

JOHNSTON

JUNE 2023

Living

MAGAZINE



Celebrate GREEN DAYS

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- June 6, Bruce Day
- July 11, Orphan Annie
- August 1, The Savage Feds
- September 12, Sons of Gladys Kravitz

MOVIES:

- June 27, Encanto
- July 25, Top Gun Maverick
- August 15, The Mario Bros.
- September 26, American Underdog

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WELCOME

A FESTIVAL as unique as its community

Not too many years ago, community festivals were few and far between. The ones that did exist were small in comparison to those today. Now, seemingly every community has a large, multi-day festival with food trucks, parades, carnivals, live music and even fireworks. I have attended most all of them in central Iowa at one point or another, and although they are similar, each has its own unique identity, too — as it should.



Suburban communities are sometimes criticized for having lines of chain stores, cookie-cutter houses and the traditional family make-up. Those criticisms typically come from outsiders who don't live in the community or try to understand its unique characteristics. And, there is a reason why chain stores choose to come to a town, developers choose to build here, and families decide to move in. As a whole, the communities are cleaner than rural communities and safer than metro ones. Call it what you want, but those characteristics are magnets for people and businesses.

Meanwhile, if you dive deeper into neighborhoods, business districts and even cemeteries, you find that uniqueness I mentioned previously. The history is rich, and the pride is immense. The same can be said for community festivals, and that is ever apparent in Johnston.

With its parade, carnival and fireworks, among many other family-friendly activities, Green Days provides hometown, wholesome family fun against the backdrop of scenic Terra Park and a unique history connected to agriculture and businesses with "green" ties.

Once again, Johnston Living shares the details of this wonderful event in the pages of this magazine. We are glad to share information about the festivities and encourage everyone to make some special hometown summer memories. Green Days is an important part of this vibrant community and yet another reason why a growing number of people are choosing to call Johnston home.

Thanks for reading. ■

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A photograph of a parade taking place on a sunny day. In the foreground, a yellow and green fire truck is driving from left to right. Behind it, a green vintage car is also driving in the same direction. The background is filled with lush green trees and a clear blue sky. People are visible sitting on the grass on the right side of the road, watching the parade. The title 'Celebrate GREEN DAYS' is overlaid on the image in large, bold, white and green letters.

Celebrate GREEN DAYS

Enjoy the fun where “the grass is greener”!

By Ashley Rullestad

The biggest community celebration in town, Green Days, is just around the corner. Enjoy the festivities June 15-18. The theme is “The Grass is Greener in Johnston,” and everyone is invited to celebrate at Terra Park with lots of fun and family-friendly events for all.

Pam Kucera has served as event chair for years, and she says she is excited to support the businesses and organizations in the community and offer a fun, family-friendly event for all ages.

Green Days features hometown fun including a parade.

FEATURE



The carnival returns for Green Days with wristband specials.

“The focus of the event is to provide an opportunity for the community to come together and share a good time with their fellow citizens. It is a free event for the community to attend. The funds that are raised at Green Days are to help support future events and to give back to the community. Years ago, we charged for admission to the event, but the Chamber decided that they didn’t want to restrict anyone

from attending, so the decision was made to remove the admission fee.”

The Johnston Chamber of Commerce started Johnston Green Days a couple of decades ago to offer residents a community event. It also focused on sharing the businesses in the community. The festival was named Green Days to showcase the various greenhouses and landscaping businesses, as

well as Pioneer (now Corteva) and John Deere Financial. The Chamber is responsible for the event, with various businesses, city staff and volunteers lending their assistance.

“It is important for us at the Chamber to provide something for our whole community to enjoy and to bring people to the Johnston area to explore our parks and trails, as well as visit our local businesses, restaurants and see what

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FEATURE

our community has to offer,” says Johnston Chamber of Commerce Executive Director Samantha Winebrenner. “We are proud to provide something that anyone in the family can enjoy and offer a fairly priceless experience and entertainment for the community.”

Green Days officially kicks off on Thursday evening with the Jammin’ in Johnston Business Expo at 5 p.m. The event is a vendor fair featuring local businesses, services and goods of all types. In the past, it had been held in the fall, but it’s back for its third year on Thursday night at Green Days.

Also at 5 p.m., the Johnston Public Library will have its book bike, free children’s books, and two story times at the event. You can also visit the Lions Club booth for their eyeglasses and hearing aids collection. This year, they are also adding a craft project to provide “Kindness Kits” to people in need, as well as free diabetes testing at their tent.

Stick around and sample tasty eats from food vendors that also open at 5 p.m. Available will be Outside Scoop, Flame, Happi Lao, Triple B’s, Rocket Fuel BBQ, and Hardenbrook’s Concessions. Enjoy drinks at



Thursday night is the 26th annual Light the Night for Sight Walk, with registration at 6:30 p.m. and the walk starting at 7:30 p.m. at Terra Park

the beverage garden.

The carnival kicks off as well with unlimited rides with the \$25 wristband special from 5-10 p.m. Live music from Mike Aceto starts at 5:30 p.m.

Also taking place on Thursday night is the 26th annual Light the Night for Sight Walk,

with registration at 6:30 p.m. and the walk starting at 7:30 p.m. Walkers will enjoy a stroll on the trails around Terra Park. There is no entry fee to participate, but \$100 in pledges will earn walkers a glow-in-the-dark T-shirt. Funds raised support Prevent Blindness Iowa programs including free children’s vision screening and

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vision screening trainings, which strive to remove poor vision as a barrier to a child's education.

Friday evening kicks off with the car show registration beginning at 4 p.m. Then bring the whole family and head on over for more music, food and fun. Food trucks will start serving, and the beverage garden will open at 5 p.m. while the carnival gets rolling at 6 p.m. with another \$25 wristband special.

Enjoy the music of Slipstream from 5:30-8 p.m. and car show awards right after. Then, at 8:15 p.m., see the crowning of the King and Queen of Green and the tapping of the green keg, sponsored by Big Green Umbrella Media. Enjoy free cups of beer while they last. Live music from Damon Dotson will have you dancing the rest of the night away.

Start Saturday off right with the Johnston Kiwanis providing a pancake breakfast starting at 7:30 a.m. for a freewill offering. Also before the parade, the Johnston Public Library is hosting a nature playtime at the park shelter starting at 8 a.m.

After that, it's time for the highlight of the weekend for many — the grand parade. The

parade route is approximately 1.2 miles long and begins at the intersection of South Drive and Pioneer Parkway. The parade will proceed south along Pioneer Parkway and north on Greendale Road. The parade ends at the corner of Pioneer Parkway and Greendale Road. Post-parade, it will be easy for spectators to funnel over to Terra Park for more fun. To be part of the parade, download an entry form from the Green Days website, www.johnstongreendays.org.

Saturday afternoon, the fun continues with events for the entire family. If you're hungry after the parade, stop by various food trucks that will begin serving at 11 a.m. The carnival will also reopen at 11 a.m. with a wristband special from 11 a.m. to 4 p.m. and another from 5-10 p.m.

Then you can check out Catch Fishing Tips with the Iowa Youth Fishing League. Kids of all ages are welcome to fish the lake from noon to 4 p.m. Fishing poles and bait will be provided free of charge.

The kids will enjoy the Camp Dodge exhibit featuring military equipment, vehicles, Iowa National Guard challenge activities, a

rock-climbing wall, HUMVEEs, and a mobile kitchen display. You can also check out the Public Safety Expo with police and fire vehicles on display. Both events run 1-4 p.m.

Returning for its second year is the bags tournament organized by Johnston Community Education on Saturday starting at noon. There's still time to sign your team up for the double elimination tournament. Cost is \$20 per team with cash prizes. The winning team will receive a custom wrap for a board set from Lashier Graphics & Signs.

Saturday is also full of tantalizing smoked meats with the Smokin' Heroes Smoke-Off. The Johnston Police Department has partnered with the Johnston Rotary to help make this event possible. Every team that enters must have an active military, police or fire member; entry fee is \$75. Organizers will supply the meats, rubs and wood — you supply the smokin' smarts.

The event is open to the public to sample the smoked meats and side dishes from 1-4 p.m. with a freewill offering. Funds raised will provide support to the Johnston Police Department's efforts to obtain a K9 unit and to

DREAMS & SCHEMES

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June 25

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support Rotary International's Ukraine Relief Effort. Votes will be tabulated, and the winner will be announced around 4:30 p.m.

Also, be sure to check out all the great live music on Saturday. Recoil takes the stage at 5:30 p.m. followed by Monkey Monkey Monkey at 8:30 p.m. Once it gets dark, enjoy the special fireworks show sponsored by Blazing Glory Fireworks.

On Sunday, head out for one last chance to get your fill of rides at the carnival from 1-5 p.m. with a \$25 unlimited rides wristband.

Green Days not only provides a fun weekend chock full of entertainment, but funds raised during the event go right back to the community. Annually, organizers contribute to Christmas in Johnston, Johnston Dollars for Scholars, and the Johnston School Art Departments. Remaining funds are donated to special projects in the community or saved in order to make a larger contribution to a future special project.

The various organizations that provide some of the activities also get to keep the funds that they raise, so when you come to an event like the Kiwanis pancake breakfast on Saturday

morning and drop your freewill donation into their bucket, they keep that to cover their costs and do something of their choice for the community.

The planning for the event goes almost year-round, and it truly takes a village. Samantha Winebrenner and Pam Kucera start lining up bands and vendors and talking with volunteers in the fall for next year's event.

"Putting on an event like Johnston Green Days takes a lot of planning, but I have been blessed to have a great team of volunteers," Kucera says. "If you see anyone wearing the Green Days T-shirt, please thank them for their time and efforts for making this the wonderful event that it is."

Those interested in being involved with Johnston Green Days are welcome. There are volunteer opportunities available on the Johnston Green Days website at www.johnstongreendays.org. You can also contact the Johnston Chamber of Commerce office at www.johnstonchamber.com or 515-276-9064.

For more information on all the events and to register for events, visit johnstongreendays.org. ■



Green Days Quilt Auction

The Crown Point Senior Center "Sewcial" group will be raffling off this handmade quilt (84 inches by 76 inches) to benefit the Johnston Partnership food pantry. View the quilt and purchase raffle tickets June 1-16 at 6300 Pioneer Parkway from 9 a.m. to 2 p.m., Monday-Friday. Tickets are \$5 each or \$20 for five. ■

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JOHNSTON DRAGONS

SUMMER SCHEDULE 2023

VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
Jun 2	5:00PM	Dowling Catholic (DH)	Dowling Catholic
Jun 3	3:00PM	Davenport North	Johnston Middle School
Jun 5	7:00PM	Ankeny Centennial	Ankeny Centennial
Jun 7	5:00PM	Waukee (DH)	Waukee
Jun 8	7:00PM	Roland Story	Johnston Middle School
Jun 9	7:00PM	Sioux City East	Johnston Middle School
Jun 10	7:30PM	Sioux City Bishop Heelan	Harlan Rogers Complex
Jun 12	5:00PM	Southeast Polk (DH)	Johnston Middle School
Jun 14	7:00PM	WDM Valley	Valley
Jun 15	5:00PM	Waukee Northwest (DH)	Waukee Northwest
Jun 16	7:00PM	Des Moines East	Johnston Middle School
Jun 19	7:00PM	Ankeny	Johnston Middle School
Jun 21	5:00PM	Urbandale (DH)	Urbandale
Jun 22	7:00PM	Dowling Catholic	Johnston Middle School
Jun 23	10:00AM	Prange Classic Tourney	Johnston Middle School
Jun 26	5:00PM	Ankeny Centennial (DH)	Johnston Middle School
Jun 28	7:00PM	Waukee	Johnston Middle School
Jun 30	7:00PM	Boone	Johnston Middle School
Jul 1	7:00PM	Dallas Center-Grimes	Dallas Center Grimes
Jul 3	7:00PM	Southeast Polk	Southeast Polk

VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
Jun 1	5:00PM	WDM Valley (DH)	Johnston Middle School
Jun 2	5:00PM	Dowling Catholic (DH)	Dowling Catholic
Jun 3	TBD	Valley	Des Moines Complex
Jun 7	5:00PM	Waukee (DH)	Waukee
Jun 9	2:15PM	Multiple Schools	Cedar Rapids Jefferson
Jun 10	2:15PM	Multiple Schools	Cedar Rapids Jefferson
Jun 12	5:00PM	Southeast Polk (DH)	Johnston Middle School
Jun 14	5:00PM	Underwood (DH)	Johnston Middle School
Jun 15	5:00PM	Waukee Northwest (DH)	Waukee Northwest
Jun 16	4:00PM	Dubuque Hempstead	Dubuque Hempstead
Jun 20	7:00PM	Ames	Johnston Middle School
Jun 21	5:00PM	Urbandale (DH)	Urbandale
Jun 23	5:00PM	North Polk	Johnston Middle School
Jun 26	5:00PM	Ankeny Centennial (DH)	Johnston Middle School
Jun 27	7:00PM	Carlisle	Carlisle
Jun 29	5:00PM	Martensdale-St Marys (DH)	Johnston Middle School
Jun 30	11:00AM	Multiple Schools	DCG BB/SB
Jul 5	5:00PM	Fort Dodge	Harlan Rogers Complex

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Schedules are subject to change.
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Photos by Dayna Hebert

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AVOID surprises: 8 things Medicare doesn't pay for

Original Medicare (Parts A and B) covers many medical and hospital services. Some of the things it doesn't cover might surprise you.

1. Opticians and eye exams - While original Medicare does cover ophthalmologic expenses such as cataract surgery, it doesn't cover routine eye exams, glasses or contact lenses. Nor do any Medigap plans. Some Medicare Advantage plans cover routine vision care and glasses.

2. Hearing aids - Medicare covers ear-related medical conditions, but original Medicare and Medigap plans don't pay for routine hearing tests or hearing aids.

3. Dental work - Original Medicare and Medigap policies do not cover dental care, such as routine checkups or big-ticket items, including dentures and root canals.

4. Overseas care - Medicare usually doesn't cover health care while you're traveling outside



the United States. Some Medigap policies cover emergency overseas medical costs. Most plans have a \$50,000-lifetime limit for foreign travel emergencies.

5. Cosmetic surgery - Medicare doesn't generally cover elective surgery such as facelifts or tummy tucks. It will cover cosmetic surgery in the event of an accidental injury or, if needed, after another treatment, such as reconstruction following a mastectomy.

6. Chiropractic care - Original Medicare does not cover most chiropractic services or tests that a chiropractor orders, including X-rays. Part B pays for one manual spinal manipulation by a chiropractor to correct vertebral subluxation. Some Medicare Advantage plans will cover chiropractic services.

7. Massage therapy - Original Medicare doesn't cover massage therapy. When it comes to pain management, Medicare does cover chiropractic care in certain limited circumstances as well as physical and occupational therapy prescribed by a doctor.

8. Nursing home care - Medicare pays for

limited stays in rehab facilities, for example, if you have a hip replacement and need inpatient physical therapy for several weeks. But, if you become so frail or sick that you must move to an assisted living facility, Medicare won't cover costs. The average monthly cost of an assisted living facility in the Des Moines area is \$4,803, while a private room in a nursing home facility is \$7,756 a month, according to a 2021 study.

Understanding what's covered is the first step in navigating the Medicare maze of decisions. You also have to make sense of all the supplements and figure out how to pay for long-term care if you need it. ■

Get the critical information you need to make Medicare decisions that work together with the other choices you'll have to make about income, investments, taxes and more in retirement by using the QR code below or by going to RetireWithMerkle.com. Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Sources: Medicare.gov AARP.org

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SUMMER Reading Fun at JPL

Guess what? We have really exciting news... It's Summer Reading Time! Johnston Public Library has reading programs for all ages that began May 30. The gist of Summer Reading is simple: Read books and win prizes. We also have an action-packed summer schedule for kids, teens and adults that includes cooking classes, art challenges, water play, backyard chickens and so much more. Keep reading for a preview of just a few of the great things to come at JPL this summer.

Programs for kids

JPL has excellent weekly library programs for kids of all different age groups. Preschoolers can enjoy Story Time Together on Mondays at 9:30 a.m. or 10 a.m. and a host of outdoor programs this summer including Wacky Water Play every Wednesday beginning June 7 through July 12 from 10-11 a.m. and Bubble Party! on Tuesday, June 20, from 10:30-11:15 a.m. Outdoor programs will happen on the JPL outdoor patio, weather permitting.

Bring the littlest kiddies to baby programming on Thursdays. Play, Baby, Play happens every Thursday beginning June 8 through July 13 from 10-11 a.m. June 9, the Blank Park Zoo will be at JPL for a Zoo to You program, and, on Tuesday, June 27, Tippi Toes Dance Program will be at JPL for two sessions of a high-energy dance class. Registration is required for Tippi Toes classes. And, this is just the tip of the iceberg for kids' programs in June. Visit johnstonlibrary.com/kids for more info about the Summer Reading Program for kids.

Programs for teens

Tuesdays are all about teens at JPL this summer. Teen Summer Reading kicks off with a bang with the Totally Rad Retro Decades Kickoff Teen Party on Tuesday, June 6. Make sure to keep your eye on the calendar for amazing Tuesday programs for teens, starting with the Happy Little Paint Along Teen Party on Tuesday, June 13. The fun continues on Tuesday, June 20, when teens test their tastebuds at the Teen Taste Test Challenge: Snack Food Edition. Next, engage your teens in some STEAM building with the Teen Tuesday LEGO Build Battle Tournament on Tuesday, June 27. Registration for all Teen Tuesday programs opens up seven days before the event. Information and event registration is available at www.johnstonlibrary.com/teens.

Programs for adults

Kick off the summer in a healthy way by joining Community Educator Marcia from the Alzheimer's Association for the Healthy Living for Brain and Body Lunch and Learn on Monday, June 5, from 11:30 a.m. to 12:30 p.m. Bring your own lunch to eat while you listen or just come for the info.

On Saturday, June 10, Kathy and Ed from Birds and Bees Urban Farm in Des Moines will be at JPL to talk about raising your own backyard chickens. Not into chickens? How about wine? Join JPL librarians and Cork 50131 for Summer Wine and Book Pairings on Saturday, June 17. There are even more programs for adults to love in June. Try out an Adult Drum Circle on Monday, June 17, or stop in to talk books with fellow readers at the Ultimate Reading Challenge Meet-Up on Saturday, June 24. More information and registration for all events can be found online at johnstonlibrary.com or by calling the library at 515-278-5233. ■

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JOHNSTON Green Days signal full spring ahead

Each year, the city of Johnston works hard to create an event our community can be proud of. Working and living in the community has taught me how important our neighbors are, and events like



Green Days help strengthen our bond. These days, people continue to lose the importance of friends and family, and those connections are now more vital than ever. Whether you are a local business owner looking to promote your business, want to catch the parade, listen to live music, or enjoy a cold beverage, there is something for everyone at Johnston Green Days 2023.

I spent a few minutes asking some local assisted living residents what they thought of Johnston Green Days and how it has impacted

them over the years. One resident was quoted as saying, "I have attended the Green Days festival with my grandchildren quite a few times. We all have enjoyed it so much over the years. It is great seeing all the kids in the community with smiles on their faces."

Another resident shared how Johnston Green Days signals to her that spring has finally arrived. "When I look around this beautiful area and see the trees in full bloom, the grass bright green, I am thankful for another day. I am proud to call Johnston my home," she said.

I was lucky enough to be able to interview these current Johnston residents who've spent most of their lives here. When I spoke to a few employees at the community, they, too, expressed how much they have enjoyed working close by and being able to take their kids there after a day of work. One staff member stated, "I love driving to work and seeing the rides and inflatables and all the children and families.

I will definitely be bringing my daughters to Green Days again this year."

Clearly, Johnston Green Days has impacted members of our community for their entire lives. As the festival tradition continues, it will only impact more citizens creating their own memories. Johnston Green Days are family-friendly festivities that can be enjoyed by all ages. Remember that, not too long ago, we were all stuck in our houses wishing there was something going on. Let's not take the opportunities to get out and enjoy our beautiful city for granted. Regardless of your interests, everyone benefits from coming together and spending quality time with our neighbors. I suggest taking a few hours this year to enjoy the festival activities with someone close to you. ■

Information provided by Alex McGregor, director, Edencrest at Green Meadows, 6750 Corporate Drive, Johnston, 515-207-1984.

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WHAT DO Cy, Cubbie Bear and Chuck Long have in common?



They will all be waiting to meet you on June 12 at the Johnston Rotary Club's second annual J-Town Golf Championship held at Hyperion Field Club. In keeping with the Rotary "Service Above Self" motto, this event is organized to raise money to benefit charitable organizations in our community. Stop by between 10 a.m. and noon to say hello to Chuck Long from Adaptive Sports Iowa, one of the greatest University of Iowa football players ever and possibly the nicest guy you'll ever meet.



Chuck Long

You don't have to be a golfer to have fun. Get your picture taken with Cubbie and Cy, visit with Chuck Long, check out the great prizes and buy a raffle ticket or two and find out about Johnston Rotary Club's good works and how you can get involved. We'll have membership information available and Rotarians on hand to answer questions. This year's tournament will be used to directly support the Partnership for a Healthy Community, Ellipsis, ChildServe and additional Rotary charitable work in our community. After remarks from Mr. Long, Mayor Paula Dierenfeld and Dr. Allen Stoye, developer of the new Bombers entertainment district, we'll send off the golfers with a noon shotgun start. Come join the fun. ■

More information about the Johnston Rotary Club can be found at <https://portal.clubrunner.ca/1649> or contact Neil Hyde, 515-210-2649, hyde_neil@yahoo.com or Miles Summa, milesumma@gmail.com, 515-480-3076.

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Andrei Murphy
President

Johnston Rotary Club UPCOMING SPEAKERS

June 6 - Gregory Leeson

Life Chronicler Project

June 13 - NO MEETING

June 20 - TBD

June 27 - Year-End Meeting

New Pres. Coronation, Bob Wiley Home

July 4 - NO MEETING



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Hyperion Field Club
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RECIPE

SHAREABLE sliders for a nutritious summer meal

(Family Features) Fresh, mouthwatering food hot off the grill is a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic — and healthy — option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats. ■

Chicken Shawarma Sliders

Recipe courtesy of eMeals
Registered Dietitian Rachel West
Prep time: 25 minutes
Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced



DIRECTIONS

- In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.
- Cover chicken and chill 8 hours, or up to 2 days.
- Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.
- Serve chicken on buns with hummus, lettuce and onion.

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VISION care and insurance

We all know things change as we age... Have you squinted at the "tiny print"? What about struggling to see a menu in the dimmed light?

Starting in the early to mid-40s, we may start experiencing presbyopia, a condition in which the lens in the eye becomes less flexible, making it more difficult to focus at close distances.¹ Fortunately, there are options such as reading glasses as a simple answer.

If older than 40, you're more likely to develop eye health and vision problems if you have risk factors such as diabetes, a family history of glaucoma or age-related macular degeneration or a visually demanding job.¹

Medical conditions of the eye are typically covered by health insurance or Medicare. When seen for these conditions, it is with an ophthalmologist, or, if first found by an optometrist, can be managed or referred to a medical doctor. These visits for medical conditions could have a specialist copay if covered by a traditional health insurance plan or apply toward deductible if a Medicare supplement is the coverage.

What comes next is when we need to purchase hardware — glasses and contacts.

Employers usually can offer this coverage at a minimal premium to either them or to the employee. It is also possible to purchase this coverage individually. Delta Dental of Iowa offers a vision plan in addition to being enrolled in their dental plan. A popular stand-alone vision coverage is through VSP at VSP.com. When looking at coverage, it is important to consider the value received for the premium paid. If you are paying more in premium than the value each year toward glasses and contacts, it may not be worth it.

Another option is the value-based business such as Eye-Med, Vision-4-Less or America's Best. These businesses typically purchase prior year models of glasses and therefore can offer multiple pairs for a discounted price. America's Best has a membership for routine eye exams. These can be one-, three- or five-year plans with two eye exams a year during the membership years. Although, as adults, we may not need more than one visit a year, this can be valuable for young children as their eyes can change more times in a year.

Last, one can purchase glasses or contacts through online providers such as Warby Parker or 1-800-Contacts. You would see an optometrist or ophthalmologist for the exam and receive your prescription to then order your hardware directly. These providers are not typically covered with insurance unless specifically indicated in the policy. ■

If you have any additional or specific questions about your coverage and how it will be affected, please reach out to us at Health Insurance Advisor and we can talk through those concerns. This article can be seen in its entirety at www.goodrx.com. Information provided by Janis Van Ahn, Health Insurance Advisor LLC, 5870 Merle Hay Road, Suite A, Johnston, 515-225-9994, jvanahn@health-insadvisor.com. 1. American Optometric Association, "Adult Vision: 41 to 60 Years of Age," 2010.



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5pm - 8pm

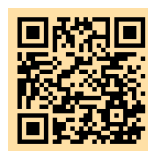
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Polk County North/West Side Highlights



Polk County Gives Funds for a New Grimes Public Library

The new **Grimes Public Library** is under construction and scheduled to open before the end of the year. **Polk County provided a \$75,000 Community Development Grant** toward the construction of the project. Grimes Library Director Cheryl Heid says, "This project was only possible because of support from Polk County and other generous individuals and community leaders."

Polk County Partners with Agriculture Industry, Conservation for Seeder Crop Program

Whether you live in a rural or urban area, water quality impacts all of us. Polk County is partnering with the agriculture industry for a pilot project in the **Northern part of Polk County**. This **seeder cover crop program** will assist farmers and landowners upstream to apply cover crops to their fields in an effort to prevent soil erosion and run-off into streams and rivers.



Polk County Grants Historic West Des Moines \$1 Million

Polk County recently provided **\$1 million for new housing initiatives in Historic West Des Moines**. The initiative is designed to rehabilitate homes, increase home ownership for low and moderate income lowans, and provide down payment assistance.

Trestle to Trestle Bridge Reopens in Johnston

A major artery between the cities of **Johnston and Des Moines** is once again open to cyclists and walkers. The bridge was closed beginning spring of 2019 when the previous bridge collapsed under the weight of ice jams and high water. **Polk County provided significant funding to reopen the bridge** with new amenities and features.



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COVER your bases with the 4 most under-consumed nutrients

Most of us know that people require water, protein, carbohydrates and fats to stay alive. But essential vitamins and minerals are just as important in human functioning even if they are needed in smaller amounts. In fact, potassium, fiber, calcium and vitamin D are considered nutrients of public health concern because low intakes are associated with chronic diseases, such as cardiovascular disease, type-2 diabetes and high blood pressure.



So, let's make sure you are covering all the bases when it comes to your nutrition.

• **Potassium.** Potassium deficiency can cause real concerns if you are active in sports, these include muscle weakness, fatigue, and a risk of high blood pressure.

It is important to your muscle function, nerve function and balance of fluids like water in your body to intake enough potassium. The 2020-2025 Dietary Guidelines recommend that 14- to 18-year-old females consume 2,300 milligrams of potassium a day and 14- to 18-year-old males consume 3,000 milligrams.

Pork is an excellent source of potassium. A 3-ounce serving of pork provides 11% of your daily needs. Other foods high in potassium are sweet potatoes, orange juice, leafy greens, yogurt and fresh fruits like bananas, cantaloupe and grapefruit.

• **Fiber.** Consuming fiber promotes bowel health and helps regulate blood glucose levels. It also may help with weight control because you'll feel full. Deficiencies can result in constipation and a higher risk for diabetes and heart disease. High school females should be consuming about 25 grams of fiber a day, while high school-aged males should be consuming 31 grams.

The best sources of fiber are found in fruits, vegetables, nuts, beans and whole grains.

• **Calcium.** Increased amounts of calcium are significant to those who are still growing and developing, and that applies to most teens. High schoolers should be consuming 1,300 milligrams of calcium every day.

Calcium is important to bone health, as well as playing an important role in muscle contraction and transmitting messages through the nerves. This will be the last time in your life that you can build bone health proactively.

If you are not eating enough calcium, your body will take calcium from your bones to ensure proper cell function, and that may lower your bone mass. High sources of calcium are found in dairy products like cheese, yogurt and cottage cheese, as well as dark green vegetables, and calcium-fortified cereals.

• **Vitamin D.** Like calcium, vitamin D is also important to bone health. When vitamin D and calcium work together, they can make bones strong and healthy. A deficiency of vitamin D can lead to the development of soft bones when you become an adult. High schoolers should be consuming 600 IU of vitamin D daily.

High sources of vitamin D are found in fatty fish like salmon, tuna and sardines. You can also eat vitamin D-fortified foods such as milk, yogurt, dairy, juice and cereals. ■

Article written with help from our friends at the Iowa Pork Producers Association. Information provided by Caitlyn Ferin, LD, RD, corporate dietitian, Fareway, 6005 Merle Hay Road, Johnston, 515-252-9962.

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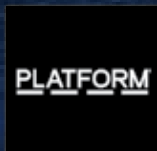
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HOME HEALTH

By Ward Phillips

HOSPICE services: Chances are they're not what you think

Charles had been living with diabetes and related conditions for several years when his health took a turn, and he was told his condition was life-limiting. Although Charles knew he was very ill, he and his wife, Carrie, were stunned when Charles' doctor began talking about the benefits of hospice services.



"We were so confused; we knew hospice is for people who are ready to die, and, in our minds, Charles certainly was not that sick," Carrie says.

"The doctor had said there was not anything new they could do for him, and his diabetes had taken a toll on his whole system, and he had had two strokes. But I thought he was doing better. So, when we heard that, we didn't know what to do."

The doctor took the time to explain that even though he did feel Charles had some time, he qualified for hospice services because he had a life-limiting illness and that hospice care would afford him some amenities — all covered by insurance — that could enhance his quality of life.

That made sense to Charles and Carrie, and they decided to look into home hospice services. After their adult children had returned to their homes out of state after the holidays, Carrie scheduled a meeting with a care team.

"We learned in that first meeting that there was a lot we didn't know," Carrie recalls. "They talked about pet therapy and music therapy and all kinds of things that ended up making Charles' quality of life the best it could have been in those last months. He lived for eight more months and was content and comfortable almost all the time."

Ideally, hospice services can and should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for services, enabling an individual to live life in comfort for the days, weeks or months that remain in their life. And, the earlier hospice services are started, the more they can — as in Charles' case — benefit the person who is ill as well as the whole family.

"The hospice team was there when we needed them but also left us alone to have a lot of family time, and the kids and I were all very comfortable with how they fit into our lives," Carrie says. "When Charles took a turn for the worse, and it was clear there was not much time left, the hospice nurses made sure he was never in pain. When he passed, it was very peaceful, and they have been very supportive to all of us, even since then."

If you and your family are faced with the need to make a decision around hospice care, feelings of anger and confusion are normal and making that first call to a hospice provider can be difficult. But know that, once you've taken that first step, having care in place can make your loved one's last weeks and months more relaxed and meaningful for them — and for all who love them. ■

Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more.

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SUPPORT THE SMOKIN' HEROES EVENT AT GREEN DAYS

Johnston takes great pride in nurturing our sister city relationships with Peja, Kosovo. We're excited to share that the Johnston Police Department has teamed up with the Johnston Rotary for Smokin' Heroes, which will raise funds to send Johnston High School students to the international camp in Toka. We invite you to attend the Annual Smokin' Hero's Smoke-off event on Saturday, June 17, during Johnston Green Days at Terra Park. This public event will showcase mouthwatering smoked meats and side dishes from 1:00 to 4:00 p.m., and attendees are welcome to make a voluntary contribution.

For further details, please visit www.cityofjohnston.com/smokeoff.



JOHNSTON CITYWIDE TRAFFIC STUDY PUBLIC OPEN HOUSE

The City of Johnston is hosting a Public Open House to discuss the Johnston Citywide Traffic Study on Wednesday, June 28. The study aims to evaluate traffic congestion, with a particular focus on the safety and operations of arterials and intersections throughout the city. As part of the study, an analysis of existing conditions will be conducted, and there will be opportunities for public input both in-person and online. Based on this input, suggested improvements will be developed.

The meeting's purpose is to present the traffic operations and safety analysis findings. During the meeting, potential short-term and long-term improvements for intersections identified during the public input process will be discussed. The involvement of city staff, officials, residents, and stakeholders will help determine the recommended improvements to include in the strategic implementation plan for Johnston traffic.

Date: Wednesday June 28

Time: 5:30 to 6:30 P.M.

Place: Johnston City Hall, 6221 Merle Hay Rd, Johnston, IA 50131

For more information, contact Molly Long, Foth Infrastructure & Environment, at (515) 254-1393, or Matt Greiner, City of Johnston Public Works Department at (515) 278-0822.

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



CITY NEWSLETTER JUNE 2023

STOP BY THE JOHNSTON FARMERS MARKET ON TUESDAYS

Are you excited for the Johnston Farmers Market? It's happening every Tuesday from 5:00 to 8:00 p.m. at the Johnston Town Center parking lot (north side of City Hall), where you can find new vendors and a variety of locally-grown produce, art, household items, garden accessories, and baked goods. Don't miss out on this opportunity to explore the market! The Johnston Town Center is situated at 6245 Merle Hay Road. To know more about the performances lined up during the Farmers Market, please visit www.cityofjohnston.com/FarmersMarket.



SPLASH PAD OPEN DAILY AT THE TOWN CENTER

Get ready to beat the heat this summer by visiting the Johnston Town Center's refreshing splash pad. The pad is open every day from 10:00 a.m. to 8:00 p.m. Please note that pets are not permitted within the area, and we kindly request that visitors dispose of their trash in the designated bin. For further details regarding the rules, check out www.cityofjohnston.com/splashpad.



SIGN UP FOR THE MAYOR'S 5K RUN + KIDS' FUN RUN

Get ready for the Mayor's annual 5K run on Saturday, August 12 by lacing up your shoes! The Kids' Fun Runs (0.62 miles and 100 meters) will kick off at 8:00 a.m., followed by the 5K run/walk at 8:15 a.m. It's going to be a fun event, so make sure to sign up early before prices go up on July 31st. To register, visit www.cityofjohnston.com/Mayors5KRun.



MARK YOUR CALENDAR FOR THESE JUNE ACTIVITIES

Our community is bustling with a variety of activities, and we would love for you to be a part of them. Please mark these important dates and times on your calendar and make arrangements to attend.

Thursday, June 1 – Camp Dodge Summer Concert Series (Jason Brown), 7:00 to 9:00 p.m.

Friday, June 2 – Family Fishing Night, Terra Park, 5:30 to 7:30 p.m.

Saturday, June 3 – Family Fest, Johnston Town Center, 11:00 a.m. to 2:00 p.m.

Tuesday, June 6 – Music after the Market (Bruce Day), Johnston Town Center, 7:30 to 9:00 p.m.

Thursday, June 8 – Camp Dodge Summer Concert Series (Standing Hampton), 7:00 to 9:00 p.m.

Saturday, June 10 – Yoga by the Lake, Terra Park, 8:00 to 9:00 a.m.

Thursday, June 15 – Sunday, June 18 – Johnston Green Days, Terra Park

Thursday, June 22 – Camp Dodge Summer Concert Series (Pianopalooza Duelling Pianos), 7:00 to 9:00 p.m.

Friday, June 23 – The Yard Summer Concert Series (90s Rock Show), Johnston Town Center, 7:00 to 10:00 p.m.

Saturday, June 24 – Yoga by the Lake, Terra Park, 8:00 to 9:00 a.m.

Tuesday, June 27 – Movie after the Market (Encanto), Johnston Town Center, 8:30 p.m.

Thursday, June 29 – Camp Dodge Summer Concert Series (34th Army Band), 7:00 to 9:00 p.m.

For more information about the city, please call 515.278.2344

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INVESTMENT

By Tim Hanstad

BIGGEST threats to a comfortable retirement



If you save and invest for decades, you'd like to know you can retire without financial worries. Nonetheless, you still have to be aware of some threats to a comfortable retirement — and how to respond to them.

These threats include:

- **Inflation** — Inflation has been high recently, but even a mild inflation rate can seriously erode your purchasing power. In fact, with just a 3% inflation rate, your expenses could double in about 25 years — and your retirement could easily last that long. So, if you're going to rely on your investment portfolio for a sizable part of your retirement income, you will need to own a reasonable number of growth-oriented investments, such as stocks or stock-based funds, whose potential returns can equal or exceed the inflation rate.
 - **Excessive withdrawals** — Once you retire, you should establish a withdrawal rate for your portfolio — an amount you can take out each year and still feel secure that you won't run out of money. Some people make the mistake of withdrawing too much, too soon, once they're retired. Your withdrawal rate should be based on several factors, including your age at retirement, the size of your portfolio and the amount of income you receive from other sources, such as Social Security. A financial professional can help you determine a withdrawal rate that's appropriate for your needs.
 - **Market volatility** — The financial markets will always fluctuate. When you're still working, this volatility may not be such a problem, as you have years or decades to recover from short-term downturns. But, when you retire, you don't want to have to sell investments when their price is down. To help prevent this, you can tap into the cash in your portfolio, assuming you have enough to cover several months' worth of living expenses. You could also draw on a CD "ladder" — a group of CDs that mature at different times — to provide you with resources for the next few years and allow your equity investments time to recover their value.
 - **Unexpected costs** — You had them when you were working, and you'll probably have them when you're retired: the furnace that breaks down, the car that needs a major repair, and so on. But if you've established an emergency fund containing a year's worth of living expenses, with the money kept in a liquid account, you may be able to "ride out" these costs without jeopardizing your investment portfolio. Be sure to keep these reserves separate from your typical day-to-day accounts to avoid the temptation of spending your emergency money.
 - **Health** — Retirees may face more health concerns than younger people, and those concerns often come with larger medical bills. That's why it's important to maximize the benefits from Medicare or your Medicare Advantage plan. Also, if you contributed to a Health Savings Account (HSA) while you were working, and you haven't depleted it, you can use the money in retirement. As long as the HSA funds are used for qualified medical expenses, withdrawals are tax- and penalty-free, and won't be included in your income. This could help keep your income below certain levels, lower your Medicare premiums or avoid the 3.8% surtax on net investment income that can be assessed on high-net-worth taxpayers.
- Retirement can be a pleasant time in your life — and you'll enjoy it more if you're prepared for the challenges that face all retirees. ■

This article was written by Edward Jones for use by Tim Hanstad, your local Edward Jones Financial Advisor. Edward Jones. Member SIPC. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

COMMON mistakes in estate planning

When it comes to making an estate plan, many people are not as diligent as they should be. Because estate plans decide where your assets will be transferred at your death, it is important to have your affairs in order. Here are some common mistakes to avoid when creating your estate plan:



- **Not having an estate plan.** The most common estate planning mistake is not having a plan at all. While nobody likes to think about it, death is unavoidable and inevitable. Setting out your plan is one of the most important things a person can do. By planning, you are ensuring that your personal and financial affairs will be handled properly. Those left to handle your personal and financial affairs after you're gone will also thank you.

- **Doing your estate plan yourself.** I know what you're thinking: Attorneys are expensive. And you're right. Estate plans can be complicated documents. While you could write your own will or use a generic template, that is risky. These poorly-drafted documents could potentially be expensive for you or your heirs. Further, homemade documents may not be enforceable at all, meaning your

assets would pass according to the intestacy statutes and not how you directed. Play it safe and find an attorney you trust to advise you what planning opportunities are available to you.

- **Not planning for disability.** A proper, well-drafted estate plan will not only specify what happens to your assets when you die, but also for what happens in the event you become incapacitated. It is important to have both general and financial power of attorney documents in your estate plan. These documents appoint someone you trust to act on your behalf in the event that you cannot act for yourself.

- **Failing to update your plan.** Once you have gotten an estate plan in place, it is important to keep it up to date. Estate laws are always changing. Further, any life event could greatly affect your estate plan. It is important to review your estate plan frequently to ensure your assets are transferring in the way you wish.

To ensure that you're not making these and other common estate planning mistakes, talk to your attorney. ■

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

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JOHNSTON GREEN DAYS

THURSDAY- SUNDAY
JUNE 15-18
TERRA PARK
6300 PIONEER PARKWAY

ORGANIZED BY THE JOHNSTON CHAMBER OF COMMERCE

THURSDAY, JUNE 15TH

- 5:00pm-8:00pm. Jammin' in Johnston a Business Expo
5:00pm -7:30pm Johnston Public Library Foundation
Book Bike, free children's books, and two story times
5:00pm – 8:00pm The Lions Club Kindness Kits / Eyeglass and
hearing aid recycling
5:00pm-10:00pm. Food Vendors Open
5:00pm-10:00pm. Beverage Garden Open
5:00pm-10:00pm. Carnival
5:00pm-10:00pm. John Deere Equipment Display
5:30pm-9:30pm. Live Band: Mike Aceto
6:00pm Presentation of JCSD Art Winners
6:30pm-7:30pm. Light the Night for Sight Walk Registration
7:30pm. Light the Night for Sight Walk Begins

FRIDAY, JUNE 16TH

- 4:00pm-6:00pm Car & Truck Show Registration
5:00pm-11:00pm. Food Vendors Open
5:00pm-11:00pm. John Deere Equipment Display
5:00pm-11:00pm. Beverage Garden
6:00pm-10:00pm Carnival
5:30pm-8:00pm. Live Band: Slipstream
8:00pm Car & Truck Show Awards
8:00pm-8:30pm. Crowning of the King and Queen of Green
Sponsored by Big Green Umbrella Media
8:15pm-8:30pm Tapping of the Green Keg - **FREE UNTIL GONE!**
Sponsored by Big Green Umbrella Media
8:30pm-11:30pm Live Band: Damon Dotson Music
All Day Johnston Arts Council Terra Park Art Walk
(at Terra Parks for six weeks)



CARNIVAL

June 15-18
Unlimited ride wristbands
\$25/session
(2 sessions on Saturday: 11am-4pm & 5-10pm)



FIREWORKS

June 17, After Dark
During band's intermission
A class 'C' (consumer grade)
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SATURDAY, JUNE 17TH

- 7:00am-10:00am Johnston Kiwanis Pancake Breakfast at Terra Park
FREE will offering
- 8:00am-9:30am Johnston Green Days Nature Walk at Terra Park
- 10:00am-11:00am Parade along Pioneer Parkway
- 11:00am-11:00pm John Deere Equipment Display
- 11:00am-10:00pm Carnival (closed 4:00-5:00pm)
- 11:00am-11:00pm Food Vendors Open
- 12:00pm-11:00pm Beverage Garden
- 12:00pm Bags Tournament
- 12:00pm-4:00pm Catch Fishing Tips with Johnston Park & Recreation
- 1:00pm-3:00pm Live Band: School of Rock
- 1:00pm - 4:00pm The Lions Club Kindness Kits / Eyeglass and hearing aid recycling / Diabetes testing
- 1:00pm-4:00pm Public Safety and Camp Dodge Display
- 1:00pm-4:00pm Smokin' Heroes Smoked Meat Competition and Tasting
- 5:00pm - 9:00pm Johnston Alumni Night
- 5:00pm-5:30pm JPEAR/Mayor Proclamation for Juneteenth
- 5:30pm-8:00pm Live Band: Recoil
- 8:30pm-11:30pm Live Band: Monkey, Monkey, Monkey
- After dark Fireworks (during band intermission)
Presented by Blazing Glory Fireworks of Johnston

SUNDAY, JUNE 18TH

- 1:00pm-5:00pm John Deere Equipment Display
- 1:00pm-5:00pm Carnival

****This schedule is tentative and subject to change at any time without notice. Scan the QR Code for the schedule online****



The Grass is Greener in Johnston!

f Johnston Green Days

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Be sure to check for cancelations



Camp Dodge Summer Concert Series 2023

These free concerts are held Thursdays in June from 7-9 p.m. at the Pool Complex at Camp Dodge. Food trucks will be serving starting at 6 p.m. Entertainment on June 8 is Standing Hampton, along with a car show; June 22, Pianopalooza Dueling Pianos; and June 29, 34th Army Band will perform for Alumni Night.



Farmers Market opens June 6

The Farmers Market will be held Tuesdays, 5-8 p.m. from June 6 through Sept. 26 on the north side of Johnston City Hall, 6245 Merle Hay Road. Shop for fresh produce and homemade products while being entertained by live music. For more information, visit www.cityofjohnston.com/farmersmarket.



Monthly Music after the Farmers Market

Live music will be featured once a month following the Farmers Market on the north side of Johnston City Hall, 6245 Merle Hay Road. Concerts start at 7:30 p.m. on the stage just west of Johnston City Hall. Bring your lawn chair and blanket and enjoy the free music. Dates and entertainment are:

- Tuesday, June 6 – Bruce Day
- Tuesday, July 11 – Orphan Annie
- Tuesday, Aug. 1 – The Savage Freds
- Tuesday, Sept. 12 – The Sons of Gladys Kravitz

Vietnam Living History event

The Iowa Gold Star Military Museum, 7015 N.W. 70th Ave., Johnston, will host Vietnam Living History featuring displays of Vietnam gear and equipment, a CH-47 helicopter flyover, Vietnam War-era military vehicles, military police patrol boat, and museum tours. The event is June 3, 9 a.m. to 5 p.m., and June 4, 9 a.m. to 1 p.m.



Monthly Movies after the Farmers Market

A movie will be shown once a month following the Farmers Market on the north side of Johnston City Hall, 6245 Merle Hay Road. Movies begin at dusk, around 8:30 p.m. Bring your lawn chair and blanket and enjoy the free show. Dates and movies are:

- Tuesday, June 27 – “Encanto”
- Tuesday, July 25 – “Top Gun Maverick”
- Tuesday, Aug. 15 – “The Mario Bros.”
- Tuesday, Sept. 26 – “American Underdog”

Alumni Night at Johnston Green Days

Johnston Green Days, the annual community celebration held each June, will be hosting an All-Alumni Reunion on Saturday, June 17, and all Johnston High School alumni and families are welcome. Organizers will have a table from 5-9 p.m. inside the beer garden for alumni to check-in and grab a name tag before mingling with fellow alums. The party continues until midnight at Terra Park with live music, cold drinks and fireworks. Organizers will also have old JHS yearbooks, a selfie station, and Alumni apparel available for purchase.

Smokin’ Heroes

Join the heroes of police, fire and military to enjoy smoked meats at Smokin’ Heroes, June 17, during Green Days at 6400 Pioneer Parkway. The money raised will help send Johnston students to Kosovo as part of their camp in Peja. The heroes will be smoking the meats from 5 a.m. to 1 p.m. From 1-4 p.m., the public can taste the delicious meat and vote on their favorite. The winner will receive a coveted Smokin’ Heroes belt.

Family Fest is June 3

Family Fest will be held at the Johnston Town Center, 6245 Merle Hay Road, on Saturday, June 3, from 11 a.m. to 2 p.m. Activities include splash pad, bingo, shuffleboard, face painting, balloon artist, three inflatable obstacle courses, spin art station and more. A magic show will be on the stage west of City Hall from 1:30-2 p.m. Food trucks will be present at the event for you to enjoy the afternoon. This event is free to attendees. More information and schedule for activities is available at www.johnstontowncenter.com/events.



Downtown Summer Stir June 9, 5-9 p.m.

Downtown Des Moines

Join CITYVIEW’s traveling cocktail party. Visit participating establishments — all within walking distance — and sample their signature Summer Stir drinks. Cost is \$25 (prepaid online), and participants receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$30. For tickets, visit summerstirs.dmcityview.com.



EVENTS IN THE AREA

Be sure to check for cancelations

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

Green Days Quilt Auction

The Crown Point Senior Center "Sewcial" group will be raffling off a handmade quilt (84 inches by 76 inches) to benefit the Johnston Partnership food pantry. View the quilt and purchase a raffle ticket June 1-16 at 6300 Pioneer Parkway from 9 a.m. to 2 p.m., Monday-Friday. Tickets are \$5 each or \$20 for five. Help the group raise funds to fight hunger by purchasing tickets for this one-of-a-kind piece.



Carlisle Bike Nights

Third Saturdays through September, 5-10 p.m. School Street, downtown Carlisle

Bike Nights will be hosted by the Carlisle Chamber of Commerce along with music, raffles, beverages and food from Carlisle restaurants. June 17 features Richard Arndt; July 15 features Joe Inman; Aug. 19 features Luke Farland; and Sept. 16 features Adam Whitehead. Activities include Best Bike Contest and Best Audio Contest Sept. 16. Prize is a free oil change donated by Smart Sound and Cycling. Bring your lawn chair and enjoy the evening, even if you don't have a bike.



The Yard Summer Concert Series

The Yard Summer Concert Series, presented by The Cork 50131, brings musical acts from across the United States, including Nashville and Los Angeles, to the Yard, 6245 Merle Hay Road, Johnston. All three concerts will begin at 7 p.m. Mark your calendars and enjoy the free show. Concerts are:

- Friday, June 23 – 90s Rock Show
- Saturday, July 22 – Jay Allen
- Saturday, Aug. 26 – TBA



Golf Outing Fundraiser

The Dragon Scholarship Fund Golf Outing Fundraiser four-person best shot will have a 9 a.m. shotgun start on Monday, June 19, at Jester Park Golf Course. Proceeds support Johnston seniors in their post high school education. Cost, which includes 18 hole green fees and cart, are \$400 per foursome and \$200 per twosome. Register and pay by June 5 at bit.ly/DSFgolfouting2023.



Flag Retirement Ceremony

Boy Scout Troop 44 will hold a flag retirement ceremony on Flag Day, June 14, beginning at 7 p.m. at the Grimes Public Works facility, 1700 S.E. Destination Drive, in Grimes. A record number of worn flags will be appropriately destroyed. The public is invited to attend this event and need to bring a folding chair, as there is no seating available. Tired flags may be brought to the box at the rear of the Johnston Fire Station building on Merle Hay Road at any time.

Madison County Airing of the Quilts

May 31-June 3

The Iowa Quilt Museum's community-wide quilt festival will be held through June 3. It celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county. This unique event is one that you don't want to miss. The festival now also includes classes, a comprehensive quilt symposium and a retreat, so make sure to check out the activities online at www.iowaquiltmuseum.org/events/2023-madison-county-airing-of-the-quilts-festival.



Valley Junction Farmers Market and Music in the Junction

Thursdays through Sept. 28, 4-8:30 p.m. Historic Valley Junction, 100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. Scheduled are: June 8, Gut Feeling; June 15, Cover That; June 22, Steam Boars; June 29, Standing Hampton; July 6, Simply Seger; July 13, Toast3r; July 20, Get Off My Lawn; July 27, Fahrenheit; Aug. 3, Brother Trucker; Aug. 10, The Sons of Gladys Kravitz; Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythmatics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; June 28, The Crust. ■

Des Moines Concert Handbells 'Here Comes the Sun'

Friday, June 2, 7 p.m.
Plymouth United Church of Christ, 4126 Ingersoll Ave., Des Moines
Saturday, June 3, 7 p.m.
Gloria Dei Lutheran Church, 8301 N.W. Aurora Ave., Urbandale

The Des Moines Concert Handbells will present two spring concerts. They are free and open to all. A freewill offering will be accepted.

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HEALTH

By Elijah Evans

MENTAL time travel

Our minds have the fascinating power to transport our experience forward and backward through time. In memory, we can recall and relive events from our pasts, and, with the ability to forecast and predict, we can peek ahead to our expected futures. These impressive mental feats do come with a price tag, however. While remembering and anticipating are absolutely necessary to function as people, they can also greatly contribute to our suffering. We can become stuck on certain memories, ruminating on past events and whatever negative emotions with which they are associated. Similarly, we can imagine troubling possible futures that fill us with anxiety and dread. For many, this struggle is a key factor in staying mentally healthy. Having the ability to come back to the present moment, through skills like mindfulness or immersion in sensory experience are important ways in which we can prevent getting too caught up in either the future or the past. Managing our mental time travel is a lifelong skill, but, if you are finding it too difficult to develop on your own, there are professionals who can help you develop the necessary skills to feel more in control of where your mind takes you. ■



Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

BEFORE YOU GO

By Jan Shawver

PRE-PLANNING is a gift

If you knew that you only had a short time left to convey important information to your loved ones, what would it be?

Would you tell them you love them? Tell them that you are proud of them? Talk to them about important life decisions? Care for financial obligations?

As I anticipate retirement at the end of June, this may be my final opportunity to share with you. First, I want to say how thankful I am for the privilege of working with families here at Highland Memory Gardens. Many have had the sad responsibility of burying a loved one; others have taken the time to prepare for their own future burial needs; still others have asked questions as they anticipate treading into the unknown territory called death.

What else would I tell you? One of the greatest gifts you can give your family is pre-planning for your own future burial needs. Pre-planning will allow your family to grieve at the time of your passing instead of being forced to make difficult decisions.

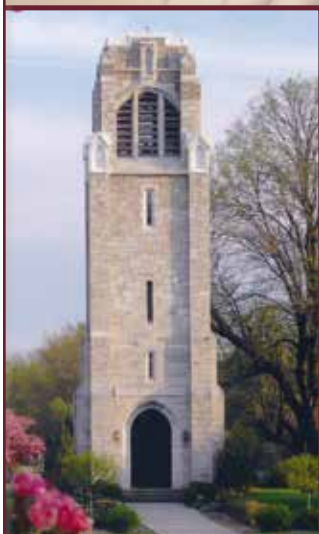
Thank you for allowing me to serve you, whether in person or through this publication.

Give your family a gift of love and care for your future end-of-life needs now. ■



Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

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THANK YOU!



Johnston After Prom committee would like to thank the following businesses for their donation and support of JHS After Prom 2023.

A special thanks to all the school administrators & staff, custodial staff, SROs, volunteers, and parents who donated their time, money, and effort to the event.

Absolute Group	Flame the Taqueria	Pagliais Pizza
Amigo Mexican Restaurant	Flix Brewhouse	Pampered Chef - Megan Walterbach
Arby's	Freddy's Frozen Custard & Steakburgers	Pancheros, Johnston
Auntie Anne's Pretzels	Habanero Mexican Restaurant	Panera Bread, Johnston
Bandit Burrito	Hacienda Vieja Grimes	Papa John's Pizza
Beisser Lumber	Hawkeye Pallets	Pat Ward Photography
Buff City Soap	Hyper Energy Bar Grimes	Pizza Ranch
Champion Xpress Carwash	Hy-Vee Grimes	Polk County Betterment
Charlotte's Kitchen	Hy-Vee Johnston	Pure Salon Aveda
Charter Bank	Jester Park Golf Course	Raising Cane's
Chick-Fil-A Merle Hay	Jethro's Pork Chop Grill	Scheels
Cinnaholic	Jimmy John's Johnston (8 th St.)	Short E's BBQ
Crumble Cookies	Johnston Booster Club	Skeffington's Formalwear
Culver's	Johnston Community Education	SkyZone
Dance Vision	Krispy Kreme Clive	Slim Chickens
Des Moines Driving Range	Kwik Star	Subway Grimes
Domino's Johnston	Legacy Nutrition	Texas Roadhouse
Douglas Dental	McDonald's	The Cork 50131
Dunkin' Donuts Johnston	Men's Wearhouse	Tommy's Express Car Wash
El Mariachi	MidAmerican Energy	Tropical Smoothie Café, Johnston
Elevate Physical Therapy & Sports Medicine	NFocus Photography	Truly Johnston Nails
Fareway Johnston	Nothing Bundt Cakes	Van Dee's
Fashion Nails	Orange Leaf Urbandale	



NEWS BRIEF

JHS STUDENT named U.S. Presidential Scholar

U.S. Secretary of Education Miguel Cardona announced the 59th class of U.S. Presidential Scholars, recognizing 161 high school seniors for their accomplishments in academics, the arts, and career and technical education fields.

Among the four Iowa Scholars is Eshaan S. Chandani, a student at Johnston High School who was named a U.S. Presidential Scholar in Career and Technical Education.

"U.S. Presidential Scholars have always represented the future of our country and the bright promise it holds. I want each of these remarkable students to know: Your passion and intellect, pursuit of excellence, and spirit of service are exactly what our country needs," said U.S. Secretary of Education Miguel Cardona.

The White House Commission on Presidential Scholars selects scholars annually based on their academic success, artistic and technical excellence, essays, school evaluations and transcripts, as well as a demonstrated commitment to community service and leadership.

The Presidential Scholars Class of 2023 will be recognized for their outstanding achievement this summer with an online recognition program. ■



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A red apple sits on top of a stack of four books. The books are of various colors, including white, blue, and red.

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The logo for Iowa Living Magazines features the word 'Iowa' in a small, black, sans-serif font above the word 'Living' in a large, stylized, cursive font. The word 'MAGAZINES' is written in a small, black, sans-serif font below 'Living'.

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MEET Jake Strachan

Watching students grow as musicians and individuals

After growing up in a small Ohio town, Jake Strachan studied music education at Northwestern University. He taught K-8 general music in a Chicago suburb before relocating to Iowa in 2011 to teach elementary general music and band in West Des Moines. He then joined the Johnston Community School District in 2018. Today, he is in his fifth year with the district, where he teaches general music at Timber Ridge Elementary School and serves as the building's equity advocate.



Jake Strachan says teaching elementary music requires a ton of energy, planning and organization.

"What I enjoy most about working in Johnston is our team of dedicated teachers and associates at Timber Ridge. Our Mission Statement ("All Means All") is something we all take very seriously, and I am always inspired by how everyone is willing to pitch in to meet the needs of all students," Strachan says.

Of his teaching, Strachan says he tries to incorporate a mix of active music-making, movement, music literacy, and cross-curricular connections. Each year, his students in grades 2-5 perform a traditional concert while his kindergarten and first-grade students participate in an "informance," which is much less formal than traditional concerts and gives families a glimpse into the "what, why and how" of a typical music class structure.

Although finding ways to meet the needs of all students can be challenging, Strachan tries to make his classroom a safe, comfortable and welcoming space for students to thrive. Watching students in that "aha" moment when they discover or accomplish something new is a rewarding part of his day. As a teacher, Strachan works to inspire students to want to learn, which can be difficult if a student doesn't have a strong connection to music, he says.

"Teaching elementary music requires a ton of energy, planning and organization. There's never a dull moment. What I love most about working with elementary students, particularly in my role, is watching them grow as musicians and as unique individuals from kindergarten through fifth grade," Strachan says.

When not teaching, Strachan enjoys spending time with his family. His husband also works in education, and they adopted a son in 2015. As a family, they enjoy playing tennis, cooking, attending summer festivals, playing board games and trying new restaurants.

Strachan recently finished his master's degree in 2021 and plans to attend conferences to continue his professional development. His family also has friends and relatives throughout the Midwest, and summer road trips are on their calendar. ■

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RIBBON Cutting

The Johnston Chamber held a ribbon cutting for KHI Solutions, LLC on May 9.



The Johnston Chamber held a ribbon cutting for KHI Solutions, LLC on May 9.



Brenda Eckard and Andrea Garland



Annie Mielke and Sharon Vickery



Kathy Robinson and Amy Thomas



Christy Cine, Brenda Eckard, Amy Thomas (back), Lynn Schreder, Kathy Robinson, Casandra Mueller and Allan Graham



Jenni Buchanan and Lynn Schreder



Mayor Paula Dierenfeld and Brenda Ballard



Christy Cline and Ryan Rohlf



Chyanne Airhart, Mark Rheinschmidt and Jamie Lewton

PREP your system before going on vacation

Are you ready to travel and dreaming of beaches and exotic destinations? Before you head out of town, it's important to make sure that your HVAC system is prepared for your absence. Here are some tips for preparing before you leave for vacation:



- **Adjust your thermostat** - One of the easiest ways to save energy while you're away is to adjust your thermostat. Setting your thermostat at 78-80 degrees will help prevent unnecessary energy usage and save you money on your energy bills.
- **Consider a smart thermostat** - If you have a smart thermostat, you can program it to adjust the temperature of your home based on your schedule. This means you can set your thermostat to a more energy-efficient temperature while you're away and have it automatically adjust to a more comfortable temperature when you return.
- **Shut off your water supply** - If you're going to be away for an extended period of time, consider shutting off your water supply. This will help prevent any potential water leaks or damage to your HVAC system.
- **Clean your HVAC filters** - Dirty air filters can reduce the efficiency of your HVAC system and lead to higher energy bills. Before you leave for vacation, make sure to clean or replace your air filters to keep your HVAC system running smoothly while you're away.

• **Schedule a professional inspection** - If you're going to be away for an extended period of time, it's a good idea to schedule a professional inspection of your HVAC system before you leave. A certified technician can identify any potential issues and make sure your system is running at peak efficiency while you're away.

By taking these simple steps, you can help ensure your HVAC system is prepared for your absence and will continue to function properly while you're away. And when you return home from vacation, you can rest easy knowing your home will be comfortable and energy-efficient.

If you're unsure how to properly prepare your HVAC system for your next vacation, don't worry, you're not alone. After all, who has time to worry about air filters and thermostats when you're busy packing for a trip? Don't fret. Contact your local heating and cooling company for help, and, when you return home, you can bask in the glory of a comfortable, energy-efficient home, without lifting a finger. So go ahead and enjoy your vacation. ■

Information provided by Sam Yeager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.



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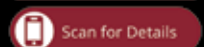
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WHAT'S that smell?

You know those houses that sell in hours, not days? I have been inside many of them, and they all have one thing in common — they “show” well. This is a term that Realtors® use to describe that feeling you get when you walk through a home and all its positive features stand out. There are numerous reasons this occurs. One reason is the lack of distractions — like clutter and unclean spaces. Another is well-lit rooms and methods to draw your attention to the focal points and areas worth noticing. An additional factor, that is perhaps one of the biggest, is smell... or the lack thereof.



A human's sense of smell is strong. While the human eye uses just three light receptors to see millions of colors, the typical nose has 400 different olfactory receptors (Source: Time Magazine, Walsh, 3/20/2014). Plus, our sense of smell is very much tied to memory and, therefore, can easily elicit emotions — both positive and negative. Trying to cover odors with strong smelling fragrances can mask them but may be offensive to some. Here are some ways to make sure smell is not a negative factor in your home:

- Turn your furnace fan to “on” (rather than “auto”) during showings to keep the air moving.
- Leave ceiling fans on.
- Place a diffuser with a few drops of lemon essential oil in areas that tend to have stronger smells, especially if you must leave the house for a showing after just having prepared a meal.
- Make sure all trash cans have been emptied prior to a showing.
- Make sure your beds are made with freshly washed linens.
- Clean the filter on your vacuum before using it.
- Get your pets bathed before you put your home on the market.
- Shampoo your carpets, or consider replacing them if there have been numerous pet (or similar) incidents.

The subject of smell is one that may be hard for some Realtors® to address with their clients, but it is crucial. A home could meet all the buyer's needs, but if there's a smell that bothers them, they could decide not to buy, just based on that. The tips above will not only help you avoid an uncomfortable conversation with your Realtor, they'll help you get your home sold fast.

Noteworthy: Not every Realtor® is focused on making sure that their listings show well. That is why it is important to interview your Realtor before you hire them. Ask them how they can help you prepare your home to list. The importance of working with a Realtor that works hard to prep your home to show well cannot be overstated. ■

Information provided by Rachel Wallace, Realtor/Designer, 515-229-1621, rachel@rachelwallacehome.com, www.rachelwallacehome.com, RE/MAX Precision, 8705 Chambery Blvd., Suite 100, Johnston.

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BACK to life

Johnston man given second chance thanks to first responders.



Patrick and Trisha Kennedy have met with members of Johnston-Grimes Metropolitan Fire Department Stations 38 and 39 to express their gratitude for their life-saving efforts Feb. 1.



It was a normal winter day that Feb. 1 for Patrick Kennedy as he drove home from his workplace at John Deere Financial in Johnston. He had to make a stop to pick up his son after practice, something he'd done many times before, and then they'd be headed back home to relax for the remainder of the night.

But, as he pulled up and stopped at the red light near the intersection of N.W. 70th Avenue and Merle Hay Road, something went wrong. Drastically wrong.

"I went unconscious," Kennedy says. "The light turned green, and the guy behind me didn't know why I wasn't moving, so he went around me. Then the next guy began to go around me, and that's when my car started moving."

Kennedy's car lurched forward, hitting the back of the vehicle of the driver who had initially gone around him but had stopped at another red light. The driver got out, saw what was happening, and immediately dialed 911.

But Kennedy wasn't just unconscious.

"I was dead," he said, recalling the shocking details he was later told.

A member of the Johnston Police Department responded in less than a minute, breaking the passenger side window of Kennedy's car to go inside and unlock the driver's side door so Johnston-Grimes Metropolitan Fire Department Captain Tristan Johnson, now on scene, could get to him. Johnson quickly

checked for a pulse, but there was none.

The crew worked quickly to take Kennedy out of the car and to the back of the vehicle where they began administering CPR and manual chest compressions. The ambulance arrived soon thereafter, and medical personnel began shocking Kennedy's heart repeatedly. Eight times to be exact.

It worked.

"When we first got to him, he was very pale or gray, but within about five or six compressions, his body started turning pink again, which is about the fastest I've ever seen that happen," Johnson says.

Saving lives is their job. One they take very seriously, with hundreds of hours and continual training to prepare them for events just like Kennedy's.

"The goal is to get to scenes that they've seen so many times in training that they just kind of shift into auto mode and do what you have to do," Johnson says. "This was a great instance of all of that coming together."

Kennedy was transported to the hospital where he remained in a coma for three days. He spent the next nine days there, and a defibrillator/pacemaker was inserted into his chest.

How or why this happened is still unknown, Kennedy says. He exercises regularly, eats healthy, and was in overall good shape for a

55-year-old man.

He often wonders, though, what would have happened if his heart gave out while he was alone at home or driving on the interstate, or hadn't hit the car in front of him.

But, thankfully, none of that happened. He's still here. And grateful.

Kennedy and his wife, Trisha, have met with those who were on that life-saving mission that day. Expressing thanks to them, she says, seemed small in comparison to what they had given back to her — her soulmate.

"It was very emotional, and still is now," says Trisha, her voice cracking as she held back the tears. "There were so many people who had to work together to get Pat to where he is now. Everything they did — which to them is just their job — was just amazing.

"We want people to know what these people do," she continues. "We take it for granted. It's more than a job. They do this every day and deserve our thanks. They're changing people's lives."

It's been but a few short months since that fateful day, but, in that time, Patrick and Trisha have undergone a bit of a transformation. Their respective outlooks have changed in many ways. Life, Patrick says, can change in a heartbeat.

"It makes you realize what really is important," he says. "It was a big reminder that life is short. Appreciate things. Every day." ■

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COMMUNITY

KITES on the Green

The Johnston Commons — and the sky above — were splashed with color during Kites on the Green May 6. Kite shows and battles, kids activities, and kite making were enjoyed, among other activities. Photos by Mike Chiston ■



Children are a gift
from the Lord;
they are a reward
from him.

— Psalm 127:3 —



First Baptist Church of Johnston

8250 NW 62nd Ave • (515) 243-8161
Interim Pastors: Deb & Jim Harkness

Sunday Service: 10 – 11 am

Watch services live at fbcdsm.org

Small Groups available Sunday & Thursday.



CELEBRATING summer

School's out for summer! With the end of the year celebrations, concerts and graduations, it's time to celebrate and enjoy the Iowa summer. But first we want to say thank you to all our teachers and staff at the Johnston Community School District. The Chamber recognized these amazing people at our annual Educator Appreciation Event held on May 3. Thank you to our following top sponsors for helping to make it happen: Platinum Sponsors – Cortevea, Merkle Retirement Planning, Veridian Credit Union, The Dental Studio of Iowa, North Point Church, Jethro's BBQ, ITS, Inc - Shazam, Coldwell Banker Mid America Group, Bomber's, and John Deere Financial. Gold Sponsors – All Star Concrete. Silver Sponsors – Charter Bank, Thrivent, Bank Iowa, and Scooter's Coffee.



The Chamber is excited to kick off the summer with a fun family festival for all to enjoy at Johnston Green Days. Bring dad and celebrate Father's Day weekend by joining us for the car show, the parade, carnival, Johnston Kiwanis breakfast, live music, a bags tournament, sampling BBQ at Smokin Heroes, a fireworks show and much more. We will be showcasing food from The Outside Scoop, Flame the Food Truck, Hardenbook's Concessions, Triple B's Burgers, Happi Lao, and Rocketfuel BBQ. Stop by the beverage tent and enjoy a cold one as you listen to live music from Slipstream, Damon Dotson, Recoil and Monkey Monkey. Stay up to date with everything at Johnstongreendays.org or by following us on Instagram @johnstongreendaysfestival.

In addition to the festival, we continue to host our monthly networking events. Join us to welcome new members at a ribbon cutting or register for our Breakfast Before Business or business after hours. Check our events calendar for new and upcoming events.

Mark your calendars for June 20 and join us at the Iowa Cubs Chamber Night presented by the GDMP. The event will include a pre-game tailgate, networking and general admission to an Iowa Cubs baseball game. The tailgate takes place from 4:30-6:30 p.m. and includes brats, hot dogs, chips, dessert and soda on a first-come, first-served basis. Tickets are provided to chamber members and their families at a discounted rate of \$3 per person. Reserve your ticket by visiting The Partnership's website.

Welcome to our newest Chamber members: Outside The Box, Athletico Physical Therapy, and JD Trailer Rentals LLC. Thank you for supporting your local chamber. Be sure to check out their businesses and learn more about their impact in our community.

Upcoming events

- June 8, Breakfast Before Business, City of Johnston, 7:30-8:30 a.m.
- June 15-18, Johnston Green Days Festival – Johnstongreendays.org
- June 15, Jammin in Johnston, A Business Expo with live music from Mike Aceto, 5-8 p.m.
- June 17, Johnston Green Days Parade, 10 a.m.
- June 20, Chamber Night at the Iowa Cubs
- June 22, Children's Cancer Connection 35th Anniversary Ribbon Cutting ■

Information provided by Samantha Winebrenner, Johnston Chamber executive director, samantha@johnstonchamber.com, 515-276-9064. For more information, visit www.johnstonchamber.com.

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12pm Start Time!

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www.johnstongreendays.org Johnston Green Days
Green Days is organized by the Johnston Chamber of Commerce.



Johnston Chamber of Commerce held a ribbon cutting for Furrow Family Dentistry, 5965 Merle Hay Road Suite A, Johnston, on April 27.



Allan Graham presents Emily Furrow and Derek Furrow with a plaque at the Johnston Chamber of Commerce ribbon cutting for Furrow Family Dentistry on April 27.



Stephanie Toot and Dawn Canova at the Johnston Chamber Educator Appreciation event May 3 at the Camp Dodge Freedom Center.



Sharon Vickery and Paula Bierle at the Johnston Chamber Educator Appreciation event May 3 at the Camp Dodge Freedom Center.



Julie Dodd and Angie Butler at the Johnston Chamber Educator Appreciation event May 3 at the Camp Dodge Freedom Center.



The 2023 Johnston Chamber Educator Appreciation Planning Committee, May 3 at the Camp Dodge Freedom Center: Paula Bierle, Jenni Buchanan, Brooke Ruddy, Michael Tiffany and Andrea Hodapp. Not pictured, Brenda Ballard and Samantha Winebrenner.



Michael Tiffany and Annie Mielke at the Johnston Chamber Educator Appreciation event May 3 at the Camp Dodge Freedom Center.



Nathan Shivers and Mary Dunn-Hayward at the Johnston Chamber Educator Appreciation event May 3 at the Camp Dodge Freedom Center.



Chris James, Justin Russell, Derek Trobaugh and AJ Gordon at the Johnston Chamber Educator Appreciation event May 3 at the Camp Dodge Freedom Center.



A ribbon cutting was held May 15 to celebrate the completion of the Lions Club Shelter House at Johnston Commons Park.



Dennis Meyer, owner of Created in Johnston and Johnston Lions Club member, with Roary MacLeo.



Members of the Lions Club at Johnston Commons Park with Roary MacLeo.



Sharon Vickery and Jason Parkin at the Johnston Chamber of Commerce ribbon cutting for Cajun Belle on May 2.



Paula Bierle and Marla Bundy at the Johnston Chamber of Commerce ribbon cutting for Cajun Belle on May 2.



Zack Hollier, Ira Hollier and Sharon Vickery at the Johnston Chamber of Commerce ribbon cutting for Cajun Belle on May 2.



Johnston Chamber of Commerce held a ribbon cutting for Cajun Belle, 5460 Merle Hay Road Suite A, Johnston, on May 2.



Brenda Ballard and Nicole Berger at the Johnston Chamber of Commerce ribbon cutting for Cajun Belle on May 2.

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