

Living

MAGAZINE

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Residents share how they go the extra mile to spoil their critters



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WELCOME

A LITTLE dog and a pink sweater

My only requirement in searching for a family pet was that it had to be a short-haired, masculine-looking dog. Now, before you start calling me sexist, you should know that I didn't really care if the dog was male or female. In fact, I preferred female dogs. I just didn't want a poodle named Fifi.

After lengthy searches, we eventually adopted a female miniature pinscher named Pudding. She was quite small and quite chubby. As such, Pudding was a fitting name, but it did not match the masculinity thing I was seeking. So, we compromised a bit and renamed her Roxy.

Keep in mind that, at the time, I was the father of three young girls, all who mothered this dog like a newborn child. They showered her with clothes and toys and treats. I wanted to be the dog.

As the dad, I was charged with the doggy duty of taking Roxy out for bathroom breaks and walks, and I was bound and determined to work the pudding off this dog. What I didn't expect was the harassment from my neighbor, Robert, as he mocked me and my little dog in her pink sweater.

"Hey, Goodman," he yelled at me one morning after one of our first walks. "You are looking tough with that little dog in the pink sweater!"

It clearly was not a macho moment. I got over it, eventually. But that pink sweater quietly disappeared.

Two decades and three dogs later, we were still pampering a pet. More clothes. More toys. More treats. And now for dogs of all sizes.

Today, we no longer have a dog, but we continue to hang on to much of the dog "stuff," apparently just in case we opt to pamper one again someday.

Time will tell. Meanwhile, the royal treatment we gave our dogs pales in comparison to how some residents spoil theirs. Whether you are a pet lover or not, you will certainly be amused by these stories.

Have a great month, and thanks for reading. ■



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Pampered Pets

Residents share how they go the extra mile to spoil their critters

By Ashley Rullestad

Many pet owners view their animal companions as part of the family — deserving of the best care, lots of attention, and at least a few perks. Besides the usual walks, pet beds and toys, some of these pampered pets get extra special treatment: pup cups from drive-throughs, birthday parties, paw soaks and a special place in those important days of their owners' lives — as well as in their hearts.

Alan Kinsey says his dog, Baby, is a beloved companion.

A spoiled Baby

Alan Kinsey isn't a stranger to dogs or Johnston. He grew up in town, attended Johnston schools and his family are some of the town's original settlers. After moving away for 50 years, Kinsey decided to move back home, and he was looking for a canine companion to join him.

Kinsey has owned both boxers and a pitbull, but since he is, in his words, "not a young man anymore," he was looking for a new companion that would be a good match for his more relaxed lifestyle.

He found Baby, a 7-month-old miniature English bull terrier, from a breeder in Omaha in 2021. They were going to use her for breeding. She was untrained and being kenneled much of the day, being let outside only for brief times. She is now 5 years old.

"A full size would have been too much for me, but she is all muscle. She is the first female dog I've ever had. She is a 'Velcro' dog and always in my recliner with me. Sometimes she is pampered with a drenched manicure pedi."

Kinsey says he must keep her mind occupied or she is a bit like an insolent child. If she



Alan Kinsey's dog, Baby, enjoys regular pedicures.

doesn't get enough "good" attention, she will seek "bad" attention. She has a huge basket of toys. Being a terrier, she destroys them on a regular basis, so once Kinsey has picked up enough fuzz, he tosses them and gets more.

"She gets baths every couple of weeks, and she loves the scratching part. She has her own chair on my little patio. She is a fast learner and a total treat-aholic. She brings me my



Alan Kinsey is never far from his dog, Baby.

slippers, one at a time. She knows sit, stay, heel, back up, and she gets her toys by name from her basket. She is a super smart little girl who like toys and treats. She does lots of tricks. We make a great pair."

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Holli Lancaster and Craig Sinclair have a whole room devoted to their parrot, Mindy.



Holli Lancaster and Craig Sinclair spoil their cats, Nyla and Sydney.

A 37-year-old bird and two cats

Craig Sinclair and Holli Lancaster are pet people.

“I worked at a pet store while in high school,” Craig says. “That started my interest in fish and aquariums — and also birds. Back then, I had parakeets, cockatiels, conures and a Senegal parrot. They were all training for

Mindy, the orange-wing Amazon parrot that we have now.”

The couple also has two cats, Sydney and Nyla, siblings they adopted from AHeinz57 in the fall of 2017. Mindy, the parrot, has been in Craig’s family for the past 37 years, since she was a chick. She moved in with the couple last September. They were all training for

Craig’s mom had been raising her the last 30 years, but Craig has always been on deck to continue caring for Mindy once his parents were no longer able to. That’s one of the challenges with parrots in general — they can live a long time, often outliving their owners.

While Holli had cats growing up, Craig was more of a dog person.

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Holli Lancaster and Craig Sinclair's orange-wing Amazon parrot, Mindy, has been in Craig's family for 37 years. She may live up to 70 years.

"This is my first time being a cat parent, and I'm sure glad I didn't go through life not experiencing owning a cat."

So, how are they spoiled?

"I work from home, so let's just say they have a built-in butler, maid, cook and playmate. There's time for lots of belly rubs and petting throughout the day for both Sydney and Nyla. Our house has 22 windows, so there are various beds and blankets set up through the house for them to nap and watch all kinds of nature outside."

Mindy, the parrot, gets a walnut every night at 8 p.m., and if you aren't ready, she throws a temper tantrum. She also likes lots of pets and scratches throughout the day when Craig is working in "her" room, which also serves as his office. Speaking of "her" room, the couple converted the second bedroom to serve as a fun parrot room. They spoiled her with a new cage and play stand plus a myriad of new toys to help her adjust to her big move this last fall.

Pets bring so much to a home, and Craig and Holli's is no exception.

"We don't have kids, so our pets are our fur babies and feathered baby. We are both animal people, so adopting Syd and Nyla and taking over Mindy's care gives us a great deal of fulfillment. The only plan we have right now is to get in better shape, so we can keep up with Mindy since she's only 37 and could live up to 70 years."

Pampered pups

Ann Noring has been fortunate to have loved many dogs throughout her life.

"As a child growing up, we always had a doberman running around our farm. As an adult, I got introduced to pugs by a fourth-grader in my class. She, along with the rest of the class, surprised me with a pug puppy because of a special recognition I had received — the excellence in



Ann Noring's Yorkie pups, Poppy and Peach, have filled a void left after losing her 12-year-old pugs.

education award, 2003. Not knowing anything about pugs, I was leery to own one because I had always owned dobermans."

Rocky the pug won Ann over quickly with his curly tail and endearing snorts. The loyal and charming pug quickly became her best pal. In his older years, he suffered with allergies and arthritis. After 14 years, Ann and her husband made the difficult decision to have him euthanized. But, before doing so, they adopted another pug.

"We knew we couldn't live life without a dog, so we found Midge. Shortly after getting Midge, we adopted another pug, Millie. I couldn't believe that both of these pugs' previous owners surrendered them. We were fortunate to have Midge and Millie for 12 years. They provided us with lots of laughs, cuddles and even comfort after my husband passed away. Those girls never left my side during that difficult time."

That all leads Ann to her current situation. Three days after the loss of Midge and Millie, her best friend, Jen Butler, knew her heart was broken, so she gave Ann two puppies from her second litter of Yorkies. Poppy and Peach were born on April 16, 2024, and, 10 weeks later, they went to live with Ann.

She says Poppy and Peach have filled the hole left by her beloved pugs. The puppies have learned basic obedience skills, are potty trained, and enjoy going to the dog park. They go to the Zoom Room in West Des Moines, where they participate in classes like obedience, agility and rally.

"I have been, and always will be, a pet person. Owning a pet has brought so much to my life. Love and loyalty are a big part of what they bring. Pets have helped me when dealing with loss and the anxiety that comes with grief. Owning a pet is about companionship. And, for me, a dog keeps me active by going for walks or taking them to the Zoom Room for class. I can't imagine life without dogs. I will never be without one." ■

MEET Sheri Pender

Following a lifelong calling



Sheri Pender enjoys the excitement her second-grade students have for learning and the stories they share with her.

Sheri Pender, a second-grade teacher at Lawson Elementary, knew she wanted to be a teacher as early as kindergarten. When her teacher faced health issues, young Pender stepped in as a classroom “assistant.”

“I would run errands to the office and help other students in the classroom,” she recalls. “After that year, it seemed to be a good fit for me to be a teacher.”

After earning her degree from the University of South Dakota in Vermillion, Pender began her teaching career in Nebraska. She taught all-day kindergarten three days a week and worked as a middle school Title I teacher on the other two. She also taught both kindergarten and first grade before moving to Iowa nearly three decades ago.

It was then that she began substitute teaching in the Johnston Community School District, including two long-term positions at Lawson Elementary. Those experiences led to a full-time position at the school she still calls home.

Now in her 26th year at Lawson, Pender has taught in seven different classrooms, currently teaching second grade.

“I enjoy the kids the most,” Pender says. “I love when the students are excited about learning and when they realize they can do more and see themselves as learners.”

She especially enjoys getting to know her students personally — their families, pets, likes and dislikes.

“It’s fun to listen to the stories that the students share, especially when they start the story with, ‘When I was a little kid...’ ” she jokes. “I love reading to the students. Any opportunity I can connect a book with our learning, it gets the students excited.”

Beyond her classroom, Pender has built lasting relationships with teachers and staff across the district.

“I have worked with many great teammates, and it has always made planning and teaching better knowing that you have support and help from others,” she says.

Among her fondest memories are the moments when former students return to visit or when she sees them out in the community. At the end of each school year, she also takes joy in reflecting on the progress her students have made.

Outside the classroom, Pender likes spending time with her husband, Jay; daughter, Addy, who also teaches in Johnston; and son, Andrew. She stays busy scrapbooking, baking, reading and playing games. ■

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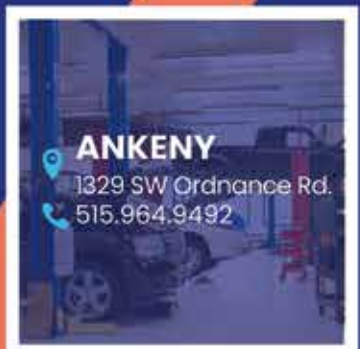
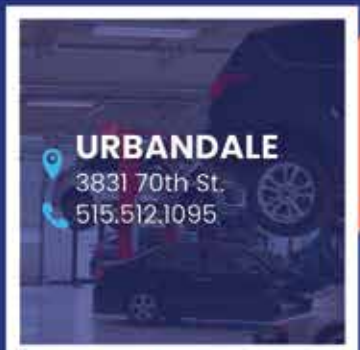
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ASIAN ground turkey bowl is healthy and flavorful

When our girls were younger, and we were running from one activity to the next seemingly every night, we treated ourselves, often to Chinese take-out. Shane and the girls loved the sweet sauce on orange chicken. My choice was cashew chicken, and we all devoured the fried rice.

We like Asian food, but it has not been something I cook at home. This recipe caught my eye the other day, so I thought I would test it out. My family loved it!

I appreciate this Asian ground turkey bowl recipe for its perfect balance of flavors and textures. The savory turkey, cooked with garlic, ginger, hoisin sauce and soy sauce, brings a rich base that pairs well with the freshness of crunchy vegetables. It is a healthy yet satisfying dish with lean ground turkey providing a great source of protein.

I also appreciate how customizable it is. You may choose to add a little spice with sriracha or keep it mild. Adjust the flavors to your taste. The rice gives it a comforting feel, while the vibrant toppings — like cucumbers and lettuce — add just the right amount of crunch. It is one of those meals that feels indulgent but is actually good for you with only 366 calories and 32 grams of protein per serving.

Enjoy and let me know what you think. ■

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



Asian ground turkey bowl

Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- 4 green onions, chopped
- 1.5 cups carrots, shredded
- .5 cup water chestnuts, chopped
- 4 teaspoons minced ginger
- 4 teaspoons minced garlic
- 4 tablespoons low sodium soy sauce
- .75 cup hoisin sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 4 cups rice (any variety – I use Jasmine)
- 1-2 cups lettuce, finely chopped
- 1-2 cups cucumbers, diced

Directions

- Make sauce by combining hoisin sauce, soy sauce, rice vinegar and sesame oil. Save for later.
- Heat olive oil over medium high heat. Add turkey once hot and brown for 3-5 minutes. Push the



turkey to the sides of the pan. Add red and green bell peppers, green onions, water chestnuts, garlic and ginger. Stir together and cook for 4-7 minutes. Cook until turkey is cooked. The vegetables should be tender-crisp.

- Add sauce and cook 2-3 minutes. Sauce will thicken and coat the turkey and vegetables nicely. Serve turkey and vegetables on top of a bed of rice. Top with lettuce and cucumbers. You can add additional carrots and green onions if desired. Serves eight.

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FROM high school to headliners

Johnston grads form band, The Squares.



Frederick "Fred" Jensen (Johnston High School class of 2023) is the drummer for The Squares.



Four Johnston High School graduates are members of The Squares, which includes Frederick "Fred" Jensen (class of 2023), Jackson Zimmerman (class of 2024), Cameron Capalbo (2023), Jake Gragg (2024), Sasha Wemmie and Charlie Richards.

Frederick "Fred" Jensen (Johnston High School class of 2023) didn't plan to start a band when he got to college, but that's exactly what happened. Today, he's the drummer for The Squares, a group of six, four of whom are Johnston High School graduates.

The band, which also includes Jackson Zimmerman (class of 2024), Cameron Capalbo (2023), Jake Gragg (2024), Sasha Wemmie and Charlie Richards, has been performing regularly in Iowa City while they attend the University of Iowa. But, later this spring, they'll return to Johnston for a hometown show.

The Squares will perform at the Johnston Town Center for Tunes at Twilight on Thursday, May 29 at 7:30 p.m.

The roots of the band go back to Jensen's first semester at Iowa, when he originally founded the group with a different lineup. At that time, he was the only Johnston graduate. But when the semester changed, and the band wasn't progressing or learning new material, he saw an opportunity to revamp.

He already knew that Zimmerman and Gragg were interested in joining a band, and with Richards — one of the original members — on board, they decided to move forward with a fresh start. Jensen also brought in

Capalbo.

All four Johnston grads share a musical background. In high school, they performed together in show choir, show band and marching band.

Now, as a college-based band, they mostly play covers — from classic 1980s hits to heavy rock staples, songs like "Crazy Train" and "Sweet Child of Mine."

The band is also beginning to explore original music.

"It's a mixed bag, but I think the vibe will be in the 80s-esque place," Jensen says. "I think we're aiming for a Bon Jovi or Rush sound, where it's having the keys and guitar together."

That mix comes naturally, considering the group's diverse influences. Gragg, the band's keyboardist, leans toward jazz, funk and 1970s disco, while Jensen and Zimmerman, the guitarist, share a passion for hard rock and metal.

Their gigs have ranged from University of Iowa events, like Dance Marathon, and bar performances to house parties and birthdays.

"The basement shows are really fun ones to do," Jensen says.

No matter the venue, it's the energy from the crowd that fuels them.



"When you really get magic going with a song and hear the audience screaming over top or seeing them super excited, that's the best," Jensen says.

One especially meaningful performance came when the whole band played together for the first time.

"That was special, too, because they're all my friends from high school," Jensen says.

With summer on the horizon and more time to collaborate, The Squares are ready to keep building on their momentum, starting with their May 29 performance in Johnston. ■

WHAT IS a circle of protection?

So many times we deal with families that indicate their loved one had “everything taken care of” only to find out that everything was not taken care of. Maybe the loved one had their cemetery arrangements handled in advance but had never visited with the funeral home. Or, maybe they had talked with a funeral home but never decided on a cemetery.



What we know is that this can leave a family with an unexpected burden and/or unexpected expenses at what can otherwise be a very emotional and stressful time.

Complete arrangements often involve the selection of services and merchandise from two separate entities: the cemetery and the funeral home. A funeral home and cemetery can help you with completing this “circle of protection” so you can protect your family from having to make these decisions when they are grieving.

It truly is the difference between the question, “What would Dad have wanted?” and the confident statement, “This is what Dad wanted.” Do your family a favor and start the conversation today. Reach out to your cemetery and funeral home of choice. You will be glad you did, and it will be a gift for your family. ■

Information provided by Dave Cortner, Hamilton’s on Westown Parkway, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3681

JOHNSTON Public Library news

Get ready for summer at the library.

As the school year winds down, it’s time to start making plans. This May, seniors can start planning their retirement through informative programming hosted by the library, while children, teens and families can start planning a summer of fun events at JPL beginning with the summer reading kickoff. Read on for further details.

Johnston Public Library
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 Monday - Thursday, 9 a.m. to 8 p.m.
 Friday - Saturday, 9 a.m. to 5:30 p.m.
 Sunday, 1-5 p.m.

Do you have questions about Medicare or senior living communities for yourself or loved ones? Then join us for one or both of our informative events this month. On Wednesday, May 7, from 6-8 p.m., Senior Health Insurance Information Program will present Retirement University: Welcome to Medicare where you can learn how to safely and effectively navigate Medicare. Then, on Wednesday, May 28, from 1-2 p.m., you can attend Senior Living Simplified and discover how to find the right senior community for your lifestyle and needs. Topics include financial considerations, amenities and the benefits of independent and assisted living. Registration is required for both of these events.

Plan to learn more about the art of letterpress printing on Thursday, May 22, from 6-8 p.m. at Letterpress Printing with The Red Door Press. Adam and Tammy Winn of The Red Door Press will give a short presentation on the process and history of letterpress printing, and then participants can use a letterpress machine to create their own print. Registration is appreciated, and all ages are welcome as long as children are accompanied by an adult.

Did you know we have weekly programs in the Teen Space? Video game enthusiasts can demonstrate their skills in tournaments, while fans of anime can join our club for Japanese snacks, art projects and anime trivia. On Wednesdays, teens can race in the Teen Mario Kart Tournament from 3:30-4 p.m. and then battle in the Teen Smash Bros. Tournament from 4-5 p.m. On Thursdays, Anime Club meets from 4-5 p.m. followed by a Dragon Ball FighterZ Tournament from 5-6 p.m.

Celebrate the end of the school year by swinging through JPL’s Summer Reading Drive-Thru on the last day of school, Friday, May 30, to pick up your summer reading materials. Library staff will be in the parking lot from 2-5:30 p.m. with to-go bags for all ages so you can get a head start on a summer full of amazing programs and reading incentives that will keep you engaged and plugged in all summer long.

Stories spark change. Art makes noise. Join us as we celebrate the freedom to read and create — and kick off Summer Reading at Johnston Public Library at the Library Love Drop-In Print Party on Saturday, May 31, from 1-5 p.m. Make your own zines, design custom buttons, and screen print shirts or bags with one of four bold, library-loving designs. We’ll be printing with white ink, so bring a dark-colored shirt or tote bag. A limited number of bags will be available if you don’t have your own.

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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CELEBRATING mom with purpose and preparedness

Mother's Day is a time to honor the incredible women who nurture, support and guide us through life. While there are traditional gifts of appreciation, this special day also offers an ideal moment to reflect on a more lasting gift: financial security and empowerment for moms and families alike.

Whether you're a new mom, a seasoned parent, or an adult child looking to support your mother's well-being, incorporating financial planning into the Mother's Day conversation can have long-term benefits.

Financial planning is about ensuring peace of mind, freedom and the ability to make empowered choices. For moms, especially those managing households, raising children or caring for aging parents, having a clear financial plan is crucial. Life can bring certain assumptions with it. We assume the sun will rise and set as programmed each day; we know that kids will always be curious to a dangerous level; and we assume that mom has her "financial house" in order. Maybe this is a good time to inquire.

Here are a few financial considerations particularly relevant on Mother's Day:

- **Budgeting and saving:** Whether managing the family budget or planning for personal goals, creating a detailed monthly budget can help moms stay on track and feel more in control. Tools like budgeting apps or spreadsheets can make it easier to monitor expenses and allocate funds for savings or emergencies.

- **Life insurance and estate planning:** While it's not the most glamorous topic, making sure there is a life insurance policy and a will in place is one of the most loving things you can do for your family.

- **Retirement planning:** Mothers, particularly those who take time out of the workforce to raise children, often fall behind in retirement savings. Mother's Day is a perfect reminder to review IRAs, 401ks or other retirement investments.

- **Education savings:** For moms saving for their children's future, 529 college savings plans are a popular and tax-efficient way to invest in education. Having a dedicated savings plan reduces the pressure when college bills start to arrive.

- **Teaching financial literacy:** Moms are often the first financial role models in a child's life. Encouraging smart money habits from a young age: saving allowances, budgeting for a toy or opening a youth savings account can plant the seeds for lifelong financial health.

If you're in the position to give back to your mother this Mother's Day, consider a financial health check-in. It doesn't have to be intrusive, just a supportive conversation to make sure she's prepared for the future. Helping her organize paperwork, review insurance policies, or connect with a financial advisor can be a meaningful and lasting gesture of love.

Mother's Day is about showing appreciation, and one of the most powerful ways is by ensuring long-term financial well-being. Whether you're making sure your mom is financially secure or planning your own family's future, taking steps toward a solid financial foundation is a gift that lasts far beyond May.

This year, celebrate with heart...and a little strategy. It's the kind of love that pays dividends. ■

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



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sreddy@cityofjohnston.com

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Join us at the Kites on the Green Festival is Saturday, May 3 at Johnston Commons Park

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. at Johnston Commons Park. This festival is suitable for everyone, regardless of age or ability, and offers a variety of activities, including food trucks, giant show kite displays, kite fighting, free kite building in the Veridian Kite Building Barn, bol racing, inflatable obstacle courses, sway pole performances, magic shows, and a chance to meet members of the Johnston Police and Johnston-Grimes Fire Departments. There will also be sidewalk chalk and other activities for the whole family.

We would like to thank all the sponsors of the 2025 Kites on the Green Festival. This event would not have been possible without their generous support.

To see the full schedule of events, please visit www.cityofjohnston.com/KitesontheGreen.

KITES ON THE GREEN
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Provide Input to the Brief Questionnaire on Streetscape Beautification

The City of Johnston is excited to share updates on the beautification framework plan, which draws inspiration from our unique urban tree canopy and natural landscape. A big part of this plan includes designing attractive entry monuments and markers that reflect our community's identity as a tree-loving city. The monuments will feature modern laser-cut designs of leaves and trees, and at night, accent lighting will make them stand out.



We're also focusing on improving areas like roundabouts and intersections with landscaping and decorative pavement to make our streets more inviting and easier to maintain. Plus, we're planning pedestrian-friendly spots with landscaping, seating, and special paving in busier areas to enhance walkability.

To learn more about the progress of our beautification efforts, check out our interactive update here: <https://bit.ly/JohnstonStreetscape> or scan the QR code.



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



CITY NEWSLETTER MAY 2025

Mayor's Annual Bike Ride is Thursday, May 8

Join Mayor Paula Dierenfeld for the Mayor's Bike Ride, a fun ride on Johnston's trails on Thursday, May 8. Interested participants can begin gathering at 11:30 a.m. along South Drive near Corteva. The ride will take you through the beautiful trails near Beaver Creek, ending at the large shelter located at Terra Park.

The ride ends at the large shelter at Terra Park. Free lunch for those participating in the ride.



Kick off Summer with Family Fest on Saturday, June 7

Join us for a family-friendly event at the Johnston Town Center on Saturday, June 7, from 11:00 a.m. to 2:00 p.m. Enjoy a variety of fun activities, including the opening of the splash pad, a visit from Rusty Stars Alpacas, a kids' seed planting adventure, and a chance to learn about stormwater Best Management Practices. There will also be yard games, a book bike, and opportunities to meet with the Johnston Police and Fire Departments.

A special thank you to Metronet for sponsoring the event.

For more information about the activities and event details, please visit www.cityofjohnston.com/FamilyFest.



City Hall and the Library closed for Memorial Day on Monday, May 26

City Hall and the Johnston Public Library will be closed on Monday, May 26, for the Memorial Day holiday. We will reopen on Tuesday, May 27. Trash and recycling will be delayed one day.

Provide Input to Help Shape Our Community's Creative Future

As Johnston grows, so does the opportunity to create places that reflect who we are.

Take 6 minutes to share your thoughts on arts, culture, and what makes a place feel like home. Your voice will help guide future events, gathering spots, public art and more. Visit www.surveymonkey.com/r/johnston_plan to take the survey or scan the QR code.



Use this link, or scan the QR code to pin your ideas to a <https://bit.ly/JohnstonArtsCulture>.



Farmers Market Season Begins on Tuesday, June 3

The first Farmers Market of the year will be held on Tuesday, June 3, from 4:00 to 7:00 p.m. in the Town Center parking lot, located on the south side of City Hall.

For more information about the city, please call 515.278.2344



May Is Hepatitis Awareness Month

Hepatitis is an inflammation of the liver that can cause health problems, such as liver cancer and liver failure.

Learn the ABCs of this serious virus.

Hepatitis A

- Spread through contaminated food and drink.
- It's very contagious and you can spread the virus even if you don't have symptoms.

Hepatitis B

- Spread through contact with an infected person's blood or other bodily fluids.
- There's no cure for hepatitis B, but treatment can delay or reduce the risk of developing liver cancer.

Hepatitis C

- There isn't a vaccine to prevent hepatitis C, but treatment is available.
- Most people with hepatitis C can be cured with just 8–12 weeks of treatment.

Help Protect Your Liver From Hepatitis

IOWA
Health and
Human Services

Ask your healthcare provider about hepatitis vaccines and testing.

Source: cdc.gov 4/25

THE MAN who helped build Johnston

Remembering Jean Linn

Jean Linn's impact on Johnston has been long-lasting and helped shape Johnston into the city it is today.

After graduating from high school in Audubon County, Linn began his long career with Pioneer International, Inc., starting in the Hy-Line Poultry Division. His work was interrupted when he was called to serve in the U.S. Army during the Korean Conflict. During his service, he was awarded the American Spirit Honor Medal, advanced to the rank of sergeant first class and graduated from the Chemical, Biological, and Radiological School. He was discharged on Feb. 19, 1954.

When he returned to Pioneer, Linn embarked on various assignments. At one point, he was transferred to Nacogdoches, Texas, to serve as president of Indian River, the broiler arm of the Pioneer Poultry Division. He was later named president of Hy-Line Indian River.

After six years, Linn and his family returned to the Des Moines area. That's when he became involved in launching Green Meadows, a major development that began in 1977 and marked a turning point in Johnston's history.

Green Meadows was the first master-planned community development in the state of Iowa. William Brown, then president of Pioneer Hi-Bred and a member of the Johnston Planning and Zoning Commission, said, "Pioneer does not intend to get into the real estate business, but it does intend to exert a strong influence on how this land is developed."

Linn was an integral part of this vision. The concept for the original Green Meadows was to have the area west of Pioneer Parkway designated for companies like Pioneer, Shazam and Iowa PBS. In the middle of the development would be housing and, on the east side, along Merle Hay Road, would be commercial areas, including Hy-Vee, the Post Office and restaurants like Trostel's Greenbriar.

Green Meadows introduced sewage treatment, underground utilities, storm drainage, constructed lakes, a shopping mall, and enough housing to accommodate about 3,200 residents — more than doubling Johnston's population at the time.

Tim Heldt, chairman of Charter Bank in Johnston, says, for Linn's role in the development, he was "Mr. Johnston."

"Jean Linn and Pioneer made Johnston, Johnston," he says.

Green Meadows, he adds, was a thoughtful development, which also includes trails and destinations like Terra Park and Terra Lake.

Later developments like Green Meadows West and Green Meadows North continued to build on that foundation, adding even more housing to Johnston.

Linn's impact also extended through his service as president of the Johnston Chamber of Commerce, a charter member of the Johnston Economic Development Corporation, and a charter member of the Charter Bank Corporation Board of Directors.

Ultimately, says Heldt, Green Meadows is one of Jean Linn's lasting gifts to Johnston — one that set the standard.

Linn died peacefully at Deerfield Senior Living on Feb. 22 at the age of 93. ■



Jean Linn's contributions to the development of Johnston earned him the nickname, "Mr. Johnston."

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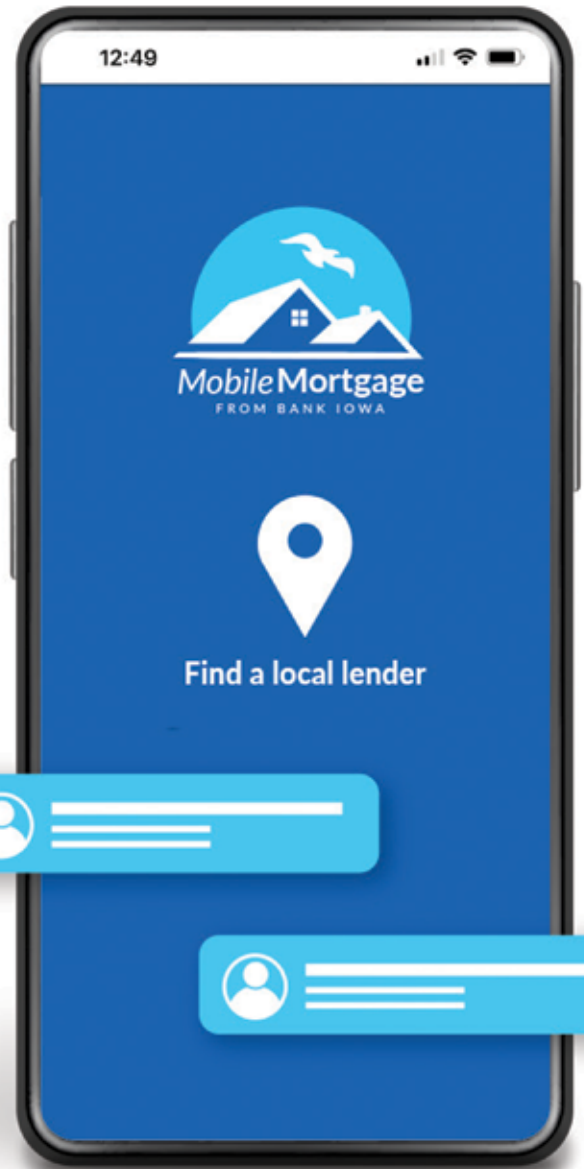


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INSURANCE

By Janis Van Ahn

SOCIAL SECURITY claim changes, and how they affect your insurance



As of April 14, 2025, the Social Security Administration (SSA) is implementing new procedures aimed at enhancing the security and efficiency of benefit claims processing. These changes primarily focus on identity verification methods to combat fraud while maintaining accessibility for beneficiaries.

Initially, the SSA had planned to eliminate telephone services for retirees, requiring all benefit applications to be conducted online or in person. This proposal was met with widespread criticism from the public and advocacy groups, who highlighted the potential hardships for seniors, particularly those residing far from field offices. In response to the backlash, the SSA reversed its decision, allowing all claim types to continue being processed over the phone.

Therefore, the SSA will continue to accept benefit claims via telephone for all types, including retirement, survivor, auxiliary, disability, Medicare and Supplemental Security Income (SSI). This decision reverses an earlier policy that required in-person or online identity verification for certain services. To balance ease of access with fraud prevention, the SSA will implement anti-fraud checks on all telephone claims. Claims flagged as potentially fraudulent will necessitate in-person identity verification, while unflagged claims can proceed entirely over the phone. In-person claims will continue to undergo comprehensive identity verification. This policy aims to enhance security without imposing undue burdens on beneficiaries.

How do these new fraud protections affect someone enrolling for the first time for Medicare and/or Social Security? First, and foremost, when you sign up for Medicare, they will check more carefully to make sure it really is you. This helps stop identity theft.

Second, there are stronger rules for agents and marketers. They must follow rules such as getting a Scope of Appointment Form at least 48 hours before an appointment to “talk” about certain benefits. They also must review and pass tests annually to make sure they are current on content for the new year starting at the annual election period.

Finally, Medicare sends faster alerts when someone tries to use your Medicare information. Know that neither Social Security nor Medicare will ever call you on the phone about your benefits, fraud, needing your Medicare ID number, etc. They still will always send a letter by USPS. Don't accept any calls or talk to anyone who thinks they need your information over the phone.

If you have any questions about a digital presence for Social Security or Medicare or need support establishing an account, even if just for review, contact your health insurance advisor. Understanding the digital world and the value to you simply enhances your comfort with these platforms and how they integrate with your insurance. ■

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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for an Iowa Living education column!

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FIRST time buying

Buying your first home is an exciting milestone, but it can also be overwhelming, especially in a diverse and vibrant real estate market like the Des Moines Metro. I've gathered some essential tips to guide you through the process smoothly and confidently.



Understand your budget: Before you start looking at houses, it's crucial to know how much you can afford. Assess your financial situation by considering your savings, income and any outstanding debts. Whether you're going to buy in a week or a year, talking to a lender helps to have a clear understanding of your budget. This step will not only save you time but also strengthen your position as a pre-approved buyer when the time is right to make an offer.

Research neighborhoods: Des Moines offers a variety of neighborhoods, each with its own unique charm and amenities. Whether you're drawn to the bustling downtown area or the quiet suburbs, it's important to research neighborhoods that align with your lifestyle and preferences. Consider factors such as proximity to work, schools, parks and social activities. Visiting neighborhoods at different times of the day can also give you a better feel for the area.

Prioritize your must-haves: While it's easy to get swayed by beautiful homes, it's essential to have a list of must-have features versus nice-to-have features. Think about the number of bedrooms and bathrooms you need, the size of the yard, and whether you prefer a generous kitchen area or a spacious living room. Having a clear vision of what you want will help narrow down your options and ensure you choose a home that suits your needs.

Be prepared to act quickly: The Des Moines real estate market is competitive, and homes can sell quickly. Once you find a house that meets your criteria, be ready to act swiftly. This means having your financing in place and being prepared to make a reasonable offer. However, while it's important to be decisive, avoid rushing into decisions out of fear of missing out. Make sure the home truly fits your criteria and budget.

Plan for additional costs: Beyond the purchase price, owning a home comes with additional expenses. Be sure to budget for closing costs, which typically include loan origination fees, title insurance and appraisal fees. Additionally, consider inspection fees and future expenses such as property maintenance costs. Being financially prepared will help you enjoy your new home without unexpected financial stress.

By following these tips, first-time homebuyers in Des Moines can navigate the real estate market with confidence. Buying a home is a significant investment, and taking the time to make informed decisions will lead to a rewarding and fulfilling homeownership experience. ■

Information provided by Jenna Borcharding, Realtor, Re/Max Precision, 8705 Chambery Blvd., Suite 100, Johnston, Jenna@JBHomeandDesign, 641-430-9092, Licensed Realtor in the state of Iowa.

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PALLIATIVE care: What is it, and how does it help?

Q: My wife's nurse practitioner suggested we look into palliative care. I'm nervous, as this is not a type of care I'm familiar with. My wife has diabetes and suffers from congestive heart failure. While her care team says she could live with her conditions for several years, we would both like her to have a better quality of life. What can palliative care do for her?



A: Great question. Palliative care is 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, palliative care is designed to improve the quality of life for both the person living with illness and their loved ones.

Here's what you should know about palliative care.

Anyone with a serious or chronic health condition, regardless of their prognosis, can take advantage of it. The goal is to alleviate suffering and improve comfort by managing physical symptoms while also addressing emotional, social, and spiritual needs.

A variety of specialists, such as physicians, nurses, social workers, chaplains, and therapists, make up a palliative care team. They will all work together to create a care plan that's tailored to your wife's needs.

It helps manage symptoms such as pain, fatigue, nausea, breathing difficulties, and anything else that goes along with illness. If your wife is dealing with discomfort related to her chronic condition, palliative care can significantly help decrease that.

It also supports family members. 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. It can be used alongside curative treatments, helping to manage the side effects or help cope with difficult symptoms during treatments like chemotherapy or dialysis.

It's offered anywhere. If receiving care at home is preferable to you and your wife, make sure you find a provider that offers home-based palliative care.

The overall aim will be to provide your wife with enhanced quality of life while managing the challenges presented by her conditions. Palliative care is highly personalized, and most families report that it 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.





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LLC: benefits of an operating agreement

Have you recently (or even not-so-recently) decided to start a business and form a limited liability company here in the state of Iowa?



If so, you may already know that the Iowa Secretary of State only requires you file a certificate of organization, letting the world know that your business entity exists. This document is publicly available and lists the name of your business, the address of your principal place of business, and the name and address of your registered agent, which may be you or another business partner, or even your business attorney.

But were you aware that your LLC is best protected when there is an operating agreement agreed to and signed by all members of the

LLC? Unlike the certificate of organization, this document is private and not shared with the public. It lists the members of the business, states the purpose of the business, and lists out the rules and expectations of each of the owners.

Consider your operating agreement like the players' manual to a board game: It states the rules that each member must follow and what happens if someone violates the rules. It also has important information for when the game is over — when and why you and fellow owners decide to wind down the business.

Moreover, your operating agreement will protect your business in case of a conflict with other members. If you do not have one, Iowa law will determine what happens. While state law is comprehensive, rarely do individuals feel that state code knows them and their business better than they do.

Your operating agreement also ensures that

your LLC truly has the legal protection you expect. A key benefit to an LLC is that it offers members liability protection in case of lawsuit or legal trouble. That liability protection can inadvertently slip away without a comprehensive operating agreement.

If you are setting up a new LLC, or if you have an LLC but don't have an operating agreement, you can call a qualified business attorney to help you draft an operating argument that will fit you and your business' needs. Working together with your attorney, you will determine the goals of the business, expectations of each member, and the rules of the game. ■

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

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EVENTS IN THE AREA

Be sure to check for cancelations

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

Upcoming in Johnston Living magazine

Yards: Enjoying the green spaces around your home: Do you have a lush, green lawn with plenty of open spaces? Tell us how you keep your yard healthy and how your family makes the best of the space. Perhaps your yard provides space for barbecues, fun around the pool or hot tub, room for play equipment and lawn games. Email tammy@iowalivingmagazines.com with your experiences enjoying the cool feeling of grass beneath your feet.



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.

Kiwanis May Speakers

Tuesdays, May 6, 13 and 20, noon
Cozy Cafe, 8385 Birchwood Court, Johnston

The Johnston Kiwanis Club invites the public to its meetings, which features a speaker. The schedule includes:

- **May 6:** World Food Prize - Kate Levasseur
- **May 13:** Hoyt Sherman Place - Ann Cramer
- **May 20:** American Heart Association

Fashion Show

Friday, May 2, 5-7:30 p.m.
Charlie Rae's, 9401 N.W. 70th Ave., Johnston

Enjoy a fashion show in the courtyard. Various collections from Purple Poppy and Styled. By JJ will be presented. The \$15 ticket includes one refreshment. Visit Charlie Rae's, Purple Poppy or Styled. By JJ to purchase tickets.

Mayor's Annual Bike Ride

Thursday, May 8, 11:30 a.m.
Start at trail east of Corteva, 7100 N.W. 62nd Ave.

The public is invited to join the Mayor's Annual Bike Ride, a 4-mile loop along the trails of the Beaver Creek Natural Resource Area, finishing at the large shelter in Terra Park. A free lunch will be provided for all participants. The Mayor will deliver a few brief remarks at 11:30 a.m., after which attendees will have the opportunity to enjoy the trails.

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Yoga by the Lake

Various Saturdays, May 10 through Oct. 11, 8 a.m.
Terra Lake, by the amphitheater, 6400 Pioneer Parkway

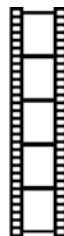
Enjoy a refreshing hour of yoga led by Ignit Yoga Instructor Natalie Henricksen. Experience the tranquility of the lake as you enhance your well-being in a serene outdoor setting. Bring a Yoga mat, water bottle, and any additional items to ensure your comfort during the class. This event is free and open to all levels. Dates are May 10, 17, 24; June 7, 14, 28; Aug. 23, 30; Sept. 6, 13, 20, 27; Oct. 4, 11.



Coffee Sunday Open House

Sunday, May 4, 1-3 p.m.
Green Meadows, 6750 Corporate Drive, Johnston

Curious about senior living? Want to see what it is all about? Attend the first Sunday of the month for coffee and delectable desserts as you casually tour and learn more about Edencrest Senior Living, which offers private apartments with discreet assistance and a memory-enhanced neighborhood. RSVP to Maria Kohring at 515-204-7467.



Movies on the Yard

Fridays, May 23, July 18 and Aug. 29, beginning at dusk

The Yard, 6245 Merle Hay Road

Movies will be "Moana 2" May 23, "How to Train Your Dragon" July 18, "Wicked" Aug. 29, and TBD Sept. 18.



Tunes at Twilight Thursday Concert Series

Thursdays, May 29, July 10, Aug. 7 and Sept. 11, 7:30-9 p.m.

The Yard, 6245 Merle Hay Road

Performances will be by The Squares May 29, Jordan Beem July 10, The Sons of Gladys Kravitz Aug. 7 and Damon Dotson Sept. 11.

Farmers Market

Tuesdays, June 3 - Sept. 30, 4-7 p.m.

Johnston Town Center, 6245 Merle Hay Road

Enjoy a variety of vendors, live music and food trucks.

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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

Vietnam War Living History Event

Saturday, June 7, 9 a.m. to 5 p.m., and Sunday, June 8, 9 a.m. to 1 p.m.

Iowa Gold Star Military Museum, 7105 N.W. 70th Ave., Johnston

Discover what life was like for U.S. military personnel during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites, and see period military vehicles.

Family Fest

Saturday, June 7, 11 a.m. to 2 p.m.
The Yard, 6245 Merle Hay Road.

The public is invited to bring the entire family to enjoy this free event, which will feature Dance Vision performances, Stationary Balloon Animals, Sam Rezz' unique cirque style entertainment, and a magic show finale. For performance times, visit www.cityofjohnston.com/1533/Family-Fest. During the event, visit with Rusty Star Alpacas, fire and police vehicles, the Johnston Public Library's Book Bike, and enjoy kids activities organized by numerous organizations. A water trail will be provided by Iowa Stormwater Educational Partnership. Food trucks onsite will be Kona Ice, Outside Scoop and Charlotte's Kitchen.



Food Drive

May 17, 10 a.m. to 2 p.m.
The American Legion, 6805 Douglas Ave., Urbandale

A food drive is being held by VFW Post 9668 of Urbandale/ Johnston, Urbandale American Legion 663, Boy Scout Troops 43 and 98 and Urbandale Food Pantry. There will be curbside drop off. Monetary support is also appreciated. Checks can be made to Urbandale Food Pantry. The greatest need is for personal hygiene items, such as toilet paper, shampoo, laundry detergent, body wash and soap, toothpaste, deodorant, diapers and wipes, and cash. Food needed includes meals in a can, canned fruit, peanut butter, tuna and canned meats, cereal, canned vegetables and pasta sauce. ■

Mayor's Run for the Trails 5K + Kids Fun Runs

Saturday, Aug. 9, 8 a.m. kids runs and 8:15 5K

Terra Park, 6400 Pioneer Parkway

To register and for more information, visit www.cityofjohnston.com/Mayors5kRun.

Sounds of Summer Saturday Concert Series

June 14, July 26, Aug. 23 and Sept. 27, 7-10 p.m.
The Yard, 6245 Merle Hay Road

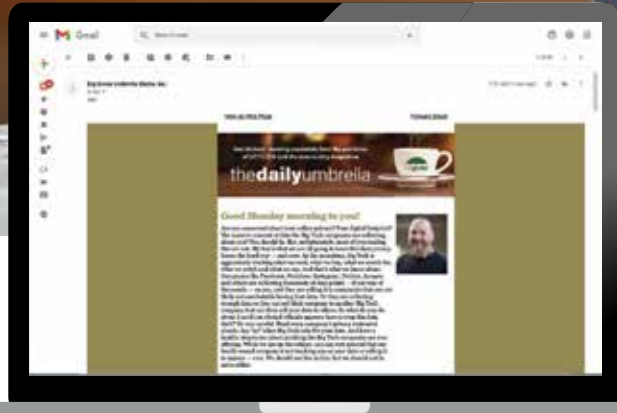
Tickets, which include one drink are \$6, or \$22 for four tickets. Performing are 90 Proof Country Band June 14, The Trip July 26, Not Quite Brothers Aug. 23, and The Pork Tornadoes Sept. 27.

Start your morning off right with an update from **thedailyumbrella**

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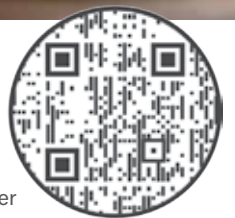


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OUT & ABOUT



A joint ribbon cutting with the Johnston and Urbandale chambers was held on April 10 for Cheba Hut, 5260 Merle Hay Road, Suite 6, Johnston.



Sierra Patterson at the Spring Pop Up at Charlie Rae's, Johnston, on April 5.



The Easter Bunny and Liliana Collins at the Spring Pop Up at Charlie Rae's, Johnston, on April 5.



Michael Lilly with Lilly Handyman Service at the Spring Pop Up at Charlie Rae's, Johnston, on April 5.



Dana Dahl, showing off her stained glass at the Spring Pop Up at Charlie Rae's, Johnston, on April 5.



Kelsey Moran, owner of Blissful Bites, at the Spring Pop Up at Charlie Rae's, Johnston, on April 5.



Lindsey Swygman, owner of Cozy Threads, at the Spring Pop Up at Charlie Rae's, Johnston, on April 5.



Jacie Borman and Sheila Horstmann, CEO and founders of Berry Broke Chocolate Strawberries, at the Spring Pop Up at Charlie Rae's, Johnston, on April 5.



Hanna Wickman, owner of Daisy Jo & Co., and Kelly Williams at the Spring Pop Up at Charlie Rae's, Johnston, on April 5.



Catherine Goranson and Stacey Shuurmann at the I am Uniquely HER event, presented by the Johnston and Grimes chambers at Corteva, Johnston, on April 15.



Tiffany Nielsen and Christy Cline at the I am Uniquely HER event, presented by the Johnston and Grimes chambers at Corteva, Johnston, on April 15.



Paula Bierle and Lea Fagervik at the I am Uniquely HER event, presented by the Johnston and Grimes chambers at Corteva, Johnston, on April 15.



Shelby Harrison and Clifford at the I am Uniquely HER event, presented by the Johnston and Grimes chambers at Corteva, Johnston, on April 15.

OUT & ABOUT



515 Wellness and Aesthetics sponsored the Johnston Chamber After Hours at The Cork 50131 on April 2. Pictured are Gina Battani and Jenny Myers.



Brenda Ballard, Christy Cline and Annie Mielke at the Johnston Chamber After Hours April 2 at The Cork 50131, Johnston.



Dave Coslin and Jenni Buchanan at the Johnston Chamber After Hours April 2 at The Cork 50131, Johnston.



Shelly Brown and John Brown at the Johnston Chamber After Hours April 2 at The Cork 50131, Johnston.



Tricia Gustafson, Leif Gustafson and Cyrena Eischeid at the Johnston Chamber After Hours April 2 at The Cork 50131, Johnston.



Andrea Hodapp, Paula Bierle, Jenny Myers and Julia Bradshaw at the Johnston Chamber After Hours April 2 at The Cork 50131, Johnston.



Krissa Velasco, Chris Jones and Michelle Velasco at the Johnston Chamber JumpStart April 17 at the Johnston Public Library, sponsored by Adventures in Social Development.



Annie Mielke, Brenda Ballard and Julia Bradshaw at the Johnston Chamber JumpStart April 17 at the Johnston Public Library, sponsored by Adventures in Social Development.



Suzanne Ryan and Jared Shields at the Johnston Chamber JumpStart April 17 at the Johnston Public Library, sponsored by Adventures in Social Development.



Ryan Stellner and Dan Fitzgerald at the Johnston Chamber JumpStart April 17 at the Johnston Public Library, sponsored by Adventures in Social Development.



Holly Sealine and Andrea Hodapp at the Johnston Chamber JumpStart April 17 at the Johnston Public Library, sponsored by Adventures in Social Development.

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Congrats to last month's winner, Ray!

April Answer: Mark Egly

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