

JOHNSTON

JANUARY 2024

Living

MAGAZINE

Class act

**Residents share why they
continue to expand their
horizons through learning**

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WE NEVER stop learning

My father was one of the smartest people I have ever known. He seemed to know a little bit about everything, and if he didn't know about it, he wanted to learn. All of this came from a man who only had a formal education through eighth grade.

As a teenager, Dad started working full time to help care for his family, and then he was off to serve his country in Korea. When out of the military, he married and started his own family. Life moved along quickly, but he never stopped learning.

Meanwhile, Dad continually encouraged me to focus on my education. He supported me to go to college, and he inspired me to continue to learn throughout my life. "Once you have an education," he told me, "nobody can take that away from you." How true.

Most all of us recognize that life's lessons are taught both inside and outside of classrooms, but there is something satisfying about taking a formal class, earning a certificate or completing a degree. It's about having an end goal, finishing something you started, accomplishing a dream. And it doesn't always have to be about getting some initials behind your name.

Mary wanted to learn how to play the guitar, so she signed up for classes at the local community college.

Bob sold his newspaper while in his 50s and decided to go to law school. He continues to be a practicing attorney today.

Lyle retired as the president of a successful company and signed up for culinary classes.

Denny decided to pursue his dream of teaching and took night classes to earn his education degree while continuing in his current job.

And Gladys, well into her retirement years, continued to attend industry conferences and earned her formal sales training certification.

All of these friends of mine saw the value in continuing their education. In this month's cover story, you will discover how others have sought to continue their learning opportunities. I hope their stories will inspire you to expand your knowledge as well.

Have a great month, and thanks for reading. ■

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Class act

Residents share why they continue to expand their horizons through learning

By Ashley Rullestad

You learn something new every day. Sometimes it's by accident, but sometimes it's intentional. Some continue their education out of necessity — to maintain a license, for example — while others enroll to further their career or launch a new one. Still others simply want to learn a new hobby or expand their horizons. Whatever the case, the thirst for knowledge knows no age limit or bounds. And plenty of opportunities — in person and online — are out there to quench it.

Paula Farrell encourages older adults to take classes that interest them.

Growing as a gardener

Paula Farrell has been gardening for more than 25 years. She credits some of her interest in the hobby with visiting her mother-in-law and learning from her. In that time, she's learned a lot, but she decided to kick it up a notch this year and complete the Master Gardener program.

The Master Gardener program is a volunteer service program where adults are given advanced training in horticulture in exchange for volunteer service to the community. Through their participation in educational activities, Master Gardeners also increase their own personal knowledge in horticulture.

"This year I decided I should do it because I wanted to learn more about gardening," says Farrell. "It's not probably that big of a deal to me to know things like the Latin names of all the plants, but for a lot of people I'm friends with, they do like to know those things. It's about doing something new for me. A friend is a Master Gardener for Polk County, and she recommended it."

To complete the course, gardeners spend time studying a Master Gardener resource guide

and participate in learning sessions in-person. The course lasts about 12 weeks, and gardeners show the knowledge they have gained through an exam at its completion. Once they are done, new gardeners are expected to volunteer a minimum of 40 hours at various gardens, like the one outside the agricultural building at the Iowa State fairgrounds.

Farrell says she enjoyed the course and the knowledge that she gained — even the stuff she wasn't initially interested in.

"I was a little surprised that I didn't mind reading all the technical stuff like pesticides and grasses and turf and things like that, but I enjoyed learning more about it," she says. "If you think you want to try something, just do it. Go out of your comfort zone and try it. If you don't give it a try, you won't know if you like it."

Farrell has also shared her knowledge with others. She's taught a class on ikebana, the Japanese art of flower arranging, at the Johnston Public Library. Much of her knowledge has been gained through her own research and a lot of trial and error, but she's happy to help share it with others interested in



Paula Farrell enjoys the Robert D. Ray Asian Garden. She has pursued her passion for gardening by becoming a master gardener.

pursuing new hobbies themselves.

"When I was thinking that I might want to pursue ikebana as a part-time business, what I found out was, learning new things, especially as an older adult, is that it's better for your memory and your brain to keep learning new things."

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From student to teacher

Julia McGuire became interested in beekeeping after her daughter applied for and received a youth scholarship from the Iowa Honey Producers Association. The scholarship provides kids ages 13-16 the opportunity to learn beekeeping from a local mentor. The beekeeping mentor teaches participants how to work with a live beehive, which they keep once the program is complete.




“She got busy and went to college, and we still had bees in the backyard. I knew one of the best ways to learn how to do something is to teach it. So, I decided to start teaching.”


McGuire started in 2013 and has taught for several different organizations, including Johnston Community Education. Her students all have different reasons they’re interested in beekeeping, and they’ve been able to learn from each other. McGuire has had repeat students taking Beekeeping 101, 201, and a class about keeping bees over the winter.

“I try to stay up with the latest research on bees, and just listening to students throughout the years has gotten me to a place where I can see there are some common challenges that have



Julia McGuire teaches beekeeping classes through Johnston Community Education.








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propelled me forward in my own learning,” she says.

McGuire has also applied for grants to assist her along the way. Recently a grant allowed her to conduct learning circles to do hands on in-depth teaching with students. She has also created a field guide that includes information on bloom times of local flowers along with bee chores you should be doing during those times.

“Everyone learns in different ways, and learning is never over when you reach a certain age. I’d encourage anyone to follow their curiosity, wherever it takes you,” she says.

A new career

Katie Nadler married young and started a family at age 23. She worked full-time until her then-husband finished his degree at Drake University, opting to stay home with their son, Sam, after he was born. Nadler was a stay-at-home mom for 20 years and homeschooled their four sons from kindergarten until they went to Summit Middle School. At 43, life threw her a curveball, and she got divorced.

“Once we separated, I knew I would need to find a way to provide for myself,” she says.

Nadler had help from a colleague of a friend who advised students at Grand View and who helped women in her situation with career development. She had Nadler take a personality/career suitability questionnaire that helped her to identify the best areas that fit her personality and interests. Healthcare was at the top.

“I had always felt an interest in helping people, especially older populations,” says Nadler. “I went with my mom to a college visit alongside young girls the same ages as my sons. Their mothers were women my own age. But I



Katie Nadler with her sons, Sam, 21; Gabe, 19; Joe, 17; and David, 15. Despite being busy with her children, she is studying to be a nurse.

knew that many people go back to school later in life, and I thought to myself, ‘If they can do it, I can do it.’ ”

Nadler was motivated by the desire to support herself. Once she decided to go to Mercy College of Health Sciences and pursue a career in healthcare of some kind, she put her head down and took the necessary steps to borrow the money she needed and signed up for classes. She started with prerequisites and, during that time, the idea of nursing continued to intrigue her.

“I had a friend whose daughter was at Mercy in the nursing program, and I would hear stories of her work at the hospital as a patient care tech. I liked the idea of working hands-on with patients, so I went to the academic advisor and changed my major to BSN, bachelor of science in nursing.”

She began school in January 2022 and will graduate in December 2024. These days, Nadler says she is a much better student than she ever was before. She’s interested in the content, and it builds on itself being in a nursing program.

“I have also made some dear friends through school. There is something that bonds a group of people who go through nursing school together,” she says. “There is a group of about 20 of us in a cohort who take classes each semester together. We cheer each other on and have been in unique settings together as we have been in clinical settings experiencing real life clinical situations for the first time. I am sure I am making friends for life.”

Her youngest classmates are her kids’ ages and others are in their 30s with their own kids. Some of her classmates call her “school mom.”

It’s hard sometimes to balance her work as a student nurse tech at Mercy Hospital, school/homework, and her kids.

“Sometimes we order pizza more than I would like, but we’re doing OK,” says Nadler. “And, my third son, Joe, who is a senior at Johnston, has said a few times, ‘You’ve been doing more important things.’ That has meant a lot to me.”

For those who think it’s too late to start over, Nadler disagrees.

“Jump in and let the chips fall. You are probably stronger than you think. I have learned a lot about myself, and, even though I am in my mid-40s, it isn’t too late,” she says. “I am very excited about the future. There is a whole world out there that I am excited to see.” ■



One of the popular offerings right now through Johnston Community Education is pickleball class.

YOUR PARENTS had it easy

This year, the U.S. population will reach Peak 65. This is the point at which an estimated 12,000 people will turn 65 each day, according to U.S. Census Bureau. That means 4.4 million Americans will turn 65

this year. By the end of 2030, all baby boomers (those born between 1946 and 1964) will be older than 65. And those baby boomers have more responsibility than their parents did when it comes to saving for retirement.

My grandfather retired from a 40-year career at Ford Motor Company in the 1980s. With my grandmother, he traveled the country in an RV, living off his pension, Social Security, and a little savings. In the 1980s, 60% of private sector workers were offered a pension plan. By 2020, that number dropped to around 4%.

With fewer pensions, many have to rely on Social Security, their own retirement savings



and make lots of decisions. A married couple can have up to 81 options when it comes to electing Social Security. The difference between electing at 62 and 70 can be tens of thousands of dollars. The benefit is designed to replace 30-40% of income in retirement, but with an influx of retirees, many are concerned about the future of this “guaranteed” retirement income. If no legislative action is taken, Social Security reserves would be depleted by 2034. Lawmakers have suggested boosting tax rates on benefits, increasing payroll taxes, and changes to the annual cost-of-living adjustments are all options to shore up the funds.

With a pension, saving for retirement was pretty hands off for my grandpa. His employer made the contributions, managed the plan, then gave him a couple of choices about how he wanted to receive the money in retirement.

Today’s employee-sponsored plans, like a 401(k) or 403(b), require more work on your part. You have to choose the investments and contribution amounts. Then retirement hits,

and you have even more choices. Choices about how and when to spend and invest the money — all while keeping in mind your retirement tax bill.

Whether you plan to retire this year or in ten years, there are things you can do to maximize the money you’ve worked so hard to save. Working with a retirement planner can help you take the burden out of the decision making and put together a customized plan that will show you how you are going to invest, spend, pay for health care, and more so you can enjoy RV trips, time with grandkids or whatever is on your retirement bucket list. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Sources: O’Connor, B. (2023, August 16). Over 12,000 Americans Will Turn 65 Every Day in 2024. Are You Ready?; Ultimate Guide to Retirement: Just How Common are Defined Benefit Plans?; March 2023 Summary: Actuarial Status of the Social Security Trust Funds

What is the annual limit on a Roth conversion?

A. \$5,500

B. \$6,500

C. \$20,000

D. No Limit



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WEAR your sunglasses

Wearing sunglasses in the winter may seem counterintuitive to some, as the season is often associated with cold temperatures, overcast skies and shorter days. However, protecting your eyes from the sun's rays during winter is just as important as it is in the summertime. In fact, the winter months can bring unique challenges to eye health that make wearing sunglasses a crucial accessory.



One of the primary reasons to don sunglasses in winter is the presence of snow. Snow-covered landscapes can reflect up to 80% of the sun's ultraviolet (UV) rays, intensifying their impact on your eyes. This reflection, known as snow blindness or photokeratitis, can lead to temporary vision loss, eye discomfort, and sensitivity to light. Quality sunglasses with 100% UV protection act as a barrier, shielding your eyes from these harmful rays and reducing the risk of snow-related eye issues.

Moreover, winter doesn't mean the absence of UV radiation. Even on cloudy days, UV rays penetrate cloud cover, posing a potential threat to your eyes. Prolonged exposure to UV rays has been linked to various eye conditions, including cataracts, macular degeneration, and photokeratitis. Wearing sunglasses during the winter acts as a preventive measure, safeguarding your eyes from the cumulative effects of UV exposure.

Beyond UV protection, winter sunlight can be particularly harsh and glaring. Low-angled sunlight, combined with reflective surfaces such as snow and ice, can create a blinding effect. This intense glare can cause discomfort, eye strain, and even headaches. Sunglasses with polarized lenses are especially effective in reducing glare, enhancing visual comfort, and providing better clarity in challenging winter conditions.

Additionally, wearing sunglasses in winter contributes to overall eye comfort. The cold, dry air during winter can lead to dry eyes, causing irritation, redness and a gritty sensation. Sunglasses act as a barrier against the wind, reducing the risk of dry eye symptoms and keeping your eyes more comfortable in the winter chill.

Choosing the right sunglasses for winter is essential, and, if purchasing corrective lens sunglasses, they may be covered by insurance. Opt for a pair that provides 100% UV protection and consider lenses with polarization to minimize glare. Wraparound styles can also offer additional coverage, protecting your eyes from wind and peripheral sunlight.

Wearing sunglasses in the winter is not just a fashion statement; it's a practical and health-conscious decision. By prioritizing eye protection during the colder months, you can safeguard your vision, reduce the risk of eye-related issues, and ensure a more comfortable outdoor experience in diverse winter conditions. ■

Information provided by Janis Van Ahn, Health Insurance Advisor LLC, 5870 Merle Hay Road, Suite A, Johnston, 515-225-9994, jvanahn@health-insadviser.com. Contact Health Insurance Advisor if you have questions about individual vision insurance or vision coverage that is available through Medicare Advantage Plans.

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WINTER safety tips for seniors

As February dawns, we look to our friend — and famous groundhog — Punxsutawney Phil to predict how long our winter will last. Phil has a nearly 40% success rate, and, living in Iowa, we thought it might be a good time to remind our Johnston readers how to stay safe this winter.



Dress for success: Staying dry and warm is a primary concern when you must go outside during the winter. Make sure you are dressing in two to three lightweight layers versus one heavy layer. Break out those thermals. Don't forget your hat, gloves and a scarf you can use to cover your mouth and nose.

Take precautions against falls: It is easy to slip and fall in the winter due to snow and ice. You should stay inside until walkways are

cleared, wear non-skid shoes and, if you walk with a cane, make sure the rubber tip is not worn smooth and gives you some grip. You can also purchase an "ice grip" attachment for your cane to give you more stability.

Make sure your vehicle is ready for winter driving: If you must drive in poor weather, make sure you tell someone where you are going and when you will be expected back. Have your car winterized. Check your tires, antifreeze and windshield wipers. Repurpose an old spice shaker with rock salt and keep it in your cup holder so you can sprinkle the rock salt before you exit your vehicle. Stock your car with other winter safety items like blankets, flashlight, jumper cables and an ice scraper.

Prepare for power outages: Winter storms can cause a loss of power. Make sure to have flashlights, extra batteries, drinking water and plenty of warm blankets until power is restored.

Hydrate and eat a healthy diet: It is

always important to drink enough water, even in the winter. Dehydration and lack of a balanced diet can be dangerous for older adults and could mean falls, depression, cognitive declines and other serious health complications.

Ask for help: Whether it is clearing snow, getting groceries, or winterizing your car, let your family, friends and neighbors know how to help. There is also the option to hire these services to be done. Some senior living communities are happy to recommend people who would be able to fulfill these needs. Wintertime can pose some challenges to older adults, but, with a little planning and following our tips, you can stay safe. Spring is just around the corner. ■

Information provided by Susan Babcock, Community Relations Coordinator, Edencrest at Green Meadows, 6750 Corporate Drive, Johnston, 515-250-3052, WelcomeGM@EdencrestLiving.com.



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JOHNSTON Rotary 2023 Christmas celebration

The Johnston Rotary club celebrated the holidays the evening of Dec. 5 with a club gathering at Hyperion Field Club. In typical Rotary fashion, our motto of "Service Above Self" was the focal point of the evening. Resident social and activities gurus Pam Kucera and Al Meyer put together a poker chip charitable box program for the evening with some extra club funds that needed a higher calling. Each local charity that presented to Johnston Rotary during the year was assigned a chip box, and upon arrival at the party, each Rotarian was given \$250 in chips to distribute to the charities closest to their hearts. It was a wonderful evening, and, in total, \$5,000 was distributed among the following organizations:

- **Adventures in Social Development:** Social drumming and drama are used to synergize interactions between communities and their protected populations, establishing healthy relationships and supported social networks.
- **Alzheimer's Association:** Leading the way to end Alzheimer's and all other dementia.
- **Bras for the Cause:** Raising funds to eradicate breast and cervical cancers. The group ensures uninsured and underinsured Iowans have access to mammograms, cervical screenings and related medical programs and projects.
- **CASA: Court Appointed Special Advocates.** Advocates are ordinary people who volunteer their time and talents to assist children who have experienced abuse or neglect.
- **Children's Cancer Connection:** Connecting families affected by childhood cancer by providing opportunities that encourage relationships and strengthen community.
- **Dorothy's House:** Providing support, a safe place, resources and love to those recovering from a life interrupted by human trafficking.
- **Exodus 5.1:** Freeing people suffering slavery in Pakistan by literally buying their lives out of servitude then assisting with housing, food, employment, kids education and church pairing for six months after liberation.
- **Godspeed Equine:** A non-profit, faith-based equine therapy program helping young people grow, heal and find hope using horses and the love of Jesus.
- **On With Life:** Serving those who have suffered traumatic brain injury. Joining hands, hearts and minds to help persons living with brain injury get "On With Life."
- **Tori's Angels:** Raising funds to support the families of children who have life-threatening medical conditions. Funds help with travel, uncovered treatment costs, meals, etc.
- **Urban Bicycle Food Ministry:** Serving radical hospitality one burrito at a time. Each Thursday of the week, all year long, they prepare and deliver hundreds of food and personal items by bike and car to those most in need in the greater Des Moines area.
- **USO Iowa:** Strengthening America's military service members by keeping them connected to family, home and country — throughout their service to the nation. ■

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.

2024 RESOLUTION: VOLUNTEER MY TIME!

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Johnston Rotary Club UPCOMING EVENTS

Tuesday, Jan. 9: Dan Knoup, Home Builders Association of Iowa

Tuesday, Jan. 16: Ed Arnold & Alex Barker, Iowa Wolves - Wolves Polio Plus

Tuesday, Jan. 23: Todd Jacobus, IA Department of Veteran Affairs

Tuesday, Jan. 30: NO MEETING, Meals from the Heartland



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THE IMPORTANCE of a will

Occasionally, clients believe that they don't need a Last Will and Testament. Reasons for this vary, including the assumption that the person's family knows how assets are to be distributed or the belief that verbal instructions or written lists are sufficient. Without a formal will, however, assets must pass according to Iowa law.

If you die without a will, the probate court appoints an administrator for your estate. The court's choice may not match your choice. The court-appointed administrator will distribute your property according to the state intestacy laws. These laws may differ from your desires.

In Iowa, if you die without a will (intestate), and if you have no children or children only



from your current marriage, your entire estate passes to your surviving spouse. However, if you have children from another marriage, your surviving spouse will receive either one-half of your estate or the first \$50,000, whichever is greater. Your children will share equally in the remaining portion of your estate. That may come as a surprise to a client who assumes a surviving spouse will inherit everything.

If you have no surviving spouse, your estate will be divided equally among all of your surviving children. While this includes adopted children, it does not include stepchildren. If you have no surviving spouse and no children, the rules of inheritance follow a strict pattern to your parents, then to your siblings (the children of your parents), then to your grandparents and the children of your grandparents. In the absence of surviving family members, your entire estate could revert to the state of Iowa.

These rules assume you want all of your immediate relatives to share equally in your estate. But you may not want certain relatives to receive assets from your estate. Significantly, the intestate rules do not account for the needs of heirs with disabilities.

In a legally-executed and properly drafted written document — your Last Will and Testament — you can nominate the representative of your estate and set out a plan for dividing your assets. The major benefit of a will is that it allows you to direct the distribution of your estate according to your wishes, rather than according to statute.

If you need to update your will, or if you need to create one for the first time, consult with an experienced estate-planning attorney. ■

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

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RECIPE

SET the menu for a successful year

(Family Features) If your goals for 2024 include a healthier lifestyle and added nutrition, your mission is likely to start with a refreshed menu. Add a few newfound favorites to this year's rotation like wraps, salads and smoothies to power each day and propel yourself toward wellness success.

Planning and executing a more nutritious menu can often be thwarted by lunchtime cravings or busy weeknights that leave little time to cook at home. Rather than giving in to those takeout temptations, turn to easy recipes you can create yourself with just a few simple, on-hand ingredients.

Grab tortillas out of the pantry and a few favorites from the refrigerator to make these BLT wraps with avocado spread, which are perfect for meal-prepping weekday lunches or whipping up at a moment's notice for a family dinner. Bacon, a nearly unanimous favorite, teams up with a homemade avocado spread, lettuce and tomatoes for fresh taste without the hassle.

For a satisfying meal without leaving behind health goals, serve with a hearty salad or Spanish rice and banana peppers on the side. ■

BLT wraps with avocado spread

Servings: 4

- 8 slices bacon
- 1 avocado, peeled and pitted
- 1/4 cup sour cream
- 1 lime, juice only
- 1/2 teaspoon hot sauce
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 4 flour tortillas
- 4 large red leaf lettuce leaves
- 2 large tomatoes, cut into 1/4-inch slices
- Spanish rice (optional)
- banana peppers (optional)

Directions

- In large skillet, cook bacon until crispy. Drain on plate lined with paper towels. Set aside.
- In medium bowl, mash avocado, sour cream, lime juice, hot sauce, Worcestershire sauce and salt with fork until combined and smooth.
- Spread thin layer of avocado mixture over tortillas. Layer with lettuce leaves, tomatoes and bacon. Fold sides up and roll.
- Serve with Spanish rice and banana peppers, if desired.



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CITY HALL AND PUBLIC LIBRARY CLOSED FOR THE MLK HOLIDAY

Johnston City Hall and the Johnston Public Library will be closed on Monday, January 15, in observance of the Dr. Martin Luther King, Jr. holiday. Please note that your trash and recycling pickup days will remain unaffected during this holiday. The Johnston City Council work session and meeting, originally scheduled for Monday, will now be held on Tuesday, January 16.

SNOW REMOVAL ON YOUR SIDEWALKS AND PRIVATE PROPERTY

Following a snowfall, it's essential to clear the snow from your sidewalks within 48 hours. Property owners are responsible for maintaining clear sidewalks adjacent to their property. In addition, it's important to note that property owners with double frontage lots must ensure the clearance of sidewalks along both streets that abut their property. Failure to do so within the specified time frame may result in a fine. Prioritizing sidewalk clearance is crucial for public safety, even if you don't personally use them during winter.

If you notice a resident who hasn't cleared their snow within the stipulated time, please contact the Building Department at 515-727-7778. Your cooperation ensures a safer and more accessible environment for everyone in the community. Thank you for your commitment to community safety.

Acknowledging that private driveways and properties fall outside the purview of our snowplow operations is imperative. Unlike their heroic efforts on public roads, these resources are not deployed for the clearance of private spaces.

SIGN UP FOR NEWSLETTERS TO STAY INFORMED

Join us by subscribing to our electronic newsletter! Delivered every Thursday, it provides a concise and informative snapshot of Johnston's key events and developments.

Monthly editions are sent out on the first of each month. Don't miss out—sign up at www.cityofjohnston.com/enewsletter to stay in the loop!



The form is titled "Sign up to stay in the know!" and includes fields for Name, Email, and Address. It also has a "Sign up" button and a "Privacy Policy" link.



CITY NEWSLETTER

JANUARY 2024



CROWN POINT COMMUNITY CENTER CLOSING IN JANUARY

The Crown Point Community Center is set to temporarily close its doors after Friday, January 19, embarking on an exciting journey of major renovations. Please note that no facility rentals will be available for the entirety of 2024.

For our cherished senior community, meal services will conclude on January 19 unless there's a delay in the project start date. We are committed to ensuring meals continue for as long as possible during this transitional period. Meals after this date can be received in NW Des Moines or Grimes.

Stay informed about the progress of this transformative project by visiting www.cityofjohnston.com/1278.

Your patience and understanding are greatly appreciated as we work to enhance the community center for an even better experience in the future.



SAVE THE DATE FOR THESE UPCOMING EVENTS

It is going to be a busy year in the City of Johnston. We look forward to seeing you at events in The Yard and recreational activities at Terra Park. We wanted to ensure you save the date for these upcoming events.

- **Annual Tree Sale on Tuesday, April 9:** The sale begins online at 8:00 a.m. In early 2024, we kindly request residents interested in purchasing a tree register and create a new account in the system where the trees will be purchased. The city will send a notification through Notify Me and social media. This action will streamline the process when you choose a tree during the sale.
- **Spring Cleanup on Monday, April 15 and Tuesday, April 16:** Please ensure items are at the curb by 6 a.m.
- **Tree Branch Cleanup on Thursday, April 18, Friday, April 19 and Saturday, April 20:** Hours of drop off vary by date.
- **Kites on the Green on Saturday, May 4:** Johnston Commons Park, from 10 a.m. to 5 p.m.
- **Family Fest on Saturday, June 1:** Johnston Town Center, 11 a.m. to 2 p.m.

STAY INFORMED ABOUT SNOW ORDINANCE ACTIVATIONS – SIGN UP TO RECEIVE ALERTS!

The Public Works Department wants to make sure you stay informed about parking bans. Sign up for alerts at www.cityofjohnston.com/JohnstonAlerts. If you wish to subscribe to SMS text messages only, text 50131 to 38276. There is also a mobile app available.

For more information about the city, please call 515.278.2344

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Happy New Year

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WHAT IS my Medicare going to cost?



Will your income two years ago change your Medicare premium? How about your IRMAA calculation? Hmm... Not familiar with that acronym? Let's start there. IRMAA stands for Income-Related Medicare Adjusted Amount. This series of letters has to do with what you will pay for your Medicare Part B premium. Now, it may seem that, if you paid into Medicare your whole life, your premium should cost the same as your neighbor's. This is not a safe assumption. In fact, a lifetime of saving for retirement could mean your monthly health insurance premiums are higher than others. I will use a simple example to illustrate this.

Let's assume that John is turning 65 this year and will elect Medicare also. (For the purpose of this example, these numbers happened two years ago.) John made \$70,000 on his W-2 income from employment, and he decided to sell his cabin in northern Minnesota the same year. (He hadn't been there much in the last few years, and he couldn't turn down a great offer.) It sold for \$150,000 more than he purchased it 15 years ago. Therefore, John's adjusted gross income in 2021 was \$220,000.

Here is the challenge: Medicare premiums. Why would thinking about Medicare premiums be the issue here when it happened two years before he turned 65? Medicare determines premiums based on your Modified Adjusted Gross Income (MAGI). When assessing premiums, Medicare does not allow itemized deductions (even if John had a lot of expenses necessary to fix up the cabin before he sold this investment property).

In 2023, this year, John would have paid:

- \$527.50 a month for Medicare Part B (\$6,330 for the year), and
- \$70 a month for Medicare Part D (\$840 for the year)

If John had not sold the cabin in 2021, his 2023 Medicare premiums would have totaled \$1,979 (\$164.90 x 12) versus \$7,170. For John, his IRMAA created an extra annual tax of \$5,191. Again, when most of his neighbors may be paying a lower premium this year, his will be higher for one year.

There are a lot of examples of this that many near retiree and retired individuals are not aware of, for example:

- ROTH IRA conversions of too much or in the wrong year
- Spending your 401K at higher levels in the first couple years of retirement, as is the pattern for the newly retired
- Opportunizing on cap gains when the market may be taking a drop (selling high)
- What about increased donations thinking you would itemize the charitable gift
- What if you needed to use your retirement to assist with necessary medical expenses

So, what is the takeaway? There are so many things to consider when retiring, and many people don't go looking for assistance on these issues until months before retirement. Whether right or wrong, most of us don't think about these choices that were made two to three years ago. Don't forget to keep your financial adviser in your financial decisions and consider involving one a decade before the big day. ■

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.

SETTING the record straight about hospice care

Anytime is the appropriate time to start a conversation about living with — or helping a loved one live with — a life-altering illness, and about the fact that compassionate care can help ensure quality of life. If you're wondering if a loved one could benefit from hospice care, the information below, compiled with assistance from the American Hospice Foundation, might help you start a discussion with your family member's healthcare provider.



with cancer.

Truth: More than one-half of hospice patients nationwide have diagnoses other than cancer. Hospice commonly serves patients who are living with chronic diseases such as Alzheimer's disease, COPD or cardiovascular and neuromuscular illnesses.

Myth No. 4: Hospice is for people who don't need a high level of care.

Truth: Hospice programs employ experienced medical and nursing personnel with skills in symptom control. They offer palliative care, using advanced technologies to prevent or alleviate distressing symptoms.

Myth No. 5: Hospice services are expensive.

Truth: Most hospice patients age 65 or older are entitled to the Medicare Hospice Benefit, which covers virtually all hospice services and requires the person to pay little in out-of-pocket costs. This means no financial burdens are incurred by the family — a situation that can contrast sharply with major expenses that can be incurred to manage a life-limiting illness when hospice is not used.

Myth No. 6: Families are discouraged from involvement in a loved one's hospice care.

Truth: On the contrary, hospice care can benefit family members nearly as much as it can benefit patients. One of the gifts of hospice is its capacity to help families realize how much can be shared at the end of life through personal and spiritual connection. As part of a family-centered concept of care, hospice focuses almost as much on supporting a patient's family members as on caring for the patient. It's not unusual for family members to look back upon the hospice experience with gratitude.

As you search for the hospice program that's the best fit for your loved one and family, please don't hesitate to initiate honest conversations about the aspects of hospice care with which you're unfamiliar. Representatives of any qualified program should be more than ready to help ensure you are comfortable with the important decision you're making on behalf of someone who means so much to you. ■

Aaron Wheeler is vice president of Home and Community-Based Services for WesleyLife, which offers health and well-being services in Iowa and Illinois through communities and an array of at-home services. To learn more, please visit wesleylife.org.



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— Bob and Judy Ruch, Urbandale

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To learn more, contact Maria at Brio at (515) 252-5380 or mjordan@wesleylife.org. We'd love to welcome you!



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HEALTH

By Paul Guerdet

THE JOYS of novelty

We're hitting that time of year when the temperature drops and we all start to settle in for winter. It's easy this time of year to fall into routines and go on autopilot from day to day. This isn't necessarily a bad thing, but, after a while, we do have to be careful with how routine can affect our mood. After a while, having the same daily routine can dull our mood and leave us more susceptible to the winter blues. If you find yourself feeling this way, it may be time to add a bit of novelty to your life.



When I talk about ways to add novelty into your life, it's important not to overthink it, something many of us are guilty of. Adding novelty to your day-to-day life just means to try something new, something different. Novelty could be something as simple as taking a different way to or from work or going to a new restaurant or coffee shop that you've been wanting to check out. Small changes to our daily pattern can allow us to have new experiences, which our brains tend to crave and help us to stave off those winter blues. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, guerdet@sstherapyandconsulting.com.

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PLAN AHEAD

By Scott Eriksen

MAKE your funeral prearrangements

Don't put it off another year. Let 2024 be the year you take care of those tasks that continue to remain on your "to-do" list.

It might be getting a will in place or updated. It might be cleaning out that closet. Or maybe it is getting your funeral prearrangements in place so that your final arrangements will not be a burden to your family and loved ones at a time that will be very emotional and stressful.

We hear it all the time... "I am so glad to have this taken care of."

Planning your final arrangements begins with a simple conversation and can be a pleasant process. Planning ahead allows you time to give the thoughtful consideration these important decisions deserve.

There are many options to think about when addressing your final arrangements, and there are even prepayment options available to those who wish to have their final financial obligations handled in advance.

An advanced planning consultant can walk you through these choices and options.

Start the year by crossing something off your "to-do" list. Reach out to your funeral home of choice and schedule a meeting to get your prearrangements in place. You will be glad you did. ■



Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, www.HamiltonsFuneralHome.com.

THE VERSATILITY of cottage cheese

Packed with protein, cottage cheese is a soft, fresh cheese. Cottage cheese is made by adding an acid, such as vinegar or a probiotic culture, to milk to separate the curds (solid) from the whey (liquid). The curds are then cut into large or small pieces and cooked to release moisture. Rinsing and draining then removes even more liquid and decreases the acidity.



Types of cottage cheese

- **Percentage of fat.** Fat-free, 1% and 2% fat cottage cheese have less saturated fat and fewer calories than the 4% fat variety, which includes cream. Lower fat varieties also generally have slightly more protein.
- **Large curd or small curd.** Large curd cottage cheese tends to be higher in moisture than small curd cottage cheese, so it may be perceived as tasting creamier and sweeter than the latter, but this is not necessarily true. Small curd does, however, tend to taste slightly tangier and more acidic.
- **Lactose-free.** This type of cottage cheese is free of lactose, which is found in the whey of milk and other dairy products. Much of the whey is drained out of cottage cheese, making it naturally lower in lactose than milk. Some people with lactose intolerance can eat cottage cheese with few symptoms.
- **Flavored.** Cottage cheese is sold plain or flavored. Check the label for added sugars, which are often present with fruit-flavored varieties.

I bought cottage cheese... Now what?

- **Sprinkle it.** Make a savory cottage cheese bowl by topping a serving with savory spices such as cumin and black pepper, along with nuts or a drizzle of tahini.
- **Spread it.** For breakfast or lunch, spread it on whole-grain toast and top with brightly colored fruit such as berries or slices of kiwi or avocado.
- **Mix it.** Instead of using mayonnaise, make egg salad or tuna salad with cottage cheese. Serve on a big bed of greens.
- **Scoop it.** For a protein boost, scoop cottage cheese onto a bowl of cooked rice, pasta or oatmeal; swirl it into eggs before scrambling; or top pancakes with cottage cheese and fresh fruit or fruit canned in 100% juice.
- **Dip it.** Use cottage cheese as an ingredient for a creamy ranch dip. Serve with whole-grain crackers or flatbread.
- **Blend it.** Once blended, cottage cheese has the consistency of yogurt or sour cream, but with a less tangy taste. Use it in chocolate pudding, vanilla ice cream and blueberry smoothies.
- **Cook or bake with it.** For recipes such as lasagna or stuffed shells, cottage cheese is often listed as a substitute for ricotta cheese. Some breads and muffins also may include cottage cheese as a protein-rich ingredient. ■

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



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EDUCATION

By T.K. West

MEET Char Brown

Assistant principal at Horizon Elementary School

Char Brown has lived in the Des Moines area her entire life. After graduating from Dowling High School, she attended Drake University where she received a degree in elementary education with endorsements in social studies and coaching.

Brown later returned to school for a reading endorsement from Upper Iowa University and a master's degree in educational leadership from the University of Iowa. Now, after substitute teaching for the Des Moines Public School

District and working for Des Moines Christian School for 22 years, Brown has entered her second year with the Johnston Community School District. She is an assistant principal at Horizon Elementary School.

"I love the Johnston Community School District. I work with the best people who honestly look at the whole child and want to do what is best for kids. I am surrounded by incredible wisdom and people who truly care for families. The staff I work with at Horizon is top notch, and we have opportunities to collaborate and grow together," Brown says.

As an assistant principal, Brown's day typically involves meetings with staff, students and families. She also tries to visit each of the classrooms. Brown not only goes where she is needed but is also part of the Tier 1, Tier II and Tier III teams that help students get what they need to be successful at school.

"I truly love getting to know students and their families," she says. "I love the opportunity to help kids know they are more than their mistakes, and I see great potential in every student here. They have bright futures ahead of them. I want students to know that we learn from our mistakes, and we can all make progress."

Brown adds, the staff members in elementary schools are focused on getting students what they need to be successful and get off to a good start.

"It also is the beginning of school, so helping students develop great skills and habits is a huge part of our day, and I want all kiddos to get off to a great start," she says.

When not working, Brown says she enjoys golfing, bowling, reading and spending time with her friends and family. She and her husband have been married for 29 years. Together, they have four grown children and nine grandchildren. ■



Char Brown at her office at Horizon Elementary.

INDOOR projects that deliver the most bang for your buck

Winter in Iowa means spending additional time inside our homes. It's a great time to get some indoor projects completed. Whether the goal of these projects is to make your home more comfortable and aesthetically pleasing to you or whether you plan to sell your home soon, getting the most bang for your buck is important. Some of these projects are simple, inexpensive and will provide you with the updates that you desire.



- **Paint** is a great way to give your room a clean, refreshing face lift. If you plan to sell your home soon, it is important to choose a neutral color that many people enjoy. Trending now is "greige," a blend of gray and beige. Essentially, it is warming up the cool gray tone that has been trending in recent years without setting us back to the beige of the past. One of the most popular color strips in Sherwin William's library includes Repose Gray. When you choose a color strip to update your home, you can comfortably choose multiple shades from it and know that they will complement each other. Note: If you suspect your craftsmanship is lacking, hiring a professional painter usually pays off.

- In the design world, **fixtures** are often considered the "bling" of your home. They can completely change the look of the room by providing one or more beautiful focal points. Updating an outdated ceiling fan or swapping out a kitchen faucet are good examples of simple projects that can provide a wonderful new look for your room. When selecting a lighting fixture online, make sure to pay attention to the lumens that the light provides. Not enough lumens can lead to dim lighting, which can be a big issue if the fixture is for task lighting. Typical lumens for task lighting are 450-800.

- **New hardware** is another simple, inexpensive way to provide an update to your home. It used to be that all hardware in a room should match, but these days you can use more than one hardware metal. If you choose the latter, it is important to use repetition with both hardware metals to provide a look of intentionality. An example of this: select a gold faucet and gold island pendants, while cabinet hardware remains black. To avoid having to fill the wood and touch-up, note whether your existing hardware has one hole or two.

If you're hesitant to make your own design decisions, many local interior designers offer consultation services that will answer your questions at a reasonable cost. Short on funds to hire a professional? Pinterest is a great resource. However, if you were reading this article with thoughts of selling your home soon, make sure you don't skimp on hiring a Realtor®. Your local Realtor® is the best resource for getting your home ready to sell. ■

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

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Kiwanis of Johnston lunch meeting

The Kiwanis of Johnston lunch meeting will be Tuesday, Jan. 9, 11:30 a.m. at Cozy Café in Johnston. Speakers will be Bob Mitchell and Caroline Peterson. Bob is past Kiwanis Nebraska/Iowa Governor and holds a Permanent Professional teaching certificate from the Iowa Department of Education. Caroline Peterson is a retired teacher and leader of the newly created Building Lives through Reading group that provides books to elementary students to promote reading. The group has now distributed books to K-2 at Capitol View elementary and K-5 at Edmunds through December. They have five months of books yet to acquire and distribute for the remainder of the school year. By the end of the school year, they will have distributed 5,000 books to more than 550 students.

Please RSVP if you plan to attend. Non-members are always welcome. Barb Allen, Kiwanis Club of Johnston, 515-577-2194, Bjallen713@gmail.com.

One Big Table 2024 Gala and Auction

Feb. 22

Hilton Garden Inn, Johnston

Johnston Partnership for a Healthy Community will hold its One Big Table Gala and Auction annual fundraiser Feb. 22 at Hilton Garden Inn in Johnston. Tickets are now on sale and available online at <https://givebutter.com/cZQIKC>. Help fight hunger and give a gift that makes a difference in the community.

Iowa State Fair Flea Market

Jan. 6-7

3000 E. Grand Ave., Des Moines
www.iowastatefairgrounds.org/event-calendar

Find all sorts of goods from antiques, home decor, jewelry and everything in between. This flea market is held each month from January to June and September to December at the Varied Industries Building.



The Winter Wonderpalace

Jan. 6

Raccoon River Nature Lodge, 2202 Park Drive, West Des Moines

The ninth installment of The Winter Wonderpalace allows you to take your little one on a magic winter adventure, where they get the chance to meet four storybook characters inside the Raccoon River Nature Lodge.

Miracle on 86th Street

Through Jan. 8

Charles Gabus Memorial Tree Park, 3600 86th St., Urbandale

Bundle up this winter and stroll through the Charles Gabus Memorial Tree Park. The park features a large, custom-built train and larger-than-life ornamental displays. The park is lit with more than 50,000 holiday lights.

Living Well Classes: Overcoming Anxiety or Depression

Orientation: Thursday, Jan. 18, 7 p.m.
Ankeny First United Methodist Church
Christian Life Center, 710 N.E. 36th St., Ankeny

Two separate Living Well Classes: Overcoming Anxiety or Depression will be held for eight weeks, Thursdays, Jan. 25 through March 14 from 7-8:30 p.m. Classes are confidential and supportive. For information, call Jim White at 515-313-3701 or email jcjlwhite@live.com.



Square Dance Lessons

Sunday nights starting Jan. 14, 6:30 p.m.
Douglas Avenue Presbyterian Church, 4601 Douglas Ave., Des Moines
www.ankenysquares.com

Ankeny Square Dance Club is sponsoring Square Dance Lessons. Cost is \$20 per person for the entire session, accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one call at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-291-2624.

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

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Jan. 20

Historic Valley Junction, 137 Fifth St., West Des Moines
fire-and-ice.dmcityview.com

Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area. ■



NEWS from the stacks

2023 is in the books, and we're ready for the new year. Johnston Public Library is excited to offer a variety of programs to keep you connected and engaged in 2024, including a newly updated website and library catalog for an enhanced browsing experience. Check out the highlighted programs happening in January for kids, teens and adults.

KIDS

Calling all heroes! **Dungeons & Dragons** (D&D) is a tabletop role-playing game (TTRPG) that promotes creativity and problem-solving skills. If you have an upper-elementary school-aged kid who loves fantasy, this four-part Heroes in Training event at JPL may be right up their alley. The series takes place on the second and fourth Mondays in January and February and teaches children the basics of how to play Dungeons & Dragons. Kids in grade 4-5 can register for part 1 of the program and will automatically be registered for the entire series.

Looking for a fun after-school activity? We've got you. Kids in grades K-2 can join us each month for the **Little Bookworms** program. Kids will enjoy a snack and a book from a beginning reader series read aloud with corresponding activities and crafts. For children ages 8 and younger, a parent or caregiver is required to remain inside of the library during this program. Registration required.

TEENS

Have a teen who loves board games? JPL's **Teen Board Game Club** meets the second Thursday of the month from 6-7:30 p.m. Teens have a chance to hang with other game enthusiasts and play a new game each month. Snacks and drinks will be provided. This program is for kids in sixth grade and up. Registration required. On Jan. 11, teens will be learning how to play Mafia de Cuba and One Night Ultimate Werewolf.

Keep the board-gaming going with **Dungeons & Dragons** for teens. D&D for teens meets on the third Tuesday of the month from 6-7:30 p.m. Beginners and experienced adventurers welcome. Bring a character or use one of our pre-made characters. This event is for teens in grades 6-12. Registration required.

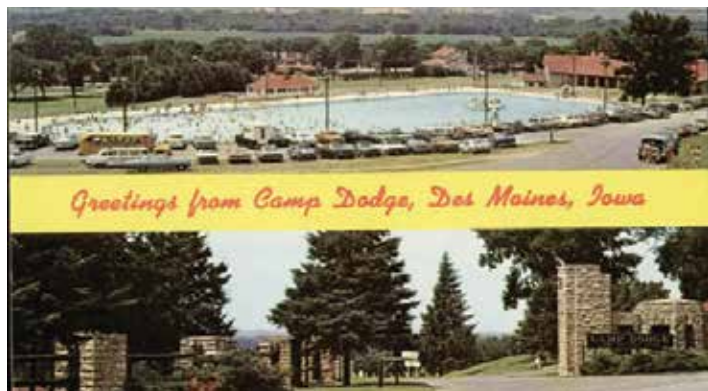
ADULTS

Interested in discovering more about your family's history? Come to the **Ancestry Basics** class on Saturday, Jan. 13 at 10:30 a.m. with Theresa Liewer from the Iowa Genealogical Society. This class will walk you through the basics of using genealogy resources at the library as well as show you how to create a free account to access resources at home. Theresa will concentrate on exploring census records which are one of the building blocks of family history research. Registration is appreciated.

And finally, get curious and learn new things about cultures and people that live in our community. CultureALL is sponsoring an **Open Book** experience at Johnston Public Library on Saturday, Jan. 24 at 10 a.m. Open Book is a community project that creates connections and builds social cohesion through story sharing. At this program, books are our neighbors from diverse backgrounds who are willing to share their personal experiences and their defining moments. Readers are people interested in hearing stories that are real and life changing. Johnston Library is pleased to host James Hmohmo and Manar Yaseen at this event. Registration is required.

More information about all library programs is available at www.johnstonlibrary.com or by calling the Johnston Public Library at 515-278-5233. ■

THE CAMP Dodge pool



A postcard shows the Camp Dodge pool and entrance.

If you were in the area between 1922 and 2001, you might have had the opportunity to dip your toes in the Camp Dodge pool. This mammoth structure was purported to be one of the largest outdoor filtered pools in the world, measuring 350 feet long and 150 feet wide. It contained 300 million gallons of water when it was filled. That first dip took your breath away. It was really cold! It must not have been properly filtered all the time. Larry Madole, a long-time close-by neighbor to the pool, remembers swimming with turtles and frogs at times. Kids could come for swimming lessons after school closed for the summer. They did more shivering than learning to dog-paddle. Later in the season, it was a very popular hangout.

There was one well-known visitor to the pool in the 1930s. Ronald Reagan had a job with WHO radio as a sports announcer. He loved coming to the pool when he wasn't working. Bob Thomas was a member of the Johnston Historical Society and remembered Reagan well. Bob was the son of the Adjutant General at Camp Dodge, and Bob had free rein of the camp. He said that Reagan would drive out to Johnston from his apartment in downtown Des Moines. He drove a sporty open roadster. On the east side of the pool was a slope and a small grove of oak trees. He would drive up the slope and turn around so that the car faced toward the pool. This gave him a shady place to protect his car and also a place where he could jumpstart the car in case the battery was weak that day.

As a young man in Illinois, he worked during the summer as a lifeguard. He reported that, at the pool, he saved a couple of kids who needed help when they headed towards the deep end. Reagan was very popular at the pool.

After hearing this story from Bob, I was curious. Sure enough, there was an oak tree on the slope above the empty pool in the early 2000s. I drove through the gate and went to the slope. Also, sure enough, I found evidence of three stumps cut off at the ground. As I was walking back down to the road, a Jeep carrying an MP drove up. I think he thought I was making up a good story until I showed him the stumps.

As Camp Dodge became the place for training Army personnel from all over the world to repair and maintain heavy equipment, a very nice billet was built on the site overlooking the filled-in pool about 2008. ■



An oak tree and stumps indicating others had once stood on the hill overlooking the Camp Dodge pool gave credence to the story that Ronald Reagan would park his roadster under the trees when he visited the pool.

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CHAMBER

By Samantha Winebrenner

NEW for the new year

Happy New Year! As many start out the new year, they will be making goals and planning for changes to improve their lives — and the Chamber is no different. We are excited to announce we will have a fresh look, an updated website, and new programs such as: meetings with the chamber, Membership 101 and events for our young professionals. Along with these updates, we are also announcing our new motto: “Encourage, engage, and advocate for our members — resulting in a vibrant community.”



We believe this represents who we are, what we do and states our commitment to our members and the Johnston community. There are continuous benefits to being a part of the chamber, and, as we continue to adapt to the needs of our members, they will only improve. If you are thinking about joining, below are ways being a member can benefit you.

Marketing and promoting your business: Take advantage of visibility in the chamber newsletter, on social media, in print (Business Directory and Community Guide) and digital ads, and on our updated chamber website including an exclusive member profile on our site's business directory.

Programs and speakers: Informative, relevant and educational information presented at membership luncheons, community and legislative forums, and other regional events.

Networking opportunities: Getting connected is important, and 2024 offers plenty of opportunities. Check out our events calendar to see what we have coming up.

Conference room space: In our chamber office, we have a boardroom that is available for all members to reserve.

Greater Des Moines Partnership membership: Your membership in the Johnston Chamber includes membership in the Greater Des Moines Partnership. In addition to enjoying all the benefits mentioned above, each member will also have access to the Partnership's resources. Visit www.desmoinesmetro.com/en/about/membership_benefits/ to learn more.

Get involved

This year, don't wait until the last minute. Sign up and get your sponsorship spots early as some are limited. You can pay ahead or opt to be invoiced later. To see all sponsorships, contact Sam or go to the specific event on our Events Calendar, click Register and view all options.

Our Annual Dinner is coming up on Feb. 8. Join us as we celebrate 2023 and look forward to 2024. We will look over the past year and recognize our Ambassador, Business and Citizen of the Year. Be sure to send in your nominations for local business and citizen by Jan. 31.

We hope to see you soon at one of our upcoming events:

- Johnston Jumpstart, Jan. 18, 7:30-8:30 a.m., location TBD
 - Business After Hours, Feb. 7, 5-6 p.m., Adventures in Social Development
 - Johnston Chamber Annual Dinner, Feb. 8, Stoney Creek Hotel
- We look forward to the year ahead and are excited to continue to serve our members. ■

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

WE NEED YOUR NOMINATIONS!

BUSINESS PERSON OF THE YEAR - AND - CITIZEN OF THE YEAR

Winners will be recognized at the Annual Dinner on
February 8, 2024 at Stoney Creek Inn.

**Nominate now at
www.johnstonchamber.com**



Click on the "Annual Awards Nominations" tab.

**Nominations close
January 31, 2024.**

**FOR MORE INFORMATION
515-276-9064 | samantha@johnstonchamber.com**

OUT & ABOUT



Andrea Hodapp and Paula Bierle at the Johnston Chamber Business After Hours held at Christopher's Rare Coins on Dec. 7.



Kathy Mergen and Brenda Ballard at the Johnston Chamber Business After Hours held at Christopher's Rare Coins on Dec. 7.



The Johnston Chamber Tree decorating contest saw several chamber businesses participate in this first annual event. Jenni Buchanan and Karina Gomez with Bank Iowa are pictured.



Joe Parrish and Jennifer Sayers at the Johnston Chamber Business After Hours held at Christopher's Rare Coins on Dec. 7.



Samantha Winebrenner, Brian Dresback and Christine Osborne at the Johnston Chamber Business After Hours held at Christopher's Rare Coins on Dec. 7.



Sharm Sisler and Dan Fitzgerald at the Johnston Chamber Business After Hours held at Christopher's Rare Coins on Dec. 7.



The Johnston Chamber held a ribbon cutting at Neon Heart Salon on Dec. 1.



Sharon Vickery and Erin Poindexter at the ribbon cutting for Neon Heart Salon on Dec. 1.



The Johnston Chamber held a ribbon cutting for Styled by JJ on Nov. 29.



Allan Graham and Julia Bradshaw at the Chamber ribbon cutting for Styled by JJ on Nov. 29.

RIBBON Cutting

Johnston Chamber held a ribbon cutting at Wasabi on Dec. 19.



Johnston Chamber held a ribbon cutting at Wasabi on Dec. 19.



Owner Jay Wang was presented a plaque from Johnston Chamber Treasurer Sharm Sisler.



Ryan Anderson and Julia Bradshaw



Jeff Payne and Heather Miller



Scott Wendl and Lynn Ricke



Paula Bierle and Andrea Hodapp



Annie Mielke and Jenni Buchanan



Sharm Sisler and Phil Dunshee



Tom Cope and Bryan Burkhardt



Ryan Rohlf and Brenda Ballard

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