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JUNE 2024

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FOUR reasons to participate in community theatre

Have you thought about getting involved in community theatre? If you want to participate, organizers will surely find a place for you. But what's in it for you personally? How about...



1. You can develop your creative talents.

Community theatre provides a supportive environment for people to explore their creative abilities. Whether you enjoy acting, singing, dancing or working behind the scenes, community theatre has opportunities for you to develop your skills and grow as an artist.

2. You can build confidence and self-esteem. Performing in front of an audience can be nerve-wracking, but it can also be empowering. Participating in community theatre can help build confidence and self-esteem while learning to overcome fears and take risks. Through rehearsals, performances and feedback from peers and mentors, performers gain a sense of pride and accomplishment that carries over into all areas of their lives.

3. You can develop important life skills at any age. Community theatre is more than just a hobby; it is also an opportunity to develop life skills. From time management and teamwork to problem-solving and communication, the skills that performers learn through theatre can help them succeed in many aspects of life. In addition, community theatre provides a sense of belonging that is often difficult to find elsewhere. Performers build lasting friendships with their peers and develop connections with mentors and volunteers who share their passion for the arts.

4. You can make a difference in your community. The arts have the power to bring people together and make a positive impact in the community. By participating in productions, people have the opportunity to inspire, entertain and educate audiences of all ages. Community theatre programs strive to make the arts accessible to all people in the community, regardless of background or financial resources.

Are you inspired enough now to want to get involved? You can start by reading this month's cover story. Then take the leap and reach out to organizers and say, "How can I get started?" You will be glad you did.

Thanks for reading. ■

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Curtain Call

Residents share their experiences on stage

By Chantel Boyd

For many people, public speaking is their worst fear. They recall suffering from butterflies in the stomach or worse before stepping out on the stage for their elementary school programs and the terror of having to speak in front of their peers in high school speech class. For them, the thought of performing before the public in a stage production sounds as appealing as being tarred and feathered. Others actually seek the spotlight, volunteering to memorize lines and create play props, eagerly awaiting the day the curtains are drawn back and the show begins. Some of these people share their reasons why center stage is the place they want to be.

Nellie Chabak has been active in CAP Theatre in Altoona and the Des Moines Playhouse.

A big part of her life

Eryn Lenhart, 19, has performed in shows at Central College, which she attends, CAP Theatre in Altoona, the Des Moines Young Artists' Theatre and Bondurant Farrar High School.

"I have been involved onstage but have volunteered to help with behind-the-scenes stuff such as set painting and making some props," she says.

Eryn became interested in theatre because of the transformative environment.

"People can immerse themselves into a show," she says. "It's fascinating how the show gets put together and achieves that environment."

Eryn has been participating in theatre since she was a preteen.

"I have been in many shows, but my most recent ones have been 'Musical Comedy Murders of 1940,' 'The Last 5 Years' and 'Young Frankenstein' at Central College," she says.

In February of 2024, Central College students received recognition during the Kennedy Center American College Theatre Festival – Midwest Region Conference in Des



Eryn Lenhart has performed in shows at Central College, which she attends, CAP Theatre in Altoona, the Des Moines Young Artists' Theatre and Bondurant Farrar High School.

Moines. Among those students participating in the conference was Eryn. They attended workshops, worked with theatre professionals and watched student productions from across the Midwest.

At Central College, students take on major roles on and off the stage. In "The Musical

Comedy Murders of 1940," the entire design team was composed of students, with Ron Rybkowski overseeing.

"All the scenery, costumes, lighting, sound, hair and make-up are by students," Eryn says.

Eryn's favorite thing about participating in theatre is the variety she experiences with every

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show she is in.

“I get new castmates, new characters, new stories; every show experience is new and different,” she says.

Eryn plans to continue auditioning for community theatre and college productions as long as she can.

“After college, I will definitely try to continue doing theatre — it’s a big part of my life,” she says.

Eryn encourages others to pursue theatre, even if they are nervous about it.

“Go for it. I used to barely talk when I was a kid, let alone perform for big audiences. But doing theatre has been one of the best decisions I’ve made for myself,” she says. “I would have missed out on amazing things if I didn’t do it. Don’t let fear stop you from doing things.”

Eryn has been influenced most positively by her directors, and she is grateful for their guidance.

“Ms. Kaitlyn Vasey and my newest directors, Professor Sean Stephenson and Dr. Charles Adamson, all have been people who have been major influences in my theatre career,” she says.

Ms. Vasey helped Eryn throughout high

school and gave Eryn opportunities her senior year.

“I never thought I would have these opportunities,” she says, adding that her professors have helped her this school year. “I have had amazing opportunities, and they have really helped my confidence and performance skills. I have played amazing roles for my freshman year, and I cannot wait for the future.”

Eryn says the best part of theatre is making new friends.

“I have worked with so many amazing people and made so many friendships through theatre,” she says.

Big goals

Nellie Chabak, 11, is a young actor from Bondurant. Her mom, Mallory Chabak, is proud of her daughter’s accomplishments in theatre.

“I’ve said since she was little, she has a sparkle about her,” Mallory says. “And when she performs, she’s exactly where she’s supposed to be. Every single time she’s on stage, whether it be a rehearsal, a special event or a performance, she has me in awe. I couldn’t be prouder of who



Participating in theatre is about more than just being on stage or helping backstage. It is about making friends and having a good time, says Nellie Chabak, right.

she is becoming.”

Nellie has been active in CAP Theatre in Altoona and the Des Moines Playhouse.

“I love to perform but recently was on crew



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in one production and student producer for another,” she says.

After being on stage and behind-the-scenes, Nellie is now excited to explore the technical side of a production, she says.

Nellie’s first grade teacher, Mrs. Apland, encouraged Nellie to pursue acting.

“She told me I would make a great actress, so I wanted to do classes,” Nellie says. “Then I fell in love.”

Nellie took classes at the Des Moines Playhouse and summer camps through Des Moines Performing Arts.

Nellie starred in the lead roles in “Matilda Jr.” and “Wizard of Oz Jr.,” was a crew member in “Music Man Jr.,” and was student producer in “Frozen Jr.”

Nellie enjoys theatre for many reasons, but one of the biggest is the community and the opportunities for transformation.

“The people there are the best part — and the fact that you can be anyone and anything through theatre,” she says.

For only being a preteen, Nellie has a few big goals she has been working toward.

“I would love to be in ‘Beetlejuice’ or ‘Mean

Girls,’ the musicals, one day. For now, I am taking vocal lessons to land more parts in local theatres.”

Nellie has some advice for people who might have stage fright. She suggests ignoring the people in front of you and immersing yourself in the role.

“When you get on stage, don’t look at the audience. Look beyond at the wall. The wall will be your best friend,” she says, adding that, once you get past the stage fright, you can just focus on being the best you can be. “Just be yourself and you’ll shine.”

Nellie has been positively influenced by a few other theatre enthusiasts.

“Alex Brightman from ‘Beetlejuice’ is amazing, and so is Addisyn Marvin, who is with CAP Theatre. She’s not only someone to look up to in the theatre, but she’s a great friend and role model.”

Nellie’s favorite memories involve the behind-the-scenes and onstage bonds she’s made with other theatre participants.

“I have loved becoming friends with all of my co-stars, but especially my pal Ryker,” she says.

Bondurant Theatre

Zaladet Shonka, 16, has already been involved in theatre for several years, beginning in 2019 when she was 11. She has participated in productions at CAP Theatre in Altoona and at Bondurant Farrar High School.

“I am an actor in most productions, but, occasionally, when I have the time, I help run tech for CAP shows as well,” she says.

Theatre and acting have interested Zaladet for years.

“Ever since I was a kid, I wanted to be an actor and singer when I grew up. I especially love the community that comes along with it,” she says.

Zaladet has performed in about 11 productions in total.

“I can’t wait to participate in more,” she says.

Every performance has brought Zaladet something new. She has met people she remains close to.

“My current production, ‘Frozen Jr.’ has helped me learn a lot about how to improve my skills and really go the extra mile,” she says.

Zaladet enjoys being part of CAP Theatre productions.

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FEATURE

"I find it to be a low stress environment where I can have fun and improve my skills," she says.

Zaladet has been working toward her goal of becoming a student director for the next CAP Theatre show. Before the year is over, she will be part of the tech crew at the next show at CAP, and then she will likely participate in her high school's musical in the spring.

"I have considered minoring in theatre production when I go to college. I will participate in community theatre regularly, whether through acting or tech," she says. "The community it has brought me is irreplaceable."

She encourages others to explore theatre if they want to join a community that elevates its participants to be the best they can be.

"Theatre has made me a louder, prouder and better person and performer, and I believe anyone can benefit from it," she says.

Zaladet has been influenced by all of her directors, especially Joe and Jolene Gentzler, who directed her first show, "Much Ado About Nothing."

"They put faith in me and gave me a fairly

significant role for my first show," she says.

Christine Yoder has also played a big role in her theatre experience.

"Her kindness and skills as a director have brought me some joy from theatre that I had lost during a stressful year. 'Frozen Jr.' has been a rekindling of my love for performing," Zaladet says, adding that Mr. Hucke at Bondurant Farrar High School was also a big influence.

"His teaching and my love of his choir class have made me a better performer. I will always appreciate the extra time he puts in to help me work on All State Choir auditions or on my songs for my theatrical productions," she says.

Zaladet's favorite theatre memory was backstage at CAP during "Into the Woods."

"A group of us cast members always sat backstage and talked. I made some of my closest friends during that time," she says. "As much as I love performing, I will always love the community just as much. I am so thankful for the friends I have made and the support I have found from any given creative team." ■



While Zaladet Shonka enjoys performing, she especially enjoys time spent with fellow cast and crew members.

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MEET Tanner Urich

Harnessing the energy and enthusiasm of students

Originally from Garner, Tanner Urich attended Buena Vista University where he met his wife, Sarah, of almost 10 years. Together, they have a 5-year-old, Oliver, and another child due this summer. Urich and his family relocated to the Bondurant-Farrar School District in 2014 after building a house in the community. He had previously completed his student teaching experience with the district and knew it was where he wanted to be long term. Now, Urich has been teaching with the Bondurant-Farrar Community School District for eight years. He currently teaches science at the high school.



Tanner Urich with his wife, Sarah, and son Oliver

"I like that they allow me to provide engaging and inquiry-based lessons. I always feel supported by the staff and community of Bondurant. They embrace creativity and challenge me to be a better educator," Urich says.

Urich likes working with students at the high school level because of their potential, curiosity and growth during the years he works with them. As part of his science class, his students have the opportunity to participate in many fun and unique projects and activities. This includes crime scene investigation, fingerprint analysis, polygraphs, DNA analysis, bacteria staining and more.

"I get to harness their energy and enthusiasm to try to get them excited about science. They are naturally curious about most things, and, if I can navigate those curiosities, it is extremely fulfilling," Urich says.

One of Urich's biggest challenges as an educator is that each day presents a different challenge to overcome. Each of his students and classes is unique. However, he says that embracing this diversity allows his creativity, patience and dedication to help all his students.

"The most rewarding moments as an educator are the moments you see the light bulb flash on and the curiosity ignites. The "aha" moments never get old either. When you see the confidence and growth in a student, it is extremely fulfilling," Urich says.

When not teaching, Urich likes spending time with his family. He also enjoys exercising, biking, fishing and, when possible, going on road trips and visiting national parks. Over the past couple of years, Urich and his family have roadtripped to 20 different states and 14 national parks. ■

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EOE / AA

LYMANS find a place to make connections

Neighborhood makes house feel like home.

When Dennis Lyman and his wife, Stacey, were looking for a place to settle down and start a family, they were drawn to Bondurant because they saw the value in being in a community that felt connected.

Since moving to town in 2003, they've built plenty of those connections.

They currently live in a home just south of the high school and are close to trails, schools and parks. They have great neighbors, too.

"Our kids have grown up with other neighborhood kids, we've enjoyed driveway happy hours with our friends, and there's always a helpful hand if ever needed," Lyman says. "Of my house itself, my wife and I enjoy spending time on our deck and our front porch swing. We have plenty of room for everyone, including our three dogs, who have also developed best friends with our neighbor dogs."

For Lyman, the neighborhood simply feels like home.

"It's safe, people are willing to help, and it's quiet at night," he says.

A great example of neighbors supporting each other is from shortly after the family moved in, and numerous homes, theirs included, had their basements flooded.

"It felt like the entire neighborhood came to pump water, fill sandbags, and help in any way they could," Lyman shares. "This happened for three days. The way we all came together to help, I knew



Dennis and Stacey Lyman and their family enjoy the friendships and amenities they have found in Bondurant.

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this was the right neighborhood and town for me."

Lyman says that Bondurant is one of the true gems of the metro area.

"We are close to everything but have a small-town community feel," he says. "For the active family, we have a wonderful parks and trails system that allows for exercise and play in many ways. Looking to explore more? Hop on one of the trails, and you can ride to Ankeny and beyond or head east to Baxter. Schools are manageable sizes where we know the teachers and administration."

It's all about the people, too.

"I've met some of the best people in this community," Lyman says. "We wave when we pass strangers, help if we see a need, and look out for each other."

Throughout his time in Bondurant, Lyman has tried to help wherever he can, most of which happens through his kids' activities. He's coached youth baseball, football and basketball. He and his wife have both served on the boards of youth organizations and their church. In addition, Lyman has been on the board of the parks and recreation department for the past eight years, including as board chair.

"I feel our community is committed to keeping a small-town vibe, even while we grow into a larger city," Lyman says. "I appreciate that the city leaders understand this is what's valued and work to include this into city planning. I love that I know who my kids are interacting with — from coaches to teachers to neighbors. This is as safe of a community as you're going to find, and there's a lot of comfort that comes with that." ■

CELEBRATING certified nursing assistants

June 13-19 is the week we set aside to celebrate one of the most undervalued careers out there: the certified nursing assistants (CNAs). There are more than 1.5 million CNAs currently working in the United States, and there is a projected 17% growth over the next 10 years, and, honestly, we will still need more people in this field.



A certified nursing assistant helps patients with direct care needs, such as assisting patients in using the restroom, bathing, grooming tasks such as brushing teeth and hair or shaving, taking vitals, answering call lights and so much more. CNAs work in hospitals, skilled and long-term care senior residences, home care agencies and adult day centers. They are an invaluable part of the healthcare team.

An average day for a CNA means arriving for their shift and hitting the ground running. They typically begin by doing rounds to get updated on all their clients from the previous care team. Then it's time to start getting everyone ready for their day. This entails going to each room to offer individualized care, always treating them with value, dignity and respect. They may help clients get to the restroom, help them get dressed, assist with grooming tasks, and then transport them to the dining room

for breakfast. As they sit in the dining room to assist those who need help eating, another person may have to use the restroom or someone who maybe wanted to sleep in would now like to get up for the day. This calls for flexibility and, oftentimes, lots of multitasking. Once dining is done, they will assist people back to their rooms and assist them in transferring to their chair or bed or perhaps an activity. Their free moments are often spent charting and documenting all of the assistance they have provided. Most importantly, they do their work with patience, kindness, an open ear and commitment.

CNAs are busy, and they work so very hard. How do you show your thanks to such a needed and pivotal role in the health care of others? Simply say "thank you," be kind, and tell them how much of a difference they are making in the lives of those they care for. You can also let their supervisor know what an amazing job they do. We love to hear about the special moments you see firsthand when visiting your loved one.

The theme for this year's CNA week is, "Kindness in Action." CNAs spend more face-to-face time with patients than any other position. We are so thankful for the kindness you show each day. You are appreciated. Thank you for making a difference every day. ■

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POLK COUNTY
Board of Supervisors



Polk County North/East Highlights

The Polk County Board of Supervisors are responsible for approving funding for numerous projects throughout the county. Funding of projects comes from gaming revenues generated with our partnership with Prairie Meadows Racetrack and Casino. The funds support Polk County Community Betterment Grants and Community Development Grants to enhance the quality of life throughout Polk County



Polk County Opens Athene North Shore at Easter Lake Park

In May, Polk County Conservation dedicated and opened the new Athene North Shore at Easter Lake Park. The redesigned and reimagined park is the most all-inclusive park in the United States. The new park features include: ADA accessible pontoon boat, quiet, de-escalation rooms for people with sensory input disorders, large beach mats to serve as accessible walkways over sand and extra-wide concrete paths for wheelchairs and walkers.

Learn more: PolkCountyIowa.gov/Conservation



Goodrell Elementary Unveils New Sensory Mural with Funding from Polk County

Goodrell Middle School introduced a new sensory mural and wellness room created by Jill Wells Art LLC + AXA Mentorship Program in collaboration with the B. WELL Foundation. This art and wellness space is the latest addition to Goodrell's counseling and mental health offerings. It is a student-inspired and student-invested project that provides a uniquely reflective experience during the day for students to de-stress and return to the classroom feeling less anxious and emotionally refreshed for continued learning.



Snow Tubing in July? Now You Can

Imagine the thrill of tubing down a giant hill with wind flying in your face -- in the middle of July! That imagined future is now a reality in Des Moines. Polk County Conservation has reopened Sleepy Hollow Sports Park which includes the largest all-season, turf-surface tubing hill in the United States. Now that the all-season tubing hill is up and running, Polk County Conservation's focus will shift to preparing for traditional snow-based recreation. Additionally, staff will be making decisions on remodeling the lodge facility, improving access, and expanding camping operations.



Polk County Central Iowa Source Water Research Study Underway

Our two rivers, the Raccoon and Des Moines, are one of our communities greatest assets with more than 240 miles of shoreline. These rivers play a significant role in central Iowa's local economy, culture, recreation community and overall identity. The rivers are the primary source of drinking water for over one-half million people. Right now, a two year study called the Central Iowa Source Water Research Assessment (C.I.S.W.R.A.) is underway to give us a better picture of what is in our water. A team of nationally renowned scientists are working to give us a comprehensive look at the cleanliness of our rivers and streams. Once complete in 2025, CISWRA will provide a road map for community leaders to create policies and best practices to cleaning our waterways and protecting this vital resource for future generations.



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FAITH By Mark Spencer

SAVED for a purpose



Forty-one years ago this week marks a heroic and tragic event. Joe Delaney was a running back for the Kansas City Chiefs and was looking forward to his third year in the NFL. He was a star athlete with a bright future. Joe was back in his home state, Louisiana, enjoying a warm summer day with his wife at a local park. He was there helping to promote some of the events sponsored by a local TV station. Joe and his wife were sitting under a shade tree when they noticed three young boys wading into a pond. The boys held hands as they slowly walked deeper into the water. One boy suddenly dropped into the depths and, through the struggle, dragged his other two friends in with him. Joe saw all of this unfold and instantly sprang into action. While Joe was a world-class athlete, he wasn't a good swimmer. Despite that, he jumped into the water to help the boys.

One of the boys, LeMarkits Holland, remembers a hand with seemingly otherworldly strength pulling him up from the deep water and to the shallow shore. LeMarkits crawled onto dry land, vomited the pond water out, and lay there trying to regain his breath. He remembers hearing people scream to call for emergency responders. After all the chaos settled, LeMarkits was the only one who survived. Joe Delaney and the other two boys died that day.

Of course, this story parallels the sacrifice that Jesus made to save us. The Bible says in John 15:13, "Greater love has no one than this, that someone lay down his life for his friends."

But there is more to the story. LeMarkits Holland struggled in the years after the event. He had nightmares about the event. Even his dreams that aren't about the event often include a big hand grabbing him and pulling him up. LeMarkits went on to struggle with drugs and spent time in prison. Joe Delaney's widow, Carolyn, struggles with the fact that her husband paid the ultimate sacrifice, yet the person he saved has squandered the gift he was given.

Many of us have felt that great hand of Jesus reach out and save us. If the end goal was just to save us, God wouldn't be wasting time having us just wait here on earth. God saves us from something, but God also saved us for something. Have we lived spiritually full lives of obedience and borne great spiritual fruit in response? Or have we spiritually squandered this blessed gift? It's not too late. There is great Kingdom work needed in our families and communities. ■

Information provided by Mark Spencer, lead pastor, First Family Church Bondurant, mspencer@ffcblife.com, 515-587-5930.

RECIPE

SCRUMPTIOUS ways to simplify springtime meals

(Family Features) From everyday weeknight dinners to picnics in the park, warmer weather and longer days mean families want to spend more time together and less time in the kitchen. This spring, look for kitchen hacks that can make fresh and healthy weeknight seasonal recipes a cinch.

Skipping complicated prep work is the first step toward simplifying springtime meals. Rather than recipes that call for a lot of prep or cooking time, consider easy dishes that require only a handful of steps and use everyday ingredients you may already have in your pantry, fridge or freezer.

For example, these shrimp, broccoli and potato skewers with lemon and thyme can let you put a little spring in your weeknight dinners. Grilled skewers keep the whole family happy and come together in less than 30 minutes, making them perfect for quick and healthy meals without the hassle. The versatility of potatoes means you can grill them, and this version calls for a 5-minute microwave steam first to cut down on grill time.

To find more ways to savor springtime meals outdoors with your family, visit littlepotatoes.com. ■

Shrimp, broccoli and potato skewers

Prep time: 5 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound bagged Little Potatoes
- 1 bunch broccoli
- 12 large shrimp, peeled and deveined
- 1 1/2 lemons, juice only
- 3 tablespoons fresh thyme, chopped
- 2 tablespoons olive oil
- salt, to taste
- pepper, to taste

DIRECTIONS

- In large, microwave-safe bowl, microwave potatoes on high 5 minutes.
- Chop broccoli into large pieces.
- Add broccoli and shrimp to bowl once potatoes are steamed.
- Add lemon juice, thyme and olive oil; evenly coat potatoes, shrimp and broccoli. Season with salt and pepper, to taste.
- Build skewers and grill 10-15 minutes on medium-high heat, until shrimp is cooked through.



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EVENTS IN THE AREA

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

Be sure to check for cancellations.

Bondu Bike Night

June 28, 5-11 p.m.
Reclaimed Rails Brewing Company, 101 Main Street S.E., Bondurant

Bondu Bike Night, sponsored by Bondurant Area Chamber of Commerce, celebrates motorcycle enthusiasts, music lovers and local businesses. Attendees can enjoy an evening filled with entertainment, live music and community engagement. The event aims to provide a fun and memorable experience for all. Mike Moody and The Outlaws will perform.

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.

All American Extravaganza

July 3, 3-10:30 p.m.
Prairie Meadows Racetrack & Casino, 1 Prairie Meadows Drive, Altoona

Join the celebration, which culminates with fireworks.



Adventureland Fireworks

July 4, 9-10:30 p.m.
Adventureland Theme Park & Resort

Top off your July 4th fun with the fireworks at Adventureland Park.



Sidewalk Chalk Festival

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

Let your artistic side shine at the 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 Bondurant. Prizes will be awarded for ages 2-7 years old, 8-12, 13-18, and 19 and older.

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EVENTS IN THE AREA

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Be sure to check for cancellations.

Bondurant American Legion Community Breakfast

Saturday, July 20, 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.



80/35 Music Festival

July 12-13
Water Works Park, 2201 George Flagg Parkway, Des Moines
80/35 is moving out of downtown and into Water Works Park. The new location allows the festival to include camping for the first time. Headliners: Killer Mike and OK go.

Hinterland

Aug. 2-4
Avenue of the Saints Amphitheatre, 3357 St. Charles Road, St. Charles
www.hinterlandiowa.com

Just a half hour outside of Des Moines is the state's largest music festival that continues to draw nationally renowned names to the small city of St. Charles. More than 20 musical acts will take the main stage and entertain travelers, campers and music lovers alike. Headliners: Aug. 2: Hozier; Aug. 3: Vampire Weekend; Aug. 4: Noah Kahan.



CITYVIEW's Summer Stir - East Village

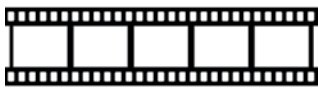
Friday, July 26, 5-9 p.m.
East Village, E. Locust St., Des Moines

CITYVIEW's traveling cocktail party is back in East Village. 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 summerstirs.dmcityview.com. ■

Pleasant Hill Summer Fest

July 26-July 27
Copper Creek Lake Park, 4390 E. University Ave.

Friday night, 6-9:30 p.m., enjoy a concert by Suede followed by fireworks at Copper Creek Lake Park. Saturday, the parade goes through town starting at 10 a.m. followed by family-friendly activities from noon to 3 p.m. at Copper Creek Lake Park.



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.



Fourth of July Parade

July 4, 10 a.m.
Eighth Street, Altoona

The Altoona Historical Society presents this Fourth of July Parade.

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HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

PROPER functional movement during pregnancy

It is absolutely possible to create a comfortable pregnancy, easy birth and smooth postnatal recovery. The choices you make and habits you form will influence your pregnancy and birth. Pregnancy isn't always going to be easy. Studies show that the energy expenditure of pregnancy is comparable to running a 40-week marathon. Your body is working hard growing a human being, so start by giving yourself grace and tune in to connect more deeply with your body.

Take notice of your functional movement. Daily movement habits make a large impact on the way you feel during pregnancy. Daily walking, stretching and yoga are all important to incorporate, but it is also important to look at how you're moving throughout the day during your normal activities. Activities to consider are how you are getting out of a chair, how you are bending over to do things like pick up toys or load the dishwasher, how are you carrying heavy items or other children, and what your posture is while sitting. Learning the proper techniques for functional movement as your body changes will help to avoid pain or discomfort.

Spinal movement and pelvic positioning also play a significant role in pregnancy comfort and ease of birth. Physical harmony is critical for the end goal of birthing, as gently as possible, a healthy baby. A prenatal chiropractor certified in Webster Technique will focus on creating alignment in the pelvis. Utilizing the Webster Technique, space is created for the baby to grow and move freely. This space allows for the baby to move into optimal birthing position. Women who receive prenatal care using the Webster Technique have been shown to benefit from chiropractic care by experiencing shorter labor times and decreased labor pain intensity. ■

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

HEALTH

By Nikki Morgan

SUMMER skin care tips

As temperatures heat up and summer officially arrives, you might notice some changes in your skin's needs. The sun's harmful rays and heat can wreak havoc on our skin, predisposing it to premature aging and skin cancer. Here are some summer skincare tips to keep your skin feeling and looking healthy and radiant.



- **Use sunscreen.** Apply a broad-spectrum sunscreen with at least SPF 30. Make sure to reapply every two hours, especially if you are swimming or sweating. Ditch your heavy foundation for a tinted sunscreen to avoid clogged pores.
- **Stay hydrated.** It is important to drink plenty of water during the hot summer months to help keep the skin hydrated and plump. Dehydration can cause dryness, irritation and excess oil production.
- **Add an antioxidant to your skincare routine.** Adding an antioxidant, such as Vitamin C, not only helps with fine lines and wrinkles, but also brightens your skin, improves skin tone and texture, and protects against other environmental factors and long-term sun damage.
- **Eat a healthy diet.** Eating fruits and vegetables rich in antioxidants can keep your skin looking healthy and protect from damage the sun is causing.
- **Get a facial.** Get a cooling and exfoliating facial to reduce dead skin build-up, unclog pores, and facilitate lymphatic drainage to detoxify and reduce inflammation. Talk to your esthetician for additional recommendations on services and products that are safe in the summer. ■

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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DECISIONS, decisions

When I was a kid, something my dad and I would do during the week was what he liked to call “making the rounds.” What he meant by this was driving around my hometown to check on our pastures where we had sheep and goats. Occasionally, we would stop at our local Casey’s to get his favorite treat, a Snickers bar. Now, as a kid, I always remember going into the candy aisle and thinking, “There are so many options, how do I decide what I want to snack on!” You start weighing your options. Butterfingers are great and provide a fun crunch. Reese’s always has a winning combination. Hershey’s is plain but is always good. Eventually, I would decide and was always happy with the choice. Contrary to belief, physical therapy is similar. People have a choice where they want to receive their care. Every clinic is different and has different tools and skillsets to get you feeling better. If physical therapy is recommended to you, remember, you can choose where you would like to go. If you have questions about physical therapy, contact a physical therapist and chat about how they can help. ■



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

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WHITER teeth

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



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

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PLAN AHEAD

By Buffy Peters

GRIEF 101 with Buffy: Get physical

Grief is the natural and normal reaction we have after someone has died. One fact that some people are not aware of is that we experience grief within our bodies, so finding ways to physically release it is a great way to express some of our most intense emotions.



What physical activities do you enjoy?

Do you prefer being in nature? Go for a walk or run on a trail. Gardening is also a great way to be active outside.

Do you enjoy dancing? Take a class (online or in-person), or else put on some tunes and dance in your home.

Do you want to take it easy on your joints? Try swimming, water aerobics, chair yoga, or stretch classes.

Do you feel limited with time or other resources? Cleaning, cooking, and other household chores keep us moving.

Do you feel worried about where to start? No worries. Many fitness organizations have variety of classes dedicated to specific age groups and levels.

There are so many different ways we can move in the world. Think about what you enjoy or pick a new activity to try. Movement helps us burn energy, release feelings, and increase our sense of control in the world. Make a list of some activities you would like to try and then start getting physical. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.



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REC-N-ROLL THIS SUMMER!

One of the reasons Bondurant is an attractive place to live is its strong and connected neighborhoods. Block parties in the Bondurant community have grown in numbers throughout the years, which is a great opportunity for neighbors to interact and welcome new residents. Neighborhood block parties and community events strengthen relationships within and among neighborhoods and help Bondurant be a more welcoming and inclusive community. The Rec -N- Roll Trailer makes it easy for neighbors to get together and is available free of charge to Bondurant residents or businesses (defined as living or having a physical location within city limits).

WE NEED YOU! VOLUNTEER IN YOUR COMMUNITY.

We are looking for volunteers for a variety of community events coming up this year. We are looking for folks interested in helping with Bondu Blues and Brews, Bondu Spooktacular, and Merry & Bright, specifically. Volunteer jobs can consist of everything from general event floater to donning a white, fluffy beard and a santa suit. Interested? Contact Katie at kklus@cityofbondurant.com.

THE SPECIAL CENSUS NEEDS YOU!

We are still looking for people interested in helping in our Special Census! 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. All details and how to apply can be found at CityofBondurant.com (under the "Government" button) or scan the QR Code.



EVENTS:

PASSPORT TO THE PARKS: JUNE 1ST-AUG. 23

Start your summer plans by visiting all the playgrounds in Bondurant! Did you know that Bondurant has a total of 16 parks? And 9 of those parks have playgrounds. Get out and explore these parks and win a prize! Prizes will be available to the first 150 kids (ages 15 and younger) to complete the Parks Passport Challenge!

TOUCH-A-TRUCK: JULY 26

This FREE family-centric event will offer children a hands-on opportunity to explore working trucks of all types, including public service, emergency, utility, construction, landscaping, transportation, and delivery – all in one place! Kids will get a behind the scenes look at all the amazing trucks, vehicles and equipment they see on the road every day!

MOVIES IN THE PARK - KICKING & SCREAMING: JULY 28

Come in your pajamas, bring a blanket, and snuggle in! Freshly popped popcorn will be provided.

SIDEWALK CHALK COMPETITION: JULY 13

The Bondurant Community Foundation invites artists of all ages to design and create their own Sidewalk Chalk Masterpiece! Pre-register to get your spot today! Registration may be available day-of as space allows. Awards will be given, including a People's Choice Award!

BONDU BLUES & BREWS: JULY 13

Bring out your families, lawn chairs, blankets, sunscreen and smiles to the annual community event that celebrates everything summer! Bounce houses, face painting, and food trucks will be on-site for this annual event. Ronley King Blues Band, Buckmiller Schwager Band, Major Blues and the Mugshots will be keepin' us cool with blues jams throughout the night. Zachary Freedom will finish off the night with an acoustic set. The Homebrew Competition winners will also be announced.

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.

WHAT'S the buzz about the special census?

If you've been in Bondurant lately, you've probably noticed how fast our city is growing. The 2020 Census counted 7,365 residents, but recent estimates suggest additional significant growth. Securing an accurate population count is more important than ever. It helps connect Bondurant to resources to support the needs and amenities for our community.



Why should we care?

The special census holds substantial financial implications for Bondurant. State and federal funding allocations, essential for infrastructure and public services, are heavily influenced by population data. For example, the Iowa Department of Transportation projects distributing road use taxes at approximately \$133 per capita. Each additional resident counted could significantly bolster the funds available for maintaining and enhancing Bondurant's roadways.

And it doesn't stop there. The Local Option Sales and Services Tax (LOSST) also relies on population numbers. Last year, we received more than \$1.1 million from LOSST. If we don't keep our population data up to date while other cities do, we might miss out on our fair share of these funds. These funds have helped us reduce the tax levy rate (saving homeowners money), while providing exciting capital improvements, such as the Bondurant Community Library expansion and parks improvements.

Moreover, accurate population data supports informed decision-making and planning for the future. It enables the city to better understand and cater to the needs of its growing population, from infrastructure to public services and beyond.

How can I help?

First, when you receive the postcard from the Census, there will be instructions as to how to submit your information. Please do this right away. The more people who proactively submit their information, the fewer resources are needed to walk the neighborhoods and knock on doors.

Also, the City of Bondurant needs census workers. It is a chance to play a crucial role in our community's future. Census workers are the boots on the ground, making sure we get accurate data that will benefit us all.

The timeline is pretty straightforward. Applications for field positions are currently open. Training happens in early September, and the census itself runs from late July to mid-October. You can apply now. Follow this QR code for more information!



Let's make this happen

The special census is more than just counting heads; it's about securing our future. Accurate data means more funding for roads, parks and services. It helps us plan better and ensures Bondurant continues to thrive.

So, if you're looking to make a difference, consider joining the census team. Your efforts will help shape the future of our growing community. Let's come together and make sure Bondurant gets the recognition — and the resources — we deserve.

If you have questions, do not hesitate to reach out to City Hall at 515-967-2418. ■

Information provided by Marketa Oliver, City Administrator for City of Bondurant, 200 Second St. N.E., Box 37, Bondurant, IA 50035.

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THE SPECIAL CENSUS NEEDS YOU!

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.

Need help applying? Interested applicants can explore employment opportunities on the Census Bureau's website by visiting [census.gov](https://www.census.gov) or scanning below. **Additionally, we're hosting training sessions in July and August to prepare our team for the task ahead.**

By participating in the Special Census, individuals have the opportunity to directly impact Bondurant's development and ensure accurate representation for future planning and resource distribution. For more information, contact City Hall at (515) 967-2418.

Bondurant Chamber of Commerce

SEARCH ALL JOBS HERE!

SUMMER Fest

The 50th Annual
Bondurant Summerfest
was held June 10-11.



Jeff Cook, Steve Hubler, Al Ihde, Austin Sullivan and Brian Deeds, members of the Bondurant Men's Club, which organizes Summerfest



Hayden Bell, Sam Griffith, Nate Payne and Vincent Fine



Arturo Mora and Nicole Hedgecock



Justin Simmons



Joaquin Gonzalez



Giada Romare and Debb Bernholtz



Kris and Joni Hutchinson



Nick Rotert, Jeff Rotert and Matt Rotert



Jayelyn Bond, Jill Altinger, Karry Altringer, Garrett Bon and Riot Call

SUMMER Fest

The 50th Annual Bondurant Summerfest was held June 10-11.



Pearl Doty and Mitchell Wilson



Madison Vue and May Otto



Lori Lacina



Riley Ballard



Nate Schonridge, Chris Schonridge, Karla Vernon and Melanie Schon



Members of the Blue Jays 10U Baseball team



Fareway employees



Doug Radig and Dana Reed



Gabby Bell



Federated Church of Bondurant



First Family Church Bondurant

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