

BONDURANT

JULY 2024

Living

MAGAZINE

YARDS WITH

personality

Residents share how their
landscaping choices
reflect their style.

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9	FLAT	\$95,000
10	FLAT	\$95,000
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17	FLAT	SOLD
18	PARTIAL DAYLIGHT	\$110,000
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WELCOME

DIRT under the fingernails

My dad worked in the “dirt business” much of his life. He and my uncle owned a gravel and excavation company in a small town in northern Iowa. They dug basements, built pads, cleared out groves, hauled gravel and did most anything else that involved heavy equipment and moving dirt. Dad’s hands were stained from years of exposure to dirt and oil and grease, a symbol of his many years of manual work and service to his customers.



My hands may be stained with ink from time to time, but I don’t work in the dirt like Dad did. The exceptions are when I am motivated to tackle a landscaping project or two, and those seem to be annual events. Tearing shrubbery out. Putting new bushes in. Wheelbarrowing dirt. Setting stones. Planting flowers. And watering, watering, watering. It’s all part of the landscaping process. I am certainly not an expert, and I need to call in the pros from time to time, but I don’t hesitate to dig in the dirt when I get a chance to do so.

Landscaping is something my wife and I can do together and not disagree much about. She has a good eye for landscaping design, and I still have a reasonably strong back — at least I think so until the day after proves otherwise.

We have done our share of landscaping in each home we have lived in, and we would like to think that each place looked better when we were done. Of course, the new owners likely tore out what we did and replaced it with something more their style, but that’s OK. Landscaping is art, and beauty is in the eye of the beholder in lawns, too.

This month, we share examples of landscaping projects local residents have embarked on. We hope these stories inspire you to break out the shovels and get some dirt under your fingernails, too.

Thanks for reading. ■

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YARDS WITH

personality

Residents share how their landscaping choices reflect their style.

By Darren Tromblay and Tammy Pearson

A plethora of pots. A hillside of hostas. Wildflowers willy nilly. Manicured hedges and straight edges. From wild and unruly to precise and planned, the landscaping around a home often reflects the owner's own unique style. While some prefer lush, thick foliage, others enjoy succulents among a garden of rocks. From a tropical vibe to the charm of a country cottage. From mad about mulch to mad for magnolias. Whatever their preferences, homeowners with a green thumb and plenty of imagination enjoy creating landscaping masterpieces with pizzazz.

Susie Kamm

FEATURE

A beautiful setting for life — and a wedding

As Susie Kamm and her husband, Steve, stared at what was then an empty field in Bondurant in 1995, imagining what their future place of residence would look like, little did they know that, nearly 30 years later, this would be the spot they would still call home.

This place, where thousands of memories have been made across the years, is something special to them. And it's been treated thusly, right down to field stones and boulders that dot the 1-acre plot of land, the decades-old lilacs given to Susie by her grandmother, and the numerous varieties of flora that give the spot such colorful life.

Naturally, over the years, the landscape around the property has changed and evolved, leading to what it is now — a beautiful, well-kept piece of land. Its beginnings were humble, Susie Kamm says.

"There initially wasn't a driveway or anything like that, so we started with steppingstones, because we thought that would be cheaper than concrete," she says.

The couple put mulch in front of the house,



Susie Kamm, along with her husband, Steve, recently updated the landscaping of their home in Bondurant. Their daughter, Amanda, held her wedding ceremony in the backyard of the property.

but, by the third year, it was gone. Rain and the natural elements had seen to that. Rock, they decided, would be much better. So, rock it was, along with some strategically placed bushes.

The Kamms' landscaping work continued over the years. A small change here, a different color there. Nothing huge. Things were added or removed as needed, sometimes by mother nature via a derecho, other times by their own hands.

Until this year.

Those bushes planted years ago were now

too big and were removed. The mulch that went missing all those years ago? That came back, too. It needed to look especially good now. Their daughter, Amanda, was getting married and had chosen the Kamm home as the place it would happen.

Wedding or no wedding, though, the Kamms had been itching for an upgrade on the exterior look.

"The front of the house, with all the rock, was starting to look yucky with all the weeds and whatnot coming up through them," Kamm



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says. “So, when we decided that the wedding would be here, we said, ‘Yep, we’ve got to get this redone.’ ”

The couple didn’t feel the need to hire a professional landscaper to map out a grand design. They would simply do as they’ve always done — trust their instincts.

A few mini evergreens were planted, and some beautiful clematis now grow up a wooden arbor out back. Up front are the “John Deere” plants. Susie has what she calls a “test garden” behind the house. There, she’ll plant certain varieties to see if she likes the way they look when they mature. If so, they’ll stay and likely will appear in other spots on the property.

Most of the plants have come from Susie’s mother or grandmother, two influential people in her life.

“I spent a lot of time with my grandmother as a kid,” she says. “She lived in Des Moines. Her grandfather used to have a peony farm by ML King and up the hill from Methodist Hospital back in the day. Between whatever he gave her and put in her yard, and what my mom had at our place when I was a kid, it’s what we brought here to our place and used.”



Susie Kamm, along with her husband, Steve, recently updated the landscaping of their home in Bondurant. Their daughter, Amanda, held her wedding ceremony in the backyard of the property.

While the wedding is done and over, the landscaping projects are not. They never seem to be. It’s a part of homeownership.

Kamm says she wants to clean up the garden in the back, add more variety to it, and eventually install a gazebo for more shade. Although the couple didn’t plant a vegetable garden this year, they had in previous years,

and that’s something Kamm wants to get back to next season.

There’s something about being outdoors and in nature — especially in a landscape just their own — that is particularly attractive.

“Steve does most of the mowing and trimming, stuff like that,” Kamm says. “But the flowers are my thing. It’s my outlet.”

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FEATURE

From famine to feast

When Dusty and Brittany Gilson first rolled up to their now-residence at 414 Fourth St. S.E. in Bondurant five years ago, the landscape resembled the moon.

Nothing. Barren. A house on some grass.

"There wasn't a plant on that entire property," Dusty Gilson says.

There was zero curb appeal when they first viewed the home, Gilson admits, but what it lacked visually, the location more than made up for. They loved it, the school system and the neighborhood.

Sold.

The previous owners left them with a job. Half of the backyard was torn out in order to plant rose bushes. The dirt from the excavation was left in an unsightly pile at the end of the lot — sod, weeds and all.

Gilson went in with a tiller, leveled it out, sodded the ground once again, and then began laying things out the way he wanted them. There was no grand plan to what was going to happen landscape-wise; it was just going to happen, one way or another. The house deserved it.

"I just kind of shot off the hip," Gilson says.

Having worked for Perficut, a landscaping company in Des Moines for nine years, as well as managing a cemetery, Gilson had some working knowledge of how to design and grow things. But it was during his stint working at Iowa Farm Bureau in Wes Des Moines that Gilson learned what he really wanted.

"I got most of my ideas from there," he says. "And working for Perficut, I fertilized yards, so I got to see a lot of landscaping jobs, and I just took some of those and added my twist to it."



Dusty and Brittany Gilson's landscaping adds curb appeal to their home.

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Plants and garden ornaments combine to add charm and interest to the Gilsons' yard.

The next step was to add some trees to the yard. A single, lonely tree greeted them on their first day of residency. That changed quickly.

"I added three river birches, one Cleveland pear, one skyline honey locust, a cherry tree, two apple trees, two hydrangea trees, a lilac tree, an eastern red bud and a red sun maple," he says.

The fruit trees are paying dividends already, specifically the apple trees, which have been producing fruit, much to the family's delight.

Gilson is a fan of mulch in his landscaping.

"It just freshens things up every year," he says.

So expansive were the Gilsons' early landscaping efforts, that now, five years later, they're out of space.

"I'm tapped out," he jokes. "I have nothing I can do, except, like I tell my wife, tear it all out and start over again. She's like, 'No!'"

Given the opportunity to do it all over, Gilson says he'd go with less catmint. Two



Dusty and Brittany Gilson and their children enjoy their yard. And, with a new park near their home, they don't need a playset taking up any room.

plants, as he's found, was one too many.

"It grows like no other and takes over everything," he says. "It's kind of taken over the beds they're in. That, and I'd stay away from rose bushes. They're pretty, but they're maintenance."

The couple contemplated beginning a garden, but have yet to do so. Their children keep them busy enough as it is.

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The Polk County Master Gardeners have three educational gardens. Photo by Joe Baumgarten



Paths provide a relaxing walking experience through the Master Gardeners' Demonstration Garden. Signs provide information about the plants found along the way. Photo by Joe Baumgarten

After a short period of having a swing set in the backyard, Gilson says they decided to take it out this spring. A replacement isn't in the works either, since a brand-new park is being built within walking distance.

"We're literally two blocks away, so we'll probably just walk there and use that," Gilson says.

Master Gardeners share expertise

Polk County Master Gardeners, a program of Iowa State University Extension and Outreach, share their expertise through a variety of programs and three educational gardens in Polk County: the Demonstration Garden, 92nd Street and Dewey Gibbs Road, Urbandale; the Discovery Garden, 1207 E. Iowa St., Des Moines; and the Enabling Garden, 1050 First Ave. S., Altoona. The public can attend programs at the gardens and visit them to learn about the plants in them or simply enjoy a stroll in the peaceful settings.

The Demonstration Garden is the product of a cooperative arrangement between Polk County Extension, Urbandale Community School District and the City of Urbandale. The mature fruit trees and the many deciduous bushes and shrubs double as a learning lab where Master Gardener trainees receive hands-on experience in proper pruning techniques.

Hardscaped paths allow people with disabilities and parents of small children in strollers easier access to displays.

The Discovery Garden at the Iowa State Fairgrounds is a cooperative effort between the Polk County Master Gardeners and the Iowa State Fair. It has grown into a beautiful spot maintained by volunteers and visited by thousands each year. About 5,000 square feet is replanted each year, and more than 80 Polk County Master Gardeners maintain the beds from early April through the first snow. All plants and beds are marked for the fairgoer's ease of information. The garden contains annuals, perennials, tropical plants, natives, ornamental grasses, hardy roses, dwarf conifers and bushes. Plants and beds are labeled during the Iowa State Fair.

The garden also features the children's tunnel made of gourds and other climbing vegetables and flowers for children of all ages to explore, a landscaped pond with a bog and rapids, composting areas, a rainwater harvesting system, and a variety of garden design techniques.

While the intent of the garden is to peak at the Iowa State Fair, it provides interest, color and a place to relax throughout the season. There is rarely a time when the garden isn't in use, whether by wandering gardeners, families with children interested in crawling through the tunnel, wedding parties, or someone just

looking for a place to eat lunch or read a book. It is also a favorite place for photographers who value the variety of colorful borders which make up the garden.

The Enabling Garden is "where disabilities become abilities." It started in 2002 as a collaborative effort between Polk County Master Gardeners and the City of Altoona. The primary goal is to welcome people of all abilities to experience the garden. Through the use of design concepts such as raised beds and vertical wall gardens, visitors learn how gardens can be adapted to accommodate any gardener regardless of age or ability. Signs throughout the garden explain the design and construction methods used in making a safe and comfortable environment for leisure activities, as well as horticulture therapy. The garden also includes a meditative water feature, a rain garden and many seasonal annuals and perennials blooming throughout the summer.

The George Washington Carver Learning Center at the garden is the site of classes held during summer months, starting with an Arbor Day Celebration in April. Also featured are an interactive children's garden where they can play and experience all five senses, a miniature garden, a bottle tree and several unique sculptures by artist John Brommel including a 12-foot praying mantis.

For events, information and more, visit polkcountymastergardeners.org. ■

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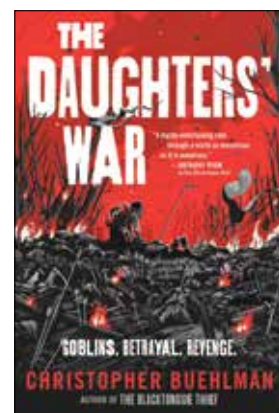
'The Daughters' War'

To be perfectly clear before we start, this is a book about grief. It is a story of loss and war and lives cut short in the pursuit of survival. Sure, this is a military fantasy at its most basic level, but, in truth, it is an ode to the beauty of grief, growing up and becoming something extraordinary.

Galva is the youngest daughter of prominent family, and instead of staying cloistered safety, she chooses to train with an experimental army unit that will likely mean her death. Humans are edging toward extinction, and the goblins just keep coming. Brutal, cunning and overwhelming, these goblins want one thing only: to tear down humanity and make them into livestock. Paired with a diverse and fascinating array of comrades, Galva will fight for her people's right to live and lose almost everything along the way.

This is not an easy book to read, but the starkness and gritty horror make the moments of humor and hope that much more powerful. The prose is hypnotic and stunning, like an epic poem, and will linger long after the cover is closed. It is absolutely worth the tears. ■

— *Review by Julie Goodrich*



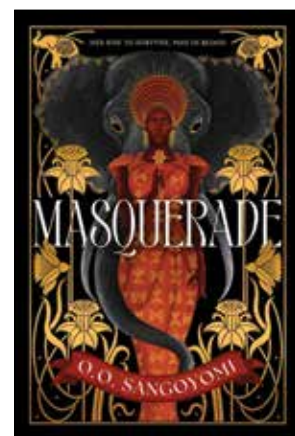
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'Masquerade'

There have been a handful of times in my life when I felt so wildly out of place that I couldn't tell up from down. That kind of upheaval is a powerful motivator for digging deep and finding out what you're made of. Transformation, power and self-discovery weave through this gripping, gorgeous story I fell in love with from the first page.

Òdòdó is a blacksmith in Timbuktu, a city being ground down under the heel of warrior king. Òdòdó's struggle suddenly changes, however, when she's kidnapped to be the bride of a warrior king who refuses to take no for an answer. Left with little recourse, the story follows Òdòdó as she learns to reclaim her power, navigate the politics of her new city, and embrace the power she finds unexpectedly at her fingertips.

This is a deep, tense and deeply satisfying story that weaves together West African myth with the classic story of Hades and Persephone in a unique and utterly enthralling tale. I love the blending of the familiar and the new. This feels like a classic in the making. ■ — *Review by Julie Goodrich*



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Altoona Campus (Passport to the Parks, Youth Fishing Derby)

We also want to thank all of the businesses that came out to support our annual Touch-a-Truck event:

Truck Center of Iowa, Shivers Farms, Waste Connections, Iowa National Guard, MidAmerican Energy, Kustom Concrete Pumping, Ziegler Caterpillar, Polk County Sheriff's Department, Bondurant Farrar Community School District, Bondurant Auto Body, RMS, Ankeny Towing, Metro Waste Authority, Terry's Quality Concrete, Barnes Boys Racing, Growth Ventures LLC, MidCountry Machinery, Bondurant Emergency Services & Public Works Department, LifeServe Blood Center, Badger Infrastructure Solutions, Fareway Stores, J Petticord, McAninch Corp., Landus and the Life Flight Helicopter!

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Postcards are coming soon to your mailbox from the US Census Bureau! By having an accurate count of Bondurant's population, it directly puts money into our community. Increased population numbers means that Bondurant will get more money for road repairs and capital projects. The Bondurant Community Library was a direct result of these monies!

BONDU SPOOKTACULAR ORGANIZATIONS NEEDED

Time to start thinking about what activity your organization wants to do at this year's annual Bondu Spooktacular. This year's event will be on Saturday, October 19. For more information, please email Katie at kkklus@cityofbondurant.com

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 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 kkklus@cityofbondurant.com.

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AUG. 8TH: COCKTAILS & CONVERSATIONS: DEVELOPMENT EDITION

Commercial and Retail will be the focus of this month's conversation. Join us at Reclaimed Rails Brewery from 4-5:30pm!

AUG. 13TH: BONDURANT CHAMBER OF COMMERCE MEETING

Meeting is available via Zoom and in person at Bondurant City Hall from 8:30-9:30a. Members of the Bondurant Chamber are always invited to attend our monthly board meeting.

AUG. 14TH: YOUTH PARK PLAY FITNESS AT WISTERIA HEIGHTS PARK

We have partnered with Kaylin VonAhnen to bring kids Youth Park Play Fitness from 10-11am in City Parks! More info can be found on our website.

AUG. 17TH: MOVIES IN THE PARK DISNEY'S LADY AND THE TRAMP

Come in your pajamas, bring a blanket, and snuggle in at the Depot! Freshly popped popcorn will be provided. Movie starts at sunset.

AUG. 27TH: EAST POLK COUNTY REGIONAL BREAKFAST

Get ready for a legislative-focused morning of networking and insightful discussions from 8-11am. Don't miss out on this opportunity to connect with local leaders and community members. Contact the Bondurant Chamber of Commerce for more info!

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.

TAKE precautions in summer heat

It has been scorching hot. I enjoy the heat, not the humidity, so dry summer heat is something I look forward to experiencing every year. Unfortunately, heat can be dangerous for people of all ages.

Heatstroke occurs due to your body struggling to regulate its core temperature.

Heatstroke or heat exhaustion can cause severe dehydration and damage your heart, muscles and brain. It can even lead to death. Possible symptoms are dizziness, weakness, nausea, muscle cramps and headaches. If you start experiencing these symptoms, stop what you are doing and rest, sit inside in the air conditioning, and drink a nice glass of water. If your symptoms persist for more than an hour, seek medical attention.

While it is important to enjoy the blissfulness of summer, it is vital to operate with caution and plan ahead to prevent any adverse events. It should be a high priority to stay active, but we also must have a plan for keeping cool. If you go on a walk, wear light-colored clothing and bring a bottle of water. If you are away from home, there are cooling centers all over the metro and surrounding areas. A cooling center is a place where the public can sit indoors in the air conditioning to cool down. Libraries



and community and senior centers are often cooling centers.

Avoid working or exercising outside between 11 a.m. and 2 p.m. This is when the sun is the most intense. You should also stay hydrated. Have I mentioned drinking water? Staying hydrated is important for everyone all the time, but it is imperative to stay hydrated in the hot summer months as we age. As we get older, our body loses fluids more quickly, causing us to dehydrate. Our aging bodies do not communicate with us like they used to. Our body's messages telling us that we are thirsty and to drink can decrease over time. Your body could need water, and you may not feel like it due to your body not signaling thirst like it once did. Remind yourself to drink water by marking the bottle with a permanent marker with time goals on the water bottle itself.

Always be aware of those who may struggle to stay hydrated and cool. This could be a parent, neighbor, beloved pet or even a stranger in a parking lot.

"Always have a willing hand to help someone; you might be the only one that does." — Roy Bennett ■

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



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

July 2024

Have You Registered Your Child For School Yet? We're Here To Help!

Registration for the 2024-25 school year is underway! This is an annual process, required for ALL students, that provides families an opportunity to update household information prior to the start of a new year. Families are encouraged to complete this process by August 1.

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www.bfschools.org/jayshop



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300 Garfield Street SW
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Phone: 515-967-7819
Online: www.bfschools.org/contactus

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- Phone: 515-967-7819
- Email: hr@bfschools.org

www.bfschools.org/careers



Back-To-School Events Begin Mid-August

Each building has open houses scheduled to help students and families prepare for the first day of a new school year. These events begin as early as August 14.

➤ Mark Your Calendars!

View building schedules by using the camera of your smart-device to scan our QR code!

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



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Newsletters: www.bfschools.org/subscribe

EOE / AA

BOYS volleyball teams compete at nationals

Simonson, 18U team finish fifth in the nation.

Two local boys volleyball teams returned from a national tournament in Dallas, Texas, after having gone toe to toe with some of the best squads from across the nation for four days.

The 18U and 16U teams, based at the Ohana Volleyball Club in Grimes, performed well, with the 18U team having an exceptionally strong showing, placing fifth in the nation in Tier 2 of the three-tier competition. Jerze Simonson, Bondurant-Farrar High School, is a member of the team.

"It was great, and what's even more awesome about that is we will lose only two seniors from this team, so I basically have all my guys coming back next year," Anderson says.

The 16U team finished 16th out of 32 teams, having to overcome a rough first day, according to Anderson, to finish strong.

The Ohana club teams have made big strides in a short period of time. When first formed, the group consisted of athletes from Johnston and Des Moines Public Schools, Anderson says. Now, the club has grown to the point where athletes are traveling from as far as Bettendorf to be a part of the team.

The state of Iowa does not have a sanctioned boys volleyball season, but Anderson says the boys have been quick learners.

"They are coming in not knowing what to play or what to do, but when you relate it to other sports, they just pick it up so fast," he says.

Although not true across the board, it seems as though basketball players have the easiest time transitioning to volleyball, he says.

"We love basketball players," Anderson jokes.

"They're usually tall, quick on their feet, and a lot of the quick movements that are good for basketball are good for volleyball as well."

The program's growth has basically been due to word of mouth at this juncture, Anderson says. Anderson holds some free camps and clinics during the summer as well to give kids who might not be familiar with the game an opportunity to see what the sport is about.

"Once the boys get past that initial stigma that it's only a girls' sport, they end up liking the sport," Anderson says.

Anyone is welcome to try out and participate in the clinics.

This year, the club will be expanding to two 18U teams, a 16U team and a 14U team.

Anderson says the season begins in October and runs through June. Practices are held at the Ohana Sports Complex at 1400 S.E. Gateway Drive in Grimes twice a week for two hours each. ■



The Ohana Volleyball Club, Grimes, 18U team recently finished fifth at a national tournament in Dallas, Texas. Front row, from left, Jackson Miller, Ames High School, and Jesse Schumacher, Southeast Polk High School. Back row: Coach Brandon Anderson; Jerze Simonson, Bondurant-Farrar High School; Eli Melz, Bettendorf High School; Chris Davis, Johnston; Tyler Nguyen, Johnston; Philip McClure, Valley High School; Max Sampson, Johnston; Nolan Edkin, Moline High School; and Coach Matt Belling.

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FAITH

By Trevor Pinegar

JESUS can wash us clean



Who doesn't love sidewalk art? At our home, we have some budding sidewalk chalk artists. But, the other day, one of my sons said, "Dad, all our drawings are washed away." We certainly have had a wet spring and summer here in Bondurant.

Imagine for a second that each of those sidewalk chalk drawings on my driveway equates to a sin that we carry — some of us carry them for years. Replace the chalk dinosaurs and cartoons on my driveway with the jealousy, anger and temptation we all face every day. We need to be washed clean.

I think there's a misunderstanding among spiritual people that we need to be perfect before we can approach God. But scripture says that God seeks to save the lost, that Jesus went to sinful places, and, when he left, people were changed. It says, "God shows his love for us in that while we were still sinners, Christ died for us" (Romans 5:8). We don't have to be perfect, but we must be changed.

To clean up our driveway drawings, I don't need to break out the pressure washer. I simply need to wait for a rainy afternoon, which we've had a lot of lately. I think there's a new day dawning and that another generation is rising that is yearning for the truth after feeling used and deceived for so long by the world. If that's you, then the saving grace of Jesus Christ is what you're looking for.

Jesus of Nazareth is a historical figure. His life is chronicled in the gospels (Matthew, Mark, Luke and John) which are found in the Holy Bible. Proof of his existence is also found in extra-biblical texts such as those by the Roman historian Josephus Flavius.

Jesus redeemed the sins of all mankind at the cross. The Apostle Paul wrote: "But when the goodness and loving kindness of God our Savior appeared, ⁶he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, ⁷whom he poured out on us richly through Jesus Christ our Savior, ⁸so that being justified by his grace we might become heirs according to the hope of eternal life" (Titus 3:4-7).

Like the rain, Jesus can wash you clean if you'll simply put your faith and trust in Him. ■

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

RECIPE

BRING joy to mealtimes by dining together

(Family Features) The renowned Mediterranean Diet, celebrated for its myriad benefits, has been rated as a top diet in the world for years.

Recognizing the benefits of the foods included in the Mediterranean Diet, it's important to broaden the understanding beyond its ingredients to embrace the elements of the Mediterranean lifestyle, which also contribute to these benefits. Essentially, it's not just about what you eat; it's also about how you enjoy it and with whom you share the experience.

Nutrition, physical activity, sleep and togetherness comprise this balanced way of living, with preparing, eating and enjoying food together being key elements of the Mediterranean lifestyle. You can immerse yourself in the vibrant spirit of the Mediterranean lifestyle simply by inviting friends or family to gather around the table for a meal — like a family favorite pasta dish.

“Eating together is a joyful and important practice of the Mediterranean lifestyle that truly contributes to overall well-being,” said Michele Lefebvre, registered dietitian nutritionist and manager of nutrition and well-being at Barilla America. “As a traditional yet versatile food, pasta brings a sense of nostalgia to meals as people gather together around the table and connect in an impactful way.”

Visit barilla.com/recipes to discover more dishes that can help you follow the Mediterranean lifestyle. ■

Cellentani Caprese pasta salad

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 7

- 1 box Barilla Protein+ Cellentani pasta
- 4 tablespoons extra-virgin olive oil, divided
- 2 pints grape tomatoes, mixed color, halved
- 4 tablespoons lemon juice
- 8 basil leaves, julienned
- 2 cups small mozzarella cheese balls, halved
- salt, to taste
- black pepper, to taste



DIRECTIONS

- Bring large pot of water to boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on sheet tray to cool. Set aside.
- In large bowl, combine tomatoes, lemon juice, basil, remaining olive oil and cheese. Season with salt and pepper, to taste. Add pasta and stir.

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EVENTS IN THE AREA

Be sure to check for cancellations.

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

"Antigone"

July 25-28

Thursday through Saturday, 7 p.m. at Haines Park Amphitheatre, 711 Third Ave. S.E. (at CAP Theatre in case of bad weather)

Sunday, 2 p.m. at CAP Theatre, 201 First Ave S.

CAP Theatre and the CAP Classic present "Antigone," the final installment in Sophocles' trilogy, the Theban Plays. The plot follows the titular character, Antigone, as she defies King Creon's decree by burying her brother, Polyneices, who was declared a traitor. Creon, adamant about upholding the state's authority, orders Antigone's execution. Antigone, however, believes her actions were justified by her belief in honoring family and divine laws above all else. Despite warnings, Creon remains stubborn, leading to a series of tragic events including the suicides of Antigone, Haemon (Creon's son and Antigone's fiancé), and Creon's wife, Eurydice. Through this, Sophocles explores motifs of morality, authority and the consequences of pride, leaving audiences trapped in the clash between individual conscience and state law. Tickets are \$7, available online and at the park. For more information or to purchase tickets, visit www.captheatre.org.



Hinterland Music Festival

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.

Youth Park Play Fitness

July 31

Mallard Pointe Park, 501 Mallard Pointe Dr. N.W.

The Parks and Recreation Department is partnering with Kaylin Von Ahnen to bring the community Youth Park Play Fitness camps at Bondurant Parks this summer. RSVP online at www.cityofbondurant.com/home/events/72181. All participants must have a Youth Activity Waiver on file. Forms are available at City Hall or on the city's website.



Pleasant Hill Summer Fest

July 26-27

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.



National Balloon Classic

July 26-Aug. 3

Memorial Balloon Field, 1136 150th Ave., Indianola

www.nationalballoonclassic.com

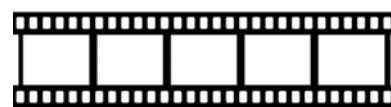
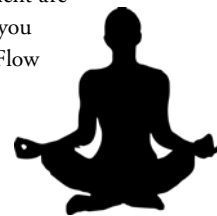
Just look up. Beautifully colored hot air balloons adorn the skies of Indianola. The National Balloon Classic has been dropping jaws of Iowans and travelers with its wondrous display for more than 50 years.

Yoga at the Depot

July 31, 7-7:45 p.m.

2 Main St. S.E.

Kayla Burkle and the Parks and Recreation Department are partnering to bring you Yoga at the Depot. Flow Yoga is a 45-minute mind-body class that increases strength, flexibility and cardiovascular fitness through a flowing series of yoga postures. Through attention to breathing and yoga poses, participants have an opportunity to develop focus as well as relieve stress and tension.



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.

STAGE PRODUCTIONS

Ankeny Community Theatre

1932 S.W. Third St., Ankeny

www.ankenycommunitytheatre.com

• Aug. 2-11: "Vanya and Sonya and Masha and Spike"

Des Moines Performing Arts

Des Moines Civic Center, 221

Walnut St., Des Moines

www.dmpa.org

• Aug. 20 - Sept. 1: "Moulin Rouge: The Musical"

Urbandale Community Theatre

Urbandale High School

Performing Arts Center, 7111

N.W. Aurora Ave., Urbandale

www.urbandaletheatre.com

• July 26-28, Aug. 2-4: "The Wizard of Oz"

EVENTS IN THE AREA

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

Be sure to check for cancellations.

Together Through Sound Music Festival

Sept. 8, 1-10 p.m.

Riverview Park, 710 Corning Ave., Des Moines

This free, family-friendly event promises a vibrant day filled with diverse musical performances, interactive activities and community spirit. The festival will showcase an incredible lineup of local talent, featuring performances by the Blake Shaw Big-ish Band, Soten Taiko, Son Peruchos, Sonny Side Up, DJ Loose and the Real Afro Warriors, and a full symphony orchestra directed by Joshua Barlage. These artists will bring a rich tapestry of musical genres to life, ensuring there's something for everyone to enjoy and new genres to explore. Young attendees can explore their creativity at the Make Your Own Instrument Bar, enjoy face painting, and experience the magic of music at the Instrument Petting Zoo. In addition to the musical performances, the festival will feature local artists showcasing their unique creations and a variety of food trucks. For more information, visit www.togetherthroughsound.com or email info@togetherthroughsound.com

Square Dance Lessons

Sundays starting Sept. 8,

6:30 p.m.

Douglas Avenue Presbyterian Church, 4601 Douglas Ave., Des Moines

Ankeny

Square Dance Club is sponsoring

lessons. Cost is \$20 per person

for the entire session, accepted

at the third lesson. Attend with or

without a dance partner. You'll

learn the calls, one at a time, taught by a caller (instructor)

and volunteers. For more information,

call Sandy Townsend, 515-294-2624, or

visit www.ankenysquares.com.



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. ■

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HEALTH

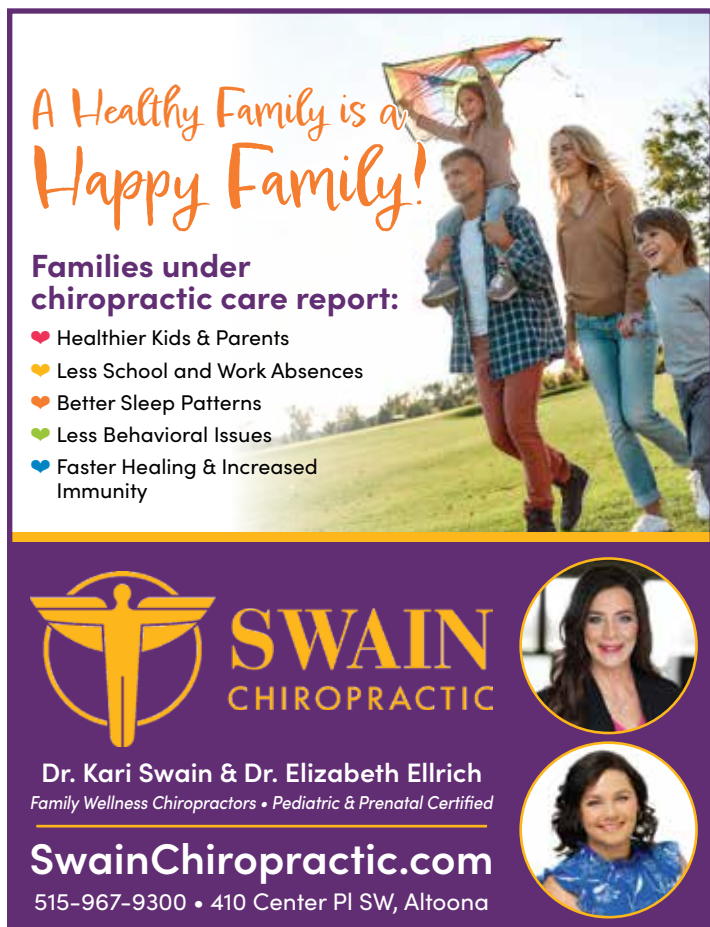
By Dr. Steven Neville

COMBATTING cold sores

A common appearance some may experience around the lips and mouth is a cold sore. Cold sores, also known as fever blisters, are a common infection in people but not serious. The herpes simplex virus causes cold sores and is spread through contact of kissing and utensil sharing. Once exposed to the virus, it will be dormant in a person's system until triggered. What can cause a cold sore to appear are certain foods, cold weather, excessive sun, allergies, stress and fatigue, and a weakened immune system. To tell if you are experiencing a cold sore, symptoms include: burning, tingling, or small blister around the edge of the lips. The average cold sore will last from two to four weeks and be contagious during the beginning stages before crusting over into a scab. There is no cure for the herpes simplex virus but antiviral medications can help heal the sore quickly and reduce frequency. ■




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



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HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

SUMMER: a great time to reset

Have you given yourself a chance to enjoy summer? Have you relaxed and enjoyed a slower pace, or have you rushed from one event or activity to the next? The summer bucket list can get long and overwhelming when you try to fit everything in.

Summer is a great opportunity to reset from the fast pace of life during the school year. Take a pause and reflect on how your family is spending its time and energy and whether those habits are bringing you closer to health and connectedness or leaving you feeling tired, anxious, disconnected or even sick. Making a conscious effort to slow down this summer can make a significant impact on your health.

Stress manifests in different ways but can show up as digestive issues, difficulty sleeping, poor immune system, hyperactivity and attention issues, moodiness or outbursts, anxiousness, learning and sensory issues. Our bodies and our minds need rest. When you are in a state of stress, also referred to as sympathetic dominance or fight or flight, your body is unable to adapt and self-regulate.

Seize the summer break opportunity to focus on your health by scheduling your family for a chiropractic evaluation. Build up the nervous system's ability to adapt to stressors by adding neurologically focused chiropractic this summer before kids go back to school and the schedules get full again. A board certified pediatric chiropractor can identify interferences to the nervous system and help kids and parents reach their full expression of health potential and connectedness. ■

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

LASER hair removal 101

Laser hair removal is one of the most popular aesthetic treatments. Benefits include drastically reduced hair growth, resulting in smoother skin, freedom from ingrown hairs and folliculitis, money and time saved, and boosted confidence. This procedure uses highly concentrated light energy to target pigment within the hair follicle, producing heat and destroying the follicle. Depending on the type of laser used, such as an 810 Diode laser, LHR is suitable for all skin types, from fair to dark skin. LHR works best on pigmented hair, such as brown or black hair. Lighter hair colors, such as red, white or gray, do not respond well to LHR. LHR is most effective when hair is actively growing, as that is when the hair is thickest in the follicle with more target pigment present. Since only a percentage of hair is in a growth phase at any given time, multiple sessions are recommended at varying intervals, depending on which area of the body is being treated. Facial hair can be treated more often, while legs require less frequent treatments. LHR sessions are quick (just seconds for an upper lip to several minutes for a larger area), and surprisingly comfortable when using an 810 Diode laser. Destruction of hair follicles is permanent, with up to 90% reduction in hair growth. Remaining hair is typically much finer and lighter in color.



A consultation with your medical aesthetic provider can help you learn more about laser hair removal and whether you are a good candidate. ■

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

BACKPACK safety

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

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

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



Information provide by Dr. Leslie Brant, PT and owner, Bondurant Physical Therapy & Sports Medicine, 85 Paine St. SE, Suite B, Bondurant, 515-528-2326.



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THE ROLE of funeral staff

“We don’t need to worry about it; the church will take care of everything.”

I have recently experienced the planning that goes into a family member’s funeral service. When you want a celebration that truly reflects and honors the loved one who has died, you learn firsthand about the many details which need to come together.

You also appreciate the job of the funeral director and support staff, who make sure all of these details come together seamlessly.

So, when a family says they do not need the funeral home involved with services... we cringe.

We cringe because we know that churches don’t typically have staff ready to take care of the many details that need to be attended to: creating memorial folders, memorial DVDs and other service items; checking in flowers and arranging them for the service; setting up displays of personal items for the service; and providing ushers, just to name a few.

Individually, these may not seem like big things; however, these details can quickly become overwhelming. That is why I urge you to take my personal experience to heart and let the funeral home do what they are here to do for the family. Let the funeral director “direct” and guide the family through these many details and decisions.

And remember... planning in advance will make this a smoother and less stressful process for everyone. ■



Information provided by Scott Eriksen, Director of Hamilton’s Advanced Planning, Hamilton’s Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, www.HamiltonsFuneralHome.com.

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BUILDING sites certified

Two more sites in Bondurant have been designated ready for industrial development through the Iowa Economic Development Authority’s (IEDA) Certified Sites program. The sites have a combined total of nearly 270 acres that have met or exceeded specific criteria, including transportation and utility infrastructure. Both offer quick and easy access to Interstate 80 and the four-lane U.S. Highway 65.

“Having the availability of certified development sites gives Iowa a tremendous advantage in attracting new companies and quality jobs to our state,” said Debi Durham, director of IEDA and Iowa Finance Authority. “Certifying any site is an extremely rigorous process, and Bondurant having multiple sites with this status is a major accomplishment. It demonstrates dedication to economic growth and prosperity for the community and the state.”

Durham recently joined local officials to recognize the city for “becoming a welcoming place for business and people.” Bondurant is Iowa’s first community to certify four sites since 2012, when IEDA launched the program to address a lack of project-ready industrial sites in the state.

The 188-acre Timmins Industrial Park features three sub-dividable parcels within city limits, and Interstate 80 runs along its southern boundary. Zoned light industrial, the site has ample space to accommodate a variety of operations, and its flat topography allows for flexible and cost-effective development options.

Bondurant Industrial Park Plat 2 — a greenfield site that’s also in city limits and adjacent to the existing Bondurant Industrial Park — has nearly 80 developable acres that offer high visibility along U.S. Highway 65. Positioned just north of Interstate 80, the site is zoned medium industrial, which would suit industries like manufacturing and assembly.

Bondurant’s first certified site, announced in 2019, was quickly secured by Amazon for its central Iowa fulfillment center. Myers Industrial Site, the second site certified in September 2022, is located east of Hubbell Avenue/U.S. Highway 65 and south of N.E. 78th Avenue with easy access to Interstate 35. The site is zoned as medium industrial, which makes it suitable for a wide variety of industries.

Bondurant Mayor Doug Elrod commended the city’s effective collaboration with property owners and thanked economic development partners who were instrumental in the certification process.

“We have seen the enormous value in achieving certification through the IEDA program,” he said. “Since the launch of our site certification efforts, the city has experienced significant job and valuation growth, with more than 4,400 jobs being added and our commercial and industrial valuation increasing by more than 800%. Through these efforts, we have been able to provide enhanced service and amenity levels for our community.”

IEDA’s Certified Sites program, one of the nation’s most robust and effective certification programs, is continually updated to reflect current industry needs. It is an independent, third-party program with certification through the nationally recognized site selection firm Quest Site Solutions. The program is designed to consider national site location standards, as well as Iowa’s natural assets and the needs of the state’s targeted industry sectors of advanced manufacturing, biosciences, finance and insurance.

Site certification remains one of the fastest growing trends in the site selection business, and by introducing certified sites to the market, Iowa is better able to compete for projects. To date, Iowa has attracted more than \$2.23 billion in capital investment due to these development-ready sites. Throughout the certification process, developers — working closely with local officials and utility partners — are better prepared to market their sites with specific site-related information and community data. The process also assures business prospects that site due diligence has been completed and mitigation plans are in place for any identified issues, reducing risk to companies.

For more information on Iowa’s Certified Sites Program, visit iowaeda.com/locations. ■

CHICHAQUA Valley Trail a community asset

The Chichaqua Valley Trail is a picturesque, multi-use trail in central Iowa, stretching 26 miles from Berwick to Baxter. This scenic trail follows a former railway corridor, offering a serene route through the heart of the Iowa countryside. The Chichaqua Valley Trail is well-paved and maintained, perfect for activities such as biking, hiking and running. Its gentle gradients and smooth surfaces make it accessible to people of all ages and fitness levels, providing an ideal setting for outdoor enthusiasts to immerse themselves in nature.



Riding e-bikes on the Chichaqua Valley Trail has become increasingly popular, thanks to the ease and accessibility they offer. E-bikes, or electric bicycles, are equipped with an electric motor that assists with pedaling, making it easier to cover longer distances and tackle inclines with minimal effort. This makes them an excellent choice for riders who want to enjoy the trail without the strain of traditional biking. E-bikes are particularly beneficial for older adults, those with physical limitations, or anyone looking to enjoy a leisurely ride while still getting some exercise. Companies like BonduBikes offer advanced e-bikes perfect for such trails, combining cutting-edge technology with user-friendly designs.

Getting outside and connecting with nature on the Chichaqua Valley Trail has numerous benefits for physical and mental wellbeing. Engaging in outdoor activities like e-biking can improve cardiovascular health, increase strength and stamina, and contribute to overall fitness. Additionally, spending time in nature reduces stress, enhances mood and boosts mental clarity. The trail's tranquil environment, with lush greenery, diverse wildlife and scenic landscapes, provides a refreshing escape from daily life, allowing individuals to unwind and rejuvenate.

The Chichaqua Valley Trail fosters a sense of community and connection among its users. It serves as a social hub where people can meet, interact and share their love for outdoor activities. Group rides and events are often organized, bringing together people with shared interests and promoting camaraderie. Families, friends and solo adventurers can enjoy the trail's amenities, such as picnic areas, rest stops and interpretive signage, which enhance the experience and encourage longer visits.

In summary, the Chichaqua Valley Trail offers a beautiful and accessible venue for outdoor activities, with e-biking providing an enjoyable and inclusive way to explore the area. By getting outside and connecting with nature and fellow trail users, individuals can experience significant physical and mental health benefits, making the trail a valuable asset to the community. ■

Information provided by Dawn Marie LaRue, BonduBikes, LLC,
13 Main St. S.E., Bondurant, 913-638-3496.



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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.

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FARMERS Market

Bondurant Farmers Market was bustling on July 10.



Megan Jasso and Kate Oltmann



Erik and Brittney Brockway



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Julie Armstrong



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