

BONDURANT

JUNE 2022

# Living

MAGAZINE

# art

# FOR ALL

Community art is transforming  
public spaces

**Meet Kora Burke**  
EDUCATION

**Van Wyk's collection occupies basement**  
NEIGHBOR

**Southwest steaks with creamy peppercorn sauce**  
RECIPE

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WELCOME

## TO EACH his (or her) own

"Art is in the eye of the beholder, and everyone will have their own interpretation."

This quote is attributed to Irish-Italian American author E.A. Bucchianeri, and she summed it up well.

This is why we have varying views of our favorite colors, our favorite seasons, our favorite music, our favorite foods. The list goes on.

I recall visiting an art show with my mother-in-law a decade or so ago when she looked at the price of a painting, shook her head and remarked, "I wouldn't pay \$10 for that!" Of course, the artist heard her. I was likely the most uncomfortable person in the group, as both of them rolled with it. While walking away, I told my mother-in-law that the artist likely didn't have mauve-colored recliners in his home. To each his (or her) own.

I am reminded of these differences in opinion during conversations I hear about public art. From "This is what our tax dollars are going to" to "That is strikingly beautiful," the comments are as wide-ranging as the art itself. To each his (or her) own.

Personally, I find retro advertising art intriguing, and I smiled as I drove through Nebraska City, Nebraska, recently and saw murals of old advertising images and slogans painted on the sides of what were dilapidated brick buildings in the downtown area. This art fits in this historic community. Some others think it is a waste of paint. To each his (or her) own.

Meanwhile, we all have certain images that come to mind when we think of any city or town. Sometimes it is an iconic building. Or an historic home. Or, heaven forbid, a water tower.

Whether public or private, the art in a community also becomes something it is known for. Look inside this issue for examples right here at home.

Thanks for reading. ■



**SHANE GOODMAN**

Publisher

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**FREELANCE WRITER WANTED:** Bondurant Living magazine is looking for a freelance writer who is familiar with the community and would enjoy featuring the stories of Bondurant in our magazine. If interested, email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



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FEATURE

# art FOR ALL

Community art is transforming public spaces

By Lindsey Giardino

The days of art being confined to museums and galleries are long gone. Sculptures now grace parks, and blank walls become the canvas of choice for mural artists. Now, “beautification” is a buzz word, and it is no longer limited to adding flowers on street corners. Whether strolling or driving through a community, now your eye is as likely to be caught by a piece of public art as it is by the signs along the way.

The annual Sidewalk Chalk Festival draws a crowd.



## FEATURE

### Bondurant: A destination for art

What most people don't know, according to local artist Chris Vance, is that the Bondurant-Farrar School District is actually one of the top in Iowa for art programs.

High school art teacher Christian Vandehaar says this is because of the students themselves. He also notes how, for the last five years, Bondurant has received All-State School Honors for its art department.

"We just have really good kids coming through," he says. "They're hard workers, and they like to get involved."

Some of the students' work even benefits the community. This is in part evidenced by the 108-foot-long mural on the side of the bus barn that faces the Chichaqua Valley Trail. The mural was painted in 2019 by art students at Bondurant-Farrar High School with the help of Vance.

This project gave students an opportunity to see how art works in the real world while learning the process of design and construction. They submitted a design, helped write proposals and collaborated to create the public art.

The students spent three school days spray-



The designs for Chris Vance's murals.

painting 4-foot by 10-foot metal panels for the project — 27 in total.

"That was a massive undertaking of creating the mural in three days," Vandehaar says. "It was a pretty amazing feat to see the students

put in all the hard work together. It turned out awesome."

He adds, he can tell people in the community are really proud of the mural, especially because lots of folks pose in front of it



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## FEATURE

for photos.

For Vance, personally, the mural holds extra special meaning. He runs on the bike trail every day and says it is where he comes up with his creative ideas. Seeing the mural serves as a reminder of why he does what he does.

“To me, it’s that sense of pride of ‘I’m from Bondurant,’ ” he says.

The Bondurant Community Foundation helped bring the mural to fruition by providing funding for project resources. Donations were also used to purchase lighting for nighttime, security cameras, a bench, a plaque and landscaping.

Vance recalls that the idea for the bus barn mural started with the Foundation, which he was part of at the time. He says the group wanted to work with students and beautify the community while pushing the envelope to make Bondurant more well known as an artistic community.

Vance adds, for the high schoolers who worked on the project, it was a huge confidence boost for them before they headed off to college or art school.

In addition, high school art students worked with Vance last year to create a mural at Bondurant City Park. With its psychedelic colors and geometric patterns, the mural, which covers the park’s fence, is hard to miss.



The winning Sidewalk Chalk drawings are pictured.

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## FEATURE

For Vance, these types of projects not only give students a creative outlet while instilling pride in the community, but also help to make Bondurant a “cool place” that graduates one day might want to return to.

This thought is driven by his personal experience, too. Vance’s wife is from Bondurant, and he grew up in Des Moines. When they were considering where to settle down together, he was hesitant about Bondurant at first.

“I found out it’s a really cool place to live, but how do we make it even more exciting for young people to want to start a family here?” he says. “I’m a big believer in pushing Bondurant as the art community of Iowa.”

Ultimately, Vance says Bondurant takes a lot of pride in the arts, and he hopes it’s a trend that continues.

“It would be really cool if it was a destination place that people wanted to go to and live because they’re into the arts,” he says.



Blues and Brews includes art of all kinds — including face painting.

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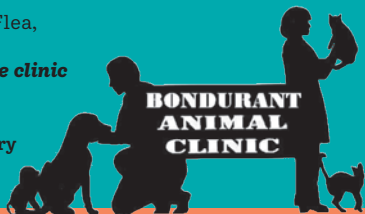


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## FEATURE

### Foundation beautifies town

The Bondurant Community Foundation, which helped make the bike trail and City Park murals possible, plans to continue bringing art outdoors and around town with similar projects.

Allison Birdsall, a board member, says the group has ideas to add a fishing pier, wayfinding signs and more throughout town — anything that can connect the arts, culture and history in Bondurant.

She also notes the plan to paint murals across crosswalks in town, such as those near schools or on the major roads. By replacing the standard white lines with something more visually interesting, motorists might become more aware of the crosswalks, too. So not only would the crosswalks have more pizzazz, they'd also be safer.

In addition, the Bondurant Community Foundation hosts the annual Sidewalk Chalk Festival in town, where participants are assigned a section of sidewalk to cover with chalk art along the Chichaqua Valley Trail near the Bondurant Regional Trailhead Depot. This year's event will be held on Saturday, July 16.

For Birdsall, the best part of being involved in the organization is helping bring arts to the community.

"I think these types of projects really connect everyone who has lived in Bondurant and does live in Bondurant currently," she says. "And it's a nice way to become a cohesive community as a whole." ■



Setting up for Blues and Brews.



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## DEATH certificate

Certain information is required by the Board of Health in order to issue a death certificate. This information is provided by the family.

While often commonly known, at the time of death, family members may not be thinking clearly enough to supply the needed information. It is wise to have your vital statistics written down so your family will have access to them when needed.

This information should include: full name, address and phone number; date of birth; place of birth; father's full name and place of birth; mother's full maiden name and place of birth; whether a U.S. citizen; how long you have lived in the state/city; name and address of your place of employment, your occupation and title; Social Security and Veteran's serial numbers; religious affiliation.

The death of a loved one is extremely difficult for the family — no matter if sudden or following a lengthy illness. Having this information written down and kept with your important papers will be a huge help. What takes a few minutes for you to complete will save your family a great deal of time and energy later.

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.



## CELEBRATING certified nursing assistants

June 16-22 is the week we set aside to celebrate one of the most undervalued careers out there: the Certified Nursing Assistants (CNAs). There are more than 1.5 million CNAs currently working in the United States, and there is a projected 17% growth over the next 10 years, and, honestly, we will still need more people in this field.



A Certified Nursing Assistant helps patients with direct care needs, such as assisting patients in using the restroom, bathing, grooming tasks such as brushing teeth and hair or shaving, taking vitals, answering call lights and so much more. CNAs work in hospitals, skilled and long-term care senior residences, home care agencies and adult day centers. They are an invaluable part of the healthcare team. An average day for a CNA means arriving for their shift and hitting the ground running. They typically begin by doing rounds to get updates on all their clients from the previous care team. Then it's time to start getting everyone ready for their day. This entails going to each room to offer individualized care, always treating clients with value, dignity and respect. They may help clients get to the restroom, help them get dressed, assist with grooming tasks, and then transport them to the dining room for breakfast. As they sit in the dining room to assist those who need help eating, another person may have to use the restroom or someone who maybe wanted to sleep in would now like to get up for the day. This calls for flexibility, and, oftentimes, lots of multitasking. Once dining is done, they will assist people back to their rooms and assist them in transferring to their chair or bed, or perhaps an activity. Their free moments are often spent charting and documenting all of the assistance they have provided. Most importantly, they do their work with patience, kindness, an open ear and commitment.

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

The theme for this year's CNA week is fitting, "I'm Still Standing." For those who are CNAs who have worked through a pandemic, spending more face to face time with patients than any other position, we are so thankful you are "still standing." You are appreciated. Thank you for making a difference every day. ■

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

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# SILLANPAAS bring people together

Community and schools are reasons couple made Bondurant “home.”

The Sillanpaas have a way of bringing the community together.

Julie and her husband, Matt, who own BrickHouse Fitness and three years ago moved it into a larger facility, decided to plant their family roots in town, too. At the time, Sillanpaa was pregnant with twins, and the couple knew they’d want them to eventually be in the Bondurant-Farrar Community School District.

“We knew from running a business here for a couple years that we really loved the community,” Sillanpaa says. “We were already really involved and knew we wanted to raise our family here.”

The family initially moved into a newer home by their gym but have since relocated to a century home in the older part of town, where they’re currently doing a number of updates. What makes the house especially neat is that Sillanpaa’s mother’s best friend grew up in it.

The home provides the Sillanpaas with plenty of big trees and great, friendly neighbors. Sillanpaa says, if their dog, Lucy, ever gets out, the neighbors will get her back home safely. Their kids also have friends across the street and run over there to play. And, on holidays like May Day or Christmas, the neighbors often bring over treats.

“It’s a neat feeling,” Sillanpaa says. “It’s almost like you’re in the olden days.”

The Sillanpaas enjoy the community feeling of Bondurant and have done much to contribute to it. They created the Battle of the Bands event that’s held every year and also organize the AC Classic — a softball tournament that raises money for a local child with cancer.

In addition, the couple established the Mary Bump Memorial Foundation, which will be raising funds this year for the family of Zack Brown, a Bondurant man recently killed in a car accident. Their business also hosts a summer music series during which freewill donations for the Foundation are collected.

“We’ve been able to be part of a lot of events and raise funds for families in need, like people from the tornado disaster, derecho and things like that,” Sillanpaa says. “We just love that feeling of everybody coming together.” ■



Julie and Matt Sillanpaa knew they wanted their kids to attend Bondurant-Farrar Community School District.



# A SANCTUARY for sports memorabilia

Van Wyk's impressive basement collection began in childhood.

Bondurant local Corbin Van Wyk grew up in New York in a small farming community near Buffalo. With that came a life-long love for Buffalo sports. He moved to Iowa in the mid-1980s, but that didn't change his devotion.

"I am sure friends and family are sick of me talking about it," he says. "I am married to a retired second-generation school teacher (Diane) who also enjoys athletics."

While growing up, Corbin exhausted his paychecks from a paper route on various ball cards. He always knew that it wasn't just a collection. It was a huge part of his life and an investment for the future.

"When I went to buy my first car, my dad suggested I sell the cards to put a little more money down, but it became clear if I just added a few more cards, the entire collection would be worth more," he says. "I have been collecting to various degrees since that time."

Corbin's card collection is full of Hall of Famers from a variety of leagues. He also has antiques and extensive

memorabilia from the Buffalo teams. He's not overly cautious with the materials because he wants them on display. The goal is for his collection to be most valuable in its entirety, versus in individual items.

"I have a pennant signed by many members of the Oakland As World Series Championship team from the 70s. It includes Hall of Fame members and the key deceased members: Reggie Jackson, Jim 'Catfish' Hunter, Rollie Fingers and others," he explains. "I have a large button that I believe was a promo giveaway item at a Buffalo Braves NBA game. It is still sealed



with the Bart Starr piece that it came with."

Corbin even has a section of the end zone turf from the Buffalo Bills stadium. His late father made the frame surrounding it, and the turf itself dates back to the early 1990s.

Corbin admits that the easiest way to purchase items like these is on eBay. But, it's also about keeping an eye out. He has found many gems at Goodwill, flea markets and the Salvation Army.

He reminds beginners that collectible items don't sell as fast as you can buy them. Collections like his are more about what their purpose is instead of just projected growth and pristine condition.

When he's not collecting, Corbin loves to spend time with his wife and his older children who have been out of the house for a few years, and practice his faith.

In the future, he hopes to add items from pre-World War II stadiums and defunct sport leagues. Both his daughter and son have some of the best memories from the collection hunts. They have their claims to certain items, and Corbin places a tag on the back with their names for when he passes them on. Diane is also one of his biggest supporters.

"She does humor me but also makes it clear that it is my collection and not ours," he laughs. "She enjoys antiques so she looks at many of the items that way. People that come to my home see no indication of what is in the basement when they are on the ground floor. I think it makes it special." ■



Bondurant local Corbin Van Wyk has been collecting sports memorabilia since he was a child. He grew up near Buffalo, New York, and is a big fan of all Buffalo's sports leagues and teams.



## RECIPE

# MORE Chef-Worthy Summer Classics

### (Family Features)

Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Steak enthusiasts can show off their cooking skills with Southwest steaks with creamy peppercorn sauce and parmesan-herb fries. Thick, juicy, marbled steaks are cooked to tender doneness and complemented by steakhouse-style fries.

Find more summer favorites at [OmahaSteaks.com/Summer](http://OmahaSteaks.com/Summer). ■

## Southwest steaks with creamy peppercorn sauce and parmesan-herb fries

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 2

### SOUTHWEST STEAK RUB:

- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme leaves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ancho chili powder
- 1/2 teaspoon ground chipotle pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin

### PARMESAN-HERB FRIES:

- 1 package (16 ounces) Omaha Steaks Steakhouse Fries
- 1/2 cup Parmesan cheese, freshly grated
- 1 tablespoon fresh thyme leaves, minced
- 1 tablespoon fresh rosemary leaves, minced
- 1 tablespoon fresh Italian parsley, minced

### NEW YORK STRIP STEAKS:

- 2 Omaha Steaks Butcher's Cut New York Strips
- Southwest steak rub
- 1/4 cup grapeseed oil
- 2 ounces unsalted butter, cold

### PEPPERCORN CREAM SAUCE:

- 1/2 cup brandy
- 3/4 cup beef stock
- 1/2 cup heavy cream
- 2 teaspoons peppercorn medley, coarsely cracked
- salt and pepper, to taste

### DIRECTIONS

• **To make Southwest steak rub:** In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.

• **To make Parmesan-herb fries:** Preheat oven to 425 F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until golden-brown and crispy.

• In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated.

• Remove fries from oven and toss with Parmesan herbs.

• **To make New York strip steaks:** Season steaks generously with Southwest steak rub on both sides.

• In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3-4 minutes on both sides for medium-rare



doneness.

• Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.

• **To make peppercorn cream sauce:** Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.

• Add beef stock and reduce by 1/3 volume, about 2-3 minutes.

• Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.



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## LIBRARY

# READ 'Beyond the Beaten Path'



It isn't too late. You can still be a part of our 2022 Summer Reading Program. It runs through the month of July, and we still have LOTS of fun things planned for all of you.

This year, we have a wonderful new app to register and log your reading. The best part about it is, if you are registering a family, you can do it so easily and track for the entire family at once. You can find the app, READsquared, in the Google Play Store or the Apple Store. After you register, just stop by the library to get your registration kit. If you prefer to do everything by paper, just come to the library to get registered.

### Here is what is happening for the month of July:

- Story Times: Tuesdays at 10:30 a.m. and 3:45 p.m. and Fridays at 12:45 p.m.
- Story Times at the Park: Wednesdays at 10 a.m. at City Park, then at another park at 12:45 p.m. (See our online calendar for the park to visit.)
- Geri-Fit: Strength Training for older adults has moved to Mondays and Thursdays at 8:30 a.m. through July. It will return to 10 a.m. on Aug. 1.
- July 5: PBS STEAM Open Play, 1-3 p.m.
- July 6: PBS STEAM Open Play, 2-4 p.m.
- July 7: PBS STEAM Open Play, 10-11 a.m. and 5-7 p.m.
- July 7: Adult Craft Night at 6 p.m., Tissue Paper Art
- July 9: PBS STEAM Open Play, 1-3 p.m.
- July 11: Iowa State University Insect Zoo at 10 a.m.
- July 12: Book Discussion for Adults at 6 p.m., "People We Meet on Vacation" by Emily Henry
- July 13: Coloring Night at Reclaimed Rails, 5-7 p.m.
- July 14: Kids Bird Watching program at 10 a.m.
- July 14: Birding Basics program with Des Moines Audubon at 6 p.m.
- July 18: Blank Park Zoo at 10 a.m.
- July 19: Books on Tap Book Discussion at Reclaimed Rails at 6 p.m.
- July 21: Nature Art at 10 a.m.
- July 21: Third Thursday at Hoover's at 6 p.m.
- July 25: Bubble Fun at City Park at 10 a.m.
- July 26: Teen Movie & Pizza at 6 p.m., "Holes"
- July 28: End of Summer Reading Program Water Fight and Ice Cream Social at 10 a.m. ■

## JUNE SPECIALS

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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](mailto:tammy@iowalivingmagazines.com)

## Red, White and Blue Bike Parade

Monday, June 27, 10-11 a.m.  
City Park

This event is part of the Library's Summer Reading Program. Help celebrate Independence Day by joining in the Bike Parade at the City Park. Bring your bike and helmet to the City Park, and the Library will provide all decorations.



## 4H Animal Show & Tell

Thursday, June 30,  
10-11 a.m.  
City Park

Interested in 4-H or animals? The local 4-H group will be hosting their animal Show & Tell.



## Bondu Blues and Brews Festival

Saturday, July 16, 6:30-10 p.m.  
Bondurant Regional Trailhead, 2 Main St. S.E.

Buckmiller Schwager will provide the tunes before Bob Pace and the Dangerous Band takes the stage at 8 p.m. The winner and runner-up for the home brewing competition will be announced at 6:30 p.m.

The sidewalk chalk art will be on display. The public is encouraged to take some time to admire the effort put into the art along the Chichaqua Valley Trail and submit a People's Choice Vote. The winners of this year's prizes will be announced at 8:45 p.m.

Bounce houses and balloon animals will be available for the kids free of charge, and food and drink will be available for purchase. Please be sure to bring your own chairs/blankets, sunscreen and/or bug spray.



## Bondurant American Legion Community Breakfast

Saturday, July 16, serving 7-9:30 a.m.  
American Legion Hall, 315 Second St. N.W., Bondurant

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



## Touch a Truck

Friday, 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.

## Blank Park Zoo program

Monday, July 18, 10-11 a.m.  
Bondurant Community Library, 104 Second St. N.E.

Do you love Blank Park Zoo? Representatives will be at the library with a special presentation, and the Library will give out free Zoo passes to those younger than 12 in attendance at the program, while supplies last.



## Nature Art

Thursday, July 21, 10-11 a.m.  
Bondurant Community Library, 104 Second St. N.E.

Bring your own collection of flowers, petals, grass, leaves, small twigs, etc. to the library and create your own nature-inspired work of art.



## Summer Stir

Friday, June 24, 5-9 p.m.  
Des Moines Court District

CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the Court District's best establishments, all within walking distance. Order tickets online (\$20 for 10 sample drinks) or at the event (\$30 for 10 sample drinks). More information is online at [summerstirs.com](http://summerstirs.com).

## Music Under the Stars

June 26, July 3 and 10, 7-8:30 p.m.  
West Capitol Mall (rain location is Drake Fine Arts Center)

Every summer since 1947, Music Under the Stars has entertained central Iowans of all ages with free band concerts on Sunday evenings in the shadow of the Capitol. This season marks the 75th anniversary of the concerts. Admission is free. Featured guests are: June 26, vocalist Max Wellman; July 3, vocalist Gina Gedler; July 10, vocalist Tina Haase Findlay. For more information, visit [www.musicunderthestars.org](http://www.musicunderthestars.org).



## 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)

### Summer Concert Series

Second Tuesday each month through September, 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: July 12, NOLA Jazz Band with food by Weinie Wonderland; 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).

### Levitt Amp Summer Concerts

Various dates  
Earlham City Park in Earlham

The lineup for the Levitt Amp Summer Concert Series has been released. Concerts are held in Earlham City Park on Sundays at 6 p.m. The concerts are free and family friendly. June concerts are: June 26, Radio Free Honduras with Brad and Kate. July concerts: July 10, Shannon Curfman with the Buckmiller-Schwager Band; July 17, Nur-D with Andrew Hoyt; July 24, Rhythm Collective with Lily DeTaeye; July 31, Indigenous with Abbie and the Sawyers. Aug. 7 features The Elders with Ducharme-Jones, and Aug. 14 is Kuinka with The Finesse.



### Summer Stir

Friday, July 22, 5-9 p.m.  
East Village

CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the Court District's best establishments, all within walking distance. Order tickets online (\$20 for 10 drinks) or at the event (\$30 for 10 drinks). More information at [summerstirs.com](http://summerstirs.com).

### Farmers Market/Music in the Junction

Thursdays, through September, 4-8:30 p.m.  
Historic Valley Junction, Fifth Street, West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. Entertainers are: June 30, Jimmy the Weasel; July 7, Bittersweet Nation; July 14, Toaster; July 23, Sons of Gladys Kravitz; July 28, Jake Simon; Aug. 4, Boomerang; Aug. 11, Avey Grouws Band; Aug. 18, Shock Collar; Aug. 25, Suede; Sept. 1, Cover That; Sept. 8, The Muddy Walters Band; Sept. 15, Gut Feeling; Sept. 22, Gimmick; and Sept. 29, The Matt Woods Band.



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**July 6**  
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**July 14**  
Christmas in July  
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**July 15**  
Betfred Koozie Giveaway  
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**July 17**  
Outdoors Night  
Sponsor?

**SCAN TO BUY TICKETS**

**Holiday Fireworks July 2&3**

**SATURDAY JULY 16TH**  
GATES 5PM



# YARD art — no water needed!

Have you ever thought about including art in your yard's landscape? There are many benefits. For example, unless it is a water feature, yard art requires no water and is low maintenance. Some pieces allow a gardener to enhance the yard's appearance with low or no upfront cost of purchase and/or installation.

Most of the time, when we think of focal points for our yard, we think of large trees or a single large planting of a specific plant. Instead, change your living plant focus to some of your favorite objects and then transition the objects into pieces of art that you create or purchase.

As you are thinking about where to place your new yard art, look for areas in your yard that you want to emphasize or pathways where the art will lead your eye to a point of interest. For example, if you have a pathway in your yard that is currently blank at the end, like a boring cedar fence, why not use the fence as a backdrop and place a piece of art in the center to provide interest or a focal point.

Using artwork in your yard can provide accents to a theme you already have going such as a dry creek bed. Use items you might find out in nature, such as drift wood, but take it up a notch and have the driftwood carved into an animal. My family had a pheasant sculpture commissioned from a local artist and placed it in a landscaped berm in my backyard. This goes nicely as a focal point and is a good representation of my love for the outdoors and upland bird hunting. If you like a more eclectic or whimsical feel to your yard there are some great metal items that can be repurposed. I made a yellow flower from an old piece of metal a friend



A pheasant sculpture that Dusty Rauschenberg's family had commissioned from a local artist is in a landscaped berm in their backyard.

gave me from a stove. She thought that I could create something out of it. I gave the stove piece a fresh coat of bright yellow paint and mounted it to a garden stake, and, instantly, I had a flower that didn't need watering. Items found on junk days that are free curbside or yard sales are some of the best places to find items to repurpose. And, just think, you are preventing those items from going into a landfill.

Be creative and, with the addition of some art work for your yard, you will make your yard stand apart from all the others. ■

*Information provided by David "Dusty" D. Rauschenberg, Dallas Center resident, master gardener, master conservationist, #thegoodpimgardener, dustyrauschenberg@gmail.com*



This yellow flower was made from an old piece of metal from a stove.





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# SUMMER



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## EDUCATION

By T.K. West

# MEET Kora Burke

## A passion for art

Kora Burke knew she wanted to become an educator, but it wasn't until her senior year at Ankeny Centennial that she made the decision to pursue art education. While deciding whether or not to pursue this career, Burke shadowed the art teachers of the Bondurant-Farrar Community School District. Now, a recent graduate of the University of Iowa, Burke finished her student teaching placement at both the Bondurant-Farrar High School and Anderson Elementary School this past spring.

"I ended up student teaching in Bondurant because, way back when I was deciding if I wanted to be an art teacher, I shadowed the art teachers of Bondurant and saw how truly incredible they all were. When it was time for me to decide where I wanted to be placed, I knew I wanted to come back and learn more from them. I couldn't be more grateful to Mrs. Reyerson and Mr. Vandehaar for mentoring me this spring," Burke says.

During her eight-week placement at the high school and eight-week placement at the elementary school, Burke says she has had the opportunity to teach many fun and exciting lessons to her students. While at Anderson Elementary, she was able to teach one large lesson to each grade. As someone who loves clay and ceramics, some of her lessons have included a fully finished relief sculpture or 3D painting with fifth-grade students, a portrait drawing and collage that incorporated shaving cream marbling and oil pastel with fourth-grade students, and realistic landscapes using tissue paper bleeding and oil pastels with third-grade students.

"I have learned so much from having Kora in my classroom," says Annie Reyerson, who teaches art at Anderson Elementary School. "She has been such a wonderful presence at Anderson Elementary these past few months. Her knowledge and skill level are absolutely outstanding, especially her extensive mastery of clay. She has such a wonderful rapport with her students and genuinely cares for each and every one."

After receiving her diploma this past May, Burke is excited for the summer and teaching private art lessons using all that she has learned this past semester. She is also excited to practice what she wants to teach at her first position with the Ballard Middle and High School. Burke is also excited to create her own art, specifically in the areas of ceramics and painting.

"I cannot wait to begin and know that my student-teaching experience has prepared me to be the best possible art teacher I can be. Art teaching is an amazing job and is an incredible privilege. Art and teaching art is what gives my life so much passion and purpose, and I can't wait to get started," Burke said. ■



Kora Burke completed her student teaching with the Bondurant-Farrar School District and will return next year as a teacher.





# Bondurant News

## June 2022

### BRING THE WHOLE FAMILY OUT ON JULY 16 TO THE BONDU BLUES AND BREWS FESTIVAL

Join us for Bondu Blues and Brews Festival starting at 6:30 on July 16 at the Bondurant Regional Trailhead! Buckmiller Schwager will provide the tunes before Bob Pace and the Dangerous Band takes the stage at 8:00 PM. The winner and runner-up for the homebrewing competition will be announced at 6:30 PM. The Sidewalk Chalk Art will be on display, take some time to admire the effort put into the art along the Chichaqua Valley Trail and submit a People's Choice Vote. Bounce houses and Balloon Animals will be available for the kiddos (free of charge), and food & drink will be available for purchase for all! Be sure to bring your own chairs/blankets, sunscreen, and/or bug spray.

### WHERE DOES YOUR WATER COME FROM?

The Raccoon and Des Moines Rivers are used to provide drinking water to more than 600,000 central Iowans. All Iowans should Think Downstream and consider how they can help make Iowa's water safe for drinking and recreation. Find the 2022 Water Quality Reports on the City's website.

### WE ARE HIRING

Seeking resumes for an Economic Development Coordinator, Planning Associate, and Public Works Coordinator. Applications are due by 4 p.m. on June 29. Find details on the City's website.

### ARE YOU STRUGGLING TO KEEP THE KIDS BUSY THIS SUMMER?

Did you know that DART offers bus rides on Monday and Thursday from Bondurant to the Altoona Cinemark Theatre, Adventureland, and the Altoona Aquatics Park? Make sure to sign your kids up for this and find the closest bus stop. This is a free service. If you would like to see a bus stop added to the list, contact Parks and Recreation. Find the link to get signed up on the City's website or on social media. Search for Youth Activity Bus.

### BONDURANT SELECTED AS THE COMMUNITY OF CHARACTER!

The Robert D. and Billie Ray Center annually recognizes Iowa individuals, organizations, and communities who show the Six Pillars of Character Counts: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. Bondurant is thrilled to be selected as the 2022 Community of Character. When it comes to the Six Pillars of Character, Bondurant displays them frequently. Read the stories that were included in the nomination to illustrate how Bondurant embraces those pillars on the City's website.

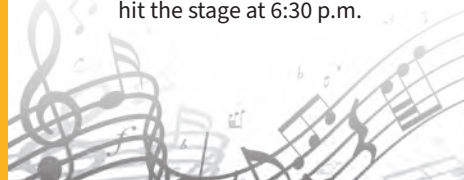
## EVENTS:

### YOGA IN THE PARK

Join the 6-week series at the Bondurant Regional Trailhead from July 9 to August 13. This is a great exercise to add to your current fitness routine. The series will include a vinyasa style of yoga, which is great for beginners, but more demanding physically and mentally than Hatha (which was offered during the winter yoga series). There are always modifications if you haven't worked up to a swift tempo. Find the link to get registered on the City's website or on social media.

### BONDU BLUES AND BREWS FESTIVAL

On Saturday, July 16, 2022, at the Bondurant Regional Trailhead come out and enjoy an evening of live music with your neighbors! Show up early at 6:00 p.m. to save your spot and the opening act will hit the stage at 6:30 p.m.



### 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.



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**FAITH** By Mark Spencer

## HAPPY birthday



My birthday is in June, and, this year, I turn a milestone ending in a zero. Having a summer birthday meant I never had to deal with in-school birthday stuff like bringing treats for everyone or having my classmates sing to me. I enjoyed not having all that pressure. I've always scratched my head about the whole birthday thing. While I wasn't a big birthday party kid, I sure did look forward to turning a year older, which meant a year closer to obtaining my driver's license. Then, after hitting the last milestone birthday when I was fully an adult, birthdays were kind of a downer. Why the celebration?

It's kind of funny that we celebrate birthdays. It seems to be a day of just celebrating you. Shouldn't the celebration be for your parents who brought you into this world? I mean, you didn't really do anything. Is it really worth celebrating that you were born?

We make a big deal out of our birthday, but some other cultures don't. In Afghanistan, many people don't know the exact day and year of their birth. It makes it difficult for them to obtain formal documents that are typical here in our culture such as ID cards, driver's licenses, and passports. We are a very birthday-centric society.

In the third chapter of the gospel of John, we read about Nicodemus, who was forced to think about his birthday in a new way. Nicodemus realized Jesus must have come from God because of the miracles Jesus was able to perform. Nicodemus was puzzled when Jesus told him "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God."

Nicodemus was quite confused by Jesus' response. A complete spiritual rebirth was needed. Nicodemus needed to become a new man.

How about you? Do you have a second birthday, a spiritual birthday? Have you been born a second time? Nicodemus was curious enough to seek out Jesus and ask questions. Are you curious enough to ask questions? Come ask any of the Bondurant church pastors about Jesus. We'd welcome a discussion from someone curious to find out more about Jesus and what it means to be a Christian. Nicodemus didn't want to be seen by the public coming to Jesus so he came at night. If you'd prefer to come ask some questions during the week and not Sunday, that's fine, too.

A million years from now, I will likely have forgotten my physical birthday but will be celebrating my spiritual birthday, and I pray I can celebrate yours as well. ■

Information provided by Mark Spencer, Lead Pastor, First Family Church Bondurant, 515-587-5930.



## PREVENTING summer-related claims

Summer is one of the best times of the year to spend time outdoors. Unfortunately, as the temperatures rise, so do the number of insurance claims that are filed. Having enough coverage is a good start, but it is important to take extra steps to help mitigate your risks to make way for summer fun. Below are some of the most common types of insurance claims related to summer, along with tips on how to avoid them:



**Outdoor fires:** Summer is officially cookout season, but barbecuing can quickly turn into disaster if you're not careful. U.S. fire departments responded to an estimated average of 10,600 fires involving grills per year during 2014-2018. These fires caused \$149 million in direct property damage. The leading factors contributing to grill fires overall are failure to clean, leaks/breaks, leaving the grill unattended, and having the grill too close to something that could catch fire.

The best solutions: Don't leave a grill near flammables and don't leave a grill unattended. If you have a charcoal grill, make sure the embers are out before leaving it and always clean your grill after use.

**Drownings:** With higher temperatures, more people spend time in or around water, which can lead to more drownings during the summer months. Per the CDC, there are an estimated 3,960 fatal, unintentional drownings every year; that is an average of 11 per day. If you have a pool, consider surrounding the pool with a fence and be sure to keep the gates locked. This will help reduce risk and your liability as a homeowner.

**Car accidents:** It's road trip time. According to the AAA Foundation for Traffic Safety, the average number of deaths from crashes involving teen drivers (ages 16-19) increases by 16% per day during the summer months.

The top three distractions for teen drivers include talking to passengers, using a cellphone or looking at something inside of the vehicle. You can also expect potholes and increased road construction during the summer months.

Don't let summer driving hazards take away from your trip. Plan for road construction, avoid distractions and drive defensively.

**Home burglaries:** With more people away from home on vacation, home burglary rates are higher in the summer. While home burglaries may be covered by your homeowner's insurance policy, homeowners can take steps to reduce their risk and protect their property. Consider adding a security alarm system, motion detection lights and deadbolts to the home.

All the possible claims can be overwhelming, but, with common sense, planning, and the proper coverage in place, they can be avoided, and you can enjoy the summer without worry. Just think of insurance like sunscreen for your home and auto — we all need a little protection. ■

Information provided by Lauren Helmka, The Insurance Station, Inc.,  
116 Second St. S.E., Altoona, 515-967-0489.

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## HEALTH

By Dr. Steven Neville

### CORRECTING misaligned teeth

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



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

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## HEALTH

By Dr. Katrina Smith, MD FAAD

### TREATING a sunburn

Finally, summer is here. After a cold, wet spring, we all want to get outside and enjoy the warm sun. Don't forget to wear your broad-spectrum sunscreen and a hat. Too late? You are already sunburned. Now what?

Sunburn is redness, pain and sometimes blistering which occurs from too much ultraviolet exposure. This may occur from being out in the sun or using tanning beds. Sunburn is an inflammatory response indicating damaged skin cells and DNA, which may lead to skin cancer. While the best treatment is prevention, here are some tips for managing sunburn:

1. Go indoors as soon as you notice a sunburn.
  2. Take frequent cool water baths or showers to ease pain.
  3. Apply a moisturizer after bathing with aloe vera or soy to soothe the skin and 1% hydrocortisone cream.
  4. Avoid topical products that contain "-caines" such as benzocaine.
  5. Take ibuprofen or aspirin to reduce swelling and pain.
  6. Drink extra water to replenish lost fluids.
  7. Don't pop blisters; allow them to heal untouched.
- Seek medical attention if you have extensive blistering or develop chills or fever. If you have questions about sunburn or sun protection, see a board-certified dermatologist. ■



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



## WHY SCHOOL and sports physicals are important

Summer is just around the corner, and, for many families, that means the end of the school year and the beginning of camps and summer programs. And, even though it might seem a little early, it is also the perfect time to schedule your child's health maintenance exam. We want parents to know these visits can be scheduled now when there is more availability to conveniently fit in your schedules.



These visits are a great time for us to talk with kids about how to eat healthy foods, stay active, and make sure they're drinking plenty of fluids and getting the right amount of sleep. These are all habits that, if we can teach them young, they'll carry over into the rest of their lives.

Yearly physicals are required by school districts to help ensure safety for students, especially those participating in sports. Before classes and extracurricular activities begin, it is important students receive a physical to make sure there are no underlying health issues that might interfere with participation, check their growth and development and update their immunizations. These comprehensive physicals look at a student's overall wellbeing, provide a space for them to ask any questions they may have and helps build relationships with a student's primary care provider.

During a health maintenance exam, parents can expect their provider to:

- Conduct a physical exam
- Update immunizations
- Check growth and development
- Review medical history

To avoid getting hurt on the field or court, your student needs to be prepared. That preparation starts with seeing their provider to make sure their bodies are ready for the season ahead. Students who are not in sports also need a yearly physical to monitor their development and overall health and wellness.

Annual physicals are also about more than just the physical wellbeing of students. During these visits, students are also encouraged to discuss any emotional and psychological barriers they may be facing.

It's a good time to connect with students and make sure they feel connected and engaged outside of just the classroom. It's a time to ask how they are feeling about the school year and how they're interacting with their peers, as well as discuss any screening or anticipatory guidance they may need. ■

Information provided by Sara Schutte-Schenck, DO, MercyOne Ankeny Pediatrics Care, 800 E. First St., Suite 221, Ankeny, 515-643-9000, [MercyOne.org](https://www.mercyone.org)

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## HEALTH

By Dr. Kari Swain

## SLOW down this summer

Summer is here. What if this year you decided to savor summer and use it as an opportunity to rest and replenish your reserves? The temptation to plan and do everything can be high. We often try to pack it all in and make the most of every moment so we don't miss out, but the rush to make it to every event and fit in everything on our summer bucket list can leave us feeling exhausted rather than refreshed. Take time to pause and evaluate what are the most important things, which things will bring joy and leave you feeling fulfilled, and which things feel forced or leave you feeling depleted or stretched thin.

Summer can be a perfect time for a reset. Reflect on how you and your family are spending 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. Our bodies and our minds need rest. Making a conscious effort to slow down this summer can make a significant impact on your health. Focus on getting more sleep, more sun, and more sweat.

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 getting neurologically focused chiropractic added in 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, Swain Chiropractic, 410 Center Place S.W., Altoona, 515-967-9300.

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## HEALTH

By Leslie (Foley) Brant

## THE IMPORTANCE of hydration

Watching for signs of dehydration and staying hydrated are important this time of the year, especially when being active outdoors. Symptoms of dehydration can include: headaches, muscle cramps, nausea, vomiting, feeling faint, increased heart rate, decreased blood pressure and increased core temperature. If you are experiencing any of these symptoms, contact your physician. Timing of hydration can be important to help battle

dehydration during and after performance/sport activities. According to the NCAA Sports Science Institute, two to three hours prior to activity, drink 16 ounces of fluid. Then, 15 minutes before, drink 8 ounces. During activity, drink 4 ounces of fluid every 15 to 20 minutes and, after activity, 16 to 20 ounces for every pound lost. Remember to drink water and fluids throughout the day. Fluids include water or sports drinks.

Please stay active and stay hydrated and enjoy this summer weather. ■

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





## HEALTH

By Shelly Stewart-Sandusky

# WHAT IS neurofeedback?

Neurofeedback is a type of therapy that uses electrodes to read brain waves in real time and help the brain learn how to communicate with itself more effectively. The process starts with a brain map that collects data from all channels of the brain, allowing us to see exactly how your brain is working and which areas are struggling. Once we know which channels of your brain are not working their best, we can create a protocol to help those specific areas to work more effectively. When the brain is working more effectively, you can see reduction in symptoms associated with ADD/ADHD, anxiety, OCD, PTSD, depression, insomnia, RAD, autism spectrum disorders, personality disorders and more.



Neurofeedback protocols require you to sit still and watch a show of your choosing while connected to two to six electrodes that are providing immediate feedback to your brain based on its activity by dimming and brightening your show. Each training takes about 15 minutes to complete and should be done twice per week. After a few sessions you should start to see improvement, with training finishing after 10-40 sessions depending on what symptoms are being addressed. Neurofeedback can help roughly 85% of people improve mental health symptoms and has fewer side effects than medication. Neurofeedback can help EMDR to be more effective and can complement many other therapies as well, or even substitute for therapy for some people. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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## HEALTH

By Dr. Amanda Korth

# HOW your eye sees color

In school, many of us learn about the rods and cones in our eyes that help us see. Rods see best at night using motion and contrast. Cones are best during the day as they help us see color. Most of us have three types of cones that react the best to red, green and blue light. Using these three colors, we see the rest of the colors in the world. So we get the color spectrum depending on how much of each light our cones absorb.



Dogs, by contrast, are colorblind in comparison to us, as they only have cones that see blue and yellow light. That's why your dog cannot see the red ball that you threw into green grass if they're about the same brightness. This is also true for human males who inherit color blindness from their mothers. They only have two cones. Red and green light are very close to each other on the color spectrum so they tend to bleed together. The most common type of colorblindness is where you're missing your green cone, making anything green look more red. The second most common is where you're missing your red cone, so these two are lumped together under red-green color blindness. ■

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



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## FRIDAY, JULY 8

Elizabeth Mary	5pm-6:30pm
Kiddie Parade Registration	5:30pm
Kiddie Parade Judging	6pm
Kiddie Parade	6:30pm
<i>Located in Uptown   Judging of floats after it's over</i>	
Casey Muessigmann	7pm-8:45pm
Zach Miller	9:15pm-11pm

## SATURDAY, JULY 9

### GRAND PARADE "DINOSOAR INTO ANKENY" 9AM

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*See map on the next page or [ankenysummerfest.com](http://ankenysummerfest.com) for route*

Vendors and Carnival Open	11am
Entertainment Garden Opens	12pm
Plumero	2pm-2:45pm
Final Mix Show Band	4:30pm-6pm
Bonne Finken	6:30pm-8pm
The Pork Tornadoes	8:30pm-12am

## SUNDAY, JULY 10

Knockerball	9:30am
Entertainment Garden	1pm
Vendors & Carnival Open	
Family Fun Day	2pm-5pm
The Sheet	4:30pm-6pm
Dick Danger Band	6:30pm-9pm

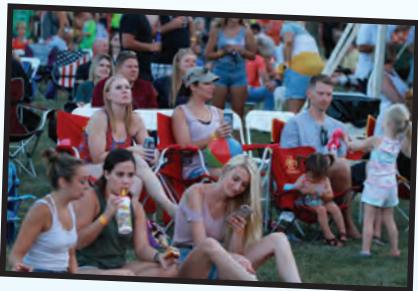
### FIREWORKS! 9:30PM

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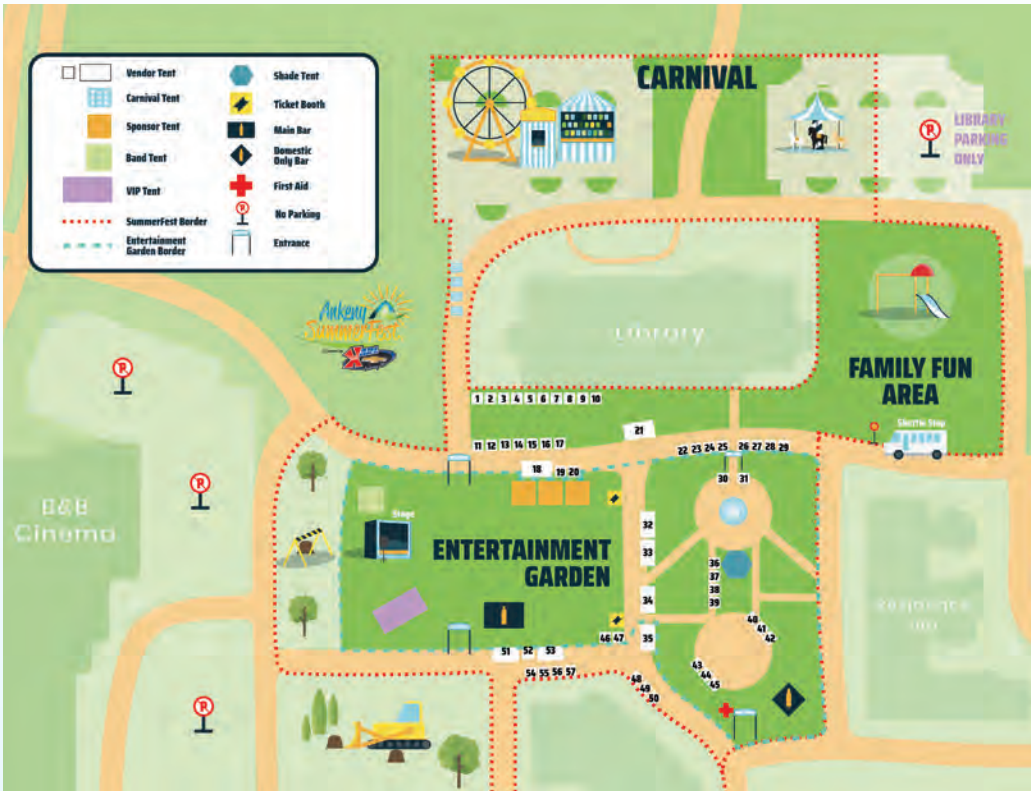
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## AUTO

By Keith Williamson

# YOUR CAR'S air conditioning system

Air conditioning once was an option but now is pretty much standard equipment. Most people today would elect to fix the air conditioner over nearly any other system on their vehicle. Freon is a slang term for the old R-12, the refrigerant that cools early vehicles. Automakers were banned from producing vehicles with R-12 systems in the end of the 1994 model year, and R-12 production was banned in 1996 as part of the Montreal Protocol. In 1975, scientists found that R-12 was depleting the ozone layer. Ozone protects us from the sun's harmful ultraviolet radiation. Vehicles began using R134a refrigerant.



R-134a did not destroy ozone, and everyone thought they had the perfect solution. In the early 2000s, scientist found that R134a was a greenhouse gas, meaning it was trapping heat in our atmosphere. The EPA banned R134a in 2015, affecting all 2021 model year vehicles; however, the ban was short lived due to federal judges saying the EPA had overstepped its authority. R-134a is legal to use today. Automakers, however, have continued to find a better alternative.

Today, R1234yf is the refrigerant of choice in more than 90% of new vehicles produced in the U.S. R1234yf has a global warming potential (GWP) of only 4, whereas R-134a has a GWP of 1410. Most vehicles produced after 2013 may have R1234yf. This refrigerant requires a new and separate AC machine to service and uses much less refrigerant than R12 or R134a systems. The only downfall so far with R1234yf is it is mildly flammable, thus the need for new equipment to service it. R134a was sold by the pound where R1234yf is sold by the ounce or the gram. The cost of R1234yf was nearly 15 times higher than R134a last year. This year, due to a shortage of R134a, it is three times last year's costs. The end result is a higher air conditioner service bill for you, the consumer.

Do-it-yourself service kits have found their way into nearly all parts stores and home improvement centers. They can work if used correctly. The problem with these kits is many contain a leak sealer. This sealer is designed to seal any small holes in the AC lines or seals. This sealer can also have adverse effects on our very expensive AC service machines. Once a sealer is added, good luck finding a shop that will service the vehicle. We use a refrigerant identifier to detect any sealers before we connect our equipment to the vehicle's AC system. As professionals, we are required to have an AC certification to buy refrigerant, whereas the do-it-yourself kits are exempt from the certification due to limited volume of refrigerant. I recommend not using these kits unless you have some air conditioning experience. Saving a few dollars to end up with a system no one wants to touch is not worth the risk. ■

Information provided by Keith Williamson, Williamson's Repair & Tire, 515-967-0900, [www.williamsonsrepair.com](http://www.williamsonsrepair.com).



# GREAT event and more to come

The summer has just begun, and so many events have passed already. Celebrate Bondurant kicked things off on June 4 at City Park. A huge thank you to all who attended and participated. We had several businesses set up tables and activities including:



- B & K Burgers
- Bondurant Chamber of Commerce
- Bondurant Community Library
- Bondurant Farmer's Market
- Bondurant Fire Department
- Bondurant Men's Club
- Bondurant Physical Therapy
- BrickHouse Fitness
- Densmore Insurance
- Des Moines Mobile Chiropractic
- Emma Fust, Artist
- Excel Nutrition
- Mary Bump Foundation
- Polk County Sheriff's Office
- Prairie Vision Center of Bondurant
- Raymond James
- RE/MAX Hilltop, Kris Hutchinson
- Schnurr & Company
- Sweet Swirls Rolled Ice Cream
- Vision Electric
- Williamson's Repair & Tire Inc.

A huge special thank you to our Presenting Sponsors Polk County and Meta. Thank you to our event sponsors Raymond James, Densmore Insurance, and Schnurr & Company. We had a great, no-cost live band, Black Dirt Ramblers, and some wonderful inflatables including Hungry Hippos game, Spiderman jump house, a water slide, and a slip-and-slide.

We will have more events to come, so please mark your calendar, and, if you are a business who would like to participate, please join today.

- Coffee & Conversation, July 14, 8:30-9:30 a.m.
- Regional Afterhours Bondurant, July 21, 4-6 p.m.
- Cocktails & Conversation, Aug. 11, 5-7 p.m.
- Regional Breakfast Bondurant, Aug. 23, 8:30-10 a.m.
- Coffee & Conversation, Sept. 8, 8:30-9:30 a.m.
- Cocktails & Conversation, Oct. 13, 5-7 p.m.
- Business Safe Trick or Treat, Oct. 26, 5-7 p.m.
- Coffee & Conversation, Nov. 10, 8:30-9:30 a.m.
- A Piece of Bondurant Christmas, Dec. 3, TBD
- Cocktails & Conversation, Dec. 8, 5-7 p.m.
- Annual Dinner & Awards, March 3, 2023, 6-9 p.m.

Thank you to our wonderful community. We could not be successful or have these awesome events without your support. We hope to see you all soon. ■

Information provided by Tiffany Luining, Executive Director, Bondurant Chamber of Commerce.

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## OUT & ABOUT



Bill Struecker, Christine Struecker, Andy Wegener and Meredith Justus at Celebrate Bondurant on June 4.



Donovan and Erin Hill at Celebrate Bondurant on June 4.



Stanley and Grayson at Celebrate Bondurant on June 4.



Justin Bailey with Ava, Bennett and Kinlee at Celebrate Bondurant on June 4.



Marketa Oliver and Emily Zailac at the Chamber's Coffee & Conversation at Somewhere in the Middle on May 19.



Clayton Netusil, Dr. Anthony Meyer and Chris Schon at the Chamber's Coffee & Conversation at Somewhere in the Middle on May 19.



Matt Knutson, Donovan Hill and Shelby Hagan at the Chamber's Coffee & Conversation at Somewhere in the Middle on May 19.



Chase Netusil, Tara Cox and Dr. Amanda Korth at the Chamber's Coffee & Conversation at Somewhere in the Middle on May 19.



Brian Lohse, Jeremy Boka and Tiffany Luig at the Chamber's Coffee & Conversation at Somewhere in the Middle on May 19.



# OUT & ABOUT

## RIBBON Cutting

A ribbon cutting was held for Excel Nutrition, 96 Paine Circle S.E., on June 9.



A ribbon cutting was held for Excel Nutrition, 96 Paine Circle S.E., on June 9.



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Kendal Burzacott and owner Emily Zailac



Jessica Greene and Scotlyn Greene



Tracy Dailey, Mike Dailey and Brooklin Dailey



Randy and Laura Lacina with Silas and Greta



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Chase Netusil, Clayton Netusil and Jake Campbell



Candy Zohbon, John Zohbon and Shari Guenther



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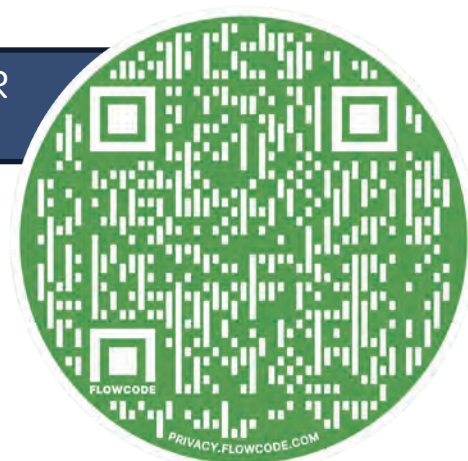
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