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SEPTEMBER 2023

Living

MAGAZINE

Making a house *a home*

Residents share their home
improvement experiences

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WELCOME

BACK TO the project list

Days are getting shorter. Nights are getting cooler. And the home improvement project list keeps getting longer.

Sound familiar?

Well, the "I-will-get-to-it-after-summer" excuse won't work much longer, as the fall season approaches. The real trick is to start and finish these projects before the holiday season arrives. Unfortunately, we all only have 24 hours in a day, and other tasks and responsibilities often take priority. As such, we need to turn to local professionals to do the jobs right. You are in luck, as we once again are offering ideas and solutions from businesses and contractors that may help push your projects along.

We are here to help with another issue featuring the home improvement stories packed with examples of what area residents have done to spruce up their properties.

If you are one of the fortunate ones who have your projects completed and would like to be featured in an upcoming issue, please send me a note. We would enjoy sharing your successes, too.

Thanks for reading, and good luck on those fall projects. ■



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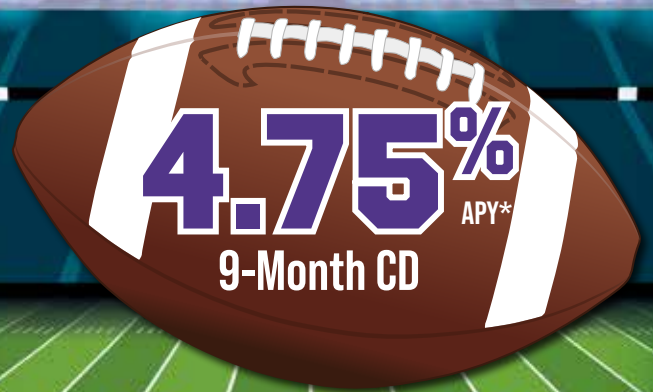


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Making a house *a home*

Residents share their home
improvement experiences

By Ashley Rullestad

Ever think how much nicer it would be to sit in your comfy chair in the evening if only your living room weren't drab — and you didn't have orange shag carpet? Or imagine stepping into a roomy shower instead of that tiny pink bathtub like the one in Grandma's house? Or dream of a laundry room on the main floor instead of in the musty basement? Or maybe turning that basement into a family room and entertainment hub? Residents with similar dreams decided it was time to make some changes, and they share their home improvement experiences to inspire others.

Brian Coffelt says he and his wife, Becky, enjoy the modern style of their renovated bathroom, which features a custom walk-in shower. Photo by Todd Rullestad



BEFORE

The Holters' kitchen was looking outdated when they decided it was time for a renovation.

Modern and functional

Rita Holter and her family have lived in their home since December of 2004. When they purchased the house, it was new construction, so there wasn't a desire to change much aesthetically, other than improving the landscaping and finishing the basement. They did the landscaping in phases and finished the basement in 2006.

Almost 20 years later, the home was starting to show its age, and they decided to



AFTER

The Holters' new space is bright and functional.

tackle upgrading in phases. They updated the living room a few years ago and decided the kitchen was next on the list. The kitchen cabinets, in particular, were showing their age, so Rita wanted a more modern style with added functionality. That led to a whole room makeover.

"Our cabinets were in pretty poor shape. In discussing with friends, several people recommended Peggy at Cabinets by Design. I reached out to Peggy with a pretty basic idea. I knew I wanted a pantry cabinet, and she gave us a plan to fit our space and a list of contractors that she works with. From there, we

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chose Oakwood Builders Group.”

The family is thrilled with the results of the modernized kitchen. Rita says the pantry cabinet is her favorite, but she also is especially happy with the island. The new kitchen is brighter and works better for her busy family.

Rita suggests getting ideas and making a list of what you want before you contact a designer or contractor. Think for a while and make sure to write down what things are important to you to share with them.

She says the family will continue their updating in stages. Next on the list is an outdoor patio project, and they hope to update the basement in the near future as well. Bathrooms will likely be on the list after those projects are completed.

When it comes to renovations, Rita says it's important to be flexible and allow for setbacks and potential expenses. Once you get going on a project, it might be tempting to spring for higher-end finishes or additional features as you go.

“Expect it will cost more than you think and be patient — everyone seems to be extremely busy these days.”

Open spaces and functional areas

Kayla Bousum and her husband, Grant, both teach at Johnston High School. They are a busy family with three kids — Alaina, 15, Kellan, 12, and Kemper, 10. The Bousums purchased their Johnston home 10 years ago, and Kayla knew at some point it would require some renovations to make it their dream home.

“I remember asking myself at the time, ‘How long can I tolerate the wall separating the kitchen from the living room?’ After our kids got to the age where we were done with childcare expenses, we started saving up for a large-scale remodel.”

The first step came about by chance as one of Kayla's Johnston High School's School-to-Work students was interning at an interior design company and needed a real-life client to work with. She volunteered herself, and she took that opportunity to learn about the design process while working with a contractor. That first estimate they received seemed high, so she sought two more from other contractors.

They ultimately chose Cyclone Contracting of Ames because they did things differently, she says. They asked for an upfront design fee

but provided a hard estimate. The designer, Jennie Noah, took the time to listen to Kayla's ideas and understood what she wanted. Over the next six months, Jennie and Kayla worked together to get the estimate as exact as possible, while working with a budget the Bousums felt comfortable with.

“They also began planning a timeline for construction that worked for our family,” says Kayla. “The construction took only 10 weeks. We prepared food in our basement in crockpots and an air fryer. The dust and paint fumes were the worst part, but when my ideas started coming to life, it was so exciting to live through.”

She says the whole family likes the new space. She now enjoys that, when someone is in the kitchen, they are not separated from the rest of the family. The design also features a new laundry room and half bathroom, using some of the space from a formal dining room they never used. The rest of that space was converted to a small office space and an additional bathroom and dedicated laundry zone.

Kayla says the kids are no longer embarrassed to bring friends over, and she

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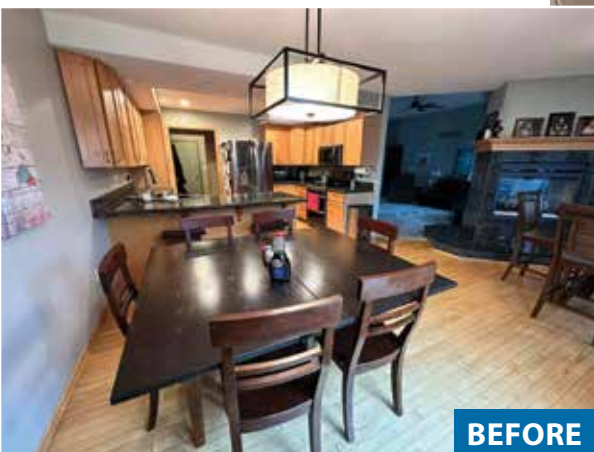


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FEATURE



BEFORE

The Bousums didn't like the separation between their kitchen and living space.

especially appreciates the area where they can hide their phones and chargers.

"Our home really functions for us now. Our location and neighborhood have always been the highlight of our home, and now the interior measures up, too," she says. "My advice would be to save your money because renovations are very expensive. Find a great contractor who really cares about your happiness and budget because that can make all the difference."



AFTER

The Bousum's main floor is now bright and inviting and works well for a busy family.

Warm, luxurious and timeless

Brian and Becky Coffelt moved into their home four years ago in the spring of 2019. The house was built in the early 2000s, so they knew there were some changes they wanted to make to update the style and make it more their own.

They decided to start outside first and then worked their way inside.

Recently, they refinished their dated bathroom. The wish list included a custom shower, floor replacement, new light fixtures and a repainted vanity.

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- Jessica F.

“My wife and I enjoy more of a modern style of design,” Brian says. “We focused on what we wanted our shower to look like first and worked our way out into the rest of the bathroom.”

When it came time to find a contractor, Brian started with a basic Google search but says it was frustrating that he couldn’t seem to get in touch with anyone after getting a quote for the project. Tapper Builders was recommended to him by a friend. He met with Spencer Tapper and explained the vision they have for the space.

“He was very knowledgeable about what would be needed and even had suggestions,” Brian says. “I chose Tapper Builders after meeting with Spencer because you could tell he was organized, a great communicator and had extensive industry knowledge. He knew exactly when his team could start and how long the project would take. Tapper Builders made the rest of the process easy by communicating what was being done and when it would be completed.”

The Coffelts wanted to go with a modern but timeless design that also felt like luxury. They chose white subway tiles that were slightly larger than normal and went with black grout for the modern feel. They also picked out an industrial frameless door along with a rain showerhead to bring in the luxury accents.

Though they wanted a modern look, they also wanted to give the space a warm feeling. They chose a porcelain tile for the floor that added warmth by looking like wood but with a waterproof design. They finished the bathroom by updating the vanity with fresh paint, adding black fixtures and installing modern double mirrors.

The couple is thrilled with the final result, says Brian, adding he



is a big fan of the giant shower with plenty of room along with a more updated design.

Of course, home improvement projects seem to be never-ending, particularly when your home gets to a certain age. The Coffelts have plans to replace their main floor flooring and extend their patio in the backyard next.

The biggest advice Brian has when it comes to starting a project is researching what you want and then talking through the logistics with someone knowledgeable about renovations.

“Come up with a plan and share it with someone. Collaboration can help create something you didn’t think was possible or it can simply reinforce your feelings that your gut was right all along.” ■

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FEATURE



AFTER



AFTER

The Coffelts' outdated bathroom was transformed with modern flooring, light fixtures and updated vanity and mirrors.

HONOR OUR VETERANS

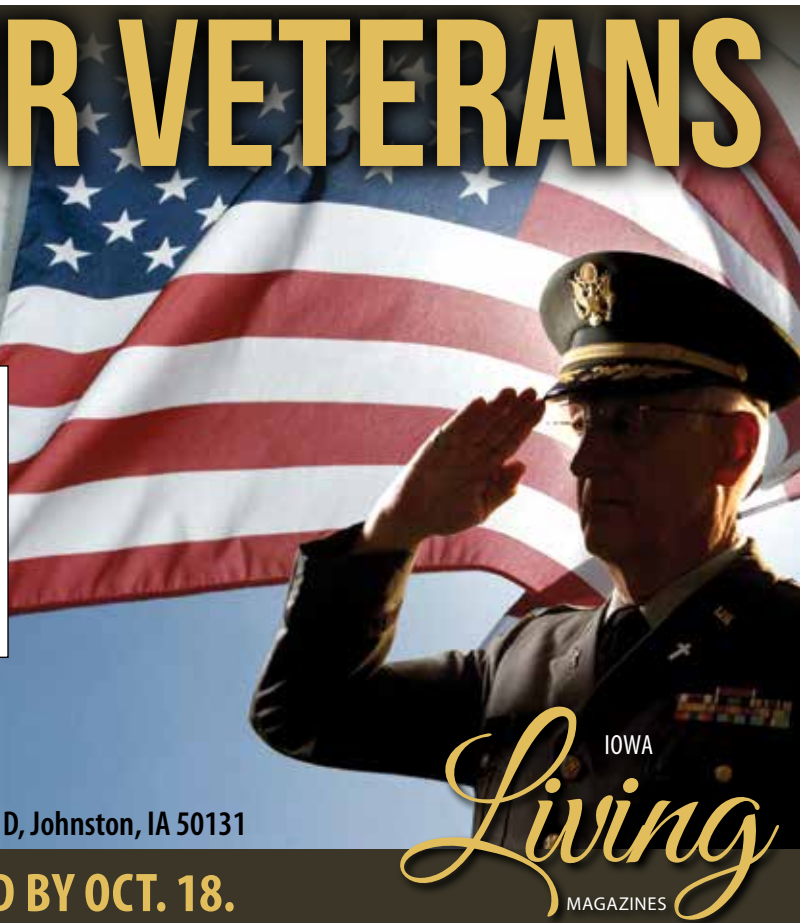
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IOWA
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REGULATING humidity as temperatures cool down

The crisp autumn air is not too far away, and our focus will shift from battling the sweltering heat to embracing the cozy warmth of indoor spaces. While temperature control is crucial, one aspect that often goes overlooked is humidity regulation. As the thermometer drops, the air becomes drier, and finding the right balance of moisture indoors becomes paramount for both comfort and wellbeing.



Understanding the correlation between temperature and humidity is essential to creating a comfortable indoor environment. As temperatures lower, the air's ability to hold moisture diminishes, leading to decreased relative humidity levels. This drop in humidity can have various effects on your home and health.

During colder months, low humidity levels can lead to discomfort, causing skin to become dry and itchy and exacerbating respiratory issues. By introducing a humidification system, you can maintain an optimal humidity level of around 30-50%, promoting a healthier indoor environment. This not only prevents skin problems and respiratory irritation but also helps to preserve the integrity of wooden furniture and musical instruments, which can crack or warp in overly dry conditions.

Regulating humidity isn't just about comfort — it also impacts energy efficiency. Moist air feels warmer than dry air at the same temperature, allowing you to lower your thermostat a few degrees without sacrificing comfort. This small adjustment can lead to significant energy savings over time, reducing your heating bills and your carbon footprint.

While it's essential to keep humidity levels in check, excessive moisture can also be problematic. When warm, moist indoor air comes into contact with cold surfaces like windows, condensation forms. This moisture can lead to mold growth, structural damage, and even health issues. To combat this, proper insulation and ventilation are key. An HVAC professional can assess your home's unique needs and recommend solutions to prevent condensation-related problems.

When it comes to choosing a humidification system, it's essential to consider factors such as the size of your home, lifestyle and budget. There are several options available, from portable humidifiers to whole-house systems that integrate with your HVAC setup. Consulting with a heating and cooling expert can help you determine the most suitable system for your needs.

By understanding the relationship between temperature and humidity, choosing the right humidification system, and practicing proper maintenance, you can create an environment that's both inviting and conducive to wellbeing throughout the autumn and winter months. ■

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

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THIS MEDICARE step could save you money

Whether this is your first year on Medicare or you've been on it for several years, you should look at your plan each year.

Revisiting your coverage and supplements could save you money and prevent surprises when you visit the doctor or pick up a prescription.

The Medicare Annual Enrollment Period runs from Oct. 15 to Dec. 7. That's when you can join, drop or switch to another supplement plan or add or drop drug coverage.

I know what you might think: "I like my current coverage; no change needed." That may be true. But each insurance carrier frequently renegotiates provider contracts, which can ultimately change the terms of your supplement plans — impacting premiums, copays, deductibles and covered services plus the ancillary benefits like x-rays, prosthetic devices and physical therapy. Carriers can add and drop benefits like gym memberships, chiropractic visits, and meal deliveries to and from plans. That's why it's a good idea to review your providers, your prescriptions and your pharmacy each year to ensure your preferences are still covered.

Some of the most heartbreaking stories I've heard are when someone goes to the pharmacy to pick up medication and finds out it's no longer



covered or has changed. That's when out-of-pocket costs can skyrocket, and the medicine can cost hundreds more than the last time they went to the pharmacy.

During the annual enrollment period last year, I ran the numbers for one of the individuals we work with and found that Meloxicam, an arthritis medicine, costs \$12 for a 90-day refill at their in-network pharmacy and \$1,117.80 at one that was not in-network. That is not the kind of surprise you want to get when you go to pick up your medicine and the reason I run the numbers for them before making any changes.

You can switch to an Advantage Plan from a traditional Medigap supplement (like Plan F or Plan G) during annual enrollment. You can also move from one Advantage Plan to another or from one prescription drug plan to another.

There is a lot of information out there about Medicare, and the choices can feel overwhelming. A professional can help people make sense of it all, while helping them coordinate their Medicare decisions with the other aspects of their retirement plan, so every decision is made with their retirement vision in mind. ■

Information provided by AnnaMarie Morrow, retirement planning director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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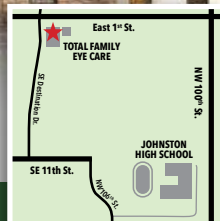
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LIBRARY

THIS MONTH at your library

Fall always feels like the start of things. School is back in session, new colors are popping up on trees, and sweaters are slowly making it back into the rotation. Here's what's new at Johnston Public Library this September:

JPL Story Hours are back. Don't miss out on stories, songs, crafts, puppet friends and more pre-literacy activities for little ones. Story Time Together is geared towards kids ages 18 months through pre-school age with their caregivers and is every Monday at 10 a.m. or 10:30 a.m. Bouncing Babies is perfect for ages 6-18 months and is every Thursday from 11-11:30 a.m. No registration is required for these free story times.

September is also full of special events your kids will love including **Block Party** on Sept. 5, **Story Time with DART** on Sept. 12, **Rhythm & Rhymes** on Sept. 19, **JPL K-5 LEGO Club** on the second Monday of the month beginning Sept. 11, **Read Me a Book Club** on the third Monday of the month beginning Sept. 18, and **Ramp & Roll** on Sept. 25. And, guess what? That's not even all of it. More information and event registration for all children's programming is available at johnstonlibrary.com/kids.

September is National Hunger Action Month. Take action! Help those in need in our community by dropping off non-perishable food items and personal health items at Johnston Public Library. At this time, the greatest need in the Johnston community is for personal health items, including toilet paper, shampoo, deodorant, Kleenex, laundry soap and soap/body wash, but healthy nonperishable food items are always welcome. All donated items will be distributed through the Johnston Partnership Food Pantry.

Currently, more than 55 million people worldwide are living with dementia, including more than 6 million Americans. In collaboration with experts in the field, the Alzheimer's Association has created a list of warning signs to help people identify symptoms that may be related to Alzheimer's or another dementia. Join Marcia Dicks, volunteer community educator for Alzheimer's Association of Iowa, on Wednesday, Sept. 13 at 11:30 a.m. for a **JPL Lunch and Learn: 10 Warning Signs of Alzheimer's**. This presentation will be full of science-based information about common signs of dementia. Registration is appreciated for this free event.

Did you know that JPL has a year-long **Ultimate Reading Challenge** open to adults 18-plus? To complete the challenge, you need to read at least 18 books by the end of 2023 that fit into one of the many categories in the JPL Ultimate Reading Challenge Book Log. Read even more books to earn up to five prize entries. And don't miss the Monthly Bonus Categories and the final Meet-Up Party to earn additional entries for the grand prize drawing. Questions about the challenge? Call the library or email staff at info@johnstonlibrary.org.

Once you're signed up for the Ultimate Reading Challenge, come to JPL on Saturday, Sept. 23 at 3 p.m. to join other participants for an afternoon of food, drink and literary fun at the **Ultimate Reading Challenge Meet-Up!** Meet other JPL Challenge participants, discover new titles to add to your "to be read" list, and chat with others about that thriller or romance you just read. You'll earn one entry to the grand prize for each Meet-Up Event you attend. Registration is not required but is appreciated. More information about JPL events and resources can be found at www.johnstonlibrary.com or by giving the library a call at 515-278-5233. ■

BENEFITS of downsizing

As we age, our priorities and lifestyles change. One significant change is the desire to simplify our lives and live in a comfortable, manageable home.

Downsizing doesn't have to always be a bad thing. It can be one solution to the ever-evolving challenges faced while we age.

Downsizing to a senior living community can be an excellent solution for seniors who want to enjoy a more relaxed, social lifestyle with less clutter and fewer maintenance responsibilities. In this article, we will explore the evidence-based advantages of downsizing to a senior living community.

Enhances your quality of life: A smaller home means less stress and more time to enjoy your favorite hobbies, interests and activities. Moving to a senior living community allows you to enjoy the benefits of socializing, exploring new hobbies and traveling. According



to a survey conducted by AARP, seniors who downsized to a senior living community reported improved life satisfaction and social well-being.

Improves your physical and mental health: Living in a clutter-free and manageable home has been linked to better physical and mental health outcomes. A study by the University of Kansas found that reducing clutter in the home led to better overall physical and mental health. Additionally, senior living communities offer a range of amenities and services that can promote physical activity, healthy eating and mental stimulation.

Reduces your expenses: Downsizing to a senior living community can reduce your expenses significantly. You will no longer have to worry about property taxes, home maintenance, repairs or utility bills. According to a study by the National Investment Center for Seniors Housing & Care, moving to a senior living community can reduce living expenses by up to 25%.

Provides peace of mind: Living in a

senior living community can provide peace of mind for seniors and their families. Many communities offer 24-hour security, emergency response systems, and healthcare services, which can reduce the risk of accidents and medical emergencies. Knowing that help is always available can alleviate anxiety and improve overall wellbeing.

In conclusion, downsizing to a senior living community has numerous evidence-based advantages, including enhancing your quality of life, improving your physical and mental health, reducing your expenses, and providing peace of mind.

In case you're contemplating downsizing to a senior living community, it's essential to conduct thorough research to discover a community that matches your lifestyle and budget. You may be surprised by how much more freedom your life may have. ■

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

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ROTARIANS mark Kester's accomplishments



The Johnston Rotary Club announces another rare accomplishment for one of its members. Chaplain (Colonel) Martha Kester made history for the second time this year, and what an accomplishment it was. Earlier this year, Kester was assigned as the first female State Chaplain for the Iowa National Guard and the "co-first" in such an assignment nationwide. Now, Kester made history again by her recent promotion to full colonel in the Iowa Guard. But it doesn't stop there. Not only is this a great achievement in the Iowa Guard, she's also the first female Guard State Chaplain nationwide to be promoted to full colonel.

Chaplain Kester, like almost all Guard and Reserve members, balances a civilian career with a military career, and, unselfishly, they feel blessed with the opportunity to do so. Her unique career began when she, a native of New Jersey, assumed a position with St. Luke's Episcopal Church, 3424 Forest Ave. in Des Moines, in 2006. Upon assuming the clergy position with St. Luke's, she joined the Guard where she has served since. "No coincidences, strictly God's plan coming to fruition in both instances," humbly states Kester.

In 2010, Kester deployed to Afghanistan for nine months, where she said she experienced a "bizarre sense of reality" but also "an incredible sense of purpose." Based out of Bagram Air Base, Kester said she traveled across the country, meeting soldiers and providing them with prayer. "The intent of the military chaplaincy is to bring God to the soldiers and to bring soldiers to God," she said.

"It's that sense that no matter where we are or what we're doing, even in the horrible and the worst situation where it seems like there's no way anything good can happen, there's that sense that God is still present."

Most of the time you'll find Martha at St. Luke's serving the members of her congregation, or she might be at the Guard Headquarters at Camp Dodge serving the members of the Guard. But, on Tuesday mornings, she's normally in Johnston, serving the community by participating with the Johnston Rotary on their community projects. We don't know what God has in mind for the Chaplain's (colonel's) next assignment, but, selflessly, we ask that it be in the great State of Iowa. ■

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.

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Johnston Rotary Club UPCOMING SPEAKERS

Sept. 12 - Scott & Stephanie Denton

Denton Homes - Carmel Hyperion

Sept. 19 - Nikki Roorda

Johnston Community School District

Sept. 26 - Jim Blessman

Blessman International

Oct. 3 - Joseph "Joe" LeValley

Author



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GUARDIANSHIP for adult child with disabilities

If you are a parent of a child with a disability, and your child is about to turn 18, this can be a scary time. You may be aware that, once a child turns 18, they are a legal adult and are presumed to be capable of making decisions and exercising rights on their own. This means that you, as the parent, will no longer be able to make decisions for your child regarding their finances, healthcare or education.



In order to remain an active advocate for your child and to be included in conversations regarding their finances, healthcare and education, you should file for a guardianship over your child. A guardianship is a legal proceeding where a person, typically a family member, asks the court to find that the adult child is unable to effectively manage their affairs due to their disability.

To obtain a guardianship, you must petition the court. The petition must include all basic facts, including the petitioner's relationship to the person who will be under the guardianship as well as a brief description of the ward's disability. The description should include how the disability affects the person's ability to make decisions. Following the petition, there will be a hearing before a judge. At

this hearing, you must present sufficient evidence of the need for a guardianship.

A guardianship doesn't completely eliminate your child's ability to make decisions for themselves; rather, it provides you the opportunity to continue to support their self-sufficiency.

Having a guardianship over your adult child allows you to continue to support them and assist them in their everyday lives. You will, with a guardianship, be able to assist them in maximizing their independence. Without a guardianship over your 18-year-old, you lose the ability to speak with their doctors and care providers, communicate with insurance companies on their behalf, coordinate benefits, and assist in managing their finances and assets.

In order to ensure that your petition is done correctly and that you are maximizing your chances of continuing to be an advocate for your child, you should speak to a reputable attorney with experience in guardianships. Your attorney will be able to assist you in the petition and in any court hearings that follow. ■

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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MAYOR Dierenfeld inducted into Hall of Fame

The 2023 Iowa Women's Hall of Fame inductees were recently announced by the Iowa Commission on the Status of Women. Johnston Mayor Paula Dierenfeld was among the inductees. She is currently the longest-serving female mayor in Iowa, having served since 2008. An induction ceremony for the honorees was held Saturday, Aug. 26, at the State Capitol Rotunda.



Mayor Paula Dierenfeld has a long and distinguished career in law and public service. She spent 15 years working in state and federal government positions that included being a staff member to a U.S. Senator, legal counsel to the governor of Iowa, an Iowa Utilities Board Commissioner and staff director in the Iowa Legislature. She went on from government to practice law for 22 years at the Nyemaster Goode law firm.

She was elected to the Johnston City Council in 1999, where she completed two terms before being elected as mayor in 2008. Over the course of Mayor Dierenfeld's leadership, Johnston has flourished with substantial growth and prosperity. The city's population has swelled from approximately 8,000 to more than 26,000 residents, accompanied by a 25% expansion in land area. During her tenure, vital infrastructure

projects were accomplished, including a new public safety building, city hall, Town Center, a sprawling 200-acre city park, and an extensive network of 50 miles of recreational trails.

Mayor Dierenfeld has led efforts at the local level to wipe out sex-trafficking massage parlors in Iowa cities. She drafted the first city ordinance authorizing a city to investigate and verify the legitimacy of a massage business before its operating in a community. The Johnston ordinance has become a model for other Iowa cities to follow.

She has become an inspiration for females of all ages, promoting participation, competition and excellence in sports. A dedicated runner since her early 20s, she has completed more than two dozen marathons. Her passion for running has also translated into significant philanthropy. She has raised nearly \$58,000 over nine years for the Johnston Partnership Food Pantry through the annual Mayor's Run for Food. As if her running isn't enough, at age 60, she learned to swim and has become an advocate for people of all ages to learn this life-saving skill.

Now retired from her law practice, she manages her family's farm in Sac City while continuing to serve as Johnston's mayor. This phase of life allows Mayor Dierenfeld to spend more quality time with her husband, three children, 13 grandchildren, and five great-grandchildren. ■

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OVER-the-counter hearing aids

Over-the-counter (OTC) hearing aids have emerged as a transformative solution in the realm of auditory health, offering individuals with mild to moderate hearing loss greater accessibility, convenience and affordability. These devices mark a significant departure from the traditional hearing aid market, where acquiring such technology often involved cumbersome processes and high costs.

OTC hearing aids are designed to help those with mild to moderate hearing loss that affects millions worldwide. OTC hearing aids aim to bridge this gap by providing an accessible and discreet solution that doesn't require the involvement of a professional for fitting or customization.

One of the key advantages of OTC hearing aids is their ease of purchase and use. These devices can be bought directly from retail stores, online or pharmacies without the need for a prescription. This streamlines the process and eliminates the need for appointments with audiologists or specialists. Users can choose based on product features, user reviews, and their own preferences.

Modern OTC hearing aids are equipped with technology that rivals their prescription-only counterparts. They often include features such as noise reduction, feedback cancellation and directional microphones. Some models even allow for smartphone connectivity, enabling users to fine-tune settings through dedicated apps. This integration of technology enhances the overall user experience.

Cost is a significant factor driving the appeal of OTC hearing aids. Traditional hearing aids can be prohibitively expensive, costing thousands of dollars per device. OTC alternatives tend to be more affordable, with prices ranging from a few hundred to around a thousand dollars. This lower price point makes it feasible for individuals to improve their auditory experience.

OTC hearing aids may not be suitable for everyone. Those with severe hearing loss or complex auditory needs may still require the expertise of a hearing professional to ensure optimal outcomes. Additionally, OTC devices may not have a fit as precise as those achieved through professional fittings.

As OTC hearing aids gain traction, they also bring to light certain challenges. Ensuring the safety and efficacy of these devices remains a priority. Regulatory bodies, such as the U.S. Food and Drug Administration (FDA), play a crucial role in evaluating and approving OTC hearing aids to ensure they meet quality and safety standards.

Over-the-counter hearing aids have ushered in a new era of hearing healthcare accessibility. By offering convenience, affordability and modern technology, these devices empower individuals to actively manage their auditory well-being. While not a replacement for professional care, OTC hearing aids are a significant step forward in hearing assistance and improving the quality of life for those experiencing mild to moderate hearing loss. ■

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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CITY OFFICE BUILDINGS CLOSED ON LABOR DAY

The City of Johnston office buildings, including the Johnston Public Library, will be closed on Monday, September 4, in observance of Labor Day. Trash and recycling will be delayed by one day that week. Monday pick-up will move to Tuesday and Tuesday pick-up will move to Wednesday.

HOMECOMING PARADE IS SEPTEMBER 21

The Johnston Community School District's homecoming parade will take place on Thursday, September 21 at 6 pm. Pioneer Parkway's northbound lane will be closed from 4 to 8 pm from Greendale Road to NW 62nd Avenue, while Columbine Drive will be closed down.

Public Works crews will be present to ensure people can get access as needed. As the parade travels across NW 62nd Avenue into the Johnston Middle School parking lot, the east and westbound lanes will be closed to through traffic.



TRICK-OR-TREAT WITH FIRST RESPONDERS ON OCTOBER 25

Join community members and trick-or-treat with first responders on Wednesday, October 25 at Fire Station 38, located at 10225 NW 62nd Avenue. Members of the police and fire will be handing out treats. You can also check out the fire engine, ambulance and a squad car.

We encourage the children to wear their Halloween costumes. Parking is available at the Bridge Church just east of the Fire Station. The Bridge will have fun activities for the children and will also be handing out candy.

This event is a great opportunity for families to get to know our Police Officers and Firefighters/EMS members. We encourage you to come with questions for them and, most of all, have a great time!

Be sure to mark your calendar for Beggars Night on Monday, October 30, from 6 to 8 p.m. in Johnston.



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



COMPOST IT! SEASON ENDS IN NOVEMBER

The leaves will soon start changing and fall clean-up will soon be here. The last days for Compost It! season in Johnston are Monday, November 20 and Tuesday, November 21. Collection occurs on your normal collection day.

For more information on what is accepted during the Compost It! season, visit www.mwatoday.com.



TRAFFIC STUDY OPEN HOUSE ON SEPTEMBER 13

The City of Johnston is hosting a Public Open House for the Citywide Traffic Study, focusing on traffic congestion, safety and operations of the arterials and intersections through analysis of existing conditions, public input process in-person and online, and development of suggested improvements.

Improvements for intersections identified during public input will be presented.

The Open House meeting will be held as follows:

- **What:** Johnston Citywide Traffic Study Public Open House
- **Date:** Wednesday, September 13,
- **Time:** 5:30 to 6:30 p.m.
- **Place:** Johnston City Hall, 6221 Merle Hay Road



JOHNSTON TOWN CENTER EVENTS

The Johnston Town Center has fun events the remainder of 2023. Be sure to check out the local businesses' social media pages for a list of their events.

- **Farmers Market** – Tuesdays through September 26, 5 to 8 p.m.
- **Music after the Market** – Sons of Gladys Kravitz, September 12, 7:30 to 9 p.m.
- **Movie in The Yard** – Secret Life of Pets, September 21, 7:30 p.m.
- **Movie after the Market** – American Underdog, Tuesday, September 26, 8:30 p.m.
- **National Coffee with a Cop Day** – Blue Bean + RE/MAX Concepts, Wednesday, October 4, 7 to 9 a.m.
- **Holidays at the Town Center** – Saturday, December 2, 5 to 7 p.m.

RELAX WITH YOGA AT TERRA LAKE

Immerse yourself in tranquility this fall as you practice yoga lakeside, harmonizing your body and mind with nature's soothing sights and sounds. The free yoga is from 8 to 9 a.m. at the Terra Park amphitheater. The dates include September 2, 9, 16, 23, and October 7 and 14.

For more information about the city, please call 515.278.2344

"It's been through the addition of MAPLE that we have been able to get the kids to talk."



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INVESTMENT

By Daniel Rundahl

SO... they say things will cost more?

When it comes to inflation, I can say that it affects everyone a little differently. When I was a teenager in the 1990s, this was not a term I understood. However, as this version of inflation was happening in circa 1995, we were seeing a different world than the early 1990s and 1980s. I remember 85-cent gasoline, I remember that KwikStar's donuts still cost a dollar. Inflation didn't concern me when I was a kid.



So, why is inflation relevant? Let's look at some figures.

Core CPI, which excludes volatile food and energy prices, rose just 0.16 percent for the month, the lowest reading in more than two years and a significant downside break. There are a number of reasons why it was such a big deal, including:

- It was a downside surprise compared to the consensus estimate of 0.30%.
 - On a year-over-year basis, 0.16% translates to 1.92% inflation on an annual basis. Whoa!
 - It may give the Fed some flexibility with interest rates in the second half of 2023. This is not good news for you homebuyers; great news for you stock market investors.
 - June's Producer Price Index, released the day after the June CPI report, rose less than expected, building on the optimism about inflation. (Greek. Basically, the FED is trying to speed up the train to get us to where our station is faster.)
- I don't put too much stock on individual reports, so, at this point, I'm looking for more information before drawing any conclusions about the economy, inflation, and interest rates. Generally speaking, let me take you into my time machine back to the mid-90s. We historically have seen an inflationary market followed by a recessionary turn. Now, don't get nervous. If you have read previous blogs that I have written, you will notice that I was witness to the moments of inflation/recession transition. And, let me build some confidence; we will all be fine. The job market will improve, the price at the pump should reduce, and I will get a 2x4 for less than \$4. Fear generally drives change. And the move from an inflationary market to any other type of environment is not less scary for people.

Allow me to duplicate my daily joy and leave you with some positivity. This economic transition is a good thing. We should wish for it. The stabilization that will come from this economic cyclical turn will help everyone. We will look around and see that the grass is greener, the flowers smell better, and stuff will cost less. How do we ask for better. "Strawberry fields forever" ... thank you, John Lennon. Hang in there. The best is yet to come. Reach out to a financial planner if you have questions and concerns. ■

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

Edward Jones

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Happy Labor Day

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RECIPE

POWER weeknight family meals with pecans

(Family Features) Back-to-school season means many families are busier than ever, leaving less time to plan weeknight meals. While a new school year brings plenty of exciting moments, it also adds up to early mornings, long days and late evenings, making it tough to keep nutrition top-of-mind.

With new routines and jam-packed calendars, quick and easy recipes can be the solutions you need. Swapping out complicated dishes for simple dinners and make-ahead snacks allows you to make your loved ones' health a priority while also managing hectic schedules.

To help make those simple yet tasty menu additions a reality, look to a flavor favorite and nutrition powerhouse like pecans. They're the ideal nut to keep on hand to incorporate into favorite meals and after-school snacks.

Taste is just the beginning when it comes to pecans. Their nutritious punch provides a unique mix of health-promoting nutrients. Plus, they're a versatile ingredient that can shine in a wide range of flavor profiles from sweet or spicy to salty, smoky and savory.

For more back-to-school recipe inspiration, visit EatPecans.com. ■

Mac and cheese with pecan breadcrumbs

Cook time: 50 minutes

Servings: 6

- 8 ounces cavatappi pasta
- 1 teaspoon salt, plus additional for salting pasta water, to taste
- 1 tablespoon butter
- 1 block (8 ounces) cheddar cheese
- 1/2 cup raw pecan pieces
- 15 ounces part-skim ricotta cheese
- 4 tablespoons sour cream
- 1/4 teaspoon ground pepper
- 1 large egg, lightly beaten

DIRECTIONS

- Preheat oven to 375 F.
- Cook cavatappi in salted boiling water. Drain, reserving 1/2 cup pasta cooking water. Return pasta to pot and stir in butter.
- Using box grater, shred cheddar cheese.
- Using food processor, combine 1/4 cup shredded cheddar cheese with pecans. Process to coarse breadcrumb consistency.
- Add remaining cheddar cheese, ricotta,



sour cream, 1 teaspoon salt and pepper to warm pasta. Stir until thoroughly combined. Add egg; stir. Add 2-4 tablespoons reserved pasta water to loosen mixture; stir until smooth.

- Pour into buttered 9-inch square or round casserole dish and top evenly with pecan topping.
- Bake 30 minutes.

Substitutions: Use pre-shredded cheese in place of cheddar cheese block. Use pasta of choice in place of cavatappi.

NEWS BRIEFS

PRAIRIE Meadows donates \$150,000 to Children's Cancer Connection

Prairie Meadows Racetrack & Casino recently awarded Children's Cancer Connection (CCC) a Legacy Grant totaling \$150,000. The grant will help fund the completion of the CCC Renovation and Playground Project. Prairie Meadows is a nonprofit organization dedicated to lessening the burden of government by promoting economic development, jobs, agriculture and tourism in the state of Iowa.

"This generous gift from Prairie Meadows will bring CCC across the finish line of our overall facility renovation project," said Jennifer Hines, Children's Cancer Connection CEO. "It is vital to CCC participants' health and well-being that they be provided opportunities to connect with one another and that programs be held

in an accessible location. Now everyone served can be fully included, regardless of current health or mobility status."

Prairie Meadows' \$150,000 Legacy Grant will improve the lives of people in Iowa by enabling Children's Cancer Connection to finalize its Renovation and Playground Project at the Jeff and Deb Hansen Home for Hope. CCC recently upgraded the interior of its Johnston facility and constructed the inclusive Variety Star Playground. Upcoming outdoor improvements include the addition of a sport court to be utilized during CCC programs, and the Gold Ribbon Walkway, which will honor children whose lives were lost to cancer. The project is expected to be completed this fall.

YOUNG leaders graduate from program

Students from across Iowa recently completed the Iowa Developmental Disabilities Council's (Iowa DD Council) Youth Leadership Academy (YLA) program. Nicole Kitchen of Johnston was among the program's graduates.

YLA is an annual training that allows students ages 14-21 with disabilities to develop valuable leadership skills like goal setting, self-determination, civic engagement, networking and mentoring. Over the course of 10 hours, participants gain skills that can be used for a lifetime.

This program was sponsored by Access 2 Independence, ASK Resource Center, the Iowa Developmental Disabilities Council, and Iowa's University Center for Excellence in Developmental Disabilities (UCEDD). ■

EVENTS IN THE AREA

Be sure to check for cancelations

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



Yoga by the Lake

Saturday mornings Sept. 9-Oct. 14, 8-9 a.m.
Terra Lake Amphitheater,
6300 Pioneer Parkway

The public is invited to more Yoga by the Lake this fall. Enjoy this free hour of outdoor yoga. City recreation is partnering with IGNIT to offer each session taught by certified yoga instructor Rocio Valea. Dates are Sept. 9, Sept. 16, Sept. 23, Oct. 7 and Oct. 14.

Summer Series Yoga

Tuesday, Sept. 12, final session
The Lawn, 5870 Merle Hay Road

Summer Series Yoga at The Lawn concludes Sept. 12. The event is free. A suggested \$5 donation goes directly to the food pantry.



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, Sept. 12** – The Sons of Gladys Kravitz

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.



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, Sept. 26** – “American Underdog”



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Kiwanis Mini Golf Fundraiser

Saturday, Sept. 30,
9 a.m. to 1 p.m.
Puttmasters at the Pines,
2977 N.W. 66th Ave.

Join the Johnston Kiwanis for the first-ever Mini Golf Fundraiser. Bring the whole family for fun, food and a great cause. Proceeds will support scholarships for high school seniors, books for third-grade classes, sponsoring a Kiwanis Miracle League team, and supporting Mentor Iowa. In addition, half of the mini golf fees will be donated to support the Fisher Lake Wildlife Preserve. Pancakes will be served from 9-11 a.m. and hamburgers and hot dogs from 11 a.m. to 1 p.m. Prizes will be given for hole-in-one shots. Registration is \$9 for mini golf only, \$8 for meal only, \$15 for combination and \$50 for foursome golf and meal with additional family members \$12.50. Children under 3 play and eat for free.

Oktoberfest

Sept. 22-23
Lauridsen Amphitheater, Water Works Park, 2251 George Flagg Parkway

Oktoberfest returns for the 18th year with all your favorite authentic celebrations including a huge selection of German and craft beers, delicious German food, beer puppeteer, live music, bier maiden and stein holding competitions, a silent disco featuring 11 DJs over three days, and much more. www.oktoberfestdsm.com.



Log Cabin Days Festival

Sept. 23
Warren County Fairgrounds, 1400 W. Second Ave., Indianola

The annual festival brings you in for a taste of Indianola history that will include craft booths, quilt exhibit, an antique car show and classic car show at the Warren County Fairgrounds.

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. ■



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By Monica Meier

WAYS to help your kids open up more

School is starting, and kids' schedules are about to get more hectic. So, now is the time to talk with your kids and check in with them about how their days are going. This can be as simple as using open-ended questions about their day to get the information you are looking for. Instead of asking, "How was your day?" and getting the blah answer of, "Fine," ask questions that require more thought. For example, "What was the best part of science today?" "Who did you sit at lunch with today?" "What was the funniest thing you heard today?" This way, the answers are more than one word and give you something to continue the conversation. When they answer who they sat with, add on to that conversation with, "Who had the best lunch? What was in it?" or "Where was ____ today?" This way, the conversation is continuing with your child without the child being pressured with the same questions every day.

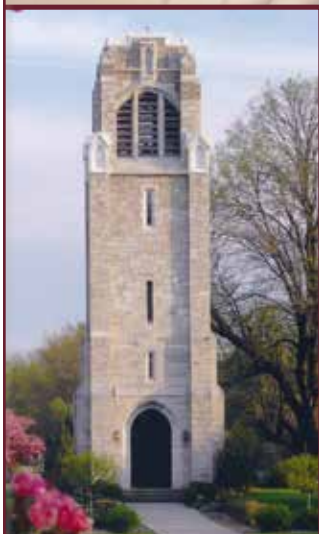


Another line of questioning that can wrap around the child is asking, "What would you have changed about today if you could change anything?" Depending on the answer, it opens up a lot of different conversations with your child that have more than a standard "Fine" answer. ■

Information provided by Monica Meier, PhD(Abd), tLMHC of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, meier@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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BEFORE YOU GO

By Tosha Edmundson

A SEASON of grief

As fall draws near, we expect change. Inevitable change. The vibrant greens of leaves turn to hues of orange and brown. Bright cheerful colors of summer flowers wilt into clumps of brown, and even the stems seem to lay down to rest eventually. Fall is a season of transition. It's unavoidable, but it is not without purpose. On the other side of fall is winter. Both are necessary to achieve their purpose, which is life anew in the spring.



Grief is much like fall. We will all experience seasons of loss in our lives. Losing a person we love due to death brings about unavoidable change — a shift that chauffeurs us into our next season. Like the leaves that fall in their own time from the branches, over time, we let go of the initial shock of the loss and the waves of pain and loneliness as we try to adjust to the absence of their presence as well as the parts of our identity that we feel left with them. Sometimes there are a couple of leaves that we cling to through the bitterness of winter until spring proves that new life is coming, and we find our purpose again.

If you're grieving this season, give yourself grace. In time, the pain of loss will bring about healing and new purpose.

Give your family the gift of love, and care for your future end-of-life needs in advance. ■

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

BEST USES of popular apples

Did you know there are more than 750 varieties of apples to choose from? So, what's the difference between Fuji, Honey Crisp and Granny Smith? How do you know what to use to bake with, serve up raw or put into cider?

Not all varieties of apples are meant to be eaten straight off the tree or off the grocery store shelf. Some are meant for baking into pies or brewing into ciders, while others are ideal for snacking or savory dishes. Here are some popular varieties and their best uses:

- **McIntosh Apple.** If you're looking for a creamy, softer apple, McIntosh is the apple for you. They're perfect for applesauce or soup. In terms of flavor, they're juicy and often tart. Since they're a bit mealy in texture, I wouldn't suggest baking with them.

- **Fuji.** The Fuji, named for its hometown of Fujisaki, Japan, is world famous for its sweetness. They are a lovely light rose or a rich crimson, ultra sweet, flavor forward, refreshingly juicy. Though not a standout in any specific arena, its versatility makes it a welcome addition to snacks, salads, pies, ciders and whatever else you've got planned.

- **Jonagold.** Tart-sweet flavor and high in fiber, Jonagolds (and all apples) can help lower blood pressure, cholesterol and the risk of colon cancer. Due to their softer skin, these apples are great in juices, soups, smoothies and cider.

- **Gala.** Galas are a popular choice and can be found anywhere. They feature mildly sweet flavors with hints of vanilla. For a mellow, easy-eating apple, you're in the right spot. They are great for dipping, as part of a snack spread, or tossed with salad. They are better fresh than baked.

- **Granny Smith.** The quintessential tart apple. Beyond the iconic light-green skin of this apple awaits a lemon-like acidity with just enough sweetness to satisfy. This apple was discovered by none other than Granny Smith on her farm in Australia and is now available all over the world. This apple is all-purpose when you want an extra tart apple flavor. It pairs well with a flavorful cheese and bakes exceptionally well in pies and desserts as it balances out the sweetness.

- **Honeycrisp.** Crisp and famously sweet. The name really says it all. This popular, versatile apple can satisfy most anyone. The best Honeycrisp apples are yellow with a red blush covering the whole fruit. Look for them earlier in the season. This apple is best eaten out of hand or pressed into juice or cider.

- **Pink Lady.** Notably pink in color, this apple's acidity and sugar give it an initially tart flavor, which develops nicely into a sweet and floral finish. The acidity also provides a refreshingly bright "fizzy" sensation on the palate, leaving a lingering floral aftertaste. Popularly eaten out of hand for its effervescence, it also holds its shape exceptionally well when baking. It is also great in savory recipes. ■



Information provided by Caitlyn Ferin, LD, RD, corporate dietitian, Fareway, 6005 Merle Hay Road, Johnston, 515-252-9962.



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MEET Matt Todd

Begins role as assistant principal at Wallace Elementary.

Born in Waterloo, Matt Todd grew up in Urbandale and has spent most of his life in the Des Moines Metro area. He attended the University of Northern Iowa (UNI) then earned a master's degree from Iowa State University. After graduating from UNI, he says he knew he wanted to return to the Des Moines area so applied for a third-grade teaching position at Wallace Elementary School.



Matt Todd has been an educator for 27 years. This year, he will be an assistant principal.

Todd is now in his 27th year at Wallace Elementary School. He has taught third and fourth grades for 25 years, first grade online during COVID, worked as a student support facilitator, and is an assistant principal this year.

"The rewards are what keep you coming back," Todd says. "I have watched kids grow up from kindergarten to adulthood. Seeing them go through all of the trials and tribulations of life and come out on top is so satisfying."

Todd says he enjoys working with students at the elementary school level because they are excited to learn new things and respond well to positive feedback. As an assistant principal, he says there really is no typical day, which is why he likes the job. Todd greets students as they get off the bus in the morning then spends the day helping students with whatever issues they may have.

"I want to help them solve problems so they are able to focus on learning," he says. "I also get to observe and help teachers as needed. This is a cool part of my job because I get to share my experience of being in the classroom for over half of my life with new, young teachers."

This fall, Todd says he is looking forward to seeing students and reconnecting with families. It is his favorite part of the year. He is also looking forward to helping new teachers improve their craft. In addition, he is currently in contact with a local retirement community about the possibility of developing a "grandparent" reading program with the kindergarteners and first graders at Wallace Elementary.

"It is amazing to see the growth of kids in elementary school over the course of our year," he says. "Our teachers create such a positive environment for our students, and the difference in maturity and academic achievement from the beginning to the end of the year truly is astounding." ■

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PREPARING your home for the change in season

Happy fall. I cannot believe how quickly summer went, can you? I do love fall and look forward to the change in color of the trees, the cooler weather, fall flowers and the holidays ahead.

Here are a few fall tips for you just to make sure you are prepared.

- Be sure you disconnect your hoses as soon as the cool weather hits. You do not want pipes to freeze. This happens more than you think it will.
- Check all your windows and doors to make sure they are secure, which will save on energy bills.
- Clean out gutters and downspouts to make sure they are clear of debris. Otherwise, the debris/leaves can freeze up and cause blockages.
- Check your fireplace to make sure it is ready for the cool evenings.
- Trim tree lines that may be close to power lines of your home.
- Service your irrigation system if you have one.
- Service your heater and replace filter.
- Bring in all your cushions or store them in a dry place for the winter to preserve them for a longer life.
- Check your smoke detectors and carbon monoxide detectors to ensure they are working properly.
- If you have a pool, have a professional service and close it up.
- This is a great time to have your windows professionally cleaned as well, at least the exterior.
- Service the snow blower so it is ready to go and have that shovel ready. There is no escaping snow when we live in Iowa.
- Time to put that window scraper back in your car and top off the fluids in your car.

Now for the fun stuff for fall. Things to do or get on your schedule if you wish:

- Football games. Schedule a party or plan to tailgate for your favorite team.
 - Visit your local farmers market. Most are open through October.
 - Have that fire pit ready and make s'mores.
 - Tour a local winery.
 - Go to an apple orchard and pick out some apples either to eat or make that pie.
 - Pumpkin patch... no matter how young or old you are, it is always fun to go to local pumpkin patches to pick out your pumpkin décor. It is fun to carve them as well.
 - Haunted houses — Do you like them? If so, go to a few and have fun.
 - Holiday lights — Schedule a night or two to go see holiday lights as there are so many fun displays around town.
 - Stay in and stay cozy under that blanket with a great book.
- If you need help with your home sale or need a handy person to come help you, please reach out to your Realtor. Enjoy the change of the seasons and stay safe. ■



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.

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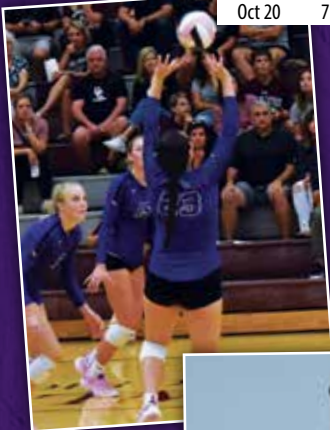
DR

VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 25	7:00PM	Waukee Northwest	Johnston High School
Sep 1	7:30PM	Cedar Falls	UNI-Dome, Cedar Falls
Sep 8	7:00PM	WDM Valley	Johnston High School
Sep 15	7:00PM	Ankeny High School	Northview Middle School
Sep 22	7:00PM	Waukee	Johnston High School
Sep 29	7:00PM	Southeast Polk	Southeast Polk High School
Oct 6	7:00PM	Council Bluffs	Abraham Lincoln High School
Oct 13	7:00PM	Urbandale	Johnston High School
Oct 20	7:00PM	Sioux City East	Elwood Olsen Stadium

VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 22	7:30PM	WDM Valley	Valley High School
Aug 24	5:00PM	Multiple Schools	Johnston High School
Aug 29	7:30PM	Waukee Northwest	Waukee Northwest High School
Sep 2	9:00AM	Multiple Schools	Cedar Rapids Washington
Sep 5	7:30PM	Ankeny High School	Johnston High School
Sep 12	7:30PM	Urbandale	Urbandale High School
Sep 16	8:30AM	Multiple Schools	Ballard High School
Sep 19	7:30PM	Dowling Catholic	Johnston High School
Sep 26	7:30PM	Ankeny Centennial	Johnston High School
Sep 30	8:00AM	Multiple Schools	Urbandale High School
Oct 3	7:30PM	Waukee	Johnston High School
Oct 7	TBD	Prairie	Cedar Rapids Prairie High School
Oct 10	7:30PM	Southeast Polk	Southeast Polk High School
Oct 14	8:30AM	Multiple Schools	Johnston High School



Photos provided by JHS yearbook

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DRAGONS

BOYS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 26	8:00AM	Multiple Schools	Johnston High School
Sep 2	TBD	Pleasant Valley	Pleasant Valley High School
Sep 7	4:00PM	Multiple Schools	Marshalltown Community College
Sep 14	6:30PM	Hoka Time Trials	Johnston High School
Sep 22	TBD	Uni. of Minnesota	Les Bolstad Golf Course
Sep 30	TBD	Wartburg College	Wartburg College
Oct 5	TBD	Fort Dodge	Lakeside Municipal Golf Course

GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 26	8:45AM	Multiple Schools	Johnston High School
Sep 2	TBD	Pleasant Valley	Crow Creek Park
Sep 7	4:00PM	Multiple Schools	Marshalltown Community College
Sep 14	6:30PM	Hoka Time Trials	Johnston High School
Sep 22	TBD	Uni. of Minnesota	Les Bolstad Golf Course
Sep 28	4:30PM	Multiple Schools	Seaholm High School
Oct 5	TBD	Fort Dodge	Lakeside Municipal Golf Course



VARSITY GIRLS SWIMMING

DATE	TIME	OPPONENT	LOCATION
Sep 5	5:30PM	JSoutheast Polk	Southeast Polk High School
Sep 12	5:30PM	WDM Valley	Summit Middle School
Sep 16	9:30AM	Multiple Schools	Marshalltown High School
Sep 19	5:30PM	Waukee/NW	Summit Middle School
Sep 23	9:00AM	Kennedy	Cedar Rapids Kennedy High School
Oct 3	5:30PM	Ankeny	DMACC - Trail Point Aquatics Center
Oct 7	TBD	Multiple Schools	Summit Middle School
Oct 10	5:30PM	Dowling Catholic	Dowling Catholic High School

VARSITY BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Aug 14	TBD	Iowa City West	Blue Top Ridge
Aug 16	9:00PM	Multiple Schools	Glynns Creek Golf Course
Aug 17	9:00AM	Warrior Invitational	
Aug 21	9:00AM	Multiple Schools	Beaver Creek Golf Course
Aug 23	9:00AM	Multiple Schools	Jester Park Golf Course
Aug 28	9:00AM	Multiple Schools	Jester Park Golf Course
Sep 5	1:00PM	Multiple Schools	The Legacy Golf Club
Sep 11	TBD	Ames	Veenker Memorial Golf Course
Sep 18	10:00AM	Multiple Schools	Willow Creek Golf Course
Sep 19	TBD	Cedar Falls	Pheasant Ridge Golf Course
Sep 25	12:30PM	Multiple Schools	Otter Creek Golf Course

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FAMILY, neighbors and a cozy home

Stork-Fleming enjoys home, location and community.

Alyson Stork-Fleming moved to Johnston eight years ago and says she has enjoyed her journey since.

"I chose Johnston because my sister and her family live here," she shares. "I had just gone through a health crisis and was in the middle of a major life-changing event and wanted to be close to family."

Stork-Fleming also wanted a home she could grow into and where she didn't have to spend time doing yard work.

"This home hit all of our family needs, and the biggest thing was that it was about a quarter mile away from my sister and her family," she says. "Each year, we make changes to truly make this our home, and each year it feels warmer and cozier. I love the ability to have my entire family over. You can feel the love radiate through it."

One of Stork-Fleming's favorite parts of her space is the home gym she has been building in the garage.

"In the fall and winter, there is never a night that we aren't sitting or playing games in front of the fire," she adds. "Lastly, you can't beat being minutes away from my sister and the warm smiles, waves and hellos from our neighbors."

In fact, the neighborhood Stork-Fleming lives in feels like the close-knit neighborhood where she grew up.

"We all help and look out for each other," she says. "There are also great wide sidewalks and trails that we use often for biking, running and walks. We are very blessed that our development has a pool directly across the street from our home. I also greatly appreciate that we have easy access to the interstate for my commute, and our location cuts our drive back to my parents by 20 minutes."

During the summer, Stork-Fleming often rides her bike down to the Johnston Farmers Market and other events at Johnston Commons. In the winter, the ice rink is a great way to spend time with family. Stork-Fleming also appreciates how the city puts on events such as Kites on the Green, Summer Concerts at The Yard, Yoga by the Lake and so much more.

Stork-Fleming stays busy in the community by sitting on the City of Johnston's Park Board and Senior Citizens Advisory Board. In addition, she's chair of the Leadership Iowa Board, an ABI Foundation Board member, Dowling Catholic Volleyball Club Board member and member of the planning committee for The Ronald McDonald House Wine, Women & Shoes event.

"I am very pleased with my decision to move to this community," she says of Johnston. "We are so proud to be a part of it." ■



Alyson Stork-Fleming moved to Johnston to be close to family and enjoys the many amenities offered in the community.



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Kids are back to school, and although that means the end of relaxing summer days, it also brings routine. Make sure you are checking out our events below and adding the chamber to your routine.

Some events you might want to add to your schedule include this month's Chamber Networking Luncheon where all attendees will have an opportunity to speak to the room. Then join us in October alongside JEDCO for the Community Development & Bus Tour with networking afterwards and live music at The Cork 50131.

One of our favorite events, our Annual Golf Outing at Hyperion Field Club, was held in August. Although it was one of the hottest days of the year, we appreciate those who joined us. We also want to thank all our sponsors for their involvement and help to put it on. Thank you to our Premier Sponsor: Academy Roofing & Sheet Metal Co.; our Hole in One Sponsor: Bob Brown Chevrolet & Premier Chevy Dealers; Our Sign Sponsor: Lashier Graphics and Signs; our Green Sponsors: Christopher's Rare Coins, Johnston Living Magazine, and Nelsen Appraisal Associates; and our Tee Sponsors: 72 Degrees Heating & Cooling, All Star Concrete, LLC, Athletico Physical Therapy, Bank Iowa, Bishop Drumm, Bomber's Golf & Entertainment District, Charter Bank, Dynasty Homes, Foth Infrastructure & Environment, Johnston Hy-Vee, Corteva, Reliable Maintenance Company, Thrivent and West Bank.

If you're interested in being more involved in our events, it's never too late to reach out. Did you know, as a new member, you can host a ribbon cutting for free? We will add your event to our calendar, invite members and provide the ribbon. This is a great way to promote your business and bring the community to your front door. Contact Sam to get your ribbon cutting scheduled.

The Johnston Chamber is growing its Young Professional group. If you are looking for a place to connect, build relationships and meet other YPs, join the Johnston Chamber of Commerce's YP membership. You'll enjoy all the benefits of the chamber as well as exclusive YP events. Already a member? Contact Sam to be put on a YP list.

We want to welcome those who have joined us and recognize them for being active members of our community. Welcome Clarity Hyperbarics and Vero Health Center. Be sure to stop by or check out these companies and what they have to offer.

Upcoming events

- **Business After Hours** – State Farm Insurance, Thursday, Sept. 7, 5 p.m.
- **Breakfast Before Business** – American Pacific Mortgage, Thursday, Sept. 21, 7:30 a.m.
- **Johnston Chamber Monthly Luncheon** – Open networking luncheon, Thursday, Sept. 22, 11:30 a.m.
- **Business After Hours** – Bishop Drumm Retirement Center, Thursday, Oct. 5, 5 p.m. ■

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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'THE Fair'

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Charlotte Bird



Reba Joshua and Sam Keenan



Marge McCrory



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Betty Baule



Jerry Miller and Allan Sander



Katie Norris



Shirley Titus, Mindy Greiman and Adalyn Greiman

OUT & ABOUT



Kaylee Lauren at the Johnston Farmers Market, Johnston Town Center, on Aug. 15.



Satviki McCombs and Kiran McCombs at the Johnston Farmers Market, Johnston Town Center, on Aug. 15.



Beth Hansen at the Johnston Farmers Market, Johnston Town Center, on Aug. 15.



Mari Hall and Pat Martin at the Johnston Farmers Market, Johnston Town Center, on Aug. 15.



Brenda Ballard and Jenni Buchanan at the Johnston Chamber Business After Hours Aug. 3 at Edencrest at Green Meadows.



Christy Cline, Ryan Rohlf and Thomas Lashier at the Johnston Chamber Business After Hours Aug. 3 at Edencrest at Green Meadows.



Katie Woodward and Carson Odle at the Johnston Chamber Business After Hours Aug. 3 at Edencrest at Green Meadows.



Reonna Synder and Jennifer Sayers at the Johnston Chamber Business After Hours Aug. 3 at Edencrest at Green Meadows.



Samantha Winebrenner and Jay Mathes at the Johnston Chamber Business After Hours Aug. 3 at Edencrest at Green Meadows.



Anne Schoenauer, Lisa Proctor, Heather Richardson and Tara Bauer at the Johnston Booster Bash held at Johnston High School Stadium on Aug. 20.



JJ Shaw, Caleb Hanson and Collin Hodapp at the Johnston Booster Bash held at Johnston High School Stadium on Aug. 20.



Mitch Naig, Tanner Downs, Austin Gray and Quinn Russell at the Johnston Booster Bash held at Johnston High School Stadium on Aug. 20.



Allie Christensen and Lauren Elsberry at the Johnston Booster Bash held at Johnston High School Stadium on Aug. 20.

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