

JOHNSTON

AUGUST 2023

Living

MAGAZINE

INSIDE: HOW-TO GUIDE

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WELCOME

JUST a few words

The thrill of victory. The agony of defeat. Most anyone who watched sports on TV in the 1970s remembers those famous words of sportscaster Jim McKay in the opening of ABC's "Wide World of Sports," along with the horrific crash of Yugoslavian Vinko Bogataj on the ski jump in Obersdorf, Germany. Ouch.

Participating in sports certainly brings some physical injuries and a lot of aches and pains, but it also creates many great memories and life lessons that are the result of purposeful efforts of many coaches who dedicated countless hours to helping young people mature through sporting activities.

Bill Fjetland was my high school wrestling coach for three years. When I was getting started in the youth program, he pulled me aside and said, "You have a lot of natural ability. We need to teach you some technique, and you will be tough." I am sure he doesn't remember saying that, as he said things like that to hundreds of other kids in his coaching career. But those few words inspired me to stay involved with a sport that shaped my life.

Gene Hunt was my high school wrestling coach my senior year in high school. Having a new coach wasn't easy. I realized later that being a new coach wasn't easy either. His coaching approach and philosophy were much different than his predecessor. Not better or worse. Just different. I remember him once yelling out during practice, "There is only one person in the wrestling room right now working his tail off, and that is Shane Goodman." I wasn't the most talented athlete, but I did take pride in my work ethic, and he knew that would inspire me — as well as the others in the room who wanted him to say the same about them. I doubt he remembers those comments either.

Coaches can have some of the most significant impacts on young people, sometimes with just a few words. Of course, a few words can also have a negative effect, and that doesn't just go for coaches. In a sense, we are all coaching someone every day, whether we realize it or not. And it is our job to help others revel in the thrill of victory and understand how to deal with the agony of defeat.

Thanks for reading. ■

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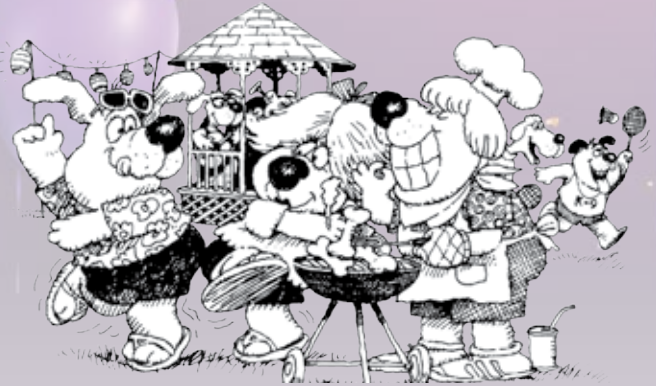


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PUT ME IN, COACH

**Residents recall the coaches
who impacted their lives**

By Ashley Rullestad

Coaching is about much more than teaching the fundamentals of a sport. It is about developing the heart and mind of an athlete. It is about encouraging, leading and building relationships. It's about more than a winning season. It's about developing the mindset of a winner — not only in competition but in life's endeavors. Great coaches do that — and more, as the athletes whose lives they touched can attest.

Samantha Strauss was hesitant to run cross country but says her coaches saw her potential.
Photo by Todd Rullestad

FEATURE

On the run

Samantha Strauss started running in elementary school when she joined the Johnston Running Club. She was more interested in playing softball and volleyball growing up, but she decided it felt natural to join the middle school track team in eighth grade. After having some success during freshman year of track and deciding not to continue playing volleyball, she also joined the cross country team her sophomore year.

Her dad has run 13 marathons and been a big running inspiration for her. However, Strauss was reluctant to join cross country at the time because she thought distance running sounded terrible.

"I was a sprinter in track, and I'd never run anything longer than the 400. I had a couple of coaches and a teammate who repeatedly encouraged me to try coming to a cross country practice, and, about halfway through the summer, I finally did. I am forever grateful to Coach Hennes and Coach Buchan for seeing the potential in me that I didn't even see in myself because joining cross country was one of the best decisions I ever made."

Once she started, Strauss was hooked. For her, running is all about pushing yourself beyond what your mind believes you are capable of. When she started cross country, she only had a month of training before competition, so she didn't feel ready.

"Coach Hennes and Coach Siewart have done such an outstanding job building a cross country and track program that makes girls excited to join, and it's no coincidence that the program is consistently one of the largest in the state," she says.

Strauss credits Coach Hennes with a big part of her success in the



Sam Strauss celebrating the state cross country win in 2020 with Coach Hennes.

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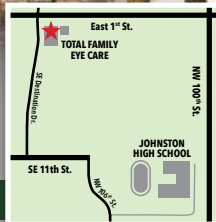


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Andrei Murphy
President

sport. He worked with each athlete to identify her strengths and weaknesses. He taught his runners race strategy, too, by emphasizing that they also run as a team, not just individuals.

He also taught them mental strategy by learning how each person approached races and workouts and identifying where they struggled the most so they could develop a plan for improvement. For Strauss, the most important thing he did was to unite the runners as a team and to make practice fun every day.

"I genuinely believe Johnston girls cross country is as successful as it is because of the team culture where everyone wants to be there. The high school girls are always running with the middle schoolers and including them in team camps and summer practices. It doesn't matter if you are on the JV or varsity team because everyone is in it together."

Coach Buchan also had a huge impact on Strauss during her time at Johnston.

"She is truly a coach who shaped me into the runner and person I am today. Having a female coach as a female athlete was a huge blessing," she says.

Strauss has continued her running career at the University of Iowa as a member of both the track and cross country teams and will be a junior in the fall.

"I attribute much of my running success and one of the reasons I was able to compete at such a high level after high school to Coach Hennes," she says. "He was able to see potential in me before I could see it in myself, and his expertise in the world of running helped me so much."

Having a coach who believes in you allows you to have confidence when you're not feeling confident in yourself, Strauss says. Knowing there are people out there who truly believe you can accomplish something when you aren't sure you can makes a world of difference, she adds.

One of her favorite running moments was right before state cross country her junior year, when Strauss had a meeting with Coach Hennes to discuss race strategy. The plan was for her to get out fast and get in a good position in the top 30 right away.

Strauss admits she never would have had the confidence to go out that fast on her own, but Coach Buchan yelled at her when she reached the last 400, "You're a sprinter!" Strauss ended up passing three other girls on the homestretch to place 10th overall.

"It had been my biggest goal all year to 'make the balcony,' which means the top 15 girls in each class who medal at the state meet. The only people I could hear among the deafening crowd that day were Coach Hennes, Coach Buchan and Coach Stewart, cheering at me with 200 to go."

Now she takes these lessons and memories with her as she continues running. Her current coach at Iowa, Randy Hasenbank, is someone who inspires her now.

"He took a chance on me by allowing me to join the team, and he has been great in helping me adjust to college athletics. He saw potential in me in high school and where I can go in the future, and that is super motivating to me."

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Basketball diaries

Theresa McClure began playing basketball in elementary school because her friends were playing. She kept at it because she learned she liked the team camaraderie, working together toward a common goal, and the thrill of competition.

McClure grew up in a small community, so the high school basketball coach also coached elementary and middle schoolers. She says she was lucky enough to have the same coach — Coach Rob Erickson — throughout the years.

“He was the first person, besides my parents, who could yell at me and stomp his foot and get in my face. He made me want to work hard and be better, not just at basketball but at everything. I’ve been out of high school for 37 years now, but when I’m running on a hot day, I hear Coach Erickson’s voice in my head telling me to keep trying, keep working.”

McClure didn’t go on to play basketball after high school, but, like many young athletes, it was those formative years sharing experiences and growth with someone who encouraged her that made all the difference for her. She says knowing someone other than mom and dad believes in you is confidence-building and inspiring.

In a fun twist of fate, McClure’s brother married the coach’s daughter,



Theresa McClure with her basketball-playing niece and nephews.

and they have three teenagers, so her niece and nephews are her coach’s grandkids.

“It’s been great to stay in touch with my coach through the years because of our family ties. Now my niece and nephew play basketball, too. My oldest nephew was on the team that won the boys state championship for Dallas Center Grimes in 2022, so that was really fun to experience with my former coach.”

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Martial arts philosophy

James Morgan and his family were introduced to martial arts in August 2021.

“My middle child had been watching Cobra Kai, and, as we were leaving ShortE’s BBQ one day, she saw the Dojo’s Family Martial Arts sign as we were walking to our car. She said she wanted to go see it. She started there first, then my youngest, and then my wife and I.”

Morgan says he has benefited from the experience. He has learned self defense, discipline and the art of the martial arts — but the benefits have gone beyond that. He keeps coming back because of the community and the challenge.

“The adult group is a true community that has bonded and correspond outside of the dojo with encouragement and support for both karate and life. Our kids have made some of their best friends through the Dojo’s community.”

Morgan works with Sensei Myers

and enjoys his commitment to pursuing excellence, both in and out of the dojo. He continually challenges his students to be better. His workouts are difficult for a reason, Morgan says. He elevates everyone’s fitness level and never lets them rest comfortably with a skill level.

Each level of martial arts also has a creed that provides life principles to live by. These creeds can be referenced during some of life’s biggest decisions, Morgan says. Students say these creeds every class and are tested on them in order to rank up. Sensei Myers has shared how these same creeds have helped him within his own life to be successful.

“I enjoy working at the Dojo. It is a very positive place to work, with excellent leadership. Sensei Myers is truly invested in Dojos Martial arts. He never stops studying, sharing and updating his skills and instructional technique,” says Morgan. “It’s rare to be able to work closely with someone who has found their true life’s passion. It makes working with him exponentially better.” ■



James Morgan, right, with Sensei Myers.

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GRACE and confidence

Keith selected as National American Miss Iowa Teen Queen 2023

Raegan Keith will remember June 11, 2023, for the rest of her life.

After having competed for three days, she stood on a stage with 37 other young women from across the state of Iowa who, too, had dreams of being selected National American Miss Iowa Teen Queen 2023.

"If I were to say I was nervous, that would be an understatement," the 2022 Johnston High School graduate remembers. "But when my name was called as the winner, I was shocked."

Her dream had been realized. A dream that began in 2019 at the age of 14 after receiving a simple invitation to an open call for National American Miss Pageant. After attending the open call, she knew it was something she had to try. As for her mother, well, that was something else.

Her mother, Michelle Keith, didn't know what to think.

"I never had pageantry on my radar of activities for Raegan," she says. "She grew up doing dance, show choir and cheer, so, I guess this was not that far out of the realm of things for her to do. But, I grew up in the age of 'Toddlers and Tiaras' and truly believed that this was not a world that I would want my children to be involved in."

Reluctantly, she said, she went to the open call with her daughter. What she saw was not what she expected.

"I have to admit, I was so impressed with the state directors for NAM, Breanne and Ryan Ewing," she says. "What they had to say about the mission statement of NAM and just how they were there to empower young women had me walking out wishing I was young enough to compete."

Competitions consist of an interview process, and, prior to the pageant, participants must complete and submit a resume which the judges use to learn each individual's hobbies, goals, interests and community service/philanthropy.

"Getting out in my community and making a change is something I have always loved to do," Raegan says. "It has been something that my family and I have done for as long as I can remember. I volunteer with Meals From The Heartland, AHeinz57 Pet Rescue and Transport, Food Bank of Iowa, The Johnston Partnership and the Des Moines homeless shelter."

This last year, her philanthropy turned to children's organizations, where she participated in the University of Iowa Dance Marathon, raising money for families in the pediatric oncology department.

Helping children is near and dear to Raegan, having had a heart condition herself when she was younger.

"I spent a lot of time around doctors and nurses," she says. "I always knew I wanted to work with kids when I got older and was inspired by the doctors who saved my life. I knew I wanted to be able to do that for other children someday."

Raegan is currently attending the University of Iowa, studying biology on the pre-med track.

Next up for Raegan is the National American Miss Pageant in Orlando, Florida, a week-long competition being held in November.

Follow Raegan's journey on Instagram @thenamiateen or @raegan_keith_pageant or on Facebook at @raegan_keith_pageant. ■



Raegan Keith was recently selected National American Miss Iowa Teen Queen 2023. Photo courtesy of Fels Photo & Retouch & Imagine Studios

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By Sam Yeager

AC: modern marvels

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Modern air conditioners employ state-of-the-art technology, such as variable-speed compressors and smart thermostats. These smart features allow your AC to adjust its output based on your cooling needs, ensuring that it doesn't work harder than necessary. It's like having a personal cooling assistant, always tailoring the perfect temperature just for you.

Say hello to the superhero acronym of air conditioners — SEER. This stands for Seasonal Energy Efficiency Ratio, and it's an indicator of how efficiently your AC uses electricity. The higher the SEER rating, the more efficient your unit is, and the more you'll save on utility bills. Newer models can boast SEER ratings of 20 or more, while older ones typically have ratings below 10. Upgrade, and you'll see the difference on your monthly bills.

Not only do newer air conditioners save you money, but they also play a part in saving the planet. Many modern AC units use eco-friendly refrigerants that are kinder to the environment. You can stay cool while feeling good about your carbon footprint — talk about a win-win situation.

Your new AC can also play nice with other smart devices in your home. Imagine controlling your cooling remotely through your smartphone or integrating it with your smart home assistant. Turn your home into a futuristic, chill-zone paradise where the temperature bends to your will.

Newer air conditioners are built to last. With proper maintenance, they can provide reliable cooling for years, unlike older models that often required frequent repairs and replacement parts. Investing in a modern AC is a long-term commitment to staying cool and comfortable.

There's a world of difference between older AC units and the sleek, efficient wonders available today. Upgrading your air conditioner is a decision that brings you instant comfort, significant savings, and a nod to environmental responsibility. Embrace the chill, embrace the efficiency, and embrace the wonders of modern air conditioners. Remember, life's too short to sweat away in discomfort, especially when the solutions are as cool as the breeze from a modern AC. Keep it chill, folks. ■



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

RETIRE your way

In the last 20 years, I've learned that all retirement plans look different. Each family or individual we've helped has a separate retirement vision, individualized retirement savings, and a distinct set of circumstances that led to retirement — but, sometimes people want to compare themselves to others. People often ask us, “What is the average account balance?” or “How much do most people retire with?” They want to know how they stack up. Others may think they should make their pension decision based on what a coworker did or elect Social Security based on what a friend or relative did. I understand it's normal to compare ourselves to others — but retirement is too individualized to compare yourself to others. To retire your way, you can't make decisions based on some arbitrary benchmark or what someone else did. Your neighbor or coworker has not lived the same life you have. Your friend or relative does not have the same goals you do.

You don't have to find the perfect product or reach a financial threshold to live the retirement of your dreams. I'm convinced that the only thing standing between you and that dream trip, vacation home, new hobby, or move to be near family and friends is a strategy tailored



to your distinct needs and goals.

Last year, we met with a woman who was just 59 years old and wanted to retire to care for her ailing husband. She didn't think it was possible. We put together a detailed plan that showed her how and why she could do it. Though she had difficult circumstances, there was a sense of relief and joy when she found out she could confidently retire her way.

Conversely, we started working with a couple in their early 60s a few years ago. Their previous advisor had told them they could retire at the end of the year with a 99% probability of living the retirement they'd envisioned. When we performed our analysis, we found they would likely run out of money by the ages of 75 and 80. They were shocked and dismayed but glad to know this before they retired rather than five or ten years after. We then put together a written strategy that included actionable and measurable goals. As a retirement planner — and not an accumulation advisor, my primary responsibility is to be completely transparent and deliver the truth. It also means having a proven process to help you retire your way using a customized, written plan. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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NEWS from the stacks at JPL



Summer is coming to a close, but we still have quite a few fun events to squeeze in before August is over. Learn how to cook summer-fresh meals, navigate Medicare, gaze at summer stars in the night sky, and sign up for some staycation adventures at local museums in the metro with Iowa Libraries Adventure Passes. Read on for all the details.

Join our favorite food editor Lois Carpenter for our Summer-Fresh Eating: A Seasonal Cooking Class event at JPL on Saturday, Aug. 5 at 10:30 a.m. Our local farmers markets (and CSA boxes) are brimming with fresh, colorful produce that Lois will help us turn into delicious and healthy summer meals. She'll highlight fruits and veggies in family-friendly recipes: rainbow veggie sandwiches, heirloom tomato and basil pizza, sweet corn sauté, and a fresh fruit skillet dessert. Registration is required for this free cooking class.

Have Medicare questions? Join a SHIIP Senior Medicare Patrol Counselor from the State of Iowa at JPL's Welcome to Medicare event on Saturday, Aug. 19 at 10:30 a.m. to learn how to effectively navigate Medicare, including Medicare A, B, C and D, supplemental insurance, and everything you need to know to avoid Medicare fraud. Please register for this free event.

Spend some time watching the stars and planets with the whole family at the Amazing Stargazing event on Friday, Aug. 25 from 8-10:30 p.m. The evening will start out with a presentation from the DSM Astronomical Society as they orient us to what we'll be looking at in the night sky, how objects move in space, and why what we can see in the sky changes month to month and hour by hour. Then we'll head outside to view the moon, Saturn and Neptune, and the Andromeda Galaxy with telescopes. Registration is appreciated for this free, all-ages program.

Finally, Johnston residents with a JPL library card are able to reserve free passes to multiple attractions around Central Iowa including Blank Park Zoo, Science Center of Iowa, Des Moines Children's Museum, Greater Des Moines Botanical Garden, and Reiman Gardens with Iowa Libraries Adventure Passes. Passes are available on a first-come, first-served basis and include two adult tickets and two child tickets per reservation. More information is available at johnstonlibrary.com/services/adventure-pass.

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MYTHS of senior assisted living

Assisted living communities are designed to empower individuals to maintain their independence, while giving them access to 24/7 assistance with activities of daily living, socialization and activities in a homelike environment. Many seniors thrive in assisted living communities, but people tend to still have reservations on deciding whether to move into one. Although there are many myths out there that make it difficult for seniors and their caregivers to make the big decision on moving, an assisted living community is one of the best living options for seniors. Here are some myths about these communities that may help you understand the benefits of moving into an assisted living community.

One of the biggest myths regarding assisted living communities is that the term “assisted living” is just a new way of saying nursing



homes. Nursing homes and assisted livings do share some things in common, such as 24/7 access to health care services. However, assisted livings are designed to empower independence and autonomy, whereas nursing homes have more of a restrictive setting. Some other differences in assisted livings are that they offer private apartments with your own furniture, tend to cost less, and offer more independence, privacy and activity programs tailored to specific needs.

A second myth about assisted living communities is that you will lose your independence. In assisted livings, you are encouraged to entertain guests, cook your own meals and do other things you used to do at home. Assisted livings follow the “if you don’t use it, you’ll lose it” motto. They offer assistance with certain tasks, not complete, round-the-clock care like nursing homes do. Seniors in assisted livings can come and go as they please, but they still have the reassurance that, if they need help, staff is able to respond within minutes.

A third myth is that residents give up the things they used to love. Living in an assisted living provides more socialization and companionship than living alone. The community’s activities are centered on the individuals’ likes and interests while enhancing their quality of life. Many assisted living communities have gardening clubs, bridge groups, cooking classes, church services and music groups.

These are just a few myths out there about assisted living. There are many benefits to making the big decision to move into an assisted living community that can improve a senior’s quality of life, wellness and social life. When looking for an assisted living community, do your research and ask appropriate questions that are centered on your loved one. ■

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

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ROTARY charitable grants and Programs of Scale

In 1914, nine years after he founded Rotary International, Paul Harris stated, "Whatever Rotary may mean to us, to the world it will be known by the results it achieves." One hundred and nine years later, Paul Harris' vision continues to guide Rotary's actions, and with remarkable results. Rotary's motto, "Service Above Self," reflects our belief in unselfish volunteer service. The causes we target to maximize our impact are called areas of focus. Our most successful and sustainable projects and activities fall within these areas. Through global grants and other resources, the foundation helps Rotary and Rotaract clubs (Rotaract clubs are "young people" clubs ages 18-30 typically, that are sponsored by traditional Rotary clubs) focus their efforts on the following areas:

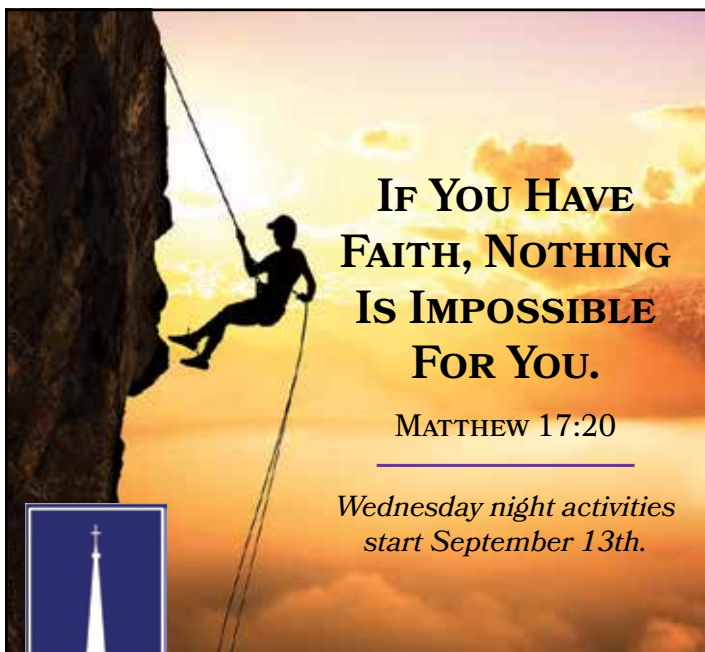
- Disease prevention and treatment
- Water, sanitation and hygiene
- Maternal and child health
- Peacebuilding and conflict prevention
- Basic education and literacy
- Community economic development
- Environment

Projects that focus on these causes are eligible for global grant funding from The Rotary Foundation in many shapes, sizes and dollar amounts. Embedded further within the funding apparatus is a special program that is designated "Programs of Scale." The Programs of Scale grants build on the scope, impact and sustainability of successful Rotary service projects. They empower Rotary members to work with experienced partners to implement large-scale, high-impact programs that address a critical need for large numbers of people across a significant geographic area. The Rotary Foundation awards one \$2 million Programs of Scale grant each year in an evidence-based application process that aligns with at least one of Rotary's causes and is ready to be expanded to create larger-scale change. The programs are sponsored by Rotary members in collaboration with local communities and partner organizations that offer expertise and support.

The Programs of Scale award recipient for the 2022-2023 year is United to End Cervical Cancer in Egypt. This organization is a Rotary member led program with the aim to reduce the number of cervical cancer cases in the greater Cairo region by implementing a four-year campaign to increase awareness about cervical cancer and how to prevent it. The implementation and data collected through this program will inform national strategy by the Egyptian government toward eliminating cervical cancer, which is all too common in Egypt, but also considered one of the most preventable cancers. The four-year program will vaccinate more than 30,000 girls ages 9-15, provide cancer screenings for 10,000 women, and launch a public awareness campaign with the goal to reach 4 million people. Rotary International President Jennifer Jones announced the Programs of Scale grant at the Rotary annual convention in Melbourne, Australia, on May 28.

To learn more about Rotary, The Rotary Foundation, and the foundation's annual \$2M, Programs of Scale grants, visit, www.rotary.com/foundation. ■

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.



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RACCOON VALLEY BANK provides unique community gathering place

After being closed for more than 3 years, the Raccoon Valley Bank Community House in Adel is ready to reopen to the public after a lengthy renovation.

Originally built as a church in 1862, the building was acquired by neighboring Raccoon Valley Bank in 1996. The building was extensively renovated to include a large meeting room, kitchen and bathroom addition. An extensive collection of historical Adel photos was also put on display. After the \$400,000 renovation was complete, the building was opened for use by the public. Anyone, not only customers of the bank, could reserve the building at no charge.

Fast forward 25 years, and the well-used historical building was due for an upgrade. The building was closed as plans were put in place for a complete property renovation expected to cost more than \$600,000. A new metal shingle roof was installed after old sagging rafters were replaced. The foundation was reinforced, flooring replaced, and new paint applied throughout. A new paver patio with natural rock retaining walls was installed. New landscaping and sod were planted. An artificial turf area was installed that will soon house four permanent bags tournament boards. Raccoon Valley Bank Market President Thomas Book said, "We want people to stop and enjoy the whole property, not just the inside of the building. People are welcome to play bags or sit on the shaded patio and enjoy the view of Main Street and the adjoining stage and pavilion park if the facility is not already in use." People using the inside of



The Raccoon Valley Bank Community House is located at 1016 Main Street in Adel.

the facility will enjoy new furnishings that include tables and chairs for groups of 60 people that can easily be stored away, as well as an expanded kitchen with new appliances.



The planners of the project wanted to respect the historical nature of the building as much as possible. The pavers used in the patio are meant to mimic the street pavers used on nearby Main Street. The shingle roof was chosen because it was designed to look like a roof from the 19th century. Even grape vines, which have existed on the East side of the building for decades, were saved. "Adel is a historic town. We wanted this project to reflect the character Adel is known for," said Book.

The Raccoon Valley Bank Community House will reopen in late August. An official open house is planned for Thursday, August 3, from 5 p.m. to 7 p.m. An online reservation scheduling system will be available to the public soon. As before, the facility will be free for use by the public. Not just for Raccoon Valley Bank customers

"Raccoon Valley Bank understands the importance of providing space for people to gather," said Book.

"A true community bank does things that bring the community together."



Raccoon Valley Bank

www.raccoonvalleybank.com



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RECIPE

STEPS toward heart-healthy eating

(Family Features) As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit hearttruth.gov to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at healthyeating.nhlbi.nih.gov. ■

Heart-healthy pita pizzas

Prep time: 10 minutes
Cook time: 8 minutes
Servings: 4



- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.



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PRESCRIPTION drug changes in Medicare

In May 2020, President Trump, through Centers for Medicare and Medicaid Services, planned the Part D Senior Savings Model for 2021. This was instrumental in lowering the cost of insulin to a maximum of \$35 copay for a month's supply from the beginning of the year through the coverage gap. This model directly addressed the fact that previous "savings," or reduced copayments, were ultimately passed on to the consumer through premium increases.



Fast forward to 2021, and the Biden Administration continued the concept through the Insulin Savings Program. Prescription drug carriers are continuing the program where a cap of \$35 copayment for insulin and some insulin alternatives happens from the beginning of the year through the coverage gap. This means insulins do not apply toward the deductible in the beginning of the year, if the plan has one, nor does the consumer pay 25% of the cost of the insulin in the coverage gap.

In addition to this valuable continued program, there are additional benefits beginning calendar year 2024 and another change in calendar year 2025.

The plan parameters of the prescription drug plan for 2024 have increased, as usual. The annual deductible limit will raise to \$545 for 2024. It will take \$5,020 of retail accrual of prescription cost before an individual reaches the coverage gap (previously called the donut) and the catastrophic level will begin at \$8,000 of True Out of Pocket cost. That said, the biggest change for 2024 is that if an individual reaches the catastrophic level, no longer will there be any copayments or costs. The minimal copays or 5% of the cost of a drug that were previously owed for the remainder of the year ceases beginning in 2024.

Looking ahead to 2025, it is projected that consumers will be capped to a \$2,500 cost sharing limit. Meaning, once that amount is paid out, the consumer pays no more for the remainder of the calendar year. This is still in discussions and not fully implemented for release as of yet.

If you have questions regarding the forthcoming changes or want to review your supplemental and/or prescription coverage, you have the opportunity each fall from Oct. 15 through Dec. 7, called the Annual Enrollment Period at which time a prescription drug plan can be changed for a Jan. 1 effective date. There are no medical questions needed to make this change. ■

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

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MEET Kelly Snow

The challenges and joys of teaching first grade

Kelly Snow graduated from Ankeny High School before receiving a bachelor's degree in elementary education along with a reading and math endorsement from Iowa State University. In addition, she received a masters of education degree from Viterbo University as well as a reading specialist endorsement. Snow signed her teaching contract in June of 1989 and has taught first grade at the Johnston Community School District for the past 34 years.

"I really enjoy my first-grade kiddos and their families. My administrators have been very supportive throughout my career. I love my colleagues and have made many friendships over the years," Snow says.

Over the years, Snow's students have experienced a variety of field trips, including to the Blank Park Zoo, Black's Center Grove Orchard, Civic Center plays and musicals, the Science Center, and a variety of playgrounds where they studied balance and motion.

Snow's students have also participated in 100th Day, a day with rotations and activities that focus on the number 100. She has also celebrated Dr. Seuss' birthday with her students. On March 2, they celebrate everything the Seuss way.

In addition, Snow has worked closely with the Beaver Creek Elementary School PTO in order to create literacy events for her first-grade students. This includes taking a Reading Road Trip centered on learning about different authors from different parts of the United States, Coins for Caldecotts where students learned about Caldecott winner illustrators, and a nonfiction event that included a Johnston veterinarian, an entomologist from Pioneer, and others.

"First grade is a challenging grade level to teach. But, I love the change that a young child goes through during his/her first grade year. It's fun watching the 'light bulb' go on when a student makes connections and understands how reading and writing work," Snow says.

When not teaching, Snow enjoys attending concerts, football games, and spending time with her family. Her daughter, Kaylynne, will be a junior at the University of Iowa this next school year. Coming up, she is also looking forward to traveling and cheering on the Cyclones, Green Bay Packers and the Johnston Dragons.

"This year is bitter-sweet. I am retiring at the end of this school year. I was diagnosed with stage 4 breast cancer in January of 2021. My treatments have affected various aspects of my health that make it difficult to continue to teach. This summer I will be having a large teacher garage sale. It's amazing what I have collected over the past 34 years," Snow says. ■



Kelly Snow has taught first grade at the Johnston Community School District for the past 34 years.

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- 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

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- Cosmetic Services
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INVESTMENT

By Tim Hanstad

SHOULD you downsize when you retire?

When you retire, you'll experience many changes — should one of them involve your living arrangements?

The issue of downsizing is one that many retirees will consider. If you have children, and they've grown and left the home, you might find yourself with more space than you really need. Of course, this doesn't necessarily mean you must pack up and scale down yourself. You might love your home and neighborhood and see no reason to go. But if you're open to a change, you could find that moving to a smaller house, a condo or an apartment may make sense for you.

Let's consider some of the advantages of downsizing:

- **You could save money.** Moving to a smaller space could lower your utility bills and upkeep costs.
- **You could save effort.** A smaller home will mean less maintenance and cleaning.
- **You could de-clutter.** Over the years, most of us accumulate more possessions than we really need. Downsizing gives you a chance to de-clutter. And you can do some good along the way, too, because many charitable organizations will welcome some of your items.

• **You could make money.** If you've had your home for many years, it's certainly possible that it's worth more — perhaps a great deal more — than what you paid for it. So, when you sell it, you could pocket a lot of money — possibly without being taxed on the gains. Generally, if you've lived in your home for at least two years in the five-year period before you sold it, you can exclude \$250,000 of capital gains, if you're single, or \$500,000 if you're married and file taxes jointly. (You'll want to consult with your tax advisor, though, before selling your home, to ensure you're eligible for the exclusion, especially if you do own multiple homes. Issues can arise in connection with determining one's "primary" residence.)

While downsizing does offer some potentially big benefits, it can also entail some drawbacks. First of all, it's possible that your home might not be worth as much as you had hoped, which means you won't clear as much money from the sale as you anticipated. Also, if you still were paying off a mortgage on your bigger home, you may have been deducting the interest payments on your taxes — a deduction that might be reduced or lost to you if you purchase a less-expensive condo or become a renter. Besides these financial factors, there's the ordinary hassle of packing and moving. And if you're going to a much smaller living space, you may not have much room for family members who want to visit or occasionally spend the night.

So, as you can see, you'll need to weigh a variety of financial, practical and emotional issues when deciding whether to downsize. And you will also want to communicate your thoughts to grown children or other family members who may someday have reason to be involved in your living space. In short, it's a big decision — so give it the attention it deserves. ■

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.



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WHAT IS an affidavit of nonprobate distribution?

When a person dies, their assets pass to their estate. Typically, these assets cannot be accessed or sold without going through probate. Probate is the court-supervised process of administering an estate. The court appoints a personal representative granted the authority to wrap up the decedent's affairs.

In certain circumstances, however, Iowa law provides a streamlined process that avoids probate. The affidavit of nonprobate distribution (also called a "small estate affidavit") is used when assets are less than \$50,000. There must be no real estate, or real estate that passes to persons who are exempt from inheritance tax, like a spouse. Additionally, more than 40 days must pass between the date of death and the use of the affidavit.

The affidavit must include a copy of the filed Last Will and Testament, if there is one. Iowa law requires the holder of a decedent's will to file it with the clerk of court after death, whether or not the estate will go through probate. An original death certificate must also be attached.

The affidavit sets out a general description of the property to be transferred and identifies the heirs, beneficiaries, or creditors if the personal representative deems it to be necessary.



The statute specifically states "without procuring Letters of Appointment" to make clear to banks and other entities that this is a non-probate process. Another change is that the decedent's property must have been \$50,000 or less at some time since the decedent's death. This allows the affidavit to be used for an asset that may have grown (through interest or dividends, for example) above the statutory limit.

If the value of the decedent's property is unknown, the affidavit can be used to gather information. The asset holder must disclose whether the property is, or has been at any time since death, \$50,000 or less.

Any person holding assets of the decedent may rely on the affidavit and deliver those assets to the disclosed successors. The statute insulates the holder from liability for relying in good faith on the presented affidavit. This is useful when dealing with banks and other financial institutions, which may initially insist on formal probate proceedings.

The affidavit of nonprobate distribution provides a solution for situations where there is a small asset that cannot be otherwise accessed. ■

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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YOU CAN STILL SIGN UP FOR THE MAYOR'S RUN FOR THE TRAILS

The Mayor's Run for the Trails is a fantastic family event! Lace up your shoes and join in on Saturday, August 12. The kids runs and 5K walk will start at 8:00 a.m., followed by the 5K run at 8:15 a.m. After the race, there will be post-race food for finishers, and prizes for the top men and women in each age group. If running isn't your thing, you can still participate by walking the 5K. The entry fee is \$35 until August 5, and \$40 from August 6 until race day.

It's a great opportunity to support the trails and have some fun! To sign up, visit www.cityofjohnston.com/Mayors5KRun.



SUMMER ACTIVITIES IN OUR COMMUNITY

Join the Johnston Parks and Recreation Department and the Yard for some summer fun. There will be several new recreation activities kicking off this month.

- Saturday, August 5: Yoga by the Lake, 8:00 a.m., Terra Park
- Sunday, August 6: Sundae in the Park, 6:00 – 8:00 p.m., Johnston Commons Park
- Saturday, August 12: Mayor's Run for the Trails, 8:00 a.m., Terra Park
- Tuesday, August 15: Movie after the Market, The Mario Bros., 8:30 p.m., The Yard
- Saturday, August 26: Summer Concert Series, Mixtape, 7:00 – 10:00 p.m., The Yard
- Tuesday, September 12: Music after the Market, Sons of Gladys Kravitz, 7:30 – 9:00 p.m., The Yard
- Tuesday, September 26: Movie after the Market, American Underdog, 8:30 p.m., The Yard



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



CITY NEWSLETTER AUGUST 2023

IMPROVE WATER QUALITY ON YOUR PROPERTY

The Stormwater Homeowner Grant Program is designed to support property owners in implementing Stormwater Best Management Practices (BMPs) on their properties. By incorporating these practices, you can play a crucial role in enhancing water quality and mitigating the effects of stormwater runoff.

What Does the Program Offer?

As part of this program, the City of Johnston is offering financial assistance to eligible residents. We will provide up to a 50 percent match on the cost of BMPs constructed on your property, with a maximum reimbursement amount of \$1,250. This means you can undertake these important improvements while receiving significant financial support.

Furthermore, we recognize the value of rain barrels in conserving water and managing stormwater runoff effectively. Therefore, we are pleased to announce that rain barrels will be funded at a maximum of \$75 per household. Please note that there is a limit of one rain barrel per address.

How Can You Participate?

Participating in the Stormwater Homeowner Grant Program is easy! If you are interested in incorporating BMPs or installing a rain barrel on your property, simply visit our dedicated program website at www.cityofjohnston.com/homeownergrants. Be a part of the ongoing effort to safeguard our water resources for future generations.



JOIN US FOR FREE SUNDAES IN THE PARK ON AUGUST 6

Sundae in the Park is a delightful event to get the kids ready for school! On Sunday, August 6, the Johnston Community School District, Johnston Community Education, and the City of Johnston invite you to an evening filled with music, ice cream, and lots of fun.

City department heads and school administrators will be scooping free ice cream, and there will be exciting activities like exploring a fire engine, sitting in a police vehicle, and even hopping into the cab of a snowplow.

The event takes place from 6:00 to 8:00 p.m. at Johnston Commons Park, located at 6050 Morningside Drive. It's a perfect way to make lasting memories before the school year begins. Don't miss out!



For more information about the city, please call 515.278.2344

Be sure to check for cancelations



Sundae in the Park Sunday, Aug. 6, from 6-8 p.m. Johnston Commons Park

The public is invited to the 2023 Sundae in the Park event. Enjoy a free ice cream sundae and meet with city and school officials. Families will have the opportunity to: climb in a Johnston Public Works snowplow; explore a Johnston-Grimes Metropolitan Fire Department fire engine and talk with firefighters; climb shotgun in a Johnston Police squad car and talk with police officers about their jobs; listen to live music; learn about programs available within the Johnston Community School District; explore a Johnston school bus; check out the Johnston Library's book bike; and attend the Johnston Historical Society's Open House. The 1902 Simpson House Museum next to the Johnston Library and the Simpson Barn will be open.



Summer Series Yoga The Lawn, 5870 Merle Hay Road

Summer Series Yoga is held Tuesdays, 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.

Johnston Back to School Health & Resource Clinic

Aug. 8, 3-7 p.m.

Johnston Middle School

Families of JCSD students that need help are invited to attend this free back to school event to help ensure their children are ready to start school in August. Volunteers and staff will be available to help families register for school, complete necessary paperwork and connect with area resources. Vision checks, physicals and dental checks are included. For more information, contact Johnston Community Education at 515-278-0552 or the Johnston Partnership at 800-868-1357.

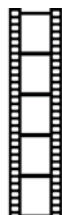


JCSF Golf Outing

Friday, Sept. 8

Jester Park Golf Course, 11949 N.W. 118th Ave., Granger

Check-in for the Johnston Community School Foundation's 24th annual Golf Outing will be at 8 a.m., and shotgun start is at 9 a.m. Lunch will be provided at 1 p.m. Proceeds from the golf outing support the work of the Johnston Community School Foundation. The mission of the foundation is to raise funds to provide grants for educators in support of students and schools and to promote educational excellence in the Johnston Community School District. Help raise funds to fulfill classroom grants in the 2023-24 school year. Register online by Aug. 28 at www.wearejohnston.com/register-golf-outing or email aprilwilson@jcsfoundation.org.



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, Aug. 15 – "The Mario Bros."
- Tuesday, Sept. 26 – "American Underdog"

Mayor's Run for the Trails

Saturday, Aug. 12

Terra Park

The Mayor's Run for the Trails + Kids Fun Run start at 8 a.m. followed by the 5K run at 8:15 a.m. The race is chip-timed and prizes will be awarded to the top runners in each age group. For more information and to register, visit www.cityofjohnston.com/Mayors5kRun.



Johnston Basketball Club 2023 tryouts

Sunday, Aug. 20

Johnston High School Gym, 6500 N.W. 100th St.

Tryouts of the Johnston Basketball Club (girls and boys) will be Sunday, Aug. 20, at the Johnston High School Gym, 6500 N.W. 100th St. Youth entering grades first through eighth in fall 2023 may participate. Check the JBC website (johnstonbasketballclub.com) to register for tryouts. Specific times for tryouts per grade will be on the website in August.



Farmers Market

North side of Johnston City Hall, 6245 Merle Hay Road

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



EVENTS IN THE AREA

Be sure to check for cancellations

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

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.

- Tuesday, Sept. 12 – The Sons of Gladys Kravitz



Iowa State Fair

Aug. 10-20

Iowa State Fairgrounds, 3000 E. Grand Ave, Des Moines

The Iowa State Fair hosts a variety of musical acts. From pop, country, boy bands to rock, the state fair will have any music fan's taste covered. In addition, enjoy all the activities to be had and the myriad of food offerings, including 64 new food items this year. For a full schedule, visit www.iowastatefair.org/entertainment/fair-schedule.



Halfway to St. Pat's Car Show

Sunday, Sept. 17

Mugsy's Pizza House, 1225 Copper Creek Drive, Pleasant Hill

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at www.friendlysonsiowa.com.



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>.



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.

- Saturday, Aug. 26 – Mixtape ■

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HEALTH

By Shelly Stewart-Sandusky

ADULT children of emotionally immature parents

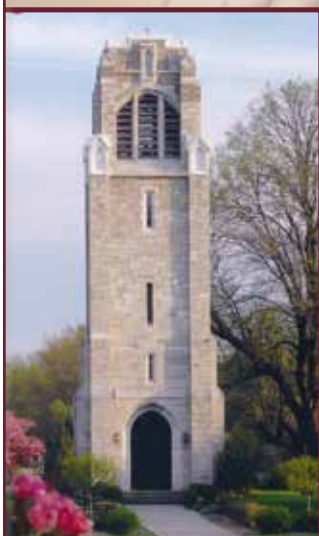
As adults, we can see interactions with parents in a different way than when we are children. Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children.

In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, www.sstherapyandconsulting.com, 515-528-8135.

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BEFORE YOU GO

By Tosha Edmundson

THE MEANING in a memorial

I hadn't spent time in cemeteries previous to working in one enough to notice the patterns and meaning behind how memorials are designed and even laid out on the grounds. Reasons behind a cemetery layout are often biblical. Many of the individual areas within a cemetery have biblical context — Trinity, Prayer, Resurrection. The way the memorial is facing is even of biblical relevance. The Bible teaches that when Jesus returns, He will come from the east, and the dead in Christ will be raised to meet him. If two had been joined in matrimony, Christian tradition would have the man standing on the right of his wife facing the east, therefore, being buried on her left. I challenge you to look closer the next time you're visiting a cemetery.

While this is some interesting history, every family's story, beliefs and desires are different and should be honored. Many times the wife is buried on the left side because it is closer to her family. Perhaps they just liked how it looked on the memorial better. You may see three names on a memorial or a single name. Nearly every aspect of a memorial can be customized. Whether driven by tradition, faith or the unique life lived by a person, designing a memorial is a meaningful process.

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.

DRESSING up fruits and veggies

Enjoying a balanced diet filled with fresh fruits and vegetables does not have to be bland or boring. Taking time to infuse flavor can transform plant-based favorites. With hot summer temperatures, now is the time to whip up a cold bean salad or veggie heavy slaw that requires minimal cooking. Think of it as prepping a salad that will marinate and deepen in flavor.



Try a few simple tips and techniques to liven up your palate and favorite plants. These are my favorite fool proof techniques to dress up fruits and veggies:

Start with a crunch

While most of these tips are going to focus on flavor enhancers, do not forget to add variety with texture. Adding a crunch factor can help with avoiding a soggy salad. Vegetables are going to deliver a crisper bite than most fruit counterparts. Try these veggie picks to increase crunch factor: shredded or baby carrots, sliced bell peppers, sugar snap peas, shaved cabbage, broccoli slaw, Persian cucumber or radish.

Balance sweet and savory

While salads typically conjure thoughts of vegetable filled bowls, fruit can add a pop of color and sweetness. A serving of fruit offers additional vitamins, minerals, fiber and antioxidants. Favorite fruit add-ins: pineapple, citrus fruit, mango, pomegranate, grapes, pears or apples.

Herbaceous flavor

Flavor, or lack thereof, is a common contributing factor to not eating enough fruits and vegetables. Herbs can help boost the flavors, smells, looks and texture in recipes and have also been linked to health benefits. Fresh herbs are preferable for a raw dish, like a salad. If using dried, a general guideline is one teaspoon of dried herbs equals four teaspoons of fresh.

Here are a few favorite herb pairings to spice up your palate:

- basil – with chives, chili, garlic, oregano
- cilantro – with garlic, ginger, lemon grass, mint, parsley
- dill – with chives, cumin, parsley, tarragon

Get saucy

Sauce, marinade or dressing — no matter the name, the mission is the same: marrying the flavors and textures of each individual component for a cohesive final dish. When it comes to sauces, this can be in the form of creamy dressings or an oil-based marinade.

For a creamy dressing, try using Greek yogurt, avocado, hummus, or nut purees as the base. These options feature more mono and poly unsaturated fats, which are better for heart health and can help with absorption of fat-soluble vitamins from salad ingredients. For a simple and versatile choice, pair oil, vinegar and herbs. To punch up the flavor, use a combination of citrus juice and citrus zest. Do not be afraid to experiment and try dressing up your favorite produce pick. ■

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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Tyne Weeden
Will Nuss

2ND TEAM:

Caden Wilson
Sam Hesselman
Blake Lundholm
Cater Bryan
Pierce Anderson

THE JOHNSTON DRAGONS ARE BACK-TO-BACK CHAMPIONS! The Dragons edged out the Ames Little Cyclones after a nailbiting 6-5 victory on Friday, July 21, in Iowa City.

Johnston claimed the lead in the first inning with three runs batted in by Adam Kayko and Will Nuss. Ames countered in the second inning with five runs and maintained the lead for the majority of the game.

That didn't dampen Johnston's morale. The team battled back, chipping away with single runs in the fifth and seventh innings to tie the game, 5-5.

Kayko brought the game to a dramatic finish with a walk-off hit, sending pinch runner Owen Ellsworth home to secure the Dragons' victory.

Johnston returned five starting players from last year's championship team but needed to fill the holes left by the four graduated seniors. The Dragons had no problem building a team that would secure their third championship after five straight title appearances. The Dragons ended their successful season with a 36-4 record.

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TO-BACK!

2023 4A BASEBALL CHAMPIONS



Photos by JCSD and Dan Mennen



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HOW-TO

GUIDE

HOW TO CHOOSE A CHIROPRACTOR

It is estimated that doctors of chiropractic, or D.C.s, care for about 35 million American adults and children annually, according to the American Chiropractic Association. These specialists use a drug-free approach to healthcare by adjusting the spine to optimize nervous system function and relieve pain throughout the body. Adjustments can be hands-on or instrument-assisted techniques and have been proven safe and effective.

So, if you have unexplained headaches, pains, or ailments, you may want to consult with a chiropractor. Research shows that aligning the spine can not only relieve many aches and pains in the body, but can also improve immune function, sleep quality, and overall stress in the body.

Chiropractic care works for most people from newborns to elderly. Many patients even find immediate relief before leaving the chiropractor's office, noting rapid improvements in their discomfort and general well-being.

QUALITY

Chiropractors have some of the most stringent educational requirements in the healthcare industry. According to the ACA, accredited chiropractors complete at least 4,200 hours of classroom, laboratory, and clinical training combined as well as five national board exams.

Prior to selecting a chiropractor, inquire about training and credentials. While chiropractors are educated in caring for patients of all ages and body types, many decide to specialize in certain areas including pregnancy, pediatrics, or sports, or pursue complementary training in areas such as acupuncture, manual therapies, or nutrition. Chiropractors are also required to complete continuing education hours to maintain a state license which can easily be viewed online.

INSURANCE COVERAGE

Several insurance carriers include

chiropractic care as part of their regular coverage. Verify that your care will be covered by checking online or calling your insurance provider. You might be offered a discount for choosing an "in-network" professional.

But if you don't have insurance, many chiropractors offer low cash rates to help make care affordable.

GET REFERRALS

Someone in your social or professional network has likely received excellent care from a chiropractor. Ask family, friends, and co-workers for referrals.

Inquire specifically about his or her demeanor, adjusting style and schedule. It is also beneficial to ask about the chiropractor's philosophy. Some may suggest complementary forms of care, including massage, physical therapy, or nutrition.

Researching the chiropractors in your area will help ensure you find the type of care you need and deserve. ■

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Eric G. Herrmann, DC, CCSP®
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HERRMANN FAMILY
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I struggled with horrible hip and lower back pain during my first pregnancy. I was told by many women that this is completely normal and that there is nothing that can be done about it. I had never had chiropractic care prior to this pregnancy, but my pain was so excruciating I decided to give it a try. I saw Dr. Michael Tiffany and by the third visit, my pain was completely gone!! The staff is very friendly and they don't rush you either. Would definitely recommend!

-Ashia-

HOW TO CHOOSE A CATERER

For a passionate host, there's no better feeling than that pride you feel in sharing beautiful, great-tasting food with your guests, and no greater joy than showing everyone a great time at the table. A caterer can help you do all that — while keeping the event stress-free on you.

Follow these tips to ensure your best gathering ever.

BOOK WELL IN ADVANCE

The best caterers are busy year-round, and if you want to get on their schedule, start working with them the minute you have the details (date, time, location and approximate number of guests).

NARROW YOUR OPTIONS

The best way to choose a caterer is through experience and word of mouth. Did you go to a catered event where the food

was terrific? Find out who catered it. Ask around. What have you heard about the caterers in your area? Who does everyone rave about?

Once you've narrowed a few options, head to each caterer's website and get an idea of the kinds of foods they serve and events they specialize in. You can often tell if they're a good match by looking at the photos, menu descriptions, services and pricing they offer.

GET EVERYTHING IN WRITING

Your party will only be as good as the information you communicate with your caterer. When asking for a price estimate, let the caterer know as many details as you can give them, including your budget, the reason for the occasion, the timing of the event, and any further information they ask for.

Many caterers offer online forms that make getting a quote a breeze. In fact, getting all information down in writing is better than having numerous phone conversations, as there's less potential for misunderstandings. Dot the i's and cross the t's!

Once you get a quote, your caterer should send you a catering agreement. The catering crew will be working from this agreement, so make sure all details meet your expectations.

RELAX AND ENJOY

Whether you're hosting an intimate dinner party or celebrating one of life's great milestones, once you've hired a great caterer and have all the details ironed out, it's time sit back, relax and let the pros do the job of delivering great food — and making you look great, too. ■

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HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them significant thought and research should take place. If your garage faces the front of the house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're selling, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside. If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordably they can be installed.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows

or sleek urban getaways. So if you thought your choices were limited to simple sheet metal styles, think again. You should also pay close attention to the materials. Today's garage doors can be made from expensive hardwoods, textured vinyl, fiberglass or basic aluminum, all of which will have a big impact on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose. Some will hold their color longer than others, and real wood doors can require regular staining and sealing every few years to keep them looking spectacular.

INSULATION

Depending on climate, the insulation of your garage door can be an important factor to help reduce your energy bills. This is especially important in heated garages. But even an insulated door on unheated garages can make a positive impact on your energy usage if it can keep the hot and cold weather away from the interior of your house. ■

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HOW TO SELL YOUR HOME FAST

Everyone with a home on the market wants their property to sell fast and for the highest price possible. It not only means money in your pocket, but also speeds up the move into your new home — not to mention the relief of not having to keep your place in tip-top shape every day.

However, the quick sale doesn't always happen due to timing, market fluctuations and the condition and attractiveness of your home.

But there are some time-tested steps you can take that will make it much easier to see a "sold" sign in your front yard quickly.

PRICING

The most important step is to price your home correctly at the outset. Price it too low, and you'll leave money on the table. Price it too high, though, and your home will take longer to sell.

To hit the pricing bull's eye, you've got to know what is comparable in your market. An appraiser can pull data about recent comps,

typically from the last six months, for sales of homes that are similar to yours.

The closer your price is to homes that are actually selling, the more likely you are to get a quick sale.

STAGING

Staging your home is sometimes thought of as an elaborate process that involves redecorating and renting beautiful furniture to make your interior look its best, but it doesn't always have to be that intense. Staging is about presenting your home in the most appealing way possible. The goal is to get buyers to imagine putting their own things in your home, so basic steps like clearing out clutter and removing your personal photos can help their imagination go to work.

PHOTOGRAPHY

For most buyers, the first impression of your house won't be made in person. It will be made through photos of your home they see

online or in print ads.

That's why it's critical to have good, quality photographs of your home.

In some markets, that might mean having a professional photographer shoot images of your home when it's staged at its best.

The more clear, well-lit pictures that show off the beauty and features of your home, the more buyers are likely to take the next step and schedule a showing.

FIX IT UP

Finally, you have to pay attention to details to make sure your home is in top shape cosmetically.

You'll want to make sure the gardens, flower beds and other landscaping are neat, clean and free of weeds. You should also make a checklist of simple handyman tasks to complete, like replacing burned-out light bulbs, making sure doors and hinges shut properly, and removing stains from your carpet. ■

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HOW TO CHOOSE A TREE SERVICE

Trimming or removing trees from your property is difficult work, not something you'd want to attempt yourself. Making sure your trees are healthy while avoiding property damage requires employing a professional tree service.

Follow these tips to find a qualified, professional tree service in your area:

• **Ask friends, family and neighbors.**

You may know someone who has used a tree service in the past. They can tell you who does the best work.

• **Contact at least three tree services.** Inform them of the situation and request a site inspection. It gives you the opportunity to ask about issues and get a feel for the experience and expertise of each company. Take notes so you can compare your results afterward.

• **Find out how long each company has been in business, their experiences, references and whether they are licensed and insured.** Check with the Better Business Bureau for outstanding

complaints. Even reliable companies may have a few problems. It is how they resolve the issue that counts.

• **Request estimates.** These figures can vary widely. Some companies are better equipped for certain jobs, so they can offer more competitive pricing. Other companies are slow or may be trying to "fill-in" appointment slots with smaller jobs just to keep their crews busy. Don't choose a company strictly by cost. Tree work is dangerous. Proper equipment, well-trained employees and insurance create high operating costs. It is worth paying more for peace of mind and excellent service.

• **Look at a copy of their insurance policy.** Coverage should include personal liability, property damage coverage, workers' compensation and damaged vehicles or home coverage.

• **Inspect their previous work by looking at their portfolio.** Each tree service company has a work style. Verify

that it suits your needs. Photos of past work might also be on their website.

• **Get a detailed written estimate of any work to be performed before signing a contract.** Responsible companies will provide detailed descriptions, along with the time and cost for your records. This estimate should also offer information about cleanup expectations. Are logs to be cut up or left for firewood? Will the company haul everything away or leave it for you to manage? Will leaves and twigs be raked up or run through a chipper? If they are removing an entire tree, what will happen to the stump?

• **Verify the workers wear property safety gear.** They should be wearing helmets at all times. In addition, they should use face shields or protective glasses and steel-toe boots. The person who climbs the tree should have arborist climbing ropes, specialized safety and climbing gear, the proper saddle, helmet and safety glasses. ■

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REAL ESTATE

By Katie Fliehler and
Malinda Garner

ELEMENTS of a purchase agreement

Buying or selling a home is a major life event and can have a substantial impact on the individuals involved. The process can be complex and there are many unknowns for those that don't work in the ever-changing real estate industry. Several documents are involved in the transaction. Arguably, the purchase agreement is the most vital.



What is in a purchase agreement?

When buying or selling a home, you will use a legally binding document called a Purchase Agreement. The Des Moines Area Association of Realtors (DMAAR) has a universal contract that most brokerages use to facilitate the sale of a property. It is more than just the purchase price. Let's dive into other important elements.

- Who are the parties involved? This agreement is between the buyers and sellers.
- Where is this property located? Both the common and legal addresses.
- The agreed upon sale price.
- Earnest money. It is typically 1-3% of the purchase price that the buyer puts down upfront and applied to their downpayment at closing.
- How is this being paid for? A buyer may be paying cash or taking out a mortgage. The details of the loan type and downpayment will also be noted.
- Is this offer subject to an appraisal? Most lenders require an appraisal to ensure that the home they are loaning on is valued at or above the purchase price.
- Is this offer subject to the sale of the buyer's current home or the proceeds from the sale of their current home?
- What is the date and time of closing? Do the buyers take possession of the property at/before/after closing?
- What is to be included/excluded with the sale of the property? Is there a home warranty?
- Is there an HOA with dues or covenants?
- What is the condition of the property? Is the buyer opting to have an inspection and the deadlines for that inspection?

There are so many additional provisions, terms and details. Topics such as insurance, abstracts, title, surveys, taxes, assessments, funds, contingencies, document preparation, marketing, disclosures, dispute resolution, and other general provisions are also covered in the DMAAR purchase agreement.

No two transactions are the same. The goal is to outline all expectations, while protecting the buyer and seller. Purchase agreements vary from area to area and state to state. Working with a Realtor who knows and understands the purchase agreement is critical in helping facilitate a smooth transaction. The sale of a property is much more than agreeing on a price. Buying or selling a home could be one of the largest investments or sales in your life, so we urge you to work with a professional Realtor who can guide you through the critical details of the purchase agreement. ■

Information provided by Katie Fliehler, katie@katiefliehler.com, 515-664-0414; and Malinda Garner, malinda@malindagarner.com, 515-991-5092, RE/MAX Precision, 8705 Chambery Blvd., Johnston. Licensed in the State of Iowa.

THE SIMPSON House and Barn

Johnston Historical Society's gift to the community

In 1994, a group of Johnston residents formed a society dedicated to preserving history. The more they preserved, the more they found that needed to be preserved. They also found they needed to find a place to preserve that history.

On April 18, 2001, the Johnston (Station) Historical Society embarked on a new project to create a museum for Johnston's history and to create a community events facility in a historic setting. The Simpson family donated a century-old six-bedroom farmhouse, a barn that was built in 1936 and a windmill. The Society found the donated structures had to be moved from their original site on N.W. 86th Street and an agreement needed to be made with the City of Johnston to accept the structures on park land. It took more than a year to prepare the structures for the move, to do fundraising, to create architectural and structural plans, and to get all the approvals and paperwork needed to accomplish their goals.

On June 25, 2002, the Society made history by moving the house and barn loft two miles from their original site. Work soon started on excavation, pouring walls for the house basement and barn ground level, backfilling and berming, installing supporting beams and columns, installing water and sewer systems, creating the wooden deck to the west of the loft and creating the base for the brick patio to the east of the loft.

In June 2003, the concrete floor of the barn was poured along with the house basement floor and cellar steps. Interior walls were created and utilities were installed. With more fundraising, more grant writing, in-kind labor and cost reductions and donations from contractors, Community Service support, and many volunteers from Pioneer Hi-Bred, the Johnston community, high school seniors, the Johnston Park Board, the Mayor's Youth Council, and inmates from Newton and Mitchellville prisons, and thousands of hours by Society members, the work was completed.

The barn was finished with restrooms, kitchen, heating and air conditioning on the ground level. The upper patio was completed incorporating inscribed bricks from donors who supported this effort. The bricks are 1902 bricks that were salvaged from the foundation



The Simpson house and barn turning onto N.W. 70th Avenue from N.W. 86th Street on June 25, 2002.



The original barn



The Simpson house and barn arrive at Johnston Commons.

of the house at the 86th Street site. A new steel roof was installed and a cultured stone façade covered the poured concrete walls.

On Jan. 3, 2005, the Johnston (Station) Historical Society presented the City of Johnston with this gift to the community.

The house was finished within a year and is now a museum with numerous rooms full of stories and artifacts pertaining to the history of Johnston. Anyone who has lived, labored or learned in Johnston is a part of its history.

All of this has been made possible through the generosity of donors — people and businesses that have given time, money and resources to this project. The Society had a vision to give this barn as a legacy to the community and to preserve our history before it was lost forever. ■



The barn is now a community events center. The house is a historical museum.

McALISTER enjoys public library

School librarian finds joy reading on her front porch.



Kelly and Ben McAlister have lived in Johnston for 20 years.

For Kelly McAlister, there's lots to love about every facet of Johnston, from her home to her neighborhood to her job and the community at large.

She's lived in Johnston for 20 years, when she and her husband, Ben, purchased their first-ever home.

"We chose Johnston because we liked the location in relation to our jobs and ease to get around to many places in the metro," McAlister explains. "We also held the school district in high regard."

Today, the McAlisters live in the Green Meadows neighborhood.

"We loved the mature trees and the walking paths throughout the neighborhood," McAlister says. "The house itself was pretty dated when we purchased it, but we've redone basically the whole house room by room."

Her favorite place to spend some time is the home's front porch.

"I sit out there and read almost every



One of Kelly McAlister's favorite places is her front porch, where she enjoys reading, especially since her husband and son installed a ceiling fan to make it more comfortable on hot days.

day," McAlister says. "A couple years ago, my husband and son installed a ceiling fan, which has made it even better in the summer."

When she's looking for a book to read on said porch, McAlister heads to the Johnston Public Library, which is one of her favorite places in Johnston.

"I'm a big reader and never purchase books," she explains. "I can always find the newest offering of my favorite authors at the public library. They also have a wide range of programming for all ages."

Because McAlister, who's the librarian at

Summit Middle School, loves the local library so much, she sits on its Board of Trustees.

In addition to her fondness for Johnston Public Library, McAlister thoroughly enjoys Terra Park.

"It's a great place to walk my dog or to go fishing," she says. "We had my daughter's graduation party at the big shelter, and it was great."

McAlister adds, "The new Town Center is also a huge addition to our side of town. The splash park has been fun to take my nephew to, and we've enjoyed events there as well." ■

GET INVOLVED with the Chamber

August brings a lot of mixed emotions. Families are planning end-of-summer vacations, kids are dreading the countdown to school, and parents are begging for them to return. No matter how you are spending your last couple weeks of summer days, there is always a chance to get involved in the Chamber. Check out our events calendar and follow our Facebook page to stay up to date on what's happening. And don't miss out on the Johnston Chamber Annual Golf Tournament.



This year, the tournament will take place at Hyperion Field Club on Monday, Aug. 21. Registration and sponsorships are open at www.johnstonchamber.com. This event is a great way to network, treat clients to a round of golf, or sponsor a hole and get to know your fellow Johnston community members. The outing will be an 18-hole, 4-person best shot with a shotgun start. The schedule will be as follows: 11 a.m. registration, 11-11:45 a.m. lunch, and noon shotgun start. The deadline to register is Thursday, Aug. 17.

If playing golf isn't your thing, sign up for one of our many sponsorship opportunities. There are many options, but you won't want to miss out on being a tee sponsor as space is limited. As a tee sponsor, you'll have the opportunity to have a booth at the tee and network one on one with golfers as they arrive. You can also help feed and hydrate players as one of our luncheon or beverage sponsors for the day. Other options include a hole-in-one sponsor, a driving range sponsor, a green sponsor, or an opportunity to greet players as our registration booth sponsor. Have something fun to give away? We are also accepting raffle items or cash donations for prizes.

We are looking forward to a great outing and are excited to have a fun event for our members. Thank you to the golf committee for all their help and effort in putting this together: Dan Fitzgerald – West Bank and Scott Kundel – State Farm Insurance.

Also, don't miss out on your chance to represent Johnston. Order your Johnston Raygun shirt today at johnstonchamber.com.

Thank you to our newest members for supporting their community. Welcome Adobe, Chris James – Farm Bureau Financial Services, Jessica Shanley – Home Sweet Des Moines/Realty ONE GROUP Impact, Brandis Baldwin – Mercer Zimmerman, and Webspec Design LLC.

If you're thinking about joining the Chamber, be sure to join us at an event. Hope to see you soon.

Upcoming events:

- **Aug. 3** – Business After Hours sponsored by Edencrest at Green Meadows
- **Aug. 17** – Breakfast Before Business – Want to sponsor? Contact me at the chamber.
- **Aug. 21** – Johnston Chamber Annual Golf Outing
- **Sept. 7** – Business After Hours sponsored by State Farm ■

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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OUT & ABOUT



Johnston Chamber held a ribbon cutting for Athletico Physical Therapy, 6201 Merle Hay Road, Suite 100, on July 13.



Mitch Thole, Tate Handsaker and Drew Albers at the Johnston Chamber ribbon cutting for Athletico Physical Therapy on July 13.



Kyle Camarata, Jay Mathes and Brenda Ballard at the Johnston Chamber ribbon cutting for Athletico Physical Therapy on July 13.



Andrea Hodapp and Marla Bundy at the Johnston Chamber ribbon cutting for Athletico Physical Therapy on July 13.



Mayor Paula Dierenfeld and Tyson Handsaker at the Johnston Chamber ribbon cutting for Athletico Physical Therapy on July 13.



Taylor Fondell and Tyson Handsaker at the Johnston Chamber ribbon cutting for Athletico Physical Therapy on July 13.



Emilie Ball at the Johnston Summer Series Vendor Fair supporting Johnston Partnership on July 12.



Jill Trobaugh at the Johnston Summer Series Vendor Fair supporting Johnston Partnership on July 12.



Quinnlyn Schulte and Kelly Schulte at the Johnston Summer Series Vendor Fair supporting Johnston Partnership on July 12.



Bethany Wilson, Lucy and Janis Van Ahn at the Johnston Summer Series Vendor Fair supporting Johnston Partnership on July 12.

OUT & ABOUT



Wayne Johnson and Pam Kucera at the Johnston Chamber Breakfast Before Business with the Johnston Rotary held at Hyperion Field Club on July 18.



Brenda Ballard and Brook Skram at the Johnston Chamber Breakfast Before Business with the Johnston Rotary held at Hyperion Field Club on July 18.



Martha Kester and Al Meyer at the Johnston Chamber Breakfast Before Business with the Johnston Rotary held at Hyperion Field Club on July 18.



Scott Cooley and John Waldron at the Johnston Chamber Breakfast Before Business with the Johnston Rotary held at Hyperion Field Club on July 18.



Shirley Kelley, Mayor Paula Dierenfeld and Arlene Sweeney at the Bishop Drumm Pancake Breakfast, an Alzheimer's Association fundraiser, on June 22.



Paula Bierle and Brianne Fitzgerald at the Bishop Drumm Pancake Breakfast, an Alzheimer's Association fundraiser, on June 22.



Jodi Rusch, Carley Shepherd and Missy Shepherd at the Johnston Summer Series Vendor Fair supporting Johnston Partnership on July 12.



Keli Robinson, Brenda Ballard and Debbie Moon-Davis at the Bishop Drumm Pancake Breakfast, an Alzheimer's Association fundraiser, on June 22.



Ronda DeMoss at the Johnston Summer Series Vendor Fair supporting Johnston Partnership on July 12.



Andrea Cook and Kit Mihalik at the Johnston Summer Series Vendor Fair supporting Johnston Partnership on July 12.



Jacob Green and Becky Montgomery at the Bishop Drumm Pancake Breakfast, an Alzheimer's Association fundraiser, on June 22.

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