

Living

Homes AWAY FROM HOME

Local families share experiences
hosting foreign exchange students

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RECIPE

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WELCOME

WHY DO Norwegians have bumps on the backs of their heads?

Imagine being a teenager and spending the bulk of one of your teenage years in another country where you didn't know a single person, had never been to a single place, and could barely speak the language. For most teenagers — including me — that would have been unthinkable. Meanwhile, students from around the globe are foreign exchange students and are thankful for the memorable opportunities and lifelong friendships.



I have been fortunate to know one of them. His name is Jone Helgeson, and he was from Norway. He lived with a family in my hometown, and we spent our senior year of high school together.

I got to know Jone as we both ran on our high school cross country team. He took his running very seriously. I was there mostly to lose a few pounds before wrestling season. As such, he didn't fully appreciate the myriad of practical jokes I played on him during the season, most of which happened in the locker room, and I can't write about them here.

I did share many of my favorite Norwegian jokes with Jone, most of which were simply Pollock jokes I converted. My most favorite, and his least favorite, asked why Norwegians had bumps on the backs of their heads. The answer, of course, was because the toilet lid always hit them on the head when they would get a drink of water. "Stupid American jokes," he would tell me.

I thought Jone should feel what it was like to go 125 mph on a county blacktop. Looking back, this clearly wasn't a wise decision. Fortunately, we made our way through it safely. The look on his face? That was great. Jone having to change his underwear? Not so great.

When the winter season rolled around, Jone decided to join the wrestling team. He had never wrestled before, so this was entertaining in itself. The highlight of the season for him, though, was an exhibition match when he tied up with a foreign exchange student at a nearby school who was from France. It was a back and forth match, but Jone won, and he — and the crowd — went nuts. This was during a time when the "Rocky III" movie was in theaters, and Jone looked and acted the part of Rocky Balboa, at least a Norwegian version.

Jone became a good friend, albeit for a short time. I regret that we have not stayed in touch. I haven't thought about him in years, but writing this column inspired me to reach out. And, of course, I asked, "Do you know why Norwegians have bumps on the backs of their heads?"

I am eagerly awaiting his reply. ■

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A photograph of three women sitting on a golf cart. The woman in the foreground is wearing a blue t-shirt and has sunglasses on her head. The woman in the middle is wearing a red shirt and sunglasses. The woman on the right is wearing a dark blue shirt and a yellow cap. They are all smiling. In the background, there are green hills, a blue car, and a white SUV.

Homes

AWAY FROM HOME

Local families share experiences
hosting foreign exchange students

By Ashley Rullestad

The decision to host a foreign exchange student can come with a myriad of worries. Will the student want to eat the food we make? Will everyone get along? How will we keep the student entertained? Will he or she get homesick? However, many of those who decide to give it a try find their fears to be unfounded as they gain an appreciation of the student's homeland and culture, see their own country from a new perspective and build bonds that endure. Local residents share their stories about the adventure of being a host family.

Cadence Sires enjoyed learning about the culture and people of Guatemala.

Mexico to Johnston

Nikki and Matt Kauffman met a Mexican family through mutual friends eight years ago. The families kept in touch, and, when the Mexican family's son, Jenaro, was looking for an alternative placement as an exchange student in the U.S., they contacted the Kauffmans to see if they would be interested in hosting him for the remainder of the school year. Jenaro's dad had been an exchange student himself in another state, so he was familiar with the process and experience. The Kauffmans decided that the best thing for Jenaro would be to have him finish the school year with them.

"Jenaro came to us in January," Nikki says. "We loved having our exchange student; he immediately became part of the family. We tried to fit in many moments with him since we only had him for the second semester. We took him to concerts and Lake of the Ozarks. We spent lots of time with family and friends and introducing him to all the favorite American foods."

The Kauffmans have four children, though two are at college now. Taryn, 23, lives in Omaha and is attending the University of Nebraska - Omaha for her master's degree in school psychology. Taylor is 21 and attends the University of Iowa. Xander, 17, is a senior at Johnston High School. Zoey, 11, is in fifth grade. Xander bonded the most with Jenaro.

"One of my favorite things was watching our son and him become brothers. They have such a tight relationship now. Our son even spent a month in Mexico last summer with his family."

Jenaro is now at home in Merida with his family finishing high school, but the Kauffmans are planning on hosting his brother in August for the



The Kauffman family welcomed Mexican student Jenaro into their Johnston home.

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FEATURE

year. Jenaro might be coming back to visit when they drop off his younger brother. As of last year, Jenaro didn't know for sure what he wanted to do after high school, but the Kauffmans are sure their paths will cross again, and their bond will last a lifetime.

"You develop such a close relationship with another child, it honestly is unexplainable," Nikki says.

Ukrainian visitor

Lexi Gonzalez and her husband, Sergio, and kids, Nova, Gemma and Maya, saw a Facebook posting about hosting an exchange student in 2021.

"We immediately gravitated to the idea and started looking into it," Lexi says. "My husband and I had recently purchased a home, and we felt blessed and grateful. We felt like we needed to pay it forward or give back to the community. Also, I was taking a year off staying home with my little girls and thought this would be the perfect opportunity."

Iryna Hodun came to them from the Ukraine through World Link. At the time, the Gonzalez family had no experience with hosting. After some research, they learned some exchange programs require the kids and their parents to pay to come to the U.S. Other programs, like World Link, give foreign kids the experience of a lifetime without their having to pay for it. Instead, the kids go through a program in their home countries where they must present essays as part of a selection process.

"We were all in on how this program works," Lexi says.

The only implication with this arrangement is that the hosting family is financially committed to supporting their student.



Sergio and Lexi Gonzalez and their kids, Nova, Gemma and Maya, hosted Iryna from Ukraine in 2021.

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Soon after contacting the program manager, the couple were sent a few different profiles and letters from the students. A program representative then came to their house to visit and provide all the information on hosting and the support the program offers.

“The overall experience was great,” Lexi says. “From the moment we selected our student, the program shared contact information, and we had about four FaceTime calls with her when she was still back home, so it helped that we were in contact prior to her arrival in August. It was great when she arrived, and we started taking her around to experience the U.S. and our culture for the first time.”

The holidays were also a great experience, and they enjoyed sharing each other’s traditions. Lexi says just having another person in the family was nice. They shared a lot of the same interests and enjoyed watching movies, visiting the sites, and just spending time together.

“Sadly, since the war in Ukraine is ongoing, our student decided to stay in the U.S. which, selfishly, that’s good for us,” Lexie says. “She is currently attending UNI in Cedar Falls. She comes back every couple of months, and we are able to see her and spend time together.”

They haven’t hosted another student since then, mainly because their exchange student is still in the U.S., and they still get to see her and spend time together. However, they haven’t ruled out hosting again.

“We would like our kids to be closer in age when we host again so they can spend more time together,” Lexie says. “At the time, our kids were 2, 4 and 6. Our kids bonded with our exchange student, and they very much like when she visits us. Having other kids closer in age is certainly not a requirement, that is just a personal decision we’ve made.”

Though the exchange program is often sold as a way to benefit students, the Gonzalez family says they benefitted and learned so much from the experience, too.

“The host family also learns a lot,” Lexie says. “It also feels great to know that you are helping someone who would never be able to experience coming to the United States. She will always be welcomed into our home and will always feel like a part of the family. We love her and love spending time with her whenever we are able. We are so glad we did it and blessed to have added another member to our family.”



Cadence Sires’ favorite moments in Guatemala were spent with schoolchildren.

Guatemala bound

Cadence Sires, a Johnston student attending Graceland University, is a member of the school’s Community Development Club, which works closely with an American organization called People for Guatemala. The club does volunteer work to raise money for the organization, and the club tries to offer a trip to visit the students, schools and families they sponsor at least every other year. In May 2024, Sires signed up to travel with the club to visit Antigua, Guatemala, and the surrounding villages where its donations are put to use.

“I joined after the first week of class, and every week we were discussing our relationship with People for Guatemala in our club meeting. Our weekly discussions prepared and excited me for our eye-opening trip that came directly after classes got out in late-April.”

The founders of the organization are an American couple who now live in Guatemala. They have a partner who is a Guatemala native who is their interpreter and helps them adapt to the culture. All week, the three of them showed the visitors around and organized meetings with families, schools, municipalities and local businesses.

On the weekends, they enjoyed “touristy” activities like zip-lining and visiting local markets, but the weekdays were packed full of

learning about the culture in Guatemala. Every day, they were immersed in the Guatemalan culture and learning the importance of community.

Cadence’s favorite moments were those spent interacting with the children at school.

“They were so joyful, lively and happy to have us visiting,” she says. “I also loved observing Mother’s Day while we were there. It’s a huge party of appreciation for mothers and for The Virgin Mary. They have several services and hours of parades through the afternoon and night to express gratitude. The Guatemalan people were just so kind and genuine. I’ve never felt so welcomed and safe.”

The experience had a big impact on Cadence and helped her realize what she wants to incorporate in a professional career. She is currently studying to become fluent in Spanish and hopes to enter international marketing after college, visit other countries, and learn more languages.

“This summer, I’m planning a trip to Spain to continue to immerse myself in new cultures and see other parts of our world,” Cadence says. “I’m grateful for the diversity of international students at Graceland University because of the many friendships I’ve made. I have places to visit in all corners of the globe now, and I’m able to learn about other cultures right here in Iowa, too.” ■

MEET Cindy Bernhard

Enjoys the variety that comes with teaching

This school year marks Cindy Bernhard's 24th year of teaching fourth grade at Lawson Elementary. In May, she will officially have 36 years of teaching under her belt, including nine years in Algona and three years at North Kossuth.

Bernhard's inspiration for becoming a teacher stemmed from her role as a big sister to four younger siblings.

"They could probably tell you that I used to make them sit at our dining room table and would 'teach' them, making up lessons," she shares. "Ultimately, a teacher in high school encouraged me to go into teaching. It seemed like the perfect profession since I enjoyed babysitting my cousins and neighbors and also managing or bossing around my younger siblings."

After earning her teaching degree from Simpson College in Indianola, Bernhard began her career in a small district but eventually realized she wanted to live in a larger community. Having become familiar with the Des Moines area during college, she was encouraged to make the move by her former principal from Algona, Bruce Amendt, who had become a principal in Johnston.

Since 2001, Bernhard has been happy where she is.

"I couldn't do this job without a strong team, which I have in my fourth-grade team at Lawson and in the Lawson community, including parents," she says.

One of the aspects Bernhard enjoys most about teaching is seeing the impact she has on a child's life.

"I get the satisfaction of seeing a learner gain knowledge in a subject while deepening their interest in it," she says. "My day flies by, and each day is a new day full of experiences."

Right before spring break, Bernhard's students finished a unit on the American Revolution, where they participated in a Patriots versus Loyalists debate. They also took a quiz on the bones of the human body, wrote a five-paragraph essay on the best places to visit in the Des Moines area, and worked to master long division.

"And I played a part in watching their understanding grow in all of this," she says.

Bernhard starts each day in the classroom with a morning meeting, which includes greeting classmates, discussing class announcements or concerns, reflecting on a daily quote, and ending with a Steve Hartman video on kindness.

"We grow as a classroom socially, which I feel is equally important as academic growth," Bernhard says. "Over the year, we've grown to know each other on a personal level, and it is difficult to send these same kids on to the next grade and teacher."

Outside of teaching, Bernhard enjoys gardening, reading, watching the Hawkeyes and spending time with her husband, Chris. She also enjoys seeing how life progresses for their four children and is excited to become a grandma in May. ■



Cindy Bernhard and her husband, Chris, look forward to becoming grandparents in May.



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CELEBRATE spring's arrival with a skillet fish fry

I am a fan of fish and seafood in general. Healthy and light, it satisfies my hunger every time. Grilling is typically my preparation method, as it is easy with little clean-up and no "fishy" smell.



This time of year, I look forward to the local fish fries. I must confess, "fried" foods do delight my taste buds. So, when I saw this recipe recently, I wanted to give it a try. The Pan-Fried Catfish recipe is perfect for enjoying flaky fillets without the mess. Because this catfish is pan-fried instead of deep-fried, I recommend using butter and olive oil. The mixture adds a delicious, creamy flavor, and it is easy to work with. ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

Pan-fried catfish

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

Ingredients

- 1/3 cup flour
- 2 tablespoons mesquite seasoning (or seasoning of choice, such as lemon pepper)
- 1 stick butter
- 1/4 cup avocado oil (or oil of choice)
- 1-2 pounds thawed catfish fillets (1/2 pound each)
- cooked rice, for serving

Directions

- In pie dish, mix flour and seasoning.
- In skillet over medium heat, melt butter and add oil. Coat fish fillets in flour mixture on both sides. Place fish in skillet and fry 5 minutes then flip and fry 5 minutes.
- Place fish on paper towel to drain excess oil then serve with rice.
- Tip: If skillet is large enough, fry two fillets at once. If frying more than four fillets, discard butter and avocado oil then start fresh before frying more.



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JONES family enjoys city amenities

Take advantage of all the parks

What made Pete Jones and his family choose to live in Johnston over other metro communities like nearby Urbandale and Ankeny? It put them close to family, and it had the feeling of a smaller, close-knit community.

For the past 12 years, the family has lived in the Green Meadows neighborhood — a place Jones likes because it’s “quaint and quiet,” especially when a curtain of trees once lined Winwood, the main drive into the neighborhood. It’s also within walking distance of the elementary school their kids have attended and close enough to the rest of the metro to make getting around easy.

Better still, the quiet cul-de-sac means their kids can play without the concern of traffic.

“Plus, we’re close enough to the old Wallace building and other parks throughout our neighborhood,” Jones says. “Then, if that were not enough, we’re within walking distance of Terra Park, a fantastic park.”

Their home itself is “perfect for us,” Jones says. “It is where we’ve watched our kids grow and where we keep our memories.”

Jones also appreciates the Johnston community at large for many reasons.

“Our schools are fantastic,” he says. “There are enough programs

for our kids to be involved in to expand their horizons and start their lifelong learning journey. The athletic options for our kids are really endless, and there are enough programs for our kids to explore.”

Additionally, Jones feels the people in the community make it so great.

“It is not uncommon to run into friends at events or just going to the grocery store,” he says.

This has proven true over the years, as Jones has met many people through his involvement with organizations like the Johnston Chamber and the Johnston Rotary. Their kids are also active in Johnston Blaze, Johnston Running Club, Johnston Little League, Johnston Youth Basketball and Inspiring Dance.

For the Jones family, Johnston is truly a place they’re proud to call home. ■



Pete Jones

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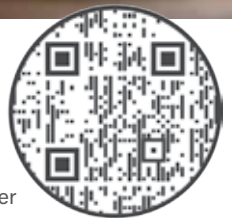


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There are so many things that can contribute to making a service personal and memorable. What are the things I would want displayed that reflect who I am? What special songs do I want played for my service? Is there a special scripture or reading I would want shared? Are there special loved ones I would want involved?

Rather than leave these important and significant decisions to be made by your loved ones at a very emotional — and possibly stressful — time, why not give your family the gift of making some of these decisions now so that things will be easier for them?

It truly is the difference between the question, "What do you think Dad would have wanted?" and the statement, "This is what Dad wanted."

It is a gift...one that we encourage you to give to your family. ■

Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.



APRIL showers bring many hours of programs at the Johnston Public Library

Spring is in full bloom. Come rain or shine, JPL has a book, craft or program for you. This month, you can build a kite, play a game, get crafty, test recipes, learn new information and start your spring cleaning. Read on for further details.

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Monday - Thursday, 9 a.m. to 8 p.m.

Friday - Saturday, 9 a.m. to 5:30 p.m.

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Get ready for Johnston's Kites on the Green Festival in May by attending a **Kite Building Workshop** on Saturday, April 12 from 2-4 p.m. Attendees will receive a free kite kit, instruction on how to put it together, and a chance to test out their new kites. No registration is required.

When April showers keep you indoors, a family game of Dungeons and Dragons can help pass the time. Learn how to play a simple version of D&D on Saturday, April 19 from 2:30-4:30 p.m. Participants in **Family D&D for Beginners** will learn the basics of the game, create their own character, and experience a short adventure. Families will play together, but all players (age 9 and older) must register.

Looking for something crafty to do on a no-school day? Students in grades K-5 can join us for **Recycled Art: Plastic Fusion** on Thursday, April 24 from 2-3 p.m. to make tote bags or wallets out of plastic bags. Registration is required for this eco-conscious craft program.

Get ready to test out DIY hacks from the "5-Minute Crafts" YouTube channel. Teens in grades 6-12 can participate in an evening of fast-paced crafting fun at **5-Minute Crafts: Awesome vs. Awkward** on Tuesday, April 22 from 5-6 p.m. We will attempt to re-create some of YouTube's most popular (and sometimes questionable) quick craft projects and decide if they are awesome or awkward. Either way, registration is required.

Want your teens to learn some easy meals in a mug they can make for themselves? Then register them for **TikTok Test Kitchen: Mug Meals** where we'll watch viral recipes for mug meals, make them and taste-test the results. This tasty teen event for kids in grades 6 and up is on Tuesday, April 29 from 5-6 p.m.

For those interested in planning for the future, attorney Joel Hjelmaas will present **Retirement University: Preserving Assets When Faced with Long-Term Care and Medicaid** on April 10 from 6-7:30 p.m. The seminar will provide information about safeguarding assets while using Medicaid to help offset the costs of long-term care. Registration is appreciated.

Shred Day is back. Bring up to three disposable containers of confidential documents to the library's parking lot on April 26 from 9 a.m. to noon for on-site shredding by THE SHRED IT company. No registration is required for this popular clean-up event.

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

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TIME for some financial spring cleaning

Spring is here — which means it's once again time to wash the windows, organize your cabinets and steam your carpets. This year, in addition to tidying up around your house, why not also consider some financial spring cleaning?



Here are some suggestions to consider:

• **“De-clutter” your investment portfolio.** When you embark on your home cleaning mission, you might notice that you have redundancies — three blenders, two vacuum cleaners, and so on. Similarly, you might find duplications in your investment portfolio, perhaps in the form of multiple, near-identical stocks or mutual funds. If so, then it might be worthwhile to consider selling some of these investments and using the proceeds to boost your portfolio in other areas in which you may be lacking.

• **“Cut back on “overgrown” investments.** Now that winter is over and you're venturing outside more, you may notice some overgrown shrubbery or some tree branches that need pruning. And while it may sound counterintuitive, you might also have some investments that have grown too big for your needs. For example, you might own some growth-oriented investments whose value has increased so much that they now take up a larger percentage of your portfolio — and carry a higher degree of risk — than you originally intended. If that's the case, you might be better off by selling some of these investments and purchasing others to help bring your investment mix back to its desired alignment.

• **Dust off your investment strategy.** With more sunlight now pouring in your house, you might notice that the corners of your walls and ceiling may need a good dusting. And as you continually work to strengthen your financial foundation, you may need to dust off your investment strategy, especially if you've recently experienced changes in your life, such as a marriage, addition of children, new job, and so on. And as you move closer to retirement, you may also need to adjust your strategy in some ways. For one thing, you might want to adopt a more conservative investment approach in the years immediately preceding your retirement, though you'll still need to have some growth potential in your portfolio to help keep you ahead of inflation.

• **Protect yourself from financial dangers.** As you go about your household spring cleaning, you may find actual physical dangers that need to be removed or stored more safely, such as sharp objects or broken tools. And as you navigate daily life, you may also find threats to your financial safety — the need for an expensive home improvement, or a major car repair or an unexpectedly large medical bill. If you don't have the money available to pay these expenses, you might be forced to dip into your retirement accounts or run up your credit card or take out a high-rate loan. To protect yourself from having to make these moves, you may want to maintain an emergency fund containing several months' worth of living expenses, with the money kept in a liquid account, separate from those you use for your daily living expenses.

Of course, some of these moves can take some time — but by getting started on them soon, you can help put your financial house in better shape by the time the next spring cleaning rolls around. ■

This article was written by Edward Jones for use by Tim Hanstad, your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

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- April 18 - Good Friday
- April 19 - Holy Saturday
- April 20 - Easter Sunday

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SPRING 2025

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FOR ALL DRAGONS SCHEDULES
Schedules are subject to change.
Scan for most up-to-date schedules.



VARSITY BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 10	2:00PM	UNI Indoor	UNI-Dome, Cedar Falls
Mar 25	4:15PM	Multiple Schools	Johnston High School
Mar 27	4:00PM	Multiple Schools	Waukee High School
Apr 3	4:30PM	Multiple Schools	Dowling Catholic High School
Apr 5	10:00AM	Multiple Schools	Valley High School
Apr 8	4:30PM	Multiple Schools	Urbandale High School
Apr 17	4:30PM	Multiple Schools	Urbandale High School
Apr 29	4:30PM	Multiple Schools	North Polk High School
May 5	4:30PM	Multiple Schools	North Polk High School

VARSITY GIRLS TRACK

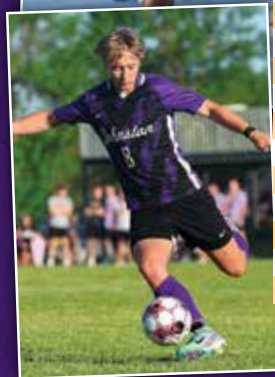
DATE	TIME	OPPONENT	LOCATION
Mar 11	2:00PM	UNI Indoor	UNI-Dome, Cedar Falls
Mar 18	3:30PM	Multiple Schools	Mason City High School
Mar 27	4:15PM	Multiple Schools	Johnston High School
Apr 3	4:15PM	Multiple Schools	Northview Middle School
Apr 12	8:30AM	Multiple Schools	Drake Stadium
Apr 15	4:15PM	Multiple Schools	Ames High School
Apr 17	TBD	Ankeny Centennial	Ankeny Centennial
Apr 21	4:00PM	Multiple Schools	Dowling Catholic High School
Apr 23	8:00AM	Drake Relays	Drake Stadium

VARSITY BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 31	7:30PM	Dallas Center-Grimes	Dallas Center-Grimes High School
Apr 4	7:30PM	Ames	Ames High School
Apr 7	7:30PM	Southeast Polk	Johnston High School
Apr 12	2:00PM	Des Moines Lincoln	Johnston High School
Apr 15	7:30PM	Waukee	Waukee High School
Apr 17	7:30PM	Waukee Northwest	Johnston High School
Apr 19	11:30AM	Sioux City North	TBA
Apr 19	4:00PM	Sioux City East	TBA
Apr 22	7:30PM	Ankeny High School	Ankeny High School
Apr 26	11:30AM	Iowa City West	Iowa City West High School
Apr 29	7:30PM	Urbandale	Johnston High School
May 1	7:30PM	Indianola	Johnston High School
May 2	7:30PM	Dowling Catholic	Dowling Catholic High School
May 9	7:30PM	WDM Valley	Johnston High School
May 12	7:30PM	Des Moines East	Johnston High School
May 13	7:30PM	Ankeny Centennial	Northview Middle School

VARSITY GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 31	5:30PM	Dallas Center-Grimes	Dallas Center-Grimes High School
Apr 4	6:00PM	Kennedy	Coe College
Apr 8	7:30PM	Southeast Polk	Southeast Polk High School
Apr 14	7:30PM	Des Moines Roosevelt	Johnston High School
Apr 17	5:00PM	Underwood	Johnston High School
Apr 18	7:30PM	Waukee Northwest	Waukee Northwest High School
Apr 22	7:30PM	Ankeny High School	Johnston High School
Apr 25	7:30PM	Dowling Catholic	Johnston High School
Apr 26	3:30PM	Prairie	Johnston High School
Apr 28	7:30PM	Norwalk	
Apr 29	7:30PM	Urbandale	Urbandale High School
May 3	1:00PM	Linn-Mar	Linn-Mar High School
May 5	7:30PM	Maryville High School	Maryville, MO
May 6	7:30PM	Waukee	Johnston High School
May 9	7:30PM	WDM Valley	Valley Stadium
May 13	7:30PM	Ankeny Centennial	Johnston High School
May 14	6:00PM	Des Moines East	Des Moines East High School
May 15	7:00PM	Des Moines Christian	Des Moines Christian School



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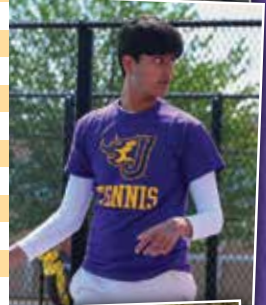
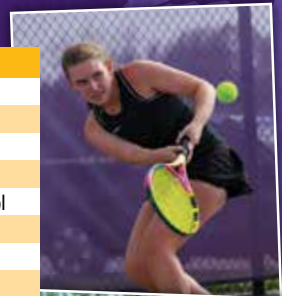
AGGONS

VARSVITY BOYS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 8	4:00PM	Southeast Polk	Johnston High School
Apr 11	4:00PM	Ames	Ames High School
Apr 12	9:00AM	Multiple Schools	Johnston High School
Apr 15	4:00PM	Waukee	Waukee High School
Apr 17	4:00PM	Waukee Northwest	Johnston High School
Apr 18	10:00AM	Multiple Schools	Prairie Ridge Sports Complex
Apr 21	1:00PM	Multiple Schools	Johnston High School
Apr 22	4:00PM	Ankeny High School	Ankeny Tennis Center
Apr 24	4:00PM	Urbandale	Johnston High School
Apr 29	4:00PM	Dowling Catholic	Dowling Catholic High School
May 5	4:00PM	WDM Valley	Johnston High School
May 6	4:00PM	Ankeny Centennial	Ankeny Tennis Center

VARSVITY GIRLS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 8	4:00PM	Southeast Polk	Southeast Polk High School
Apr 10	4:00PM	Ames	Johnston High School
Apr 11	8:00AM	Multiple Schools	Johnston High School
Apr 15	4:00PM	Waukee	Johnston High School
Apr 17	4:00PM	Waukee Northwest	Waukee Northwest High School
Apr 22	4:00PM	Ankeny High School	Johnston High School
Apr 24	4:00PM	Urbandale	Walker-Johnston Park
Apr 25	11:00AM	Multiple Schools	North Scott High School
Apr 29	4:00PM	Dowling Catholic	Johnston High School
May 1	4:00PM	WDM Valley	Valley Southwoods
May 2	4:00PM	Des Moines Roosevelt	Waveland Tennis Courts
May 6	4:00PM	Ankeny Centennial	Johnston High School
May 12	9:00AM	Multiple Schools	TBA
Aug 12	4:00PM	Southeast Polk	Johnston High School
Aug 14	4:00PM	Waukee	Waukee High School
Aug 19	4:00PM	Waukee Northwest	Johnston High School
Aug 21	4:00PM	Ankeny High School	Ankeny Tennis Center
Aug 26	4:00PM	Urbandale	Johnston High School
Aug 28	4:00PM	Dowling Catholic	Dowling Catholic High School
Sep 1	4:00PM	WDM Valley	Johnston High School
Sep 8	4:00PM	Ankeny Centennial	Ankeny Tennis Center



VARSVITY GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 14	12:00PM	Multiple Schools	Briarwood Golf Course
Apr 16	9:00AM	Multiple Schools	Jester Park Golf Course
Apr 21	10:00AM	Multiple Schools	Willow Creek Golf Course
Apr 23	3:30PM	Multiple Schools	The Legacy Golf Club
Apr 24	12:00PM	Multiple Schools	Glynns Creek Golf Course
Apr 29	11:00AM	Multiple Schools	Hunter's Ridge Golf Course
Apr 30	9:00AM	Multiple Schools	Jester Park Golf Course
May 5	9:00AM	Multiple Schools	Jester Park Golf Course
May 7	3:30PM	Multiple Schools	Urbandale Golf & Country Club



Photos by Johnston High School Yearbook Staff

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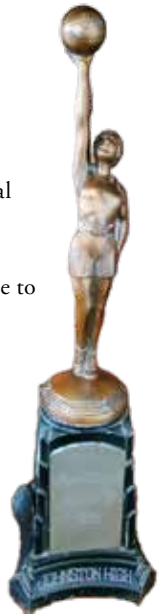
HISTORY

Submitted by the Johnston Station Historical Society

HISTORICAL treasure

Jeanne Beardsley, a Johnston resident, found this treasure and decided to donate it to the Johnston Station Historical Society. On the pedestal are the words, "Polk County Runner Up 1935." On the base, it says "Johnston High." Ninety years ago, girls and women didn't get much chance to compete in athletics.

The Johnston High School two-time state champions would likely agree that girls basketball skills have come a long way. In 1972, Title IX of the Education Amendments Act was signed by President Nixon. It was enacted that "No person in the United States shall, on the basis of sex, be excluded from participation in, denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance." ■



Protect Your Baby's Health

Vaccines can help keep your child healthy

Did you know most childhood vaccines are very effective? Vaccines can help protect infants from many diseases including:

- Chickenpox
- Measles
- Polio
- Tetanus
- Whooping cough
- And more



Ask your child's healthcare provider about vaccines.

Source: American Academy of Pediatrics 3/25

NEWS BRIEF

SCHOLARSHIP program awards college funds

Forty-three Iowa high school and college students have each received \$1,000 for college as part of the ISL Education Lending Scholarship.

Local winners include: Parents/Guardians - Hichem Bouguerra, Johnston; High School Students - Claire Holub, Johnston. In its second year, the program has now awarded \$123,000 as college savings deposits for Iowa students.

The winners were chosen from among more than 11,000 registrations from Iowa parents, high school students and college students during the fall 2024 registration period. While registering, the parents and students were able to view and interact with relevant financial literacy tips to learn more about paying for college.

"This program is designed to benefit more Iowa families, through the awards themselves and through education," said Steve McCullough, president and CEO, Iowa Student Loan Liquidity Corporation, which sponsors the scholarship under the name ISL Education Lending. "Awarding ISave 529 deposits allows the winners to use the money for education expenses when it's most suitable for them. In addition, the information provided to parents and guardians and to students helps them plan for future college financing."

The financial information provided with the scholarship is always available to the public at www.IowaStudentLoan.org. In addition, families can visit the website for additional resources and to sign up for other services, like the parent email service Student Planning Pointers for Parents.

ISL offers two registration periods each year for the scholarship, and eligible students may enter each registration period for which they meet the eligibility requirements. The spring 2025 registration period is open through March 31. Details for the ISL Education Lending Scholarship are available at www.IowaStudentLoan.org/Savings. ■

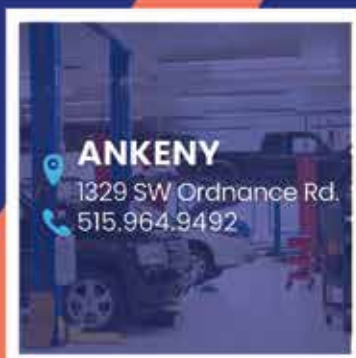


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Take Advantage of the Rain Barrel Workshop

Join the Community Development team at the Johnston Public Library on **Wednesday, April 23, from 6:00 to 7:00 p.m. for a FREE Rain Barrel Workshop**, exclusively for Johnston residents! Bring the whole family to learn how to conserve water and reduce runoff. You'll also get to take home the rain barrel you build—one per household, while supplies last.

Reservations are limited and required for participation. Reserve your spot today and start collecting rainwater for a greener yard!

Register
NOW



Get Ready for Kites on the Green 2025

The twelfth annual Kites on the Green festival will take place on Saturday, May 3, from 10:00 a.m. to 5:00 p.m. in Johnston Commons Park. The FREE, family-friendly event is fun for all ages and abilities! The festival will feature food trucks, giant show kite displays, kite fighting, free kite building, bol racing, magic shows, inflatable obstacle course, stilt walking and mesmerizing sway pole performances.

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We would like to thank all the 2025 Kites on the Green sponsors. Without their sponsorship, this event would not be possible.

Johnston Beautification Framework Plan - Interactive Update

The city is working with Bolton & Menk to enhance street corridors and improve aesthetics. Follow the link for a 3-minute interactive update of progress to-date and let us know how we are doing by April 22. Visit <https://bit.ly/JohnstonStreetscape> to view the site or scan the QR code.



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



CITY NEWSLETTER APRIL 2025

Apply to Serve on a Board or Commission

The city has several positions available on boards and commissions, with many terms set to expire on June 30. This is your chance to make a difference and have a say in important decisions.

- **Board of Adjustment** – One opening, five-year term
- **Park Advisory Board** – Four openings, three-year term
- **Planning & Zoning Commission** – One opening, five-year term
- **Tree Board** – Three openings, three-year term
- **Senior Advisory Board** - Six openings, three-year term

If you are interested in serving, visit www.cityofjohnston.com/boardsandcommissions for an application or contact City Hall at 515-278-2344.

GET INVOLVED...
SERVE ON A BOARD OR COMMISSION

APPLY TODAY!
TERM BEGINS JULY 1

Mayor's Annual Bike Ride on May 8

Mark your calendar for Thursday, May 8, for the annual Mayor's Bike Ride. Bring your friends and family along for a fun-filled day exploring the beautiful trails near Beaver Creek. The ride begins near Corteva and ends at the large shelter located in Terra Park. The Mayor will make brief comments at 11:30 a.m. and the ride will start shortly after. A free lunch will be provided for all participants.

Don't miss this exciting opportunity to enjoy the great outdoors while getting some exercise.

Mayor's
ANNUAL BIKE RIDE
Thursday | May 8, 2025 | 11:30 AM to 1:00 PM | 7100 NW 62ND AVE

Spring Cleanup Dates in Johnston

April is the perfect time to start spring cleaning! You can find information about the spring cleanup events by visiting www.cityofjohnston.com/spring.

- **Electronics Recycling Day:** Saturday, April 5, 10:00 a.m. to 2:00 p.m.
- **Spring Cleanup:** Monday, April 7 (west of NW 86th St.) and Wednesday, April 9 (east of NW 86th St.)
- **Tree Sale:** Tuesday, April 8, 8:00 a.m. (online)
- **Tree Branch and Tire Drop-off:** Thursday, April 10 – Saturday, April 12



Senior (55+) Activities to Enjoy

- **Senior Fun Night on Thursday, April 17:** Play board games and cards, then enjoy cavatelli, barlic bread, salad with creamy parmesan and bread pudding from Urban Grill.
- **Iowa City Adventure on Wednesday, April 30:** Enjoy a behind-the-scenes tour of Kinnick Stadium, Duke Slater Field, the home and visiting team locker rooms, the Paul W. Brechler Press Box, and other premium seating areas. Attendees will also tour Hancher Auditorium, enjoy lunch, and visit the Antique Car Museum of Iowa while out on the town. Visit www.cityofjohnston.com/402 or scan the QR code.



For more information about the city, please call 515.278.2344

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INSURANCE By Janis Van Ahn

THE IMPORTANCE of preventive health

Preventive health is crucial for reducing the risk of chronic diseases, detecting conditions early, and promoting overall well-being. Regular screenings, vaccinations and healthy lifestyle choices help prevent serious illnesses like heart disease, diabetes and cancer. By prioritizing preventive care, individuals can improve their quality of life, reduce healthcare costs, and increase longevity. Proactive health management leads to better outcomes and a healthier future for individuals and communities.



The American Medical Association (AMA) Life Preventive Schedule uses a structured approach to maintaining health and preventing disease through routine screenings, vaccinations, and lifestyle interventions. This preventive schedule aligns with guidelines from organizations like the U.S. Preventive Services Task Force (USPSTF) and the Centers for Disease Control and Prevention (CDC).

Regular health checkups and screenings are essential for early detection and management of health conditions. The frequency and type of screenings vary based on age, gender and risk factors.

- **Blood pressure screening:** Recommended for adults annually, especially those at risk of hypertension.
- **Cholesterol screening:** Typically advised every four to six years, or more frequently for those with risk factors for heart disease.
- **Diabetes screening:** Adults age 35–70 who are overweight or obese should be screened for type 2 diabetes every three years.
- **Cancer screenings:**

Breast cancer: Mammograms are recommended every one to two years for women starting at age 40–50.

Cervical cancer: Pap smears should be done every three to five years for women age 21–65.

Colorectal cancer: Screening begins at age 45 with options like colonoscopy or stool-based tests.

Prostate cancer: Men over 50, or younger with risk factors, should discuss screening options with their doctor.

Lung cancer: Yearly low-dose CT scans for adults 50–80 with a heavy smoking history.

- **Vaccinations** also play a crucial role in disease prevention.

Childhood vaccines: Includes MMR (measles, mumps, rubella), DTaP (diphtheria, tetanus, pertussis), polio, hepatitis B and varicella.

Annual influenza vaccine: Recommended for all individuals over six months old.

COVID-19 and booster shots: Recommended per CDC guidelines.

Tdap/Td booster: Once every 10 years.

Shingles vaccine: For adults older than 50.

Pneumococcal vaccine: Recommended for older adults and those with chronic conditions.

The Affordable Care Act included services deemed preventive as paid in full by the insurance carrier to encourage an individual to meet with their primary physician for an annual physical, well woman visit or receive age-appropriate vaccinations. If you have questions about how or if a “preventive” type of care is covered, contact your health insurance advisor. ■

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

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- 6-6:30 PM: Fashion Show in the courtyard. Various collections from Purple Poppy and Styled. by JJ will be presented.
- 6:30-7:30 PM: Shop in the greenhouse, *Styled. by JJ* and Purple Poppy will have pop-ups and a portion of the sales will be given to Dress for Success.

\$15/TICKET *Includes 1 refreshment*

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READY, set, sell: preparing your home for market

Putting your home on the market can be a daunting task, but strategic preparation can significantly impact your selling price and time on the market. Here's a quick guide to getting your house ready to sell.



First impressions matter: curb appeal. Before buyers even step inside, they'll judge your home's exterior. Invest in:

Landscaping: Trim overgrown bushes, mow the lawn and add colorful flowers. A well-maintained yard creates a welcoming atmosphere.

Exterior cleaning: Power wash siding, clean gutters and ensure windows are sparkling.

Front door refresh: A fresh coat of paint or a new doorknob can make a big difference.

Inside enhancements: Focus on updates that offer the highest return on investment:

- **Kitchen and bathrooms:** These are key selling points. Minor upgrades like new cabinet hardware, fresh paint, and updated lighting can go a long way. If the budget allows, consider replacing outdated countertops or fixtures.

- **Flooring:** Replace worn carpets or damaged flooring. Luxury vinyl plank flooring continues to be popular.

- **Fresh paint:** A neutral color palette creates a clean and spacious feel, but make sure to repair any wall damage first.

- **Decluttering and cleaning:** A spotless, clutter-free home is always the dream, and it allows buyers to envision themselves in the space.

- **Staging for success:** Staging is about creating an inviting and appealing environment:

- **Depersonalize:** Remove family photos, personal items and excessive decorations. Buyers need to imagine their own lives in the home.

- **Neutralize:** Stick to neutral colors for walls and furniture so buyers can project their own style.

- **Maximize light:** Open curtains and blinds to let in natural light. Ensure all light fixtures are working.

- **Arrange furniture:** Create open spaces and define areas within rooms. Arrange furniture to highlight the home's best features.

- **Create inviting spaces:** Set the dining table, add fresh flowers, and create cozy reading nooks.

- **Pay attention to smells:** Ensure there are no lingering odors. Use subtle and pleasant scents.

Maintenance and repairs: Address any outstanding repairs before listing. Fix leaky faucets, repair damaged drywall, and ensure all appliances are in working order. This is likely to increase your profitability and improve your experience during the inspection period. A pre-listing inspection can reveal potential issues and allow you to address them proactively.

By focusing on these key areas, you can maximize your home's appeal, reduce time on the market, minimize points of negotiation, and increase your chances of a timely and successful sale. Contact your preferred real estate professional for their expertise and guidance. They can provide a list of changes specific to your home and bring you peace of mind by walking you through the entire home selling process. ■

Information provided by Holly Adams, Realtor, Re/Max Precision, 8705 Chambery Blvd., Suite 100, Johnston, holly@adamsfamrealty.com, 319-329-6975.



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REMAINING independent at home as you age

Know your options

Michael is 70 and plans to remain in his home forever. He works out, eats well, and is healthy, but his children are concerned; each of the three lives several states away, and they wonder what will happen if their father ends up needing health assistance.



administered by an organization that serves older adults, is one potential solution. CC@H programs are designed to help people proactively focus on their health at home while enabling them to plan financially for potential services and care down the road.

If you're interested in learning more about a CC@H program, make sure to ask specifically what the program includes. A reputable CC@H program not only will offer services to enhance your well-being so you can remain independent longer; it will also help fund future long-term care needs.

Questions you'll want to ask about the program include:

Does it feature personal support, such as wellness coaching? According to a variety of studies, people who embark on a life-enriching program or activity are more likely to succeed with encouragement from a trusted adviser or advocate.

Are care costs and options included? A solid program will help fund your care, if it's needed, whether through home health care or services in a community for older adults later on.

Regarding the organization that's backing the program: What is its reputation in the aging services industry? Even if the program itself does offer all the services you're looking for, make sure you're comfortable with the organization itself. A reputable provider will have longevity and solid outcomes behind it.

Not all CC@H programs are created equal. If a program appeals to you, make sure it meets both your current and future needs and provides you with peace of mind. ■

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.

Welcome to The Revolution!

WellAhead is a revolutionary membership program designed for the 93% of individuals who seek to remain at home as they age and lock in a plan for future care needs. With WellAhead, you receive the immediate benefits of enhanced independence and well-being at home, plus the financial assurance that any necessary future long-term care costs are 100% covered.

To learn more about how WellAhead could be the only thing you need to stay right where you want to be, call (515) 642-1726.



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FACTORS to consider when a child with a disability becomes an adult

A child transitioning from a minor to a legal adult can be challenging for any parent. However, parents of children with a disability run into additional difficulties. A parent's ability to make decisions about services and medical cares end when the child turns 18. There are three major things to consider:



- **Is my child able to make their own decisions about health care, finances, and independent living?** In January 2020, significant changes were made to the Iowa Code regarding guardianships. To establish a guardianship, there must be a finding of incapacity. This places restrictions on the rights of the individual under the guardianship. Under the new law, prior to establishing a guardianship, the court must consider less

restrictive alternatives. Children with minor impairments may be able to sign medical authorizations to release information to allow parents to continue to talk to providers. With more severe mental and cognitive disabilities, the adult child may be able to execute a power of attorney. If a guardianship is required, the law allows a petition to be filed when an individual is 17 ½ years old, instead of waiting until after the child turns 18. This prevents a potential gap in services.

- **How will my child support themselves?** A child receiving benefits does not automatically qualify for disability as an adult. The standards for disability differ from children to adults. If a child receives Supplemental Security Income, the Social Security Administration will do a review to determine if that child's disability continues. A minor who is not eligible for child benefits may still meet the criteria for adult disability. After 18, a claim for Social Security

disability should be filed.

- **Who will provide for my child when I die?** Parents of children with disabilities should review their own estate planning documents to ensure that, when they die, money can be set aside for the children without making them ineligible for government benefits. This can be done with a Supplemental Needs Trust, also known as a Third Party Trust. This is a specifically worded Medicaid-compliant trust that conforms to the regulations of the Iowa Department of Health and Human Services and the Social Security Administration.

It is important to talk to an attorney who specializes in disability and is familiar with government benefits for your child and for yourself. ■

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

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Upcoming in Johnston Living magazine

Pampered Pets: Do you enjoy pampering your pet(s)? We are looking to interview people whose cats, dogs and other animals live a life of luxury. If you are one of those spoiling their critters rotten and proud of it, reach out to be included in our May issue. We want to hear your story. Email tammy@iowalivingmagazines.com.

Electronics recycling day

Saturday, April 5, from 10 a.m. to 2 p.m.
Parking lot on east side of City Hall,
6221 Merle Hay Road

The city of Johnston is partnering with Electronic Asset Security to keep electronics out of the landfill. Accepted at no cost: Laptops, desktop computers, monitors, speakers, printers, CDs, phones and more. Fee-based items include: CRT TVs/monitors under 19 inches – \$10; CRT TVs/monitors 20-27 inches – \$15; CRT TVs/monitors over 27 inches – \$25; LCD and Plasma TVs (any size) – \$15; rear projection/console TVs – \$35. For more information, visit <https://electronicassetsecurity.com/events/>.



WDM Elks Spring Style Show Fundraiser

Saturday, April 26, 10 a.m. to 3 p.m.
West Des Moines Elks Lodge No. 2752, 2060 N.W. 94th St., Clive

Tickets are \$15 each or reserve a table for eight for \$130 or a table for four for \$70. The Style Show starts at 11 a.m. with a salad luncheon at 12:30 p.m. and door prize drawing at 2 p.m. Many fantastic vendors including K.A.B.E. & Co clothes and accessories will be available. Funds raised will benefit Veterans, Children's Christmas and other Elks-approved charities and outreach.

Kate Goldman's Family Series presents "Knuffle Bunny: A Cautionary Musical"

April 4-13, 7 p.m. Fridays and 1 p.m. and 4 p.m. Saturdays and Sundays
Des Moines Playhouse, 831 42nd St., Des Moines

How far would you go to save a stuffed animal? Based on the popular book by Mo Willems, "Knuffle Bunny: A Cautionary Musical" is a silly story about young Trixie, who loses her Knuffle Bunny on a family trip to the laundromat. Will she find him, or will Knuffle Bunny be lost for good? Tickets, starting at \$14, may be purchased online at dmpplayhouse.com and by phone at 515-277-6261.

The Playhouse can provide for those who have the need for audio description or ASL translations with advanced notice. These services are free and reasonable accommodations will be made. Requests should be made through The Playhouse ticket office.

Annual Tree Sale

Sale April 8; pickup May 10

The city of Johnston's annual Tree Sale kicks off on Tuesday, April 8, at 8 a.m. Trees are available on a first-come, first-served basis, so be sure to set up your RecDesk account at <https://johnston.recdesk.com/Community/Member/Signup> in advance for a smoother ordering process. Limit of one tree per household at a reduced price of \$75. Pickup will be Saturday, May 10, 8-10 a.m. at the north side of City Hall. For more information, visit www.cityofjohnston.com/1436/Tree-Sale.

Vendor applications open for farmers' market

Applications due April 30; market runs Tuesdays, June 3 - Sept. 30, 4-7 p.m.
Johnston Town Center, 6245 Merle Hay Road

Applications are now open for the Johnston Farmers' Market. Vendor applications will be accepted through April 30, so apply today to be part of another great season. For information, visit www.cityofjohnston.com/865/Farmers-Market.



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.

Free Shred Day

Saturday, April 26
Johnston Public Library, 6700 Merle Hay Road

The Johnston Public Library is hosting a free Shred Day with on-site document destruction by THE SHRED IT company. Limit material to three boxes per household, follow traffic instructions, stay in your vehicle for safety, and no registration is needed. Sponsored by AARP Iowa.



Kites on the Green

Saturday, May 3, 10 a.m. to 5 p.m.
Johnston Commons Park, 6050 Morningside Drive, Johnston

Join the fun at the 12th annual Kites on the Green. This family-fun event will be held in the green space near the Johnston Public Library. Visitors can enjoy giant show kite displays, kite fighting, free kite building, bol racing, live music, an inflatable obstacle course, learn about stormwater best management practices, visit with Johnston Police and Fire, draw with sidewalk chalk and much more. See the schedule of events at www.cityofjohnston.com/606/Kites-on-the-Green---May-3-2025.

Spring Pop-Up Sale

April 10-12
Valley West Mall, Suite 203

Get ready to refresh your wardrobe while making a difference. The Dress for Success Des Moines Spring Pop-Up Sale offers a wide selection of women's fashion in various sizes and styles. Find incredible deals at unbeatable prices — all while supporting programs that empower women on their path to economic independence. Don't miss out on designer deals in Diva's Closet. Sale hours are 11 a.m. to 7 p.m. on Wednesday and Thursday and 11 a.m. to 5 p.m. on Friday. For updates, follow Dress for Success Des Moines on Facebook and Instagram.

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Brio's brand-new Neighborhood 19 townhomes are nearly all reserved – only two spacious, thoughtfully designed residences remain! Comfort-enhancing features combined with maintenance-free living and priority access to Brio's other levels of living make these homes a smart choice for now and an even smarter choice for the future.

We invite you to stop by any Tuesday or Wednesday in the month of April for a closer look at our neighborhood before it's full!

NEIGHBORHOOD 19

at brio

Open House

**Every Tuesday and Wednesday
in April
4-6 p.m.**

6901 Peckham Street, Johnston

For questions or to receive more information about Neighborhood 19, call Maria at (515) 252-5380 or email mjordan@wesleylife.org



EVENTS IN THE AREA

Be sure to check for cancelations

Elks Pancake Breakfast Buffet, Bake Sale and the Easter Bunny

Sunday, April 13, 8 a.m. to noon
West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Yes, the Easter Bunny will be at the breakfast to greet the children and have treats to share. The breakfast buffet includes biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and, of course, all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody Mary or mimosa for \$3.50. Cost is \$11 for

adults and \$5 for children 10 and younger. Proceeds support the Elks Hoop Shoot

Program, other youth activities and veteran support activities.



Planned Parenthood - Shine

Tuesday, May 13, 6-8:30 p.m.
ppncs.org/shine

Planned Parenthood North Central States is hosting its annual event honoring Planned Parenthood in Iowa: Planned Parenthood – Shine. Enjoy an evening with friends old and new, along with cocktails, hors d'oeuvres and a photo booth, while the nonprofit recognizes its progress, strengthens its commitment, and ensures that expert health care, education and advocacy remain accessible for all.

Vendor Markets

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.

- 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



ATTENTION BUSINESS OWNERS! ELEVATE YOUR BUSINESS!

Join us for the Business Owner Summer Summit [BOSS], an annual event designed to empower small- and medium-sized business owners with the tools, resources and connections they need to succeed. Check out our three keynote speakers!

RETENTION



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Athletic Director

Jamie will share valuable insights on how the principles of coaching and leadership in sports can translate to retaining top talent in your business.

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Successful author,
speaker, and CEO

Drew will dive into the key elements of a thriving workplace – fostering engagement, building trust and aligning values with business goals that also drives long-term success.

GROWTH



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EVENTS IN THE AREA

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

Be sure to check for cancelations



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.

- 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.

Drug Take Back Day

Saturday, April 26, 10 a.m. to 2 p.m.
Public Safety Building, 6373 Merle Hay Road

If your spring cleaning list calls for clearing out the medicine cabinet, this event is for you. The Drug Enforcement Administration's (DEA's) National Prescription Drug Take-Back Day aims to provide a safe, convenient and confidential way of disposing of prescription drugs while educating the general public about the potential for abuse of medications. Liquids (including intravenous solutions), syringes and other sharps, and illegal drugs will not be accepted. The service is free and anonymous, with no questions asked. The DEA will accept vaping devices and cartridges at its drop-off locations, provided lithium batteries are removed.



Playhouse Summer Classes

Various dates
Des Moines Playhouse, 831 42nd St., Des Moines

The Des Moines Playhouse offers students from kindergarten through high school more than 30 different classes and camps this June-August to fill the long summer days and keep minds active. A complete list of classes and registration is available at dmpayhouse.com. Theatre arts education at The Playhouse provides students with the opportunity to explore, create, imagine and express themselves, all within a safe, nurturing environment. Every class at The Playhouse is unique and led by the theatre's professional teaching artists. For more information on summer theatre camps and other Playhouse educational offerings, contact The Playhouse education department at 515-974-5365. ■

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BACK-TO-BACK

PERF



2025 5A BASKETBALL STATE CHAMPIONS

ALL TOURNAMENT TEAM

Amani Jenkins (Captain)
Jenica Lewis
Ari Phillips

IGCA All State

1st Team - Jenica Lewis, Amani Jenkins
3rd Team - Ari Phillips

IPSWA

1st Team - Jenica Lewis, Amani Jenkins
3rd Team - Ari Phillips

ALL CIML

1st Team - Jenica Lewis (Unanimous),
Amani Jenkins (Unanimous)
2nd Team - Jalyah Kinnetz, Ari Phillips
3rd Team - Kelli Kalb

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LECTION!

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These words aren't used frequently for a team's season, let alone two undefeated seasons in a row.

The Johnston Dragons claimed their second consecutive 5A Championship, winning 55-44 against the Dowling Catholic Maroons on Friday, March 7, 2025.

Everyone contributed to the 11-point win. Freshman Kelli Klab lead the team with 13 points, shooting 100% from the 3-point range; junior Jenica Lewis and sophomore Ari Phillips each contributed 12; junior Jaliyah Kinnetz added another 10. Senior Amani Jenkins kept the Maroons' offense in check with 17 defensive rebounds.

Johnston is the only school to win back-to-back championships since class 5A formed in 2013. The Dragons are the 28th school in Iowa history to have at least two titles in a row.



Photos by Dan Mennen

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ANNUAL Dinner

The Johnston Chamber Annual Dinner was held March 6 at Holiday Inn & Suites.



Dan Fitzgerald and Sam Winebrenner present the 2025 Johnston Chamber "The Jewel" award to Nancy Brown, owner of Charlie Rae's in Johnston.



Sam Winebrenner and Dan Fitzgerald present the 2025 Johnston Chamber "The Jetsetter" award to owners Tricia and Leif Gustafson with The Cork 50131 in Johnston.



The Johnston Chamber "The Jackpot" award was presented to Charter Bank. Pictured: Mike Straub, Brien Scandridge, Sharm Sisler, Matt Morris, Samantha Winebrenner and Dan Fitzgerald.



Yesica Delcid-Howard and Jenni Buchanan



Tyler Bradshaw and Julia Bradshaw



Paula Bierle, Samantha Winebrenner and Dan Fitzgerald



Abby Van Ert and Tanner Baldwin



Chad Fye, Keegan Simons and Glenn Waterhouse



Tammy Coslin and David Coslin



Tony Betzer and Dale De Jong



TJ Hodges and Zach Carlton

OUT & ABOUT



Tom Bogenski and Brenda Ballard at the Johnston Chamber JumpStart, sponsored by Walter Roofing, March 20 at Johnston Public Library.



Elizabeth Vangundy and Chris Jones at the Johnston Chamber JumpStart, sponsored by Walter Roofing, March 20 at Johnston Public Library.



Christy Cline and Annie Mielke at the Johnston Chamber JumpStart, sponsored by Walter Roofing, March 20 at Johnston Public Library.



Beth Schaefer, BJ Lampe and Holly Sealine at the Johnston Chamber JumpStart, sponsored by Walter Roofing, March 20 at Johnston Public Library.



Stacey Shuurmann and Julia Bradshaw at the Johnston Chamber After Hours March 12 at Back Roads Lounge.



Ryan Anderson and Vaughn Taylor at the Johnston Chamber After Hours March 12 at Back Roads Lounge.



Erin Jones, Holly Kimball and Char Kimball at the Johnston Chamber After Hours March 12 at Back Roads Lounge.



Colby Dawes and Annie Mielke at the Johnston Chamber Luncheon Feb. 25 at City Hall.



Eric Herrmann and Paula Bierle at the Johnston Chamber Luncheon Feb. 25 at City Hall.



Alex Schmidt and Matt Bennett at the Johnston Chamber Luncheon Feb. 25 at City Hall.



Julia Bradshaw and Jamie Lewton at the Johnston Chamber Luncheon Feb. 25 at City Hall.



Kirby Nelson and Kelley Fox at the Johnston Chamber Luncheon Feb. 25 at City Hall.

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