



It is important to take the time to consider who you would like to be your family's pediatrician. During your baby's first year alone, you will be visiting the doctor at least seven times for well-baby checkups and many more times over the next 18 years. It is crucial that you feel comfortable and confident with the person you choose.

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

WHEN DO I CHOOSE A PEDIATRICIAN?

We strongly encourage parents-to-be to visit our office for a prenatal appointment before your first child is born. You can get acquainted with our office and our doctors and have your questions answered.

HOW DO I SCHEDULE AN APPOINTMENT?

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GIVE Santa a hug

There he was. An overweight, old man dressed in red with an unkept beard and a peculiar hat. He was a complete stranger who wanted me to sit on his lap and share my wishes. Creepy? You're darn right! At least he was to this young boy.

Keep in mind that I didn't even want hugs or kisses from my grandmothers, so there was no way on Earth, or anywhere else, that I was going to get close to the man whose real name is Kris



Kringle. I would forgo any and all presents before I would share a single word with the guy who now proclaimed himself as Father Christmas.

Santa was welcome to park the sled on our roof and break into our home to leave presents, but that's where our relationship ended. From what I can see today, and from what I remember with our kids, I am not the only one who was uncomfortable with the Christmas tradition of sitting with Santa.

But, we keep doing it. Standing in line. Cameras in hand. Hoping for that memorable keepsake image but instead apologizing to Mr. and Mrs. Claus for a screaming kid who doesn't understand the process.

You have got to love Christmastime traditions. Despite those unsettling Santa Claus memories, I certainly do enjoy the season. The caroling of festive songs. The sleigh rides. The lighting of the Christmas tree. The hot chocolate and candy canes.

Keeping these holiday traditions going takes work by many people, and I am thankful to them for their efforts. With that in mind, I hope you will join me for the wonderful holiday celebrations in the area.

I might even give Santa a hug. Maybe. ■

SHANE GOODMAN

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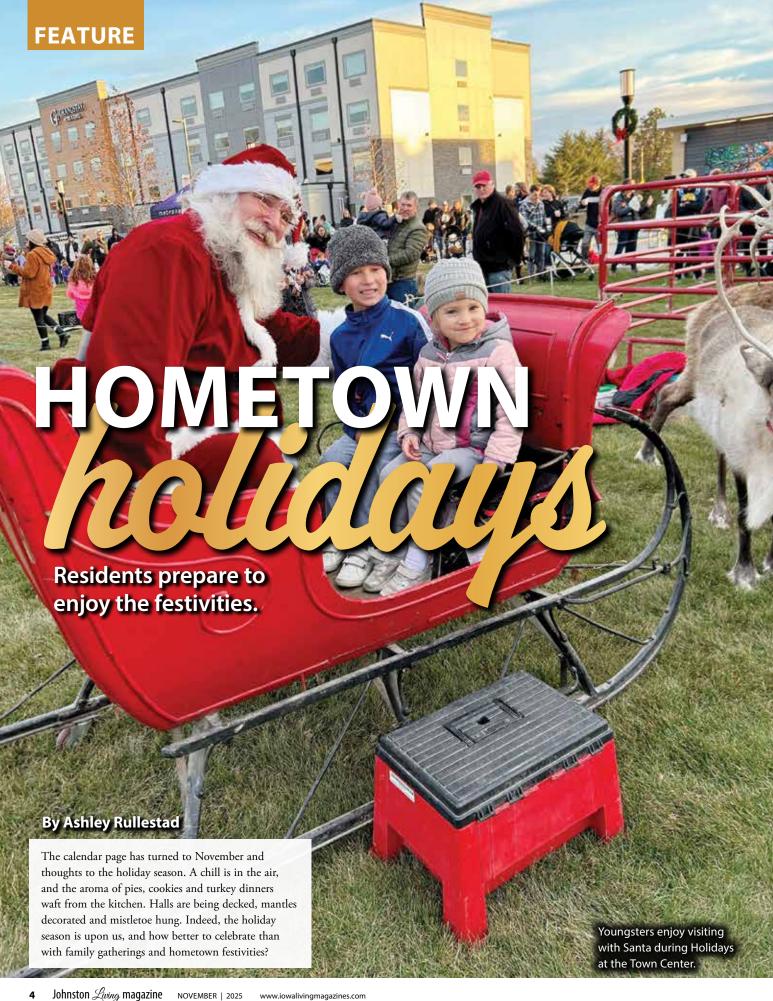
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Free ice skating will be held at Holidays at the Town Center.

Holidays at the Town Center

Holidays at the Town Center will take place on Saturday, Dec. 6 from 4-6 p.m. at 6245 Merle Hay Road. Watch Santa's arrival in a police car at 4 p.m., followed by the tree lighting at 5 p.m. A multitude of activities will entertain the entire family, including free carriage rides around the Town Center with a bag of non-perishable food donations for the food pantry, the Mayor's Run

for Food, a visit with reindeer, chatting with Santa in The Yard, and free ice skating.

Johnston Public Library will provide a special craft for children, and local businesses will offer children's activities. Bill Gordish will be demonstrating his famous ice-sculpting skills, and, for a sweet treat, you can participate in free cookie decorating with Northpoint Church.

Several food trucks will offer tasty options during the event, or visit the concession stand



The Johnston Public Library's towering book tree is a holiday favorite and provides a good backdrop for photos.

for chips, candy, popcorn, pretzels and beverages.

Holidays at the Town Center is a free community event. Parking is available throughout the Johnston Town Center and across the street at Community State Bank and Lawson Elementary. All activities are free, but organizers ask that everyone bring a bag of non-perishable food donations or monetary donations for the Johnston food pantry to enjoy the carriage ride.





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FEATURE

Library book tree

One of the fun holiday traditions in town is the holiday tree made completely of books at the Johnston Public Library. Librarian Elizabeth Stevens created the first tree in 2015 with now-retired librarian Lynne Hoehamer.

"It got started because people were building book trees on the Internet, and there had been a couple libraries that had done small desktop versions. We decided to go big or go home."

They build the tree right in front of the archive room. It is made with donated books from community members, not books from the library's circulating collection. Each year, the tree goes up after Thanksgiving and stays there until New Year's.

"Every year we have people ask how many are in the book tree, but we don't keep track. It's different every single year, and it's more art than science. All the books are different sizes. We attempt to make each layer of the book tree level. This often requires 'shimming' with skinny paperbacks or doubling up on thinner books."

Stevens says it takes about two to four hours to get the tree put up, but it comes down much faster. Once it's done, they add lights to it for an added festive touch.

"It's something that's fun for the holiday season, and people have come to expect it. Many like it as a holiday selfie backdrop. Jason Mitchell, a JPL regular, said it's one of his favorite things about the holidays."



St. Paul Presbyterian Church's Harvest Dinner includes a traditional Thanksgiving meal topped off with pumpkin pie.

Harvest Dinner

St. Paul Presbyterian Church will put on its 23rd Annual Community Harvest Dinner on Saturday, Nov. 15 at the church, 6426 Merle Hay Road.

This beloved Johnston tradition brings neighbors, friends and families together for an evening of great food and even greater purpose. This year's proceeds will support The Beacon, a Des Moines home providing hope and healing for women in crisis. Come enjoy a delicious meal, good company and the joy of making a difference together. It's a feast for both body and soul.

Diners can expect a delicious turkey dinner including stuffing, green



FEATURE

beans, mashed potatoes and gravy, and a lot of homemade desserts. The cost is \$12 for an adult meal and \$5 for a children's meal. (Kids 3 and younger are free.) This is an event enjoyed both by the St. Paul congregation and community members alike.

Anyone who would like to pick up their meals to go can do so from 5-5:30 p.m. Then diners can sign up for a 5:30 p.m., 6 p.m. or 6:30 p.m. meal time. You can give yourselves more time than 30 minutes for food and conversation, but staggering the line times helps the flow of traffic.

It takes many hands to make this event happen. If you would like to donate time, items or money, contact the church office. You can visit www. stpaul-johnston.com to sign up or purchase your meal tickets.

Alternative Giving Market

If you are looking for a different shopping experience this holiday season, St. Paul Presbyterian is hosting its 11th Annual Alternative Giving Market on Saturday, Dec. 6, from 10 a.m. to 2 p.m. at the church.

The church hosts 25 or so nonprofits with their home bases in the greater Des Moines area. The AGM is filled with unique gift ideas designed to delight the recipient and help those less fortunate in the community experience better lives.

Each year they raise more than \$10,000 for worthy organizations doing amazing things locally and throughout the world.

"One hundred percent of the money raised goes to the organizations," Pastor Bill O'Connell says. "This is St. Paul's gift to the community. We did this event when I was a pastor in Kansas, and we had such success there that we decided to do it here. The rest is history."

If you aren't able to attend the market, you can also shop online now.

Visit www.stpaul-johnston.com/agm.html and go to the shopping list that will be linked there to shop. All of the proceeds from this event go to the charities, so enjoy crossing some gifts off your list while making a difference for others at the same time.

"When you purchase a gift through the Alternative Giving Market, you are building partnerships with people in need in Des Moines and throughout the world. You will be doing something meaningful, and it will also make you and your gift recipients feel great."

Holiday Madrigal

Hear ye! Hear ye! His Majesty and her Royal Highness cordially invite you to join them for an evening of festivities and feasting to kick off the 2025 holiday season.

The Holiday Madrigal at Johnston High School takes place Wednesday, Dec. 3, and Thursday, Dec. 4, at 7 p.m. Madrigal is a holiday tradition presented by the JHS Vocal Department designed to get you in the holiday spirit. The magic will begin when you enter the medieval winter wonderland in the atrium. (Beware of beggars. Bring spare change to fend them off and ensure your safe passage.) Then you'll enter the castle, beautifully decorated for the holidays. As a spectator, you'll enjoy singing and entertainment all evening by the Royal Court (seniors) and the peasants (sophomores and juniors). After the show, you'll be treated to a royal reception featuring spice cake and wassail.

Tickets will be \$15 each and will open to the public on Nov. 16. All are welcome to attend, but the show does typically sell out, so be sure to get tickets in advance. To purchase, visit https://sites.google.com/view/ jhsvocalmusic/madrigal.

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Justin Krogman 515-318-6307 Get a quote!

FEATURE

Pathway Church celebrates Christmas

Join worshippers at Pathway Church for the Christmas sermon series entitled "Our Christmas Playlist: Celebrating the Birth of King Jesus" as they look at the Bible verses that inspired some of our favorite classic Christmas songs. The sermon series includes:

- Nov. 30 "Hark the Herald Angels Sing"
- Dec. 7 "O Come, O Come, Emmanuel"
- Dec. 14 "It Came Upon a Midnight Clear"
- Dec. 21 "Joy to the World"
- Christmas Eve "O Holy Night."

Other holiday events include:

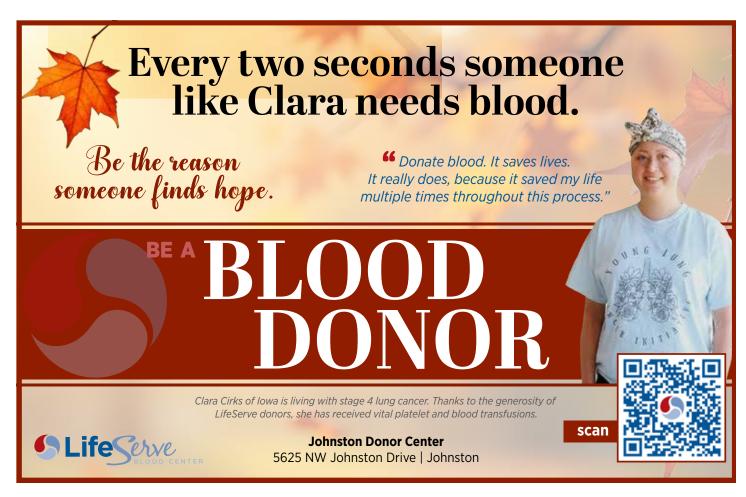
- Now until Nov. 17: Operation Christmas Child
- November and December, the Matthew 25 Tree (a Christmas tree with tags for folks to purchase items for the homeless and local and global missions)
- Dec. 7: Christmas Caroling (traveling around the area)
- Dec. 13: Homeless Christmas Party bring food, sing carols, give gifts and have all the fun of a Christmas party at a homeless camp
- Dec. 14: Christmas Feast (invite seniors from around the area to share a feast)
 - Dec. 24: Christmas Eve services 5 p.m. and 7 p.m.



The Holiday Madrigal at Johnston High School takes place Wednesday, Dec. 3, and Thursday, Dec. 4.

JHS open house

The Johnston Station Historical Society will be hosting its annual open house on Sunday, Dec. 14 from 1-4 p.m. The Simpson House will be decked out for the holidays. Coffee, cocoa and holiday treats will be available to visitors as they tour the museum in the 1902 house.





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PARMESAN garlic focaccia bread is a slice of comfort

This month, I share another recipe from my daughter, Samantha. She loves to make all kinds of bread. Few things make a kitchen feel more welcoming than the aroma of freshly baked bread, and parmesan



garlic focaccia delivers that comfort in every bite. Golden and crisp on the outside yet soft and airy inside, this Italian favorite is elevated with the irresistible pairing of roasted garlic and nutty parmesan cheese. It is the kind of bread that feels special but is surprisingly simple to make at home. Serve as a side with soups and pastas, cut into squares for an appetizer board, or enjoy warm right out of the pan. Focaccia is versatile and crowd pleasing. The drizzle of olive oil, a sprinkling of herbs and the cheesy finish give it that bakery-style touch you will love sharing — or keeping all to yourself. Enjoy! ■

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

Parmesan Garlic Focaccia Bread

Ingredients:

- 1½ cups warm water (about 110°F)
- 1 tablespoon sugar
- 21/4 teaspoons instant yeast (1 packet)
- 4 cups flour
- 1½ teaspoons salt
- 1/3 cup extra virgin olive oil, plus more for greasing
- 3 cloves garlic, minced
- 2/3 cup freshly grated Parmesan cheese
- 1 teaspoon dried Italian herbs or chopped rosemary
- · Flaky sea salt

Directions

- Combine warm water, sugar and yeast. Let sit for 5 minutes until foamy. Add flour and salt. Mix until dough forms. (It will be sticky.) With a mixer, kneed for 5-7 minutes or by hand for 8-10 minutes until smooth. Brush dough with olive oil and cover.
- Let rise 1-1.5 hours in a warm spot until dough has doubled.
- Heat 2 tablespoons olive oil with minced garlic until fragrant (about 1 minute) in a

pan. Keep for later.

Place dough in greased 9-inch by 13-inch pan. Gently press to corners. Let rest 10 minutes, then stretch. Cover and rise 30-45 minutes.



- Preheat oven to 425 F. With your fingers, dimple the dough all over. Brush with garlic oil. Then sprinkle parmesan cheese, herbs and sea salt on top of dough.
- Bake 20-25 minutes until golden brown. Cool 10 minutes in pan, then transfer to wire rack.
- Slice and serve warm. Store bread for two days at room temperature or freeze up to three months.
- · For the best results, follow these additional steps: Make sure your water is warm (110 F), not hot. For the best texture, let the dough rise completely. Use plenty of oil in your pan, as this will give your bread a crisp crust.



FROM student teacher to mentor

Johnston fees like home for art teacher Darsee.

When Jenna Darsee was student teaching in 2014 at Johnston High School, she was under the guidance of Dan Weiss.

After graduating from Luther College in 2015 with a degree in studio art (emphasis in printmaking), education, a K-12 art certification and a reading certification, she began her career as an art educator in Indianola's year-round school. Darsee spent eight years there before returning to Johnston, where she had always hoped to be, to work with middle school students and coach cross country and track, the same sports she participated in during her own years at Urbandale High School.

For Darsee, the call to become a teacher had been present since she was young.

"I have a deep love for modeling and fostering the love of school that I was given throughout my education experience," she says. "My middle school art experience made me find a love of the creation process. The deep thinking and the hands-on learning really drew me to bringing this experience to additional generations of students."

This school year marks Darsee's third at Summit Middle School.

"I was drawn here due to my history student teaching in this district, the diversity and services provided through the school district, the ability to coach and the art program," she shares.

What she enjoys most about teaching might sound simple, but it's at the heart of her work.

"I find strength in building deep relationships with students and connecting with families and feeling that I have earned the trust of varying levels of students and found an appreciation in art for students who perhaps don't love art or consider it a talent of theirs," she says.

Like many educators, Darsee acknowledges the challenges that come with the profession: balancing multiple responsibilities, navigating changes and managing stress. Finding that equilibrium between work and wellbeing is something she continues to work on.

Outside of school, Darsee is deeply involved in the community. She's a runner, a theatre enthusiast who stage manages and teaches at Des Moines Community Theatre, and a contracted stage manager with Ballet Des Moines.

At her core, though, she is a teacher. Over the years, she's collected

countless fond memories — from the kindergartners who once thought her name was "artsy" to being invited by a student to attend ChildServe's Bubble Ball as a special guest multiple years in a row.

Ultimately, even though Darsee doesn't live in Johnston, she has found a strong sense of belonging there. She values the small-town feel, the kindness of the people she meets and the aspirations and work ethic of the students she is proud to teach. ■



Jenna Darsee teaches at Summit Middle School and says she is happy to work with middle school students and coach cross country and track.

YOUR CONNECTION

COMMUNITY

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Renewal commitment needed by Jan. 1, 2026 to be listed in the 2026 Johnston Chamber Guide.





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Violence between people who hold different beliefs is a tragedy that calls for deep reflection in light of Christian teaching. Christians uphold the inherent dignity of every human being, created in the image and likeness of God. Violence against others because of differences in belief or worldview is a grave sin, as it disregards the sanctity of life and undermines the mutual respect to which all people are entitled.



The Church consistently emphasizes that dialogue and understanding must guide our relationships with people of different philosophies, religions and backgrounds. The Church encourages us to approach those with different ways of thinking with respect and openness, affirming that truth and goodness can be found beyond the Church's visible borders. Violence silences these possibilities for dialogue and runs directly contrary to Christ's call to love not only our neighbors but even our enemies.

Our Church reminds us that peace is not merely the absence of conflict but the fruit of justice and charity. Therefore, Christians are called to be peacemakers who resist hatred with compassion and work toward reconciliation.

As Christians, our response to this violence must be both prayer and action: prayer for the victims, the perpetrators, and all who suffer, and action to build a culture where differences are encountered with dialogue rather than division, and where every human life is cherished as sacred.

Information provided by Deacon Dan Maxcy, Saint Mary of Nazareth Catholic Church, 4600 Meredith Drive, Des Moines, 515-276-7589, Deacondan@stmarysdsm.org.



Join us as Bishop Joensen dedicates 18 "Saints of the Americas" Icons in our church.

November 18th at 6:30 pm

What is an Icon? Scan the QR Code for more



Weekend Masses: Sat. 5pm • Sun 9am & 11am



By Dave Cortner

HEADING south for the winter or traveling for the holidays?

Are you traveling over the holidays to visit family? Are you a snowbird, and will you be heading south for the winter?

Have you ever thought about what you would do if something unfortunate happened during the time while you were away and you needed the services of a funeral home?

We don't like to think about these things, but, the truth is, they can happen. And when they do, having a plan in place can make a world of



Perhaps a Travel Plan is something for you to consider — a plan that would take care of everything and bring your loved one back home, if such an unfortunate situation occurred.

These plans can be very cost effective and provide a great deal of peace of mind for those traveling or heading to their winter retreat.

Visit with your funeral home of choice and ask them if they offer a

Better to have a plan in place and not need it than to wish you had done something to prepare.

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



CHANGES in Marketplace coverage and preparing for open enrollment

Open enrollment for Marketplace health coverage under the Affordable Care Act (ACA) is now underway. This is the time of year when individuals and families can sign up for, renew, or make changes to their health insurance plans for the upcoming year. If you receive coverage through the Marketplace, it is especially important to pay attention to the updates happening this enrollment season. This year brings a few significant changes



you'll want to know about, particularly involving tax subsidies and re-enrollment procedures.

Important dates to remember

The open enrollment period (OEP) has two parts:

- Nov. 1 Dec. 15: Changes made during this time take effect Jan. 1.
- Dec. 16 Jan. 15: Changes made during this time take effect Feb. 1.

These dates are important to keep in mind, as missing the enrollment deadline could mean waiting another year to make changes to your coverage unless you qualify for a special enrollment period.

What's changing in 2026

A major change on the horizon involves the Advanced Premium Tax Credits (APTC), the financial assistance designed to help lower the cost of your monthly health insurance premium. These tax credits are based on your household income and family size.

When the ACA was first introduced, subsidies were available to individuals and families earning between 138% and 400% of the Federal Poverty Level (FPL). In 2021, the American Rescue Plan and Inflation Reduction Act temporarily expanded that range, allowing some households earning above 400% of the FPL to continue receiving assistance. However, those expansions are scheduled to expire in 2026, meaning the eligibility limit will return to a firm 400% of the FPL.

Even for those who remain within the qualifying income range, the amount of financial help provided may decrease. This means some individuals could see an increase in their monthly premiums if they don't review their plan or adjust their coverage accordingly.

Take time to review your coverage

It is strongly encouraged that everyone with Marketplace coverage take the time to review their plan during this open enrollment period. Many carriers are adjusting their plan designs, networks and premiums, so even if you are happy with your current plan, it's still worth checking to ensure it remains the best fit for your needs.

Contact your trusted insurance provider to help you understand your options and guide you through the process. They should help you compare plans, understand any changes to your tax credits, and make sure you are getting the coverage that is right for you and your family.

Information provided by Ciri Quirk, Health Insurance Advisor LLC, 5870 Merle Hay Road, Suite A, Johnston, 515-225-9994, cquirk@health-insadvisor.com.









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Stop by for the Trail Master Plan Open House

Join us for a community open house focused on the Johnston Trail Master Plan! This event will be held on Monday, November 10, from 4:00 to 7:00 p.m., at Crown Point Community Center, located at 6300 Pioneer Parkway.

The open house is an excellent opportunity for community members to engage directly with city staff and project team members. Whether you're a resident, employee, or visitor to Johnston, we want to hear your thoughts and ideas about the future of our trails.



You can also take part in the community survey and the interactive mapping tool, which will be open until Friday, November 14. Both of these online tools are available by visiting the project website at **www.cityofjohnston.com/1570**.

City Hall and library closed for holidays

City Hall will observe closures on November 11, 27, and 28 in observance of Veterans Day and Thanksgiving. The library's schedule includes early closure at 5 p.m. on Wednesday, November 26, and full-day closures on November 27 and 28.

Fall cleanup in Johnston

The City of Johnston offers residents free branch and limb drop-off each fall at the Public Works Facility (6400 NW Beaver Drive) from November 13 through 15. Drop-off hours are:

- Thursday, November 13: 7 a.m. to 6 p.m.
- Friday, November 14: 7 a.m. to 3:30 p.m.
- · Saturday, November 15: 7 a.m. to noon

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

Tree Branch & Limb Drop Off • Thursday, November 13: 7:00 a.m. to 6:00 p.m. • Priday, November 14: 7:00 a.m. to 3:30 p.m. • Saturday, November 15: 7:00 a.m. to noon Public Works, 6400 NW Beaver Dr.

Compost It! ends in December

Metro Waste Authority's Compost It! program in Johnston ends for the season on December 1 and 2, your regular collection days. You can collect small twigs, branches, leaves, lawn clippings, and garden vegetation.



Receive important alerts and updates

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

Sign up for emergency notifications: www.cityofjohnston.com/JohnstonReady.

Sign up for general city notifications: www.cityofjohnston.com/JohnstonLoop.



Election and Voting Information

The general election will be held on Tuesday, November 4. Polls will be open from 7:00 a.m. to 8:00 p.m. For more information, visit sos.iowa.gov/elections.

Enjoy Holidays at the Town Center on December 6

Join community members for the Holidays at the Town Center on Saturday, December 6, from 4:00 to 6:00 p.m. The event will take place at 6245 Merle Hay Road. Santa will arrive at 4:00 p.m., followed by the tree lighting ceremony at 5:00

p.m. The Unaccompanied Minors performance will start at 5:30 p.m. Enjoy a variety of activities, including Santa's reindeer, ice carving, cookie decorating, games, ice skating, and a free carriage ride.















Register for Recreation Programs and Activities

Register to visit Kerstmarkt in Pella: Experience the festive charm of the Kerstmarkt in Pella, Iowa for just \$15! This European-style market features handcrafted gifts, traditional treats, live music, and horse-drawn carriage rides along the canal. Enjoy a unique cultural outing with friends and family in a beautiful setting. Don't miss this special seasonal event. Register by Thursday, November 20, at www.cityofjohnston.com/1579.

Book Club: Join us for a thoughtful discussion of The People We Keep by Allison Larkin, on Tuesday, December 2, from 2:00 to 3:00 p.m., at Crown Point Community Center. This is a heartfelt novel about finding connection, resilience, and the meaning of home. It is free to attend, but the registration deadline is Tuesday, November 25. Learn more and register at www.cityofjohnston.com/1578.

16+ Fitness Classes: Sign up for Yoga or Zumba classes. Sign up for the entire month and enjoy the power of movement. Learn more and register at www.cityofjohnston.com/1572.

FINDING community and connection

Andrews family lives in fun neighborhood.

When Lindsey Jo Andrews and her family started searching for a new home, Johnston wasn't at the top of their list. After experiencing a house fire at their home in Beaverdale, they were living in an apartment in West Des Moines and assumed they'd settle somewhere nearby.

Andrews and her husband looked at several different houses but didn't find the right fit.

"And then this one popped up in Johnston. I showed it to my husband, and he was like, 'Oh, there's no way that one's going to be available," " she recalls. " 'It's too nice, too beautiful, whatever.' And I was like, 'Let's just go look. You never know."

To their surprise, the Johnston house was still on the market and checked all the boxes: the right location, the right price and the right neighborhood.

"We jumped on it as fast as we could," Andrews says. "We put in an offer that night after we looked at it, and we ended up getting the house.





Lindsey Jo Andrews says she is glad her family made the move to Johnston. They enjoy their neighborhood and the block party it revived.

For Andrews, who has owned her business, Fitness Sports, in Johnston for nine years, moving to the city as a resident added a new layer of connection.

"My eyes have been open so much to the community that exists here that I guess I didn't necessarily know it existed," she shares.

That sense of community became especially clear in her neighborhood, where she and her neighbors recently revived the tradition of a summer block party. The idea grew from casual driveway gatherings among young families into a full event that included a bounce house, an ice cream sundae bar, music, a puppet show, and even a bicycle and scooter parade for the kids.

"It was really low key," Andrews says. "Everybody got together, brought their lawn chairs, brought their dogs, hung out for three or four hours on a Sunday afternoon, and it was just really, really neat."

For Andrews, the joy lies in the way her neighborhood blends the old

"We have a lot of young families, but then we also have a lot of originals," she says. "People who have been here since the 1990s, whose kids are all grown and moved out. It's this really neat mixture of young families and then grandmas and grandpas."

That mix of neighbors has created something Andrews describes as almost nostalgic.

"It is totally like a 1990s summer," she says. "The kids all ride their scooters, they ride their bikes, they scrape their knees, they come home covered in chalk. It's just really fun."

Beyond the neighborhood, Andrews appreciates the pride she sees in Johnston as a whole.

"It almost feels like it can be hard in the Des Moines metro because Des Moines itself is its own city, and a lot of times each suburb just feels like a secondary part of Des Moines," she says. "I feel like there's a lot of pride in Johnston for being from Johnston. I really appreciate that."

That pride shows up not only in community events like Green Days but also in the everyday connections between neighbors. Andrews says the relationships she's built are something special.

"It feels like a weird, big family, and I absolutely love it," she shares.



Location: Camp Dodge

7105 NW 70th Avenue, Johnston, IA

Museum Open 9am - 3pm

Light refreshments will be served.

DON'T forget draw-down requirements

This time of year can bring plenty of change, whether it is the leaves on the trees, the seasonal sports schedules, or the considerations for who brings the turkey and eggnog. With all the hustle and bustle of the upcoming holiday season, you may not be focusing on the required draw down of some of your life savings.



Individual Retirement Arrangements (IRAs) were created in 1974, and Required Minimum

Distributions (RMDs) were required from the very beginning. RMDs are the minimum amounts that U.S. tax law requires one to withdraw annually from traditional IRAs and employer-sponsored retirement plans. The purpose of RMD rules is to ensure that people do not accumulate retirement accounts, defer taxation, and leave these funds as an inheritance. RMDs force the holder to withdraw at least some of the funds as taxable distributions while they are still alive.

The rules apply to all employer-sponsored retirement plans, including profit-sharing plans, 401K, 403(b), and 457(b) plans. The RMD rules also apply to traditional IRAs and IRA-based plans such as SEPs, SARSEPs and SIMPLE IRAs.

The age to start taking RMDs has changed over time. The current age to begin taking RMDs is 73 as of 2023, according to the SECURE 2.0 Act, which was an increase from the previous age of 72. For those of us born after 1960, we need to consider RMDs at age 75. Individuals are generally required to start taking withdrawals from their retirement accounts by April 1 of the year following the year they reach the required age.

There are penalties for failing to take RMDs or not taking a large enough distribution. The penalty is an excise tax of 25% of the amount not distributed as required, or 10% if the RMD is corrected within two years.

To some people, this requirement will not be as great of an issue if you are already drawing retirement needs regularly from your pre-tax savings; to others, it may cause an increase in taxable income that was not expected or

This time of year, look at this future obligation. Maybe your required distribution is two to three years from now and you have room in your current tax bracket to explore other options. Many individuals consider ROTH IRA conversions to reduce the requirements at age 73. Others consider changing their annual tithing and donation expectations to have them come straight from the RMD qualified investments and go to the charities and churches of choice. Some may initiate a gifting effort to send this money in the direction of a loved one.

When it comes to retirement, you have worked hard the last 30-40 years. You have raised your family, given everything you can to save for your golden years, and now it is time for you to be able to live more like every day is a Saturday.

This time of year, let us be thankful. Let us take pause to thank those who have served to provide for the rights that we hold so dear. Let us embrace the spirit of family and friends. Don't forget to reach out to your financial advisor to get some of these end of year "requirements" in order so there are no surprises and you can walk into the New Year with a fresh start. Happy Thanksgiving.

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



Edward Jones

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Happy Thanksgiving

Wishing you a festive and joyful Thanksgiving surrounded by friends and family.



Tim Hanstad, AAMS® Financial Advisor P.O. Box 525 Johnston, IA 50131 515-278-2525





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FINDING balance in caregiving

Discover the benefits of adult day services.

Caring for a loved one is deeply meaningful, yet it can also be one of life's greatest challenges. Between work, appointments and home responsibilities, many caregivers find themselves



running on empty. Adult day services can help, offering daytime support for loved ones and welcome relief for caregivers.

What are adult day services?

Adult day services provide care, structure and connection for adults who need assistance with daily activities, face safety risks when left alone, or simply enjoy being around others. Attendance can range from one day a week to daily participation, depending on family needs. While many participants live with dementia, a diagnosis isn't required.

Safe, engaging and reassuring

Adult day programs are built on safety and engagement. Participants enjoy supervised activities in a secure, welcoming setting, and families gain peace of mind knowing their loved one is thriving.

One daughter shared, "My mom was becoming isolated at home while I tried to balance caring for her and working full-time. Once she started adult day, her mood lifted, and I finally felt like I had some breathing room."

More than "something to do"

Quality adult day programs support the whole person through:

- Social opportunities that encourage connection and purpose
 - Nutritious meals and snacks
- Cognitive and physical activities that foster well-being
 - A caring, secure environment

Why families choose adult day

Many families discover adult day services only after experiencing burnout. But exploring early can prevent insurmountable stress and strengthen relationships. Participants enjoy engagement and connection, while caregivers gain time, balance, and confidence their loved one is cared for.

Take the first step

If you're navigating the challenges of caregiving, consider adult day services in your area. These programs provide the support your loved one deserves as well and the reassurance you need to be at your best.

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services for older adults — including adult day services in Des Moines and Newton. To learn more, visit wesleylife.org.





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- Remain at home as you age
- Protect your assets
- Keep your well-being in focus
- Plan for future health needs

To learn more about WellAhead, join us for one of our upcoming seminars. Call (515) 400-4715 or use this QR code for details.



(515) 400-4715 | wesleylife.org/wellahead



REVOCABLE living trusts and home ownership

A revocable living trust is an estate planning document that manages your assets. A trust is a good option for transferring inheritance. After death, a trust avoids probate, protects the privacy of the beneficiaries, and minimizes estate taxes.

But what about during your lifetime? A properly drafted trust allows you to own, invest and spend your assets as you see fit with few, if any, restrictions. But to accomplish that, trusts



require more work upfront to create. You will need to retitle key assets. You will also need to transfer real estate to your trust.

Can I sell my home if it is in a trust?

Yes, you can still sell your house. In general, a revocable living trust will allow you the flexibility to move assets in and out of it. This includes real estate. There is nothing in a trust preventing you from selling the home that you own.

Do I have to worry about the due-on-sale clause in my mortgage?

No, the transfer to a trust does not trigger your mortgage's due-onsale clause. If you have a loan against your home, it is probable that the mortgage document contains a provision that if you sell the real estate, the entire loan becomes due. But there is a federal statute - 12 U.S. Code § 1701j-3(d)(8) – that contains a preemption of due-onsale prohibitions. A transfer to a revocable living trust is specifically excluded from title transfers that trigger the due-on-sale clause.

If I refinance my home, will I have to take it out of the trust?

Maybe. A revocable trust can give the trustee the ability to borrow against the home owned by the trust. However, some lenders have a policy of not making loans to a trust. This comes up frequently with home equity loans or home equity lines of credit (HELOC). In that situation, you may need to deed the property from the trust back to yourself. Remember to re-convey the home to the trust after the loan is completed.

A revocable living trust shouldn't be a burden. It should be a device that you use for your benefit to ensure that your assets are managed according to your wishes. If you have questions about how a trusts work, contact an attorney who specializes in estate planning.

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





HONORING OUR LOCAL

Veterans



AND THOSE ACTIVELY SERVING.

Hugh Hardie

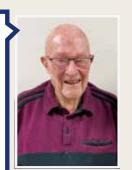
Johnston

Military branch: Army Rank: Lieutenant Colonel

Served: May

1959-November 1986 "Anyone that is able

should serve."



Mel Frueh

Johnston

Military branch: Army

Rank: Corporal Served: 1960-1966

"I got to see the United States and how great the people are

around the country."



Jerry Shores

Johnston Military branch: Army Air Defense Rank: First Lieutenant Served: 1961-1964

"Best thing I ever did."



Dan Routson

Johnston

Military branch: Marine Corps

Rank: Sergeant

Served: April 1970-May 1974 "Even though it was an unpopular war and we were treated poorly upon return, I am still proud to have served."



John J. Scarpino

(pictured at right, with his brother, Robert, who served in the Navy)

Johnston

Military branch: Army attached

to Air Force **Rank:** Corporal

Served: June 1951 to June 1953 "I was proud to serve my country."



Rick Emerson

Johnston

Military branch: National

Guard

Rank: Private Served: 1964-1970 "I learned a lot of things I would have never learned any other way. I got to see things I would have

never been able to see."



Ronald "Tim" West

Johnstor

Military branch: U.S. Army

Rank: Staff Sergeant Served: 1967-1970

"I served in Vietnam, 1968-1969, and Ft. Carson, Colorado, 1969-

1970."



Jerry Stokes

Johnston

Military branch: Air Force Rank: Airman First Class Served: 1956-1959



What would you like others to know about serving your country?

Harry Goodwin

Johnston

Served: Navy: 1965-1969: Petty Officer Third Class; Air Force: 1970-2002:

Master Sergeant

"I enjoyed every minute of it. Best decision I ever made."





LaMar Myers

Johnston

Military branch: U.S. Army

Rank: Major

Served: 1957-1977

Allan Fuller

Johnston:

Military branch: Navy

Rank: Petty Officer First Class **Served:** March 1972-March 1977 "We had a job to do, and we went to do our job. I am proud of that."





Thank You for Your Service!

Caitlyn Pec, Financial Advisor Caitlyn.Pec@edwardjones.com

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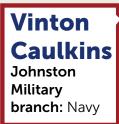
Bill Stamp

Johnston

Military branch: Army

Rank: Specialist Fourth Class Served: August 1957-August 1960











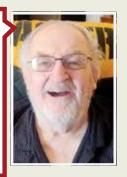
Rodney Olesen

Johnston

Military branch: Navy Rank: Third Class Petty

Officer

Served: 1950-1954 "I believe it is a rite of passage for future leaders."



Steve Lonsdale

Johnston

Military branch: Army Rank: Specialist Third

Class

Served: 1967-1969



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SPC Will Lammers

Johnston (2024 JHS graduate) **Military branch**: Iowa Army

National Guard Rank: SPC

Served: 2023 to present. Currently deployed in the

Middle East.





EVENTS IN THE AREA

Be sure to check for cancelations

Upcoming in Johnston Living magazine

Handmade gifts: If you have made or received a cherished handmade gift, we would like to share your story for the December issue. Email tammy@ iowalivingmagazines.

Big football game parties: Do you have a tradition of holding a Super Bowl party? Share your party plans, recipes and other ideas! Email tammy@ iowalivingmagazines to shar your story!

Breakfast with the Brave

Nov. 11, 9-10 a.m. Edencrest at Green Meadows, 6750 Corporate Drive, Johnston

Enjoy a special morning of gratitude to honor veterans and local law enforcement. Enjoy a light breakfast, coffee and heartfelt conversation while we take time to recognize the courage, dedication and service of those who protect and serve our community.

Children's Cancer **Connection Winter Wishes**

Children's Cancer Connection is seeking sponsors for its annual Winter Wishes program. The winter season can be challenging for families battling childhood cancer. Children's Cancer Connection matches sponsors with families who could use some extra joy and support during the holidays. Sponsors can support families by purchasing gifts from a child's wish list and/or providing gift cards for an entire family. Please sign up by using the QR code or visiting ccciowa.org by Nov. 30 to participate. Email obsee@ccciowa.org with

Johnston Lions Club BINGO

Nov. 13, 6-8 p.m. Lions Club House, 6501 Merle Hay Road

any questions.

Join the Lions Club for great bingo prizes and fun.



Support the Johnston **High School Varsity Marching Band**

The Johnston High School Varsity Marching Band brings pride, energy and music to the community at football games, parades and competitions. The group's 15-year-old uniforms are past their lifespan, and the Band Parents are fundraising for \$150,000 by year's end to outfit students in new uniforms for the 2026-2027 season. Your support also fuels music programs for fifth through ninth grades, nurturing the next generation of Johnston musicians.

Whether you're a business or an individual, your donation powers students to

march with confidence. For more information, contact jbandparents@gmail.com. Scan the QR code to make a donation or make a check payable to Johnston Band Parents Association and

mail to: Johnston Band Parents Association,

P.O. Box 1361, Johnston, IA, 50131. ■

Donate blood, save lives, take home a pie.

Your donation with LifeServe will help save your neighbor, a friend, family member or a stranger in your own community.

Everyone who donates will receive a pie to take home!

Wednesday, November 26, 12:30 - 3:30 p.m. Bishop Drumm, Sister Bea Community Room 5921 Windwood Dr., Johnston, Iowa

To schedule an appointment scan the QR code.

Text LIFESERVE to 999-777. call 800.287.4903 or visit lifeservebloodcenter.org









LIBRARY

A CORNUCOPIA of events



As we prepare to give thanks with family and friends, the library is offering a bounty of programs for all ages this November. You can get crafty while watching classic movies, feast on delicious breads, take a historical walk through time,

Johnston Public Library

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

and find a quiet place to tell your own story. Read on for further details. Get ready for a wicked good time on Friday, Nov. 14. Kids and teens can join us on this no-school day for A Wicked Sing Along from 1-4 p.m. to watch the movie "Wicked" and enjoy Oz-themed snacks and crafts. Teens in grades 6-12 who prefer Spider-Man to Glinda and Elphaba can drop by for School's Out: Extended Teen Space Hours from 1-5:30 p.m. to watch "Spider-Man: Into the Spider-Verse," create Marvel-inspired Perler bead art, and play video games.

Want to expand your kids' palates and minds? Then register them for this month's Book Bites on Monday, Nov. 17 from 4:30-5 p.m. In this yummy story time, kids in grades K-5 will taste test breads from different cultures and ethnicities and listen to stories about how they are made and the role they play in their communities.

Extra days off school this month give thankful teens more time to hang out at the library. On Wednesday, Nov. 26, kids in grades 6 and up can join us for School's Out: Extended Teen Space Hours from 1-5 p.m., where they can watch the movie "Ratatouille," make miniature clay food creations, and participate in video game tournaments.

Are you looking for a quiet space to work on your masterpiece or an opportunity to connect with other aspiring writers? Then head to JPL after hours on Friday, Nov. 7, for Write All Night (5:30 p.m. to midnight). Central Iowa Authors will host timed writing sprints for those who'd like to join them. Otherwise, you're welcome to find your own cozy corner of the library to write.

For adults who want to raise their bread-baking skills, Lois Carpenter will present Holiday Quick Breads on Saturday, Nov. 15 at 10:30 a.m. Lois will demonstrate two simple recipes for quick breads that are big on flavor and perfect for gift giving or holiday guests. Baking experience is not required, but registration for this tasty event is.

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. ■



Alternative Giving Market December 6th from 10-2pm

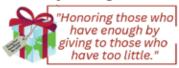
Celebrate the season of giving! Each "gift" you purchase honors someone you love while supporting nonprofit partners that bring hope and help to others—both here at home and around the world.

Homemade soup and goodies available all day!





stpaul-johnston.com/agm



Shop online Nov 24th through Dec 15th.

6426 Merle Hay Road * Johnston, Iowa stpaul-johnston.com

OUT & ABOUT

RESIDENTS' Choice

2025 Northwest Metro Residents' Choice certificates were presented.



Beaver Creek Elementary was runner up for Favorite School.



Johnston Partnership is the winner for Favorite Nonprofit. Pictured are Andrea Cook and Carissa Silva.



Athletico is the winner for Favorite Physical Threrapy. Pictured are Megan Cruchelow, Tyson Handsaker and Light James.



Brio of Johnston Senior Living Community is winner of Favorite Senior Living Establishment. Pictured are Jacki Shaffer, Jessie Carstensen, Maddie Leonard, Teresa Krueger and Maria Jordan with Copper and CoCo.



Carlye Bishop Photography is the winner for Favorite Photographer.



Central Iowa Dermatology is the winner for Favorite Cosmetic Services. Pictured are Chey Anne Sorum and Marly Harlan.



Impact Health Institute is a runner up for Favorite Chiropractic Office. Pictured is owner Dylan Baker.



Edencrest at Green Meadows is a runner up for Favorite Senior Living. Pictured are Trudi Vanbuskirk, Ashlyn Onley, Rebecca Dimick and Danielle Henricksen.



Johnston High School was the winner for Favorite School.



Pagliai's Pizza is the winner for Favorite Pizza Establishment. Pictured are Yorick Akin, Travis Van Weerdt (owner) and Bobby Betts.



OUT & ABOUT

HYPE on the Green

Hype on the Green! 2025 Johnston Chamber Annual Golf Outing was held Sept. 22 at Hyperion Field Club.



Brian Chaplin and Gary Dresback



Brenda Ballard and Lori Baker



Leann Culver and Travis Hiatt



Richard Dresback and Brian Dresback



Jeff Ellis, Brien Scandridge, Mike Straub and Chris **Brookhart**



Christy Cline and Tiffany Nielsen



Tommy Wiedmore, Dave Blakely, Craig Williams and Leif Gustafson



Mike Berst, Samantha Siewert and Jaden **Felty**



Brian McMurry, Dan Fitzgerald, Todd Mather and Cory Steiner

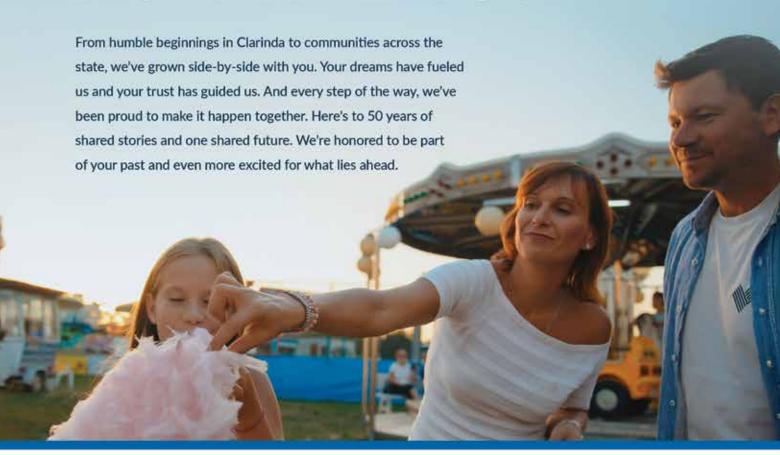


Vince Belt, Keith McKay, Dan Knoup and Andre McKay

26



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