

Living

A wedding
to remember

**Couple shares how they
made their day special.**

Savory pork chili
RECIPE

An act of pure kindness
NEIGHBORS

Dragon Scholarship Fund
makes impact
EDUCATION

**Local service
& great rates.**

Call, click or stop by today



Andrea Sabus ChFC®
Agent

101 SE Main St, Ste 100
Grimes, IA 50111

515-986-4611

info@andreasabusinsurance.com
www.andreasabusinsurance.com



Johnston, Iowa 50131
8101 Birchwood Ct, Ste. D
UMBRELLA MEDIA
BIG GREEN
RESIDENTIAL CUSTOMER

UMBRELLA MEDIA
BIG GREEN
PAID
U.S. POSTAGE
ECRMSS EDM
PSRRT STD

IS IT JUST A PHASE?

RECOGNIZING THE SIGNS OF ADHD IN CHILDREN



Does your child struggle to focus, act impulsively, or seem to have boundless energy that's hard to manage? While every child is active and distracted at times, persistent challenges with attention, impulse control, and hyperactivity may be signs of Attention-Deficit/Hyperactivity Disorder (ADHD).

At Waggoner Pediatrics, we help parents navigate the complexities of ADHD by recognizing key signs early and offering the right support. Some common indicators include:

- ✔ Difficulty Paying Attention - Struggles to stay focused, frequently makes careless mistakes
- ✔ Impulsivity - Interrupts conversations, acts without thinking, or has trouble taking turns
- ✔ Hyperactivity - Constant movement, fidgeting, or inability to sit still
- ✔ Forgetfulness & Disorganization - Frequently losing things, forgetting tasks, or having trouble following instructions

If these behaviors consistently impact your child at home or school, early intervention is key. Our pediatric team can help by:

- Conducting ADHD evaluations
- Providing behavioral strategies for home and school
- Connecting families with additional resources, including therapy and educational support
- Discussing treatment options tailored to your child's needs

ADHD is not just about attention—it's about unlocking a child's potential with the right guidance. Let's work together to give your child the tools they need to thrive.

**We provide family care at a family-owned clinic.
Your child deserves more than urgent care.**

ONLY TRUST YOUR CHILD WITH THE BEST!



Waggoner Pediatrics of Central Iowa

Brian L. Waggoner, M.D. | Julie A. Waggoner, ARNP, CPNP

**Schedule your child's appointment today!
(515) 987-0051**

2555 Berkshire Pkwy, Suite A, Clive
waggonerpediatrics.org



WELCOME

AN OLD RV, a friendly farmer and a moose head

Jolene and I were married in Clive on Sept. 30, 1995. And, yes, this will be our 30-year anniversary.

Jolene's parents, Dean and Lois Porath, lived at Lake Panorama at the time, but we never even considered a lake wedding. I am not sure why. Maybe late September was pushing it for an outdoor wedding, but, more than likely, the decision had to do with our focus on being truly independent from our parents. Looking back, a lake wedding might have been the better option.

Our wedding ceremony was beautiful, and the church looked spectacular. From there, though, things got a little rocky. Rather than renting a limousine for the two of us, we thought it would be more fun to take the entire wedding party on a well-stocked cruise from the church to the reception hall. When a friend offered his RV for us to use, we thought we had the perfect plan. It was great fun — until the RV broke down on a rural road. We eventually found a friendly farmer who gave us a ride to the reception hall in his farm truck — complete in our wedding dress and tuxedo. He then gave the rest of the wedding party rides as well. Needless to say, the reception was delayed. Fortunately, or maybe unfortunately, the members of the wedding party were well-hydrated.

We had our wedding reception at the Jester Park Lodge, and not the new fancy one that is in the park today. We rented the old building with the giant moose head on the wall, which made for some entertaining photos. Not too many years later, that lodge burned to the ground, and that was probably a good thing.

Through it all, we sang, we danced, we toasted and we had one of the best nights of our lives. It certainly wasn't a storybook wedding, and after reading about the beautiful ceremony featured in this month's issue, it makes me wonder if we should have leaned on Dean and Lois to use their place instead. The scents of an approaching autumn. The sounds of nature. The love of my life. And a beautiful lake view.

Just no moose head or a broken-down RV. Aaaahhh, the memories. Happy 30th anniversary, Jolene! ■



SHANE GOODMAN

President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Andrea Hodapp
Advertising Account Executive
515-883-0523
andrea@iowalivingmagazines.com




IOWA
Living
MAGAZINES




Circulation and readership
audited by Circulation
Verification Council

GET IN ON THE
**MAD
NESS**
WITH THIS GREAT RATE!

4.00% APY*
FOR 24 MONTHS



Brien Scandridge
VP Market Manager
Johnston



Logan Crannell
Loan Officer
Johnston




CHARTER BANK

Chart Your Success With Us!

| | | | |
|--|---|---|--|
| Johnston 5526 NW 86th St. 515-331-2265 | Grimes Corner of Gateway & 1st St. 515-986-2000 | Waukee Downtown Triangle 515-987-1000 | Ankeny 2905 SW Oralabor Rd. 515-446-2265 |
|--|---|---|--|

www.CharterBanker.com

Member FDIC *Annual Percentage Yield, \$10,000 minimum deposit to open up a Certificate of Deposit (CD), penalty for early withdrawal. Rate as of 2/26/25 and subject to change.



A bride and groom are shown in profile, facing each other and kissing. The groom is on the left, wearing a dark suit and a white boutonniere. The bride is on the right, wearing a white wedding dress and a long, sheer veil. They are both smiling and looking at each other. The background is a soft-focus outdoor setting with greenery.

A wedding to remember

**Couple shares how they
made their day special.**

By Ashley Rullestad

Few milestones are as momentous as a wedding. Family and friends often gather from near and far, the preparations may take months, and every detail is given thought. From the wedding attire to the decorations, music and venue, the couple makes countless decisions with one goal in mind: for theirs to be a wedding to remember. This month, one couple shares the scrupulous planning they did so their special day would be exactly as they envisioned. If a wedding is in your future, we hope you find inspiration from their story. Or, perhaps, their journey will spark memories of your own.

Brock and Kristin Helwig
were married Sept. 21, 2024.
Photos courtesy of Jennifer
Weinman Photography

FEATURE

Brock and Kristin Helwig met in the spring of 2021 in Ames at church league softball. Kristin was finishing her masters in biochemistry at Iowa State University at the time.

“From the both of us, and subtle comments from our friends, it was clear we had a connection right away and had our first formal date a few weeks later,” Brock shares. “Once Kristin finished her degree, we moved to the East Village in Des Moines.”

On Thanksgiving day in 2022, during a family trip to Mexico, Brock proposed on the beach. A rainbow appeared after hugs with the family, something that continues to appear in each core moment of the couple’s journey, including their engagement photos, the day they moved into their house, their wedding day and on their honeymoon. After the engagement, they purchased a house in Johnston to establish roots and stay close to family.

They set a date of Sept. 21, 2024, for the wedding and began planning. They knew right away they wouldn’t need a wedding planner. Both Brock and Kristin describe themselves as extreme Type-A people. By not using a planner, it allowed them to build extra relationship skills while saving money. Kristin put together a 42-page master planner, gaining compliments from vendors as she served as the executive wedding planner.

The first decisions they tackled were the locations of the rehearsal dinner, wedding and reception. It didn’t take them long to determine they wanted to be married in the World Food Prize Hall of Laureates in downtown Des Moines.

“This was the first and only venue we toured before selecting. It blew



The bride wore a gown of ivory satin, off the shoulder, trumpet silhouette with a medium train paired with a cathedral veil lined with small pearls. Photos courtesy of Jennifer Weinman Photography



Call Us Today!
515-505-3111
800-657-8033
www.khisolutions.com

Your Health Insurance Experts

HEALTH INSURANCE THAT’S DESIGNED WITH YOU IN MIND.
Wellmark Blue Cross and Blue Shield plans give you different options and networks that allow you to make the best choice for your needs. Call today to learn more!


Lynn
Schrader


Christy
Cline


Tiffany
Nielsen


Nancy
Lawler


Roquel
DeCoster


Hannah
Arneson


Janey
Hecht-Schmou

- Medicare Supplement Plans
- Individual & Family Plans
- Prescription Drug Plans
- Dental & Vision Plans
- Medicare Advantage Plans
- Employer Group Benefits

AUTHORIZED
INDEPENDENT
AGENTS FOR





Scan this code to
view our locations!

Wellmark Blue Cross and Blue Shield of Iowa is an independent licensee of the Blue Cross and Blue Shield Association. W-2320531 08/19



Celebrations & Couture
Bridal & Formal Wear

**Find the
BEST FORMAL ATTIRE
for your special event**

Bridal & Formal Gowns • Tuxedos & Suits for Purchase or Rent
Homecoming & Prom Dresses • Mother’s Dresses & Accessories

Book an Appointment Today!
celebrationscouturedsm.com
304 5th Street, Suite # 101
West Des Moines, IA 50265





Pastor and close friend, Danny Housholder, officiated the wedding. Photos courtesy of Jennifer Weinman Photography

us away with its beauty, both inside the venue and the exterior with the stunning garden and view of the Des Moines River.”

The venue is a tribute to Nobel Peace Prize winner Dr. Norman Borlaug, who is honored for saving more than one billion lives with his innovations in agriculture. Brock and Kristin say they were happy to have the

wedding in this building on the International Day of Peace where they were reminded that a marriage is about service to one another and the community.

“I need to call out Monica Gatrost, who was our venue coordinator and a major blessing to us for our wedding,” Kristin says. “She was with us during the entire 18 months of planning

and has the most generous heart of service. She helped coordinate vendors and ensure the wedding day was executed perfectly.”

It was also an easy choice for the rehearsal dinner — HOQ in the East Village. The choice allowed them to showcase Iowa’s local foods to out-of-town wedding guests, and it was an easy walk from the venue to the restaurant.



A+ LAWN & LANDSCAPE
The Educated Experts

CALL NOW!
515-289-2020



A+ NATURAL LAWN CARE
The Educated Experts
“Our Organic Program!”



Scan to get a quote now!
or go to qrco.de/aplusquote

FREE 1st LAWN APPLICATION
Call for details!
New Customers Only. With full season program. Up to 20,000 sq ft. Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/24.



We come to YOU!

\$7 OFF mobile mower service



SHARP-LUBE
We Go Where You Mow

Push Mower - Regular Price \$99.95
Tune Up • Oil Change • Blades Sharpened • All brands • No trip charges. Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/24



Brock and Kristin Helwig chose the World Food Prize Hall of Laureates as their wedding venue. Photos courtesy of Jennifer Weinman Photography

After that, it was time to think about the décor. The couple wanted to showcase the beauty of the venue and aimed to have décor that was understated and elegant. For the ivory floral and simple greenery, they chose Hy-Vee North Ankeny.

Additional decor was a labor of love from Kristin as she created table numbers and stationery. Together, the couple crafted handwritten cards for each guest as an appreciation for their love and the role they have played in their lives. To set a mood of warmth and comfort, every table had ivory pillar candles as the centerpiece.

“The floral and decor were selected with intentionality to honor the elegance and history of the venue and with the guests in mind for them to feel welcomed and appreciated.”

For catering, they also used Hy-Vee North Ankeny. Dinner and desserts were chosen with care with the help of caterer Jimmie Sanders.

Ryan Williamson from Rhum Productions was the DJ and leader for music and entertainment for the evening.

“I can’t say enough good things about Ryan. He handled audio for both ceremony and reception, including providing all the audio set up for a special music offering during the ceremony where Brock’s brother played the piano and his mom sang,” Kristin says. “He created a lively intro to dinner and kept people on the dance floor through the end of the evening. Ryan also coordinated our photobooth (Mirror Me photobooth), which was a major hit for all the guests.”

Kristin describes herself as a mix of elegant and bubbly, so she wanted her wedding attire to reflect that. She used Schaffer’s Bridal to choose both a ceremony and reception dress to show off both aspects of her personality.

The ceremony dress was simple ivory satin, off the shoulder, trumpet silhouette with a medium train paired with a cathedral veil lined with small pearls.

“I was in love with it the moment I put it on and knew it represented both my styles and paired perfectly with our venue,” she says. “My reception dress was an ivory satin mini dress embellished with pearls paired with a pearl headband. This change allowed me to share my fun, feminine style and comfortably dance the night away.”

Brock used Skeffington’s in Ankeny for his formal black tuxedo with satin lapels and a bowtie. For him, it was more about looking polished and confident but also understated — he wanted to complement his bride but for her to be the focal point that day.

Of course, the day was peppered with special and meaningful choices throughout. Their pastor and close friend, Danny Housholder, officiated the wedding, which was incredibly special to them both given he was there the day they met and involved in their lives during their entire relationship.

Every member of the family had a role and opportunity to uniquely share their love in different ways on the big day. Highlights were the bride’s mother sharing a blessing of the hands during the ceremony, the groom’s



The floral and decor were selected with intentionality to honor the elegance and history of the wedding venue. Photos courtesy of Jennifer Weinman Photography

brother playing the piano while his mom sang “The Blessing” by Elevation Worship, and the groom’s mother offering a special prayer over the couple and before the meal. The bride’s brother also blessed and wrote prayers in their vow books, and many others gave toasts and speeches.

Kristin and Brock wanted to make their guests know how loved they are. They took the time to write a heartfelt message to every guest and enjoyed time with everyone throughout the evening.

“Our friends and family flew in from all over the U.S. and Canada to be a part of the day. In total, we felt very present with each other, allowing us to soak in the beauty of our unity on this day, and we felt incredibly loved by every single person there.” ■



Upside

Get an extra 25¢/gal cash back

The free Upside app earns you real cash back, even on debit purchases.



Get the app and use code **print46**.



Offers vary by user and location. Terms and conditions apply. Go to Upside.com for details.

EDUCATION

By Lindsey Giardino

DRAGON Scholarship Fund makes impact

Supporting students who need it most

The Johnston Dragon Scholarship Fund is holding its biggest annual fundraiser: an online auction. Running from March 2-8, this event is a critical source of funding for senior scholarships. This year's auction features 150 packages valued at more than \$35,000 and can be accessed at dragonsf.org/auction-1.



Every dollar raised goes directly toward scholarships, providing deserving students with meaningful financial support for their future.

As a key advocate for the Dragon Scholarship Fund, Lynnette Hillabolt is passionate about making higher education more accessible for Johnston students.

Unlike many scholarships that focus on top athletes, musicians or club leaders, the Dragon Scholarship Fund ensures that every student who completes the required steps receives support.

"Many of our recipients are students who don't typically receive scholarships because they aren't involved in activities; instead, they're working multiple jobs and helping support their families," Hillabolt explains. "Giving these hardworking students a financial boost is what truly excites me."

One moment that solidified the importance of the scholarships came after last year's Senior Night. A recipient approached Hillabolt to express her gratitude, sharing that the Dragon Scholarship Fund award was the only scholarship she received.

"But it meant the world to her — not just for the financial help, but because it showed her that people believe in her and want her to succeed," Hillabolt says. "Moments like that are why I do this."

Fundraising for a nonprofit is never easy, and, in Johnston, the challenge is even greater. With numerous school activities and clubs seeking support from the same pool of local businesses and donors, standing out requires creativity and persistence.

"Parents are incredibly passionate about funding their kids' activities, but there's often less enthusiasm for broader initiatives that help all students, particularly those who face financial barriers to participating in clubs or activities," Hillabolt explains.

Over the years, the Dragon Scholarship Fund has had to adapt, making difficult decisions such as discontinuing its golf outing fundraiser due to an oversaturation of similar events. That's where this year's online auction comes in.

"We're always looking for new ways to engage donors and grow our impact," Hillabolt says.

With her own children now in high school and college, Hillabolt has embraced her ability to give back in even more ways. Whether it's volunteering at Showzam — despite not having a child in Show Choir — or stepping up wherever she's needed, she finds joy in staying involved.

"Supporting our schools and community has always been important to me, and I love being able to give back in different ways," she says.

For Hillabolt, it's her belief in paying it forward that keeps her going. "My hope is that it inspires others to do the same," she says. ■

Celebrate St. Patrick's Day
With A Couple of Our Favorites

Irish Coffee

- 1 part Baileys Irish cream
- 1 part Jameson Irish Whiskey
- 3 parts coffee
- Top with Whipped Cream

Jameson, Ginger Ale & Lime

- 1 part Jameson Irish Whiskey
- 3 parts ginger ale
- 1 wedge of lime

LIQUOR LAND

Beers - Wine - Spirits - Vapes

STOCK UP HERE!

WE DELIVER ON UBER EATS & DOORDASH

4995 Merle Hay Rd Unit B, Des Moines
www.liquorlandia.com • 515-984-2337
 Sun-Thu 10am-11pm • Fri & Sat 10am-2am

Anything You Can Imagine.



Let's make it happen!

bankiowa.bank/letsmakeithappen



Bank Iowa.

www.bankiowa.bank | Member FDIC

Johnston

(515) 727-4484

West Des Moines

(515) 225-0710

Altoona

(515) 967-7283



SAVORY pork chili fresh from the slow cooker

(Family Features) If you're hunting for a cool-weather warmup or just need a break from the kitchen, the slow cooker is a perfect tool to make dinner a breeze. This Barbecue Chili recipe from "Cookin' Savvy" offers a hearty meal that serves a crowd. Visit Culinary.net to find more family-friendly dinner inspiration and step-by-step recipe videos. ■

Barbecue chili

Recipe courtesy of "Cookin' Savvy"
Servings: 8-10

- 1 pork loin (2-3 pounds)
- 1 can (10 ounces) diced tomatoes and green chilies
- 2 cups barbecue sauce, divided
- 1 cup water
- 1 can (29 ounces) tomato sauce
- 2 cans (27 ounces each) chili beans
- 1 package chili seasoning
- 1 tablespoon barbecue seasoning
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- salt, to taste
- pepper, to taste
- sour cream, for serving
- shredded cheddar cheese, for serving
- corn chips, for serving

Directions

- Place pork loin in slow cooker. Cover with diced tomatoes and green chilies, 1 cup barbecue sauce and water; cook on low 4-6 hours.
- Cut up cooked meat and place in Dutch oven along with juices from slow cooker. Add remaining barbecue sauce, tomato sauce, chili beans, chili seasoning, barbecue seasoning, onion powder and garlic powder. Season with salt and pepper, to taste.
- Cook over medium heat 20 minutes, stirring occasionally.
- Serve with sour cream, shredded cheese and corn chips.
- Tip: Add can of beans if serving bigger crowd.



GEICO Local Office

CALL. SWITCH. SAVE.

Yes, it's that easy!



Justin Krogman

515-318-6307

5525 Merle Hay Rd #185

Contact us today!



Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. Boat and PWC coverages are underwritten by GEICO Marine Insurance Company. Homeowners, renters, and condo coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, LLC. Motorcycle and ATV coverages are underwritten by GEICO Indemnity Company. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko® image © 1999-2024. © 2024 GEICO. 21_662671044

AN ACT of pure kindness

Johnston family working to ensure locals have necessities



PureKindness Foundation is a nonprofit founded by two youngsters from Johnston whose mission is simple: to help.

Millie and Krish Sethi have been collecting, packing and delivering first aid kits to families in need across central Iowa to ensure that people have the essentials in case of an emergency.

In just one year, the brother and sister team have distributed more than 700 first aid kits to families across the Des Moines area, Ames, Iowa City and Marshalltown.

Each kit includes items such as assorted bandages, antiseptics, gauze, gloves, and icepacks. After packing, the kits are delivered to those who need them most.

With the help of their mother and foundation director, Ramandeep Kaur; and their father, Amit Sethi; Millie, 17, and Krish, 11, are making a difference, one day at a time.

“No questions are asked,” Kaur says. “We give to those who are in need.”

Their efforts are strengthened through partnerships with organizations such as Child, Adolescent, and Parent Support (CAPS); Des Moines Refugee Support; IC Compassion; International Rescue Committee (IRC); Johnston Partnership; Lutheran Services in Iowa; MATTER; and West Des Moines Human Services. The foundation sources its supplies from local businesses, community donations and charitable partners.

The kits are available at the aforementioned sites, as well as local food pantries.

It’s been a labor of love inside their home, Kaur says. A corner of the residence is devoted



Millie and Krish Sethi have been collecting, packing, and delivering first aid kits to families in need.

to storing, packing and organizing items. It can be a lot, but it’s an effort worth doing, and the lessons learned have been many.

“First is the teamwork,” Kaur says. “They have to work together. Another is communication. At first, we guided them in talking with the sponsors, but now they are talking to them on their own. They’ve become more open and confident just talking about what they are doing. They know they’re doing something good in the community. They’re excited. They’ve done things like clothes drives in the past, but I think this is something that keeps them motivated.”

Kaur says that PureKindness Foundation is eager to expand its reach to more communities. They rely on community support to continue their mission.

“If we get good donations, we can continue to make this work,” Kaur says. “The kids have some ideas to continue to grow.”

Those interested can help by contributing a monetary donation to support their efforts or via Amazon Wish List to order supplies to ensure they receive exactly what’s needed.



For more information or to get involved, visit Instagram (@purekindnessfoundation) or Facebook (www.facebook.com/purekindnessfoundation). ■

WHAT to know about 're-grief'

When children have someone significant in their life die, it can be difficult to know how to best support them. It's natural to want to "fix it," but this is one of those things we cannot fix.

Children will continue to grieve as their development and understanding of the world changes. When the death occurs, the child understands only as fully as their cognitive development allows. As they age, and their development changes, their understanding changes, too. They may have new questions or wonderings and may express their grief in new ways. This is called "re-grief" and can sometimes catch their adults off guard.

While our fundamental understanding of death may not change after adulthood, our understanding and experience of grief can change over time, too. Whenever a new life milestone occurs (i.e., we get married), we understand the world in a different way (as a newly married person). This can also have an impact on our grief. Remember, there is no time limit on grief.

How to help? 1. Listen, compassionately. "It makes sense you feel that way. Do you want to tell me more about it?" 2. Answer questions honestly — and repeatedly if asked — in consistent, developmentally appropriate ways. 3. Encourage creative and physical activities (that they enjoy) to get feelings out of their bodies. 4. Encourage sharing memories and, if you knew their person, share memories you have. They may learn something new about them, and what a gift that is. ■



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

TAKE a break at the library this March

Spring is in the air and at the library. If you're looking for something fun to do during spring break, check out our events.

Trying to shake off the winter blues? Then come to the

Swiftie Sing & Shake It Off

event on Thursday, March 20 from 3-4 p.m. We'll make friendship bracelets and sing and shake to our favorite Taylor Swift songs. This program is intended for kids ages 8-12, but all ages are welcome.

Catch all the Pokémon and get a bingo. Kids in preschool to fifth grade have a chance to win Pokémon cards and other cool stuff while learning fun facts about their favorite characters at **Pokémon Bingo** on Friday, March 21. There are two sessions of bingo: one at 11 a.m. and one at 12:30 p.m. Registration is required, and children under 8 must be accompanied by an adult.

If you have expert (or not-so-expert) Mario Kart drivers in your house, the **Teen Mario Kart Tournament: Spring Break Edition** may be right up their alley. Drivers in sixth grade and up can race, dodge and maneuver their way to a first-place finish on Monday and Wednesday, March 17 and 19, from 4-5 p.m. and Tuesday, March 18, from 6-7 p.m.

Calling all tributes. If you're a fan of "The Hunger Games" series, then join us for one or all of our Hunger Games events. On Saturday, March 15, you can test your escape room skills by overcoming challenges, securing resources and attempting to make it out alive at our **Escape the Hunger Games: Family Edition**. There are five escape room sessions beginning at 10 a.m. Registration is required for your district team.

Get ready for the release of the newest book in the "Hunger Games" saga, "Sunrise on the Reaping," at our **Hunger Games Movie & Crafting Marathon**. From March 17-19, kids in sixth grade and up can join us in the Teen Space to watch the original movie series, make Panem-inspired crafts, and enjoy Hunger Games-themed snacks and drinks. Check our website or call the library to find out the daily movie and craft schedule. Registration is encouraged so our district can stock up on supplies.

Do you know which district has had the most Hunger Game winners? Test your knowledge of The Hunger Games universe at our after-hours **Hunger Games: Trivia** event on Saturday, March 22 at 6 p.m. Register solo or bring up to three of your district friends to answer questions from both the books and movies. May the odds be ever in your favor.

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. ■

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.

PLAN AHEAD FOR
PEACE of MIND

Plan & Protect before the need arises.

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

Contact Hamilton's to start your plan.
www.HamiltonsFuneralHome.com 515-243-5221

HAMILTON'S
FUNERAL & AFTER LIFE SERVICES

6 Area Locations • Funerals • Cremation • Advanced Planning
Academy of Grief & Loss • Pet Services • Memorial Gift Shop

HOW ABOUT a Roth IRA?

As a financial advisor for over 20 years, there are many questions that we get from our clients about retirement, about saving, and about insurance. One of the most common questions that I receive pertains to whether a Roth IRA is a good choice as an investment and how can it be used to improve a retirement income platform. Here are five reasons we share with our clients.



- **Access.** A Roth IRA gives you the ability to access your contributions without incurring any type of penalty or income tax. You have already paid tax on those contributions, so pulling them back out, without accessing your gains, will allow you to utilize the benefit of its value immediately, regardless of your age.

- **Tax-free growth.** The Roth IRA is one of few investments that allows you the opportunity to grow your money without having to pay tax on gains. That means you don't pay any taxes along the way and will not have to pay additional tax in the future when you seek to take a withdrawal. As long as you follow the rules, like waiting five years from when you established the account and being over the age of 59 ½ before you pull money out, you will have access to 100% of the value without owing any additional money to "Uncle Sam."

- **Use for college.** The Roth IRA gives you money that can be used for college and for retirement. We tell people all the time, you can borrow money to go to college, but you cannot borrow money to retire. So, using a Roth IRA gives you some flexibility to be able to pull money out to send "Junior" to college without the burden of a long-term financial aid obligation. Your contributions are accessible without penalty. Your growth or interest will avoid a 10% penalty, but you will have to pay tax on that gain.

- **No Required Minimum Distributions (RMDs).** As of December 2022, under the SECURE Act 2.0, RMD age was increased to age 73 and 75 for withdrawals on any IRA or 401K. The Roth IRA has no requirements to draw money out at any particular age. So, you can allow this to grow all the way through your date of death. This will open up many opportunities for your legacy planning and for your golden years' income planning.

- **No tax consequences at your passing.** With taxes and inheritance being a big concern for many, securing a tax advantaged investment to pass on to the kids and grandkids is always important. The Roth IRA transfers, by beneficiary, to the next generation without income taxes needing to be paid. Your beneficiary will be subject to a 10-year RMD schedule if it is reinvested in an inherited-Roth IRA, but it will still never be subject to a 10% penalty or income taxation.

There are many savings vehicles available to everyone. A Roth IRA may be a great fit for you. ■

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.

Want to become a more tax-efficient investor?

Contact your financial advisor today to learn how the right investment strategy could help reduce your future tax liability.



Tim Hanstad, AAMS[®]
Financial Advisor
5525 Merle Hay Rd., Suite 260
Johnston, IA 50131
515-278-2525



SUBSCRIBE TO THE LIVING MAGAZINES EMAIL TODAY!



Sign up for one community or all 14 to stay up-to-date on local news.

SIGN UP FOR FREE!
WWW.IOWALIVINGMAGAZINES.COM

Join Us!
for a Social Security, Medicare, & Retirement Seminar.

March 20th and 25th at 6:00pm
Graham Conference Center
812 University St. Pella, IA

CALL OUR OFFICE TO REGISTER!



RUNDAHL
FINANCIAL CONSULTANTS

Dan Rundahl
8230 Hickman Rd, Suite 300 Clive, IA 50325
Cell: 641-512-8597
Office: 515-355-3892
drundahl@rundahlfinancial.com

Securities and Advisory Services offered through CreativeOne Securities, LLC Member FINRA/SIPC and an Investment Advisor. LLP Financial Services and CreativeOne Securities, LLC are not affiliated.

WWW.RUNDAHLFINANCIALCONSULTANTS.COM

RECIPE

A LOADED casserole that's quick and comforting

(Family Features) It's tough to beat an easy dinner that's equal parts comforting, convenient and delicious. This loaded hamburger potato casserole is no exception. Just brown ground beef then mix in a casserole dish with potatoes, bacon, cheese and more before baking for an hour. Find more casserole recipes and beyond at Culinary.net. ■

Loaded hamburger potato casserole

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6

- 1 pound ground hamburger
- 1 tablespoon garlic powder
- 1 bag (1 1/2 pounds) tri-colored baby potatoes
- 1 can (10 ounces) cream of mushroom soup
- 1/2 cup sour cream
- 1/4 cup milk
- 1/2 cup fried onions (optional)
- 1 cup shredded cheddar cheese
- 2 1/2 ounces bacon pieces
- salt, to taste
- pepper, to taste
- chives or green onions, for topping

Directions

- Heat oven to 375 F.
- In skillet over medium heat, brown ground beef with garlic powder; drain and set aside.
- Cut potatoes into small pieces. In casserole dish, mix beef; potatoes; soup; sour cream; milk; fried onions, if desired; cheese; and bacon pieces. Season with salt and pepper, to taste. Bake, covered, 50 minutes then uncover and bake 10 minutes.
- Top with chives or green onions.



Part-time work. Consistent pay.

We are seeking delivery drivers!

*Want to get out of the house? Get some exercise?
Make some extra cash? If you like driving and
know your way around town, this may be the
perfect fit for you.*

- Compensated weekly on a per-stop basis
- Must provide proof of insurance, valid driver's license and a reliable vehicle
- Driver must be able to lift 20 pounds to waist height
- Must be able to communicate clearly, be honest and dependable.

Scan to learn more!



Contact Mike Chiston at mike@dmcityview.com or
515-953-4822 x304 for more information.





 **brio**
OF JOHNSTON
A WESLEYLIFE COMMUNITY

Quick!

Come tour and choose!



Brio's brand-new Neighborhood 19 townhomes are nearly all reserved with residents moving in. Choose from the remaining two floor plans and you can look forward to a beautiful Brio future. Both floor plans offer you:

- Zero-step owner's entry from the garage, featuring countertop, cabinets and a beverage fridge
- Flex room for a personal office with built-in desktop and upper cabinets
- Kitchen island with chair-height seating
- Plentiful windows, including transom, plus, 9-ft ceilings throughout, 11-ft ceiling in family room, and 8-ft-tall doors
- Covered patio
- Tiled walk-in shower in owner's suite
- Main-level laundry
- Walk-in closet with wooden shelving in owner's suite
- Gas fireplace
- 1,500-sq-ft. finished basement area with a rec room, wet bar, mini fridge, additional bedroom, large windows and egress wells – plus, unfinished storage space
- Dedicated HVAC and black-out shades in owner's suite
- Maintenance-free living
- Life-enriching amenities and services
- Access to Brio's other levels of living

To schedule your personal tour of the two remaining floor plans, call Maria at (515) 252-5380.

Independent Living • Assisted Living • Memory Support • Short-Term Rehabilitation • Long-Term Nursing Care

6901 Peckham Street | Johnston, IA 50131 | (515) 252-5380 | wesleylife.org/living-options/brio-of-johnston

This institution is an equal opportunity provider and employer.



BUSINESSES GET RESULTS

when they
advertise in

JOHNSTON
Living
MAGAZINE

iowalivingmagazines.com

Johnston Living magazine is the most read publication in the area. Our readers are your potential customers.

80%

of households say they read Johnston Living magazine.

67%

of readers say they purchase products and services seen in Johnston Living magazine.

63%

of readers visit the advertiser's website after viewing an advertisement.

CALL ME TODAY!

I would love to help
grow your business.

**ANDREA
HODAPP**

Advertising Account Executive

andrea@iowalivingmagazines.com

Cell: 515-883-0523



HISTORY of Johnston's Heard Gardens

The new LifeServe Blood Center facility at the corner of Merle Hay Road and Johnston Drive replaced what had been an empty corner for many years. However, it once was the location of one of Johnston's largest businesses: Heard Gardens.

Clyde Heard and his wife, Eunice, founded Heard Landscape Services in 1928. Clyde, known for the motto "The right plant in the right place," first ran the nursery and landscaping business from his home on Hickman Road in Des Moines, where he sold bare-root trees and shrubs. His specialties were flowering crabapples and lilacs. After developing a portfolio of landscape projects, including the Iowa State Capitol grounds, Clyde moved the business to Beaver Avenue so it could spread its roots on 5 acres of land.

Clyde's son, Bill Heard, returned to Des Moines in 1939 from the University of Nebraska to work for the family business. Bill later took over the business and purchased 14 acres of land on Merle Hay Road in Johnston, where he moved the nursery in 1956. Heard Gardens was on the north side of what is now Johnston Drive, east of Merle Hay Road.

Bill and his wife, Kay, lived in a house on the property. Bill was active in the Men's Garden Club of America and served as president of the National Landscape Association. He also served as a landscape advisor for the White House grounds under four U.S. presidents. He created and registered the Clyde Heard Lilac and the Green Columnar Maple tree.

Many of his horticulture books and pictures are now in the Johnston (Station) Historical Society archives.

Bob Rennebohm and his wife, MaryAnne, purchased Heard Gardens Ltd. in 1991. Over the next 16 years, the couple preserved the company's reputation as Des Moines' premier landscape architectural design firm. Heard Gardens was known for having the largest selection of unique and high-quality plant material and won many local and national landscape design awards. Heard Gardens was also recognized in *The New York Times*, *Midwest Living*, *Fine Gardening*, *Martha Stewart Living*, and *Landscape Architecture*.

In addition to Heard Gardens, several other nurseries operated in Johnston, causing the Chamber of Commerce to call its annual summer festival "Green Days."

In 2001, Heard Gardens moved to West Des Moines, when Wright Service Corp. purchased Heard Gardens and merged its landscaping business and Wright Tree Care's residential tree care business to form Wright Outdoor Solutions.

This information is taken from the records at the Johnston Historical Society 1902 Simpson House Museum. The Johnston Historical Society is a 501 (c)(3) nonprofit dedicated to discovering, preserving



Heard Gardens staff in 1977.



Bill Heard created and registered the Clyde Heard Lilac.

and presenting the history of the Johnston area. Founded in 1994, JHS maintains the 1902 Simpson House Museum at 6161 Northglenn Drive in Johnston. That museum is open for selected community events and by appointment. Please consider supporting the society by becoming a member, a volunteer, a benefactor or making a donation of historical items. ■



CONTACT US! CITY HALL

6221 Merle Hay Road
PO Box 410
Johnston, IA 50131
Phone: (515) 278-2344
Fax: (515) 278-2033

MAYOR
Paula Dierenfeld
(515) 490-8023
PaulaSDierenfeld@gmail.com

CITY COUNCIL
Bryan Burkhardt
(515) 554-9095
bburkhardt@cityofjohnston.com

Tom Cope
(515) 975-4590
tomwcope@msn.com

Jim Evans
jim4johnston@gmail.com

Rhonda Martin
(515) 326-2675
rhondamartiniowanative@gmail.com

Suresh Reddy
(515) 201-6236
sreddy@cityofjohnston.com

JOHNSTON PUBLIC LIBRARY
6700 Merle Hay Road
(515) 278-5233

JOHNSTON POLICE & FIRE
6373 Merle Hay Road
(515) 278-2345 (24 hours)
Emergency: 9-1-1

JOHNSTON PUBLIC WORKS
6400 NW Beaver Drive
(515) 278-0822
FAX: (515) 727-8092

JOHNSTON PARKS DEPARTMENT
6300 Pioneer Parkway
(515) 727-8091
FAX: (515) 727-8092

**CROWN POINT
COMMUNITY CENTER AND
SENIOR DINING CENTER**
6300 Pioneer Parkway
(515) 251-3707

Download the City of Johnston App

Did you know that the City of Johnston has its own mobile app? You can download it from either the Google Play Store or the Apple App Store. This application offers a variety of features, such as viewing the calendar of events, signing up for alerts, checking the latest news and finding contact information with ease.



Weather Awareness Week, March 24-28

Please join us as we participate in the Iowa Statewide Tornado Drill on Wednesday, March 26. The test will occur at 10 a.m. The Johnston Outdoor Warning Sirens will sound during this drill. As you practice preparedness, be sure the following are part of your plan.

- Monday, March 24:** Lightning Safety
- Tuesday, March 25:** Tornado Safety
- Wednesday, March 26:** Preparedness
- Thursday, March 27:** Rain and Wind Safety
- Friday, March 28:** Flood Safety



Volunteer for Kites on the Green on May 3

The annual Kites on the Green festival will take place on Saturday, May 3, from 10 a.m. to 5 p.m. at Johnston Commons. This green space is located near the Johnston Public Library.

This event provides an opportunity for families to come together and fly kites while maintaining social distancing protocols. The weather is expected to be beautiful.

Volunteers are needed for several shifts on May 3. The volunteers may need to help children and families build kits, assist in special activities, or help with cleanup. To volunteer, please visit www.cityofjohnston.com/KOTGVolunteer.



Sign up for alerts and press releases

Sign up for emergency alerts and receive press releases directly as they are issued to media outlets. You can receive these notifications via email or text by visiting www.cityofjohnston.com/JohnstonReady.

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



CITY NEWSLETTER MARCH 2025

Learn about Parks & Recreation activities

You can now register online at johnston.recdesk.com for all Parks & Recreation programming, activities, facility rentals, and events! Need help learning the software? Call us at 515-727-8091 to sign up for one of our free 'Learn to Register' Online sessions in the Saylorville Training Room at City Hall. Please bring your laptop, tablet, iPad, or smartphone to get the most out of this class. *(Capacity: Minimum 1/Maximum 15)*

RecDesk Software Training

- Tuesday, March 11 – 2:00 to 3:00 p.m.
- Monday, March 17 – 2:00 to 3:00 p.m.
- Thursday, March 20 – 10:00 to 11:00 a.m.

Senior (55+) activities to enjoy

We will play board games and cards together and then have a meal that can't be beat. Online registration is preferred, but if you'd like to pay in person, stop into City Hall and ask for a Parks & Recreation Staff Member to assist you. *(Capacity: Minimum 15/Maximum 70)*

- **Thursday, April 17** | 3:00 to 6:00 p.m. | Saylorville Training Room at City Hall | \$10/person | Registration closes on Thursday, April 10 at 5:00 p.m.



Farmers Market on Tuesdays

The Johnston Farmers Market will take place every Tuesday from June 3 through September 30. It will be held just south of City Hall, operating from 4:00 to 7:00 p.m. If you would like to participate as a vendor or performer this year, please visit www.cityofjohnston.com/FarmersMarket. You can create an account on RecDesk at johnston.recdesk.com. After setting up your profile, you can apply online. Vendor applications will close on Wednesday, April 30.



Spring Cleanup is April 7/9 and Tree Branch/Tire Drop-off is April 10-12

The Spring Cleanup Event allows residents to dispose of large household items on their regular trash collection day at no additional charge. All smaller items must be placed in bags or boxes.

The average Johnston household pays around \$6 per year (included in your monthly utility bill) for this Spring Cleanup Event, so take advantage of it! If you live in an apartment, condo, or townhome with private trash collection, you may not be a part of the Spring Cleanup Event. Please contact your association or management to find out. To learn what is accepted and what is not, visit www.cityofjohnston.com/spring.

Johnston residents can also drop off branches, limbs and passenger vehicle tires at the Public Works Facility, located at 6400 NW Beaver Drive, at no cost between April 10-12. The hours vary by day. Visit www.cityofjohnston.com/1264 for more information on the days and times.



For more information about the city, please call 515.278.2344

WE'RE GROWING!

Iowa Living magazines are currently seeking an

ADVERTISING ACCOUNT EXECUTIVE

Frustrated in your current advertising, sales, communications or customer service position?

Want to work in the community you live in?

Tired of not getting paid what you are worth?

Depressed by the lack of growth in your company?

Then you should consider a career change.



Our massive audited readership drives results for our advertising customers. We have grown immensely over the last 18 years, and we are just getting started. Our award-winning publications are household names and are respected by readers and advertisers throughout central Iowa.

We are currently seeking a motivated Advertising Account Executive to join our team in the Altoona and Bondurant communities, plus an expansion!

We offer unlimited earnings potential, paid vacation and sick time, an expense account, health and dental insurance, a retirement savings plan, family-owned work environment and much more.

If you enjoy a fast-paced working environment and have proven organizational, planning and networking skills, then you can succeed here. We will teach you the rest.



Contact me today for a confidential meeting to learn more about your next career. You will be glad you made the call. I guarantee it.

Jolene Goodman
Vice President
515-953-4822 ext. 319
jolene@iowalivingmagazines.com



WWW.IOWALIVINGMAGAZINES.COM

NEWS BRIEF

TECKLENBURG named coach of the year



Johnston boys head wrestling coach Aaron Tecklenburg was named the 2024-25 Class 3A Coach of the Year by the Iowa Wrestling and Coaches Officials Association (IWCOA).

PICTURE PERFECT, NOW

WAIT UNTIL YOU TASTE IT

GET 8 FREE BURGERS
A \$22 value!



Butcher's Classic Pack **SAVE 57%**

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 PureGround® Filet Mignon Burgers (6 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)

8 FREE Omaha Steaks Burgers (4 oz.)

78237XDS separately \$300.99
SPECIAL INTRODUCTORY PRICE \$129.99

Scan Now To Order



ORDER NOW!

OmahaSteaks.com/ClassicPack7199 | 1.833.897.4133
Ask for your FREE burgers with offer 78237XDS

Savings shown over aggregated single item base price. 8 free 4 oz. burgers will be sent to each shipping address that includes 78237. Limit 2. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use. Expires 12/31/25. 24M7165 | Omaha Steaks, LLC

I AM *uniquely* HER 2025

APRIL 15 • MAIN BUILDING AT CORTEVA

INTRODUCING OUR KEYNOTE SPEAKER:



LISA BEHREND

Women often prioritize others over themselves amid life's demands. What if self-care was a necessity? This keynote redefines self-care, promotes joy, and celebrates you.

Members of Johnston & Grimes: \$35 | Non-Members: \$45



Register for a full day of
networking, local speakers & FUN!

Hosted by Corteva. Networking, Lunch, Breakouts, Social Hour sponsored by The CORK.

2025 JOHNSTON CHAMBER EDUCATOR APPRECIATION EVENT

MAY 7, 2025

at the Freedom Center at Camp Dodge



If you would like to donate
to this fun annual event,
please scan the QR code.

NEW AND FUN CHANGES HAPPENING

to our 2025 Johnston Chamber Green Days!



JUNE 19-21

NEW: Kick off 2025
Green Days with
the *Parade on
Thursday, June 19*
at 6 pm!

For the latest schedule
of events, visit
johnstongreendays.org or on
Facebook at [facebook.com/
johnstongreendays](https://facebook.com/johnstongreendays).



Check out our new sponsorships
available for Johnston Green Days!



Encourage, engage, and advocate for our members - resulting in a vibrant community.

FOR MORE INFORMATION

www.johnstonchamber.com

515-276-9064

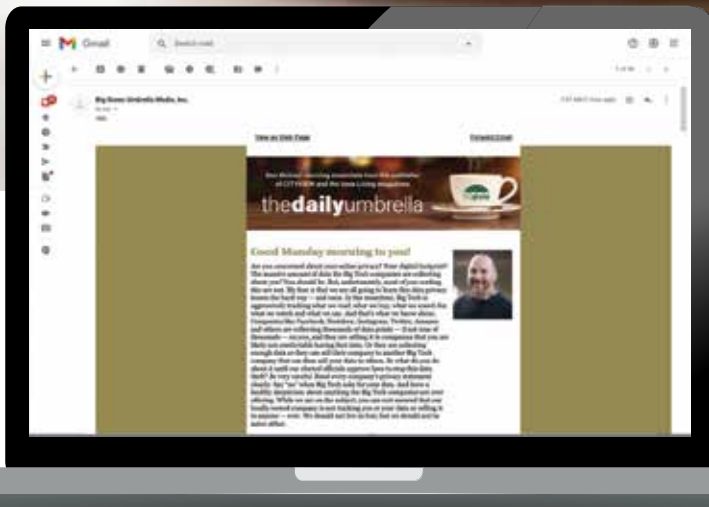
or email Samantha at

samantha@johnstonchamber.com

Start your morning off right
with an update from

the **daily** umbrella

Brief updates on local news,
weather, events, career
opportunities and the
morning chuckle — for free!



Delivered Mondays through Fridays
to your inbox for FREE!

SCAN HERE

or subscribe at dmcityview.com



This free service is brought to you by the publisher
of CITYVIEW and the Iowa Living magazines.

DIVE into spring cleaning with these tips

Now that we have gotten through the winter season, it is time for spring. And what better time to spring clean. Embrace spring by giving your home a thorough spring cleaning and touch up the exterior. Here is a guide that may help you tackle the cleaning and organizing with ease and efficiency.



Make a list. It feels less stressful when you have a list that you can check off as you go through your spring clean. Write down every space you want to work on and what you may need for organizational purposes. This will help you stay focused and accomplished.

Declutter. Start room by room and make your piles for keeping, tossing and donating. Be determined to declutter. If you haven't worn an article of clothing for over a year, it may be time to donate it to someone who can use it. Once you have gone through your personal belongings, storage bins, shelves and hooks will help keep everything in its place. Having it organized may help reduce stress and anxiety.

Deep clean. Once you have things scaled down and organized, you can work on the deep clean of each room. The kitchen may be the most daunting, as you need to clean out all appliances, countertops, pantry and sink. But take one room at a time, and, by the time you are done, it will feel so good.

Cleaning windows and mirrors. Time for the sunshine to come in, and you can help it look better by keeping the windows clean. Be sure to get those window sills/sliders and tracks, too, as they gather so much dirt during the winter. Hire out the exterior clean if you need to, but it is good to have both sides cleaned at the same time.

Exterior clean. With the nicer weather, you can focus on the curb appeal of your home. Cleaning the exterior is essential for both attraction and protecting it from the elements. A clean exterior not only enhances the beauty of your property but also prolongs the lifespan.

Clean up the clutter, leaves, branches and anything else that may get in the way of taking care of your yard and spaces. Pressure wash your home, driveway, garage floor and its surroundings, and be sure not to forget about the doors. Once all that is done, you are ready to work on your landscaping, gardening and other outdoor areas.

Your home is now ready for entertaining with a welcoming atmosphere for your friends and family.

Mark your calendar for the spring cleaning up dates. Johnston is April 7-10. See the city website for more information. If you are in the Urbandale city limits, yours is April 14-17. ■

Information provided by Joleen Roskamp, ABR, MRP, SFR, SRES, RE/MAX Precision, 8705 Chambery Blvd., Johnston, 515-505-4769, www.liveloveiowa.com. Licensed in the State of Iowa.

Don't Rely on
LUCK 
To Find Your Dream Home!



LET US MAKE THE PROCESS EASY!



**RE/MAX
PRECISION**

LOCALLY OWNED AND OPERATED

515-223-9492

8705 Chambery Blvd, Johnston

www.precisiondsm.com

PALLIATIVE care: An option for someone you love?

Q. My husband's doctor suggested we look into palliative care. This is not a term that's familiar to me. My husband lives with a chronic health condition. Thankfully, the illness is not immediately life-threatening, but my husband's quality of life isn't what we'd like it to be. What can palliative care do for him?



A. I'm sorry to hear about your spouse's health condition, but it's great that you're exploring palliative care — a specialized form of care focused on providing relief from the symptoms, pain and stress of a serious illness, rather than trying to cure the illness itself. It's aimed at improving the quality of life for both the person living with illness and their family.

Here's what you should know about palliative care.

- It's available to anyone with a serious

or chronic health condition, regardless of their prognosis. The goal is to alleviate suffering and improve comfort by managing physical symptoms, but it also addresses emotional, social and spiritual needs.

- **Palliative care typically includes a variety of specialists**, such as physicians, nurses, social workers, chaplains and therapists. They will all work together to create a care plan that's tailored to your spouse's needs.

- **It's focused on managing pain, fatigue, nausea, breathing difficulties, and any other symptoms of illness.** If your spouse is dealing with discomfort related to their chronic condition, palliative care can significantly help decrease that.

- **It also supports loved ones.** Assistance offered with palliative care can include counseling, caregiver support and education, and help navigating health care systems and decisions.

- **Palliative care doesn't replace other**

treatments for your spouse's condition. It can be given alongside curative treatments, helping to manage the side effects or helping cope with difficult symptoms during treatments like chemotherapy or dialysis.

- **It's offered in various settings.** If receiving care at home is preferable to you and your husband, make sure you find a provider that offers home-based palliative care. The overall aim will be to provide your spouse with enhanced quality of life while managing the challenges presented by his condition. The care is highly personalized, and most families report that palliative care enhances comfort and helps everyone navigate the health care journey more smoothly. Best wishes to you both. ■

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.



WesleyLife at Home *Palliative Care*

We bring you comfort.

As part of our growing legacy of services to area older adults, we're proud to now offer palliative care for your family's journey. Palliative care is available to those in any stage of a serious or chronic illness and is a complement to other care they may be receiving. It provides symptom relief, comfort, and support to enhance overall well-being and quality of life.



To learn about palliative care from WesleyLife at Home, call (515) 978-2777.

Home Health • Non-Medical In-Home Services • Palliative Care • Hospice

(515) 978-2777 | wesleylife.org/palliative-care



HELPING those with diminished financial capacity

You may have a parent or other loved one with diminished financial capacity or who you worry may face that issue in the future.

“Diminished financial capacity” is the decline in a person’s ability to manage money. When people of any age lose the capability to manage their finances, they may also become more vulnerable to fraud and other forms of financial abuse.

Taking the steps listed below will help avoid or minimize problems for you and your family:

First, have an open conversation about financial matters sooner rather than later. Ask your relative to consider how they want to maintain control of finances in the



future. Explain that advance planning is a way to make sure that a trusted person makes decisions if the individual no longer can.

Second, make sure your family member has current estate planning documents. Your loved one may have named you as an agent under a power of attorney or a trustee under a revocable living trust. If these documents don’t exist, explore how to get advance planning in place to ensure that you will be a legal substitute decision-maker in the future.

Third, if your family member or friend has named you to manage money, understand your responsibilities. You may need to take a more active role in helping manage assets. You may have to take on immediate tasks, such as helping to pay bills, preparing tax returns, or helping with investment decisions.

Be alert to mistakes that your loved one may make in managing finances and to any

signs of elder financial abuse. It can be hard to tell whether actions are the result of confusion or of financial exploitation. For example, if you find that a loved one has paid the same bill twice by mistake, you should help fix the error. But beware that multiple or unusual payments could also be a sign of financial exploitation.

Finally, keep complete records of everything you do. If there are questions about the use of assets in the future, you want documentation. Be sure that, if something changes, you keep your information as current as possible.

An experienced estate-planning attorney can help answer questions about powers of attorney, substitute decision-making and how to best help your family. ■

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

**YOU
HELP
THEM.**
LET US HELP YOU.

SUPERIOR SERVICE.
LEGAL SOLUTIONS.

FOR 38 YEARS



EXPERIENCED ATTORNEYS
— SINCE 1987 —

Wills, Trusts, & Estate Planning ■ Residential Real Estate
Probate & Estate Administration ■ Social Security Disability
Business Formation & Planning ■ Medicaid & Asset Protection



**ABENDROTH RUSSELL
BARNETT LAW FIRM**

ESTABLISHED IN 1987

ATTORNEYS WHO SPECIALIZE IN YOU

2560 73rd St., Urbandale ■ 515.278.0623 ■ www.ARPCLaw.com



Stay Safe From Shingles

1 in 3 people will get shingles. Prevention is possible.

Shingles can cause a painful skin rash and lead to serious health problems, such as long-term nerve pain and vision loss. Shingles stays dormant in your nervous system after you recover from chickenpox. Your risk of shingles increases with age.

The shingles vaccine is the best way to protect against the virus and its complications.

The shingles vaccine is recommended for:

- Adults 19 and older with weakened immune systems.
- Adults 50 and older.



Ask your healthcare provider about the shingles vaccine.

Source: cdc.gov 2/25

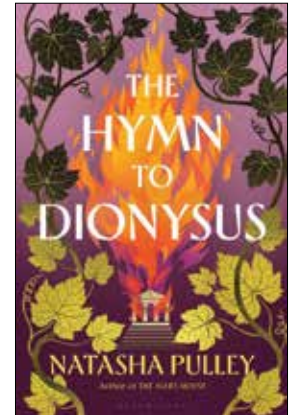
'The Hymn to Dionysus'

I can never get enough mythological retellings. Ancient stories retold for a modern audience attract me like a moth to flame. I spent so much of my childhood enthralled by stories of gods, monsters and mythic adventure that getting to relive it as an adult just feels right.

Dionysus has always been a fascinating god, with a hundred weird and wonderful myths. In this telling, Natasha Pulley pulls out all the stops to make this story as wild, intimate and confusing as the gods themselves.

Phaidros is a Thebean soldier who has never seen the home he fights for, never met his parents, and who is thrust into tangled knots of politics over and over again, forced to follow orders he doesn't understand. As he matures, he finds himself struggling and experiencing strange and terrifying things until he finds himself caught up in something he never could have predicted.

This is a difficult book to discuss without spoilers, but there is so much to love about the rich characters, beautifully wrought settings and absolutely masterful writing. If you're looking for something that will challenge and delight you — something different, something wild — this is the book for you. ■ — *Review by Julie Goodrich*



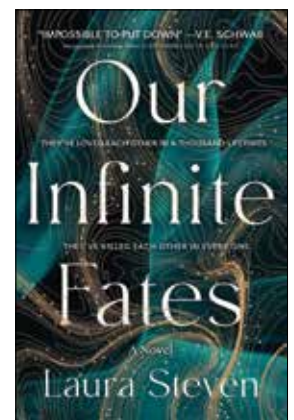
By Natasha Pulley
03/18/25
416 pages
\$32
Bloomsbury Publishing

'Our Infinite Fates'

Romance is having a capital "M" moment. There's so much of it being published, it's dizzying to know how to even begin to find the gems amidst the fluff. For those looking for something a little different than the typical bodice-ripper, this beautifully epic tale is a great place to start.

Evelyn and Arden are ancient souls with a lot of baggage. They've fought the same fight throughout time, living hundreds of lives that always end with Arden murdering Evelyn. Time and again, Evelyn sees the end coming but can't stop it. This time, however, she is determined to stop the fate she's faced so many times before. She's going to find Arden first and fight for this life she's built.

Told in alternating chapters between the current iteration of the pair and a variety of their past lives, this is a book filled with longing, regret and a unique spin on the concept of soul mates. I found the history fascinating and the writing felt poetic, like listening to an ancient epic. I was enthralled in a way that most romance fails to do for me. If you are looking for something soaring and heartbreaking this winter, I can't recommend this one enough. ■ — *Review by Julie Goodrich*



By Laura Steven
02/27/25
352 pages
\$20
Wednesday Books

ARE OVER-THE-COUNTER hearing aids for me?

Over-the-counter (OTC) hearing aids have become a game changer in the world of hearing healthcare, providing an accessible and affordable option for individuals with mild to moderate hearing loss. These devices are designed to be sold directly to consumers without requiring a prescription or a visit to an audiologist. The availability of OTC hearing aids has been a significant shift in the hearing aid industry, making these devices more accessible to a wider range of people who need them.



The main difference between OTC hearing aids and traditional hearing aids is that OTC devices do not require a professional fitting. Instead, individuals can purchase and fit the devices themselves, often through an online retailer or a pharmacy. This has drastically reduced the cost compared to prescription hearing aids, which can be expensive, sometimes reaching thousands of dollars. OTC hearing aids typically range from \$200 to \$800, a fraction of the cost of traditional options.

In 2022, the U.S. Food and Drug Administration (FDA) passed regulations that allowed OTC hearing aids to be sold in the United States. This regulatory change aimed to improve accessibility for those with hearing loss by reducing both the financial and logistical barriers to getting hearing aids. Before this ruling, individuals with mild to moderate hearing loss had to go through a lengthy process, including visiting an audiologist for hearing tests and custom fittings, making hearing aids inaccessible for many people due to the costs and time involved.

OTC hearing aids are generally designed to amplify sounds to a level that is comfortable for users with mild to moderate hearing loss. They often come with adjustable features like volume control and customizable sound settings, allowing users to tailor the experience based on their preferences. Some models also include Bluetooth connectivity, enabling users to stream audio directly from their phones, TV, or other devices.

However, OTC hearing aids are not suitable for everyone. They are not recommended for individuals with severe hearing loss or complex medical conditions that require professional intervention. Additionally, without the guidance of an audiologist, users may not be able to achieve optimal sound quality or properly fit the devices.

OTC hearing aids can offer a convenient and affordable alternative for individuals with mild to moderate hearing loss, making it easier for them to manage their condition without breaking the bank. While they provide a great solution for many, individuals with more complex hearing needs should still seek professional advice. As technology continues to improve, OTC hearing aids will likely become even more effective, expanding access to quality hearing support for all.

Contact your health insurance advisor and find out how hearing aids are handled with Medicare Advantage and original Medicare plans. ■

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

OVER-THE-COUNTER HEARING AIDES:

ARE THEY RIGHT FOR ME?



HEALTH INSURANCE ADVISOR, LLC.

515-225-9994

www.health-insadvisor.com

JOIN US FOR EASTER

- April 13 - Palm Sunday
- April 17 - Holy Thursday
- April 18 - Good Friday
- April 19 - Holy Saturday
- April 20 - Easter Sunday

Visit Our Website for Mass Times

www.stpiusxurbandale.org
3663 66th St., Urbandale



Iowa PBS Passport

Watch your favorite dramas anytime, anywhere.



Stream local and national shows on demand.

Sign up today at iowapbs.org/passport

New Local Shows



The Texas Tenors: Faith & Inspiration
March 2025



Dogs of Service
March 2025



Shift: The RAGBRAI Documentary
Jan 2025

EVENTS IN THE AREA

Be sure to check for cancelations

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

Upcoming in the April issue of Johnston Living magazine

Foreign Exchange Students: Have you hosted a foreign exchange student in the past or are hosting one this year? Tell us about sharing your home and culture with a student from abroad and what you learned from the experience. Email tammy@iowalivingmagazines.com to be included in the April issue.

Lions Club Breakfast

Saturday, April 19, 7-11 a.m.
Johnston Middle School cafeteria, 6501 N.W. 62nd Ave.

The Johnston Lions Club's annual Pancake Breakfast is coming up, featuring pancakes (including gluten-free pancakes), sausage, scrambled eggs, juice and coffee. Tickets are \$10 at the door, and kids 5 and younger are free. Proceeds will benefit the Lions Club service projects.



Volunteers sought for Kites on the Green Saturday, May 3

Johnston Kites on the Green is coming up, and volunteers are being sought. Come help at this annual kite festival, which includes public kite flying, professional kite flyers demonstrations, kids kite building, music and more. Lots of help is needed to make this event successful, and multiple shifts are available. Among other things, volunteers may be asked to help kids/families build kites, assist at special activities, staff information or donation booths, etc. Johnston Kites on the Green is organized by the City of Johnston and the Johnston Public Library Foundation, which is an organization eligible to receive tax-deductible charitable contributions. Sign up at <https://signup.com/client/invitation2/secure/222356076083/false#/invitation>.



DSM Book Festival

Saturday, March 22, 9 a.m. to 6 p.m.
Franklin Event Center, 4801 Franklin Ave., Des Moines

Readers and book lovers in central Iowa will be thrilled to find an outstanding array of authors appearing at this free, fun-filled event, presented by Beaverdale Books and Beaverdale Neighborhood Association. In addition to author programs, panels, workshops and children's activities, the event will offer attendees the opportunity to have their books signed, visit with publishers, and enjoy mingling with fellow book lovers. For the complete schedule, visit <https://beaverdalebooks.com/dsmbookfestival/>.

Four headlining presentations will be offered in the venue's large theater, including fiction writer Claire Lombardo, historian Alexis Coe, award-winning Hanif Abdurraqib and AViD author C.J. Box.

Want to Grow Your Business?

Meet some individuals who want to do the same thing.

- ✓ Responsiveness
- ✓ Local Decision Making
- ✓ Approachability
- ✓ Local Servicing

raccoonvalleybank.com



Raccoon Valley Bank

Just Right
FOR YOU



ADEL

1009 Court Street
515-993-4581

DALLAS CENTER

590 Sugar Grove Avenue
515-992-9200

GRIMES

1051 NE Gateway Drive
515-452-0812

PERRY

1202 2nd Street
515-465-3521



EVENTS IN THE AREA

Be sure to check for cancelations

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

Polk County Conservation events

Visit www.polkcountyiowa.gov/conservation/events for information about upcoming programs offered by Polk County Conservation and for registration links.

• **Story Tellebration, Wednesdays at 10 a.m., March 19, Spring is Sprung; April 23, It's Raining.** Join volunteer storyteller Carmen Epstein for a fun, interactive tale tailored toward children ages 2 to 6 that explores the wonders of the outdoors. During each program, participants enjoy interactive stories and an activity. No registration required for this free event.

Iowa Home Expo

March 7-9
Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines
iowahomeexpo.com

All things home will be on display at the Iowa Home Expo, with local and national vendors in attendance giving tips, demonstrations and a showcase of products that best serve your home improvement needs.

St. Paddy's Marathon, Half Marathon and 5K

March 8
Iowa State Capitol, E. Locust Street and Pennsylvania Avenue, Des Moines
iowaruns.com/desmoinesstpaddys5k

Don your best green-colored athletic gear to avoid a pinch and take part in the St. Paddy's Marathon, Half Marathon and 5K. There are several finish-line goodies for the participants including medals, beer steins, beer itself and more.

Iowa Deer Classic

March 21-23
Iowa Events Center,
730 Third St., Des Moines
iowaeventscenter.com

The latest in archery equipment, hunting gear, accessories, clothing, blinds, tree stands and lots more. Bring your antlers for official measuring, bring your bow for their 300 and 3D shoots, attend seminars and more.



Spring Arts and Crafts Show

March 7-9
Varied Industries Building at the Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines

More than 250 talented exhibitors from eight different states will be selling thousands of unique, handmade products. Admission is \$7 for anyone older than 10. Kids 10 and younger are free. Hours are 5-9 p.m. on Friday, 9 a.m. to 5 p.m. on Saturday, and 10 a.m. to 4 p.m. on Sunday. For more information, find the event Facebook page by searching "Callahan Promotions, Inc., Iowa's Largest Arts & Crafts Shows."

Friendly Sons of St. Patrick Pre-Party and Parade

March 15 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 15, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Black Dirt Ramblers, a food truck and cash bar for an at-will donation. The parade is on Monday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit www.friendlysonsiowa.com for more information.



ARE YOU PAYING TOO MUCH FOR A BAD WEBSITE?

We make professional websites simple.

ONLY
\$79
month
Plus one time production fee.

- **LOCAL**
People you know and trust.
- **QUICK**
Up and running fast.
- **MODERN**
100% mobile responsive design on all devices.
- **AFFORDABLE**
Flat fees, no surprise charges.

For a **FREE** design preview with no obligation, call Megan at 515-360-1225 or email megan@iowalivingmagazines.com.

www.biggreenwebdesign.com



Suggest a teacher
for an Iowa Living education column!

Send an email to tammy@iowalivingmagazines.com

EVENTS IN THE AREA

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

Be sure to check for cancellations

Clive's Spring Craft, Vendor, Boutique and More

March 8
Horizon Events Center, 2100 N.W. 100th St., Clive

horizoneventscenter.com/event/clives-spring-craft-vendor-boutique-shopping-event/

Enjoy perusing 150-plus businesses. Door prizes all day.



Elks Annual St. Patrick's Day Celebration

Saturday, March 15, 5:30 p.m.
West Des Moines Elks No. 2752, 2060 N.W. 94th St., Clive

The Elks Annual St. Patrick's Day Celebration will begin with the Foy School of Irish Dancers performing at 5:45 p.m. They will perform for about 20 minutes, followed by the Elks' famous St. Paddy's Day corn beef and cabbage with Irish potatoes meal for \$12 per serving.

Dome After Dark

Fridays through March, 6-10 p.m.
Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

dmbotanicalgarden.com

The Greater Des Moines Botanical Garden's lush tropical conservatory and Gardeners Show House are colorfully illuminated for Dome After Dark. Flora, the botanical garden's restaurant, serves food and drinks till 9 p.m.

Capital City Card Convention

March 28-30
Iowa Events Center, 730 Third St., Des Moines
iowaeventscenter.com

Iowa's largest card convention spans three days with thousands in attendance. There will be 224 tables of dealers from across the country offering cards, memorabilia and collectibles. JSA, an authentication company, will be available during show hours.

Axe-throwing events

Ironside Axe Club, 2700 University Ave., Suite 100, West Des Moines

- March 22: Pirate Take Over and Sea Shanty Sing Along featuring the Orkes and Trolls. \$1 off drinks for all pirates. \$10 axe throwing from 6-10 p.m. Sing-a-long from 7-9 p.m.

Vendor Markets

March 15, April 19, 10 a.m. to 6 p.m.
Outlets of Des Moines, 801 Bass Pro Drive N.W., Suite 315, Altoona

Each show has a variety of vendors from Avon, Living Oils, Small Town Laser, Unicorn Clouds, MJ's Hometown Honey, 3D by LouAnn, Tupperware, Tastefully Simple, Good Vibrations Gems & Crystals, plus others. Come check out the vendors and buy local. If interested in being a vendor, email k2marketplacemagic@gmail.com for information.



Covered Bridges Winery events

2207 1700th Trail, Winterset
coveredbridgeswinery.com

See website for tickets and any last minute changes.

- March 9: Sunday Music at the Winery, 2-4 p.m., no cover charge, Jesse and the Medicine Men
- March 23: Sunday Music at the Winery, 2-4 p.m., no cover charge, Jake Schrodt
- March 29: Comedy Night Chowdown Improv
- April 13: Sunday Music at the Winery, 2-4 p.m., no cover charge, Liv McNair
- April 19: Music at the Winery, Kracklin, 6:30-9:30 p.m., \$5 cover

DMPA Concert Series

Various dates, 7 p.m.
Temple Theater, 1011 Locust St., Des Moines

Des Moines Performing Arts (DMPA) is excited to announce a new concert series. "Made in the Midwest" highlights the artistry of local musicians in the intimate Temple Theater. Celebrating the talents of independent artists from across our region, guests will enjoy a unique experience where the musicians take center stage in a venue known for its unparalleled acoustic quality.

The series will kick off with five artists:

- March 21: Matt Woods, roots/blues
- April 25: Allegra Hernandez, rock
- May 9: Abbie Sawyer, folk/americana

Tickets are on sale now starting at \$20/show. You can purchase tickets by visiting DMPA.org, calling 515-246-2300, or stopping by the Civic Center Ticket Office at 221 Walnut St. You can also purchase tickets night of at the Temple Theater Ticket Office, 1011 Locust St., starting two hours before a performance. ■



Des Moines Community Orchestra concerts

The Des Moines Community Orchestra has announced its concert dates for the 2024/2025 concert season. Admission is free. Concerts start at 2 p.m. with pre-concert talks at 1 p.m. For more information, visit desmoinescommunityorchestra.org. Concerts are:

- Sunday, May 11: Spring Concert, Carl's Favorite Finales, Sheslow Auditorium.

CITYVIEW BEST OF DES MOINES



THANK YOU FOR VOTING!

The Shade Tree Auto team is thrilled to have been recognized with the following CITYVIEW Awards!



- **BEST LOCAL AUTO SHOP**
- **BEST LOCAL BATHROOMS RUNNER-UP**

We're proud to serve the communities of Grimes, Urbandale, and Ankeny, and we couldn't have done it without the incredible support from our customers.

— The Shade Tree Auto Team

 **GRIMES**
1750 SE 11th St.
 515.986.5241

 **URBANDALE**
3831 70th St.
 515.512.1095

 **ANKENY**
1329 SW Ordinance Rd.
 515.964.9492



BOYS Basketball

Johnston High School boys basketball took on Waterloo East at their final home game of the regular season on Feb. 18. The Dragons won, 66-25.



Tara Bauer, Anne Schoenauer and Lisa Proctor



Jessica George-Vansickel and Maxwell George



Karen Pedersen and Liz Pedersen



Todd Smothers and Marsha Smothers



Sheena Sankaranthi and Vinodh Sankaranthi



Savannah Hodges and Chloe Millard



Ella Wiersma and Makalah Picknell



Izzy Mack and Autumnlee Prindle



Brooklyn Olsasky and Erica Findlay



Jolee Weeter and Eve Knutson

OUT & ABOUT



School nurses received a \$7,360 grant from the Johnston Community School Foundation for a second vision screener to share among all school buildings. The Johnston Lions Club contributed \$1,000 for the project, while the Advanced Eye Care Center PC donated \$500.



Mayor Paula Dierenfeld, Bret Wiltse and Paula Bierle at the Fareway Stores, Inc. open house at its new corporate office location, 8800 N.W. 62nd Ave., Johnston, on Jan. 28.



Jeff Cook, Reynolds Cramer, Garrett Pklapp and Mike McCormick at the Fareway Stores, Inc. open house at its new corporate office location, 8800 N.W. 62nd Ave., Johnston, on Jan. 28.



Tricia Gustafson, Leif Gustafson and Dan Fitzgerald at the Fareway Stores, Inc. open house at its new corporate office location, 8800 N.W. 62nd Ave., Johnston, on Jan. 28.



Andrea Hodapp and Annie Mielke at the Fareway Stores, Inc. open house at its new corporate office location, 8800 N.W. 62nd Ave., Johnston, on Jan. 28.



Sharm Sisler and Kevin McGuire at the Johnston Chamber After Hours held Feb. 5 at McDivot's Indoor Sports Pub, Grimes.



Ryan Rohlf and Kyle Pieper at the Johnston Chamber After Hours held Feb. 5 at McDivot's Indoor Sports Pub, Grimes.



Dale De Jong, Thomas Edwards and Dan Fitzgerald at the Johnston Chamber After Hours held Feb. 5 at McDivot's Indoor Sports Pub, Grimes.



Maria Jordan, Samantha Winebrenner and Brenda Ballard at the Johnston Chamber After Hours held Feb. 5 at McDivot's Indoor Sports Pub, Grimes.



Lindsey Viet and Paula Bierle at the Johnston Chamber After Hours held Feb. 5 at McDivot's Indoor Sports Pub, Grimes.

CLASSIFIEDS

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

AUTOMOBILES

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-844-588-6535. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

CABLE/INTERNET

AFFORDABLE TV & INTERNET. If you are overpaying for your service, call now for a free quote and see how much you can save! 1-866-472-7954. (mcn)

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount +, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

FINANCIAL

Inflation is at 40 year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

HEALTH & MEDICAL

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-888-815-4903. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance -NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest #6258. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971 (mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-844-588-6590. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798 (mcn)

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple col-

ors available. Guaranteed to last a lifetime! Limited Time Offer- up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Prepare for power outages with Briggs & Stratton® PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-877-518-0356. (mcn)

Reach over 1.5 million homes for just \$249! Advertise your business or item with a classified ad in the Midwest Free Community Papers. Simple, cost-effective, and powerful. One call, and you're done! Boost your visibility now! 888-899-6327. (mcn)

Omaha Steaks Wines. 12 world class wines (and bonus gifts) for ONLY \$79.99 (plus s/h.) Save \$160! 12 new wine selections plus a FREE \$25 Omaha Steaks E-reward card every three months. Cancel anytime. 100% guarantee! Call 1-877-201-4648 and mention code AGJF002 or visit www.GetOSWine.com/sip140. (mcn)

REAL ESTATE

We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-349-1639. (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-888-815-5873. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-855-399-2203. (mcn)

AUTOS/MISC

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

MISCELLANEOUS/HEALTH

STRUGGLING TO HEAR? Audien Hearing delivers crystal-clear sound with affordable, invisible hearing aids. Starting at \$189! Call Now: 888-760-1015 (ACP)

Attention oxygen therapy users! Discover oxygen therapy that moves with you with Inogen Portable Oxygen Concentrators. Free information kit. 1-866-477-9045 (ACP)

MISCELLANEOUS

!!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277 (ACP)

We buy houses for cash as is! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer & get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-877-5833 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Home break-ins take less than 60 seconds.

Don't wait! Protect your family, your home, your assets now for as little as 70¢/day! 1-844-591-7951 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/30/25.) 1-844-501-3208 (ACP)

MobileHelp America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! Call 1-888-489-3936 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Consumer Cellular - same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees free activation. All plans feature unlimited talk & text, starting at just \$20/mo. Call 1-877-751-0866 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

Bath & shower updates in as little as 1 day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military discounts available. 1-877-543-9189 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a free 5-Year warranty with qualifying purchase* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

SERVICE DIRECTORY

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 Have zip code of property ready when calling! (ACP)

Water damage cleanup & restoration: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-872-2809. Have zip code of service location ready when you call! (ACP)

MORE THAN A DONATION, *A Lifelong Connection*



A simple act of kindness turns into a life-changing meeting

In 2021, Beth learned she was in bone marrow failure, meaning her blood cells were dying before they could fully develop. To survive, she had to rely on blood and platelet transfusions-sometimes twice a week. **She received more than 70 transfusions during her battle until a transplant could be performed.**



Then, just four years later, three days before her "Re-Birthday"-the anniversary of the day of her lifesaving transplant-Beth experienced something extraordinary.

On February 14, 2025, Beth met two of her blood donors, people who played a crucial role in her survival. In that moment, gratitude for life as she knows it today, became personal.

Blood donors don't just donate blood-they give moments, hope, and second chances. You can be the reason someone gets to hug their family again, celebrate another birthday, or like Beth, meet the very people who helped save their life. Become a donor today or share your story with us.



“ I know first hand how the generosity of blood and stem cell donors can save a life. There is no substitute for blood or stem cells, no medicine could cure me but donors did. I still get to be a mom and wife because amazing people took time out of their crazy, busy lives to donate. I am thriving in life, all thanks to my donors!”
Beth Ades



WEEK

IS IN YOUR NEIGHBORHOOD!

Local professionals are here to help you with your home!

TRIVIA
with Joleen Roskamp!


HOW MANY MAYORS HAS THE CITY OF JOHNSTON HAD?

Text me and one winner will get \$10 gift card!

JOLEEN ROSKAMP
8705 Chambery Blvd, Johnston
515-505-4769 • Jo@liveloveiowa.com
RE/MAX Precision | Licensed in Iowa

Congrats to last month's winner, Carolyn!
February Answer: 45 miles of trails

Living MAGAZINES
RESIDENTS' CHOICE AWARD
RUNNER-UP



515Lawn Services

\$20 OFF FIRST MOW | \$200 OFF LANDSCAPE JOB

Weed & Grass Program • Landscaping Projects • Mulch Installation • Spring Aeration

BOOK NOW

Locally owned, operated and insured
Call or text for a quote: 515-587-8171



YOUR EXPERT SOURCE FOR
ALL THINGS GARAGE DOOR

AMEGA
GARAGE DOORS & OPENERS, INC.

Locally owned and serving you since 1986.

CALL US 515-633-2119 AmegaGarageDoors.com

SALES • SERVICE • OPENERS • INSTALLATION



Advertise Here
for as little as

3¢ per household!

EMAIL ME TODAY!
andrea@iowalivingmagazines.com

Living IOWA MAGAZINES

