

JOHNSTON

APRIL 2024

# Living

MAGAZINE



# The gift of a future

Residents share  
their stories of  
organ transplants

Mexican cactus pork stew  
RECIPE

Gardening, kites, pajamas and pizza  
LIBRARY

Second graders to learn from produce garden  
EDUCATION

PRSR STD  
ECRWSS EDM  
U.S. POSTAGE  
PAID  
BIG GREEN  
UMBRELLA MEDIA  
RESIDENTIAL CUSTOMER  
BIG GREEN  
UMBRELLA MEDIA  
8101 Birchwood Ct. Ste. D  
Johnston, Iowa 50131



# BIKE WORLD

TREK FEST

# SALE

NOW - APRIL 30

*HUNDREDS OF BICYCLES  
MARKED DOWN!*

WEST DES MOINES  
5003 EP TRUE PKWY  
515-222-1880

URBANDALE  
6600 DOUGLAS AVE  
515-255-7047

CLIVE  
1710 86TH ST  
515-223-6111

AMES  
126 S 3RD ST  
515-232-3669

**WELCOME**

# IF YOU have a heart...

When our editor talked with me about writing stories on organ transplants, I told her how I once moved a piano. She didn't laugh but instead told me how this was a serious and important subject. She was right about that, and I was insensitive with my reply.

Like most of you reading this, I have not had to deal with organ failure or the need for organ transplants. I am quite thankful for that.

Like many of you reading this, I agreed to be an organ donor when I renewed my driver's license several years ago. I had to pull my license out of my wallet and check it to be sure. You should do so right now, too.

I have some friends who have put great thought into this and how their organs can help others live longer lives. I have other friends who are also organ donors but have not thought about it much at all, having the attitude that they will be dead and don't really care. Regardless of how you feel, those who benefit from your organ donations will be forever grateful, as will their family members and friends.

Mothers will be able to bear children. Fathers will be able to walk their daughters down the wedding aisle. Grandparents will be able to hug their grandkids. And young children can learn to smile, knowing their lives won't likely end anytime soon.

As a regular reader of this magazine, you know we cover a variety of subjects and themes in our cover stories. In the past few months alone, we have written about the benefits of hiring senior employees, dream vacations for local families, ongoing educational opportunities, Christmas card traditions, early risers and more. Some topics have been light-hearted while others have had more serious tones.

As you have likely figured out by now, this month's cover features the stories of local residents and the positive impact of organ donations. I got choked up while reading it, and I found the stories to be incredibly touching. I think you will, too.

If you are not an organ donor, I hope these stories change your mind and have you consider becoming one. We share details on how you can do so, along with the heart-warming stories of local residents who are deeply grateful for those who already have. Be sure to read the story, but grab some tissues first.

Thanks for reading. ■

**SHANE GOODMAN**  
President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305

If you enjoy reading our monthly Johnston Living magazine, you may also enjoy our weekly newsletter, delivered via email. **Subscribe by visiting [www.iowalivingmagazines.com](http://www.iowalivingmagazines.com).**



**Tammy Pearson**  
Editor  
515-953-4822 ext. 302  
tammy@iowalivingmagazines.com

**Andrea Hodapp**  
Advertising Account Executive  
515-883-0523  
andrea@iowalivingmagazines.com

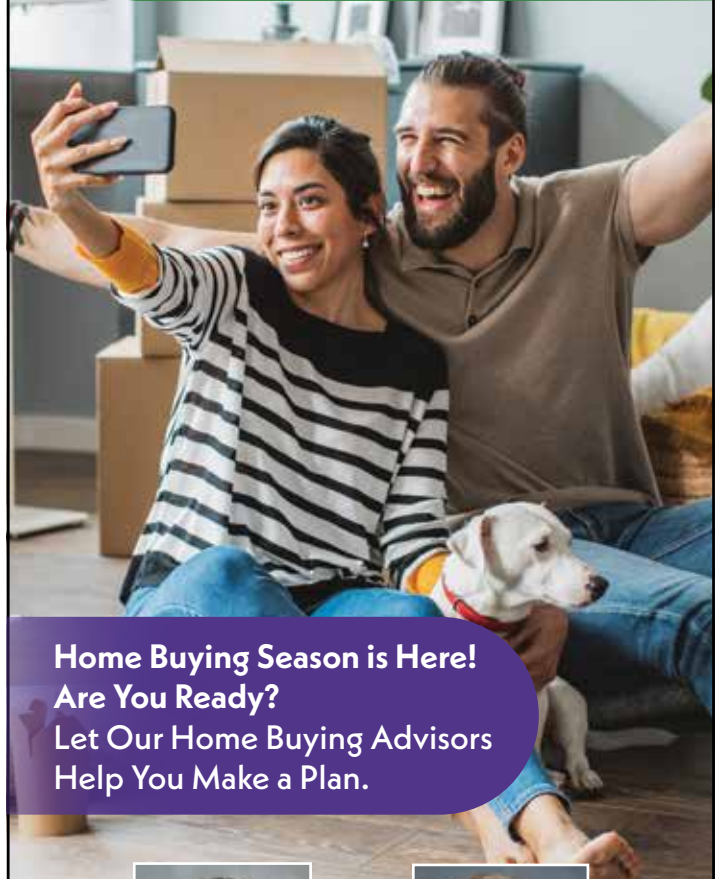


IOWA  
*Living*  
MAGAZINES



Circulation and readership  
audited by Circulation  
Verification Council

## Different People Need Different Mortgages



**Home Buying Season is Here!  
Are You Ready?  
Let Our Home Buying Advisors  
Help You Make a Plan.**



**Brien Scandridge**  
VP Market Manager  
NMLS #2146946  
Johnston



**Logan Crannell**  
Loan Officer  
NMLS #2552188  
Johnston

**CHARTER BANK**

*Chart Your Success With Us!*

**Johnston**  
5526 NW  
86th St.  
515-331-2265

**Grimes**  
Corner of  
Gateway & 1st St.  
515-986-2000

**Waukee**  
Downtown  
Triangle  
515-987-1000

**Ankeny**  
2905 SW  
Oralabor Rd.  
515-446-2265

Member  
FDIC

[www.CharterBanker.com](http://www.CharterBanker.com)



# The gift of a future

Residents share  
their stories of  
organ transplants

By Ashley Rullestad

For many people with organ failure, a transplant is their one hope for a return to good health. In the U.S., more than 100,000 people are waiting for an organ donation — and, for many, the wait can be five or more years. For 17 people each day, time runs out before a match can be found ([organdonor.gov](http://organdonor.gov)). Those fortunate enough to receive a transplant are given not only a gift of health, but of hope — and a future to enjoy.

Gene Lesch discovered he had serious heart issues after struggling to catch his breath on a ski trip in 1986. At the time, heart transplants were uncommon and only two had been performed in Iowa. He was No. 63 at the University of Minnesota.

## The beat goes on

Gene Lesch was well known in the Johnston community in the 1980s. He served on the school board and was president when the town passed the bond to tear down the original middle school and build the new middle school (now Wallace Elementary). It was then he went on a ski trip to Colorado over Christmas and New Year in 1986.

“I couldn’t breathe at the high altitude, and we came back after three days,” Lesch says. “I went to the doctor and was diagnosed with a bad heart — cardiomyopathy. My heart function at that time was in the 17% range.”

In the 1980s, transplants were uncommon, as rejection drugs had been discovered just a few years earlier. Mercy Hospital in Des Moines and the University of Iowa Hospitals and Clinics in Iowa City had only completed one transplant each. Lesch went to the University of Minnesota to get on the waiting list, and his family moved to Minneapolis to wait for a heart. They only had to wait 10 days. He became heart transplant No. 63 at the University of Minnesota.

“We got the call on St. Patrick’s Day that they had a heart for him, and we spent that night at the hospital at the University of Minnesota,” says his daughter, Suzanne Neu. “The incision was actually started after midnight, so his transplant anniversary is March 18, 1986.”

Lesch was released from the hospital on day six and spent a few weeks in Minneapolis after the transplant for daily and later weekly checkups. He then returned to Des Moines and went back to work.

At the time of the transplant, Lesch did not know of any family history of health problems other than his grandfather had died when his mother was only 10 years old. Later, the family found out that Lesch’s mother had a thick, heavy-walled heart. He also had a first cousin on that side of the family with the same symptoms he had.

He was told that his donor was a 16-year-old. At that time, they did not recommend contacting the donor’s family.

“They made it very clear that a heart transplant is intended to get people back to normal life. I think that’s exactly what it’s

## How to become an organ donor

Register with the DMV or register online at the Iowa Donor Network website, [www.iowadonornetwork.org](http://www.iowadonornetwork.org).

- 637 Iowans are waiting for an organ transplant.
- 103,388 people are on the National Organ Waiting List.
- 16 Iowans are waiting for a heart
- 559 Iowans are waiting for a kidney
- 347 organs were transplanted in Iowa in 2022.

done,” Lesch says. “I went out the following year and skied the same slopes that I had trouble with a year earlier.”

After returning to normal life, Lesch says you kind of forget about the transplant other than taking medicine. He goes back to the university about every other year for a full heart check. And life is good. Without the transplant, he is certain he would have never seen his two children grow up, get married, and have four

## Choose Your Incentive: What works best for you?\*

### Receive \$2,500 to use toward:



Rightsizing,  
sorting and  
packing

or

Moving expenses  
*(We help you  
find a mover)*

or

Rent

or

New furnishings  
for your  
new home



\*Must take financial possession by 4/15/2024. Contact us for details.



**Dennis Vogel, Director of Sales**  
(515) 534-0300 | [Dennis.Vogel@CassiaLife.org](mailto:Dennis.Vogel@CassiaLife.org)  
[MeadowviewJohnston.com](http://MeadowviewJohnston.com)  
5555 Pioneer Parkway, Johnston, Iowa 50131

managed by  CASSIA



Learn more



wonderful children. He certainly would have never traveled extensively with his wife, Elaine, or celebrated their 60th wedding anniversary.

“He is now one of the world’s longest-living heart recipients,” Neu says. “He was ahead of the guy in the Guinness Book of World Records last we knew, so he might even be the oldest. My dad is a walking miracle and would give much hope to those waiting for donors and a second chance at life. March 18th was the 38th anniversary of his transplant.”

**A new kidney**

Amy Darling Harding’s mother struggled with health issues and was not supposed to have children. She had two girls, and Harding says she inherited some of her mother’s propensity toward sickness, as she ended up with polycystic kidney disease and liver disease by the time she was 17. Additional issues arose through her 30s, and, almost 10 years ago, she knew she would need a new kidney.

“I was with Iowa City waiting for three years, so I signed up to be on Methodist’s waiting list, and, within a year, I got the call,”

says Harding. “I never slept well worried I would miss it. It was nerve-racking waiting for the call. It was in the middle of the night when we got it, and we were at Methodist within 30 minutes. I was so nervous and thinking I was going to vomit. I didn’t know what to expect.”

Doctors removed her diseased kidneys and part of her enlarged liver during the kidney transplant. The procedure went well, and Harding had a good recovery with little pain. At one point, doctors thought she might be rejecting the new organ, so she had to go in for some infusions, and those worked.

Harding’s donor was a deceased 58-year-old male. She wrote to his family through the donor network but never received a response.

“His life was a blessing to my life. My life is great thanks to an unselfish person who chose to donate. The kidney has been great to me. Receiving a new life is the most precious gift anyone could give. I have more time with family and our nine grandkids. The best part is that I received my kidney on my oldest grandson’s birthday, Sept. 23, 2019.”



Amy Darling Harding is grateful that the kidney transplant she received has given her more time to spend with her grandkids.



**A+ LAWN & LANDSCAPE**  
The Educated Experts

**CALL NOW!**  
**515-482-0153**



**A+ NATURAL LAWN CARE**  
The Educated Experts  
*“Our Organic Program!”*

**FREE 1<sup>st</sup> LAWN APPLICATION**  
Call for details!  
New Customers Only. With full season program. Up to 20,000 sq ft. Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/24.

**IRRIGATION FROM THE LAWN EXPERTS!**



**A+ IRRIGATION & LIGHTING**  
The Educated Experts

**Call Now!**  
**515-428-0153**

**50% OFF SPRINKLER STARTUP**  
New customers only. With full season program. Must pre-pay. Good up to 12 zones. Not valid with any other offer. Expires 5/31/24.

**\$300 OFF ANY NEW IRRIGATION SYSTEM INSTALL**  
Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/24.

**Waiting for another chance**

Kari Eddy went into kidney failure in May 2011. She was diagnosed with kidney disease and treated for five years before ending up in renal failure again in August 2016.

“At this point, they were retesting for everything under the sun again, and I was going through the emotional roller coaster all over again of wondering what did I have? I was finally diagnosed in September 2016 with a very rare blood disorder called aHUS (atypical hemolytic syndrome). I was literally No. 301 diagnosed in the world.”

Finally, she knew why she ended up in renal failure twice; the aHUS caused her body to attack itself and destroy her healthy red blood cells. They would then clot and block the small arteries of the kidneys, causing kidney damage and failure.

Eddy has been on a medication, ultimirus, since 2016 and calls it life changing. It helps prevent her body from attacking itself, but it also has wreaked havoc on her already-fragile kidneys, leaving her at 17% function.

She was evaluated at the Mayo Clinic in August 2023 to get on the donor waiting list.

She’s now on the UNOS organ list, but it can take five to seven years to get a kidney.

“I am hopeful for a live donor because they last an average of 20 years versus the average of seven years with a cadaver kidney. I do have amazing support around me, and I’ve had over 12 people sign up to test — but no matches yet. I would absolutely love to raise awareness to try to find me a live donation/paired donation.”

Even if people aren’t a match to Eddy, they can donate on her behalf. She would then get moved up the list. Because of her rare blood disorder, she is better suited for a live donation because she has a shorter timeframe to receive the kidney. Most surgeries need to be within eight hours of removing the kidney, but Eddy needs the new kidney placed within two hours of removal from the donor.

Though it’s been a challenging journey for Eddy, she says her husband, family and friends help her remain positive and strong.

“I was turned down by Methodist (for a transplant) due to my rare blood disorder, so I do need to have my operation at the Mayo Clinic in Rochester, Minnesota. I do believe my donor is out there. I just need more awareness



Kari Eddy has a rare blood disorder that has damaged her kidneys. She is awaiting a transplant and hoping to receive a kidney from a live donor because kidneys transplanted from live donors tend to last years longer.

and more info to be shared.”

For more information on organ donation, visit [unos.org](http://unos.org). People interested in being living donors can visit [mayoclinic.org/livingdonor](http://mayoclinic.org/livingdonor) to get started. ■

**GEICO**  
Local Office

**Need insurance?**

**Your local GEICO agent in Johnston could help you save money.**

**Justin Krogman | 515-318-6307**

## APRIL Fun at JPL

Homework help, a crafty gardening program, kite building, a pajama and pizza party, and free document shredding —we're covering all the bases this month at your Johnston Public Library. Read on for the details for great programs for all ages.

### Kids

When spring rolls around in Johnston, we start thinking about kite flying. Get ready for the 11th annual Kites on the Green Festival on Saturday, May 4, by attending a free Kite Building Workshop on Saturday, April 13, at Johnston Public Library from 2-4 p.m. Attendees will receive a free kite building kit, personal instruction, and a chance to test out their new kite. Then save the date for A Fairy Fun Friday on Friday, April 26, from 10 a.m. to noon. We'll have fairy crafts and activities — feel free to wear your fairy wings if the mood strikes. This is a drop-in program, so crafts will be available while supplies last.

### Teens

Have a teen who could use some homework help? Sixth through 12th grade students can receive free tutoring and homework help at Tutoring Night for Teens on Thursdays from 3-5 p.m. with Johnston High School National Honor Society Tutoring Committee members. Assistance will be provided in all core curriculum areas: science, mathematics, social studies and language arts. Office supplies and laptops will be available, and snacks will be provided. Registration is appreciated, but drop-ins are also welcome. Tutoring nights will be held every Thursday through May 16 with the exception of April 11.

After the homework is done, kids in sixth through 12th grade can head to the library for the Teen After Hours Pajama and Pizza Party on Friday, April 26, from 6:30-8 p.m. Johnston Public Library Teen Advisory Board members have planned sleepover-style activities including fort building, hide and seek, crafts, a movie and, of course ... PIZZA! Teens can come in their PJs and bring a pillow and blanket. Registration is required for this free event.

### Adults

Crafters and wannabee DIYers unite: Let's make stuff together. Join Jamie Seitz to get your hands dirty and your creativity flowing at our new quarterly crafting program called Homemade-ish. In April, we'll be making a crafty starter herb garden complete with DIY plant markers. Registration is required for this free class.

And, finally, save the date for JPL's Annual Free Shred Day on Saturday, April 27, from 9 a.m. to noon. Get rid of your old confidential documents in a safe and secure way at Johnston Public Library's free shred day. THE SHRED IT company will be in the JPL parking lot from 9 a.m. to noon for onsite document destruction with three of their mobile document-shredding vehicles. THE SHRED IT company is AAA certified by the National Association for Information Destruction. Please limit material to be shredded to three disposable boxes or containers per household. To expedite shredding, traffic will route from Merle Hay around the library onto Morningside Drive and enter the west parking lot by the Simpson Barn. Please stay in your vehicle, and a volunteer will collect your boxes for onsite document shredding. No registration is necessary. This event is sponsored by AARP Iowa. More information about all library programs is available at [www.johnstonlibrary.com](http://www.johnstonlibrary.com) or by calling the Johnston Public Library at 515-278-5233. ■

# REQUIRED MINIMUM DISTRIBUTIONS IF YOU OWN AN IRA OR 401K YOUR TAXES ARE DUE!

## DO YOU HAVE A PLAN OR WILL YOU SETTLE FOR UNCLE SAM'S PLAN?

CALL TO REGISTER FOR ONE OF OUR EDUCATIONAL SEMINARS

**515-274-9190**

### SOME OF THE QUESTIONS WE WILL ANSWER FOR YOU:

- Should you consider Roth IRA/401K Conversions?
- What are your limitations on Roth Conversions?
- How can a surviving spouse face higher taxes on RMD's?
- How can you use your IRA to tax efficiently pay the cost of Long-Term Care while meeting your RMD obligations?



Zach Brehmer  
Lisa Wingert  
Kevin Wingert  
Shelly Bitz  
K.C. Wingert

SOLUTIONS YOU CAN COUNT ON.

**american**  
RETIREMENT PLANNING  
[americanretirementplanning.net](http://americanretirementplanning.net)

7177 Hickman Road, Suite 4, Urbandale | (515) 274-9190

Investment Adviser Representative of and investment adviser services offered through Royal Fund Management, LLC a SEC Registered Investment Adviser.



# ROTARY Foundation supports humanitarian goals

In 1917, Arch Klumpf founded The Rotary Foundation with an initial investment of \$26.50 (equivalent to about \$640 today). His founding principle was simple: To do good in the world.

Today, with assets of \$1.33 billion, the mission statement of the Rotary Foundation has been filled out a bit and reads as follows: "The Rotary Foundation helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty."

The headquarters for the Foundation and Rotary International are both located in Evanston, Illinois, with associate foundations located in Australia, Brazil, Canada, Germany, India, Japan, Korea and the United Kingdom.

Throughout its long history, the Foundation has donated approximately \$4 billion to worthy causes and carries a 4-Star rating from Charity Navigator. In the 2023 fiscal year, it distributed approximately \$278 million in charitable grants and awards. Of this amount, \$157 million went to disease prevention efforts (the bulk going to Rotary's flagship Polio Eradication efforts in conjunction with the Bill and Melinda Gates Foundation); \$55 million in global grants including economic development and water and sanitation projects, \$26 million to local Rotary Club District grants, \$15 million to disaster relief, and \$5 million to peace building and conflict resolution.

As a humanitarian organization, peace is a cornerstone of the mission, and, in the current world environment, the Foundation is renewing its focus on the goal of peace and conflict resolution. Throughout the world today, roughly 70 million people are displaced due to conflict, violence, persecution and human rights violations. Half of those displaced are children. By carrying out service projects and supporting peace fellowships, scholarships and Rotary Peace Centers, the Foundation takes meaningful action to address the underlying causes of conflict, including poverty, discrimination and lack of education.

We hope you will consider learning more about Rotary and its amazing Foundation. We also humbly ask that you might consider a donation.

To learn more: [www.rotary.org/en/annual-report-2022](http://www.rotary.org/en/annual-report-2022)

To donate: [my.rotary.org/en/donate](http://my.rotary.org/en/donate)

**Upcoming Johnston Rotary meetings:**

- **April 9 – Onsite at On With Life** (Ankeny office), Gail McGaughy and Tammy Miller speaking.
- **April 16 – Des Moines Community Foundation**, Ryan Douglas speaking.
- **April 23 – Home Builders Association of Iowa**, Dan Knoup speaking.
- **April 30 – Polk County Emergency Management**, Laura Kacer speaking.

All meetings are held at Hyperion Filed Club at 7 a.m. unless noted otherwise. ■

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](mailto:hyde_neil@yahoo.com).

ANNUAL JOHNSTON ROTARY GOLF OUTING:

## J-TOWN GOLF TOURNAMENT & CASINO NIGHT

**JUNE 3, 2024**

**HYPERION FIELD CLUB**

**7390 NW Beaver Drive, Johnston**



**WWW.JTOWNGOLFCHAMP.COM**

**EACH GOLFER WILL RECEIVE A GREAT GIFT SWAG BAG, BOXED LUNCH, AND GOURMET APPETIZERS AFTER THE EVENT.**

**10:30 AM:** Registration Opens

**11:30 AM:** Shotgun Start

Boxed lunch served

**5:00 PM** Golf Social Hour, Hors d'Oeuvres, awards and presentations

**6:00 PM:** Casino Games Open, Awards

**8:00 PM:** Raffle Prizes, over \$10,000 in prizes!

**SCAN HERE**

to learn more about the event



**Please Contact John Waldron at**

(515) 202-5200 or [jwaldron@shive-hattery.com](mailto:jwaldron@shive-hattery.com)

### BENEFICIARIES THIS YEAR:



### THANK YOU TO OUR SPONSORS:

Hyperion Field Club • Casino Night Entertainment • Audi Des Moines • Tesla Destination Grille • ABB • Community Choice • Cushman & Wakefield Merle Hay Chapel • Lithia Motors • Iowa Cubs • USL Pro Iowa McCarty Virtual Services • MidAmerican Energy • Principal Charity Classic • JCSD Drake University • University of Northern Iowa • Iowa State • University of Iowa John Deere • Infomax Office Systems • Musco Lighting • Van Meter Inc. DA Dental Associates • Hy-Vee • EMS Partners • Bombers • Basepoint Big Green Umbrella Media • 3E Electrical • Karl Chevrolet • Ronald McDonald House SignaMax • Ziegler • Grinnell State Bank • Shive Hattery • JST Power Nelsen Appraisal Associates • Keen • OPN Architects • SGH Concepts • Legrand

*MetroNet Supports Johnston Rotary's Great Work!*

metronet business

10 units of blood donated



505 lbs food & clothing donated



\$26,535.65 donated to local charities



# THE THERAPEUTIC garden

In the serene embrace of a garden, where colors burst forth, fragrances dance in the air, and the earth's vitality hums beneath one's fingertips, lies a therapeutic haven for the elderly. Planting and gardening offer more than just a pastime; they present a gateway to a myriad of physical, mental and emotional benefits, particularly for seniors. Let's delve into the profound positive effects that gardening can have on the elderly populace.



gardening stimulates the production of vitamin D, contributing to bone health and immune function.

**Mental stimulation:** Gardening serves as a fertile ground for cognitive stimulation among the elderly. Planning and organizing the garden layout, identifying plant varieties, and problem-solving gardening challenges foster mental agility and sharpness. Moreover, the repetitive yet purposeful nature of gardening tasks can have a meditative effect, promoting relaxation and reducing stress levels. This mindful engagement in gardening activities helps alleviate symptoms of anxiety, depression and cognitive decline.

**Emotional upliftment:** The act of nurturing living plants and witnessing their growth instills a profound sense of purpose and accomplishment in elderly individuals. The anticipation of seeds sprouting, flowers blooming, or vegetables ripening creates a cycle of hope and joy, fostering a positive outlook on life. Additionally, spending time amid nature's beauty in the garden provides solace and tranquility, offering respite from the challenges and worries of aging.

**Social interaction:** Gardening transcends solitary pursuits and often becomes a communal activity, especially in shared garden spaces or community gardens. For elderly individuals, participating in gardening clubs, workshops, or cooperative gardening projects fosters social interaction and a sense of belonging to a community. It provides opportunities for meaningful connections, friendship and shared experiences, thereby combating loneliness, which is prevalent among seniors.

In conclusion, planting and gardening offer a plethora of positive effects on the elderly, encompassing physical, mental, emotional and social dimensions of wellbeing. By nurturing plants, cultivating connections, and immersing themselves in nature's embrace, elderly individuals can reap the abundant rewards of the therapeutic garden. So, let us continue to sow the seeds of wellness and vitality in the hearts and minds of our seniors, one garden at a time. ■

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

**A PLACE CALLED**

*Home*

**Edencrest**  
AT GREEN MEADOWS

**INDEPENDENT + ASSISTED LIVING • CLOSER CARE • MEMORY CARE**

**GREEN MEADOWS** 6750 CORPORATE DRIVE | JOHNSTON  
515.585.6063 | antoinette.deleon@edencrestliving.com

Antoinette Deleon

**EDENCRESTLIVING.COM**

# COULD tax hikes crack your nest egg?

Our national debt problem became unprecedented long ago, now it's ballooned to \$34 trillion. You are not alone if you think the country's debt could become a headache for you in retirement. Many agree that one way to tackle the debt is to raise taxes.



While lawmakers have been relatively hesitant to increase tax rates over the past two decades, that philosophy could change. And with the national debt-to-GDP ratio ballooning to its highest point in seven decades, we could be nearing a point where leaders are forced to take action.

Federal income tax rates are still relatively low, historically speaking. For example, between 1982 and 1986, the income tax rates reached as high as 50%. Before that, the top rates reached 70% and as high as 94%, primarily due to World War II. The top bracket

for 2024 is 37%.

The headache comes when you are on the cusp of retirement and lawmakers in Washington pass legislation that changes your tax bracket. If you've been investing in a traditional 401(k) or IRA, this scenario could mean you end up with less money to fund your retirement than you anticipated. That's because these accounts have never been taxed. When you take distributions in retirement, the money is subject to federal income tax rates. That's when that nest egg can crack, and you could send more of your retirement savings to the IRS than you have to, leaving you with less to spend in retirement.

Fortunately, there are steps you can take now to help protect your retirement from the uncertainty of tomorrow. All else being equal, tax-free money is the best type of retirement income. There are three main types of investments that produce tax-free income: life insurance, a Roth IRA or municipal bonds.

So how do you keep the nest egg together?

One way is to reduce taxable income — but don't wait until you are retired. Small changes now can pay off big in retirement, including converting pre-tax money into a Roth account. Qualified distributions from a Roth account are tax-free in retirement. Then you can worry a lot less about what happens with tax brackets in Washington and focus on all of the fun you want to have in retirement.

Like any retirement strategy, tax decisions should be made with a clear understanding of the rules, the impact on your tax situation, and how the strategy fits into your overall retirement vision. Your retirement planner and trusted tax preparer should work together to help you get it right. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Sources: Bradford Tax Institute. "History of Federal Income Tax Rates: 1913 – 2023." [https://bradfordtaxinstitute.com/free\\_resources/federal-income-tax-rates.aspx](https://bradfordtaxinstitute.com/free_resources/federal-income-tax-rates.aspx). Accessed May 1, 2023.

Retire on \$100,000  
a year without touching  
your nest egg?



LEARN HOW

Merkle  
RETIREMENT PLANNING

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

# PLAN ahead for diminished financial capacity

We think about our financial capabilities as an important measure of independence, similar to our ability to drive or live alone. The thought of losing the ability to manage your finances is terrifying. Planning ahead will help you stay in control of your finances.



location. That way, they are readily available in an emergency. Give copies to trusted family members or let them know where to find the documents.

Second, make sure you have a valid financial power of attorney. A financial power of attorney gives someone the legal authority to make financial decisions for you if you cannot. The document is “durable” because it remains in effect even if you become incapacitated. You retain the ability to change it or cancel it as long as you are still able to make decisions.

After signing a durable financial power of attorney, you can still manage your money as long as you have the ability to make decisions. Also, you always have the option to change who you want to act as your appointed representative and the individuals you allow to access your financial information.

Third, keep things up to date. Be sure that, if something changes, you keep your

information as current as possible. Your trusted contacts may change over time. Keep your attorney and investment advisor informed of changes regarding who has authority to review your account or whom they should contact in case of an emergency.

Finally, speak up if something goes wrong. If you ever think someone is taking advantage of you or that you’ve been the victim of a fraud, tell someone. The sooner you let someone know about it, the better chance there is of putting an end to it.

An experienced estate-planning attorney can help you put a power of attorney into place to plan for future incapacity and to safeguard your money. ■

Information provided by Gail Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).

## WHERE TO BEGIN?

WE SPECIALIZE IN YOU.

SUPERIOR SERVICE.  
LEGAL SOLUTIONS.

FOR 37 YEARS



**EXPERIENCED ATTORNEYS**  
— SINCE 1987 —

Wills, Trusts, & Estate Planning ■ Residential Real Estate  
Probate & Estate Administration ■ Social Security Disability  
Business Formation & Planning ■ Medicaid & Asset Protection



**ABENDROTH RUSSELL  
BARNETT LAW FIRM**  
ESTABLISHED IN 1987

ATTORNEYS WHO SPECIALIZE IN YOU

2560 73rd St., Urbandale ■ 515.278.0623 ■ [www.ARPCLaw.com](http://www.ARPCLaw.com)

## RECIPE

# PUT a traditional spin on Cinco de Mayo

*(Family Features)* Whether Cinco de Mayo means an opportunity to celebrate your family's heritage or it's simply an excuse to gather with the ones you love, every holiday truly is about the same thing: special moments together.

Take this year's festivities the traditional route with recipes that combine familiar favorites with ingredients you normally may not use otherwise, such as cactus. This Mexican Cactus Pork Stew makes Cinco de Mayo a cinch with the use of a Dutch oven.

Visit Culinary.net to find more family-friendly recipes perfect for celebrating holidays throughout the year. ■

## Mexican cactus pork stew

- 1 pound pork shoulder (leftover or fresh)
  - 1 medium onion, chopped
  - 1 jalapeno pepper, chopped
  - 3 cups beef broth
  - 1 can (28 ounces) diced tomatoes
  - 2 cans (15 ounces each) mild chili beans
  - 1 cup chopped cactus (nopales)
  - 1 tablespoon garlic powder
  - 2 tablespoons smoked paprika
  - 1 teaspoon cayenne pepper
  - salt, to taste
  - pepper, to taste
  - 4 green onions, chopped, for garnish
  - 1/4 cup chopped cilantro, for garnish
- If using fresh pork, in Dutch oven, cube and brown it with onion and jalapeno pepper. If using leftover pork, reheat in Dutch oven with onion and jalapeno pepper.
- Add beef broth, diced tomatoes, chili beans, cactus, garlic powder, smoked paprika, cayenne pepper and salt and pepper, to taste.
- Simmer 25 minutes then garnish with green onions and cilantro.



**NEED  
NEU  
BLINDS?**

**CONVENIENT  
CONSULTING IN YOUR  
HOME WITH SAMPLES**

**WE WILL  
BEAT ANY  
COMPETITOR'S  
PRICE BY 10%!**

**Neu  
Blinds**

**CALL OR TEXT TODAY  
515-250-5543**

GRABER. | DELIGHT IN EVERY DETAIL

Owned and operated by James Neu of Johnston

**Every house deserves Neu Blinds.**

- ✓ **FREE ESTIMATES**
- ✓ **Easy and Affordable**
- ✓ **Many products to choose from**
- ✓ **FREE INSTALLATION**
- ✓ **Referrals**

**VINTAGE**   
COOPERATIVE OF JOHNSTON

**You could be our new neighbor!**

- ◆ Are you 55+ and independent?
- ◆ Enjoy being active and involved with a community?
- ◆ Looking forward to low-maintenance living?

**Call (515) 587-2215 to schedule a visit today!**



Conveniently located in Johnston,  
west of 86th Street and just 2 miles north of 180-35.

9001 Windsor Parkway • Johnston IA 50131  
vintagecooperativejohnston.com 



# CHAMP



*THIS TRIBUTE IS BROUGHT TO YOU BY THESE LOCAL SPONSORS!*



*Chart Your Success With Us!*

[www.CharterBanker.com](http://www.CharterBanker.com)

5526 NW 86th St., Johnston 515-331-2265



**5750 Merle Hay Road, Johnston**

515-270-9045 [www.hy-vee.com](http://www.hy-vee.com)

OPEN 6AM - 11PM daily

YOUR 2024 5A GIRLS' BASKETBALL

# CHAMPIONS!



The Johnston Dragons claim their third championship title in five years, taking down Dowling Catholic, 48-36, on Saturday, March 2, and finishing with a perfect 26-0 season.

**2023-2024 Iowa Girls Coaching Association 2024 State Awards**

1st Team: Jenica Lewis, Aili Tanke & Amani Jenkins

2nd Team IGCA Aaliyah Riley

**IPSWA:**

1st Team Jenica Lewis & Aili Tanke

2nd Team IPSWA Aaliyah Riley

3rd Team IPSWA Amani Jenkins

**2023-2024 CIML Central Conference Girls Basketball All-Conference Teams**

1st Team: Aili Tanke (unanimous),

Aaliyah Riley, Amani Jenkins, Jenica Lewis

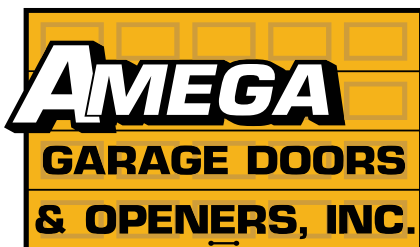
3rd Team: Jaliyah Kinnetz (10)

Honorable Mention: Ari Phillips

**All Tournament Team – IGSAU**

Jenica Lewis (captain), Aili Tanke

Photos by: Daniel Mennen



4901 NW 57th Ave, Johnston  
515-633-2119 • [www.amegagaragedoors.com](http://www.amegagaragedoors.com)



Johnston Living Magazine & Weekly  
[www.iowalivingmagazines.com/johnston](http://www.iowalivingmagazines.com/johnston)

# LOVERS of parks and trails

Hill family takes advantage of outdoor amenities.

With three growing kids who are active in sports — and nearly every activity offered — the Hill family keeps busy.

Julie Hill and her husband, Charles, have lived in Johnston with their family for the past eight years. They originally chose to settle down in the community because of the reputation of the school district and recreational trails.

“We knew we wanted to be fairly central to all the Johnston schools since we have three kids, and then we had some specific things we were looking for in our home,” Hill says of choosing their current house. “We also live very



Julie and Charles Hill and their children keep busy with the activities offered by the schools and recreational opportunities in the community.



The Hill home with holiday lights.

close to my sister, so it was fun having all the cousins be able to get together often when they were younger.”

Recently, the Hills have made numerous improvements to their backyard, including new landscaping, adding a firepit area and installing a swimspa.

“We love being outside,” Hill says. “We have also had solar panels on our home for a couple of years now, and it’s been great.”

The Hill family enjoys the neighborhood in which they live because people are friendly and watch out for one another.

“There are always kids outside playing, and it is so close to many parks and trails,” Hill adds.

She’s especially fond of all the outdoor amenities in town because she’s a big fan of recreational opportunities. As a result, Hill is on Johnston’s Park Advisory Board. She’s also a board member for their neighborhood association and volunteers for different political candidates in the community.

“We love Johnston and are excited to see how it continues to make some improvements,” Hill says. “It is a safe community with access to so many trails. I love being able to go for a bike ride or run without having to be on streets.” ■



# DEB BISHOP memorial tree and plaque installed

The Rotary Club of Johnston dedicated a memorial tree and plaque to commemorate the life of Dr. Deb Bishop, who died unexpectedly July 22, 2023. She worked for more than 25 years as a professor at Drake University and was the 2023-2024 president of the Rotary Club.

The tree is a Sycamore and is located south of Aliber Hall on the campus of Drake University. The plaque is inside the south entrance vestibule of Aliber Hall.

“I know that all in Zimpleman College are so pleased to have the celebration and reminder of Deb’s life and example,” said John Smith, Drake University vice president of advancement.

This spring, the Rotary Club will give a donation for a scholarship to Johnston Schools in honor of Bishop. ■



**CHRISTOPHER'S**  
RARE COINS

Your Trusted Local Source  
for Investing in **Gold, Silver,**  
**Coins, and Currency.**

**Visit Us Today**



8671 Northpark Ct. Johnston, Iowa 50131  
Follow us: @christophersrarecoins  
515.251.4031



## CONTACT US! CITY HALL

6221 Merle Hay Road  
PO Box 410  
Johnston, IA 50131  
Phone: (515) 278-2344  
Fax: (515) 278-2033

### MAYOR

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

### CITY COUNCIL

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

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

Jim Evans  
jim4johnston@gmail.com

Rhonda Martin  
(515) 326-2675  
rhondamartin@iowanative@gmail.com

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

### JOHNSTON PUBLIC LIBRARY

6700 Merle Hay Road  
(515) 278-5233

### JOHNSTON POLICE & FIRE

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

### JOHNSTON PUBLIC WORKS

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

### JOHNSTON PARKS DEPARTMENT

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

### CROWN POINT COMMUNITY CENTER AND SENIOR DINING CENTER

6300 Pioneer Parkway  
(515) 251-3707

## JOIN THE SENIORS ON AN EXCITING TRIP TO SEE THE IOWA CUBS ON JUNE 5

Are you ready for an adventure? We've got an amazing trip planned, but first, let's take care of business.

**Transportation:** We've arranged a comfortable 54-passenger motorcoach, equipped to accommodate two wheelchairs. The bus will depart City Hall at 10:45 a.m. sharp for the 12:00 p.m. game. We'll head back to Johnston around 4:00 p.m., right after the game wraps up.

**Cost:** Each attendee is responsible for their \$7 ticket. Settle this payment with the Parks & Recreation Department beforehand to secure your spot.

**Sign-up and Payment:** Our Parks & Recreation Administrative Assistant, Mandy, will visit the Northwest Community Center (5110 Franklin Avenue, Des Moines) on May 21, Grimes Community Center (410 SE Main Street, Grimes) on May 22, back to Northwest Community Center (5110 Franklin Avenue, Des Moines) on May 23, and Grimes (410 SE Main Street, Grimes) again on May 24 for sign-ups and payments. Alternatively, you can drop by City Hall at your convenience to register and pay.

**Food:** While we won't provide food, \$15 should cover your meal expenses.

We're limiting participation to 40 to ensure everyone has a comfortable experience. Don't miss this fantastic opportunity to cheer on the Iowa Cubs with your fellow seniors on Wednesday, June 5!



## TAKE ADVANTAGE OF THE SQR PROGRAM

Soil Quality Restoration (SQR) is a process that involves decompacting your yard through deep aeration and adding new organic matter via compost. This practice offers several benefits such as increased stormwater infiltration, which improves water quality and soil in our region. It also supports grass growth, reduces the need for fertilizers to maintain a healthy lawn, and minimizes irrigation requirements.

If you are a property owner in Johnston, you may be eligible to have 50% of the project cost, up to a maximum of \$1,500, covered by these grant funds. To learn more about this program or to receive a cost estimate, you can contact Clayton Ender, City Planner, at [cender@cityofjohnston.com](mailto:cender@cityofjohnston.com) or 515-727-7763.

For more information about the city, please visit [www.cityofjohnston.com](http://www.cityofjohnston.com)



## CITY NEWSLETTER APRIL 2024

### GET READY FOR KITES ON THE GREEN 2024

The eleventh annual Kites on the Green festival will take place on Saturday, May 4, Star Wars Day, from 10 a.m. to 5 p.m. in Johnston Commons Park. The FREE, family-friendly event is fun for all ages and abilities! The festival will feature food trucks, giant show kite displays, kite fighting, free kite building, bol racing, live band from 3:30 to 5:00 p.m., inflatable obstacle courses, magic show, stilt walking and mesmerizing sway pole performances.

We want to thank all of the 2024 Kites on the Green sponsors. Without their sponsorship, this event would not be possible.

Visit [www.cityofjohnston.com/kitesonthegreen](http://www.cityofjohnston.com/kitesonthegreen) to view the schedule of events and activities.

**KITES ON THE GREEN**  
SATURDAY, MAY 4, 2024 10AM - 5PM  
JOHNSTON COMMONS PARK, 6050 MORNINGSIDE DRIVE

**THANK YOU TO OUR SPONSORS**

**PRESENTING SPONSOR**  
**Veridian**  
CREDIT UNION

**PLATINUM SPONSOR**  
**POLK COUNTY**  
Board of Supervisors

**GOLD SPONSOR**  
**Foth**

**SILVER SPONSORS**  
**SNYDER ASSOCIATES**  
Charter Mark  
Custom Signage  
4000 Flooring & Design  
OnSite Dental of Iowa  
Krispa Properties

Visit the link below for the schedule of events  
[WWW.CITYOFJOHNSTON.COM/KITESONTHEGREEN](http://WWW.CITYOFJOHNSTON.COM/KITESONTHEGREEN)

### MAYOR'S ANNUAL BIKE RIDE ON MAY 9

Please join us on Thursday, May 9, for the annual Mayor's Bike Ride. Bring your friends and family along for a fun-filled day exploring the beautiful trails near Beaver Creek. The ride starts near Corteva and ends at the large shelter located at Terra Park. The Mayor will make brief comments at 11:30 a.m. and the ride will start shortly after. A free lunch will be provided for all participants.

To register for the ride, please visit <https://bit.ly/MayorsBikeRide24>. Registering will help us determine the amount of food needed for the event. Don't miss this exciting opportunity to enjoy the great outdoors while getting some exercise with your family!



### APPLY TO SERVE ON A BOARD OR COMMISSION

Make a difference in your community and apply to serve on a board or commission. On June 30, several terms expire for residents serving on city boards and commissions. The openings include:

- Board of Adjustment – One opening, five-year term
- Library Board – One opening, six-year term
- Park Advisory Board – Two openings, three-year term
- Planning & Zoning Commission – Two openings, five-year term
- Tree Board – Two openings, three-year term
- Senior Advisory Board - Four openings, three-year term

If you are interested in serving, visit [www.cityofjohnston.com/boardsandcommissions](http://www.cityofjohnston.com/boardsandcommissions) for an application or contact City Hall at 515-278-2344.

**MAKE A DIFFERENCE IN  
JOHNSTON**

**VOLUNTEER TO SERVE ON A  
BOARD OR COMMISSION**

**LEARN MORE AND APPLY TODAY**  
[www.cityofjohnston.com/boardsandcommissions](http://www.cityofjohnston.com/boardsandcommissions)

For more information about the city, please call 515.278.2344

**515 Lawn Services**  
**\$20 OFF FIRST MOW | \$200 OFF LANDSCAPE JOB**  
 Weed & Grass Program • Landscaping Projects • Mulch Installation • Spring Aeration



**BOOK NOW**  
**BOOK NOW**  
 Locally owned, operated and insured  
 Call or text for a quote: 515-587-8171

**Edward Jones** > [edwardjones.com](http://edwardjones.com) | Member SIPC

**Want to become a more tax-efficient investor?**

Contact your financial advisor today to learn about investing strategies that may benefit you.




**Tim Hanstad, AAMS<sup>®</sup>**  
 Financial Advisor  
 5525 Merle Hay Rd., Suite 260  
 Johnston, IA 50131  
 515-278-2525

FAP-19420-A-AD AECSPND 21573413

**SPRING CLEANING**  
**lets you create your space, your way!**



**Shouldn't it be the same for your FINANCIAL PORTFOLIO?**  
**Call us. We can help!**



**RUNDAHL**  
 FINANCIAL CONSULTANTS

**Dan Rundahl**  
 6165 NW 86th St. Johnston, IA 50131  
 Cell: 641-512-8597  
 Office: 515-727-1701  
[drundahl@rundahlfinancial.com](mailto:drundahl@rundahlfinancial.com)

Securities and investment advisory services offered through Brokers International Financial Services, LLC ("BIFS"). Member SIPC/FINRA. BIFS is not an affiliated company.

**WWW.RUNDAHLFINANCIALCONSULTANTS.COM**

**INVESTMENT**

By **Tim Hanstad**

**WHAT SHOULD you know about long-term care?**



We all hope to remain healthy and independent throughout our lives, but life can be unpredictable. If you were ever to need some type of long-term care, would you be financially prepared?

Long-term care encompasses everything from the services of a home health aide to a stay in an assisted living facility to a long residence in a nursing home. You may never need any of these kinds of care, but the odds aren't necessarily in your favor: Someone turning age 65 today has almost a 70% chance of needing some type of long-term care services and support in their remaining years, according to the U.S. Department of Health and Human Services.

And all types of long-term care can involve considerable financial expense. The median annual cost for a home health aide's services is more than \$60,000 per year, and it's more than \$100,000 per year for a private room in a nursing home, according to Genworth, an insurance company. Furthermore, contrary to many people's expectations, Medicare usually pays very little of these costs.

Of course, some people expect their family will be able to take care of their long-term care needs. But this may not be a viable strategy. For one thing, your family members simply may not have the skills needed to give you the type of care you may require. Also, by the time you might need help, your grown children or other family members might not live in your area.

So, you may need to protect yourself and your loved ones from the potential costs of long-term care. Basically, you've got two main choices: You could self-insure or you could transfer the risk by purchasing some type of long-term care insurance.

If you have considerable financial resources, you might find self-insuring to be attractive, rather than choosing insurance and paying policy premiums. You may wish to keep an emergency savings or investment account that's earmarked exclusively for long-term care to help avoid relying on your other retirement accounts. But self-insuring has two main drawbacks. First, because long-term care can be costly, you might need to plan for a significant amount. And second, it will be quite hard to predict exactly how much money you'll need, because so many variables are involved: your age when you start needing care, interest rates or inflation, the cost of care in your area, the type of care you'll require, the length of time you'll need care, and so on.

As an alternative to self-insuring, you could purchase long-term care insurance, which can provide benefits for home health care, adult day care and assisted living and nursing home facilities. However, you will need to consider the issues attached to long-term care insurance. For one thing, it can be expensive, though the younger you are when you buy your policy, the more affordable it may be. Also, long-term care policies typically require you to wait a certain amount of time before benefits are paid. But policies vary greatly in what they offer, so, if you are thinking of buying this insurance, you'll want to review options and compare benefits and costs.

In any case, by being aware of the potential need for long-term care, its cost and the ways of paying for it, you'll be able to make the appropriate decisions for your financial situation, your needs and your loved ones. ■

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

# 6 MYTHS and truths about hospice care

People spend a fair amount of time talking about the importance of living well. When it comes to dying well, that's a conversation that's much less likely to be initiated. Anytime is the appropriate time to begin talking with a loved one with a life-altering illness about the fact that hospice care can help ensure quality of life.



If you're wondering if a family member could benefit from hospice care, the information below, compiled with assistance from the American Hospice Foundation, might help you start a discussion.

**Myth No. 1: Hospice is appropriate only when a person is at death's door.**

Truth: The hospice conversation should begin before a person is in his or her last days; ideally, it should take place when individuals are

still healthy. Virtually anyone with a life-limiting illness can qualify for hospice care, enabling a person to live life in comfort for the days, weeks, months or longer that remain in his or her life.

**Myth No. 2: Families are discouraged from involvement in a loved one's hospice care.**

Truth: Hospice care can benefit family members nearly as much as it can benefit persons in hospice care. 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.

**Myth No. 3: Hospice is a place.**

Truth: Hospice care takes place wherever the need exists, often in the person's home.

**Myth No. 4: Hospice is only for persons with cancer.**

Truth: More than one-half of hospice persons nationwide have diagnoses other than cancer. Hospice commonly serves persons who are living with chronic diseases such as emphysema,

Alzheimer's disease, or cardiovascular and neuromuscular illnesses.

**Myth No. 5: Hospice is for people who don't need a high level of care.**

Truth: Hospice employs experienced medical and nursing personnel whose skills and advanced technologies can prevent or alleviate distressing symptoms.

**Myth No. 6: Hospice care is expensive.**

Truth: Most people 65 and 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 for 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. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which offers health and well-being services through communities and an array of at-home services. To learn more, please visit [wesleylife.org/at-home-services](http://wesleylife.org/at-home-services) or call 515-978-2777.

Brio is *growing!*



NEIGHBORHOOD 19

at brio



*"We wanted to remain independent while being close to the assistance we may need at some point. We can't wait to become a part of the neighborhood!"*

- Bob and Judy Ruch, Urbandale

**It's a beautiful day in our Neighborhood!**

With resident independence and proximity to convenient services in mind, we're adding single-family homes and townhomes to the Brio campus. Construction is under way!

**Only a few townhomes remain, so don't wait!**

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



# SS Therapy and Consulting



Taking on life's challenges one step at a time.

**Free Therapy**  
Offered with Interns  
Immediate Availability

**Therapy for All Ages**  
Most Insurances Accepted

**Neurofeedback  
Brain Maps  
and Training Available**

**CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!**

**Contact [admin@sstherapyandconsulting.com](mailto:admin@sstherapyandconsulting.com)  
(515) 528-8135 to schedule**

**TELEHEALTH APPOINTMENTS AVAILABLE**

**4725 Merle Hay Rd. Ste 205, Des Moines, IA  
[www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com)**

## HEALTH By Shelly Stewart-Sandusky, MS, LMFT

### LIVING with an anxiety disorder

Anxiety is a common emotion everyone experiences at some point, generally when there is a situation or stressor that warrants an anxious response, after which, unhealthy levels of anxiety will go away as the situation is resolved. Problematic anxiety doesn't go away. People who suffer from anxiety disorders often experience anxiety in a chronic way, resulting in thought patterns and physical symptoms that are a constant part of their life. For instance, racing thoughts that can't seem to be stopped or deflected, constant worry or fear of something bad happening, and physical symptoms such as fatigue, muscle tension or nausea, among others. For a person with an anxiety disorder, it can be hard to imagine not having to constantly battle your own mind to be functional throughout the day or to always be worried about something even when there doesn't seem to be a reason to worry. But there are different things you can do to help.



- Therapy can be a helpful way to process through anxiety and learn about coping strategies to better manage it and to learn about triggers and patterns associated with your anxiety.
- Medication management with a psychiatrist or psychiatric nurse practitioner can be helpful for some people.
- Meditation can help calm the central nervous system and help give your mind a reset that helps alleviate some anxiety. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).

## PLAN AHEAD By Dave Cortner

### PREPAY my funeral expenses? Why?

While payment is never a requirement in order to preplan your funeral arrangements, there are several benefits to paying for your services ahead of time.

First of all, it provides the opportunity to pay for expenses based upon current prices. There are even many payment options, including paying all at once or setting up a payment plan. Prepaying expenses guarantees that prepaid service and merchandise selections will be provided at the time of need at no additional expense to your family. This helps to eliminate any financial stress for your family at a time that will already be emotional.

Second, paying in advance will protect your money from Medicaid, should you outlive your assets and need to qualify for assistance. An irrevocable funeral policy is considered a protected asset.

Third, most funeral homes utilize a funding vehicle where your assets are placed at the time of the preplan. This allows your money to be protected and portable, which means that, even if you move away from the area where you originally made your prearrangements, your prepaid policy can easily be transferred to another funeral home.

There are funding options for people at all ages and in all health situations and, as we all know, the prices for everything only go up as time goes by. So, the sooner you do this, the more opportunity you have to save.

What an incredible gift from you to your family. ■



Information provided by Dave Cortner, Hamilton's on Westown Parkway, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3681



## Plan Ahead for PEACE OF MIND

**Plan & Protect before the need arises.**

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

**Contact Hamilton's to start your plan.**

Funerals  
Cremation  
Advanced Planning  
Academy of Grief & Loss  
Pet Services  
Memorial Gift Shop



**515-243-5221**  
**6 Area Locations**



HAMILTON'S

FUNERAL & AFTER LIFE SERVICES

## REAL resourceful

Easy ways to use real kitchen scraps in resourceful ways to reduce food waste.

Roughly 70 billion pounds of food are lost in the United States each year. Nearly one-third of that food waste happens because we purchase, cook or serve more than we consume. Getting into the habit of using leftovers is one way to have an impact on this important issue. Here are some resourceful ways to reduce food waste:



- **Turn vegetable, meat and chicken scraps into stock.** Combine scraps (such as onion ends, celery tips, chicken bones, etc.), salt and water in a large pot or slow cooker for a few hours until flavor has developed. Strain and store in the refrigerator or freezer. You can save your scraps up in your freezer until you have a batch large enough for your stock pot.

- **Simmer and scent with citrus.** Use citrus peels to make fresh simmering pots for an all-natural room freshener. Toss any citrus peel into a large pot of water, bring to a boil, then simmer for fragrance, adding water as needed. Feeling fancy? Add cinnamon, vanilla, cloves or cranberries to the pot, too.

- **Repurpose pickle juice.** Instead of dumping the leftover pickle juice down the drain, use it to pickle any sliced vegetables you have around — cucumber, carrots, green beans or asparagus. Store in the refrigerator for about a week and use for fun Bloody Mary garnish or fun side. Pickle juice also makes a nice brine/marinade for your chicken.

- **Repurpose empty jars into dressings/sauces.** Once you've used up the last bit of mustard or jelly, save the jar, add some oil and vinegar and shake... Then you have a delicious dressing for your salad. Empty peanut butter jar? Try the same technique but add soy sauce or teriyaki for an easy peanut sauce.

- **Coat your food with bottom-of-the-bag crumbs.** Those crumbs in the bottom of the chip bag or box of crackers don't have to go to waste. Many dishes such as casseroles benefit from their crunchy addition as a topper. Crushed chips, crackers or cereals like Special K or Chex make great coatings for chicken, fish and other proteins.

- **Snack on potato peel chips.** Once you have scrubbed, peeled and slaved away over a few potatoes, treat yourself to the perfect potato peel chip. Toss peels with oil and salt. Bake at 425°F on a baking sheet lined with parchment paper until they're crispy, 15–20 minutes.

- **Bake bread heels into croutons.** Use up every slice of bread by turning heel slices into seasoned croutons. Cut slices into cubes and toss with oil, garlic powder, Italian seasoning, salt and pepper. Bake at 375 F for 15–20 minutes. Take it one step further by putting them in the food processor to make breadcrumbs. ■

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

SAVINGS TO PUT A  
**SPRING**  
IN YOUR STEP!



2023 JOHNSTON CHAMBER BUSINESS OF YEAR!

**FAREWAY**  
MEAT & GROCERY

OPEN 7AM – 9PM • MONDAY – SATURDAY • CLOSED SUNDAYS

GO TO [FAREWAY.COM](https://www.fareway.com) OR DOWNLOAD OUR APP TO SHOP ONLINE 7 DAYS A WEEK.

6005 MERLE HAY RD, JOHNSTON 515-252-9962

**PROPANE**  
EXCHANGE

**\$13<sup>99</sup>**

**FAREWAY**  
MEAT & GROCERY

Limit 1 coupon per customer. Valid IN-STORE and at JOHNSTON store location only. Expires April 30, 2024.



MUST PRESENT COUPON AT OUR MEAT COUNTER

**SPRING BUNDLE!**

4 RIBEYE PORK CHOPS 5oz. ea  
4 BRAT LINKS BEER OR ORIGINAL  
4 PORK BURGERS ALL VARIETIES 6oz. ea  
4 80% LEAN HAMBURGER PATTIES 6oz. ea

16  
ITEMS!

**\$29<sup>99</sup>**  
EACH

**FAREWAY**  
MEAT & GROCERY

Limit 1 coupon per customer. Valid IN-STORE and at JOHNSTON store location only. Expires April 30, 2024.

**SAVE MONEY**  
with a  
**prescription discount card!**

**HEALTH INSURANCE ADVISOR, LLC.**  
**515-225-9994**  
www.health-insadvisor.com

**INSURANCE** By Janis Van Ahn

**WHAT ARE prescription discount cards?**

Prescription discount cards, such as GoodRx, SingleCare and CleverRx, are tools designed to help consumers save money on their prescription medications. They operate on a simple premise: By presenting the card at participating pharmacies, individuals can access discounts on the retail price of their prescriptions. These cards are typically offered by various organizations, including pharmaceutical companies, insurance companies, nonprofits, and even government agencies, aiming to alleviate the financial burden of medication costs for consumers.



The way prescription discount cards work is relatively straightforward. Consumers obtain these cards either online, through their healthcare provider, or from other sources. Once acquired, they can present the card along with their prescription at a participating pharmacy. The pharmacist then processes the card, applying any available discounts to the purchase. The discounts provided can vary widely depending on the specific card and the pharmacy's agreement with the card provider. In some cases, these discounts may result in significant savings, potentially lowering the cost of medications by a substantial percentage.

One of the primary benefits of prescription discount cards is their accessibility. Unlike insurance plans, which may have strict eligibility criteria or require enrollment processes, discount cards are often available to anyone, regardless of insurance status or income level. This accessibility makes them particularly valuable for individuals who are uninsured, underinsured, or facing high out-of-pocket costs for their medications.

Moreover, prescription discount cards can be used alongside insurance coverage. While they may not always be applicable, depending on the individual's insurance plan and the specific medication, there are instances where using a discount card can result in lower costs than relying solely on insurance benefits. This flexibility provides consumers with additional options for managing their healthcare expenses and maximizing savings.

Additionally, prescription discount cards can contribute to improved medication adherence. When individuals struggle to afford their prescriptions, they may be more likely to skip doses or forgo necessary medications altogether. By reducing the financial barrier to accessing medications, discount cards help ensure that patients can obtain the treatments they need, promoting better health outcomes in the long run.

However, it's essential to recognize that prescription discount cards have limitations. Not all medications are eligible for discounts, and the extent of savings can vary depending on factors such as the specific drug, dosage and pharmacy pricing. Furthermore, discount cards do not provide the comprehensive coverage offered by health insurance plans, so they may not be sufficient for managing chronic or complex medical conditions on their own.

In conclusion, prescription discount cards serve as valuable tools for consumers seeking to reduce their out-of-pocket expenses on prescription medications. They offer accessibility, flexibility and potential cost savings, making them a helpful resource for individuals facing financial challenges in accessing essential healthcare treatments. While they may not be a substitute for comprehensive insurance coverage, discount cards can play a meaningful role in improving medication affordability and promoting better health outcomes for diverse populations. ■

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

**Where is Joleen?** SUPPORT LOCAL!  
**WHERE AM I?**

Text me where you think I am in Johnston and one winner will receive a **\$25 gift card!**  
**CONGRATS to the March winner: Simpson Barn. Congrats to Oliver H!**

**JOLEEN ROSKAMP**  
8705 Chambery Blvd, Johnston • 515-505-4769  
Jo@liveiowa.com RE/MAX Precision | Licensed in Iowa

**YES!**  
We install sump pumps.

Clogged Drains • Full Service Plumbing  
Camera Inspection & Locating Sewer Lines  
Hydro-Jetting • Sump Pumps • Water Heaters

**SERVING POLK, DALLAS, WARREN, GUTHRIE, MADISON & CLARKE COUNTIES**

**ROTO-ROOTER**  
PLUMBING & DRAIN SERVICE

**OPEN 24/7 INCLUDING HOLIDAYS**  
**515-278-5668**  
rotorooterdesmoines.com



# THE ELEPHANT in the room

Do I have to pay the buyer agent commission?

NAR released in Mid-March that they reached a proposed settlement resolving various claims. The biggest change is Realtors can no longer offer compensation in our MLS. This means agents may need to call listing agents before showing homes and ask if their seller is paying a buyer agent commission. Which leads to the question everyone is asking: Do I have to pay the buyer agent commission when I sell my home? The answer is no. However, the answer has always been no. Paying for the buyer agent's commission is, and has always been, an option and negotiable for sellers.



The next question would be: Why should I pay the buyer agent commission? Here's three great reasons why you should consider it.

### 1. To ensure all potential buyers will view your home

Agents will disclose costs on the houses we show to buyers. This means that a buyer may choose to look at properties based on if they have to pay the buyer agent commission or not. A seller paying the buyer agent fee keeps all parties motivated.

### 2. Buyers are strapped for cash

Buyers may not have cash to pay their agents on top of their downpayment and closing costs they've saved for. This means some buyers will no longer be able to afford a home with that additional buyer agent fee.

### 3. Buyers want agent representation

Buyers should have someone who has their best interest in mind. If sellers stop paying buyer agent commissions, and the buyer can't afford it, they are moving forward without great representation. On top of that, VA loans legally cannot have any extra fees. This means our veterans will not be able to pay for their agent's commission so will be limited in homes they look at and/or in their representation.

### What does this mean moving forward?

Commissions are still negotiable, buyers still want representation, and an agent's work and expertise for their clients still warrant being paid. What will change is conversations agents have with their clients. Unfortunately, our veterans and first-time homebuyers will be strongly impacted. Buyers will have to choose between paying a commission, hiring an attorney with no market knowledge, or using the listing agent with dual agency, which isn't where their best representation lies.

The real estate world will pivot, and agents will continue to work hard for their clients with their best interest in mind. How will you move forward when selling your home? ■

Information provided by Jenna Borcharding, Re/Max Precision, Johnston, 641-430-9092, Jenna@JBHomeandDesign, Licensed Realtor in the state of Iowa.

READY TO BUY YOUR

# FIRST HOME OR FOREVER HOME?

LET US MAKE THE PROCESS EASY!

# RE/MAX PRECISION

LOCALLY OWNED AND OPERATED

## 515-223-9492

8705 Chambery Blvd, Johnston

[www.precisiondsm.com](http://www.precisiondsm.com)

# JOHNSTON

## SPRING 2024

# DR



FOR ALL DRAGONS SCHEDULES  
Schedules are subject to change.  
Scan for most up-to-date schedules.



### VARSITY BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
Apr 4	4:30PM	Dowling Catholic	Dowling Catholic High School
Apr 6	10:00AM	Multiple Schools	Valley High School
Apr 9	4:30PM	Multiple Schools	Urbandale High School
Apr 13	4:00PM	TBA	Drake Stadium
Apr 16	4:15PM	Multiple Schools	Johnston High School
Apr 18	4:30PM	Chuck Silvey Inv.	Urbandale High School
Apr 25-27	8:00AM	Drake Relays	Drake Stadium

### VARSITY GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
Apr 4	4:15PM	Multiple Schools	Northview Middle School
Apr 9	4:15PM	Multiple Schools	Johnston High School
Apr 16	4:00PM	Ames	Ames High School
Apr 18	4:00PM	Ankeny Centennial	Ankeny Centennial
Apr 22	4:30PM	Multiple Schools	Dowling Catholic High School
Apr 25-27	TBD	Drake Relays	Drake Stadium

### VARSITY BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 5	7:30PM	Waukee Northwest	Waukee Northwest
Apr 8	7:30PM	Ankeny High School	Johnston High School
Apr 12	7:30PM	Urbandale	Urbandale High School
Apr 13	8:30AM	Multiple Schools	Valley Stadium
Apr 19	7:30PM	WDM Valley	Valley Stadium
Apr 23	7:30PM	Ankeny Centennial	Johnston High School
Apr 25	7:30PM	Dowling Catholic	Johnston High School
Apr 26	6:30PM	Newton	Johnston High School
Apr 30	7:30PM	Waukee	Johnston High School
May 2	7:30PM	Ames	Johnston High School
May 6	7:30PM	Des Moines East	Williams Stadium
May 10	7:30PM	Southeast Polk	Southeast Polk High School
May 11	11:30AM	Iowa City West	Johnston High School

### VARSITY GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 5	7:30PM	Waukee Northwest	Johnston High School
Apr 9	7:30PM	Ankeny High School	Ankeny High School
Apr 11	6:00PM	Underwood	Johnston High School
Apr 12	7:30PM	Urbandale	Johnston High School
Apr 16	7:30PM	Dowling Catholic	Dowling Catholic High School
Apr 19	7:30PM	WDM Valley	Johnston High School
Apr 23	7:30PM	Ankeny Centennial	Ankeny Centennial
Apr 26	7:00PM	Prairie	Cedar Rapids Prairie
Apr 30	7:00PM	Waukee	Waukee High School
May 3	5:00PM	Maryville	Johnston High School
May 6	7:30PM	Des Moines East	Johnston High School
May 7	6:00PM	TBA	University of Iowa
May 10	7:30PM	Southeast Polk	Johnston High School



**Cozy Cafe'**  
Breakfast • Lunch  
Dinner • Cocktails  
ALL DAY. EVERY DAY.  
*Make it Messy.*  
WITH A COZY MESS  
Your favorite bloody mary or mimosa  
8385 Birchwood Court, Johnston  
cozycafejohnston.com • (515) 270-8000

HERRMANN FAMILY  
CHIROPRACTIC  
  
6110 NW 86<sup>th</sup> St., #102,  
Johnston  
515-276-4946  
WWW.HERRMFAMCHIRO.COM

**JTOWN**  
AUTO  
  
COMPLETE AUTO  
REPAIR & TOWING  
515-251-5839

**KEELING**  
WEALTH ADVISORS  
Powered by Ameriprise Financial  
5435 NW 100th St, Ste 300  
Johnston | 515-253-8200  
keelingwealthadvisors.com

# AGGONS

## VARSITY BOYS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 5	4:00PM	Ames	Johnston High School
Apr 9	4:00PM	Ankeny High School	Johnston High School
Apr 11	4:00PM	Urbandale	Walker-Johnston Park
Apr 13	9:00AM	Multiple Schools	Johnston High School
Apr 16	4:00PM	Dowling Catholic	Johnston High School
Apr 18	4:00PM	WDM Valley	Valley Southwoods
Apr 23	4:00PM	Ankeny Centennial	Johnston High School
Apr 25	4:00PM	Waukee	Johnston High School
Apr 30	4:00PM	Kuemper Catholic	Johnston High School
May 3	4:00PM	Southeast Polk	Southeast Polk High School

## VARSITY GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 8	12:00PM	Ankeny Centennial	Briarwood Golf Course
Apr 9	3:30PM	Multiple Schools	Sugar Creek Golf Course
Apr 15	10:00AM	Multiple Schools	Willow Creek Golf Course
Apr 16	TBD	Multiple Schools	Urbandale Golf & Country
Apr 24	9:00AM	Multiple Schools	Jester Park Golf Course
Apr 29	9:00AM	Multiple Schools	Jester Park Golf Course
Apr 30	TBD	Multiple Schools	Otter Creek Golf Course
May 6	10:00AM	Multiple Schools	Beaver Creek Golf Course

## VARSITY GIRLS TENNIS

DATE	TIME	OPPONENT	LOCATION
Apr 9	4:00PM	Ankeny High School	Ankeny Tennis Center
Apr 11	4:00PM	Urbandale	Johnston High School
Apr 12	9:00AM	Multiple Schools	Johnston High School
Apr 16	4:00PM	Dowling Catholic	Dowling Catholic High School
Apr 18	4:00PM	WDM Valley	Johnston High School
Apr 20	9:00AM	Multiple Schools	Clinton High School
Apr 23	4:00PM	Ankeny Centennial	Ankeny Tennis Center
Apr 25	4:00PM	Waukee	Waukee High School
Apr 26	4:00PM	Ames	Ames High School
Apr 29	4:00PM	Des Moines Roosevelt	Johnston High School
May 2	4:00PM	Southeast Polk	Johnston High School



Photos by JHS Yearbook Staff

**Auto Body Repair That Saves You Time and Money!**

ACCIDENT REPAIR  
PAINTLESS DENT REMOVAL  
PAINT CHIP AND SCRATCH REPAIR  
PLASTIC BUMPER REPAIR

**MINOR WRECK EXPRESS**

[www.minorwreck.com](http://www.minorwreck.com)  
5530 NW BEAVER AVENUE  
Suite 400 • Johnston  
515-278-0101

One stop shop for **SPRING!**

**GO DRAGONS!**

Purple Poppy BOUTIQUE

Instagram Facebook  
5800 Merle Hay Rd.  
Johnston  
(515) 276-2628

[PURPLEPOPPYBOUTIQUE.COM](http://PURPLEPOPPYBOUTIQUE.COM)

Prairie View Animal Hospital

2019 Living Magazine  
RESIDENTS' CHOICE AWARD  
GRIMES, JOHNSTON & DALLAS CENTERS  
**WINNER**

515-986-2841  
1830 SE Princeton Ste A, Grimes  
[www.prairieviewah.com](http://www.prairieviewah.com)

**THORNTREE**  
CPA SERVICES

[THORNTREECPA.COM](http://THORNTREECPA.COM)

515-727-6218

5623 NW 86<sup>th</sup> Street  
Ste 400, Johnston

Be sure to check for cancelations



## Kiwanis Club of Johnston Pancake Breakfast

Saturday, April 6, 7:30-11 a.m.  
Johnston Middle School,  
6501 N.W. 62nd Ave.

The Kiwanis Club will hold a pancake breakfast. Tickets for this all-you-can-eat pancakes event is \$7 in advance, \$8 at the door. For tickets, email [johnstonkiwanis@gmail.com](mailto:johnstonkiwanis@gmail.com).

## Meet the finalists for library director

Thursday, April 11, 10:30 a.m. to 12:30 p.m.  
Johnston Public Library  
West Meeting Room

The public is invited to meet the top three candidates for the Johnston Public Library director position. The library board will be conducting interviews with each candidate and would like you to be a part of it. Candidate presentations are a half hour each. After each presentation, you will have the opportunity to fill out a feedback form to share your thoughts on the candidates. Your insights will greatly influence the selection process, so the library board encourages you not to miss this chance to shape the future of the Johnston Public Library.



## Lions Club Pancake Breakfast

Saturday, April 20, 7-11 a.m.  
Johnston Middle School  
cafeteria, 6501 N.W. 62nd Ave.

The Johnston Lions Club is hosting its annual pancake breakfast featuring pancakes (including gluten-free pancakes), sausage, scrambled eggs, juice and coffee. Tickets are \$8 at the door, and kids 5 and younger are free. Proceeds will benefit the Lions Club service projects.

## Museum membership meeting and open house

Wednesday, April 24, from 6-8 p.m.  
Simpson Barn in the Johnston Commons,  
6161 Northglenn Drive

The Johnston (Station) Historical Society (JSHS) 2024 annual membership meeting and open house will feature a potluck supper. See the local history artifacts in the 1936 Simpson Barn and the adjacent 1902 Simpson House Museum. Tours will be given, and drinks and the main dish will be served. You are encouraged to bring a dessert or a side dish. Plates and tableware will be provided. RSVP by leaving a message with JSHS at 515-608-5730 or e-mail [johnstonhistoricalsociety@gmail.com](mailto:johnstonhistoricalsociety@gmail.com).

The Johnston (Station) Historical Society is a 501(c)3 nonprofit dedicated to discovering, preserving and presenting the history of the Johnston area. Consider supporting the Society by becoming a member, a volunteer, a benefactor or donating Johnston-related historical items.

**Apply now!**

Learn More: [www.stpiusxurbandale.org/school](http://www.stpiusxurbandale.org/school)

**3YO Preschool  
Pre-Kindergarten  
Kindergarten-8th grade**

Art, Music, STEM, Band, Library, Guidance, PE,

Call now to schedule a tour: 515-276-1061

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

To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:

**GET ZAPPAR**  
ZAP THE CODE TO DONATE

Available on the App Store and Google Play

Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan

## Tori's Angels 'Spreading Our Wings'

April 11, 5:30-8:30 p.m.  
Stine Barn, 4000 Turnberry Drive, West Des Moines  
[torisangels.org](http://torisangels.org)

The Tori's Angels Foundation has helped more than 145 kids with life-threatening medical challenges until their 19th birthday. This fundraising event includes cocktails and hors d'oeuvres; live and silent auctions including Chicago Cubs tickets /hotel/field passes package, Chiefs and Packers tickets, bourbon and wine baskets and travel packages; and an opportunity to meet some of the kids and families who have been assisted.



# EVENTS IN THE AREA

Be sure to check for cancelations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

## Upcoming events at Johnston Town Center

The City of Johnston and the Johnston Town Center are hosting family-friendly events throughout the year. Mark your calendars to ensure you don't miss out on these exciting events. For more information about the city of Johnston events, visit [www.cityofjohnston.com](http://www.cityofjohnston.com) and view the calendar. For information about the events at Johnston Town Center, visit [johnstontowncenter.com](http://johnstontowncenter.com).

- Thursday, April 18 through Saturday, April 20: Tree branch cleanup, Johnston Public Works, times vary based on the day.
- Tuesday, April 9: Annual tree sale, online only, beginning at 8 a.m.
- Saturday, April 13: Kite Building Workshop, 2-4 p.m.
- Monday, April 15, and Tuesday, April 16: Spring cleanup west of N.W. 86th Street is Monday, April 15, and east of N.W. 86th Street is Tuesday, April 16.
- Saturday, May 4: Kites on the Green, 10 a.m. to 5 p.m.
- Tuesdays, June 4 – Sept. 24, Farmers Market, 4-7 p.m.

## Annual Tree Sale

Starts Tuesday, April 9, at 8 a.m.

Trees can be purchased online starting April 9, but remember to set up your account in advance to make the buying process smoother. Each tree costs \$75, and four varieties are available: cathedral elm, tuleo black gum, American larch and swamp white oak. For more information, visit [www.cityofjohnston.com/1436/Tree-Sale](http://www.cityofjohnston.com/1436/Tree-Sale).

## Spring Cleanup

April 15 and April 16

The Johnston Spring Cleanup event will be Monday, April 15, for those living west of 86th Street and Tuesday, April 16, for those east of 86th Street. Place your items on the curb by 6 a.m., depending upon which date is your designated trash collection day. The Spring Cleanup allows residents to dispose of large household items on their regular trash collection day at no additional charge. All smaller items must be placed in bags or boxes. If you live in an apartment, condo or townhome with private trash collection, you may not be a part of the Spring Cleanup event. Contact your association or management to find out. For guidance on what items can go at the curb, visit [www.WhereItShouldGo.com/springcleanup](http://www.WhereItShouldGo.com/springcleanup). For more information, visit [www.cityofjohnston.com/675/Spring-Cleanup](http://www.cityofjohnston.com/675/Spring-Cleanup).

## Kite Building Workshop

Saturday, April 13, 2-4 p.m.  
Johnston Public Library,  
6700 Merle Hay Road

Prepare for Kites on the Green and make a kite to fly during the festival. Veridian Credit Union sponsors the free kite kits.



Growing in Johnston Since 1975

# now OPEN!

6355 NW 51st St., Johnston



# SPRING STARTS HERE!

Experienced Gardeners Here to Help

*Feel more confident and secure*  
about your financial future.



**KEELING**  
WEALTH ADVISORS

Powered by Ameriprise Financial

*Call today*  
to get started.

Scan the QR code to take the 3-Minute Confident Retirement® check.



5435 NW 100th St, Ste 300 | Johnston  
515-253-8200 | [keelingwealthadvisors.com](http://keelingwealthadvisors.com)

Keeling Wealth Advisors is a private wealth advisory practice of Ameriprise Financial Services, LLC.  
Not FDIC or NCUA Insured | No Financial Institution Guarantee | May Lose Value

# EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancelations

## Tree branch and tire drop off April 18-20

Johnston residents can drop off branches, limbs and passenger vehicle tires at the Public Works Facility, 6400 N.W. Beaver Drive, at no cost on Thursday, April 18, 8 a.m. to 8 p.m.; Friday, April 19, 8 a.m. to 3:30 p.m.; and Saturday, April 20, 8 a.m. to noon. Participants must present ID for proof of residency. Branches cannot be larger than 18 inches in diameter. Only residential passenger and truck tires will be accepted. Each household will be allowed to deposit a maximum of five scrap tires (off rims). The city will not accept scrap tires generated from any business, semi tires, farm or tractor tires, solid tires or tires containing hazardous materials.



## Mayor's Bike Ride Thursday, May 9 Terra Park, 6400 Pioneer Parkway

Join Mayor Paula Dierenfeld for the annual Mayor's Bike Ride. Mayor Dierenfeld will provide comments around 11:30 a.m., and the ride will take off shortly after. A free lunch will be provided for riders at the large shelter at Terra Park. Visit [www.cityofjohnston.com/DocumentCenter/View/12699/2024-Mayors-Bike-Ride](http://www.cityofjohnston.com/DocumentCenter/View/12699/2024-Mayors-Bike-Ride) to view the map of the route.

## Wild Lights Festival

April 5 - May 27, 7:30-10:30 p.m.  
Blank Park Zoo, 7401 S.W. Ninth St., Des Moines  
[blankparkzoo.com/events/calendar/wild-lights-festival](http://blankparkzoo.com/events/calendar/wild-lights-festival)

The Blank Park Zoo's Wild Lights Festival returns. Visitors can view more than 50 hand-crafted creations that light up the zoo. The illuminated Asian mythical creatures create plenty of photo opportunities for families.



## Iowa Trail Run Series April 6 and April 13 Different locations [iowatrailruns.com](http://iowatrailruns.com)

The Iowa Trail Run Series is back for 2024. Races April 6 will be at Center Trail Des Moines with a 4-mile and 8-mile race. The Iowa Trail Run Series continues with a 5K, 10K and half-marathon at the Sugar Bottom trail in Solon on April 13. ■

**SAVE**  
**\$750**  
**ON A WALK-IN SHOWER!**



\*Expires May 2, 2024.

**CALL TO CLAIM!**

**515-516-4727**

Specializing in  
Tub-To-Shower Conversions  
& Complete Remodels

SHOWERS • BATHS • VANITIES & VANITY TOPS • WALK-IN SHOWERS

**CLEAR CHOICE BATH**

Call for a **FREE** in-home consultation

**515-516-4727**  
[ClearChoiceBath.com](http://ClearChoiceBath.com)

**GREENER DAYS AHEAD!**



**4Step 5M \$99.99**  
**15M \$239.99**





**The helpful place.**

**ANKENY 3020 SW Oralabor Road • 515-809-1104**  
MON-FRI 9am-7pm • SAT 9am-5pm • SUN 12-5pm

**JOHNSTON 5800 Merle Hay Road • 515-276-2854**  
MON-FRI 9am-7pm • SAT 9am-5pm • SUN 12-5pm

**WWW.ACEHARDWARE.COM**

# SECOND graders to learn from produce garden

Project fits in with "Wallace Together" theme.

The second-grade students at Wallace Elementary School will soon be able to participate in a produce garden that will support nonprofit organizations in the local community.

The idea for the produce garden came up when second-grade teacher Amy Thilges completed a project for a class. After taking the idea to the principal of her school, she reached out to a former student who had helped get a garden started at Summit Middle School for her expertise. She also reached out to the Johnston Partnership to see what types of produce were needed. Thilges says she enjoys helping with the produce garden because she likes working together towards a common goal.

"Our new motto at Wallace is "Wallace Together." The outdoor learning environment/garden will allow everyone at Wallace to be hands-on, more engaged, attentive and motivated to explore, or to even relax," Thilges says.

During the school year, Thilges' students participate in a variety of units that will benefit from the new produce garden. For example, in science class, her students participate in a unit on form and function of seeds and learn about seed dispersal as well as living things and diversity of life — lessons that can be enhanced by designing a garden. In social studies, her students also learn about needs and wants, which is another area the garden can reinforce lessons. These units started after students returned from spring break, so Thilges' hope is that her students will have ideas for the design process for the garden.

"If they are not into gardening, they can help design, research, or just enjoy the view. They can even learn about insects, other pests and weather. There will be different opportunities and jobs that also encourage teamwork, responsibilities and interpersonal skills that will allow for lifelong learning," Thilges says.

The new produce garden will be located just outside of the second-grade wing, providing easy access for students while they are learning about seeds and plants. While the garden is in the developing stage, Thilges' hope is that her students will be able to start growing produce this spring or summer. Possible vegetables her students will grow include sweet potato greens, cilantro and herbs, beans and peas, and hot peppers. Although second-grade students will be the most involved in the garden, it will also be open to others throughout the summer. ■



Second-grade students Ingrid Morris-Jeter and Maya Shah in the area that will become a produce garden.

# CHAMBER spotlight on ASD

In 2023, ASD (Adventures in Social Development) joined the chamber. Annie and Joe jumped in by volunteering and attending events. They've made an impact on the chamber and community and were one of the nominees for 2022 Business of the Year award. Check out their website or visit to learn more.



**Q: How long have you been with ASD?**

A: ASD was incorporated in 2009. I, Annie Mielke, am the co-founder with my business partner, Joe Parrish. We have been in Johnston for about six months.

**Q: How has the Chamber helped you?**

A: The Chamber has been integral to the growth of ASD. We have partnered with several businesses to support our needs as we provide support back to the community.

**Q: What is something that people might not know about ASD?**

A: ASD offers a unique, performance-based curriculum for all ages and abilities. We facilitate the only all-inclusive drama troupes in the state.

**Q: Anything else that you want people to know?**

A: ASD offers a person-centered approach in a safe environment with same-age peers. Our sessions utilize the properties of role play with the principles of ABA to increase appropriate forms of social skills. ■

Information provided by Samantha Winebrenner, Johnston Chamber executive director, samantha@johnstonchamber.com, 515-276-9064.

**JOHNSTON Chamber of Commerce**

Contact the **JOHNSTON CHAMBER** to start enjoying the benefits of membership **TODAY!**

Help us appreciate our **Johnston teachers and staff!**

**2024 JOHNSTON CHAMBER EDUCATOR APPRECIATION EVENT**

**MAY 8, 2024**

at the Freedom Center at Camp Dodge

**IF YOU WOULD LIKE TO DONATE A RAFFLE, MONEY OR PROVIDE TAKE AWAYS FOR THIS EVENT, CONTACT SAM AT THE CHAMBER!**

**FOR MORE INFORMATION**

PH 515-276-9064 | [www.johnstonchamber.com](http://www.johnstonchamber.com)

**Check out the new look of our website!**

# GIRLS Basketball

Johnston High School Girls  
State Basketball at Wells  
Fargo Arena Feb. 29.



JJ Shaw and JD Schaer



Katie Gray, Jaylyn Jackson and Gretchen Overton



Ian Bishop and Tory Bishop



Joe Cramer, Max Lee, Corey Suckow and Jack Hutchinson



Levi Mower and Fin Gould



Zach Moorman, Carter Morton and Garrett Cheese



Brayden Picken and Will Lammers



Ellie Mumm and Clare Stiles



Jack Ruddy, Chase Shepherd, Blake Lundholm and  
Adrian Broadus



Cade Ogden, Collin Hodapp and Caleb Hanson



Joe Harken, Kouper Bird and Cole Kinman



# OUT & ABOUT



Mike Pogge-Weaver, Josh Laraby and John Brown at the Johnston Chamber Luncheon held Feb. 27 at Johnston City Hall.



Teresa Rotschafer and Paula Bierle at the Johnston Chamber Luncheon held Feb. 27 at Johnston City Hall.



Heather Semelmacher, Mary Jane Stites and Nikki Roorda at the Johnston Chamber Luncheon held Feb. 27 at Johnston City Hall.



Peter Moeller and Jackie Schmillen at the Johnston Chamber Luncheon held Feb. 27 at Johnston City Hall.



Dillon McBee and Maddie Scott at the Johnston Chamber Luncheon held Feb. 27 at Johnston City Hall.



Ryan Edsen and Derek Trobaugh at the Johnston Chamber Luncheon held Feb. 27 at Johnston City Hall.



Dan Fitzgerald, Tammy Coslin and David Coslin at the Johnston Chamber Business After Hours, held Feb. 22 at Adventures in Social Development.



Kit Mihalik and Marla Bundy at the Johnston Chamber Business After Hours, held Feb. 22 at Adventures in Social Development.



Paula Bierle and Brenda Ballard at the Johnston Chamber Business After Hours, held Feb. 22 at Adventures in Social Development.



Tiffany Nielsen and Christy Cline at the Johnston Chamber Business After Hours, held Feb. 22 at Adventures in Social Development.



Mandy Parrish, Annie Mielke and Joe Parrish at the Johnston Chamber Business After Hours, held Feb. 22 at Adventures in Social Development.



Josh Laraby and Samantha Winebrenner at the Johnston Chamber Business After Hours, held Feb. 22 at Adventures in Social Development.

**DISCLAIMER:** This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

## AUCTIONS

**WRIGHTS AUCTION CO.** "Your Locally Owned, Full-Service Auction Company" **MACHINERY CONSIGNMENT SALE, MONDAY, APRIL 8, 2024 9 A.M. CALL TO CONSIGN TODAY!** 641-398-2218. Hwy 218, Floyd, IA. [www.wrightsauctionco.com](http://www.wrightsauctionco.com) (mcn)

## AUTOMOBILES

**CASH FOR CARS!** We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! **NEWER MODELS too!** Call 1-877-978-2510. (mcn)

**GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS.** Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 844-913-2887. (mcn)

Get your deduction ahead of the year-end! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

## CABLE/INTERNET

**BEST SATELLITE TV** with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

**DIRECTV Sports Pack.** 3 Months on Us! Watch pro and college sports LIVE. Plus over 40 regional and specialty networks included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-855-434-0020 (mcn)

**HI-SPEED INTERNET, ANYWHERE!** Shop With A Viasat Expert For High Speed Satellite Internet. New Customer Deals In Your Area. Nationwide Service. CALL NOW 1-877-449-1844. (mcn)

Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 877-683-5440. (mcn)

## FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call **NATIONAL DEBT RELIEF!** We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

## HEALTH & MEDICAL

**DENTAL INSURANCE** from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your

**FREE Dental Information Kit** with all the details! 1-855-973-9175 [#6258](http://www.dental50plus.com/midwest). (mcn)

**DIAGNOSED WITH LUNG CANCER and 65+?** You may qualify for a substantial cash award. NO obligation! We've recovered millions. Let us help! Call 24/7, 1-866-533-1701. (mcn)

**ATTENTION OXYGEN THERAPY USERS!** Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 855-846-4036. (mcn)

**Portable Oxygen Concentrator May Be Covered by Medicare!** Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

**STOP OVERPAYING FOR HEALTH INSURANCE!** A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

## HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971 (mcn)

**AGING ROOF? NEW HOMEOWNER? STORM DAMAGE?** You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

**WATER DAMAGE CLEANUP:** A small amount of water can lead to major damage to your home. Our trusted professionals dry out the wet area and do repairs to protect your family and your home's value! If you have water in your home that needs to be dried, call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

## MISCELLANEOUS

**LONG DISTANCE MOVING:** Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

**NEED NEW FLOORING?** Call Empire Today\* to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

**BATH & SHOWER UPDATES** in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 7-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-516-0706 or visit [dorranceinfo.com](http://dorranceinfo.com)

com/Midwest (mcn)

**Safe Step. North America's #1 Walk-In Tub.** Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step! 1-844-290-5083. (mcn)

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-888-909-7338. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

**INJURED IN AN ACCIDENT?** Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798 (mcn)

**YOU MAY QUALIFY** for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

## WANT TO BUY

**PAYING TOP CASH FOR MEN'S SPORT WATCHES!** Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

**TOP CASH PAID FOR OLD GUITARS!** 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelo, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

## HEALTH & FITNESS

**VIAGRA and CIALIS USERS!** 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 [#6258](http://www.dental50plus.com/ads) (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 1-877-929-5787 (ACP)

## HOME SERVICES

**Aging Roof? New Homeowner? Got Storm Damage?** You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 (ACP)

Water damage cleanup: A small amount of water can cause major damage to your home. Our trusted professionals dry out wet areas & repair to protect your family & your home value! Call 24/7: 1-888-872-2809. Have zip code! (ACP)

Professional lawn service: Fertilization,

weed control, seeding, aeration & mosquito control. Call now for a free quote. Ask about our first application special! 1-833-606-6777 (ACP)

## MISCELLANEOUS (ACP)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase\* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

**BATH & SHOWER UPDATES** in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit [dorranceinfo.com/ads](http://dorranceinfo.com/ads) (ACP)

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-866-479-1516 (ACP)

**Safe Step. North America's #1 Walk-in tub.** Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

**DIRECTV Stream - Carries the most local MLB Games!** Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Diagnosed with lung cancer & 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! Call 24/7 1-877-707-5707 (ACP)

Replace your roof w/ the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're cutting installation costs in half and offering a FREE safety upgrade! Additional terms apply. Subject to change and vary by dealer. Offer ends 3/31/24 Call 1-844-501-3208 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Alaska, Europe, Hawaii + dozens of other popular trips! Starting at \$1649 pp (double occupancy req'd.) YMT Vacations plans everything, leaving you to relax & enjoy. Call 1-877-626-1958 M-F for more details. Use promo code YMT2024 for \$250 off. Limited time only. (ACP)

Home Break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢ a day! Call 855-401-1151 (ACP)



Reward Yourself with

# **\$ensible Checking**

— SPEND MONEY - MAKE MONEY —

[bankiowa.bank/sensiblechecking](http://bankiowa.bank/sensiblechecking)



**Bank Iowa.**

[www.bankiowa.bank](http://www.bankiowa.bank) | Member FDIC



# Think Spring

and think local when searching for businesses for home services.

YOUR EXPERT SOURCE FOR  
**ALL THINGS  
GARAGE DOOR**

**AMEGA**  
GARAGE DOORS  
& OPENERS, INC.

Locally owned and serving you since 1986.

CALL US 515-633-2119 [AmegaGarageDoors.com](http://AmegaGarageDoors.com)

SALES • SERVICE • OPENERS • INSTALLATION

I make insurance simple.™



**Chris James**  
5408 NW 88th St, Ste 110,  
Johnston, IA  
515.381.7226  
[agentchristopherjames.com](mailto:agentchristopherjames.com)

**FARM BUREAU  
FINANCIAL SERVICES**

Auto | Home | Life | Business | Farm & Ranch

Farm Bureau Property & Casualty Insurance Company,\* Western Agricultural Insurance Company,\* Farm Bureau Life Insurance Company\*/West Des Moines, IA. \*Company providers of Farm Bureau Financial Services. PR-SM-A (1-23)

**JOHNSTON'S FLOORING SPECIALISTS**

**NEW LOCATION - NEW SHOWROOM!**

Come check out us out TODAY!

**4925 NW Johnston Dr,  
Johnston**



**THE  
FLOORING  
GUYS**

**10% OFF MATERIALS**

When you mention this ad.

515-508-0024 ★ [www.theflooringguysdsm.com](http://www.theflooringguysdsm.com)

**READY TO SELL?**

**GIVE ME A CALL!**

**YOUR JOHNSTON REALTOR**

**MICHELLE POLDER**

515-306-0724 | [mpolder@dsmhomes.com](mailto:mpolder@dsmhomes.com)

[michellepolder.com](http://michellepolder.com)

**RE/MAX CONCEPTS**