



Employee Spotlight

Congratulations to our Raccoon Valley Bank Team Members



Tod Ellis retiring Chief Credit Officer

Raccoon Valley Bank would like to announce the retirement of Tod Ellis. Tod spent 40+ years in banking, including the past 7 years with RVB. Tod began his career as a loan officer in the Omaha area developing his skills with 4 different banks before becoming Raccoon Valley Bank's Chief Credit Officer in December 2015. Tod will be spending his retirement on the beaches of Florida with his wife Wendy and is looking forward to full days of golfing and boating. He also will enjoy spending more time with his daughters. We wish Tod all the best in his retirement and appreciate the years of service and dedication to Raccoon Valley Bank.



Thomas Book CHIEF CREDIT OFFICER

Raccoon Valley Bank is proud to announce the recent promotion of Thomas Book to Chief Credit Officer. Thomas has been a member of the Raccoon Valley Bank team for nearly two decades. His career has covered all facets of lending, including his most recent position as the Adel Market President for the past ten years. With the promotion Thomas will oversee the bank's loan operations staff, credit administration staff, and the overall safety and soundness of the bank's loan portfolio. Thomas and his wife Jenny live in rural Adel and have five school aged children. Thomas is heavily involved in youth sports and several community boards. In addition, Thomas enjoys managing his family's cash grain farming operation. Thomas is thankful for this opportunity to continue to grow with and serve the owners and customers of Raccoon Valley Bank.



Chris Watkins chief Lending Officer

Chris Watkins has been in commercial lending for over 23 years, spending the last ten as a Market President for Raccoon Valley Bank. Prior to starting his banking career, Chris graduated from Iowa State University with a degree in mathematics and spent two years as a high school math teacher. He then returned to Iowa State University earning a Master of Business Administration degree with a Finance Specialization. To add to his impressive resume, Chris has also taken numerous professional development opportunities, including obtaining his Certificate of Executive Leadership from the Graduate School of Banking in Madison, Wisconsin in 2013. Chris has lived in Grimes, Iowa, since 2004 with his wife of over 23 years, Heidi, and their two children, Lainey 20 and Sam 17. In addition to spending time with his family, Chris is very active in his community. He has been involved in the following organizations over the last 20 years: DCG Soccer Club, DCG Basketball Club, Rotary Club, Grimes Chamber of Commerce (Board Member), and the Dallas Center-Grimes Education Foundation (Board Member). Raccoon Valley Bank is pleased to announce Chris Watkins as its new Chief Lending Officer.



Raccoon Valley Bank

Just Right

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WELCOME

THE shine

When I was in my early twenties, I worked at The Des Moines Register and was the account rep for many of the largest car dealers in Des Moines. I loved that job, as I was able to learn from incredible people and work in an industry I truly enjoyed cars and trucks.

That passion led me to another job in the mid-1990s, launching and managing an automotive photo magazine called Car & Truck Market. Clever name, I know. It was a publication dedicated to the buying, selling and trading of — you guessed it — cars and trucks.

I was never much of a gearhead. Still am not. I have a brother who loved tearing stuff apart and putting it back together. He still does. As such, he continues to be my go-to guy for questions dealing with auto mechanics. But, although I wasn't much interested in what was under the hood of a car, I did have great interest in the shine and show.

I don't own a classic car (yet), but I have been known to attend many car shows, and I have a sincere appreciation for those who restore and rebuild vehicles. One of my childhood friend's dad owned a body shop in our hometown, and I would marvel over the results of their work. And, as an adult, I have been known to hang out in garages and listen to stories about the restoration of some incredible cars.

When we started our Iowa Living magazines, I wanted to pay tribute to these car guys who fulfill their passions, often learning as they go. And with much of our readership of the Living magazines being female, I wanted to include something for the guys. So, I decided to start a monthly feature called "What's In Your Garage?" It featured lots of stuff in residents' garages, but we focused much of the ink on classic and custom cars. We continue this feature in many of our magazines today but simplified the name to "Garage."

In this issue of Johnston Living magazine, we took it a step further and dedicated our cover story to "head-turning car projects," complete with photos of the vehicles that so many local car buffs have spent countless hours working on.

Be sure to check out this story and those in our other Living magazines at www.iowalivingmagazines.com.

Yes, there is something about that shine of a vehicle that draws the eye of a young boy — and an old boy, too.

Thanks for reading. ■

SHANE GOODMAN

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The Flaming Wagon

Zack Wiese can't remember a time when he wasn't into cars.

"I've been into anything with wheels for as long as I can remember. When I was little, it was remote control cars and model cars. Then it went to bicycles, and, when I got my permit to drive, it was always cars from then on."

He says he enjoys the satisfaction of fixing them up to make them even better than they were from the factory, and he learned very quickly it was much cheaper to figure out how to do the work himself than pay someone else to do it.

The first car he restored for himself was a 1985 Corolla GTS while he was still in high school, doing the work whenever he could find the time. When he acquired the car, it was rusty, and the engine was seized up. Most of his repair skills have been self-taught, through trial and error, because he enjoys figuring out how to do something; however, he also learned from peers and job training. Wiese's interest in cars led him to take Des Moines Area Community College collision repair courses, and he graduated with an associate's degree.



Brian Chang says he'd ride or fly in anything once.

At this point in his life, Wiese has taken on quite a few projects for himself, friends, and for

"My main project has been the 'Flaming Wagon,' which is a 1991 Oldsmobile custom cruiser wagon. I bought it a few years ago to have something older that was big enough to cruise around with my kids. Last year, I put a newer engine in it and have been upgrading all the drivetrain to be more current with the times and safer for my family."

They just took the Flaming Wagon on its first long trip, which was to Daytona Beach, Florida. They even hauled a pop-up camper down and back, which is also now on the list to be restored and upgraded.

Next up on the car restoration project list is a 1978 Toyota Corolla sport coupe.

"It's kind of a rare find around here but a really good friend of mine was nice enough to sell it to me. It will take rust repair, paint and upgraded engine, brakes and transmission to make it a better car. Can't wait to see how it turns out."

A poor man's Ferrari

Like Wiese, Brian Chang has had a long fascination with cars, dating back to adolescence.

"I've been intrigued by mighty machines



since I was young. There's just something about their designs and creation being an extension of ourselves that feels liberating and powerful when I interact with them."

It was in March 2017 when Chang began restoring what he calls his "poor man's Ferrari" — a 1994 Dodge Stealth/Mitsubishi 3000GT (in North America, the car was sold both as the Mitsubishi 3000GT and the Dodge Stealth). Chang took on the project with experience working at Mercedes, working for a body shop, and having some knowledge passed down from his father, who is a master mechanic and electrician.

Before he started work on the 3000GT, he performed minor jobs for friends and family, gave insight and lended a hand from time to time, and saw the completion of others' major projects in passing. When this car came into his possession, it was firing on four of six cylinders; lacked a stereo; and had warped cylinders,

worn mounts, clogged injectors, holes in the exhaust, and a laundry list of miscellaneous things needing attention.

"Now, five years later, I consider this machine to be reliable as any modern vehicle on the road today," says Chang. "I worked on a crate long block from California, overhauled every other component to the new block, polyurethane mounts, rubberized undercoating, aluminum flywheel, aluminum crank pulley, a lightweight single-shot exhaust, front and rear strut braces, and all-season tires for Iowa driving conditions. No leaks. No smoke. Some bark and bite."

Looking to the future, Chang is open to anything that comes his way.

"I hope to drive or fly everything at least once. Maybe I'll convert/modify a 3000GT/Stealth into an electric vehicle. I hope to connect with other 3S owners and have local meet ups, maybe collect each trim level of these cars and park a Tri-Star next to my Diamond Star in the stable."



Brian Chang has been into cars since he was a teenager and has put five years of work into his Mitsubishi 3000GT.





A "basket case" project

Mike Wakeman grew up on a farm in Webster County. It was during childhood when his love of wheels started while playing with Hot Wheels and Ertl tractors.

When he was a senior in high school, Wakeman came upon a 1968 Mustang for sale and ended up buying it. It was in good shape, but it was still 20 years old, so he started figuring out how to fix things as issues came up. He went to trade school to be a machinist and welder, which taught him how to build engines and fabricate metal. He still has the Mustang and has worked on it ever since, saying it will probably never truly be "done."

"I learned by doing, trying and figuring it out. When something I try doesn't work out, I refer to it as research and development and chalk it up to experience. I'm not scared to miss the mark," he says.



Mike Wakeman has been working on cars since high school.





In 2011, Wakeman rebuilt a 1937 John Deere A that he used this summer in the Johnston Evergreens 4-H float in the Green Days parade.

"I have been involved over the years with a number of builds for other people, and, in 2016, I found a 'basket case' project that took me back to my dream truck from when I was 18."

It's a 1953 Chevy truck that is far from ordinary. In fact, Wakeman says it's like the Johnny Cash song "One Piece at a Time." The truck's cab is from a dump truck, which provides a larger fender for tire clearance because it is mounted on a 1976 4-by-4 chassis. Wakeman also shortened the frame 22 inches to make it a short-bed truck. The truck bed came from another project truck. He has also rebuilt all the mechanical parts, which included adding air conditioning and fuel injection.

The body was left untouched until this year. He is preparing to paint it. He admits he's never been much of a body guy, but he'll give it a go.

"I got the truck when my employer announced they were going out of business, so I was on a mad dash to get it running quick,



Mike Wakeman's 1968 Mustang

as it was on their property. My initial plan was to get it running and complete to resale and concentrate on the next chapter of life. As I would move forward on the project, my wife and daughter decided they both love this darn thing, so now it's part of the family."

Wakeman does all of his project work in his

own garage in Johnston.

"So, thank you to my neighbors for their patience, as I may drive around a different vehicle all the time, and especially to my wife, Kris, and daughter, Samantha, for supporting my hobby that is also my therapy. These projects aren't perfect, but neither am I." ■



AC HISTORY: from Egypt to Iowa

When the summer heat in Iowa turns up, and you find yourself melting faster than an ice cream cone on a hot sidewalk, there's one hero that comes to your rescue — the air conditioner. But have you ever wondered about the origins of this magical machine that keeps you cool and comfortable?



Believe it or not, the concept of air conditioning dates back to ancient times. Clever Egyptians used to hang reeds soaked in water in their windows, allowing the breeze to blow through and create a natural cooling effect.

Fast forward to the 20th century when the modern air conditioner made its grand entrance. In 1902, a genius engineer named Willis Carrier invented the first electrical air conditioner. And yes, you guessed it, he was also a real cool guy. Carrier's invention was initially meant to control humidity in a printing plant, but it didn't take long for people to realize its potential in providing much-needed relief from the summer swelter.

Did you know that the term "air conditioning" was coined by a textile mill owner named Stuart Cramer in 1906? He used it to describe the process of adding moisture to the air to condition the yarn and prevent it from breaking. Little did he know that his term would soon be associated with indoor comfort.

In the early days, air conditioners were considered a luxury reserved for the elite. Only posh movie theaters, fancy hotels, and the homes of the super wealthy were graced with the cool breeze of air conditioning. It wasn't until the mid-20th century that air conditioners became more affordable and started appearing in regular households. Suddenly, staying cool wasn't just for the rich and famous it was for everyone.

Nowadays, air conditioners have become an essential part of our lives, especially here in Iowa, where the summers can feel hot and humid. We've come a long way from the days of reeds and humidity control. Modern air conditioners are more energy efficient, quieter, and can even be controlled with the touch of a button on your smartphone. It's like having your very own personal weather wizard right at your fingertips.

Remember, whether you're sipping lemonade on your porch or seeking refuge from a sweltering day indoors, your trusty air conditioner is there to keep you as cool as a cucumber. Stay frosty, my friends. ■

Information provided by Scott Bontrager, 72 Degrees Comfort Company, 811 S.W. Ordnance Road, Ankeny, 515-200-2728.

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DON'T OVERLOOK retirement taxes

Ahhhh, taxes — a necessary part of our American lives. They pay for roads, safety, and a whole host of other community-related services. We enjoy the benefits our taxes pay for but dislike the idea of paying more than our fair share.

Taxes follow you even into retirement. Those retirement accounts you've started drawing from, Social Security benefits you're receiving, and other income from accounts designed to support your lifestyle in retirement may be taxable.



For most of your working life, you've been in an accumulation phase — gathering and growing assets to be used to support you in your later years. During retirement, however, you move to a different mindset as you transition into a distribution phase. Planning for your retirement income includes a shift in perspective as you work toward preserving the assets you spent so many years building.

Most retirement accounts — including 401(k)s, 403(b)s, SIMPLE IRAs, SEP IRAs, profit-sharing plans, pension plans and traditional IRAs — are called qualified accounts. Qualified accounts are designed for retirement income; any money saved into these plans can be accessed without penalty after age 59 1/2.

The IRS has allowed money in these accounts to be saved and grow tax-deferred, meaning the taxes have been delayed until some point in the future. You haven't paid any taxes on qualified retirement accounts yet.

When you start to take income from those accounts, taxes are owed at your ordinary tax rates at the time of distribution.

The key to preserving your assets is developing a long-term income and tax planning strategy that work together and answer key questions: When should I start taking income from my accounts? Which accounts should I take the income from? A retirement income strategy is designed to create a plan for optimizing your tax liability and your income - and maintaining that income for as long as you will need it. Even if you've already entered retirement, you can still benefit from retirement income planning and potential repositioning of assets to help ensure your strategy is as tax efficient as possible.

While distribution planning would start before retirement in an ideal world, people who have already entered retirement can also greatly benefit from building a distribution strategy to potentially pay less in future taxes. But where do you begin? What steps do you need to take today to help ensure success tomorrow? Check out our Retire Your Way Toolkit below for resources that will get you started thinking about all of the decisions you'll have to make in retirement and answer some of the big questions you have about Social Security, retirement income and longevity.

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes,

Are You Paying Too Much in Taxes?

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Investment Advisory Services offered through Elite Retirement Planning, LLC. Insurance Services offered through MRP Insurance, LLC.

SUMMER reading fun at JPL



The thermometer is climbing, but it's plenty cool at Johnston Public Library. Stop by JPL this month and check out some of the fun programs happening for kids, teens and adults.

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. For the littlest ones, check out Play, Baby, Play for babies ages 6 months to 2 years. Every Wednesday through July 12 is Wacky Water Play outside on the JPL patio from 10-11 a.m., weather permitting.

The ISU Insect Zoo will be at JPL on Friday, July 7 at 10:30 a.m. for the Song of Bugs program featuring a reading of "Unia," followed by a hands-on walk-through animal display of more than 100 living arthropods. This is just the tip of the iceberg for children's programming. Visit www.johnstonlibrary. com for the full schedule of July events for kids at JPL.

Programs for teens

Teen librarian Jessica has an amazing schedule lined up for kids entering grades 6-12. Information and event registration is available at www. johnstonlibrary.com/teens. Tuesday, July 11 will feature four sessions of our retro 1990s Escape Room: The One Where They Broke Out. Friday, July 14 is a movie day in the JPL Teen Space. For this Friday Flicks, Jessica will be showing "Shrek" from 3-4:30 p.m. Have a techie teen? Don't miss out on Teen Tech: Robotics and Programming with LEGOS on Monday, July 17. Then, have your teen catch the beat at the JPL Teen Drum Circle on Wednesday, July 19. Registration for all Teen Tuesday programs opens up seven days before the event.

Programs for adults

Cultivate your green thumb in July with JPL. On Saturday, July 8, Barb Schmidt, ISU Extension Master Gardener, will show you how to pick the right materials for your potted plants at the Picking Perfect Pots & Small Space Gardening program. Plus, Rachel Vakulich, 2023 Iowa Honey Queen, will stop by on July 29 to teach the basics in Beekeeping 101. Not an outdoorsy person? How about journaling? Join JPL for Bullet Journaling with Linda Tong on Saturday, July 15. There are even more programs for adults to love in July. Try out an Adult Drum Circle on Monday, July 17. It's a great chance to challenge the little gray cells and have fun at the same time. Registration and more information for all events can be found online at johnstonlibrary.com or by calling the library at 515-278-5233. ■





CLASSIC cars and the memories they make

To many seniors, their car was so much more than a means of transportation. A car was their first taste of freedom and a thing of pride and deep responsibility. There is simply nothing like the smell of exhaust as you roar down a country highway as the open air hits. This is the reason why so many of us look forward to this time of year when car shows are frequent. I spoke with a resident at Edencrest at Green Meadows to discuss his favorite car memory. When I asked him this question, he enthusiastically began to speak about his 1958 Plymouth Fury with buckskin beige paint. This was his very first car that he bought brand new while attending college at Buena Vista University. He described the push button start, the fabric interior, the golden atomized aluminum exterior chrome — all with a smile draped across his face. It is certain that classic cars are engrained into the core memories of our seniors. Will the cars of our generation have this lasting effect?

Someone who is taking this idea to heart is Zachary Haynes, director of Edencrest at the

Legacy. Zach is currently working hard on a classic car project of his own. He is working on a 1950 Desoto S-14 Custom. With its original wires, 6V battery system, flat head 6 engine with a fluid drive transmission under the hood, Zach has maintained its authenticity while providing necessary repairs. He first started by tearing the engine down and figuring out what was causing the vehicle to run hot, which he attributed to a bad thermostat. Once that was done, it was time to check over the fuses and investigate why the horn and radio did not work. He was able to locate the dead fuse and repair those issues. Surely this project is creating lifelong memories for Zach and his family.

It is obvious to all that classic cars provide something newer cars don't. What was once prided for its beauty and design was replaced with plastic and overly complicated technology. We no longer can customize our cars to our liking. We no longer have the power to fix our mechanical issues for a vehicle that might cost more than our house. For generations before us,



Example of a 1958 Plymouth Fury

having a car that fit your personality was a sign of expression. Personally, my first cars were bad experiences, rife with mechanical issues and not so ethical sales tactics. Our newer generations missed the golden era of vehicles. I hope we do not lose sight of how important a classic car can be to someone and how generations of memories are made built upon their chassis.

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



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ROTARY holds charity golf event



Rotary Club members at the annual Johnston Rotary charity golf event

The second annual Johnston Rotary charity golf event featured 144 golfers, generous sponsors, distinguished guests, and a picture-perfect day for golf. Played at Hyperion Field Club on Monday, June 12, this year, Rotarians expect net proceeds to exceed the nearly \$10,000 raised in 2022. Funds will be used to support our primary 2023 beneficiaries: Ellipsis, The Johnston Partnership, ChildServe and Adaptive Sports Iowa, along with other Rotary Club charitable works.

The day kicked off with a luncheon from the grill, mingling with University of Iowa's football great Chuck Long, and "Cubbie Bear" from the Iowa Cubs. Golfers picked up registration gift bags from our sponsors and the USO; Tesla provided electric vehicle test drives for all interested attendees, and Lithia Motors displayed new Audis which included a hole in one prize. Mayor Paula Dierenfeld, Chuck Long from Adaptive Sports Iowa, Dr. Allen Stoye from the Bombers Entertainment District, and event chairman and Rotarian John Waldron, greeted the golfers with brief remarks prior to the noon shotgun start.

Following a beautiful afternoon of golf, the scorecards were tallied as golfers claimed nearly 100 raffle prizes and enjoyed Hyperion pizza in the clubhouse. Results of the golf tournament were as follows:

- Longest Drive Hole 3 Brad Lowe
- Longest Putt Hole 5 Nate Ohnemus, over 45 feet and 2 inches
- Closest to the Pin Hole 14 Ty Weis, 1 foot 6 inches
- First Place Team Third Flight Clubb, Freese, Ayers, Maass 71 (won tiebreak)
- First Place Team Second Flight Young, Dvorak, Stender, Takes -66 (won tiebreak)
- First Place Team First Flight -Weis, Lowe, Sorensen, Cord 55 (OVERALL CHAMPS)

The Johnston Rotary Club meets at 7 a.m. Tuesday mornings at Hyperion Field Club and welcomes new members who enjoy fellowship, learning and service. Visit www.johnstonrotary.com for more information.

The Rotary Club International motto is "Service Above Self," and we are delighted to serve our community with such a rewarding event. Mark your calendars now for the Third Annual Rotary J-Town Golf Championship on June 3, 2024. We hope to see you there! ■

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, milessumma@gmail.com, 515-480-3076.





BRING brunch favorites to the table

(Family Features) Few things go together like the weekend and brunch. Whether that means gathering with family, friends or a combination of both, it's the perfect time to slow down and bring your loved ones together for a lighthearted meal.

Catering to a variety of different palates requires a diverse menu of dishes ranging from fresh fruit and baked goods to proteins and more. A key ingredient to bring any spread together: Envy apples, which are a natural cross between Braeburn and Royal Gala apples.

With their beautifully balanced sweetness, uplifting fresh aroma, delightfully satisfying crunch and bright red skin that sometimes features a golden blush, they can be served fresh or paired with other brunch favorites in shareable dishes like the Brunch Board with a Twist. Plus, their naturally white flesh doesn't brown as quickly as other apples, making them easy to savor while enjoying time with loved ones.

Find sweet brunch recipe inspiration at EnvyApple.com. ■



- 2 Envy Apples, sliced
- boiled eggs, halved
- cooked bacon
- · bananas, sliced
- berries
- miniature pancakes
- edible flowers, for garnish
- 2-3 Envy Apples, for garnish

Directions

- On breakfast platter, artfully arrange sliced apple, halved boiled eggs, bacon, bananas, berries and pancakes.
- Garnish with edible flowers and whole apples.







I'M TURNING 65 and still working... help me with Medicare rules

As people work full-time later in life, there is confusion about Medicare enrollment at age 65, and if it is required. Those who have retired previously say, "You must enroll in Medicare Part A or you will have a penalty," so people are confused. Www.Medicare.gov says enrolling in Part A is a good idea; it's "free." Let's take a deeper look at what is true.



Unfortunately, enrollment in Medicare isn't clear now. About five years ago, it was established that more individuals were working past age 65. There has also been a rise in employers implementing high deductible health plans that include the opportunity to contribute to a health savings account to pay for medical, dental and vision expenses with pre-tax dollars. The HSA language indicates that, if an individual is enrolled in any part of Medicare, they are not eligible for contributions to the HSA or financial portion of the high deductible health plan.

About five years ago, Centers for Medicare and Medicaid Services (CMS) realized that, when an individual works past age 65, there is paperwork to indicate the "creditable" employer coverage for Part B of Medicare; therefore, this paperwork can also be used to validate for Part A of Medicare. So, today, someone can simply work past age 65, have employer coverage, and not enroll in Medicare until they retire sometime after age 65.

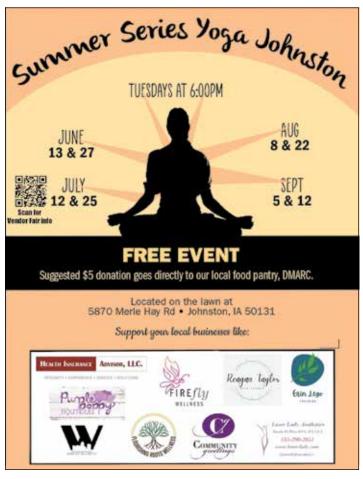
Enrollment in Part A is an online process through the individual ssa.gov account. Part A will begin six months prior to online enrollment or back to age 65, whichever is shorter. Then there is additional paperwork to be completed by the enrollee and the employer to show creditable coverage since age 65 or before. This paperwork is confirmation of the creditable coverage, therefore eliminating any penalty for not enrolling at age 65 during the Initial Enrollment Period.

Should someone enroll at 65 if they have more traditional health insurance coverage through their employer? Certainly, you can. Part A of Medicare will coordinate with the employer coverage for inpatient hospital care, skilled nursing care and hospice care. There is no premium for Part A. If an employer has more than 20 employees, the employee coverage will pay first for the Part A services, and, if the deductible for these services happens to be more than the costs in Part A, Medicare will pay down to their costs. If the employer has less than 20 employees, then Medicare Part A will pay first for the above types of coverage. Also know, it used to be that, if an employer had less than 20 employees, it was required for an individual to enroll in Medicare Part A when turning 65. Today, it is not a requirement. An employer cannot make you enroll in Medicare upon turning 65.

If you have additional questions, seek the advice of an insurance professional. It's complicated. ■

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







Enjoying the growth of first graders through the year

Nadine Woods was just 7 years old when she first moved from Canada to the United States. After living in Saint Louis, her family relocated to Iowa where, with the exception of two years living in Idaho, she has lived ever since. Now, Woods teaches first grade at Timber Ridge Elementary School. She has been with the Johnston Community School District since 2008 and says she appreciates the support she has received from families within the district.

"I also appreciate the size of our district. It's nice to know many teachers who work at other schools and being able to see them and catch up on district-wide

inservice days or committees I am on," she says.



Nadine Woods says, while there have been changes in education, the joy of seeing students master new concepts remains the

Woods' students have enjoyed participating in Literacy Block time which takes place in the morning. During this time, students have the opportunity to work independently on literacy activities while also getting small reading group instruction from Woods. Woods' students have also enjoyed participating in "Dragon Huddle" time. This time is spent teaching students their Leader in Me curriculum.

"Education has changed a lot since I first stepped in the classroom in the mid-90s. One thing that hasn't changed for me is the 'a-ha' moment when one of my students sees how far they have come or mastered a new concept or skill. It's so fun to see the pride on their faces," Woods says.

"First grade is such a fun age to teach and a really big year for learning. Each day is new and different. The amount of growth I see in my students from the beginning to the end of the year is always so much fun. They really become readers during first grade," Woods says.

This summer, Woods says she is looking forward to having some downtime to read, spend time with her mom, and take a vacation. She is also excited to spend some time with her three children who are currently in college and are also busy during the school year. When not working, Woods enjoys cooking, yoga, biking and listening to live music. She also enjoys spending time outdoors.





IT'S BACK!

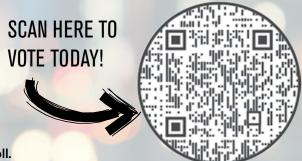
Who will be voted favorite in Grimes, Dallas Center & Johnston?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2023 Grimes, Johnston & Dallas Center Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Grimes/Dallas Center and Johnston October editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES AUG. 31, 2023.

See rules and vote at www.iowalivingmagazines.com/residentspoll. One vote per resident, please.



FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

- Preschool/Daycare
- Non Profit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
- Chiropractic Office
- Vision Care

HEALTH/BEAUTY

- Health Club or Gym
- Pharmacy
- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- Tumbling Studio

OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Company
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Building/Remodeling Contractor





CONTACT US!

6221 Merle Hay Road

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

MAYOR

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

CITY COUNCIL

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

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

Jim Evans jaae64a@gmail.com

Rhonda Martin (515) 326-2675 rmartin@cityofjohnston.com

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

JOHNSTON PUBLIC LIBRARY

6700 Merle Hay Road (515) 278-5233

JOHNSTON POLICE & FIRE

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

JOHNSTON PUBLIC WORKS

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

JOHNSTON PARKS DEPARTMENT

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

CROWN POINT COMMUNITY CENTER AND SENIOR DINING CENTER

6300 Pioneer Parkway (515) 251-3707

RATE ADJUSTMENTS BEGINNING JULY 1

City of Johnston sewer, garbage and recycling are being adjusted slightly beginning July 1. As a resident, you will not see this increase until your August bill. The rate changes are consistent with neighboring communities. The revenue anticipated from the increases will support the continued operational needs within our city. For more information on the rates, visit www.cityofjohnston.com/utilityrates.

	Old Rate	Rate Beginning July 1
Sewer rates (Per thousand gallons)	\$6.50	\$7.09
Sewer service availability fee	\$7.04	\$7.67
Inside City sewer only rate	\$37.16	\$40.50
Outside City sewer only rate	\$55.74	\$60.75
96-gallon Garbage	\$10.73	\$11.13
48-gallon Garbage	\$10.11	\$10.49
Recycling fee	\$4.32	\$4.54

SUNDAE IN THE PARK IS AUGUST 6

Join community members, City department directors and school officials as they welcome the students back to the upcoming 2023/2024 school year. The department directors and school officials will be serving free ice cream for everyone to enjoy.

The event is at Johnston Commons Park, 6050 Morningside Dr., from 6:00 to 8:00 p.m. We hope to see you there!









YOGA BY THE LAKE

Take a deep breath and find your inner Zen with our free yoga sessions at the Terra Lake amphitheater on Saturday mornings, from 8:00 to 9:00 a.m. Immerse yourself in the beauty of nature as you stretch and rejuvenate your body and mind. Don't miss this opportunity to find balance and tranquility in the great outdoors!

The upcoming dates are July 1, 8, 15, 22, 29 and August 5.



MOVIE AND MUSIC AFTER THE MARKET

Join us on Tuesday evenings after select Farmers Markets for live music or an outdoor movie. The music begins at 7:30 p.m., and the movies start at dusk. To ensure your comfort throughout the evening, we kindly request you bring your chairs or blankets. This will allow you to relax and fully enjoy the entertainment provided in the Yard.

MUSIC ON TUESDAY AT 7:30 P.M.



Orphan Annie Tuesday, July 11



The Savage Freds Tuesday, August 1



Sons of Gladys Kravitz Tuesday, September 12

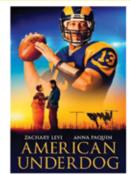
MOVIES ON TUESDAY AT DUSK



Top Gun Maverick Tuesday, July 25



Super Mario Bros. Tuesday, August 15



American Underdog Tuesday, September 26

SIGN UP FOR THE MAYOR'S RUN FOR THE TRAILS BEFORE THE PRICE INCREASES

The Mayor's Run for the Trails 5K + Kids Fun Run will be held on Saturday, August 12 at Terra Park, at 6400 Pioneer Parkway. Register by visiting **www.cityofjohnston.com/Mayors5KRun**. The 100-meter dash, 0.62-mile fun run and the 5K walk will begin at 8:00 a.m.. The 5K run will start at 8:15 a.m. Starting the walkers at 8:00 a.m., will allow the committee to proceed with the awards ceremony after the runners have crossed the finish line.

SHOULD I buy a CD?

In 1996, when I entered college, I had saved enough to pay my way, but, taking my grandfather's advice, I took the loans and invested \$5,000 in a four-year CD at 7.75%. I repeated this pattern every semester through the four years of my bachelor's degree. Why? To understand this, we must step back to understand why a person would consider a CD as an investment. Let's break it down:



• In the mid-90s, interest rates and stock market rates are nearly identical to today's environment of choices. (There is uncertainty in the stock market environment and the FED is playing with interest rates to stabilize inflation results.)

- Risk do you take risk? (I was borrowing money on a fouryear window...lose it or guarantee gain)
- Risk at 4% or 5% growth, what am I leaving on the table? (Although this growth is attractive right now, what are we missing out on?)
- As we stabilize from an inflationary market, is an investment locked in for six to 12 months a wise choice?
- Have you evaluated all the options? (Annuities, stocks, mutual funds, IRAs, etc.)

CD rates over the last 16 years have been bouncing off of zero. As of late, interest rates have made Certificate of Deposit accounts appear more attractive. As I drove past my local bank this morning, I saw six-month CD options at 5.1% and 11 months at 5.4%. How does one deny this comfortable rate?

There is an old saying that goes, do not go to the grocery store on an empty stomach. Why? The theory behind this statement is that you will purchase on impulse food you wouldn't normally put in the cart. I liken this grocery store theory to the CD craze going on right now and of the mid-90s. It is tempting to feel the comfort of safety and secure growth when we have been in such volatile times. By "volatile," I don't just mean the stock market. Over the last three years, we have been reminded that life can change for us from outside of our control. From fears of a pandemic to concerns about prices in the store, we have found ourselves on not-so-familiar ground concerned about how we will pay our bills and progress on our day-to-day goals.

Should you buy a CD? When it comes to any investment option, I recommend having the conversation. Sit down with your financial advisor, discuss risk and reward, opportunities and your goals. Make sure you are considering all the options before locking in that investment.

Don't hesitate to reach out to a financial advisor on these questions.

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 6165 N.W. 86th St., Johnston, drundahl@rundahlfinanical.com, 515-727-1701, www.rundahlfinancialconsultants.com.





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Happy 4th of July!

Bring on the fireworks and freedom!



Tim Hanstad, AAMS° 5525 Merle Hay Rd., Suite 260 Johnston, IA 50131







Dan Rundahl

6165 NW 86th St. Johnston, IA 50131

Cell: 641-512-8597 Office: 515-727-1701

drundahl@rundahlfinancial.com

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TYPES of Social Security disability benefits

Social Security disability benefits are available to an individual who has a mental or physical impairment that prevents him or her from working. If you have a medical condition that prevents you from working, you may be eligible for Social Security benefits. There are two main types of benefits:



Supplemental Security Income (SSI)

is a benefit available for an individual who is disabled and has low income and few resources. Generally, a disabled individual who does not have sufficient work history to qualify for Social Security Disability Insurance (SSDI) will qualify for SSI. In 2023, the SSI benefit is \$914 per month. This amount is designed to help meet basic needs for food, clothing and shelter.

Social Security Disability Insurance (SSDI) is similar to Social Security retirement, but is for people who have become disabled prior to retirement age. If a person has sufficient "work credits," earned by working for a certain period of time, the disabled individual can qualify for SSDI. The amount of monthly benefit is calculated based on work history.

Applying for disability can be a lengthy process. After filing

an initial application, Social Security will request medical records. Social Security may send the individual for examinations. It can take anywhere from three to six months to get a decision depending on how quickly medical records are received and reviewed.

Following a denial, the next step is to appeal the decision with a Request for Reconsideration. At this stage, Social Security will update information, have it reviewed by its doctors, and make a new decision. This can take an additional three to six months. It is important to file an appeal; filing a new application starts the whole process over.

Once a case is denied at Reconsideration, the next step is to request a hearing in front of an administrative law judge. Most cases in Iowa are assigned to the hearing office in West Des Moines. The current wait for a hearing is currently 20 months from the date the hearing is requested, not the date of application.

At the hearing, you can be represented by an experienced attorney who can present your side of the story. You need someone on your side who understands the process and respects you as an individual.

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



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EVENTS IN THE AREA

Be sure to check for cancelations



Yoga by the Lake Terra Lake Amphitheater, 6300 Pioneer Parkway

The public is invited to another summer of Yoga by the Lake. Relax and unwind on Saturday mornings at the Terra Lake Amphitheater. Enjoy this free hour of outdoor yoga from 8-9 a.m. This year, the City is partnering with IGNIT to offer sessions taught by certified yoga instructor Rocio Valea. The 2023 Yoga by the Lake sessions are July 8, July 15, July 22, July 29 and Aug. 5.

Summer Series Yoga

The Lawn, 5870 Merle Hay Road

Summer Series Yoga is held
Tuesdays, July 12 and 25, Aug.
8 and 22, and Sept. 5 and
12 at The Lawn. The event
is free. A suggested
\$5 donation goes
directly to the food
pantry.

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, July 25 "Top Gun Maverick"
- Tuesday, Aug. 15 "The Mario Bros."
- Tuesday, Sept. 26 "American Underdog"



Farmers MarketNorth side of Johnston City Hall 6245 Merle Hay Road

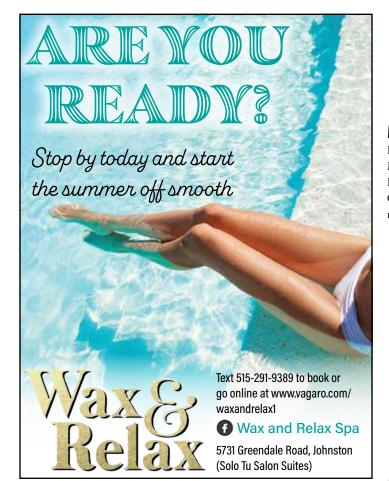
The Farmers Market is held Tuesdays, 5-8 p.m. through Sept. 26. Shop for fresh produce and homemade products while being entertained by live music. For more information, visit www.cityofjohnston.com/farmersmarket.



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. Concerts will begin at 7 p.m. Mark your calendars and enjoy the free show. Concerts are:

- Saturday, July 22 Jay Allen
- Saturday, Aug. 26 TBA



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, July 11 Orphan Annie
- Tuesday, Aug. 1 The Savage Freds
- Tuesday, Sept. 12 The Sons of Gladys Kravitz



Pie and Ice Cream Social

Join the faith communities of Johnston for relaxing music by band Asphalt and Stained Glass on Sunday, Aug. 27, 2-4 p.m. at the Simpson Barn, 6169 Northglenn Drive, Johnston. Tickets available at https://givebutter.com/Y1vtFc.

EVENTS IN THE AREA

Be sure to check for cancelations

Four Seasons Festival

July 14-15 Polk City Square

There will be plenty to do to fill up your weekend at this year's Four Seasons Festival including a fun run, live music, parade, food and drink vendors, contests and fun for all ages. Fourseasonsfestival.com

Waukee Arts Festival

July 14-15

Centennial Park

Enjoy one of the area's fastest-growing and most exciting summer events with more than 100 vendors and multiple concerts. Friday events begin at 5 p.m. with artist vendors, food trucks, beer garden and concert. The festival reopens Saturday, 10 a.m. to 10 p.m., with daytime music, art vendors, food trucks, beer garden, kids activities and concert. www.waukeeartsfestival.org

Clive Festival

July 21-22

East side of N.W. 114th Street, Clive

Greenbelt Landing will have fun for everyone including "Thunder Over Clive" fireworks, live music, the popular Clive Fire Department Slip-N-Slide, a running festival, food trucks and more. cityofclive.com/ parkandrecreation/programs_and_events/ clive_festival.php



Leprechaun Bags Tournament

July 15, noon

Sully's Irish Pub, 860 First St., West Des Moines

The Friendly Sons of St. Patrick are hosting a bags tournament to raise funds for the St. Patrick's Day Parade. Registration begins at 11 a.m. with play starting at noon. The fee is \$30 per two-person team, with advanced or beginner divisions. Prizes awarded and fun for all. Visit www.friendlysonsiowa.com for more information.



National Balloon Classic

July 28 - Aug. 5

Memorial Balloon Field, 15335 Jewell St., Indianola

National Balloon Classic takes your eyes to the skies as pilots suspend more than 100 hot air balloons for competition. The event also features live music, food vendors, balloon rides, fireworks and more. www.nationalballoonclassic.com



Summer Stir

East Village July 21

This event is a relaxed opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. Hosted by CITYVIEW from 5-9 p.m. summerstirs.dmcityview.com ■





GRATITUDE

In our fast-paced, streamlined world, it is easier than ever to overlook the positive in our lives. We tend to walk through life expecting that it ought to be good and that the negatives are anomalies that need fixing so that life can return to normal. Though this attitude makes life easier to swallow, it also leaves us without much focus on the positive.



Practicing intentional gratitude refocuses our attention on that which brings us happiness. Taking a step back to appreciate the glimmers of joy in our lives also helps to remind us why we persevere through it. It is easy to excuse the practice when we go through especially difficult times, but that is when gratitude is needed the most. To intentionally recall and truly appreciate that which brought us purpose, hope and happiness amid our struggles brings us greater joy than they would in the "normal times."

If one practices intentional gratitude often, they will begin to find the gifts of life scattered everywhere. Often, gratitude does not end with the self. If one is able to appreciate the gifts that life offers, they are much more able to offer gifts of kindness so that others may pick them up. Appreciating life's good moments sweetens our experience and, eventually, the experience of others. \blacksquare

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



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BEFORE YOU GO By Tosha Edmundson

YOUR memorial's story

Our country was declared independent from Great Britain on July 4, 1776. We know this because it is well documented and taught history. Did you know three United States presidents died on July 4 — two of them in the same year? This information is easily found with a quick Google search on the Internet.

I think most of the information we know about our history is only known because somebody thought it worthy of recording and that it would

be valuable information to future generations. I believe this is why we mark our graves with memorials. We are human beings — each unique in characteristics, skills and attributes — and we are all valuable. Memorials tell stories about us that future generations want to know.

We have many people stop in the office in pursuit of information about their family history. Many times, they find that the names on the memorials surrounding their loved ones are actually related to them, too. The words on the memorials and emblems that they chose tell a bit of their story. It's a kind of declaration to future generations, and you get to choose what that declaration says when you pre-plan for your burial

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

Information provided by Tosha Edmundson, Family Services Representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

515-289-2230

www.highlandmemorygardens.com

SIMPLE ideas for adding flavor and nutrition

Picnics and weekend BBQs are here. And while I love to prepare summer staples such as hot dogs, hamburgers and potato salad, the key to staying healthy and hydrated is all about balance. Try some of these simple ideas and substitutions to mix things up with a bit more flavor and nutrition.



Start with veggies

Grill them before you start grilling meat entrees. Simply brush the veggies with some olive oil, sprinkle with a pinch of salt, and grill. They only take a few minutes to cook. By cooking your veggies prior to your entrée, this can be a nice item for your family to snack on while they wait. They can be eaten as is or chopped into a salad or rice pilaf. Zucchini, squash, eggplant and bell pepper halves work well. If you're short on time, toss your favorite veggies onto a platter with some dip, and you have a nice appetizer, side or snack that is full of flavor, fiber and nutrients.

Think outside the box

Burgers, brats and hot dogs are easy and delicious, but poultry and fish are wonderful on the grill, too (especially if you are watching your sodium intake). Marinated shrimp, chicken or pork loin are perfect. You can easily turn these into kabobs or even tacos, which is a great way to stretch your meat.

Change up your salads

Instead of an old-fashioned mayonnaise-laden macaroni salad, try a pasta and vegetable salad that is tossed with a vinaigrette dressing.

Instead of a traditional creamy potato salad, try roasting potatoes with olive oil and garlic or truffle oil.

Instead of a traditional coleslaw, try tossing chopped cabbage with slivered almonds, sliced strawberries, chopped green onions, and your favorite vinaigrette. The key with this is to let it sit for at least two hours before serving to soften the cabbage.

Don't forget the fruit

Always add some seasonal fruit to the table — sliced melon, a bowl of grapes, berries, peaches or cherries. Did you know some fruit can be grilled as well? Grilled pineapple and peaches grilled and topped with a little frozen yogurt make for a great, healthier dessert option.

Hydration

Instead of a bucket of soft drinks for the children, mix up your own lemonade or juice. Making your own allows you to control the amount of sugar. A pitcher of water with fruit is a great option to have available and makes boring water a little more fun.

For the adults, lighten up your summer beverage, like white wine, by serving over ice topped with sparkling water. Garnish with a strawberry or a slice of orange or cucumber.

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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YOUR 2023 4A BOYS' TRACK & FIELD

The Johnston High School boys' track and field team soared to first place at the state meet, achieving their first 4A state championship in Dragon history. Johnston competed in 16 events, with 12 events earning 84 points to beat Ankeny (80) and lowa City High (77). Out of those 12 events, two relay teams handed over two first place finishes, which, along with six other top-three event finishes, secured the team's spot at the top of the podium. Three relay teams also etched their names into the top five of all-time lowa records, including a state record by the sprint medley team.

HEAD COACH: Matt Jaschen ASSISTANTS: Mike Dana, Patrick Honkomp, Jeff Johannes, Dan Mennen, Scott Moore, Brian Woodley VOLUNTEERS: Greg Armitage, Phil McCullough



BOYS' STATE TRACK PARTICIPANTS & RESULTS

Event Athlete(s) Placement Long Jump Jeremiah Armstrong 2ND PLACE 100 Owen Ellsworth 7TH PLACE 200 Tatum Fox 6TH PLACE 400 Jashua Anglo 2ND PLACE Alex Wear 7TH PLACE 800 Carson Lane 5TH PLACE Aidan O'Connor 1600 Carson Lane 3200 Jaxson Plumb 110 hurdles Sean Strand
100 Owen Ellsworth .7TH PLACE 200 Tatum Fox .6TH PLACE 400 Jashua Anglo .2ND PLACE Alex Wear .7TH PLACE 800 Carson Lane .5TH PLACE Aidan O'Connor .5TH PLACE 1600 Carson Lane 3200 Jaxson Plumb 110 hurdles Sean Strand
200 Tatum Fox
400
Alex Wear
800 Carson Lane
Aidan O'Connor 1600 Carson Lane 3200 Jaxson Plumb 110 hurdles Sean Strand
1600 Carson Lane 3200 Jaxson Plumb 110 hurdles Sean Strand
3200 Jaxson Plumb 110 hurdles Sean Strand
110 hurdles Sean Strand
400 hurdles Sean Strand4TH PLACE
4x100 Tatum Fox, Owen Ellsworth2ND PLACE
Kaia Fox, JJ Shaw
4x200 Tatum Fox, Owen Ellsworth2ND PLACE
Kaia Fox, Jashua Anglo
4x400 Jared Klahn, Alex Wear 1ST PLACE ATI
Dylan Grandon, Jashua Anglo
4x800 Aidan O'Connor, Alex Wear2ND PLACE ATI
Brayden Picken, Carson Lane
Sprint Medley Jared Klahn, Alex Wear 1ST PLACE SR, ATI
Dylan Grandon, Jashua Anglo
Distance Medley JJ Shaw, Caden Wilson2ND PLACE
Alex Wear, Carson Lane
Shuttle Hurdle Relay Sean Strand, Vincent Kelly, Owen Helegson, Tony Paye

SR: State Record | ATI: All-time in Iowa



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PENALTY KICKS SECURE THE DRAGON'S FIRST CHAMPIONSHIP IN HISTORY

After a tied game at the 10-minute mark, the Johnston Dragons topped the Valley West Tigers 2-1 in a penalty kick shootout on Saturday, June 3, claiming their first championship title. Emma Hampton, Halle Howe and Chloe Liang found the back of the net, beating out two penalty kicks scored by the Tigers. Hampton scored the lone goal for Johnston at nine minutes. The Dragons ended their season with a 16-4 record.

ALL-TOURNAMENT TEAM: Isabella Balsley - Captain, Tyler Donaldson, Meredith Downs, Emma Hampton

HEAD COACH: Eric Shafer **ASSISTANTS:** Josh Youngman, Lindsey Carley, Erica Linge, Tyler Lafferty, & Mike Furrow

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S' & BOYS' STATE CHAMPIONS



A PERFECT CONFERENCE RECORD LEADS TO HISTORIC CHAMPIONSHIP WIN

The Johnston Dragons secured their first championship title in history, outscoring the Iowa City West Trojans 3-2 in double overtime on Saturday, June 3. The Dragons' victory point came from Cael Leach's headed goal in the second overtime, claiming his first goal of the season. Fellow teammates Carlos Martinez and Mateo Munguia scrambled to find the back of the net in the second half after the Trojans were ahead 2-0. The Dragons ended their season with a perfect 8-0 conference record and 18-3 overall.

ALL-TOURNAMENT TEAM: Amer Oric - Captain, Mateo Munguia, Grant Strickler, Will Safris

HEAD COACH: Jim Frizzell **ASSISTANTS:** Tim Stork, Matt DeBoer, Colin Rodine, & Jaryd White



Johnston Living Magazine & Weekly

www.iowalivingmagazines.com/johnston



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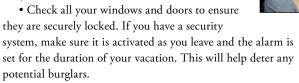
Check out career opportunities in Johnston schools 515-278-0470 ● johnstoncsd.org/careers



PREPARING your home for vacation

So many things to think about as you are planning for travel this year, but you want to make sure your home is secured and prepared for your absence and to find a place for your animal(s) if you have them.

Here are a few tips for preparing your home for your vacation so you can relax and enjoy your time away.



- If you are planning to be away for more than a few days, it's a good idea to ask a trusted neighbor or family member to keep an eye on your home and, if they can, collect your mail, too.
- It is always a good idea to unplug any unnecessary appliances, cords or lights which will help prevent any potential damage from power surges, and it will save energy while you are away.
- Empty all trash cans and flush all toilets. You don't need unnecessary smells when you get home.
- · Adjust your thermostat so your home is not too hot or cold while you are away.
- Clean out the refrigerator and pantry and dispose of any perishable items that may spoil in the time you are away. Again, you don't want those smells.
- Depending on the weather forecast and time of year, bring in outdoor furniture.
- Do a final walk-through of your home, checking for any items that might need to be secured.
- If you are going away for an extended period, it may be good to turn off your water. Shutting off the water will help prevent any major plumbing issues from occurring, as well as save you money on your water bill.
- You should also consider putting lights on timers, so it appears as if someone is home.
- If you are like me, leave your home clean and tidy. I prefer coming home to a clean and tidy home after a great vacation.
 - Finally, relax and enjoy that long awaited vacay!

I am always grateful for the time I get to go on vacation and the chance to pause, relax and reflect. It is a reminder that we can always take a break from the hustle and bustle of everyday life and find peace and solace in a home away from home. So plan that trip, prepare your home and enjoy every day.

And, if you decide to up and move to the destination you visited, call your favorite Realtor to put your home on the market.

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



www.precisiondsm.com

VOLUNTEERS sought

Johnston Partnership and Johnston Community Education are in need of volunteers who would be able to do pre-physical screenings such as height, weight and blood pressure as well as help with traffic control in the physical area at the Back to School clinic on Aug. 8, 3-7 p.m. Split shifts are available. If you are a nurse, nursing student or nursing assistant who might be interested in helping, call 515-577-2194 or email bjallen713@gmail.com. ■

STUDENTSnamed scholarship winners

William Chase, a senior at Norwalk High School, Magdelyn Miner, a senior at Johnston High School, and Jackson Moore, a senior at Dowling Catholic High School, have been selected from Bank Iowa's West Des Moines region as recipients of the Spirit of Chandy Scholarship. The winners will each receive a \$1,000 scholarship.

PROCLAMATION notes mental health awareness

Gov. Kim Reynolds signed a proclamation declaring May 2023 Child and Adolescent Brain and Mental Health Awareness Month. Dr. Mary Richards presented Four Oaks youth artwork with messages to Gov. Reynolds. The tradition of a party celebrated the youth's achievements during the year. Dr. Richards emphasized funding for future therapists and the thoughts of professionals about the age of consent within existing law. Our adolescents may perform well on higher education examinations; however, their brain is not fully developed until they reach the age of 25 or 26, Dr. Richards says.

"Our youngsters process information within the emotion of the amygdala as the judgment and consequential actions while the



Gov. Kim Reynolds signed a proclamation declaring May 2023 (and all year) Child and Adolescent Brain and Mental Health Awareness month. Dr. Mary Richards presented Four Oaks youth artwork with messages to Gov. Reynolds.

prefrontal cortex is developing. Whereas, adults think in rational terms of good judgment and consequences within a developed prefrontal cortex. Significant adults may help our youth by assisting them in looking at consequences with fact when acting upon impulsive behaviors beyond this minute," she says. "Adults may connect with our youth by asking if they want the person to just listen or to listen and offer suggestions when they come with a problem. Being involved in the child's activities, affirming his or her interests, and modeling a healthy diet, sleep pattern, how to love and be loved creates a safe space when we help our youth find purpose in life and the 'who am I' journey."

SDMJW celebrates 52 years

The members of the Suburban Des Moines Junior Women (SDMJW) donned their fascinators gifted by Nancy as they celebrated their 52 years of friendship and service on May 17, 2023, at Hyperion Field Club.

Chairwoman Shari Hawk lead the reading of The Collect and Wanda Snyder offered her heartfelt blessing prior to the luncheon. Members continue their servant leadership in Women Lead Change, Cemetery Preservation boards (Highland Memorial Gardens and SAPIC), Child and Adolescent Brain and Mental Health Awareness, Iowa Barn Foundation, Friendship Force and their churches.

The SDMJW Ambassadors traveled to the Mediterranean,
Alaska, United Kingdom, USS Iowa, Reagan Ranch, Arizona,
Illinois, Missouri, Florida and Alabama. Shari Hawk and
Margo Lierman were celebrated for their 50-year graduation
from nursing school and their nursing careers in the Des
Moines area. RAGBRAI rider Audrey West is published in
"Our Iowa" magazine about her experiences and Iowans' hospitality. Bobbi

Segura is chair organizer of the Women Lead Change October conference in Des Moines.

Another fascinating time will be May 2024 when SDMJW celebrate



Members of the Suburban Des Moines Junior Women met May 17. Front row: Dr. Mary Richards, Dr. Eileen May, Bobbi Segura, Nancy Lundstrom, Shari Hawk, Dianne Banning; back row: Wanda Snyder, Marie Graff, Audrey West, Wendy Tack, Marcia Flaugh and Margo Lierman. Roses courtesy of Dr. Mary Richards.

with Shari Hawk as the chair assisted by Wendy Tack. Contact Mary Richards at mrichards@netins.net for information about SDMJW including the Ankeny, Johnston, Indianola, Des Moines, Saylorville, Polk City and Jamaica communities. ■



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GREEN DAYS and more

We are happy that summer has arrived, and we kicked it off with a fun and successful Green Days Festival. We are thankful to those who could join us and celebrate all the different things our community has to offer. Of course, that wouldn't have been possible without all our volunteers, committee members and sponsors.



A big thank you to our Green Days chairperson, Pam Kucera. Nothing would have been possible without her hard work and dedication. Also, a special thanks to the City of Johnston's Parks and Recreation and Public Works for all their help. We appreciate the community and city support to help make this a great event. Congratulations to the King and Queen of Green, Dan Hudson and Mary Jane Paez.

Thank you to the following businesses and sponsors for helping make this event possible:

Stage Sponsor: Charter Bank

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If you are interested in being a part of the Green Days planning committee, or if your organization has an event it would like to be a part of the festival, contact Sam at the chamber at 515-276-9064 or Samantha@ johnstonchamber.com.

We will continue enjoying the summer weather with our Johnston Chamber Annual Golf Outing on Aug. 21 at Hyperion. Watch for registration on our chamber events calendar at www.johnstonchamber.com.

We are also happy to welcome our new members: JD Trailer Rentals LLC and Greg Milbach.

Don't miss out on any opportunity to join us. Check out the following events and register online at Calendar - Johnston Chamber of Commerce.

Upcoming events

- •July 13, Athletico Physical Therapy Ribbon Cutting, 4-6 p.m.
- July 18, Breakfast Before Business, Johnston Rotary, 7:30-8:30 a.m.
- July 25, Business After Hours, Stoney Creek Inn, 4:30-6 p.m.
- July 27, Chamber Monthly Luncheon, State Fair Update, 11:30 a.m. to 1 p.m.
- Aug. 3, Business After Hours, Edencrest at Green Meadows, 4:30-6 p.m. ■

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

OUT & ABOUT



Amy Auen and Nancy Crimmins at the Meadowview of Johnston's One-Year Annivesary Open House May 23.



Marion Crise, Mary Gesiriech and Peggy Calkins at the Meadowview of Johnston's One-Year Annivesary Open House May 23.



Kathy Langos and Debbie Nizzi at the Meadowview of Johnston's One-Year Annivesary Open House May 23.



Della Goeser Kenkel and Bette Fetterman at the Meadowview of Johnston's One-Year Annivesary Open House May 23.



Jerry Stokes and Staci Fjelland at the Meadowview of Johnston's One-Year Annivesary Open House May 23.



Maura Saltzman and Jenny Harmeyer at the Johnston Chamber Breakfast Before Business at Allegra Marketing, Urbandale, on May 18.



Thomas Lashier and Mike Charlie at the Johnston Chamber Breakfast Before Business at Allegra Marketing, Urbandale, on May 18.



Sharon Vickery and Christy Cline at the Johnston Chamber Breakfast Before Business at Allegra Marketing, Urbandale, on May 18.



Kevin McGuire and Brenda Ballard at the Johnston Chamber Breakfast Before Business at Allegra Marketing, Urbandale, on May 18.



Oakly, Gracie, Addie and Hazely Gunther at the Johnston Family Fest held at Town Center on June 3.



Anna and Juliet Kos at the Johnston Family Fest held at Town Center on June 3.



James and Melissa Batt at the Johnston Family Fest held at Town Center on June 3.

OUT & ABOUT



Jamie Lewton and Paula Bierle at the Johnston Johnston City Hall.



Suresh Reddy and Mayor Paula Dierenfeld at the 8 at Johnston City Hall.



Mike Pogge-Weaver and Janet Wilwerding at the Johnston Chamber Breakfast Before Business held June 8 at Johnston City Hall.



Camille Arbegast and Molly Clampitt at the Jammin in Johnston held at Terra Park on June 15.



Tara Konecne and Darby Hayslett at the Jammin in Johnston held at Terra Park on June 15.



Derek Trobaugh and John Denny at the Jammin in Johnston held at Terra Park on June 15.



Allan and Gina Graham at the Jammin in Johnston held at Terra Park on June 15.



Marty Jones and Marla Bundy at the Jammin in Johnston held at Terra Park on June 15.



Jay Mathes and Jennifer Sayers at the Jammin in Johnston held at Terra Park on June 15.



Gabi Innes and Lori Waterbeck at the Jammin in Johnston held at Terra Park on June 15.



Connie Maser and Paula Bierle at the Jammin in Johnston held at Terra Park on June 15.

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Nicole Moore Agan, Jess Van Roekel and Leah Nelson at the Jammin in Johnston held at Terra Park on June 15.

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