

JOHNSTON

SEPTEMBER 2024

Living

MAGAZINE

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How to Ease Back-to-school Anxiety



1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

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WELCOME

ERASING the disco era

Jolene and I bought our first home in the mid-1990s, and we stretched ourselves financially to do so. It was a split foyer home that was built in the 1970s — and it looked like it.

The appliances and countertops were green, typical of the era. We hired a company to paint the appliances white, and they looked like 1970s appliances that were painted white. This was a great example of the expression about putting lipstick on a pig. My dad and I installed the new countertops, and we did a good job for a couple of amateurs.

The kitchen had a fake, red, brick veneer over the drywall, which was, again, typical of the era. We primed and painted it, and it looked much better.

The bathroom had a dark brown toilet. Seriously. Dad and I installed a new one and moved that one to the basement. It worked, and it was good for a few laughs.

The ceiling had what I thought were wooden beams. Upon closer inspection, I learned they were made of Styrofoam. I called Jolene into the room and asked her to watch while I knocked them down with one hand. She was impressed, for a few seconds.

We sanded the dark interior woodwork and doors and painted them lighter colors, and we gave the exterior a makeover from the dark brown and white barn look to more neutral and earthtone colors. New landscaping and stonework gave the home a much-improved street appearance as well.

We did our best — on a very limited budget and a lot of sweat equity — to update this house and erase those disco-era features. Looking back, it was fun, and we learned a lot.

Over time, we were able to hire professionals to do other improvements as well. All this remodel work helped to make this little house into a home — our home. It looked much different from the time we bought it to the time we sold it.

Five homes later, and we still smile as we look back with fond memories of our first home and the work we did to it. I am sure many of you can relate.

Meanwhile, if you are looking to update your home and need ideas, you will enjoy the examples in this month's cover story, as local residents share experiences of their home improvement efforts. And if you want a brown toilet, I know where you might be able to find one.

Thanks for reading. ■

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New AGAIN

Residents share their home renovation experiences

By Ashley Rullestad

For many homeowners, the day comes, sooner or later, when they look around their abode and wonder when the carpet was ever stylish, the wall color ever stunning and the layout ever functional. They realize new curtains, throw pillows and artwork won't be enough to freshen things up, and the only solution to the weary look of their home is to bite the bullet and invest in some major improvements. And, when the work is done, their home — and enthusiasm for it — feels new.

Nancy Brown enjoys the warm and inviting vibe of her remodeled kitchen.

FEATURE

An older home with plenty of space

Andrea and Kevin Calderon moved into their Johnston home eight months ago. As a family of seven, they were looking for a home with plenty of space and a layout that would work for their family.

"I chose this house because I love older homes," Andrea says. "I have always known I wanted some age in my home. I love the feel of older homes, but I love the new looks as well, so bringing those together was what we did."

They knew from the start they were going to change almost everything, and since Kevin owns Calderon Construction of Iowa, they were equipped to get exactly what they wanted.

Since moving in, they have renovated two bathrooms, the dining room, bedrooms, finished the attic for a bedroom, and gutted the basement for a fresh start. They still plan to tackle three additional bedrooms, the living room, laundry room, and the exterior of the house, including new landscaping.

Andrea says sometimes it was a challenge to blend old and new styles, but they searched for ideas and went with their gut feelings.

BEFORE



"If we couldn't figure out what we wanted, we would start from a cleared space. It seemed easier to think when there wasn't already stuff in the rooms," she says.

The dated dining room started out with carpet, honey oak trim and plain white walls. There was no lighting, and the space felt tired and uninviting. The Calderons wanted to warm it up and make it more family-friendly, so they opted for white trim and woodwork, a warm neutral on the walls, and easy-to-clean flooring. A new light fixture over the dining table, along with a new white door and soft curtains, completed the look.

In the bathroom, they replaced the old honey oak vanity and cabinet with more

AFTER



The Calderons' bathroom was outdated. With new colors and fixtures, it was transformed into a modern space.

modern white ones and added a new mirror. The walls went from boring to striking with a new, deep-blue paint job and a new shower curtain to match.

Their advice as professionals and homeowners is to get bids and ask the



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FEATURE

BEFORE



professionals about the possibilities for the space. Sometimes, there are options people don't think of because the space is already set up in a particular way, and they have trouble envisioning it differently. A contractor may have more ideas on how to reconfigure the space.

"Find a company you trust, that listens, provides good work, and sit back and enjoy the renovation. This house had the space and ability of being everything we wanted, and I love the updates we have done — all of them, the paint, the flooring, trim, the new lighting. I just really enjoy the space now," Andrea says.

AFTER



The entry into the dining room was freshened up and modernized with a new door and trim.



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FEATURE

BEFORE



Main floor elegance

Matt and Nancy Brown moved into their house nine years ago. Immediately, they knew some things needed to change.

“The house was very outdated and had not been changed since it was built in 1995,” Nancy says. “The overall layout of the home was good, and the structure was great, and the land is amazing.”

They set about planning for renovations. Ultimately, they decided to update the entire main floor, including kitchen and living areas, laundry, office, master bedroom and master

AFTER



Matt and Nancy Brown transformed their stark white kitchen into a warm and inviting space through their choice of woods, ivory color for the cabinets, and a neutral shade of subway tile backsplash.

bath. They didn’t change the location of plumbing, but they did remove a massive built-in cabinet wall that broke up the larger space.

Their goal was to modernize the space and create a more comfortable, elegant look. Instead of a stark white kitchen with gray paint and dated ceramic tile with white appliances, they

settled on a warm look with their choice of woods, ivory color for the cabinets, a neutral shade of subway tile backsplash, and new stainless appliances. A farmhouse sink and modern light fixtures complete the look.

The living room features soft window treatments, a feature wall and cozy furniture.

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FEATURE

BEFORE



The end result is a comfortable but beautiful space for family relaxation and entertaining guests.

"I prefer soft taupe, ivory and greens for a color palette with dark wood accents," Nancy says. "The materials are quite simple, but how we used the materials such as the wainscot and the wood plank ceiling really make the difference. We wanted a warm and inviting space. I tend to have a somewhat eclectic style but lean French country."

AFTER



Julie and John Bittner didn't care for the "crazy" countertop and black backsplash, among other things, in their kitchen. After removing a wall, the remodeled look is now modern and open.

Nancy was the one who had the vision for the space, and the couple took that vision and did the design work themselves. Matt is an architect, so he was able to make Nancy's plan come to life. The couple used various trade contractors referred to them to take on various

parts of the project.

"I would have an idea for the space and then look for a similar image of the idea," Nancy says. "Matt would then translate the vision to sketches that we would tape to the wall in the various rooms to use as a guide."

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BEFORE



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The couple lived in the walk-out lower level of their home while the renovating happened upstairs, and then they replaced flooring and fixtures and refreshed paint in the basement once they moved upstairs. They finished the master bath in the winter of 2023.

“Our favorite part of the house is the large, open-plan living, kitchen and cozy room space,” Nancy says. “We entertain quite often, and this area open plan works great for large groups.”

The couple cautions that large home renovations like this one are a huge undertaking and even more challenging if you are living in the home while going through the process.

“Communication with each other and your contractors and trades is critical,” Nancy says. “We were without our kitchen for seven months, which included the holidays. We could not wait to eat food at our own table that was cooked in our own kitchen. That said, it was worth it.”

A work in progress

Julie and John Bittner moved into their Johnston home in 2016.

“We knew that the crazy countertops and backsplash had to go at some point. I also didn’t like the wall that separated the kitchen from the living space,” John says.

Since then, it has been a process. In their first year in the house, they had the walls painted, replaced the carpet and added rock to the landscaping. They also painted the exterior shutters and fixtures black. A couple of years later, they replaced the roof, and, in 2022, they replaced the water heater, furnace and air conditioner.

“That was such a big expense that we decided to stay put in the house long-term because we had a new roof and the major appliances,” Julie says. “We had the backsplash in the kitchen removed and went with all black. However, it just wasn’t enough, so we decided to go for it and redo the whole thing.”

The 2024 renovation wish list included gutting the entire first floor and starting over. They had saved up the funds and had a budget, so the difficult part was deciding what could be done

within that budget and what would have to wait.

They found a contractor and designers in 2023, and the renovation began in May 2024. Their contractor had great ideas for how to lay out the cooktop and vent hood, and John wanted a large island to align with the fireplace. An interior designer helped the couple with the color scheme, certain product lines, and finishes.

“Our favorite part is the island, by far,” John says. “It seats 10 and has great sight lines between the kitchen and living room.”

Their work isn’t done. In January, they plan to rebuild the staircase with dark brown handrails and black spindles. They also intend to renovate the master bathroom to remove the soaker tub, add a larger shower and expand the master closet. At some point, they’d like to add composite decking, because they don’t like having to stain the deck every couple of years.

“We are so happy that we invested in our current home rather than packing up and moving,” John says. “We love our neighbors, so they are a big reason we wanted to invest in the home. Financially, it made sense to stay in our home with our low mortgage rate, too.” ■



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NAVIGATING the complexities of Medicare

6 things you need to know.

Medicare is a critical component of retirement planning, but it can be complex and confusing. Here are six things you need to know:

1. You could pay more if you enroll late.

To avoid these penalties, make sure your employer completes the necessary form confirming that you have had qualified coverage since turning 65. If you're not yet 65 and already retired, your enrollment period begins three months before your 65th birthday, so start the process early to avoid delays in coverage.

2. It's not a one-size-fits-all program.

You have options, including Original Medicare (Parts A and B), Medicare Supplements (Part C), and Prescription Drug Plans (Part D). Each option fills different gaps in coverage, so it's essential to understand how they work and



which one best fits your needs.

3. Medicare isn't free. While Part A of Medicare is typically free, Part B has a monthly premium based on your income. It's crucial to work with a retirement planner to understand how your income, including Roth conversions, can impact your Medicare premiums.

4. You enroll in Medicare through Social Security. Many people are surprised to learn that you enroll in Medicare through Social Security, not directly through Medicare. Keep an eye out for your Medicare card, which will come from the Department of Health and Human Services or the Centers for Medicare and Medicaid Services (CMS), as it may look like junk mail.

5. You don't always have to sign up at 65. If you or your spouse is still working and covered by a qualified employer health plan, you may not need to sign up for Medicare at 65. However, if you're on COBRA or a marketplace plan, you'll need to enroll in Medicare when

you turn 65 to avoid penalties.

6. You are not stuck with your plan.

You're not locked into the same Medicare plan forever. Each year during the Annual Enrollment Period (Oct. 15 through Dec. 7), you can review your coverage and make changes to ensure you're set up for success in the coming year. This is important because insurance carriers often renegotiate provider contracts, which can change the terms of your supplement plan and impact premiums, copays, deductibles and covered services, including benefits like X-rays, prosthetic devices and physical therapy. Benefits like gym memberships and chiropractic care can also be added or dropped from plans. Understanding these seven aspects of Medicare can help you make more informed decisions and avoid costly mistakes as you navigate your retirement journey. ■

Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.



Learn about another important Medicare fact in this episode of *Retiring Today with Loren Merkle*. Scan the QR code to watch this episode now.

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CRISPY grilled chicken with a kick

(Family Features)

Those first school bells may be ringing, but they don't have to signal the end of grilling season. This blackened spatchcock chicken keeps the meat moist, tender and tasty with crispy skin and a spicy seasoning to keep your summer spirit alive. Visit Culinary.net to find more recipes that keep your grill lit all year long. ■

Blackened spatchcock chicken

- 1 whole chicken
- 1 cup melted butter or ghee
- 2 tablespoons heat-and-sweet seasoning
- 1/2 tablespoon garlic powder
- salt, to taste
- pepper, to taste

DIRECTIONS

- Heat grill to 375-400 F.
- Use kitchen shears or knife to remove backbone from chicken to lay flat. Remove rib cage, if desired, or push flat with hands.
- Mix butter, heat-and-sweet seasoning and garlic powder. Using meat injector, inject mixture into chicken. Rub remaining buttered seasoning over chicken and season with salt and pepper, to taste.
- Place spatchcock chicken breast-side up over indirect heat and cook 35-40 minutes.
- When internal temperature reaches 145 F, flip chicken breast-side down over direct heat 5 minutes, or until internal temperature reaches 165 F.
- Let rest 10 minutes before serving.



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John with wife Cindy & Family

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FINDING peace in the process

Mindfulness in real estate

In the fast-paced world of real estate, the process of buying or selling a home can often feel overwhelming. Emotions run high, decisions weigh heavy, and the pressure to make the right choice can be intense. This is where mindfulness can be a game-changer.

Mindfulness is a powerful tool that can transform the way we approach significant life changes, like moving homes. It's a practice of staying present and fully engaging with the moment. It can help alleviate stress, enhance clarity and ensure your decisions are aligned with your true intentions.

Selling a home can be an emotional process. Memories tied to each room, the fear of the unknown and the pressure to make a profitable sale can cloud judgment. Practicing mindfulness helps sellers stay grounded and focused, making the experience less about anxiety and more about conscious, deliberate action.

By staying present, you're more likely to make decisions that benefit you in the long run, whether that's setting a realistic price, accepting an offer or negotiating terms. Moreover, mindfulness allows you to process emotions healthily, acknowledging the bittersweet nature of saying goodbye to a home full of memories, while remaining open to the possibilities that lie ahead.



Mindfulness in searching for a home

On the flip side, buying a home is a significant decision to make. The search can be exhausting, with limited options, competitive markets and pressure to make a quick decision. Mindfulness can help buyers stay connected to what truly matters, ensuring their choices reflect their values and long-term goals.

When mindful, you're less likely to be swayed by external pressures or trends. Instead, you can focus on finding a home that resonates with your lifestyle, needs and aspirations. By taking time to breathe, pause and reflect during the process, you create space to make choices that feel right, rather than rushed or forced.

Mindfulness practices for real estate

- **Journaling:** Getting your thoughts out of your head and onto paper allows you to confront them head-on. Reflect on your emotions and experiences throughout the process.
- **Visualization:** Picture what your new home looks like and imagine the way you'll feel each day as you pull into the driveway. Have fun with it.
- **Guided meditations:** Even a five-minute meditation can provide significant benefits by calming the nervous system, reducing stress and increasing mental clarity.
- **Breathing exercises:** Practice deep breathing to center your thoughts and reduce anxiety during showings or negotiations.

As you navigate the complexities of buying or selling a home, remember that staying present and mindful can turn a daunting process into a meaningful and fulfilling experience. ■

Information provided by Molly Thornton, REALTOR, RE/MAX Precision, 8705 Chambery Blvd., Suite 100, Johnston. Text or call: 515-971-5880, mollyrealtor@molly-thornton.com. Licensed to sell Real Estate in the State of Iowa

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TAKING to the runway

Chamberlain triplets to participate in Paris Fashion Week.

Ever since they were very young, triplets Hannah, Haylee and Hayden Chamberlain of Johnston have enjoyed getting their pictures taken.

For many years, the now-10-year-olds have had an affinity for being at the center of attention.

Thanks to that, and some perseverance from their mother, things are about to be taken to another level. They have been invited to participate in Paris Fashion Week in Paris, France, Sept. 23 to Oct. 1.

"They're excited, but a little nervous, too, as they haven't been overseas, so that will be a new experience in that regard," their mother, Rebecca Chamberlain, says. "It will be a bigger venue with more people, but in the end, they're excited."

Last fall, the triplets got their first taste of runway modeling during New York Fashion Week, an experience that began when Chamberlain reached out to a website, Kids Casting, to see if there were any opportunities for the triplets for modeling or acting jobs. As

luck would have it, a representative from another company, My Little Matilda, reached out to the Chamberlains, asking if the girls were interested in participating in New York Fashion Week. The answer was a resounding yes. Last September, the family traveled to New York City, and the triplets got their first taste of "real" modeling.

A designer from Texas, Mila Hoffman, caught wind of this and asked if they might want to be in another show, this time in Paris, France. Again, the answer was yes.

Preparations have begun in earnest. Dad, Michael, and 6-year-old little brother, Joshua, will be in attendance as well.

As good as things are now, the three girls faced challenges early on. They were born prematurely. For the first six months of their lives, they were kept away from people to help protect their still-developing bodies and immune systems.

Naturally, people are intrigued by the notion of the triplets. Hannah is a fraternal twin, while Haylee and Hayden are identical twins. The three get along very well, according to their



Hayden, Hannah and Haylee Chamberlain of Johnston will travel to Paris, France, to participate in Paris Fashion Week.

mother, but that doesn't necessarily mean they are alike, appearances aside.

"They are very different," Rebecca says. "Hannah is our soccer player, Hayden loves tap dancing, and Haylee is our gymnast. It used to be they were all the same, but then, all of a sudden, they're all different. But they've always been great kids." ■

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FRESH fall at Johnston Public Library

School's back in session, and our thoughts are starting to turn toward fall. We have a fun autumn schedule lined up for kids, teens and adults. Check it out.

Story hours are back. JPL has story times for babies and kids from birth through age 5, including **Story Time Together, Bouncing Babies, Move & Groove** and **Terrific Tuesdays**. JPL story hours are filled with books, rhymes, songs, play prompts, sensory bins, puppets and more, all of which help build early literacy awareness — and are a whole lot of fun. The fall session begins on Sept. 4; visit the JPL website, johnstonlibrary.com, for more information and times.

Interested in local history? Us, too. Join speakers from the Johnston Station Historical Society on Sunday, Sept. 15 at 1:30 p.m. for a presentation about **Early Businesses in the Johnston Area** before Johnston became a city in 1969. Tom Leffler, Larry Madole and John Brown will discuss farms, sawmills, blacksmiths, the stagecoach stop, the interurban railway, Pioneer Hi-Bred Corn Company and more. Registration is appreciated for this free event.

Prepare to let your voice be heard in the November elections by registering to vote. Volunteers will be at Johnston Public Library from 5-8 p.m. on Tuesday, Sept. 17 to help people get **registered to vote** and update voter registration information that may have changed.

Individuals will need either the last four digits of their social security number or a driver's license number. A photo ID is not required.

Johnston Public Library **Adult English Language Learning**

classes will be taking a break during the months of September and October to accommodate a staffing transition. Both of JPL's Adult English Language Learning classes will resume in November. Stay tuned for more information. Have questions? Give us a call at 515-278-5233.

Teens, we didn't forget about you. Jessica, our teen librarian, has all kinds of awesome fun planned for you this fall. Check out the whole roster online and choose activities that appeal to you including **Teen Advisory Board, Anime Club, Dungeons and Dragons, Teen Craft Club, Teen Video Game Tournaments** and so much more. All the details are on the teen page of johnstonlibrary.com. For more information and registration, visit johnstonlibrary.com or call the library at 515-278-5233. ■

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"Why would we need a financial advisor in our life?" Let's start with a few considerations:

• **Nearing retirement:** As the length of time you're likely to spend in retirement continues to grow, it's more important than ever to have knowledgeable advice to help prepare financially for that next phase of your life. Many financial decisions you'll have to make in retirement are often more complex than those leading up to it.

Five or 10 years before you plan to retire, whether that will be at your full retirement age or far earlier, it can be helpful to ask yourself questions like: What steps should I consider taking now so that I won't outlive my money? When should I claim my Social Security benefits? How will I fund any unforeseen medical costs and long-term care needs?

• **Receiving an inheritance:** A sudden influx of cash or assets raises immediate questions about what to do with it. A financial advisor can help you think through the ways you could put that money to work toward your personal and financial goals. You'll want to think about options of paying down existing debt and how much you might consider investing to pursue a more secure future. An advisor can also help you rethink when you may want to retire. When you are done spending the "emotional" value, what do you do with the rest?

• **Life changes:** Marriage, divorce, remarriage and starting a family are milestones that can call for careful planning. Will you have enough income to support your lifestyle? How will your investments and other assets be divided? You may very well need to change your financial strategy to keep your goals on track, and an advisor may be able to offer thoughtful ideas in this navigation of life.

Getting married, you may need to blend your finances, rethink your goals and create an estate plan, but a second marriage later in life when you both may have children and substantial assets can involve more complex considerations. Do you need an estate plan for the two of you? Are there children from a previous marriage with inheritance considerations? Can life insurance assist in your planning? How might marriage affect your Social Security benefits? These are just some of the questions that a knowledgeable advisor may be able to assist with.

The list could go on and on. As I ponder on that question, I'll answer it in short, "Because life has a funny way of presenting questions to us, and, as hard as we all try, there always comes a time when we need to recognize that someone else may have a better answer." The key is to never lose the desire to keep learning. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 6165 N.W. 86th St., Johnston, drundahl@rundahlfinancial.com, 515-727-1701, www.rundahlfinancialconsultants.com.



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Happy Labor Day

Labor Day is your day to relax and celebrate all the hard work you've done.



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STAY home — planfully — with peace of mind

For Carolyn, senior living communities have always sounded like a wonderful idea — for other people. Although many of her friends have moved to communities and are happy with that decision, Carolyn loves her house and wants to stay there. Her concern, though, is that she has had some health issues, and she is afraid of losing her independence and “having” to move.

“I don’t want to just stay in my home; I want to be independent in it,” Carolyn, 70, says. “But I worry that, as I get older, I’m going to need too much help to stay here by myself.”

Carolyn’s situation is far from unusual. “Aging in place” — at home — is not always within the grasp of every person. If you end up needing assistance to remain in the place you love, chronic health challenges can make living independently ill-advised, and full-time care at home can cost as much as community living.

You may be asking yourself, then: “If I



don’t want to move into a community but I’m concerned about health issues later on, what can I do?”

The answer: You have more options than ever before. Some organizations that serve older adults have introduced Continuing Care at Home (CC@H) membership programs designed to help people proactively focus on their health at home while enabling them to financially plan for potential services and care down the road.

If you’re interested in looking into CC@H programs, the questions below can help you make sure the program’s premises, amenities and outcomes will be the best ones for you.

• **What does the program include?** A good CC@H program not only will offer services and amenities to enhance your wellbeing so you can remain independent longer, it will also help fund future long-term care needs.

• **Does it include personal support, such as wellness coaching?** Studies show people who embark on any kind of life-altering program or activity, such as a nutrition or exercise regimen, will be more likely to succeed

with encouragement from a trusted adviser or advocate.

• **Does it include care costs and options?**

A solid program will help fund your care, if it’s needed, whether through home healthcare or services in a senior living community later on. If the program you’re considering does offer both, make sure you’re comfortable with the services and care provided by the organization’s home healthcare team as well as in its communities. A reputable provider will have longevity and solid outcomes behind it.

If you’re considering membership in a CC@H program, make sure it meets your needs, now and in the future — and provides you with peace of mind. Your wellbeing and your checkbook will thank you for it. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering designed for people who never want to move to a senior living community. To learn more, visit wesleylife.org/wellahead.



Are you one of the **93%** of people who want to remain in your home as you age?

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CITY OFFICE BUILDINGS CLOSED ON LABOR DAY

The City of Johnston office buildings, including the Johnston Public Library, will be closed on Monday, September 2, in observance of Labor Day. Trash and recycling collection will be delayed by one day that week. Monday's pick-up will occur on Tuesday, and Tuesday's pick-up will take place on Wednesday.



CITY OFFICE BUILDINGS AND LIBRARY CLOSED AT NOON ON SEPTEMBER 6

Johnston takes pride in having some of the best employees in the area! According to our recent community survey, 86% of respondents are satisfied with city services. We encourage you to take a moment to express your gratitude to a public service employee for their dedication and hard work. Please note that City Hall, the Public Safety Building, Public Works, and the Johnston Public Library will be closed on Friday, September 6, at noon for a public service recognition employee event. The Public Safety Building will reopen at 2:00 p.m. The drop box outside City Hall is open 24/7 for bill drop-off, and our online bill pay system will be available. If you need in-person assistance, please visit or call before noon on Friday, September 6.



Our police, fire, and other emergency/urgent services will still be provided even though the buildings are closed. Thank you for your support as we celebrate our public service staff and their hard work throughout the year to ensure Johnston continues to be the best place to live, work, and play.

COMPOST IT! SEASON ENDS IN NOVEMBER

Get ready for fall! The Compost It! season in Johnston ends on Monday, November 25 and Tuesday, November 26. The collection will take place on your regular collection day. Visit www.mwatoday.com for more details on what you can compost before the season ends.



For more information about the city, please visit www.cityofjohnston.com



CITY NEWSLETTER SEPTEMBER 2024

TRICK-OR-TREAT WITH FIRST RESPONDERS OCTOBER 23

Mark your calendar for the upcoming event on Wednesday, October 23, at Fire Station 38, located at 10225 NW 62nd Avenue. Join community members and go trick-or-treating with first responders from the Police and Fire Departments. They will be handing out treats, and you can also explore the fire engine, ambulance, and a squad car.

Children are encouraged to wear their Halloween costumes. Parking is available at the Bridge Church, just east of the Fire Station. The Bridge will organize fun activities for the kids and hand out candy.

This event is a great chance for families to interact with our Police Officers and Firefighters/EMS members, so feel free to come with questions and, most importantly, have a blast!

Also, mark your calendar for **Beggars Night on Wednesday, October 30, from 6:00 to 8:00 p.m. in Johnston.**



JOHNSTON HOMECOMING PARADE IS SEPTEMBER 19

The Johnston Community School District's homecoming parade is scheduled for Thursday, September 19, at 6:00 p.m. The northbound lane of Pioneer Parkway will be closed from 4:00 to 8:00 p.m. from Greendale Road to NW 62nd Avenue. Access to Hy-Vee along Greendale Road will be limited during staging until the parade route has passed. However, southbound traffic on Pioneer Parkway will remain open.

Columbine Drive will be closed, but Public Works crews will be present to assist with access as needed. Once the parade crosses NW 62nd Avenue into the Johnston Middle School parking lot, the east and westbound lanes will be closed to through traffic.



JOHNSTON TOWN CENTER EVENTS

The Johnston Town Center has fun events throughout the year. For a list of their events, check out the local businesses' social media pages.

- **Farmers Market** – Tuesdays through September 24, 4:00 to 7:00 p.m.
- **Tunes at Twilight in The Yard (The Sons of Gladys Kravitz)** – Thursday, September 12, 7:30 to 9:00 p.m.
- **Movie in the Yard (Wonka)** – Thursday, September 19, at dusk (after the Homecoming parade)
- **Sounds of Summer at the Yard (The Pork Tornadoes)** – Saturday, September 28, 7:00 to 10:00 p.m.
- **Holidays at the Town Center** – Saturday, December 7, 4:00 to 6:00 p.m.



For more information about the city, please call 515.278.2344

BUSINESS reporting requirements

If you have an LLC or other business entity, you should be aware of important new changes to your reporting requirements. Last year, the Financial Crimes Enforcement Network, or FinCEN, finalized new rules.



FinCEN is a bureau of the U.S. Department of the Treasury, and it aims to combat money laundering, financing terrorism here and abroad, and other illicit uses of our financial systems.

To aid in that goal, FinCEN finalized rules for nearly all business entities, including single-member LLCs, partnerships and subchapter-S corporations. The new rule states that, as of Jan. 1, 2024, “reporting companies” must file a one-time report with FinCEN that provides identifying information about themselves,

their “beneficial owners” and their “company applicants.”

Nearly all business entities fall under this rule, as it applies to any “corporation, LLC or other entity created by the filing of a document with a Secretary of State or similar office or formed under the law of a foreign country and registered to do business by the filing of a document with a Secretary of State or similar office.”

If your business entity was created before Jan. 1, 2024, you have one year — until Jan. 1, 2025 — to file this report. However, all newly created businesses must file their Beneficial Ownership Information (BOI) report within 90 calendar days of the creation of the entity.

You should work with your lawyer to ensure the BOI report is timely and correctly filed to avoid future corrections or potential penalties. You will need your full legal name, any trade names your business has, your

principal place of business and the Employee Identification Number (EIN) you received from the IRS upon business creation. You will also have to provide identifying documentation for each Beneficial Owner of your company, which includes their full legal name, date of birth, and a passport, driver’s license or state-issued ID.

Once you complete your BOI report, you will receive a one-time FinCEN identifier for any future needs.

Compliance is easy, but it is also mandatory. Failure to report could result in heavy civil penalties or even criminal charges. Contact your attorney to assist with this important federal regulation so your attorney can keep you, your business partners, and your business in compliance at all times. ■

Information provided by Charlotte Sucik, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.

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ROTARIANS visit Goodwill



This month, we wanted to highlight a recent visit Johnston Rotarians made to Goodwill of Central Iowa and its headquarters facility located on 86th Street in Johnston. Mary Hunter, Goodwill CEO, and Scott Doup, CFO, provided Rotarians with a full tour of the beautiful facility and gave an insider's view of the operations.

Goodwill of Central Iowa's mission is, "Making purposeful employment possible for all." Individuals served by Goodwill typically have several barriers to employment, which may include the following: lack of transportation, intellectual disabilities, physical disabilities, mental illness and low-income status. Goodwill has specific work programs in Day Services, Retail Skills Training, Warehouse and Safety Training, Job Ready Pathways, Supported Employment and Sustainability. In 2022, Goodwill provided more than 1,400 individuals with employment services or training. Also in 2022, Goodwill provided onsite coaching at more than 70 central Iowa business locations. Goodwill of Central Iowa has about 410 direct employees currently.

The HQ facility on 86th has been in the sprawling former American Furniture store since 2017 and required a roughly \$8 million buildout/remodel to accommodate all of Goodwill's needs. There are currently 14 locations across Central Iowa where shopping and donation drop off occurs. A whopping 50% of shoppers at Goodwill are resellers that stock their own offerings with Goodwill merchandise. Of the products Goodwill sells, 67% fall in the clothing category, with bras and socks being the biggest sellers. Goodwill has an e-commerce application that allows for central pick-up and shipping options. And you can shop with confidence at Goodwill because they take great pains (and use AI generated technology) to determine if an item is counterfeit. If an item is found to be a fake, it is promptly destroyed.

Mary, Dan and a host of other team members and contractors are currently working to bring a new and larger e-commerce center housed in the HQ that will have automated book sorting capabilities and a "pack size" boxing line which will improve sorting and pack out efficiency, all while decreasing waste in time and materials. The new box line is the result of a Polk County Community Development Grant.

Many people may not realize that Goodwill of Central Iowa processes and recycles a massive amount of electronic equipment. Goodwill accepts and will recycle old computers, monitors, printers, cell phones, and many other types of electronic equipment (check website for a complete listing and details). All told, the Central Iowa operations kept 18 million pounds of total donated items out of local landfills in 2023.

Learn more about Goodwill at www.dmgoodwill.org. ■

More information about the Johnston Rotary Club can be found at <https://portal.clubrunner.ca/1649> or contact Neil Hyde, 515-210-2649, hyde_neil@yahoo.com.

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JOHNSTON ROTARY CLUB

UPCOMING EVENTS

Sept 10: Todd Wehr - Ankeny Rotary - Fundraising Updates

Sept 17: Clive - HomeShow Expo Tour

Sept 24: Anne Shimerdla - Blank Park Zoo

Oct 1: Andrew Batt - Iowa PBS

Get in the game, join the Johnston Rotary!

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BACK-TO-SCHOOL nutrition tips

Now that back-to-school has arrived, it's time to think not only about school supplies and outfits, but also about nutrition and health. What kids eat affects every aspect of their day, including their mood, energy and school performance.

A study conducted at Tufts University showed that third- and fourth-grade children consuming more snack foods and sugar-sweetened beverages had lower scores on standardized academic tests.

To help your kids start the school year off right, embrace these three nutrition tips for back-to-school ease.

1. Start the day off right: Breakfast may just be the most important meal of the day, especially for students. Research shows that kids who eat breakfast regularly are more likely to have better concentration, problem-solving skills, creativity and school attendance than those who do not.

Mornings can be a busy time of day, but making a healthy breakfast doesn't have to be complicated or time consuming. Here are some quick and easy breakfast ideas for a healthy start to the day:

- Oatmeal topped with chopped nuts, fruit and cinnamon
- High-fiber cereal with low-fat milk and fresh fruit
- Breakfast smoothie made with low-fat milk, Greek yogurt and fruit
- Whole-grain waffle topped with nut butter and fresh berries

2. Involve your kids in making lunches: Including kids in the meal-making process can help improve basic skills such as math, literacy and following instructions, as well as encourage adventurous appetites, boost confidence and combat picky eating. Allowing kids to have a say in what goes into their meals and snacks, as well as learning the skills to make it, can empower them to make healthier choices and set the foundation for improving food skills.

Involving your kids in the grocery shopping process as well can allow you the opportunity to pick out healthy options together and explore new foods to try. **Pro tip:** Have your child pick out a new fruit or vegetable each week to try together. It may just become a favorite.

3. Embrace all food groups: Create a balanced meal by including options from different food groups such as fruits and veggies, whole grains, meat/meat alternatives, and dairy/dairy alternatives. Bento boxes with separate compartments are a fun and easy way to build a balanced meal that includes foods from each group.

Here are a few food ideas for each group that you can use to build a balanced bento box lunch:

- Fruits: clementine sections, fresh berries, apple slices, orange slices
- Veggies: baby carrots, cucumber slices, bell pepper strips, celery sticks
- Whole grains: whole grain crackers, pretzels, whole wheat bread sandwich, whole wheat wraps
- Meat/meat alternatives: low-sodium deli turkey, nut/seed butter, diced chicken, hummus, beans
- Dairy/dairy alternatives: yogurt, cheese sticks, cottage cheese, drinkable yogurt ■



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AWARENESS promotes wellbeing

September is a month dedicated to raising awareness about multiple health issues, including prostate cancer, gynecological cancer, and the importance of a better breakfast. Though these may seem like separate topics, they share a common thread in promoting overall wellbeing through prevention, early detection and healthy lifestyle choices.



Prostate Cancer Awareness Month focuses on one of the most common cancers among men. Prostate cancer is often treatable if detected early, yet many men remain unaware of the risks and the importance of regular screenings. September serves as a reminder for men to take charge of their health by discussing screening options with their healthcare providers. Early detection through methods such as the prostate-specific antigen (PSA) test can be lifesaving, highlighting the critical role of awareness and education in combating this disease.

Similarly, Gynecological Cancer Awareness Month emphasizes the importance of understanding and detecting cancers that affect the female reproductive system, including cervical, ovarian, uterine, vaginal and vulvar cancers. These cancers can be particularly challenging to detect early because symptoms may be vague or mistaken for less serious conditions. Education about risk factors, symptoms and screening options, such as the Pap test and HPV vaccination, can empower women to take proactive steps in managing their health. Awareness campaigns during September aim to reduce the stigma surrounding these cancers and encourage women to seek regular medical care and screenings.

Both prostate and gynecological cancers underscore the significance of early detection and prevention in improving survival rates and outcomes. Awareness months like these play a vital role in spreading knowledge, reducing fears, and encouraging open conversations about health.

In parallel, Better Breakfast Month highlights the importance of starting the day with a nutritious meal. A balanced breakfast provides essential nutrients, stabilizes blood sugar levels, and sets a positive tone for the day. Good nutrition is a key component in cancer prevention. Diets rich in fruits, vegetables, whole grains and lean proteins can help reduce the risk of various cancers, including prostate and gynecological cancers. Incorporating foods high in antioxidants, fiber and vitamins into the morning routine supports overall health and can be a preventive measure against chronic diseases.

Look at your health insurance and determine the coverage you have regarding screenings and care for these, as well as other, issues requiring prevention. The two listed here should have preventive care coverage, meaning if you make an appointment for screening and all is well, there should be no payment for the review due to a preventive diagnosis code included. A prostate exam for men, as well as a gynecological exam for women, are routine and painless. Take the time to utilize the preventive benefit within your health insurance. If you are not sure what coverage you have, call a health insurance advisor. ■

Information provided by Janis Van Ahn, Health Insurance Advisor LLC, 5870 Merle Hay Road, Suite A, Johnston, 515-225-9994, jvanahn@health-insadvisor.com.

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TWO generations of hosting

Foreign exchange students in Johnston span generations.

As a child, Kayla Bousum's family hosted foreign exchange students. Little did she know that they would keep in touch and that she would be hosting their nephew decades later.

"I don't really remember exactly how it happened," Kayla says. "But my mom, Diane Fine, was the school guidance counselor, so I think she brought home some papers about hosting foreign exchange students. My sisters and I chose a student from São Paulo, Brazil, named Mary. We chose her because she had two sisters, and we felt she would adjust well to living with me and my three sisters in Iowa."

Mary stayed with the family for three months in 1990. The next winter, Mary's family hosted Kayla's family in Brazil for Christmas break. One year later, Mary's little sister, Maysa, stayed with the family in Iowa for three months as a foreign exchange student. Mary and Maysa's parents also traveled to Iowa for a visit. Diane stayed in touch with the family and even attended Mary's wedding in Brazil.

Kayla hadn't been thinking about hosting because life became busy with active kids, but Mary and Maysa's mom reached out last summer and said her grandson, Lucas, was hoping to have an experience in the U.S.

Lucas's mom, Milene, is the only sister who did not come to Iowa when she was young. Lucas is about the same age as Kayla's kids, and his grandma wondered if the family would consider hosting him.

"I talked with my kids and husband, and they were excited," Kayla says. "I began messaging with Milene, and we decided that he would just visit over the summer, so he didn't have to miss any school. Since my husband and I are both teachers, we have more free time in the summer to focus on giving a great experience. I also think Milene felt much more comfortable sending her son to a family she knew."

Lucas arrived in time for Independence Day, so was able to experience a lot of parties and fireworks shows. He even tried a new sport during the neighborhood pickleball tournament.

The family planned to take Lucas with them on vacations to Tennessee and Missouri, as well as to the Iowa State Fair.

Kayla says the "little things" are also exciting and different to Lucas. He is realizing how wide-open Iowa is, compared to the high-rise apartment where he lives. He also had never ridden in a pickup truck before, and he thinks that Americans have so many things in their garages.

"Luckily, he is athletic and active, so he fits in well with my kids and our neighborhood," Kayla says. "My kids say they are enjoying having him around, and I love that he is the most helpful child, always asking how he can help. It's been a lot of fun." ■



Kellan Bousum, 13; Kemper Bousum, 11; Lucas Delgado, 15; and Alaina Bousum, 15

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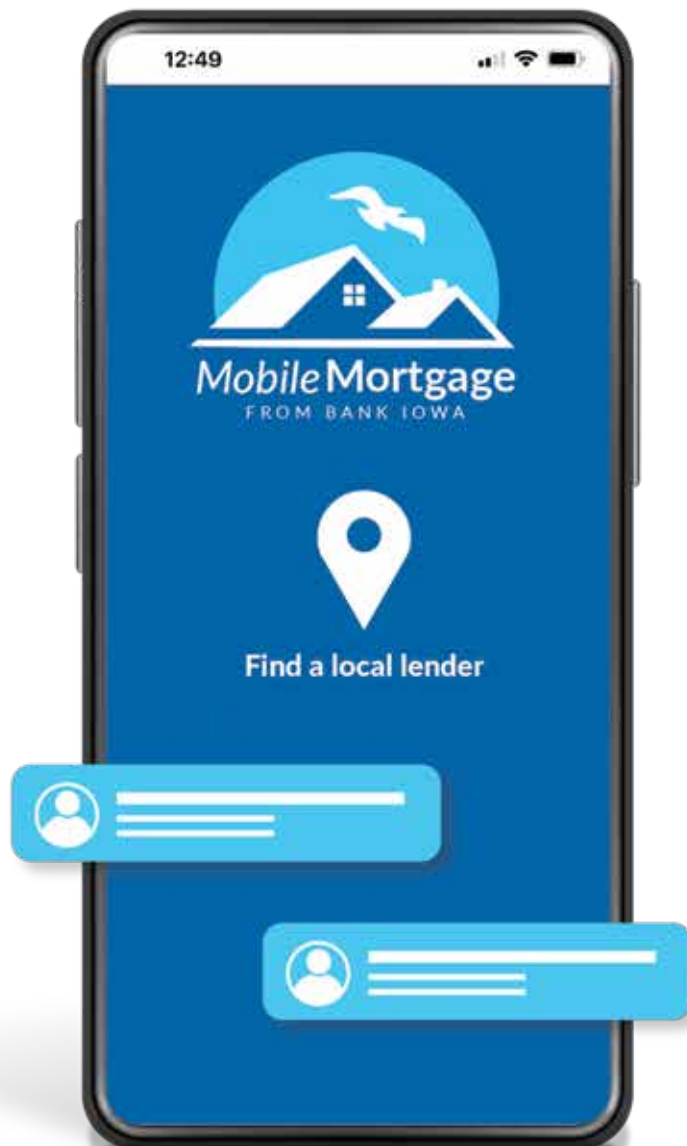
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DATE	TIME	OPPONENT	LOCATION
Aug 30	7:00PM	Waukee Northwest	Waukee Northwest
Sep 6	7:30PM	Cedar Falls	Johnston High School
Sep 13	7:00PM	WDM Valley	Valley Stadium
Sep 20	7:00PM	Ankeny High School	Johnston High School
Sep 27	7:00PM	Waukee	Waukee Stadium
Oct 4	7:00PM	Southeast Polk	Johnston High School
Oct 11	7:00PM	Council Bluffs	Johnston High School
Oct 18	7:00PM	Urbandale	Urbandale High School
Oct 25	7:00PM	Sioux City East	Johnston High School

VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 29	5:00PM	Multiple Schools	Johnston High School
Sep 3	7:30PM	Southeast Polk	Johnston High School
Sep 5	7:30PM	Waukee	Waukee High School
Sep 7	9:00AM	CR Washington	Cedar Rapids Washington
Sep 10	7:30PM	Waukee Northwest	Johnston High School
Sep 17	7:30PM	Ankeny High School	Ankeny High School
Sep 21	8:30AM	Ballard	Ballard High School
Sep 24	7:30PM	Dowling Catholic	Dowling Catholic High School
Oct 1	7:30PM	WDM Valley	Johnston High School
Oct 5	8:00AM	Urbandale	Urbandale High School
Oct 8	7:30PM	Ankeny Centennial	Ankeny Centennial
Oct 12	TBD	Prairie	Cedar Rapids Prairie
Oct 17	7:30PM	Urbandale	Johnston High School
Oct 19	8:30AM	Multiple Schools	Johnston High School



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AGGONS

V BOYS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 15	5:00PM	Multiple Schools	Johnston High School
Aug 27	5:00PM	Ankeny Centennial	DMACC
Aug 31	8:00AM	Multiple Schools	Johnston High School
Sep 7	8:00AM	Pleasant Valley	Crow Creek Park
Sep 12	4:00PM	Marshalltown	Marshalltown CC
Sep 20	TBD	Multiple Schools	Les Bolstad Golf Course
Sep 26	TBD	TBA	Johnston High School
Sep 27	TBD	TBA	Les Bolstad Golf Course
Oct 5	TBD	Wartburg College	Wartburg College
Oct 10	4:00PM	Fort Dodge	Lakeside Municipal GC

V GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 15	5:00PM	Multiple Schools	Johnston High School
Aug 27	5:00PM	Ankeny Centennial	DMACC
Aug 31	8:00AM	Multiple Schools	Johnston High School
Sep 7	8:00AM	Pleasant Valley	Crow Creek Park
Sep 12	4:00PM	Marshalltown	Marshalltown CC
Sep 20	TBD	TBA	Les Bolstad Golf Course
Sep 26	TBD	TBA	Johnston High School
Oct 10	4:00PM	Fort Dodge	Lakeside Municipal GC

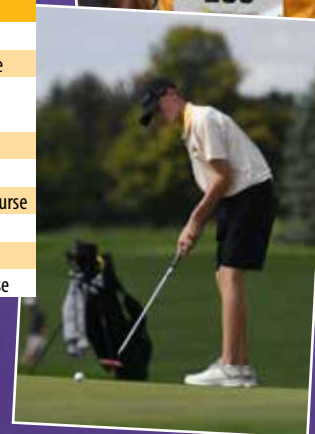


V GIRLS SWIMMING

DATE	TIME	OPPONENT	LOCATION
Sep 10	5:30PM	Waukee Northwest	Waukee Natatorium
Sep 17	5:30PM	Southeast Polk	Southeast Polk High School
Sep 21	9:00AM	Marshalltown	Marshalltown High School
Sep 24	5:30PM	Waukee	Summit Middle School
Sep 28	9:00AM	Kennedy	Cedar Rapids Kennedy
Oct 1	5:30PM	Ankeny	DMACC
Oct 5	8:15AM	Ames	Ames High School
Oct 8	5:30PM	WDM Valley	Summit Middle School
Oct 12	8:00AM	Multiple Schools	Summit Middle School
Oct 15	5:30PM	Dowling Catholic	Summit Middle School

VARSITY BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Aug 15	8:00AM	Multiple Schools	Terrace Hills Golf Course
Aug 19	9:00AM	Iowa City West	Blue Top Ridge Golf Course
Aug 21	9:00AM	North Scott	Glynns Creek Golf Course
	3:30PM	Multiple Schools	River Valley Golf Course
Aug 26	9:00AM	Multiple Schools	Jester Park Golf Course
Sep 11	8:30AM	Multiple Schools	Jester Park Golf Course
Sep 16	10:00AM	Ames	Veenker Memorial Golf Course
Sep 18	9:00AM	Multiple Schools	Urbandale Golf & CC
Sep 23	10:00AM	Valley	Willow Creek Golf Course
Sep 24	9:00AM	Cedar Falls	Pheasant Ridge Golf Course



Photos by JHS Yearbook Staff


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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

Patriots Day 5K Fun Run

Sept. 12, 5:30 p.m.
Starting at Camp Dodge

The public is invited to participate in the inaugural Patriots Day 5K fun run. The Richard G. Liewer American Legion Post 728, city of Johnston, Johnston Public Safety and Iowa National Guard are hosting the event to honor the events of 9/11 and build a Patriots Day College Scholarship Fund. The route will begin on Camp Dodge and travel through Johnston, running by the Johnston Public Safety Building, ending at the Johnston Town Center, where the final Tunes at Twilight will occur, featuring the Sons of Gladys Kravitz. The race starts at 5:30 p.m. Register online at <https://runsignup.com/Race/IA/Johnston/JohnstonAmericanLegionPatriotsDayK>.



Johnston Lions Club Bingo

Sept. 12, Oct. 10, Nov. 14,
6-8 p.m.
Lions Club House, 6501
Merle Hay Road

Enjoy Bingo at the second-
Thursday monthly event held
by Johnston Lions Club.



Tunes at Twilight

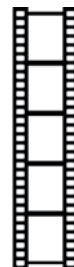
Thursday, Sept. 12, 7:30-9 p.m.
The Yard, 6245 Merle Hay Road,
Johnston

Enjoy the sounds of The Sons of
Gladys Kravitz at The Yard. Admission
is free, and no tickets are required.

Johnston Summer Series

Sept. 16, 6-7 p.m.
5870 Merle Hay Road, Johnston

Formerly the Summer Yoga Series, the
Summer Series has expanded with a broader
range of activities as well as a vendor fair, all
in support of the Johnston Partnership Food
Pantry. The Sept. 16 event's theme is Meet the
Bucs (Des Moines Buccaneers). The series will
highlight and promote not only women-owned
businesses, but many different locally owned
businesses. For more information and to
register, visit www.johnstonsummerseries.com.



Movies in the Yard

Thursday, Sept. 19
Johnston Town Center,
6245 Merle Hay Road

"Wonka" is the featured movie
and begins at dusk. Bring your
blankets, lawn chairs and loved ones
for an evening of free entertainment.



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EVENTS IN THE AREA

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Farmers Market

Tuesdays through Sept. 24, 4-7 p.m.
Johnston Town Center just north of City Hall, 6245 Merle Hay Road

Johnston Farmers Market will be held on Tuesdays. Shop for fresh produce and homemade products while being entertained by live music. www.cityofjohnston.com/farmersmarket.

Sounds of Summer at The Yard

Saturday, Sept. 28, 7 p.m.
Stage just west of Johnston City Hall

The Pork Tornadoes will perform. Bring your lawn chair and blanket and enjoy the free music. More information is available by visiting www.cityofjohnston.com/1438/Sounds-of-Summer.



CITYVIEW Wine and Whiskey Walk

Friday, Sept. 20, 5-9 p.m.
West Glen Town Center

Tickets are \$25 in advance, \$35 at the event, for 10 tickets for sample-size whiskey cocktails. Enjoy free wine samples at participating retail locations. For more information and ticket link, visit <https://whiskeywalk.dmcityview.com>.

Touchdown Tailgate

Sept. 7
Cowles Commons, 221 Walnut St., Des Moines

Watch the Cy-Hawk football game on two jumbotron TVs at Cowles Commons. Make sure you wear your Cyclone or Hawkeye team gear to let the others know whose side you're on. www.desmoinesperformingarts.org/events/touchdown-tailgate



Johnston Police Officers' Association Inaugural Golf Outing

Friday, Oct. 4. Registration deadline Sept. 19
Jester Park Golf Course, 12059 N.W. 118th Ave., Granger

The Johnston Police Officers' Association is holding its first golf outing. Registration and silent auction start at 8 a.m., followed by the shotgun start for this best shot format at 9 a.m. The event concludes with a lunch, program and K-9 presentation at 1 p.m. Funds will be used to purchase needed safety equipment for the Johnston Police Department and K-9 Buck. Register at <https://birdease.com/JPOAgolfouting>. ■



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TRIP to Ivuga

Residents share a story of a unique vacation.

Johnston residents often take special vacations, but some recently traveled to Tanzania to maintain and improve a decades-long relationship.

Saint James Lutheran Church was founded in Johnston in 1959. As that church grew, it sought ways to better serve its mission. In 2002, it entered into a companion congregation relationship with the Lutheran church in Ivuga, Tanzania. That included signing a Companion Congregation Covenant with Ivuga in which both congregations agreed to regularly pray for each other, develop individual relationships, and learn about the other congregation and its state and country. They also agreed to participate in each other's activities and encourage visits to the other congregation.

The now retired St. James pastor and some other congregation members then visited Ivuga in 2008. Since then, St. James has contributed extra funds to help expand a local grade school, build a pastor residence and help pay for motor bikes and fuel for the Ivuga minister and church staff.

Then, in June of this year, Pastor Bill Bernau, his wife, Debbie Griffin, church board member Isaac Rodenberg and Johnston residents John and Michele Brown made the two-day trip from Iowa to Ivuga. In addition to flights to the Middle East, layovers and then to Tanzania, that journey included a day of being driven to Ivuga. Ivuga is not on any maps available here. If you have been to Ivuga, you understand why motorbikes are the preferred, and are sometimes only means, of transportation. Ivuga is three hours from the nearest surfaced road. It is also deep in the Pare Mountains. Getting there includes hours of driving on one-lane dirt roads carved in the sides of those mountains.

The Ivuga residents are members of the Pare tribe and many speak that tribal language and English, in addition to Swahili. After the Pare were removed from the surrounding plains by the German colonial government more than a century ago, they settled in the Pare Mountains, where they now grow ginger, bananas, sugar cane and corn.

A broken fan belt, and getting it replaced, caused the St. James group to arrive in Ivuga just after dark. However, about 100 Ivuga church members were still waiting for us, with a small brass band and a children's choir. The very emotional welcome included small children singing in English. Since they do not start learning English in school until seventh grade, they obviously spent many hours mastering those English words.

We stayed at the Ivuga Pastor's residence, which had a recently installed toilet, electricity (most of the time), silverware and bottled water. They had worked hard to accommodate the way we live.

The next day, we were treated to the songs of a larger children's choir and helped, for less than an hour, with the building of a new church. It was really just to give us a taste of how they build, as they have no shortage of skilled willing workers. Before we left for Ivuga, St. James members made special contributions to pay for the trusses for that new, larger church.

We then visited the three Ivuga "sub-parishes" and were greeted at each location with music, dancing and inspiring church services. At the third sub-parish, we were given a rooster and were told we would have him for supper. The meat was a little tough, but tasty.

Our second day in Ivuga was Sunday, and we attended a three-hour,



Pastor Bill Bernau, his wife, Debbie Griffin, church board member Isaac Rodenberg and Johnston residents John and Michele Brown made the trip to Tanzania.

standing room only church service in the soon to be replaced old church. Some participants had to watch from outside through the windows. With three choirs, band music and dancing, the inspiring service seemed too short. It was particularly touching to sing familiar hymns in Swahili.

The offering included each church member coming forward with his offering — either money in a sealed confidential envelope or gifts of sugar cane, bananas or ginger, which were auctioned off after church. We bought some of those delicious bananas, but a church leader later gave us the money back, saying we were their guests. We did get to keep the bananas.

The third day, we climbed Mount Kwamwenda, which was not nearly as high as nearby Mount Kilimanjaro, but was still a challenging climb. Our Ivuga hosts arranged for each of us to have our own guide and for the local doctor to accompany us. The lunch and prayers at the summit were very inspiring.

We left Ivuga the next morning and drove to the local home of a professor of financial management at the national university. He and his wife had grown up in Ivuga. They have recently contributed all the materials needed to build a new, larger church at one of the Ivuga sub-parishes to give back to the village of their roots.

We then drove through the Pare Mountains to the town of Samé and visited the local Lutheran bishop. He was well prepared for our visit. He had even seen videos of us joining the dancing at the Sunday church services. He emphasized the special spiritual ties and the financial support role of many Iowa churches with their companion congregations in his diocese.

Our visit to Tanzania also included a short wildlife safari, visits to Masai and Chagga tribes, and a visit to the island of Zanzibar. However, the highlight of the trip that will always be in our hearts was our time with our companion congregation in Ivuga. While the missions of St. James include many local causes and support of the national and international benevolence of the larger church, the ties with Ivuga will always be special. ■



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CHAMBER

By Samantha Winebrenner

SPOTLIGHT: Veranda Dentistry

Each month, we profile a Johnston Chamber member business, highlighting what they like about our local business community. Veranda Dentistry provides comprehensive dental care customized to each individual. The office is located at 5721 Merle Hay Road, Suite 12. We recently caught up with Dr. Ryan Langel.

What is your favorite part of being a Chamber member? As a business in the Johnston area, we felt the Johnston Chamber was not only a support network for our business but also a way to connect with other businesses in the area and the people of the Johnston community. The Chamber offers a variety of different ways for businesses to get involved. They are very active in providing opportunities for Veranda Dentistry, as well as other businesses, to network with people in the community.

Why did you locate your business around Johnston? Johnston is a growing area. As a dental practice, we saw the opportunity to place our practice in an active and growing community.

What do you like about Johnston? It has a small-town vibe with the amenities of a big city.

Are there upcoming events you want to highlight? We have a new patient special: \$149 includes comprehensive exam, X-rays, professional cleaning (in the absence of gum disease) and oral cancer screening. Bonus. Because we love our Johnston patients so much, mention this article in the Johnston Living magazine when you call our office and receive \$1,000 off implant procedures. ■

Information provided by Samantha Winebrenner, Johnston Chamber executive director, samantha@johnstonchamber.com, 515-276-9064.

PLAN AHEAD

By Buffy Peters

GRIEF 101: Writing as a tool

Even though grief is the natural and normal reaction to loss, it can feel everything but that. Grief is not only experienced emotionally, but also physically, psychologically, behaviorally and spiritually. It's important to find ways to process what you are going through.

One way to help process is to write it down. It can help to provide clarity to what you have been experiencing and can help to release a little from your overworking brain.

Not sure where to start? Try some of these prompts...

What has been the most difficult part of this grief for you?

What is it that no one else understands?

What do you miss the most about the person who died?

What is helping you to settle into this new life after the death?

Journaling can also help as time passes for you to be able to look back and see how your grief has changed. Whether it is in small or big ways, change in grief shows us that we are integrating the loss into our lives and adjusting to life after the death of our person. The gauge in grief isn't necessarily about "feeling better" or forgetting our person or "moving on," but rather adjusting to life without your person's physical presence and carrying the love you have for them forward with you. ■



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

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6 Area Locations



Dan Fitzgerald and Dr. Chine Nwosa at the ribbon cutting for Iowa Ortho Urgent Injury Clinic.



A Johnston Chamber ribbon cutting was held July 24 for Iowa Ortho Urgent Injury Clinic, 5300 N.W. 86th St., Johnston.



Dan Fitzgerald and Scott Wendl at the Johnston Chamber JumpStart July 18 at RE/MAX Precision.



A Johnston Chamber ribbon cutting was held July 23 for Veranda Dentistry, 5721 Merle Hay Road, No. 12.



Allan Graham and Annie Mielke at the Johnston Chamber JumpStart July 18 at RE/MAX Precision.



Keegan Simons and Nick Ellis at the Johnston Chamber JumpStart July 18 at RE/MAX Precision.



Olivia Millar, Brien Scandridge and Mike Straub at the Johnston Chamber's After Hours July 10 at Charter Bank.



Paula Bierle and Christy Cline at the Johnston Chamber's After Hours July 10 at Charter Bank.



Brittany Scandridge, Matt Morris and Danielle Witzenburg at the Johnston Chamber's After Hours July 10 at Charter Bank.



Brenda Ballard, Tim Heldt and Samantha Winebrenner at the Johnston Chamber's After Hours July 10 at Charter Bank.

OUT & ABOUT



Erin Lego and Missy Shepherd at the Johnston Summer Series Vendor Fair on July 21.



Ryan Stellner and Camden Stellner at the Johnston Summer Series Vendor Fair on July 21.



Hailey Conard and Jen Conard at the Johnston Summer Series Vendor Fair on July 21.



Andrea Cook and Kate Howe at the Johnston Summer Series Vendor Fair on July 21.



Kit Mahalik and Olivia Osborn at the Johnston Summer Series Vendor Fair on July 21.



Alejandra Medina, Daniela Gutierrez and Bryan Najarro at the Johnston Summer Series Vendor Fair on July 21.



Joe Parish and Annie Mielke at the Johnston Chamber's After Hours Aug. 7 at Jethro's.



Brenda Ballard and Christy Cline at the Johnston Chamber's After Hours Aug. 7 at Jethro's.



Char Kimball and Erin Jones at the Johnston Chamber's After Hours Aug. 7 at Jethro's.



Paula Bierle and Jill Creveling at the Johnston Chamber's After Hours Aug. 7 at Jethro's.



Scott Peel and Sarah Huffman at the Johnston Chamber's After Hours Aug. 7 at Jethro's.



Trivia winner Sharm Sisler at the Johnston Chamber's After Hours Aug. 7 at Jethro's.



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