here's the scoop: recreational fires are allowed, but only in fire pits that have open air below. Remember, no burning leaves or rubbish material, and always keep the fire contained. Dried wood logs are permitted for burning. For more detailed guidelines, please visit the City's website. Let's make this summer safe and enjoyable for everyone!

CITY PARK UPDATE

Unfortunately, the progress on the playground project at City Park has been impacted by recent rain events, causing delays in the construction schedule. The contractor is currently focusing on the rough grading package due to challenges in achieving final grades and required compaction. To install the playground and surrounding resilient surface, several layers of stabilization and construction are necessary, including rough grading, drainage tile installation, and the installation of vertical playground supports. Additionally, the construction of perimeter retaining walls requires a stable subgrade, further complicating the process. Despite misconceptions about the duration of underground infrastructure work, it is crucial for ensuring the project's long-term success. We appreciate your understanding as we work diligently to overcome these challenges and create a safe and enjoyable park space for our community.

BONDURANT SPECIAL CENSUS

Bondurant is gearing up to conduct a Special Census to accurately reflect the community's population changes since 2020. The city is seeking dedicated individuals to join as Field Representatives, playing a crucial role in ensuring every resident is counted and represented. Positions are available for Field Representatives, Supervisors, and Clerks, offering flexible hours and competitive wages. Applicants must be 18+, possess a valid driver's license, and commit to training sessions. Whether you're a student, retiree, or anyone eager to contribute, this opportunity awaits. Apply now at census.gov or contact the city for more information. Let's ensure Bondurant's growth is accurately captured.

IOWA INITIATIVE FOR SUSTAINABLE COMMUNITIES

Bondurant, a rapidly expanding municipality, collaborated with the University of Iowa's Initiative for Sustainable Communities (IISC) on a series of projects focused on infrastructure planning and public safety. Student teams from various departments worked closely with community stakeholders to address these vital needs. A showcase event was held on April 26 spotlighting their innovative solutions and accomplishments. This collaboration underscores IISC's dedication to fostering sustainable development and addressing the unique challenges faced by communities like Bondurant. To learn more about the partnership and the projects undertaken, visit <https://iisc.uiowa.edu/partners/bondurant>.

EVENTS:

YOUTH FISHING DERBY

June 8 at Lake Petocka starting at 9:30 a.m.

MOVIES IN THE PARK

June 16 – The Game Plan
July 18 - Kicking & Screaming
August 17 - Lady and the Tramp

YOGA IN THE PARK *Find Your Flow in 7-Weeks*

June & July | Saturdays 7:30 – 8:30 | \$12/class | Lake Petocka

BONDU BLUES, BREWS & BBQS

July 13th | 4:30 p.m | Bondurant Regional Trailhead

TOUCH-A-TRUCK

July 26th | 2:30 to 4:30 | Bondurant Fire Station

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.

CARLSON runs for Visionary of the Year

All funds raised go to the Iowa Leukemia and Lymphoma Society.

Justin Carlson became involved with the Iowa Leukemia and Lymphoma Society (LLS) last year when he joined his friend, Bryce Colston's, fundraising team for the 2023 Visionary of the Year competition.

"At first I joined to help a friend and because I appreciate community involvement," Carlson shares. "As my wife, Stephanie, and I got closer to the cause, we learned more about the impact of blood cancers and the connections we had that had been impacted by it, and so our 'why' has grown deeper over time. It's something we've both come to care deeply about."

Because of this commitment, Carlson is running for the 2024 Visionary of the Year. This 10-week philanthropic competition between candidates is ultimately a vehicle to bring people together to create time-oriented fundraising goals among each small team. The 2024 competition kicked off on March 22 and wraps up on June 1. All funds raised goes directly to cancer patients and their families in Iowa, as well as to blood cancer research.

"The competition aspect does add some fun to the work of fundraising, but it's really all about helping people who have been impacted by blood cancers," Carlson says.



Justin Carlson is running for the 2024 Visionary of the Year by raising funds for the Iowa LLS. For more information about Justin Carlson's fundraising efforts for Iowa Leukemia and Lymphoma Society, scan the QR Code.

Carlson's first big event for the competition was a casino night held in Ankeny this past April, which helped raise more than \$5,000. Other events he's done include a Walk for a Cure, a golf event, a charity garage sale and a motorcycle ride.



For upcoming events, Carlson's team has partnered with the Iowa Cubs for their game on May 25. Ticket information can be found on Carlson's fundraising page, facebook.com/JustinCarlsonLLS.

"It's a great way for the community to get involved," he says. "No donation is too small; \$5 or \$500, it all helps."

Also planned is a rooftop concert with The Sheet on May 30 and an outdoor movie night on May 31.

"We're fundraising right up to the last minute," Carlson says, adding that his team's goal is to raise \$50,000, which goes toward Iowa LLS's overall goal of \$400,000.

He shares that, for those looking to support LLS, "Money is the simplest answer."

"But time and involvement also help to raise awareness and make an impact. Many forms of blood cancer that were a terminal diagnosis just 20 to 30 years ago are now treatable with high rates of success, and that is a direct result of privately funded cancer research that LLS helps to support." ■



WARM WEATHER IS HERE!

Get your flea and tick preventative now



PetDesk[®]

Where Vets Guide Clients to Better Care

- ✓ Schedule appointments
- ✓ Access medical records
- ✓ Receive reminders

BY APPOINTMENT ONLY

Schedule Yours Today!

- Routine & Preventative Health Care
- Surgery (Soft Tissue & Orthopedic)
- Dental Care
- Nutritional Products

- Dr. Joe Hong
- Dr. Theresa Humphreys
- Dr. Stephanie Timm
- Dr. Scott Curry
- Dr. Renee Conley



BONDURANT ANIMAL CLINIC

www.bondurantanimalclinic.com

210 2nd St. NE Ste B, Bondurant • 515-967-1800 • Mon-Fri: 8am-5pm

HEALTH benefits of plants — indoors and out

It's spring. I am looking forward to the warm weather. With the warm weather, it is time to dig out your trowel and gardening gloves — or maybe just eliminate the work and buy a nice potted plant. Either way, the long-awaited planting season is here.



There are so many mental and physical health benefits to gardening or simply caring for indoor potted plants. Just being around plants is beneficial. When humans breathe, we exhale carbon dioxide from the body and inhale oxygen. Plants do the opposite. They release oxygen for us to breathe and absorb the carbon dioxide that we exhale. Plants help eliminate harmful toxins and purify the air.

Indoor plants have been found to reduce stress levels. House plants can often help their caretakers feel more soothed and comforted. Some studies show that, when there are plants in the rooms of patients recovering from illness or surgery, they required fewer pain medications and had shorter hospital stays. Plants can also help add moisture to a room, which increases humidity and helps prevent dry coughs or sore throats.

Good houseplants to purchase for your home are spider plants, ivy, ferns and more. These plants are known for filtering toxins and improving mental health by boosting color, which can reduce anxiety. For seniors who have a hard time getting out of the house, caring for a plant could provide a much-needed activity that could help lessen loneliness or depression.

Outdoor gardening also has numerous health benefits. Working in the garden digging and pulling weeds is a workout, and while it not only burns calories, it is good for your heart. It also increases your hand strength. Keeping your hands as strong as possible can help you stay independent for a longer period of time. Gardening outside can also give you that much needed dose of vitamin D. We need that sunlight after being inside all winter long. Vitamin D increases your calcium levels, and increased calcium levels mean increased bone strength.

Staying mentally and physically strong are important for leading a long and healthy life. At Valley View Village, we have a gardening club that not only helps keep our community beautiful but helps encourage our members to stay active and young. ■

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



NOW WITH AVAILABILITY IN ASSISTED LIVING!

Established Senior Living Community with 60 Years of Service in the Des Moines Area

AMENITIES

- Well-designed apartments and suites
- Emergency call systems
- Delicious meals
- Scheduled transportation
- Beauty salon/barber shop
- Offering a full continuum of care on campus
- Outdoor patios and gardens
- Full calendar of clubs, classes and events
- Your pets are welcome, too



Contact Marti to schedule a tour or for more information

515-299-1731

Marti.Stanley@CassiaLife.org



2571 Guthrie Avenue | Des Moines, Iowa 50317 | ValleyViewVillage.org



BONDURANT-FARRAR

2024 SUMMER SCHEDULE



JV/VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 27	3:00PM	Oskaloosa (DH)	Oskaloosa High School
May 29	5:00PM	Carroll Community School	Carroll Baseball Stadium
May 30	5:00PM	North Polk	Bondurant-Farrar Intermediate School
May 31	3:00PM	Des Moines East (DH)	Des Moines East High School
Jun 3	5:00PM	Adel DeSoto Minburn CSD	ADM High School
Jun 5	5:00PM	Carlisle	Bondurant-Farrar Intermediate School
Jun 6	5:00PM	Boone	Boone High School
Jun 12	5:00PM	Ballard	Ballard High School
Jun 13	5:00PM	Winterset	Bondurant-Farrar Intermediate School
Jun 14	5:00PM	PCM	Bondurant-Farrar Intermediate School
Jun 17	5:00PM	Gilbert	Gilbert High School
Jun 19	5:00PM	Carroll Community School	Bondurant-Farrar Intermediate School
Jun 20	5:00PM	North Polk	North Polk High School
Jun 21	4:00PM	Eddyville-Blakesburg (DH)	Bondurant-Farrar Intermediate School
Jun 22	4:45PM	Clarinda	Saydel High School
Jun 24	5:00PM	Adel DeSoto Minburn CSD	Bondurant-Farrar Intermediate School
Jun 26	5:00PM	Carlisle	Carlisle High School
Jun 27	5:00PM	Boone	Bondurant-Farrar Intermediate School
Jun 28	4:00PM	Multiple Schools	Riverfront Stadium
Jul 1	5:00PM	Clear Creek Amana	Clear Creek Amana High School
Jul 2	5:30PM	Mason City	Mason City HS
Jul 8	5:30PM	Away vs. Knoxville	Knoxville High School
Jul 10	5:30PM	Atlantic CSD	Atlantic High School

SENIORS

Photos by *Ben*

Bondurant, IA
515-957-6772
www.photosbyben.net
Ben@photosbyben.net

FAMILIES

GO BLUEJAYS!

FOR ALL BLUEJAYS SCHEDULES

Schedules are subject to change.
Scan for most up-to-date schedules.



GO BLUE JAYS!

1002 2nd St NE | 515-967-9000

BUSINESS • HOME • AUTO • UMBRELLA • FARM • CYBER

▪ INSURANCE STRATEGIES, INC. ▪

85 Paine St. SE, Suite G, Bondurant
www.densmoreinsurance.com
(515) 967-3390

RRAR

Bluejays

JV/VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 25	9:00AM	Williamsburg	Williamsburg Recreation Fields
May 28	4:30PM	Clarke	Bondurant-Farrar Intermediate School
May 29	4:30PM	Carroll Community School	Carroll Stadium
May 30	4:30PM	North Polk	North Polk High School
Jun 1	9:00AM	Multiple Schools	Bondurant-Farrar Intermediate School
Jun 3	4:30PM	Adel DeSoto Minburn CSD	ADM High School
Jun 4	5:30PM	Knoxville	Knoxville High School
Jun 5	4:30PM	Carlisle	Bondurant-Farrar Intermediate School
VJun 6	4:30PM	Boone	Boone High School
Jun 7	9:00AM	Multiple Schools	Creston High School
Jun 8	9:00AM	Multiple Schools	Creston High School
Jun 12	6:00PM	Ballard	Ballard High School
Jun 13	4:30PM	Winterset	Bondurant-Farrar Intermediate School
Jun 14	9:00AM	Multiple Schools	Waukee Northwest High School
Jun 17	4:30PM	Gilbert	Gilbert High School
Jun 19	4:30PM	Carroll Community School	Bondurant-Farrar Intermediate School
Jun 20	4:30PM	North Polk	Bondurant-Farrar Intermediate School
Jun 21	3:15PM	Multiple Schools	Hennessy Softball Diamonds
Jun 22	9:00AM	Multiple Schools	Hennessy Softball Diamonds
Jun 24	4:30PM	Adel DeSoto Minburn CSD	Bondurant-Farrar Intermediate School
Jun 25	5:30PM	Grand View Christian	Grandview Christian School
Jun 26	4:30PM	Carlisle	Carlisle High School
Jun 27	4:30PM	Boone	Bondurant-Farrar Intermediate School
Jul 1	7:00PM	Saydel High School	Saydel High School
Jul 2	5:30PM	PCM	Bondurant-Farrar Intermediate School
Jul 3	5:30PM	Newton	Bondurant-Farrar Intermediate School
Jul 6	9:00AM	Multiple Schools	Carlisle High School
Jul 8	5:30PM	DM Christian Schools	Bondurant-Farrar Intermediate School



**GO BLUE
JAYS!**

IOWA
Living
MAGAZINES

the **B**ird's Nest
Out of School Time
Program

Owned by Jill Sullivan & Felicia Collison. Operated by Lindsay Schaper

500 Grant St. S • 515-957-1386

www.thebondurantbirdsnest.com

Pictures by Mark Phillips

GO BLUEJAYS!

eli+e
health +
performance



116 Brick St. SE, Bondurant • elitehp-ia.com • 515-306-8211

**For Your Health, For Your Future
For The Athlete...**

We offer **SCHOOL AND
SPORTS PHYSICALS!**

Bondurant
• family chiropractic •

Bondurant Family Chiropractic
210 2nd Street NE, Ste. C in Bondurant

Next to the Bondurant Animal Clinic, across from the Bondurant Co-op

www.BondurantChiro.com • 967-6500





FEDERATED CHURCH OF BONDURANT
VACATION BIBLE SCHOOL!
SCUBA
 diving into friendship with God
 JUNE 23-26 | 6-8 PM
 AGE 3 - GRADE 6*
 FEDERATED CHURCH
 scan to sign up!
 103 2nd St SW | (515) 967-2243 | info@fcdchurch.org
 *denotes fall 2024 age group/grade | must be potty trained

FAITH By Trevor Pinegar

BE PREPARED with your reasons



Studying the bible can be tough. We're talking about a work that has approximately 40 authors over the course of 1,500 years. These authors come from different backgrounds and write in different styles. But we are different people.

I've always said that people confirm the reality of Christ through one of four ways: 1) they confirm the truth of the bible through historical/archaeological records, 2) they are in awe of the low statistical probability that Jesus could (but did) fulfill prophecies in the Old Testament, 3) they come to the logical conclusion that complex organisms are a product of intelligent design, 4) and/or they have an emotional experience in life that makes them "just know" that God is real. Historical – Statistical – Logical – Emotional.

However you come to believe in Christ, it would make sense that you would educate yourself concerning this newfound (or gradually attained) belief. When you connect yourself with a system of beliefs, it would be good to defend your position. Scripture says, "In your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect" (1 Peter 3:15).

My prayer is that the people in your life love you enough to ask, "What do you believe?" If or when that happens, what would you say?

Beliefs are the foundation of action and character. Show me the way a person acts, and I'll likely be able to tell you what they believe. Inversely, if you tell me what a person believes, I have an expectation for how they should act. Christians should know how to act based on instructions from God found within the Holy Bible.

In your workplace, you may have an employee handbook. We, as Christians, have the holy scriptures. We need to test what we see in the world against the teachings of the bible. We have tons of resources to help in this. Don't believe what I say; read it for yourself. When comparing God's plan for you with advice derived from the world, one will find a God that rewards discipline, honesty, trust, faithfulness and virtue. How could this be the lesser of two options? Test it out.

Connect with a group of people who are willing to continuously point you back to our God who loves you in grace and truth. ■

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



**JOIN OUR
FAMILY**
**GOD HAS THE PERFECT
GIFT FOR YOU.**
 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:17)
 Biblical teaching. Genuine people. Spreading truth.
FIRST FAMILY CHURCH BONDURANT
 SUNDAY WORSHIP, 10 A.M.
 LEGION HALL
 315 2ND ST N.W. BONDURANT
 FFCBLIFE.COM
 515-587-5930

RECIPE

A CREAMY pasta delight perfect for dining outdoors

(Family Features) Warming weather brings with it plenty of opportunities to celebrate from holidays and birthdays to sunny afternoons offering an excuse to spend time outdoors with loved ones. Dining al fresco brings added freshness to favorite foods, and taking your next meal to the patio can be a fun, delicious way to soak in some vitamin D.

Pasta provides an easy option for sharing with a crowd, like this Creamy Tomato Smoked Sausage and Asparagus Tortellini. A cheesy, filling delight, it's ready to enjoy in less than half an hour.

Plus, locally grown Michigan Asparagus adds an extra level of freshness requiring just about three days to travel from family farms in Michigan to your kitchen. It doesn't need a passport to make it from farm to table, and you won't need one either to enjoy this Italian-inspired dish in the comfort of home.

Find more patio-friendly recipe ideas at michiganasparagus.org. ■

Creamy tomato smoked sausage and asparagus tortellini

Recipe courtesy of the Michigan Asparagus Advisory Board
Servings: 6

- 1 tablespoon olive oil
- 1 pound smoked turkey sausage, sliced into bite-sized rounds
- 1 clove garlic, minced
- 1 2/3 cups chicken broth
- 1 can (15 ounces) tomato sauce
- 3/4 cup heavy cream
- 18 ounces cheese tortellini
- 1/2 pound fresh asparagus, trimmed and cut into bite-sized pieces

- In large rimmed skillet, heat olive oil over medium heat.
- Add sausage and brown on both sides. Add garlic and stir until golden, 20-30 seconds.
- Add broth, tomato sauce, cream and tortellini; stir to combine. Bring to light simmer.
- Cover and simmer over low heat 10 minutes. Add asparagus during last 5 minutes of cooking until tortellini is tender and sauce has reduced.



broadlawns
MEDICAL CENTER

Broadlawns Medical Center
is proud to be serving our
community for 100 years!

Visit Broadlawns.org to learn more today!

EVENTS IN THE AREA

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

Be sure to check for cancelations.



Bondurant American Legion Community Breakfast

Saturday, June 15, 8-10:30 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.

Bondurant Battle of the Bands

Saturday, June 22, 4-9 p.m.
17 Lincoln St. S.E., Bondurant

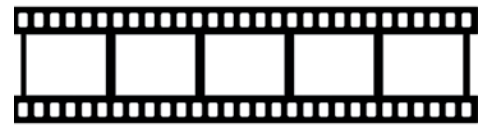
Enjoy live music, sand volleyball, food trucks, drinks for a freewill donation, Mad Hatter volleyball tournament and raffle. The Mary Bump Memorial Foundation will be there raising funds for the Cystic Fibrosis Foundation and other genetic diseases in honor of Gracie Hanes. Band tips and freewill donations go to the cause. The Pat Bump Band plays at 4 p.m. followed by the battle between Exit 185 and Plastic Apartment.



Sidewalk Chalk Festival

July 13, 9 a.m.
The Depot, 2 Main St. S.E., Bondurant

Let your artistic side shine at our Sidewalk Chalk Festival. Walk-ins are welcome to sign up and express themselves on the pavement. Get ready to create masterpieces that will brighten up the streets of Bondu! Prizes will be awarded for ages 2-7 years old, 8-12, 13-18, and 19 and older.



Movies in the Park

Sunday, July 28, 8:44 p.m.
Bondurant Regional Trailhead

Bondurant Lions Club is sponsoring a screening of the Will Farrell classic, "Kicking and Screaming," for all the soccer fans out there.



Keep your home safe with concrete repair

Worrying about your uneven or cracked concrete can make owning a home very stressful. By investing in concrete repair, you can fix your driveway, walkways, patio, and more in one easy lift.

MIDWEST
FOUNDATION REPAIR

GET A FREE ESTIMATE
888-912-4184

Altoona Music in the Park

Last Sundays of the month, May through August, 6 p.m.
Haines Park Outdoor Stage, 700 Block of Third Ave. S.E.

Enjoy free concerts in the park monthly during the summer, May 26, June 30, July 28 and Aug. 25. Sponsored by Altoona Parks and Recreation Board. CAP Theatre will provide popcorn and pop for sale to support the children's theatre.



Bondu Blues & Brews

July 13, 5:30 p.m.
The Depot, 2 Main St. S.E., Bondurant

Enjoy no-cost blues music, brew and family fun. Bring the lawn chairs and get ready to groove! Winners of the home brew competition will be announced at 7:30 p.m.

CITYVIEW's Summer Stir - Downtown

Friday, June 21, 5-9 p.m.
Court Avenue District, downtown Des Moines

CITYVIEW's traveling cocktail party is back in downtown Des Moines. Sample many of summer's finest drinks at some of the area's best bars and restaurants. Try 10 different drinks for only \$25 with your online order (\$30 at the door). For more information and for tickets, visit www.summerstirs.dmcityview.com.

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

May 2024

Congratulations, Bluejay Graduates!

On May 19, students of the Class of 2024 participated in a commencement ceremony to celebrate their accomplishments and the culmination of their academic career at Bondurant-Farrar. Please join us in congratulating the over 190 students in this year's graduating class. We wish them all the best!

Fun Facts About The Class of 2024:

- Began kindergarten in 2011 and are part of Generation Z.
- Known as "digital natives" due to early exposure to tech.
- Entered 3rd grade when Morris Elem. opened in 2014.
- Experienced classroom technology integration with tools like interactive whiteboards, tablets, etc.
- #Hashtags have always been hashtags, never pound signs.
- Grew up with Google always available.
- The high school opened when they started pre-k in 2010.
- Started high school amid a global pandemic.
- The first iPhone was released when they were babies.



Join Our Team Next School Year:

Did you know over 90% of staff report they enjoy coming to work in our district?

At Bondurant-Farrar, we're seeking dedicated individuals to serve in a number of roles for the 2024-25 school year. This is your opportunity to be a part of a supportive team and positively impact the educational journey of our Bluejay students.

Apply today to become a Bluejay!

- Visit: www.bfcschools.org/careers
- Call: 515-967-7819
- Email: hr@bfcschools.org

EOE/AA



Celebrating Our School Board In May:

As part of School Board Recognition Month, we are shining the spotlight on our board members for their commitment to our students, staff, and families. These locally-elected officials dedicate countless hours to help ensure the sky's the limit for students and their future success.

We appreciate our board members!



STACIA SANNY, President
5 years served

- Finance Committee
- Communications Committee
- Infrastructure Committee



KAYLA VANDEHAAR, Vice President
2 years served

- Finance Committee
- Infrastructure Committee
- Employee Relations Committee
- Education Foundation



GARRY LENHART, Director
7 years served

- Infrastructure Committee
- Employee Relations Committee
- IASB Delegate



PATRICK MEYER, Director
1 year served

- Student Achievement Committee
- School Improvement Advisory Comm.
- Diversity, Equity, & Inclusion Committee



LAURAL SWANSON, Director
1 year served

- Student Achievement Committee
- School Improvement Advisory Comm.
- Wellness Committee

Contact Us:

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

Stay Connected:

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

Bondurant's Only Locally Owned Physical Therapy Provider



LIVE WITHOUT LIMITS

- No Referral Necessary
- Most Insurance Accepted
- Complimentary Screenings
- Locally Owned & Operated

BONDURANT PHYSICAL THERAPY & SPORTS MEDICINE

515-528-2326 • 85 Paine St. SE, Ste B, Bondurant

BONDURANTPT.COM

HEALTH

By Dr. Christopher Cass, PT

PHYSICAL therapy and dizziness

When people think of dizziness, they often think of the term “vertigo.” Vertigo is the illusion of movement when there is no movement. Vertigo is a symptom of, typically, a condition affecting the inner ear or brain. Most people are familiar with “crystals” or “rocks” in their ears causing this. This is also known as benign paroxysmal position vertigo, or BPPV. Although this is a common condition, there are several other causes of dizziness. Another common cause of dizziness is vestibular migraines. This is different than a traditional migraine, however, as it presents dizziness with a headache, among additional symptoms. The exciting part is that it can be treated and managed by a physical therapist using visual, posture and balance exercises, among additional treatments. ■



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

HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

ADAPTING to stressors promotes health

Aaron Antonovsky was the first scholar to describe health as a continuum existing between the extremes of total absence of health and total health. Antonovsky and his contemporaries argued that the more a person comprehends the world around them, assigns meaning to experiences, and can manage stressful events, the better health he or she will express.

Humans are designed for self-healing and self-regulating — for living in a state of health that inherently prevents illness as opposed to treating disease. According to Super et al, “Sense of coherence reflects a coping capacity of people to deal with everyday life stressors.” As an individual’s capacity to cope with life stressors improves, so does health. Therefore, improving sense of coherence decreases the likelihood of poor lifestyle choices, health disease occurrence and mortality risk, while improving mental health and quality of life.

Chiropractic fits into Antonovsky’s idea of health because chiropractic promotes adaptability, rather than the treatment of disease. Wellness chiropractors recognize that physical, chemical and emotional stressors exist in our world and that these stressors affect the individual’s ability to adapt to their environment and diminish their ability to make healthy decisions. A neurological evaluation of a patient’s adaptability and stress patterns identify how chiropractic care can help restore a healthy nervous system that is prepared to adapt and respond to environmental stressors. Wellness chiropractors serve patients primarily through chiropractic adjustments to clear the nervous system. They also recognize how chiropractic care is supported by a healthy lifestyle and will provide recommendations congruent with the patient’s care plan to help them achieve total health. ■

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

A Healthy Family is a Happy Family!



Families under chiropractic care report:

- ♥ Healthier Kids & Parents
- ♥ Less School and Work Absences
- ♥ Better Sleep Patterns
- ♥ Less Behavioral Issues
- ♥ Faster Healing & Increased Immunity



SWAIN CHIROPRACTIC

Dr. Kari Swain & Dr. Elizabeth Ellrich
Family Wellness Chiropractors • Pediatric & Prenatal Certified

SwainChiropractic.com

515-967-9300 • 410 Center Pl SW, Altoona



HEALTH

By Dr. Steven Neville

OPTIONS for straightening teeth

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



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

Perfect Check-Up Winners
Breck, Emmitt & Madden!

Monthly Referral Winner
Macey!

Congratulations!

BONDURANT
FAMILY DENTISTRY

108 MAIN STREET NE, BONDURANT
515.967.4002

www.BondurantFamilyDentistry.com

HEALTH

By Nikki Morgan

WEIGHT-LOSS medications

If you have ever tried to lose weight, whether it was 10 pounds or 100-plus pounds, you know what a mind game it can be. Today's health and wellness industry is full of information and advice, and what is right today seems to be wrong tomorrow. You also may have found that losing weight is the easy part, but sustaining the weight loss is a different story. We all know how to drop a few pounds before a vacation, but keeping that weight off proves to be a challenge.



Weight loss medications have been around for decades. From amphetamines to antidepressants to thermogenic drugs and now peptides, medications have continued to evolve through science. While a healthy diet, exercise and adequate sleep remain the staple of a well-rounded weight loss program, sometimes it's just not enough.

Glucagon-Like-Peptide-1 (GLP-1) agonists have taken center stage in the medical weight loss industry. You've likely already heard of Ozempic and Wegovy (semaglutide). These medications work by increasing insulin production and slowing gastric emptying to prolong the feeling of fullness and significantly reducing food cravings. In addition to weight loss, these medications are showing other promising health benefits. The FDA recently approved Wegovy (semaglutide) for use to reduce the risk of cardiovascular death, heart attack and stroke in either obese or overweight individuals.

GLP-1 agonists have become widely available, but use caution in selecting a provider. Safe prescribing should include a consultation with a medical provider, proper baseline lab work, and routine monitoring for efficacy and side effects. ■

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

SkinFusion FX

MEDICAL AESTHETICS & IV LOUNGE
LOCATED AT 410 8TH STREET SW | ALTOONA, IA 50009

Now offering Medical Weight Loss Consultations!

OUR PROVIDERS SPECIALIZE IN THE PREVENTION AND REJUVENATION OF AGING SKIN, ACNE, LASER HAIR REMOVAL AND MORE THROUGH PERSONALIZED TREATMENT REGIMENS BUILT FOR YOUR UNIQUE CONCERNS AND BUDGET.

SKINFUSIONFX.COM | NIKKI@SKINFUSIONFX.COM | 515.967.0587

f t M

THANK YOU, Mom and Dad

Our mother died a few years ago after struggling through the late stages of Alzheimer’s disease. Honoring her during this stressful time was our family’s ultimate goal. And then, again, when she died, we wanted to honor her life in the best way we could. Well, we can tell you firsthand that having her preplanned funeral in place was extremely valuable in helping us achieve our goal. All of the information surrounding her death, visitation, service and burial were organized in a preplanning file at the funeral home. Knowing her wishes, having merchandise selections already made, having the details about what would be in her obituary already written down, and having the information for the death certificate already recorded all helped to make the process of funeral arrangements so much easier for our family.

Since that time, our dad has been “tweaking” his own preplan, which is currently in place at the funeral home, and, for that, we are so thankful. When that time comes, and our heads are spinning with grief, we won’t have to wonder or guess. We will know exactly how best to honor him.

Thank you, Mom and Dad, for this gift. With love, from your two daughters. ■

Information provided by Sasha Mudlaff and Holly Peterson Miller, family owners, Hamilton’s Funeral Home, 605 Lyon St., Des Moines, 515-243-5221.



Plan Ahead for
PEACE OF MIND

Plan & Protect before the need arises.

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

Contact Hamilton’s to start your plan.

- Funerals
- Cremation
- Advanced Planning
- Academy of Grief & Loss
- Pet Services
- Memorial Gift Shop

HAMILTON’S
FUNERAL & AFTER LIFE SERVICES

515-243-5221
6 Area Locations

BONDURANT Community Library news

Adventure Begins at Your Library is the 2024 Summer Reading theme.

The Bondurant Community Library is all set to offer amazing adventures this summer. From our great selection of books, movies, music, programming and various clubs we offer, there is an adventure for everyone at our Library.

If you have not registered, please go to bondurantreads.readsquared.com or stop by the library if you need assistance registering. We have an amazing program and grand prize line-up for all ages this summer. Participants who track on ReadSquared will get to use their daily reading points and program attendance mission points to “purchase” raffle tickets towards the grand prize item they want.

Thank you to our donors this year. Without your generosity, our program would not be a success.

We hope you will take advantage of the free library programming we are offering during this eight-week program, beginning on June 3. All events take place at the library, unless otherwise noted.

Here is the June line-up of events:

- Fit for Life, Mondays and Thursdays at 8:30 a.m.
- Join Miss Carly for Story Time at the library, Tuesdays at 10:30 a.m. and Fridays at 12:45 p.m.
- Baby’s Morning Out Story Time with Miss Carly, Thursdays at 9:30 a.m.
- Story time OUTSIDE (weather permitting), Wednesdays at 10 a.m.
- Stomp Rockets, June 3 at 10 a.m.
- Bound Together Book Club (grades 3-5), June 4 at 6 p.m.
- Pokémon Club, June 5 from 4:15-5 p.m.
- Adult and Teen Craft Night Do Art Productions – Drawing Workshop (ages 12 and older), June 5 at 6 p.m.
- Owl program, June 6 at 10 a.m.
- Teens Only Sunday Funday – Movie Matinee, June 9 at 3 p.m.
- Music and Movement with CultureAll, June 10 at 10 a.m.
- ISU Insect Zoo, June 10 at 6 p.m.
- Adult Book Discussion on “The Seed Keeper,” by Diane Wilson, Tuesday, June 11 at 6 p.m.
- Curious and Creative Kids Club (ages 8 and older), June 12 from 4:15-5 p.m.
- Giant Bubble Stations at the Farmers Market, June 12 at 6 p.m.
- Giant Bubble Stations, June 13 at 10 a.m.
- Ice Cold Science with The Grout Museum, June 17 at 10 a.m.
- In the Middle Book Club (grades 6-8), June 18 at 6 p.m.
- Books on Tap at Reclaimed Rails, June 18 at 6 p.m.
- Create Mini Art Event, June 20 at 10 a.m.
- Internet Basics Lunch & Learn, June 21 from 11 a.m. to 1 p.m.
- Beginners Drawing Workshop with Author/Illustrator Tim Read, June 24 at 10 a.m.
- Balloon Artist at the Farmers Market, June 26 at 6 p.m.
- DIY Music Makers, June 27 at 10 a.m.
- Internet Basics Class, June 27 from 5-7 p.m. ■

IOWA'S #1 LINCOLN DEALER* Since 1980



A bold new take on comfort, revitalization, and connectivity.

THE ALL-NEW 2024 LINCOLN NAUTILUS® SUV

33 AVAILABLE

LINCOLN DIGITAL EXPERIENCE

Our new Lincoln Digital Experience brings enhanced levels of customization and convenience to your drive. The panoramic display, the largest display in its class,** and center-stack touchscreen work together to position core driving information at eye level to help keep the driver's focus on the road ahead.

**Class is Medium Premium Utility



LINCOLN

Due to high demand and global supply-chain constraints, some models, trims and features may not be available or may be subject to change. Check with your local retailer for current information.

HYBRID POWERTRAIN

The Lincoln Nautilus offers an available hybrid powertrain — on all models. The 2.0-liter turbocharged engine, paired with a continuously variable automatic transmission with a 100 kW electric motor, can achieve a total combined horsepower of 310** and an EPA-estimated 30 mpg in the city and 31 mpg on the highway**.

**Horsepower and torque ratings based on gross kW (SAE J1949) standard. Horsepower, torque, and fuel economy are independent attributes and may not be achieved simultaneously.

**EPA-estimated rating of 30 city/31 hwy/30 combined mpg. 2.0L GTDi PHEV engine/CVT Auto Transmission Power Shift Electric transmission/AWD drivetrain. Actual mileage will vary.



STIVERS 2024 LINCOLN CORSAIR

17 AVAILABLE



STIVERS 2024 LINCOLN AVIATOR

21 AVAILABLE



STIVERS 2024 LINCOLN NAVIGATOR

16 AVAILABLE



Scott Feltus, General Manager
Stivers Lincoln of Wauke



Stivers Ford Lincoln

1450 E HICKMAN | WAUKEE IA 50263

515.987.3697 | www.stiverslincolniowa.com

*Sales ranking based on 2023 car and truck sales report of the Kansas City Region of Lincoln Motor Company.

CELEBRATE BONDURANT SHOWDOWN

10th Annual

EVENT HIGHLIGHTS

Friendly Competitions

Competitions include:

- Push Up
- Tug of War
- Log Race
- Obstacle Course
- Pedal Go Kart Racing

Live Entertainment- Nick Sinclair

Experience an exciting performance by local talent.

Food & Drinks

Enjoy delicious food & refreshments from various food trucks around the area.

Community

This is a free family friendly event! Join the Bondurant Chamber along with some of your favorite businesses in the area for this fun event!

Competition Registration



JUNE 01
3-6PM

THE DEPOT
12 MAIN ST SE,
BONDURANT, IA 50035

CHAMBER

By Matt Sillanpaa

THE VALUE of a chamber of commerce



What is the chamber of commerce? And, more importantly, why is it valuable to your community?

Commerce is defined as the act of buying and selling goods and services. The chamber of commerce is a collection of people who advocate for the growth and sustainability of local commerce.

Residents benefit from commerce in many ways. Whether it be restaurants, healthcare options, churches, service businesses or convenience stores, people love having local commodities available.

Cities benefit from commerce in many ways. Large industrial and commercial businesses add to the tax revenue for community betterment projects. Commerce options also draw in revenue from non-residents.

The chamber of commerce is a membership-based marketing model. Local businesses pay an annual fee to the chamber of commerce. Those membership fees are managed by a board of directors who decide how to use those funds to invest back into members.

A well-run, successful chamber of commerce promotes local businesses so money is drawn into the community and residents have convenient, local commerce options.

The chamber of commerce advertises its business members through a variety of ways. The most common event hosted are ribbon cuttings. When a new business opens, or when a business joins the chamber, the chamber hosts a ribbon cutting to welcome the business to the community. It also provides the community with a unique way to explore the business without feeling the pressure of becoming a customer.

Another way the chamber of commerce promotes its members is through an annual awards dinner. The community votes on a small business of the year, large business of the year, organization of the year, and businessperson of the year. These awards create awareness of the different members in the chamber and also encourage engagement from community members in the annual dinner.

How can you support the chamber of commerce? Well, one way is to be a patron of the businesses who are members of the chamber. Paying members want to know their dues are bringing them a return on their investment. So, let businesses know you heard of them through the chamber of commerce.

Another way to show support is to attend the various events the chamber holds each year. Many of the events are free and are sponsored by local businesses. Attendance at these events let communities know the chamber is a valuable part of their community.

If you are a business owner or resident looking for unique ways to engage with the different commerce options in your community, look no further than the chamber of commerce. ■

Information provided by Matt Sillanpaa, Bondurant resident, business owner and city council member.



JOIN OUR ADVENTURE!

JUNE 17-19 • 6:15PM-3PM

Preschool thru 5th Grade
Snacks Provided

EGYPT
Joseph's Journey
from prison to palace

SCAN TO REGISTER!



BONDURANT CHRISTIAN CHURCH

304 Grant St S, Bondurant
Worship Services:
Sundays at 10am

bondurantchristianchurch.com
515-967-2328



OUT & ABOUT

RIBBON Cutting

A ribbon cutting was held for Hy-Vee Health Exemplar Care in Bondurant on May 9.



A ribbon cutting was held for Hy-Vee Health Exemplar Care in Bondurant on May 9. Photo by Ben Fuller



Jaci Robson and Angela McKenzie



David Hopp and Sybil Ferrier



Jim Gocke and Jon Van Der Veer



Tracey Willcox and Chris Cass



Rebecca Backstrom and Jessica Baccam



Jason Hopp



Nathan and Elli Vore



Carrie Davis and Gabby Bell



Nikki Miller and Carissa Slobodecki

OUT & ABOUT



Carl Behne and Beth Sauls at the ribbon cutting at Hy-Vee Health Exemplar Care.



Morgan and Conner Raes at the ribbon cutting at Hy-Vee Health Exemplar Care.



Neeve Funston and Isabel Marquardt at the Bondurant Area Chamber Coffee & Conversation.



Matt Ceaser, Morgan Ogg and Shelby Hagan at the Bondurant Area Chamber Coffee & Conversation.



Maxwell Schaeffer and Carson Olde at the Bondurant Area Chamber Coffee & Conversation.



Donovan Hill and Chase Netusil at the Bondurant Area Chamber Coffee & Conversation.

Start your morning off right with an update from

the **daily** umbrella

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



Delivered Mondays through Fridays to your inbox.

SCAN HERE
or subscribe at dmcityview.com



Brought to you by the publisher of
CITYVIEW and the Iowa Living magazines.

GAME

ON!

Our 100% fiber optic network gives you lightning speed for lag-free gaming.

Now partnered with Fiber Gaming Network for free gaming opportunities!

Technology to power your life. Support to simplify it.

**Make
Mi-Fiber
Your Fiber.**

I'm so happy we made the choice to switch to Mi-Fiber. The service tech was awesome and explained any questions I had. Thanks! And it's amazing that everyone you deal with is LOCAL. -Emily

Technology to power your life. Support to simplify it.

mi-fiber[®]

QUESTIONS? Give us a call today!

515.850.0500

Mi-Fiber provides high-speed, high-quality internet, backed by superior local customer service.

We're looking forward to being your local provider. 4464 114th St. • Urbandale, Iowa

HEY BLUE JAYS..



A REAL GOOD THING

IS TO BE BUILDING EQUITY.



REALTOR

KRISTIN GOODWIN

515-778-0597

pcca KRISTIN GOODWIN
REAL ESTATE



LICENSED IN THE STATE OF IOWA