

JOHNSTON

NOVEMBER 2024

Living

MAGAZINE

ON THE

Map

**Landmarks add to
Johnston's character**

Meet Sarah Keraus

EDUCATION

Crab and shrimp sushi burrito

RECIPE

Honoring those who have served

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- 2. Check Ease of Communication.** Look for a clinic with an online patient portal where you can message the clinic's staff, request to schedule appointments, request prescription refills, and more. Check to see if the clinic can be contacted outside of regular office hours for urgent needs.
- 3. Interview.** Meet with the pediatrician and ask as many questions as you like. Make sure you understand the doctor's style and philosophy of care. Make sure that the doctor will consider your approach to caring for your child.
- 4. Research.** Make sure the pediatrician accepts your health insurance and has office hours that will work with your schedule.

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WELCOME

BINDING generations

Take a left by the old police station. Go three blocks till you come up to the water tower, then head right until you see the bear statue. Go past that for another block and turn left at the corner with the big rock. Then you will find what you are looking for, right next to where the old grocery store used to be.

Sound familiar? If you have ever asked for directions from someone who lived in a town for a long time, you likely heard something like that.

I worked at a gas station in high school, and a day rarely went by when people didn't stop in and ask for directions — and they also rarely wrote my instructions down. Either my directions were really simple, or they got lost along the way. I am guessing the latter.

I learned to first ask directions-seekers if they were familiar with the area. If the answer was yes, I could use landmarks as a guide. If the answer was no, I offered street names and my best guess for a number of blocks.

You may know people in town who moved to an older home where the prior owners lived for many decades. The Smith home. The Johnson home. The Jones home. The new owners could live there for 20 years, but many of the locals would still call it by the name of the prior inhabitants. Change is slow for many of us.

When our editor and I discussed a story idea about popular landmarks in the community, we both wondered what we would hear from residents when asked to name a few of the most popular. Parks. Ponds. Monuments. Bridges. Things like these topped the list, but we also heard about some unique landmarks that we guess many have never heard of. In that sense, landmarks are like art, and what defines art is different to every person.

French essayist Joseph Joubert said monuments are the grappling irons that bind one generation to another. I believe this to be true with many other landmarks, too, as they give us a sense of comfort and belonging and identity. And, although many of our central Iowa communities have a great deal in common, these landmarks make each one unique.

In this issue of your Living magazine, we share many of the popular landmarks in town and tell the stories of their relevance to the community. We hope you smile as you recall some of these, and we hope you are also inspired to seek out the others.

Thanks for reading. ■

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ON THE Map

Landmarks add to
Johnston's character

By Ashley Rullestad

Art works. Architectural delights. Stunning homes. Monuments. Johnston abounds with well-known sights — historic and new — that serve as landmarks and add to the community's character. They catch the eyes of visitors, spark memories in longtime residents, and embed themselves in the minds of those who use them as guideposts as they traverse the town. As street scenes change with the times, the landmarks remain steadfast reminders that Johnston is one of a kind. This month's cover story tells the stories of some of the most recognizable landmarks of the city.

Former Johnston (Station) Historical Society president Mary Jane Paez was instrumental in making the Simpson Barn the landmark that it is today. Photo by Todd Rullestad

FEATURE



The Simpson Barn now serves as an event center.

The Simpson House and Barn

Head to the Johnston Public Library, and you can't miss the majestic old barn and house not far away. The Simpson House, completed in 1902, was built by John H. Bauman and his wife, Mary Friar. The original barn on their property burned down in the mid 1930s. In 1936, their grandsons rebuilt it using clay tiles for the ground floor walls.

In 1955, Laverne and Shirley Simpson bought the house, barn, farm and orchard. In 1975, the Simpsons built a new house across the street and kept the old house to rent to friends and family. When the Johnston Historical Society was founded in 1993, organizers started looking for a home. Then-president Mary Jane Paez approached the Simpsons about purchasing the farmhouse as the headquarters for the organization.

In March 2001, the Simpsons signed an agreement donating the house, barn and windmill to the Johnston (Station) Historical Society to be moved and used as a museum and community events center. The barn is now owned by the city and can be rented for events through the parks and recreation department.

"At the city council meeting on Jan. 5, 2005, when we turned over the turnkey ready barn to the city, it felt like we were turning one's own beloved child over to a new guardian," Paez says. "It has been gratifying to see word spread about using it for events. Parks staff has shown that there is a respect for the vision and hard work that went into creating a unique venue that represents the agricultural heritage of the Johnston area."

Van Dee's Ice Cream Shoppe

Originally called Dairy Sweet, Van Dee's has been a Johnston staple since 1954. The original owners were Eva and Ralph Frazier, and, a few years later, it was sold to Keith and Dorothy Dunton, who owned the shop for about 20 years before Marc and Carol Vander Linden took over in 1989.



Van Dee's Ice Cream Shoppe with its iconic store front, has been a destination for generations.



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This historical photo shows the 1935 view of Camp Dodge from Tank Hill Park.

As a Johnston mainstay, the shop has served cones and other ice cream treats to Johnston kids and kids at heart for 70 years. Generations of folks have called the iconic structure the best part of summer.

Today, Van Dee's is owned by the Gills and Doidges who purchased the shop in 2013. Tina Gill's daughter, Melonie, had worked at the shop for seven years, and the family was good friends with the owner. When the owner's husband became ill, she decided to sell and wanted it to go to a family that would keep it as a family business. Now Tina, her husband, his mom and stepfather, and their children are all involved.

"I think it's unique by being old-fashioned and staying the same all this time, so kids get to



Today, Tank Hill Park features a number of military fixtures.

grow up with it and return with their kids and grandbabies," she says.

Though the spot is now closed for the season, it will be a summer favorite when it opens again next year, serving the old favorites Johnston residents have loved for years.

Camp Dodge Tank Hill Park

Camp Dodge has had a rich history in Johnston for more than a century, as the original construction of the post began in 1907. The Camp Dodge swimming pool was a significant city landmark until its closing in 2001, but there remains another landmark residents can enjoy: Tank Hill Park.

The scenic outlook, located at 7600 N.W.

Beaver Drive, looks over Camp Dodge and has featured military equipment on display since the 1930s. One of the original pieces of equipment on display was a German Howitzer used during the first world war. During World War II, it was scrapped and the metal used to make American military equipment.

Today, Tank Hill Park features several vehicles: an M47 tank from the late 1940s, an eight-wheeled gun M-1 8-inch Howitzer that dates back to World War II, an M-60A3 tank, and an A-7D Corsair II that dates back to the late 1960s, was used in Vietnam, and was flown by the Air National Guard.

"People have always taken an interest in military equipment, but if you go to a military

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base, they're all fenced in, and the public doesn't have access to them," Gold Star Museum Curator Michael Vogt says. "This gives the public a chance to stand next to a tank and see how big it is and how it functions and gives some scale. The park is important because it gives people accessibility and a sense of history and helps it come alive for them."

Weather "Ball" radar

If you have been on N.W. Beaver Drive, you most likely have driven past the big "soccer ball on stilts," otherwise known as the WSR-88D. Like any government agency, acronyms are widely used by the National Weather Service, and WSR stands for Weather Surveillance Radar. The 88 represents the year it was put into service, 1988, and the D means Doppler.

Today, the "big soccer ball" — more accurately a radome — is not the actual WSR-88D. Instead, it's a protective cover for the 28-foot diameter dish antenna inside. The ball sits atop a 100-foot tower, maximizing the radar's range of nearly 300 miles as it transmits at 750,000 watts. Anything the energy strikes reflects energy back. Usually,

and most importantly, that is a form of precipitation, but NWS scientists can also see bugs, birds and dust with the radar from time to time.

The radar in Johnston was first operational in 1994, replacing an older model located at the Des Moines airport. While previous radar allowed users to see the location and strength of storms, doppler capability added velocity information, which allowed meteorologists to analyze motion within the storm itself. The radar was upgraded to super-resolution in 2008 and dual polarization in 2012, providing greater detail about storms, including the size and shape of water particles and hail. The radar provides coverage for most of Iowa and is an essential tool for meteorologists in determining weather warnings.

Unless it is turned off for maintenance, the radar is always transmitting, and its main job is to find precipitation. There are 159 such units throughout the United States and its territories. Nearby locations include Omaha, Sioux Falls, La Crosse and Davenport. Together, these radars provide a continuous picture of precipitation across the country.



If you have been on N.W. Beaver Drive, you most likely have driven past the big "soccer ball on stilts," otherwise known as a radome.

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FEATURE

Gazebo in Green Meadows West

The start of Green Meadows in Johnston in 1977 was a turning point in the history of Johnston, according to information from the Johnston Station Historical Society.

Green Meadows was the first master planned community development in the state of Iowa. Green Meadows brought sewage treatment, underground utilities and storm drainage to the neighborhood that included constructed lakes, a shopping mall, recreation trails and enough housing to accommodate about 3,200 residents, which would more than double the population of Johnston at the time.

With the success of the original Green Meadows, Green Meadows West and Green Meadows North soon followed. Today, one of the landmarks in town is the gazebo in Green Meadows West's Dover Park, which can be rented through the city for gatherings and parties. It was conceived and constructed in 1991 by Green Meadows Limited, which was a subsidiary of Pioneer Hi-Bred.

The idea for the gazebo was to provide a common center point for neighborhood and



The gazebo in Green Meadows West's Dover Park has become a landmark and the scene of many neighborhood weddings and activities.

community gatherings. The gazebo is owned by the Green Meadows West Homeowners Association for use by its membership of 540 homeowners.

Over the years, numerous weddings and parties have been held by HOA members, as well as countless association activities. It is an iconic place for prom and graduation photos, and yoga on the lawn is a popular event held

there each summer.

"The structure is a brick masonry and steel super structure with wood ornamentation that was built to stand the test of time," Homeowners Association President Jack Sullivan says. "Over the years, it has been carefully maintained and managed so it should easily see many more generations of families enjoy its stately presence." ■

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FINDING balance in retirement

As you edge closer to retirement, it is common to feel a bit wobbly. Transitioning from a steady paycheck to managing income from savings and investments is daunting. It's similar to my daughter Jayce on the balance beam — one misstep can throw off everything. Just as she has to navigate her routine with precision, pre-retirees need to handle their retirement savings with care.



Watching her compete is thrilling but nerve-racking. She has one shot to execute her moves flawlessly. Similarly, in retirement, you can do many things right, but one misstep can have significant consequences. This parallel drives home the importance of having a comprehensive retirement plan.

Record inflation, fluctuating markets, and rising health care costs can make you feel off balance. Picture sitting in a coffee shop discussing how much more a cup of coffee costs

compared to a few years ago, followed by a trip to the grocery store where prices have also surged. And don't forget replacing a vehicle, which costs significantly more now than it did five years ago.

Watching your retirement accounts fluctuate wildly can be unsettling. Your 401(k) and IRA are crucial for sustaining your lifestyle, but how do you make sure they can withstand market ups and downs? How do you create a portfolio that's resilient enough to deliver consistent income despite recessions?

The latest estimates show that a 65-year-old retiring today could spend \$165,000 in out-of-pocket costs to cover medical expenses in retirement. These are only a few examples of the financial pressures pre-retirees face.

Our planning process includes developing a long-term retirement income strategy and an "Income for Now and Income Forever" plan. We help pre-retirees segment investments into different "buckets," each with specific goals. An "Income Now" bucket, invested conservatively, provides immediate income. A second bucket, with a moderate risk profile, replenishes the first.

Finally, a third, longer-term growth bucket helps combat inflation and medical expenses.

On average, recessions occur every five to six years, meaning they will likely be a part of your retirement experience, but they don't have to knock you off course. You can prepare for market volatility before it happens by building a recession-resistant portfolio that doesn't rely solely on the stock market.

To sum up, just as Jayce finds balance on the beam, you can find balance as you head to retirement with careful planning and execution. This will help you avoid missteps, stick the landing, and retire with confidence. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Fidelity Investments® Releases 2024 Retiree Health Care Cost Estimate as Americans Seek Clarity Around Medicare Selection (2024, August 08) Accessed October 10, 2024. <https://newsroom.fidelity.com/pressreleases/fidelity-investments--releases-2024-retiree-health-care-cost-estimate-as-americans-seek-clarity-arou/s/7322cc17-0b90-46c4-ba49-38d6e91c3961>



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BRING the taste of takeout home

(Family Features) Some nights, especially when schedules are jam packed, the allure of grabbing takeout or swinging through a drive-thru between activities may sound more appealing than spending time in the kitchen. You can skip the to-go boxes, however, with these tasty Asian-inspired dishes that come together almost as fast as delivery while allowing you to get creative at mealtime.

Packed with fresh shrimp and crispy veggies, this crab and shrimp sushi burrito fuses some favorite takeout dishes together to satisfy cravings in half an hour. Using Success Boil-in-Bag Jasmine Rice, which cooks up soft and fluffy, provides a flavorful and aromatic base. This combination of seafood, homemade sauces and flavorful veggies makes for an unforgettable taste experience comparable to your favorite quick-serve restaurant.

Find more recipe inspiration to tackle takeout cravings and more at SuccessRice.com. ■

Crab and shrimp sushi burrito

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 4

- 1 bag Success Jasmine Rice
- 1/2 cup unseasoned rice vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons kosher salt
- 2 tablespoons mayonnaise
- 2 tablespoons Sriracha sauce
- 1/4 teaspoon sesame oil
- 1 tablespoon black sesame seeds
- 4 sushi nori sheets
- 1/2 carrot, ribboned, divided
- 1/2 cucumber, ribboned, divided
- 6 crab sticks, shredded, divided
- 6 large shrimp, cooked, deveined, tails removed and butterflied, divided

DIRECTIONS

- Rinse rice bag under cold water to remove starch. Prepare rice according to package directions.
- In small saucepan over medium-low heat, heat rice vinegar, sugar and salt until sugar and salt have dissolved, about 1 minute. Set aside.
- In small bowl, mix mayonnaise, Sriracha sauce and sesame oil. Set aside.



- Transfer cooked rice onto large baking sheet. Drizzle half the vinegar mixture over rice, turning until all rice is fully coated. Taste and add more vinegar mixture, if desired. Spread rice into thin layer and cool to room temperature. Sprinkle sesame seeds on top.
- Lay down one sushi nori sheet. Spread layer of rice on it. Place half the carrots and cucumbers on rice. Place crab and shrimp on top.
- Place another sushi nori sheet just under first one and roll. Repeat with remaining sushi nori sheets, rice, carrots, cucumbers, crab and shrimp. Wrap both burritos in plastic wrap. Let rest 10 minutes.
- Slice burritos in half and serve with spicy mayo.

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Holidays at the Town Center

When: Saturday, December 7, 2024

Time: 4:00 to 6:00 p.m.

The annual event will feature free ice skating, a visit with Santa and his reindeer, samples from local businesses and a community tree lighting!

Schedule of events:

- 4:00 p.m. – Santa arrives
- 4:30–4:45 p.m. – Dancer's Theatre performance
- 5:00 p.m. – Tree lighting
- 5:30–5:50 p.m. – Unaccompanied Minors performance

Event Activities

- Visit with Santa in The Yard
- Watch an ice sculptor live
- Free carriage ride from TAGA Shires around the Town Center with a bag of non-perishable food donations for the food pantry and Mayor's Run for Food
- Visit with the reindeer from Iowa Reindeer Rental
- Johnston Public Library will provide a special craft for children
- Free ice skating on the synthetic ice rink
- Free cookie decorating with Northpoint Church
- Children's activity with Raising Cane's

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THE YARD
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EMBRACING community and nature

Kopparapu finds joy in Johnston.



Prakash Kopparapu says he and his family enjoy the many outdoor amenities Johnston has to offer.



Sami Kopparapu is a three-time RAGBRAI rider, so Johnston's trails are a great benefit to her.

Since relocating to Johnston in 2018, Prakash Kopparapu has found not just a home but a community that embodies his family's values.

Part of why he chose to settle down in Johnston was for the town's abundance of outdoor activities.

"We always wanted to be close to nature," he explains.

Johnston, with its parks, walking and biking trails, and close proximity to Saylorville Lake, offers exactly what the family was looking for.

Kopparapu's daughter, Sami, a 17-year-old three-time RAGBRAI rider and dedicated athlete, thrives in this environment. She is not only a cross-country runner but also a cheerleader. Meanwhile, his son, Krishna, 22, enjoys swimming and outdoor adventures.

"I am happy to see the development and Terra Park and other areas in our city to help have a great, healthy lifestyle," Kopparapu says.

Kopparapu's enjoyment of the outdoors is reflected in his living spaces, too. One of his favorite aspects of his home is the opportunity

for gardening. He finds joy in beautifying his yard while creating a healthy ecosystem for bees and butterflies.

In addition to his gardening pursuits, Kopparapu appreciates the friendly atmosphere of his neighborhood.

"We have good neighbors and a calm neighborhood, yet with some block parties and Halloween gatherings which are fun," he notes.

He especially enjoys the neighborhood's Christmas lighting displays, which have become a cherished tradition.

Kopparapu's dedication to Johnston extends beyond his home. He actively participates in various organizations and initiatives that enhance the community. His volunteer work spans multiple areas, including the first-ever Citizens Academy led by Johnston's police and fire departments. He currently serves as a member of the City of Johnston Park Advisory Board and was previously part of the Johnston School Improvement Advisory Council.

A strong advocate for children with special needs, Kopparapu also served as a Governor's

Commissioner for Persons with Disabilities. In addition, he's set to become the president of the Indo-American Association of Iowa starting Jan. 1, while currently serving as chair of the Indo American PAC-IA. His involvement reflects his belief in the power of community service and the importance of making a positive impact.

Perhaps what Kopparapu likes most about Johnston is the welcoming spirit of the community.

"The city of Johnston is an amazing place with great community leaders," he says. "There is a sense of belonging here. The environment motivates us to pursue new, healthy lifestyles such as kayaking, cross-country skiing and volunteering opportunities. The sunrises and sunsets of Johnston are something to watch for every day — I have a collection of photography."

As he continues to contribute to, and enjoy, the city, Kopparapu is a testament to the power of community spirit and the joy of living in a place that feels like home. ■

THERE'S PLENTY to be thankful for at the JPL

A chill is in the air, and the holiday season is fast approaching. Here at the Johnston Public Library, we're grateful for our patrons and invite them to relax and warm up with our November programs. This month, patrons can slay some dragons, get crafty with needle felting, compete in a Hunger Games-themed Nerf war, and get a head start on holiday baking and gift giving. Read on for further details.

Johnston Public Library
 6700 Merle Hay Road
 515-278-5233
www.johnstonlibrary.com
 Monday - Thursday, 9 a.m. to 8 p.m.
 Friday - Saturday, 9 a.m. to 5:30 p.m.
 Sunday, 1-5 p.m.

Calling all heroes in grades 4-5! On Thursday, Nov. 14 from 4:30-6 p.m., we will be exploring the world of Dungeons and Dragons and learning the basics of doing battle in this tabletop role-playing game that promotes creativity and problem-solving skills. Registration is required for all dragon slayers who want to join us for this D&D for Kids class.

Have a crafty kid? Then our Needle Felted Hair Clips program is a perfect fit. For this craft, special needles are used to sculpt objects out of wool. On Thursday, Nov. 21 from 4:30-5:30 p.m., we'll be sculpting fuzzy hair clips (or fancy paper clips for those who prefer). Registration is required for this creative event.

Kids in grades 6 and up can battle it out in the stacks at our Hunger Games-themed Nerf war or just enjoy the movie and snacks at the Happy Hunger Games After-Hours Nerf War and Potluck Candy Salad Party on Friday, Nov. 22 from 6:30-8 p.m. Registration is required, but Nerf blasters and candy donations are optional.

School's out! On Nov. 15 and 27, JPL's Teen Space will have extended hours so teens can hang out at JPL. On Friday, Nov. 15, Craft Club will meet from 1-2 p.m., and a Smash Bros. Ultimate Tournament: Random Mayhem Edition will start at 4 p.m. On Wednesday, Nov. 27, there will be several video game tournaments to join between 1-5 p.m. Both School's Out events are open to kids in sixth grade and up.

If you're ready to start your holiday baking but need some new ideas to inspire you, join food editor Lois Carpenter for her Cookie Cravings class. On Saturday, Nov. 9 from 10:30-11:30 a.m., Lois will demonstrate how to make several of her favorite holiday cookies: slice-and-bake chocolate-peppermint pinwheels, salted caramel thumbprints and cranberry-pear crumble bars. Registration is required for this sweet event.

Have you always wanted to make homemade gifts for coworkers, teachers, family and friends but aren't sure where to begin? Then Homemade-ish: Essential Oil Bath Salts is the perfect maker class for you. On Saturday, Nov. 21 from 10:30-11:30 a.m., Jamie Seitz will show you how to create homemade bath salts that you could re-create yourself this holiday season or any time of year. Registration is required for this essential (oil) experience.

We're also thankful for the return of our Adult English Language Learning Classes this month. For information about classes and schedules, check our website or call the library.

More information about all events and resources at Johnston Public Library can be found online at www.johnstonlibrary.com or by calling the library at 515-278-5233. ■

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ELECTIONS: your investing future



Another presidential election is upon us and “Oh no! My investments are all over the place!” Investment decisions during a presidential election year can be complex and influenced by a variety of factors. Investors often find themselves navigating uncertainty as they try to predict how election outcomes will affect their life savings. Let’s explore the key considerations investors should keep in mind during such pivotal times.

- **Economic indicators.** One area to assess is the current state of the economy. Indicators such as GDP growth, unemployment, inflation and consumer confidence can provide insight into the economic environment leading up to an election. A strong economy may lead to a sense of security among investors, whereas economic downturns may cause anxiety. For instance, if the unemployment rate is rising or inflation is soaring, we, as investors, might be more conservative, opting for safer assets like bonds or gold.

- **Political landscape.** The political landscape can shape investment decisions. Political parties often disagree on taxation, regulation and public spending, which can impact various sectors differently. For example, if a party known for pro-business policies is leading in the polls, investors may gravitate toward equities in sectors such as technology or energy, anticipating favorable policies that could drive growth. Conversely, if a party advocating for stricter regulations is gaining traction, industries like oil and gas or pharmaceuticals may see stock prices decline due to fears of increased compliance costs.

- **Historical patterns.** Historically, the stock market has shown differing responses during election years. Some studies indicate that markets tend to perform better in the year following an election, especially if the incumbent party retains power. Investors may feel a sense of continuity and stability, leading to increased confidence. However, uncertainty can be overwhelming in the months leading up to the election, prompting cautious actions.

- **Volatility and market sentiment.** Election years often bring increased volatility to the markets. Debates, campaign rallies and polling updates can trigger rapid price movements as investors react to new information. Market sentiment can shift dramatically based on the perceived likelihood of different candidates winning. For example, significant shifts in polling data can lead to rapid buying or selling, reflecting market change. Investors must be prepared for this volatility, using strategies like diversification and hedging to mitigate risk.

- **Sector rotation.** Sector rotation also affects investor patterns. Investors may shift their allocations based on anticipated policy changes. For example, if a candidate known for prioritizing green energy wins, investors may allocate more funds to clean energy stocks. On the other hand, if a candidate focused on traditional energy sources gains momentum, investments may shift back toward fossil fuel companies. Understanding these dynamics may help you make informed decisions.

What do we do with this four-year repeat of the changing of the guard? Remaining diversified in your investments, not taking more risk than necessary, and educating to the trends and continual change may help keep the blood pressure lower during this volatile time. Now may be a good time to check in with your financial advisor to make sure your plan is in place. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 8230 Hickman Road, Suite 300, Clive, 515-727-1701, drundahl@rundahlfinancial.com, www.rundahlfinancialconsultants.com.

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Happy Thanksgiving

Wishing you and your family a safe and festive Thanksgiving.



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COMMITTED to staying in your home, but need some help?

Maria, 76, is committed to remaining in her home as she ages. She recently experienced some health issues, though, and is afraid her adult children will try to persuade her to move to a senior living community.



Maria's challenge isn't unusual, as staying in our homes as we age is not always possible. Chronic health challenges can make living independently ill-advised, and full-time care at home can be expensive.

You may be asking yourself, then: "If I don't want to move into a community but my family and I are concerned about health issues later on, what can I do?"

The answer may lie in a Continuing Care at Home (CC@H) membership

initiative, a program usually administered by an organization that serves older adults. CC@H programs are 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 a CC@H program, make sure to ask specifically what the program includes. A reputable CC@H program not only will offer services to enhance your well-being so you can remain independent longer; it will also help fund future long-term care needs.

You'll also want to ask:

- **Does the program feature personal support, such as wellness coaching?** Studies show people who embark on a life-enriching program or activity 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.

Not all CC@H programs are created equal! If a program appeals to you, make sure it meets both your current and future needs and provides you with peace of mind. Your well-being 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. 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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6300 Pioneer Parkway
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Receive notifications this winter

To ensure the safety and efficiency of our street crews and first responders during snow and ice removal operations, the City of Johnston may declare a snow ordinance based on various weather conditions, including snow, sleet, freezing rain, and blowing snow.

When a snow ordinance is in effect, please be aware of the following:

- o No parking is allowed on city streets, alleys, or city owned off-street parking once the snow emergency is declared.
- o The ordinance will remain in effect from the time of declaration until 5 p.m. the following day. It may be extended if additional time is needed to clear the snow and ice.
- o The declaration of a snow emergency, along with the start and end times for parking restrictions, will be communicated through multiple channels:
 - A red bar at the top of the city website, www.cityofjohnston.com
 - Notifications via text/email (sign up at "City Notifications" on the city's website)
 - Updates on the City of Johnston's Facebook and Twitter pages
 - Information provided by local news channels and radio stations

Please adhere to these regulations to help us maintain safety and efficiency during winter weather events.



Compost It! ends this month

Metro Waste Authority's Compost It! program in Johnston ends for the season on November 25 and 26, your regular collection days. You can collect small twigs, branches, leaves, lawn clippings, and garden vegetation. Ensure collection by using Compost It! bags or store brand bags with Compost It! stickers, as the bag or sticker's label covers the collection cost. Find retailers selling Compost It! stickers and bags at www.whereshouldgo.com or call (515) 244-0021.



City Hall and library closed for holidays

City Hall will observe closures on November 11, 28, and 29 in observance of Veterans Day and Thanksgiving. The library's schedule includes closure on Monday, November 11, early closure at 5 p.m. on Wednesday, November 27, and full-day closures on November 28 and 29.



CITY NEWSLETTER NOVEMBER 2024

Receive important alerts and updates

As a Johnston resident, sign up for emergency alerts on local threats, missing persons, or snow parking bans, as well as general notifications for job postings, agendas, updates, and events. Verify your account and choose to receive emergency alerts via email, voice, or text, and general notifications through text or email. Modify your preferences anytime.

- Sign up for emergency notifications: www.cityofjohnston.com/JohnstonAlerts
- Sign up for general notifications: www.cityofjohnston.com/Notifications

Fall cleanup in Johnston

The City of Johnston offers residents free branch and limb drop-off each fall at the Public Works Facility (6400 NW Beaver Drive) from November 14 through 16. Please bring proof of residency. Drop-off hours are:

- Thursday, November 14: 7 a.m. to 6 p.m.
- Friday, November 15: 7 a.m. to 3:30 p.m.
- Saturday, November 16: 7 a.m. to noon

Branches should not be larger than 18 inches in diameter. Please stack the cut ends of the branches at the back of your vehicle for easy removal. Avoid bringing items such as ropes, chains, wire, and fence posts, as they can cause equipment damage and pose a risk of injury to city staff when using the chipper.



Vote for your choice of Beggars Night in 2025

Beggars' Night is the evening near Halloween that is designated for Trick-or-Treating. This survey is to gauge interest in moving from the traditional Halloween Eve for Trick-or-Treating in Johnston. Most metro communities prefer to have the same night as neighboring communities, and this survey will assist in doing so for 2025.

Take the Johnston survey by visiting www.cityofjohnston.com/BeggarsNight2025.



A new bench is dedicated at Terra Park

A new butterfly bench has been installed at Terra Park in memory of Alan Nagel. A special thank you to the individual donors who contributed to this project in memory of Alan through the Johnston Arts Council, and to Hilde DeBruyne (artist) and the Johnston Parks Department for doing the installation. The bench is located just south of the large shelter at Terra Park and is part of the Johnston Arts Council's goal to incorporate more art throughout our community.



For more information about the city, please call 515.278.2344

WHAT IS probate?

Probate is the court-supervised administration of an estate. If you have a will, upon your death your executor will present it to the court. It is a common misconception that merely possessing the will vests someone with the authority to act. In order for a will to be effective, it must be admitted to probate. If you die without a will, the court still has control over the assets of your estate.



Probate is necessary where there are assets which cannot be transferred. For example, real estate titled in the decedent's name cannot be sold without passing through probate. Investments with no beneficiary designation generally require probate to transfer them to heirs.

Banks and financial institutions may

require "Letters of Appointment" or "Letters Testamentary." This is an official document, issued by the clerk of court empowering the executor to act on behalf of the estate.

Court supervision of probate ensures that your executor or the court-appointed administrator handles your estate legally, and according to your wishes. To ensure that the will or the rules of inheritance are followed, the personal representative must report the assets, debts, and disbursements of the estate to the court. The personal representative also files tax returns on behalf of the decedent and the estate.

Iowa law requires that notice of probate be published. The notice must be published for two consecutive weeks. Then, the estate must remain open for four months before it can be closed. During this time, the personal representative will sell real estate, liquidate assets, pay creditors, and make disbursements to beneficiaries. Other factors may require

a longer probate period, but generally, the probate of an estate lasts around six months.

Attorney's fees and court costs cannot be paid until the estate closes. In Iowa, attorney's fees are statutorily controlled and are capped. The personal representative is also entitled to fees. By comparison, other methods of asset disposal (like a revocable trust) have no fee caps.

Probating an estate is fairly straightforward. Court-supervised administration of an estate is neither lengthy nor overly expensive and has the benefit of ensuring that all the assets of the estate have been disposed of properly and legally. If you have questions, make sure that you contact an attorney who specializes in probate and estate administration. ■

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

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WOMEN'S Social Connection welcomes new members

On Aug. 13, the Johnston Women's Social Connection hosted an ice cream and cookie social at the Ellipsis boys home. The non-profit group of senior women enjoy getting together to play cards weekly, have a monthly meeting at a local restaurant and provide Christmas gift bags and trays of cookies to the Ellipsis boys, etc. If you're interested in meeting these super friendly ladies, call Sue at 515-494-2228 for more information.



STIERMAN and Ewald achieve Ameriprise Private Wealth Advisor status

Jason Stierman, CFP, CRPC, APMA, BFA, and Jonica Ewald, CFP, CRPC, APMA, with Keeling Wealth Advisors, a private wealth advisory practice of Ameriprise Financial Services, LLC, have become Ameriprise Financial Private Wealth Advisors. Stierman and Ewald, with offices in Johnston, Clear Lake and Ames, are among the 13% of approximately 10,000 Ameriprise financial advisors to achieve this status.

Ameriprise Private Wealth Advisors provide personalized client service and are dedicated to meeting the complex and unique financial needs of their clients. To become eligible for this status, advisors must be experienced in providing a comprehensive approach to financial planning and advice, complete specialized training and achieve exceptional business results.

CHILDSERVE sponsors Child and Adult Care Food Program

ChildServe will offer free or reduced-price meals to CACFP eligible families served through the following programs: Childcare in Ames and Johnston, Autism Day Health in Ames and Johnston, Medical Day Health in Ames and the Woodland Center in Des Moines, and Day Habilitation programs at the Johnston locations.

CACFP is a federally funded program that provides meal reimbursement to childcare centers, adult day care centers, emergency shelters, before and after school programs, and child development homes. The objectives of CACFP are to: provide a subsidy to eligible child and adult care institutions for serving nutritious meals, serve nutritious meals and snacks to children and adults in care, and foster lifelong healthy eating and physical activity habits.

Meals are provided without regard to race, color, national origin, sex (including gender identity and sexual orientation), age, or disability. Childcare participants who are members of FIP or SNAP households or who are Head Start participants are automatically eligible to receive free meals. Adult care participants who are members of SNAP households who are SSI or Medicaid participants are automatically eligible to receive free meal benefits. Meals are available at no separate charge to enrolled participants in the care centers listed above. ■

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DIABETES and health insurance

Navigating challenges and solutions

Diabetes is a chronic condition that requires lifelong management, which can involve daily blood glucose monitoring, medications like insulin, regular medical checkups and lifestyle adjustments. For many individuals, health insurance is a critical factor in determining access to these essential diabetes management tools. The relationship between diabetes and health insurance is complex, as it involves coverage for medical supplies, doctor visits and medications, but it also presents significant challenges, especially related to cost and accessibility.



- **The financial burden of diabetes.** The costs associated with managing diabetes can be substantial, particularly for individuals who require insulin. Insulin prices have soared in recent years, putting many patients in a difficult position if they are uninsured or underinsured. According to the American Diabetes Association, individuals with diagnosed diabetes incur approximately 2.3 times the medical costs compared to those without diabetes. This includes not only the cost of medications like insulin but also blood glucose monitors, test strips and regular healthcare appointments.

Health insurance plays a vital role in mitigating these costs, but even for those who have coverage, out-of-pocket expenses can remain high. Deductibles, copayments and high out of pocket maximums can leave individuals struggling to afford the necessary treatments. For many, these financial challenges can lead to poor diabetes management, such as rationing insulin or skipping doses, which in turn can lead to more severe health complications.

- **Health insurance coverage for diabetes.** Health insurance plans typically cover diabetes management, but the extent of coverage can vary significantly depending on the type of plan. Under the Affordable Care Act (ACA), insurers cannot deny coverage or charge higher premiums based on an individual's medical status. The ACA also requires that health insurance plans cover essential health benefits, which include diabetes screening, preventive services and management.

Despite these protections, not all diabetes-related expenses are fully covered by insurance. Some plans have limited formularies, meaning they may not cover the most effective or preferred medications for diabetes, including newer insulin formulations. Additionally, medical devices like continuous glucose monitors (CGMs) and insulin pumps may not always be fully covered.

- **Solutions for improving diabetes coverage.** There are several steps that can improve diabetes care and reduce financial burdens through health insurance reforms. One key solution is reducing the cost of insulin. Some states have implemented laws to cap insulin prices for those with insurance, and there are ongoing efforts at the federal level to introduce similar measures.

Telemedicine, digital health apps and other technological advancements can also play a role in reducing costs by improving access to routine care and diabetes management resources. These tools allow patients to track their health and communicate with healthcare providers more efficiently, which can improve outcomes and reduce the need for costly emergency interventions.

A health insurance advisor can assist with understanding your individual or Medicare-related health insurance and how your conditions are covered. We want to help you understand your benefits. ■

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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THE CHALLENGE in buying a home

In recent years, the dream of homeownership has increasingly slipped out of reach for many individuals and families due to rising real estate prices and higher interest rates, creating significant affordability challenges.



Affordability challenges are happening across the Des Moines metro and nation. According to statistics from the National Association of Realtors, the income required to buy a median priced home has drastically changed over the last three years. From 2000-2022, the required income ranged from around \$35,000 to \$60,000. That's a \$25,000 fluctuation over 22 years. In 2022, the required income spiked from \$60,000 to about \$95,000. That is a \$35,000 increase within the year 2022. The required income spiked to \$110,000 in 2023, and we are currently sitting around \$95,000.

This raises a large issue when our median household income is well below these current numbers. The Iowa median household income is around \$70,000 with the national median income being around \$80,000. This gives Iowa a \$25,000 gap between median household income and current required income for a median priced home.

Many different types of demographics are struggling with this gap. It has been difficult for some to get out of renting with these challenges. Growing families feel stuck in homes they have outgrown. Singles are finding it almost impossible to buy on a sole income. Along with these challenges, our home values have continued to increase.

One demographic specifically is significantly impacted. Millennials, now the largest generation in the workforce, have reached prime homebuying age. However, many are burdened by student debt and stagnant wage growth, making it difficult to save for down payments or qualify for mortgages. This financial strain, coupled with increasing housing prices, creates a significant barrier to homeownership.

The hope is for interest rates to continue their progression downward. The Feds made their first cut in a year this past September. As we hope for continued cuts over the next few months, we need to remember that the federal reserve rate is not the mortgage rate. The federal reserve rate is the amount that the banking system is being charged for borrowing their money. It does affect mortgage rates, but it is not a one-to-one relationship.

Real estate in Des Moines, much like the rest of the nation, presents a complex web of challenges that potential homeowners must navigate. It is crucial for aspiring homeowners to stay informed and proactive, seeking guidance and exploring alternative financing options. As the market adjusts, we hope for a more equitable housing landscape where everyone has the opportunity to secure a place to call home. ■

Information provided by Jenna Borcharding, Re/Max Precision, Johnston, 641-430-9092, Jenna@JBHomeandDesign. Licensed Realtor in the state of Iowa.

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The veterans at Vintage Cooperatives gathered for a photo and are honored this Veterans Day. Front row: Myron Shervheim, USAF; second row: Roger Rothamel, U.S. Army; Dick Pautvein, U.S. Army; Jerry Brown, U.S. Army; Robert Foster, Iowa National Guard; Steve Jacobson, U.S. Navy; Richard Braley, USAF; Russ Richards, U.S. Navy.

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Johnston

Military branch: U.S. Navy

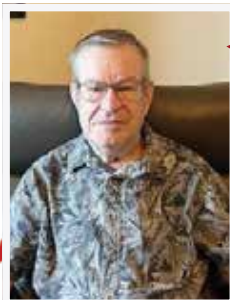
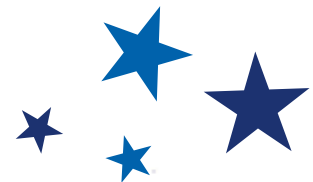
Rank: Lieutenant

Service: 1963-1967

How can Americans best honor veterans:

"Give them a chance to tell their stories."

— Bruce Macdonald



EARL "BUTCH" CRABB

Johnston

Military branch: U.S. Air National Guard

Rank: Chief Master Sgt.

Service: 1967-2021

How can Americans best honor veterans:

"Have faith in them." — Earl "Butch" Crabb

Thank you for your service!

DALE BOICOURT

Johnston

Military branch: Army National Guard

Rank: Master Sgt.

Service: 1997-2003

How can Americans best honor veterans:

"To honor veterans, you can participate in or organize events for veterans like Veterans Day activities, volunteer at VA hospitals, or support veterans organizations. Simple acts like personally thanking veterans, sending care packages to deployed service members, or writing letters can have a meaningful impact. Consider hiring veterans or supporting veteran-owned businesses. You can also help preserve their stories through documentation projects or maintain veteran memorials. Offering your skills through mentorship job search assistance or organizing community initiatives that are veteran focused are other great ways to show appreciation and honor their service."
— Dale Boicourt

MYRON SHERVHEIM

Johnston

Military branch: Air Force

Rank: Colonel

Served: 1954-1979

How can Americans best honor veterans?

"Remember freedom is not free; it requires sacrifice by all." — Myron Shervheim



LEE SCHEWEER

Johnston

Military branch: U.S. Air Force

Rank: Airman First Class

Service: 1953-1957

How can Americans best honor veterans:

"A simple thank you is a great way to show your appreciation." — Lee Scheweer



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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

Upcoming in Johnston Living magazine:

Holiday recipes: Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email tammy@iowalivingmagazines.com by Nov. 15 to have it included in our December issue.



First cars: Do you remember your first car? Do you have a photo of yourself with it? Or maybe you still own it? We want to hear your stories. Email tammy@iowalivingmagazines.com by Dec. 5 to be included in the January issue.



Johnston Lions Club Bingo

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.

Joint Legislative Lunch

Wednesday, Nov. 20,
11:30 a.m. to 1 p.m.
Holiday Inn & Suites DM Northwest,
4800 Merle Hay Road, Urbandale

The Grimes, Johnston, Ankeny, Polk City and Urbandale Chamber of Commerce invite the public to attend their Joint Legislative Luncheon to hear from area state representatives, state senators and county supervisors ahead of the 2025 Legislative Session. All elected officials representing Ankeny, Johnston, Grimes and Urbandale have been invited to participate. Cost is \$29 for members and \$30 for non-members. Register through the Urbandale Chamber website, <https://uniquelyurbandale.com>, under events.



Belgian Waffle Fundraiser

Saturday, Nov. 9, 8-11 a.m.
Johnston High School Commons

Enjoy an all-you-can-eat Belgian waffles breakfast with sausage links, flavored syrups, butter, non-dairy whipped topping, coffee and juice. The event is sponsored by the Johnston Band Parent Association. Cost is \$12 per person. Kids younger than 5 eat free. Tickets are available online.

Tree branch and limb drop-off

Nov. 14-16
Public Works Facility at 6400 N.W. Beaver Drive

Every autumn, the City of Johnston provides residents with the opportunity to dispose of branches and limbs at no cost. You can bring these materials to the Public Works Facility Nov. 14-16. Hours are 7 a.m. to 6 p.m. on that Thursday, 7 a.m. to 3:30 p.m. on Friday and 7 a.m. to noon Saturday.

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EVENTS IN THE AREA

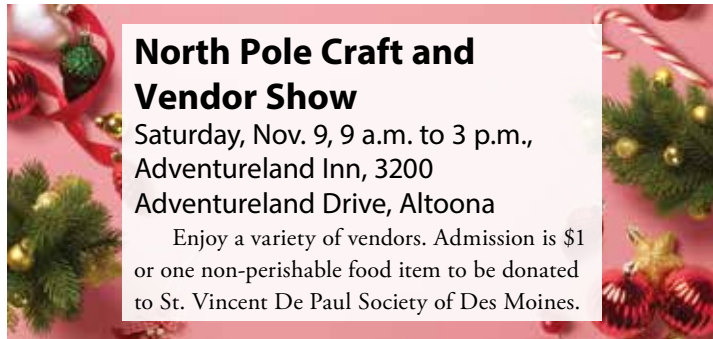
Be sure to check for cancelations

Fall Craft Show

Saturday, Nov. 9, 9 a.m. to 3 p.m.

ZaGaZig Shrine Temple, 1100 Shriners Parkway, Altoona

The Ladies Auxiliary will be hosting a ZaGaZig Shrine Ladies Auxiliary Fall Craft Show with more than 45 crafters and vendors. A bake sale will also be held and lunch will be served. For more information, visit the group's Facebook event page.



North Pole Craft and Vendor Show
Saturday, Nov. 9, 9 a.m. to 3 p.m.,
Adventureland Inn, 3200
Adventureland Drive, Altoona
Enjoy a variety of vendors. Admission is \$1 or one non-perishable food item to be donated to St. Vincent De Paul Society of Des Moines.

Des Moines Holiday Boutique

Friday - Sunday, Nov. 15-17

Iowa Events Center, 730 Third St., Des Moines

More than 200 vendors come together to create a fun, unique environment with the chance to purchase jewelry, gifts, food and more.
www.desmoinesholidayboutique.com

Elves' Toyland Craft Show

Nov. 23, 9 a.m. to 3 p.m.

Runnells Community Center, 108 Brown St.

Plan a trip to Runnells for its annual holiday craft show.

Fall Makers Market

Sunday, Nov. 24, 11 a.m. to 4 p.m.

Jester Park Nature Center, 12130 N.W. 128th St., Granger

Shop for gifts or goods just in time for the holiday season. This year's event has expanded from the Jester Park Nature Center and Outdoor Recreation buildings to include the Jester Park Lodge. With more than 60 local makers, artisans and handcrafters, you are bound to find something for everyone on your list. Admission is free. Pho Wheels, Miss Casey's Donut Delights, and Travelin' Tom's Coffee Truck will be onsite.
www.jesterparknaturecenter.com/calendar-events/fall-makers-market

Holiday Hop

Saturday, Nov. 23, from 8:30 a.m. to 1:30 p.m.

Multiple locations in Winterset

Winterset's Holiday Hop is a time when the community's churches and several other organizations come together to offer a city-wide craft and bake sale featuring hand-crafted items, vintage Christmas decorations, baked goods, lunches, treats, art work, door prizes and much more. Each of the 11 locations contributes gift cards as door prizes. Get your ticket punched at each site and enter it for the drawing. As an added benefit, the churches use money raised at the holiday hop to support its charitable projects. ■

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EDUCATION

By Lindsey Giardino

MEET Sarah Keraus

A passion for progress

Sarah Keraus knew since childhood that she wanted to be a teacher.

"I played school as a young child in my parents' basement and had some elementary teachers who inspired me," she shares. "One teacher used to hand out homemade prizes when we worked hard. My favorite prize was a pencil holder made of clay, which I kept until I went to college."

This type of lasting impact encouraged Keraus to attend the University of Northern Iowa for her teaching degree, which she received in 2004. After graduation, she launched her career in Council Bluffs. At the same time, she attended Doane College in Nebraska, where she earned her master's degree in curriculum and instruction.

In total, Keraus has been teaching for 20 years, the last four of which have been in the Johnston Community School District. She and her family — including her husband, Kyle, and three young kids — live in the community, so when she learned there was a special education teacher opening at Beaver Creek Elementary, she applied right away.

"I love my students and have the benefit of connecting with them in a smaller setting throughout the school day," Keraus says. "I love working closely with general education teachers, support staff, administration and families to ensure that our students make progress. We have the best team at Beaver Creek."

One of Keraus's favorite things to do in the classroom is find ways to introduce popular music into her lessons, especially math.

"I have a video with a Taylor Swift song to help students learn their multiples of three," she explains. "Some of my students love it, and some pretend not to love it, but it grows on them. We have a lot of fun."

She also makes time to play games with her students.

"Last year, a student would save up his Beaver Tracks (a school-wide reward) and cash them in to play football with me at the end of the day," Keraus shares. "Even with my best effort, he beat me every time."

Outside of her work, Keraus spends time running, biking, hiking or playing tennis. She also enjoys reading and cheering on her kids during their activities. This fall, her son, Aiden, ran cross country with the Johnston Running Club; her oldest daughter, Taylor, participated in gymnastics; and her youngest, Paisley, played soccer with JUSC.

Looking forward to the rest of the school year, Keraus is eager to witness the accomplishments of her students and how they'll build confidence as they develop new skills.

With each passing day, she sees the potential for growth and learning in her classroom.

"Education is always changing, and the expectations on teachers continues to grow," Keraus says. "It's hard job, but it's worth it." ■



Sarah Keraus with her husband, Kyle, and children.

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WEDNESDAYS

Dinner: 6-6:30 p.m. *(Free dinner, reservations required.)*

Children & Adult Programs: 6:30 - 7:30 p.m.



SPOTLIGHT: Cheba Hut

Each month, we profile a Johnston Chamber member business, highlighting what they love about our local community. Cheba Hut specializes in delicious subs with a counterculture vibe and is opening soon at 5260 Merle Hay Road. We recently caught up with franchise owner Mistene Nugent:

Why did you join the Johnston Chamber? Engaging in the community is very important to me. The chamber is such a key part of that, ensuring businesses are strong and contribute to the local economy, providing goods and services to community members, and offering volunteer opportunities.

What is your favorite part of being a Chamber member? The chamber is a vibrant organization that works hard to support the business community and proudly promote Johnston. I have met some incredible people with a passion for the community.

Why did you choose to locate your business in Johnston? I love the “get it done” attitude that is found in Johnston and the level of support provided by the city government, the chamber, and the community as a whole.

What do you love about the Johnston community so far? I love how Johnston is in the metro area yet operates as a small town. Everyone has been incredibly welcoming and helpful.

Are there any upcoming events you want to highlight? Yes. We are working incredibly hard to get our shop open before the end of the year. I can't wait to welcome everyone in to enjoy a beer and the best sub you've ever had. ■

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

BUDGETING FOR 2025?

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JOHNSTON
Chamber of Commerce

GRIEF and the holidays

After someone you love dies, special days like birthdays, anniversaries and holidays can result in what seems like a sudden wave of grief. But it makes a lot of sense. The holidays typically represent togetherness, emphasizing the one who isn't there. Traditions can bring up memories from past holidays, which may now feel painful. And the impossible expectations to have the “perfect” holiday season can leave you feeling as if there is no room for grief during this time of year.

Here is an important reminder: Allow yourself to feel however you are feeling, and make a plan for the days/situations that will be toughest for you.

When making that plan, consider these questions for yourself and those you care about:

What are the things you still want to do and the things you do not? Are there new things you want to try? Everyone grieves differently, so what is comforting to one might not be to another. Is there a way to meet in the middle? Are there others who could aid in making important things happen that you don't have the energy for?

How can you remember and honor your loved one during this season? What is meaningful to you? What was meaningful to them? How can you still incorporate them in new ways?

For more ideas, contact the Academy. Take good care of yourself. ■



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

Plan Ahead for
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6 Area Locations

RESIDENTS' Choice

Favorites in the 2024 Northwest Metro poll were presented certificates.



Bishop Drumm was a Residents' Choice runner-up for Favorite Senior Living Establishment. Pictured: Brenda Ballard and Devin Dille



Central Iowa Dermatology was the Residents' Choice winner for Favorite Cosmetic Services. Pictured: Chey Anne Sorum and Marly Harlan



Athletico was a Resident's Choice runner-up for Favorite Physical Therapy. Pictured: Drew Abers, Light James, Tyson Handsaker and Megan Cruchelow



Trostel's Greenbriar was the Residents' Choice winner for Favorite Restaurant for Dinner and Favorite Place to Take Your Mom and Dad, and runner-up for Favorite Restaurant and Favorite Restaurant for Dessert. Pictured: Suzanne Summy and Robyn McSheehy



Casee Woodley, RE/MAX Precision, was a Residents' Choice runner up for Favorite Realtor.



Herrmann Family Chiropractic was a Residents' Choice runner-up for Favorite Chiropractic Office. Pictured: Dr. Erick Herrmann, Dr. Megan Herrmann and Dr. Michael Tiffan



Sharon Vickery, with Edward Jones, was a Residents' Choice runner-up for Favorite Financial Planner. Pictured: Sharon Vickery, Paytra Kent and Caitlyn Pec



Cozy Cafe was the Residents' Choice winner for Favorite Restaurant for Breakfast. Pictured: Owner Steve Britton, Kam Fuller, Abby Mason and Grace Mason



Clean & Breezy was the Residents' Choice winner for Favorite Groomer. Pictured: Marissa Hammel, Rachel Hupp, owner Haleigh Wiebers and Ily Brewer



Hy-Vee was the Residents' Choice winner for Favorite Catering Company. Pictured: Catering Manager Kelsey Seuferer



Elevation Physical Therapy was the Residents' Choice winner for Favorite Physical Therapy. Pictured: Front: Tarina Kofoed, Lauren Rowedder, Samantha Sullivan, Tamie Drees and Hannah Martsching; and, back: Dyllan Frahm, Colton Schnetzer, Joe Stangl, Andrew Bartek, Justin Carlyle and Amy Entreklin

OUT & ABOUT



Sharon Vickery, TJ Hodges and Jenni Buchanan at the Oct. 17 ribbon cutting at Bank Iowa.



A ribbon cutting was held for Bank Iowa on Oct. 17.



Jennifer Sayers and Samantha Winebrenner at the Oct. 2 JEDCO/Johnston Chamber of Commerce Bus Tour that started and ended at the LifeServe headquarters in Johnston.



Jenni Buchanan and Madeline Ward at the Oct. 2 JEDCO/Johnston Chamber of Commerce Bus Tour that started and ended at the LifeServe headquarters in Johnston.



Aaron Brown, Jackie Johansen and Grant Taylor at the Oct. 2 JEDCO/Johnston Chamber of Commerce Bus Tour that started and ended at the LifeServe headquarters in Johnston.



Glenn Waterhouse and Keegan Simons with State Farm at the Trunk or Treat with the First Responders and The Bridge event Oct. 23.



Madeline Ward, Ryan Rohlf, Dillon McBee and Jeff Townsend of Johnston Chamber YP at the Trunk or Treat with the First Responders and The Bridge event Oct. 23.



Sheila Olson with the Johnston Public Library at the Trunk or Treat with the First Responders and The Bridge event Oct. 23.



Tara and Kevin Johnson at the Trunk or Treat with the First Responders and The Bridge event Oct. 23.



Elodie and Everett Bruns at the Trunk or Treat with the First Responders and The Bridge event Oct. 23.



Jillian, Josephine and Charlotte VanGundy at the Trunk or Treat with the First Responders and The Bridge event Oct. 23.

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