

BONDURANT

JULY 2022

# Living

MAGAZINE

## Getting TOGETHER

Residents share how  
they build community  
through gatherings

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EDUCATION

**Tuna romesco salad board**  
RECIPE

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WELCOME

## GATHER around

Getting to know your neighbors isn't always an easy task. Some people simply want privacy and don't care to mingle much. That's certainly fine, as not everyone is a social butterfly. Others aggressively seek out new friends, especially those with whom they have things in common, which often deals with children being the same age.

Each time we moved, Jolene would seek out homes with playsets in the backyards and go up to the door and introduce herself and our toddler kids. A plate of chocolate chip cookies usually helped, too. It worked for her, and that bit of reaching out created lifelong friendships for us.

Admittedly, this is easier to do in the summer months. During the cold Midwest winters, most people tend to stay indoors where it's warm. But when the warm months arrive, residents start to come alive, much like a butterfly in a cocoon.

In generations past, homes had front porches where friends and family would gather. As the years passed, homeowners sought more privacy and preferred gathering on decks in their backyards. In recent years, as you may have noticed, the trend seems to be moving back to the front yards — or at least the driveways.

We found that one of the better ways to get to know our neighbors was circling the bag chairs around a fire pit in our driveway with a cold drink in our hands. And the s'mores helped, too. While the kids played hide and seek, we adults solved the world's problems — or at least the ones in our neighborhood. From there, we found reasons to gather for potluck dinners, football games and, more often than not, just impromptu get-togethers. The fire pit may not be legal in your community, but the conversation certainly is, and that's what's most important.

So if you are not already doing so, invite the neighbors over to your driveway and host a little get-together. If you need some ideas on how to do this or get involved in other gatherings, check out our feature story this month.

Thanks for reading. ■



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*Shane*



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# Getting **TOGETHER**

**Residents share how  
they build community  
through gatherings**

**By Lindsey Giardino**

The recent COVID-19 pandemic has had an interesting effect on our social ties. The word “neighbor” has taken on a new meaning as we recognize the importance of authentic social interaction with those who are closest and most accessible to us. Engaging with those neighbors (from a safe distance) was a way to continue to have interaction with those outside our family during the stressful time of a global pandemic. Driveways became gathering places, with lawn chairs six feet apart; people’s news and conversations became precious when the walls of our homes began to close in. As a result, the resurgence of the front porch, driveway or lawn as a “place to meet and greet” is back in the fabric of American life.

The neighbors of Quail Run gather on a regular basis and also enjoy a block party each year.



## FEATURE

### Raising families and having fun

Charlie Ludwig and her family moved into the Quail Run neighborhood in December 2020, just as people started hunkering down for the start of winter. They didn't have an opportunity to meet any neighbors until springtime, but when they did, they quickly realized how lucky they were to live in an area occupied by great people.

Ludwig, who was pregnant at the time, learned that three other neighboring families were expecting within a week or so of her, which was a great conversation starter. Now that the kids — all boys — have arrived, Ludwig says it's fun to be raising them all at the same time.

She adds that there's three or four houses close to theirs with families they hang out with at least once a week, if not more. They also get together with more neighbors for things like driveway drinks.

This year, Ludwig took it upon herself to plan a block party for the Quail Run neighborhood at large, because she realized she didn't know too many people in the development beyond her immediate area.



The block party held by Quail Run residents includes fun for the kids. A bounce house provided them with entertainment.

She partnered with Donny Novachich, who gathered signatures and secured a permit to close off the street so they could host the

gathering this past June. Ludwig says about 100 people showed up for the party, which included yard games, food, inflatables for the kids and

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## FEATURE

much more. She says it was a great way to meet more neighbors, so now when she sees people in passing, she recognizes their faces.

"As much work as it was, it was totally worth it," Ludwig says, adding she hopes to do it again next year.

After the success of the block party, some of the neighbors got together for a Fourth of July party, too.

"The neighborhood is wonderful," she says. "We definitely hit the jackpot when we moved here."

### Fun, fun and more fun

From the sounds of it, Fourth Street S.E. is the place to be.

Elizabeth Field says, almost every evening, the neighbors gather for impromptu driveway drinks.

"If you see someone out with their chairs, everyone gathers in to join in conversation," she explains. "On the weekends, this often leads to karaoke in the garage, guitars and bonfires, putt-putt tournaments and Alexa parties."

And what is such a party? Field says it's when they go around the circle and yell at Alexa



The Fourth of July is just one occasion celebrated by the neighbors of Fourth Street S.E.

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The moms of Fourth Street S.E. celebrate various occasions — such as the first day of school.

to play the song each person picked.

“Now this can get wild depending on the song, and we like to take it back to our high school days,” she says. “We smoke pizzas, meats and cheeses, and everyone brings sides.”

The neighborhood hosts numerous other gatherings as well, including progressive dinners, Friendsgivings, Halloween parties and ugly sweater parties. On the Fourth of July, they block off the street and put on a fireworks show that the neighbors pay for by saving their cans all year round. This party is Field’s favorite.

“It’s one of my favorite holidays anyway, but to celebrate our freedom with some of the best people around, and the fact everyone pitches in to make it great is so special,” she says. “The kids love that the street is blocked off, so they play with no worries.”

Fourth Street S.E. also hosts a block party each year that includes a bounce house and yard games like Beersby and Can Jam. The kids like to ride around on their bikes and motorized toys and get a game of football going. Field says Officer Matt usually makes an appearance as well.

Then there are the ice cream socials the parents put on for the kids on the first and last day of school. The moms put on their own party for the first day of school, too, a New Year’s Eve party, football tailgates and Super Bowl parties. The list goes on and on.

Field says the neighbors really are like family and attend each other’s birthday parties, baby showers and more, continually looking out for each other. They help each other out with physical labor, too, such as pouring concrete or doing a home improvement project.

Fourth Street S.E. truly is a special place, and Field enjoys making memories every day with her neighborhood family.

“Everyone is laid back, down to earth and down for a good time,” she says. “We get to watch everyone’s kids grow up and become friends and enjoy the simplicity this neighborhood brings. We are always welcoming of new people who move in, and there really isn’t a better place to make friends and memories.”



The Bubble Club is made up of a group of women who all lived on Third Street or Main Street growing up in the 1950s and 1960s. They still get together today.

## Childhood neighbors, lifelong friends

A group of women who all lived on Third Street or Main Street as they grew up in the 1950s and 1960s still get together today.

“We are called the Bubble Club,” Jan Johnson says. “We meet once a month, craft together, play games and do special things for other seniors in town. We also create a silent auction item every year for SummerFest.”

She explains they call themselves the Bubble Club because, at one of their first get-togethers back in 2006, bubble up pizza was served. The group consists of 13 members, the oldest of whom is 90 years old and is the mother of one of the gals who grew up with Johnson. She says there are three groups of sisters in the club, her and her own being one of the pairs.

Most of the mothers of the women in the Bubble Club have all passed away, but Johnson shares they used to have coffee together frequently. The group has two different shirts they wear to meetings, one of which lists the names of all the mothers on the back.

The Bubble Club has also been in the Bondurant Homecoming Parade a couple times and created their own cookbook.

Johnson says the group is special because they all grew up as neighbors at a time when the town had a population of 350 people. Now Johnson is 72 years old and lives a block and a half away from where she grew up. Although the town has grown exponentially and continues to do so, she loves seeing its growth.

Johnson also enjoys the Bubble Club simply because it’s fun.

“We just enjoy each other’s company,” she says. ■



## BEFORE YOU GO

By Jan Shawver

### PLAN ahead, pay ahead

A phrase I often hear is, "It is expensive to die!" Unfortunately, I must agree.

Some of the expenses the family must face at the time of death include: funeral home services; burial plot, mausoleum or niche; vault; casket; opening/closing of burial space; transportation of body; house of worship and clergy; flowers; and memorial/headstone.

Most funeral homes and cemeteries offer pre-planning programs which will allow you to pay for your funeral/burial needs in advance, often locking in current prices for future needs. Specially trained advanced planning specialists will guide you through the process.

It is never fun or easy to think about death; however, it is much more difficult for the family when forced to make these difficult decisions — both emotional and financial — in the midst of grief. It is so much easier to discuss these topics in advance and make sure your wishes are carried out.

People are often skeptical, if not fearful, as they enter my office to make their pre-arrangements, but most leave saying, "That wasn't so bad" or "You made this easy!" Please consider completing your arrangements before they are needed — your family will appreciate it.

Give your family a gift of love and care for your future end-of-life needs now. ■

Information provided by Jan Shawver, Family Services Representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.



## SENIOR

By Stephanie Proper

### TAKE precautions in the summer heat

It has been scorching hot. I enjoy the heat, not the humidity, but dry summer heat is something I look forward to experiencing every year. Unfortunately, heat can be very 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 your home, there are cooling centers all over the metro and surrounding areas. A cooling center is a place where the general public can go to sit indoors with the air conditioning to cool down. You can often find these cooling areas in libraries or in community and senior centers, where you can sit and enjoy the air and drink some water.

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 of 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 faster, causing us to dehydrate faster. 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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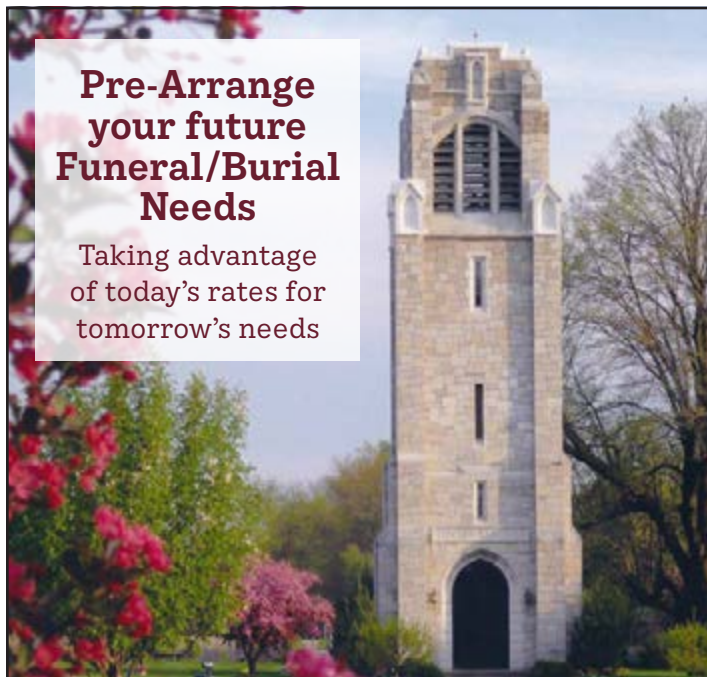
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## WHERE WE LIVE

By Lindsey Giardino

## NEW in town

Aman family finds Bondurant checks the boxes.

After doing research on the community and learning how excellent the school district was, Lesa Aman and her husband, Brandon, who were married this past May, decided Bondurant was the place for them to plant their roots. They moved to town just a few months ago — in mid-April, to be exact — but have quickly grown to love the area.

Brandon has three children, the oldest of whom lives with him and Lesa full-time and will be starting eighth grade this fall at the new school in Bondurant.

“Our favorite parts of Bondurant are that it has a small-town feel but is in close proximity to Ankeny and Des Moines,” says Aman, who works at Des Moines Area Community College. “We also enjoy the activities that happen in the community such as the Farmers Market, Bike Night at Reclaimed Rails and the activities offered through the library.”

The Amans chose their current home for the fact that it was a new build, met their size needs and is close enough for their son to ride his bike to school, the library and more places in town.

Over these past few months, the family has realized how great their neighbors are, too.

“We love our neighbors,” Aman says. “Everyone is kind and willing to help in any way. Our neighbors take pride in their homes, and we enjoy just spending time outside together.”

“We are so happy that we made the decision to move to Bondurant, not only because of the experience we have had with our son attending the middle school and our neighbors in general, but also interactions that we’ve had with local law enforcement and others in the community,” she adds.

As an active family that enjoys attending truck pulls, traveling to Wisconsin, caring for their baby bearded dragon and going to water parks, living in an area bustling with activity is a big bonus.

In other words, the Amans’ choice to settle down in Bondurant is one they don’t regret. ■



Lesa and Brandon Aman decided Bondurant would be an ideal place for planting roots and raising their children.



## HARNED finds work, trade and play all in one

Electrical competition sparks interest.

For Bondurant local Charlie Harned, nothing is better than learning a craft — and perfecting it — while providing a living for his family. The icing on the cake? When the job doubles as an amazing hobby.

Harned started as an electrical apprentice in 2007 and climbed the ladder to receive an Iowa Electrical Master License. As an instructor at the Des Moines Electrical Apprenticeship, he had the honor of teaching future electricians the trade he has grown to love.

Harned is ambitious. At the height of his career, he still wanted to learn more. Therefore, he decided to test his skills at the Ideal National Championships, an electrical competition that promotes and nurtures electricians and the industry as a whole.

The Ideal National Championships has two divisions: a professional division and an apprentice division. Each round presents an electrical task such as conduit building, wiring, troubleshooting circuits and building electrical services. As the rounds advance, each task becomes more challenging.

“You must be the fastest qualifier from your state in one of these categories or have a fast enough time to be one of the ten wildcard spots,” Harned explains. “At the championships, there are 60 competitors per division, one from each state and ten wildcards. Many competitors don’t complete the task on time, and I’m happy to be one of the few to have completed all tasks in the set time frame.”

In 2018, Harned made it to the second round and finished 11th overall. In 2019, he made it to the second round and finished 12th. In 2021, Harned made it to the semi-finals, finishing seventh overall. He needed to finish in the top five to move on to the final round.

“In 2018 and 2019, the competition was held at the Coronado Resort in Orlando, Florida. With it being a resort that is part of Disney, my wife and three kids came with me,” he says. “Between the two years there, we were able to visit Disney’s Magic Kingdom, Animal Kingdom and Hollywood Studios.”

In 2021, the championships were in Nashville, Tennessee. So, he and his wife used the time for a mini vacation.

Harned hopes that, someday, his own children may seek a trade apprenticeship. After all, he not only completed schooling but did so without any debt to repay. After 15 years, he still enjoys seeing the relief on people’s faces when he fixes a problem or delivers great service. Each day is different, so the job is never tedious.

And, he’s certainly not giving up on the Ideal National Championships anytime soon.

“I plan on trying to qualify again. Ideal releases a video about what electrical task would need to be completed to qualify. I would build my own version of the qualifying task, and I would practice the task multiple times to try to complete the task as quick as I can,” he says. “The quickest completion time, with proper operation of the electrical task, qualifies for their state to compete in the National Championships.” ■



Charlie Harned and his wife, Casey, at the 2021 Ideal National Championships in Nashville, Tennessee.

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## RECIPE

# MEDITERRANEAN-inspired dinner parties made easy

*(Family Features)* Over the past two years, home chefs have had time to explore new recipes, ingredients and cooking techniques, which is why it is no surprise dinner parties are, at long last, a way to celebrate together in 2022. Now is the perfect time to share your newfound skills with family and friends.

It can be easy to get caught up in hosting duties, but few hosts want to spend all their time in the kitchen when they could be enjoying a great meal. Gail Simmons, food expert and TV personality, has tips and tricks you can bookmark to help turn your dinner party from good to great.

To host a fun and fresh Mediterranean-themed party this summer, decorate your table with blue and white patterned plates, delicate olive oil and vinegar bottles, cutting boards and fresh ingredients such as lemons and greenery instead of traditional centerpieces. When paired with a flavorful seafood recipe, like this tuna romesco salad board, your guests will feel like they're enjoying the Mediterranean all summer long.

For more dinner party inspiration, visit [GenovaSeafood.com](http://GenovaSeafood.com). ■

## Tuna romesco salad board

Recipe courtesy of Gail Simmons on behalf of Genova Tuna  
Servings: 4-6

### ROMESCO:

- 3 large Roma tomatoes
- 1 roasted red pepper, skin removed and seeded (or from jar), coarsely chopped
- 1/3 cup roasted salted almonds
- 1 garlic clove, chopped
- 2 tablespoons sherry vinegar
- 1/4 teaspoon sweet smoked paprika
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil

### TUNA BOARD:

- 2 cans Genova Yellowfin Tuna in Olive Oil
- 1 tablespoon extra-virgin olive oil, divided
- 1 bunch scallions
- kosher salt, divided
- freshly ground black pepper, divided
- 1 zucchini, sliced 1/2-inch thick on bias
- 1 red bell pepper, sliced lengthwise into 1-inch pieces
- 1/2 cup roasted salted almonds
- 1/2 cup marinated artichokes, drained,

patted dry and halved

- 1 bunch radishes, halved
- 1/2 cup green olives
- 1/2 cup black olives
- 4 ounces manchego cheese, sliced into triangles
- 2 tablespoons flat leaf parsley, chopped

- To make romesco: Preheat broiler. Cover sheet pan with parchment paper or foil. Place tomatoes on sheet pan and broil until well charred on both sides, 2-4 minutes per side. Transfer tomatoes to bowl; cool slightly then remove skin, core, seed and coarsely chop.
- In blender, combine tomatoes; roasted red pepper; almonds; garlic; vinegar; paprika; red pepper flakes, if using; salt; and pepper until chunky paste forms. With blender on high speed, slowly drizzle in oil, scraping down sides of blender as needed until mixture creates rustic texture. Transfer romesco to bowl and taste for seasoning. Let romesco sit covered at room temperature 1 hour.
- To prepare board: In bowl, drain tuna; set aside. Set grill on medium-high heat and brush grates with 1 teaspoon olive oil. Grill scallions until charred and tender, about 4 minutes per side. Remove to large plate and



season with salt and pepper. Toss zucchini and red pepper in olive oil then season with salt and pepper. Grill until charred and tender, about 3 minutes per side. Remove to same plate to cool slightly.

- To assemble: With large spoon, scoop generous amount of romesco into center of board. Using back of spoon, spread romesco into circle with well in center. Gently pile tuna into well. Arrange zucchini, pepper, roasted almonds, artichokes, radishes, olives and cheese around romesco and tuna. Sprinkle tuna with chopped parsley before serving.

Designer Tim McClellan created this Sheridan Collection to mix a little rugged country with a modern industrial feel with steel accents to give you a pleasant signature look for your bedroom.

Shown in Cherry and with Walnut accents.

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### POLK COUNTY BOARD OF SUPERVISORS APPROVED \$5,000 GRANT FUNDING THE BONDURANT DOG PARK

Annually, Polk County offers a Community Betterment Grant Program for a variety of projects that help enhance the quality of life and meet the needs of residents within the County. Bondurant is pleased to announce the City was selected for a Community Betterment Grant for the Bondurant Dog Park.

### DITCH #2 STREAM RESTORATION AND STABILIZATION PROJECT UPDATE

This project is located along the tributary to Mud Creek stretching from 2nd Street Northwest to Hubbell Ave/Hwy 65. There is residential development occurring along both sides of the stream area. This stream will be improved to create a natural neighborhood amenity by improving the reach of Ditch #2 and reducing stream bank erosion by establishing floodplain benches, stable slopes, and native vegetation. Once the area grading is complete and trees are replanted a 2,800 feet of 10-foot-wide trail will be installed from 2nd St NE down to the Chichaqua Valley Trail connecting the southern section. There will be trial nodes along this stretch that will allow access down to the stream for recreation activities. Details will be shared on the city's website as the project moves forward at <https://www.cityofbondurant.com/>

### PRAIRIE MEADOWS APPROVED A \$20,000 COMMUNITY BETTERMENT GRANT AND LOWE'S APPROVED A \$2,000 HOMETOWNS GRANT FOR THE BONDURANT DOG PARK

As the Bondurant community is eagerly awaiting the construction of the Bondurant Dog Park, City leaders are successfully gaining more and more outside funding. As is reflected in the mission statement of the 2012 Bondurant Comprehensive Plan, Bondurant prides itself in being a friendly, tranquil place to live with rural qualities and hometown values. City leadership has acquired over \$57,000 in outside funding for the Bondurant Dog Park. The next step will be to start designing this park.

### GAY LEA WILSON UNDERPASS UPDATE

The Highway 65 Underpass is an essential project for the City of Bondurant which will provide a safe way for bicyclists and pedestrians to traverse highway 65, and eventually connect the Gay Lea Wilson Trail in Bondurant and Altoona. Beginning on Monday, July 25th, 2022, construction of the pedestrian underpass will begin on Hubbell Ave/Hwy 65 between Oleson Dr SE and Grant St. South in the City of Bondurant. The traffic signal at Grant St and Hubbell Ave will be temporarily shut down, and traffic on the West side of the roadway will be right-in/right-out ONLY. Residents are encouraged to please utilize 2nd St. NE and Grant St. to detour around the road closures. Traffic will be limited to a single northbound and single southbound lane of traffic on Hubbell Ave/Hwy 65. To help facilitate traffic safety during this time, several closures will be put in place as well. Residents of Bondurant traveling the East side of Hubbell Ave/Hwy 65 are encouraged to utilize 15th St SE and Pleasant St. SE/NE 80th St to access destinations on the North and West side of Hubbell Ave. The city asks all residents and motorists to use caution when traveling in this area. Please be patient as this project will last several months before the roadway will be reopened to normal traffic. Regular updates will be posted to the City of Bondurant website and additional notifications as traffic patterns change during construction. The city appreciates everyone's patience and cooperation during this very important safety upgrade for our community

### ICMA RECOGNIZES THE CITY OF BONDURANT FOR STRATEGIC LEADERSHIP & GOVERNANCE

International City/County Management Association's Program Excellence Award for Strategic Leadership & Governance award recognizes the innovative and successful local government programs or processes that have significantly affected a local government organization's culture or strategic direction.

### ICMA RECOGNIZES THE CITY OF BONDURANT FOR OUTSTANDING LOCAL GOVERNMENT PROGRAM FOR COMMUNITY SUSTAINABILITY

International City/County Management Association's Program Excellence Award for Community Sustainability award recognizes the innovative local government programs or processes that demonstrate innovation, excellence, and success in balancing that community's social, economic, environmental, and cultural needs.

## EVENTS:

### TOUCH-A-TRUCK

July 29 from 2:30 PM to 4:30 PM come check out the different trucks and participate in the different activities at the Bondurant Regional Trailhead.



### B-SAFE KIDS CAMP

August 1 to August 3 from 9 AM to noon each day at the Bondurant-Farrar Intermediate School. This will be the 6th annual B-Safe Kids camp, which has provided proven results in the past. The feedback from families is always incredibly positive and the kids enjoy learning about safety. This will give your child the foundation they need to feel confident on their first day of kindergarten.

### YOUTH ACTIVITY BUS

Ends on August 4. Thank you, DART for safely getting the Bondurant kids to the Altoona Aquatics Park, Altoona Cinemark, and Adventureland all summer long.

### MOVIES IN THE PARK

Coming August 13, September 10, and October 8.  
**Save the dates!**





## EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)



### Touch a Truck

July 29, 2-4 p.m.

Bondurant Regional Trailhead

The City invites the public to check out the different trucks that will be displayed and participate in a variety of activities.

### Ava's Birthday Blood Drive

Saturday, Aug. 6, 8 a.m. to noon

Bondurant Federated Church, 103 Second St. S.W.

Appointments are required. You can schedule by calling 800-287-4903. For more information, visit [lifeservebloodcenter.org](http://lifeservebloodcenter.org). This will be the sixth year, and organizers are hoping for a huge turnout to help with the critical need for blood products. For more information, visit the public Facebook event page titled Ava's Birthday Blood Drive. Regular updates are shared on this page.

In addition, organizers will be collecting wish list items for the Des Moines Ronald McDonald House. Donations can be dropped off at the church on Aug. 6 between 8 a.m. and noon. Examples of items needed are: gift cards to Target, Wal-Mart and Casey's; postage stamps; coffee Kcups and creamer; baby toys; activity books; card games; bottled water and juice bags; baby care items; disposable cups, plates and bowls; and single-serve chips, crackers and cookies.



### Warren County Fair

July 27 - Aug. 1

Warren County Fairgrounds

Enjoy all the favorites of a county fair: grandstand shows, contests, exhibits, food, kids' activities, and a variety of fun for all ages. For more information, visit [www.warrencofair.com](http://www.warrencofair.com).

### Rendezvous on Riverview

Friday, July 29 at 5:30 p.m.

Riverview Park, 710 Corning Ave., Des Moines

This concert series with free entertainment at the historic Riverview Park, which now includes Des Moines' first accessible playground, wraps up with a concert by Flying Solos with Brian Congdon. Food trucks at the event will be Ruby B's Kitchen & Catering, Dudley's Carnival and El Salvador del Mundo. More information is online at [riverviewevents.org](http://riverviewevents.org).



### Nights in the Heights

Tuesday, Aug. 2  
7 p.m.

Colby Park  
6900 School St.  
Windsor Heights

The Windsor Heights Foundation hosts its final concert in the Tuesday night concert series, with food trucks and free popcorn. Dick Danger Band will perform.



### National Balloon Classic

July 29 - Aug. 6

Memorial Balloon Field  
15335 Jewell St., Indianola

Enjoy the spectacular view of 100-plus beautiful hot air balloons as they take to the sky and enjoy live bands, kids' activities, food and fun. For more information, visit [www.nationalballoonclassic.com](http://www.nationalballoonclassic.com).

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### Iowa Cubs home games

Tuesday, Aug. 2 at 6:38 p.m.

Wednesday, Aug. 3 at 12:08 p.m.

Thursday, Aug. 4 at 6:38 p.m.

Principal Park, 1 Line Drive,  
Des Moines

Iowa's minor league baseball team affiliated with the Chicago Cubs will take on the Toledo Mud Hens (Tigers). For more information, visit [iowacubs.com](http://iowacubs.com).



## EVENTS IN THE AREA

Be sure to check for cancelations.



### Golf tourneys support Special Olympics Iowa Various dates and locations

August will feature three opportunities to have fun on the golf course while supporting Special Olympics Iowa athletes. The tournaments will kick off with the Jim Jordan Memorial Golf Classic on Aug. 10. The tournament will take place at the Otter Creek Golf Course, and the entry fee is \$85. The second tournament is the 12th Annual LETR Golf Tournament set to take place at Beaver Creek Golf Club in Grimes on Aug. 15. The tournament entry fee is \$100. The final tournament is the Rich Fellingham Memorial Golf Classic happening on Aug. 18 at Veenker Memorial Golf Course in Ames. The tournament entry fee is \$100. For more information on the upcoming tournaments, visit <https://www.soiowa.org/golf-tournaments>.



### Dew Tour July 29-30 Lauridsen Skatepark, 901 Second Ave., Des Moines

The annual professional skateboard competition and festival returns to Des Moines, home to the largest skatepark in the nation. The event is free and open to the public, featuring a sponsor village, public skate pump track, food and drink, meet and greet with pro athletes, and other activities. More information is online at [dewtour.com](http://dewtour.com).

### Summer Concert Series

Aug. 9 and Sept. 13, 6-8 p.m.  
The Iowa Arboretum & Gardens,  
1875 Peach Ave., Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at each event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be: Aug. 9, Dueling Fiddles with food by Smokin' Big Dawgs; Sept. 13, Diva and the Deacons featuring Tina Haase Findlay, food by Smokin' Big Dawgs.

The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit [www.iowarboretum.org](http://www.iowarboretum.org) or contact Event Specialist Amber Schmidt at [amber@iowarboretum.org](mailto:amber@iowarboretum.org) or 515-795-3216.



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**AUG. 9-14**

### Promotions

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Principal | Prairie Meadows | Barilla |  
Atlantic Bottling Coca-Cola | Tito's

**Aug 10**  
Country Night  
Outdoors Dan Radio Show | DNR

**Aug 12**  
Cubbie's Birthday  
Iowa One Call

**Aug 13**  
Clark the Cub  
Outdoors Dan Radio Show | DNR

**SCAN TO BUY TICKETS**



# WRAPPING it up

We are at the end of a very successful Summer Reading Program. We had record-setting participation in the program itself and at our many events. Thank you to our wonderful patrons and to our generous donors. Without all of you, our Summer Reading Programs would not happen at all.

You may notice fewer events at the library during the month of August. This is our time to start planning for the upcoming year. Be sure to check our calendar of events on our website, and call the library if you have any questions.

Please join us in recognizing our donors: META - Facebook Altoona Data Center, B&B Theatres, Fridley Theatres, Des Moines Playhouse, Kwik Star, Brewer Engineering Consultants, Raising Cane's, Chipotle, Bondurant Family Chiropractic, Generational Guns, Bondurant Dental Center, Bondurant Lions Club, Samuel H. Bridge American Legion Post 396, Leonard Roovaart, Bondurant Civic Club, Bondurant Men's Club, Sigler Company, Sons of the American Legion – Samuel H. Bridge Post 396, John and Susan Alshouse, Carol Coates, I-Cubs, Brickhouse Fitness, Story Construction Co., LuAnn and Gene Pierce, Stuff A Buddy, Marketa and George Oliver, Walking Pasta, Chick Fil-A and Texas Roadhouse.

## Here is what's happening at the library in August

- **Story Times** at the library begin Aug. 16, Tuesdays at 10:30 a.m. and 3:45 p.m.; Wednesdays at 10:30 a.m., and Fridays at 12:45 p.m.
- **Special Story Time** with Miss Iowa Bailey Hodson, Tuesday, Aug.



23 at 10:30 a.m.

- **Geri-Fit**, strength-training for older adults: Mondays and Thursdays at 10 a.m.
- **Book Discussion for Adults**: Tuesday, Aug. 9 at 6 p.m. "The Butterfly Effect" by Rachel Mans McKenny, All Iowa Reads Selection for 2023.
- **Coloring Night** at Reclaimed Rails: Wednesday, Aug. 10, 5-7 p.m.
- **Books on Tap** book discussion at Reclaimed Rails: Tuesday, Aug. 16 at 6 p.m.
- **Third Thursday at Hoover's**: Thursday, Aug. 18 at 6 p.m.
- **After-School Movie**: Monday, Aug. 29 at 2:30 p.m. ■



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# REALIZING how short life really is

Where did the summer go? Are we seriously ready to go back to school? My sons are growing at a pace I'm not comfortable with. Life is short, but, in the midst of it, we don't really consider how short it truly is. It seems like just yesterday I was riding my bike to school, eager to get there in time to play basketball on the playground with my friends and our principal. Where did the time go?



This life is short, but our decisions in this life echo in eternity and establish our legacies here on earth. Psalm 90:12 says, "So teach us to number our days that we may get a heart of wisdom." We get one shot at this life, and if we would live as if on borrowed time, we may treat people differently.

Understanding that God is in control and none of us live forever can make us better people. When thinking of this, I'm immediately drawn to the influence of a man who left an impact on my life and the man I try to be. As a child, I remember bicycling all over Mitchellville with friends; we seemed to be our own little biker gang. One summer day, as I was drifting around Fourth and Elm, I saw my principal painting lines on our playground by himself. Over the course of several days, he took his own time and used his own money to create a series of games and options for us there on the concrete we roamed. His students spent hours running in circles around the lines he painted with love.

Mr. David Edwards was old school. He ran a tight ship; he didn't allow young people to underperform in matters of character and compassion. He was also eager to show off his hook shot and wasn't afraid to spend time shooting baskets with us in his shirt and tie. He was a community leader, who made his home in and around those he served. He was a Christian man with unquestionable integrity and contagious compassion.

Mr. Edwards passed away this month, and he is now in the presence of the Lord. His life of service to me and my classmates demonstrated the type of hands-on leader I seek to be. His influence and faith made a difference for so many people like me, and I'm forever grateful. It seems like just yesterday. ■

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



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## HEALTH

By Leslie (Foley) Brant

### 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 provided by Leslie (Foley) Brant, PT, DPT, FAFS, Bondurant Physical Therapy & Sports Medicine, 85 Paine St. S.E. Suite B, 515-528-2326.



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## HEALTH

Dr. Laura Myers, MD FAAD,

### SKIN cancer 101

Skin cancers are abnormal growths of skin cells, most often caused by the sun's harmful rays. When caught early, they are highly treatable.

The type of skin cancer is determined by where the cancer begins. Non-melanoma skin cancers originate in the epidermis.

Basal cell carcinomas are the most common. They often look like a new pearly bump or a non-healing pink scaled patch of skin.

Squamous cell carcinomas are the second most common. They are often a hard red scaled bump or a sore that won't heal.

Both of these cancers can invade deeply, destroying underlying structures and causing disfigurement. Basal cell cancer rarely metastasizes, but, if neglected, squamous cell cancers can spread to other areas of the body.

Malignant melanoma is the deadliest form of skin cancer. It develops from melanocytes, the cells that give our skin color. Melanoma can arise in a pre-existing mole or appear as a new dark spot. These cancers have a tendency to metastasize; therefore, early diagnosis and treatment are crucial. Use the ABCDE warning signs: Asymmetry, Border irregularity, Color variation, Diameter over 6mm, Evolving.

If you are concerned you may have skin cancer, see a board-certified dermatologist. ■

Information provided by Dr. Laura Myers, MD FAAD, co-owner, Iowa Dermatology Consultants, 2675 N. Ankeny Blvd., Suites 101/103, Ankeny, 515-348-4097.



## 4 WAYS men can protect their heart

Heart disease impacts men differently than women, with males more likely to develop heart disease earlier, leading to a greater risk of heart attacks earlier in life.

Heart disease is the leading cause of death for men in the United States, causing about one in four male deaths. Here are four ways for men to protect and heal their hearts.

### 1. Know your risk factors

While there are certain things we can't control about our health, like the genetics we are born with, understanding our risk factors is the key to preventing heart disease. In general, men live not only shorter, but sicker, lives than women. They're more likely to have high blood pressure and diabetes, two conditions that are directly linked to cardiovascular disease and increase your risk for a heart attack or stroke.

Men also do not have the natural estrogen



levels that help protect women in younger years. Other risk factors include: age, family history, smoking, cholesterol, obesity, diabetes and sedentary lifestyle.

### 2. Make sustainable lifestyle changes

One of the main risk factors for heart disease is smoking. Smoking contributes to plaque formation in the arteries, which may lead to a heart attack or stroke. Men are far more likely than women to be smokers, and this impacts their likelihood for developing heart disease. Small lifestyle changes that can be made today include:

- Cutting down on red and processed meat
- Drinking less alcohol
- Engaging in aerobic/cardio exercises
- Scheduling your annual checkup

### 3. Reduce and manage stress

Stress sends your body, specifically your autonomic nervous system, into a state of "fight or flight." It is one of the most underrated heart risk factors. Continuous stress releases an excess

of hormones like adrenaline and cortisol, which can damage the body over time and, in extreme cases, cause sudden cardiac death. Set aside small periods of time throughout the day and week for rest and relaxation.

Reducing and managing stress also improves your mental health and sleep.

### 4. Don't ignore ED

Erectile dysfunction (ED) is a symptom of an underlying disorder and can be a warning sign of current or future heart problems. Inform your health care provider if you have symptoms of erectile dysfunction so you can be screened for the presence of heart disease.

The bottom line: Ignoring ED is dangerous and can put your health and well-being at risk. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, [IowaHeart.com](http://IowaHeart.com)

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## HEALTH

By Dr. Kari Swain

### CHIROPRACTIC care for children and teens

Parents often ask why they should bring their child to see a chiropractor. Here are a few of the top reasons why children and teens should have a thorough examination by a Board-Certified Pediatric chiropractor.

- **Wellness:** Chiropractic adjustments reduce nervous system stress and allow the body to function in a greater state of health.
- **Forward head posture:** With the use of electronic devices, their spines are in frequent forward flexion. Children and teens spend an average of eight hours on their phones, and children 8-12 years old spend an average of five hours. All of that time looking down at their phones causes damage to their spine.
- **Active play and sports:** All children experience falls, bumps, accidents and injuries while growing and playing. Often, minor spinal injuries go unnoticed until adulthood, and thus it takes longer to make corrections. Children and adolescents who play sports are even more susceptible to injury as the body is still growing and developing. Injuries to children's spines are not unique to contact sports but are also seen in non-contact sports like cheerleading and gymnastics. When the nervous system is healthy, and the spine is aligned, the brain and body are able to communicate optimally, providing the following benefits: improved reaction time, coordination, range of motion, balance and proprioception as well as sufficient oxygenation, more energy and stamina, and decreased risk of injury. ■

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

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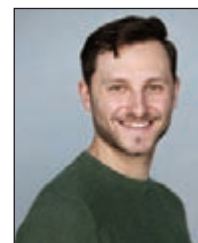
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## HEALTH

By Elijah Evans

### PROVIDING support

Many people struggle with how to best provide support for their loved ones dealing with negative emotions. There are two major kinds of interpersonal support: instrumental support and emotional support. Instrumental support is helping people by doing something tangible for them, such as providing information or completing tasks on their behalf. Emotional support, on the other hand, is validating the emotions the person is going through — letting them know their reactions make sense to you given the circumstances — without trying to change the way they feel. It is very common for people to offer instrumental support as soon as they learn the people they care about are unhappy, especially since it feels like they are doing something concrete to be of assistance. This approach often backfires because trying to solve the problems causing negative emotions tends to imply the message that a person's negative emotions are unwelcome. If you find loved ones get upset with you when you're only trying to help, I suggest starting with providing emotional support and proceeding to instrumental support only if it is specifically requested. My guess is you'll find that, most of the time, people just want to feel heard and understood rather than have their problems solved. ■



Information provided by Elijah Evans, T-LMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [evans@sstherapyandconsulting.com](mailto:evans@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).

## HEALTH

By Dr. Amanda Korth

# EYES lose flexibility with age

When we hit our 40s, a phenomenon catches up to us we like to call “short arm syndrome.” Why do we call it this? Because the most common complaint patients have is, “My arms are too short.” Guess what? You’re not alone, and it hits everyone in their 40s whether you’re near- or far-sighted.

Sightedness is named for what you can see. We near-sighted people can see up close. We have built in reading glasses. We would’ve been recruited to the monastery in the middle ages because we definitely were not being recruited to be an archer.

Our far-sighted friends we all love to hate because they have eagle vision at a distance. They can see things us nearsighted people can only dream of seeing. Why? Because they can dial in their power naturally — at least they can until they hit their 40s. That’s when we get our revenge... \*\*\*cough\*\*\*cough\*\*\*

We all start losing the flexibility in our eyes after we hit 15 years old. Remember how flexible you were at 15? Your eyes are also not as flexible. You need that flexibility to dial in power for up close. When you lose it, you lose the ability to see at near. Far-sighted people need reading glasses for near, but nearsighted people only have to remove their glasses to read. ■

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





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## HEALTH

By Dr. Steven Neville

# TOOTH whitening

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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## AUTO

By Mary Hanrahan

# HELPFUL car hacks for your road trip

Road trips are great because you get to spend time with your closest friends or family. Of course, it's important that you bring along the right supplies and the right entertainment to help make the endless hours fly by.



- **Don't pack too much** - Roll your clothes or use packing cubes to save precious car space for passengers instead of suitcases.
- **Be smart** - Check your emergency roadside kit and get your car tuned up. Being prepared ahead of time usually pays off in the long run.
- **Smile!** - Keep a lookout for large landmarks along your route that you can pull over and pose with. They are a great excuse to stretch your legs and take photos to help you remember your adventures.
- **Don't get locked out** - Word to the wise: bring along your spare key. You might never need it, but if you find yourself standing outside your locked car, you'll appreciate having the spare (just don't keep it in the car).
- **Games are a great way to pass the time** - Is it really a road trip without games? Search the Internet for some free options or purchase a few ahead of time.
- **Keep your vehicle clean** - Bring cleaning wipes and dryer sheets with you to keep your car clean and smelling fresh. Pack several trash bags for garbage and dump them every time you stop for a break.
- **Cut the cord** - See who can leave their cell phones off the longest. Make the loser the appointed gas pumper for the rest of the trip.
- **Or use a multi-charger** - If disconnecting from the mobile universe gives you anxiety, bring a multi-charger so everyone has the same battery time.
- **Make breaks fun** - Pack a baseball, football, frisbee or soccer ball to toss around at road stops.
- **Go local!** - The best part of taking a road trip is experiencing the local culture. Whenever you pass through a town, stop in one interesting store or restaurant. Look up reviews to help you decide where to go.
- **Mix up the tunes** - Podcasts, audio books, movie soundtracks or local radio stations can shake up the mundane. Or put together a special playlist for your favorite sing-a-longs.
- **Save some fuel** - Slow down, don't bring excess luggage, keep your tires filled properly and don't let the car idle unless you're ready to go.
- **Be safe** - Make sure the driver pays attention to the road. Switch drivers often so everyone can enjoy looking at sights.
- **Enjoy yourself** and try not to worry about anything. Relax and have fun! ■

Information provided by Mary Hanrahan, Bondurant Auto Body, 1002 Second St. N.E., Bondurant, 515-967-9000.

# MEET Jason Lihs

Hobby farm becomes fodder for lessons.

After graduating from the Wauke Community School District in 2000, Jason Lihs attended Central College where he majored in elementary education with an emphasis in special education. He then taught in Marshalltown before joining the Bondurant-Farrar Community School District as a fifth-grade educator at Anderson Elementary School. This upcoming school year, Lihs' fifth-grade classroom will transition to the Bondurant Intermediate School.

"I'm looking forward to the new challenges, opportunities, and building a new culture and climate with the students, staff and administrators. I think we have a unique endeavor ahead of us as we build relationships and strive for excellence in the intermediate building," Lihs says.

One activity Lihs has conducted with students was comparing and contrasting how many items in pop culture have parallels in their underlying concepts. One example he used was the similarities between the protagonists in Star Wars and Harry Potter in that both were orphans who were sent to live with their aunt and uncle and had to learn to control a mysterious power.

Lihs also incorporates his experiences with farm life into his lessons. This includes sharing stories, bringing in ducks and baby chicks for show and tell, and showing photos of new animals born on the farm. Lihs started a "hobby farm" about two years ago where he currently raises cattle and poultry such as ducks, chickens and turkeys.

"Growing up in Wauke, I wasn't exposed to farm life but have always been fascinated with animals. As our kids grew, we looked for activities that the whole family could participate and be in. We found 4H as that avenue and were very fortunate to have such generous family friends who allow us to raise animals on their farm," Lihs says.

One of the things Lihs likes best about teaching students at the fifth grade level is the independence his students have as the year progresses. He likes to see the growth and maturity of his students as they start to make important decisions on their educational journey. He also enjoys the humor, banter, and jokes they get to share throughout the school day.

"There are many qualities that I enjoy about our district, but I think the one quality that stands out the most is the people I get the opportunity and joy to work with on a daily basis. It makes coming to work fun and in turn making the students I interact with a more positive experience," Lihs says. ■



Jason Lihs is looking forward to transitioning his fifth grade class to the Bondurant Intermediate School.

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## READY to sell your house this summer or fall?

### Don't forget curb appeal

Creating curb appeal doesn't have to cost a fortune. You'd be surprised by how inexpensive sprucing up your home's front exterior can be, especially if you're willing to do some of the work yourself.



#### Here are some ideas:

- **What about the landscaping?** The most important part of curb appeal is making your landscaping look as good as possible. The price difference between "average" landscaping to good landscaping was 4% to 5%, but selling prices could be up to 7% higher if the quality was seen as excellent.

- **Is it clean?** Wash the windows and power wash your siding and patio. Removing any moss and grime gives your home a fresh look. This could save you the expense of repainting your entire home.

- **Does the exterior just need a touch up?** Once your house is shiny and clean, you may realize you don't need to repaint but rather just to touch up the trim and the front door. While you're at it, consider brightening the facade with a touch of contrasting color. A little pop of color can really freshen up the place.

- **Is the roof looking rough?** If some of the shingles have come loose or there's visible damage to your roof, you must get that addressed. Hire a roof specialist to see just how much work is needed, then get it done. If your roof is relatively new and in good shape, at least clean it off and remove debris from gutters. Buyers are justifiably picky about the condition of the roof.

- **Does it need a trim?** Cut the grass, but also clear out dead limbs, plants and other unwanted foliage. Plant some colorful flowers. Try to do it a couple of weeks before the house goes on the market so they've had the chance to grow in a bit.

- **How is the lighting?** A minimal investment in a new porch light can work miracles, but you'll also want to pay attention to the condition of any other light fixtures in front, like those that may be on either side of the garage. Yes, potential buyers will probably make their first visit during the day, but attractive light fixtures can really add to the appeal of a home even if the lights aren't on. And if they are on, make sure that none of the lights are burned out.

Just these few things can make all the difference in the price you get. The only thing that is more important is hire a Realtor. ■

Information provided by Tara Cox, Bondurant Chamber of Commerce Past President, Coldwell Banker Mid-America Group.

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## East Polk Regional Breakfast

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OUT & ABOUT

# BONDURANT Summerfest

Bondurant's annual Summerfest  
was held on June 14.



Dale Rieck and Jim Gocke



Megan Schwart and Brayton Hannan



Chris Schonridge and Nate Schonridge



Riley Gilroy, Megan Kula, Fyker Kula and Marty Vermeer



Bob Rahto and Vance Wheeler



Robin Schafer, Matt Schafer, Josh Moore, Sierra the  
snake and Jill Schafer



Brian Deeds, Jerry McClain and Austin Sullivan



Matt Rotert, Jeff Rotert and Nick Rotert



Dave Morrison, Rusty Stephens, Dan Mauch, Joe Aulwes, Steve Hall  
and Joe Omundson



Corbin Van Wyk, Diane Van Wyk, Deb Harwood and Jan Johnson



# BONDURANT Summerfest

Bondurant's annual Summerfest was held on June 14.



Anna Collins and Charlotte Collins



Matt Richardson, Caden Richardson and Nikki Richardson



Brandon Betz, Molly Betz and Henry Betz



Grant, Warren, Nate, Amber and Doug



Jillian Severson and Alison Severson



Deb Bernholtz, Natalie Sutton, Giada Romare, Tyla Shannon and Joe Romare



Josi Engle, Angelina Ramirez-Houseman, Aiden Allen and Anni Engle



Jenner Lewis, Jana Lewis and Drew Lewis



Peter Parks, Al Ihde and Curt Sullivan



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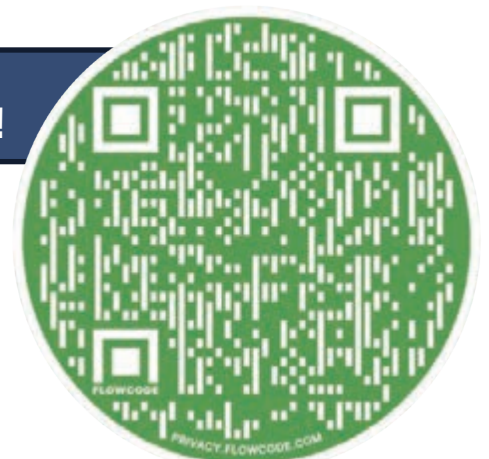
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