

# Living

MAGAZINE

# COMPETING for TIME

Residents share how relationships  
are the "win" in sporting together

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# WELCOME

## MORE exercise, fewer excuses

As a younger man, I was an active runner. It was a great stress-reliever and kept my weight where I wanted it to be. I also coached wrestling and worked out directly with many of the young men. And I enjoyed weight lifting. Those activities kept me in decent shape.



Then the kids arrived, along with excuses to not exercise as much. As they grew, it seemed like most of my free time was spent dropping them off and picking them up from their various activities or attending their events. I enjoyed it all, but I did not commit as much time to my own physical exercise, and it now shows. Maybe some of you can relate.

Of course, that was not a great excuse to be inactive, as we all know folks with young kids who run marathons or participate in triathlons. Had I made regular exercise more of a priority, it most certainly would have happened. Maybe not marathons or triathlons, but at least something more than mowing the lawn. The good news is, it's not too late. And as an empty-nester, I can no longer blame it on running the kids.

Admittedly, exercise has changed in each chapter of my life. At 55 years old, I now count walking the dog as exercise. And recreational swimming. And a leisurely bicycle ride. Even a game of disc golf. And why not? That all beats watching another episode of "Yellowstone," doesn't it?

Ideally, Jolene and I would exercise together, but it's not as easy as it sounds. I like to play tennis. She prefers golf. She likes to prep for 20 minutes and go on a bicycle ride. I prefer to plop down on a stationary bike and pedal immediately. We operate at different paces, but that's OK. We do like to go on walks together, and, some day, when I am old enough, I might pick up golf. But probably not.

As most all of us know by now, we are creatures of habit. Good habits and bad habits. Once I break the bad habit of eating Snickers bars and reintroduce the habit of riding that now-dusty exercise bicycle in my basement, I will be started down the right path again.

This month's cover story on active people had me thinking about my exercise, or lack thereof, through the years, and it is even inspiring me to break out that stationary bike again. I might even still catch Beth and Rip on a few "Yellowstone" episodes while I am at it.

Thanks for reading. ■

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# COMPETING for TIME

Residents share how relationships are the “win” in sporting together

By Ashley Rullestad

Central Iowa has become a virtual oasis for those looking for sporting opportunities. Baseball, softball, soccer? Fields abound. How about tennis, volleyball, pickleball, basketball? The courts are there. So are the pools, trampolines, rock climbing walls, bowling alleys, skateboarding parks, trails, ice rinks, rivers, lakes, race tracks, and disc golf and golf courses. Want to learn martial arts, fencing, curling, bodybuilding? Go for it. Those wishing to pursue dreams of wins, trophies, accolades,

personal bests and other achievements can find the opportunities to do so.

But not everyone is concerned about wins and losses. Some simply want to play sports for the fun of it. They want it to be about time with friends and family — about building relationships. Instead of looking for a chance to shine, they seek a time to share. Instead of medals, they seek memories. Instead of competition, they seek companionship. When the goal is time together, it’s always a win.

Lisa and Carson Hattel and their daughters, Emma, Hannah and Addison, enjoy playing sports together, as well as supporting each other’s individual pursuits.

# FEATURE

## Tee time

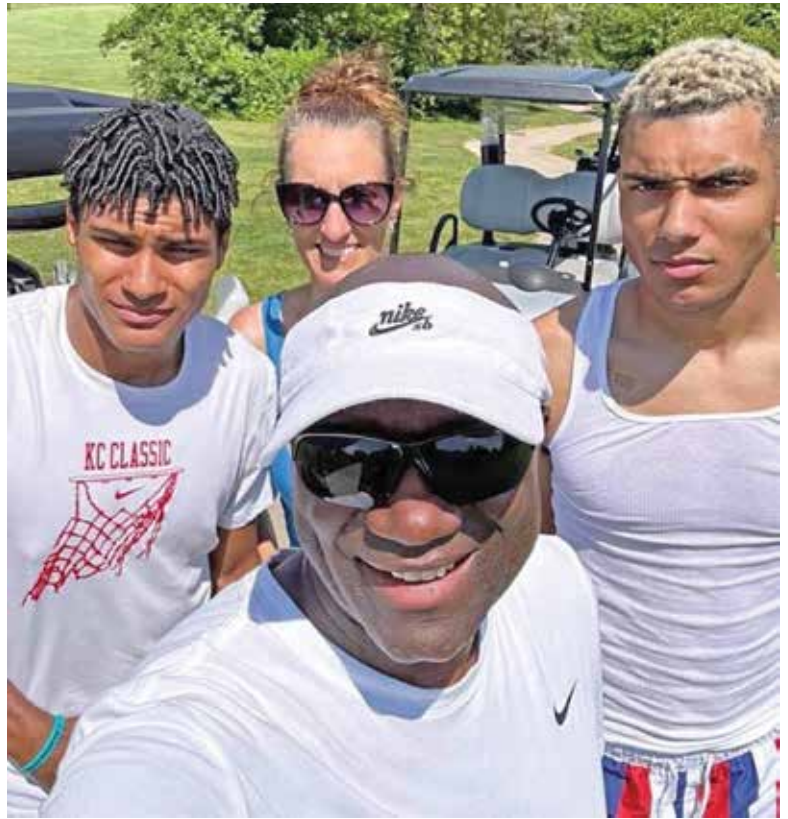
Lisa Proctor and her family are sporty by nature. Her husband, Bill, has coached their sons, and the boys have all been multisport athletes at Johnston High School. Jeran, now 25, played football at Drake University, and Tye, 18, will play football there this fall. Both boys, along with middle brother, Brees, 21, played basketball almost since the time they could walk.

“That’s what our lives revolved around since our boys were toddlers,” Lisa Proctor says. “They all three played school ball, plus AAU. My husband has coached his entire adult life, and I’ve spent most of my life in the stands. However, last year we started to get out of the gym, and we started to play golf together.”

Proctor says the family has enjoyed a good round of putt putt over the years — and it got pretty competitive. But it was last year when Tye became interested in golf. He started playing recreationally with friends, and then he would invite the rest of the family to go from time to time.

Soon, they found themselves going to the driving range regularly, and the family (minus Jeran, who lives in North Dakota now) even played some rounds of family golf together. They gave Tye a new set of golf clubs for his 18th birthday, and he has already put it to good use this spring.

“We are still very new to golf and are very much amateurs, and I have found myself spending more time searching for balls in the bushes than hitting them, but we really enjoyed the time together. Hopefully, we can all get out together again soon,” Proctor says.



The Proctors enjoy golfing as a family.

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The Copics enjoy water sports and regularly go boating.



Beth Copic was a member of the Waterhawks Ski Team.



The Copics enjoy the water so much they incorporated it into their wedding plans.

**On the water**

Beth Copic grew up in Hudson, a small Iowa town in the northeast part of the state. When she was a child, her parents bought a place in Harpers Ferry on the Mississippi River. The tiny town only has a few hundred people living there during the winter months, but, in the summer, the population grows tenfold as people come to enjoy the water.

Copic was 3 then, and soon all of her siblings joined her in learning and participating in water sports on the Mississippi River during their childhoods.

“I started waterskiing when I was 7 years old, trying to keep up with my older siblings,” Copic says. “Several of us then skied with the Waterhawks Ski Team doing shows around Iowa when we were in junior high and high school. I also waterskied professionally for The Tommy Bartlett show in the Wisconsin Dells when I was in college.”

Copic’s dad’s side of the family had weeklong vacations together every other summer, and they gathered on lakes where they could boat. Copic has great memories from those summers, and now she’s passing on her

love of water sports to her own kids, Will and Jordyn Stokes, 20, and Abby Stokes, 18.

Beth and her husband, Chris, acquired a Sea Ray boat about six years ago and a Crownline boat three years ago. Just as she did, her own kids grew up going to Harpers Ferry and began skiing when they were young. Now, the whole family enjoys wakeboarding, tubing, skiing and surfing.

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## FEATURE

“We love being on the water and playing,” Copic says. “Most of my favorite memories are of boating and spending quality family time together. My favorite memories are of pulling the kids tubing and trying to get them off the tubes.”

Their favorite place is still on the Mississippi River up around Harpers Ferry, but they also enjoy their boat trips from Harpers Ferry to Stillwater, Minnesota, and back. In fact, being on the water has been such an important part of life that Beth and Chris incorporated it into their wedding.

“Chris and I got married almost two years ago in Marquette overlooking the Mississippi River. That morning, we were out boating; Chris was wakeboarding, and I waterskied. After the wedding, instead of driving away in a car, we drove away in our boat,” she says.

### Play ball

Lisa and Carson Hattel and their three daughters, senior Emma, sophomore Hannah and seventh-grader Addison, are quick to join a sports team, especially if it involves running some bases. Lisa and Carson both grew up playing baseball and softball, and all the girls play softball, too, and have been since they were in elementary school.

“One of my favorite memories is going as a family to Indiana to watch Addison play in the all-stars team for Johnston softball,” Lisa says. “They were even on ESPN+ for the championship game. It was a great experience for all of us.”

The girls are also involved in track, basketball, volleyball and golf, as well as show choir. Lisa and Carson are there to help them practice and



Emma, Hannah and Addison Hattel are all active in sports, and their parents enjoy an active lifestyle as well.



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The Maubach family enjoys soccer, and mother Lindsey says she is glad to have Crosshaven Park next to their property so they can enjoy a variety of sporting activities.

work on getting better for their teams. In general, they just love being outside and being active together.

“As a family, we love to play fun games of volleyball and softball with friends and family members. Right now, we really enjoy sand volleyball,” says Lisa.

**Family fun**

Lindsey and Josh Maubach and their kids, Dylan, 11; Myah, 9; and Delaney, 6; all enjoy playing soccer. Lindsey and Josh both played through college and all three kids have enjoyed playing from a young age.

The Maubach adults played for FC Erwin D1, an adult recreational soccer league, for years and had a blast. Over the last year, however, they have had to scale back due to their children’s commitments and knee injuries.

Basketball is another family favorite, and Dylan’s favorite sport for sure. Now all the kids’ sports keep the grownups running around. Last week, they had six practices and six games over the weekend between the girls soccer games and Dylan’s basketball tournament.

The family is fortunate that its backyard is adjacent to Crosshaven Park, so they have easy year-round access to a basketball court, a soccer field, track and other amenities — and they take full advantage.

“We have been an active family forever. Being outside and playing competitive sports or just playing in the yard is what we love doing as a family,” Lindsey says. “We are wildly competitive as a family — from sports to board games. Tears might be shed, but it’s always a fun time.” ■



# JOHNSTON Rotary visits On With Life in Ankeny



On April 9, Johnston Rotarians held their weekly meeting at On With Life in Ankeny to tour the organization's state-of-the-art outpatient facilities and review a potential Rotary District Grant for Valpar work simulation kits.



On With Life began in 1991 as a dream of eight local families, all of whom were trying to rehabilitate a loved one whose life had been upended by a traumatic brain injury, stroke, or neuro degenerative illness/disorder. Since then, On With Life has expanded from a single inpatient program based in Ankeny to seven programs across multiple campuses throughout Iowa serving thousands of individuals and their families. On With Life serves roughly 1,000 families per year and has a staff of more than 300. They are known throughout the nation as experts in neuro rehabilitation and can provide treatment that many major hospital and rehabilitation centers are unable to. Their person-served approach to rehabilitation combines clinical expertise with a careful understanding of the goals and needs of both the person served and their family. Every traumatic brain injury or neuro disorder is unique and thus requires a unique approach to maximize rehabilitation potential.

Speech-Language Pathologist Matt Easley presented Johnston Rotarians with an overview of a current need On With Life has for targeted "get back to work, back to purpose" programming. On With Life has formally applied for a Rotary District Grant that would provide for the purchase of two or three Valpar Work Simulations Kits — products/programs that are highly regarded in medical communities and with the U.S. Department of Labor. The kits provide a clear and more objective way to communicate a traumatic brain injury survivor's rehabilitation progress and abilities to all parties: survivor, employer, therapists and physicians — something not easily accomplished in modern medical practice. The overarching goal, again, is to simply get people back to work, back to purpose. The three specific kits On With Life is interested in are: Simulated Assembly, Electrical Circuitry and Print Reading, and Clerical Comprehension and Aptitude. To learn more, visit [www.basesofva.com/valpar-portable-work-sample-series/](http://www.basesofva.com/valpar-portable-work-sample-series/). ■

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).



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## Johnston Rotary Club UPCOMING EVENTS

**May 7:** Bill Menner, Iowa Rural Development Council

**May 14:** Anthony Yeager & Zach Grandon, Johnston Police Dept. - Smokin' Heroes

**May 21:** Laura Kacer, Polk County Emergency Management

**May 28:** Jimmy Reyes, Nigeria Diabetes Program

**June 4:** Dan Knoup, Homebuilders Association of Des Moines

SAVE THE DATE!

**June 3:** Golf Outing/Casino Night Fundraiser at Hyperion

**June 15:** Smokin' Heroes Fundraiser at Green Days

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# BUILDING family bonds

## 10 activities for seniors and their loved ones

As life unfolds, the moments shared with family become invaluable treasures, especially for senior adults. Engaging in activities together not only strengthens familial bonds but also enhances physical and mental wellbeing. Here are 10 enriching activities tailored for seniors and their families to enjoy together:



**1. Nature walks and picnics:** Embrace the beauty of nature with leisurely strolls through parks or botanical gardens. Pack a picnic and relish the opportunity to share stories amidst the serenity of the outdoors.

**2. Cooking and baking sessions:** Unleash culinary creativity by organizing cooking or baking sessions. Explore new recipes together, stimulating the senses and fostering healthy eating habits.

**3. Arts and crafts workshops:** Tap into creativity with arts and crafts activities. From painting to scrapbooking, these endeavors provide a platform for self-expression and exchange of ideas.

**4. Board games and puzzles:** Rediscover the joy of board games and puzzles during family game nights. These timeless activities foster friendly competition and teamwork.

**5. Storytelling and memoir writing:** Share family history through storytelling and memoir writing. Encourage seniors to recount life experiences, preserving their legacy for future generations.

**6. Gardening and planting:** Cultivate a connection with nature by tending to a garden together. Gardening offers therapeutic benefits and instills a sense of accomplishment.

**7. Music and sing-alongs:** Create lasting memories with music. Gather for sing-alongs or impromptu dance parties, evoking nostalgia and joy.

**8. Volunteering and community service:** Make a meaningful impact by volunteering as a family. Participate in local initiatives, fostering empathy and compassion.

**9. Technology workshops and digital photo albums:** Embrace technology by learning new skills together. Create digital photo albums to reminisce and connect across generations.

**10. Family outings and excursions:** Explore new destinations and create lasting memories. Visit museums, attend cultural events, or embark on scenic drives together.

In conclusion, engaging in activities with family members holds immense significance for senior adults, providing opportunities for connection, enjoyment and personal growth. By embracing these enriching experiences together, families can create cherished moments that will be treasured for years to come. ■

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

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**11:30 - 11:45 AM**

Dance performance  
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**12:00 - 12:40 PM**

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**12:45 - 1:25 PM**

Aerial arts  
performance with  
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**1:30 - 2:00 PM**

Magic Show with  
Jonathan May

## EVENT ACTIVITIES

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Stars Alpacas

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the Iowa DNR

Grow & Learn: Kids'  
Seed Planting  
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# NAVIGATING Social Security election: How to unlock your best option

Knowing when to elect Social Security can feel overwhelming. With the possibility of 81 election options for couples, the choice is anything but straightforward. It is more than just deciding between taking benefits at 62 (when you can first elect), at full retirement age (66 or 67 for most people), or at 70 (the age at which your benefit stops growing). For many retirees, Social Security represents 25% to 35% of their retirement income. You want to make the most of this vital retirement income source.



advice makes me cringe. Social Security benefits over 25 years can add up to \$500,000 for an individual and \$1 million for a couple. This decision deserves a complex analysis, not a “good luck, you’re on your own” approach.

That complex analysis should include all your different retirement savings accounts (including any pensions), your monthly income needs in retirement, your long-term tax plan, and your plans to leave a legacy to loved ones or charities. Your health, longevity, and marital status should also be considered. Once you have a clear picture of these factors and how they work with your Social Security, you don’t have to rely on luck. You have powerful information that will help you make the most of your benefit.

For married couples, we often recommend a combination strategy. One spouse will take their benefit early, typically the one with the lower benefit, and the other spouse will defer their benefit — maybe until full retirement age, just

before or up to age 70. This strategy allows the couple to get some Social Security income right away in retirement and defer some for a higher income down the road and a higher survivorship benefit for the spouse who lives the longest.

That’s just one strategy. There are many more. I have learned that small shifts can cascade into big outcomes in retirement planning, especially when it comes to electing Social Security. Instead of “let me know what you decide,” your Social Security needs more time and attention, and so does your retirement. You spend a lot of time saving for retirement — spending some time planning is one of those shifts that can lead to big outcomes in retirement. ■

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

A lot of times when pre-retirees first meet with one of our Retirement Planners, they are working with a financial advisor. We often hear the following about their Social Security decision, “My advisor said, make your election and then let me know what you decide.” This



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# WHAT is a revocable trust?

A revocable trust is an estate planning vehicle that is similar to a Last Will and Testament but has many important differences. It becomes effective while you are alive, unlike a will.



Property and assets are transferred to the trust to be held and administered by a trustee for the benefit of another. Typically, you would be the initial trustee of the trust and would administer the trust for your benefit.

After death, the trust could be administered for the benefit of a surviving spouse or children or could be liquidated and distributed. This type of trust has several benefits.

First, a trust provides for the orderly management of assets. During your lifetime, you will typically be the sole trustee and can

manage the assets as you see fit. You can sell and acquire assets, change investments, and fully utilize your resources.

Second, if done correctly and completely funded, a revocable trust avoids probate. It allows for the smooth transition of the ownership of assets. If the trust is to terminate on death and be distributed to beneficiaries, settling the trust should take less than three months.

Third, a revocable trust allows you to make private provisions with respect to the disposition of your assets. Unlike probating your estate, your wishes will not become part of public record.

Finally, a living trust is a good vehicle for planning for potential incapacity. By specifying a procedure for determining incapacity and then naming a successor trustee, you can ensure the seamless administration of your affairs.

However, revocable trusts have some

disadvantages. Initial costs will be higher because trust documents are more complex to draft than wills. Transferring assets to trusts incurs transactions costs. Plus, trusts have ongoing record-keeping and maintenance.

If one of your goals is to avoid probate, placing all of your assets in the trust is crucial. If you die with some assets in trust and some owned by you as an individual, your estate will have to be administered through probate to distribute the assets that aren't in the trust.

Using a revocable trust has no tax disadvantages. It offers great flexibility in managing assets and ensuring wealth transfer. Be sure to consult with an experienced attorney when choosing a trust for your estate planning. ■

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

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## RECIPE

# A CREAMY pasta delight perfect for dining outdoors

*(Family Features)* Warming weather brings with it plenty of opportunities to celebrate from holidays and birthdays to sunny afternoons offering an excuse to spend time outdoors with loved ones. Dining al fresco brings added freshness to favorite foods, and taking your next meal to the patio can be a fun, delicious way to soak in some vitamin D.

Pasta provides an easy option for sharing with a crowd, like this Creamy Tomato Smoked Sausage and Asparagus Tortellini. A cheesy, filling delight, it's ready to enjoy in less than half an hour.

Plus, locally grown Michigan Asparagus adds an extra level of freshness requiring just about three days to travel from family farms in Michigan to your kitchen. It doesn't need a passport to make it from farm to table, and you won't need one either to enjoy this Italian-inspired dish in the comfort of home.

Find more patio-friendly recipe ideas at [michiganasparagus.org](http://michiganasparagus.org). ■

## Creamy tomato smoked sausage and asparagus tortellini

Recipe courtesy of the Michigan Asparagus Advisory Board  
Servings: 6

- 1 tablespoon olive oil
- 1 pound smoked turkey sausage, sliced into bite-sized rounds
- 1 clove garlic, minced
- 1 2/3 cups chicken broth
- 1 can (15 ounces) tomato sauce
- 3/4 cup heavy cream
- 18 ounces cheese tortellini
- 1/2 pound fresh asparagus, trimmed and cut into bite-sized pieces

- In large rimmed skillet, heat olive oil over medium heat.
- Add sausage and brown on both sides. Add garlic and stir until golden, 20-30 seconds.
- Add broth, tomato sauce, cream and tortellini; stir to combine. Bring to light simmer.
- Cover and simmer over low heat 10 minutes. Add asparagus during last 5 minutes of cooking until tortellini is tender and sauce has reduced.



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# JOHNSTON Partnership provides variety of support

## Helping residents with needs

More than two decades ago, a group of school nurses in the Johnston School District noticed some students didn't have coats or snow boots or were struggling to get enough to eat. So, they set out to find a solution. This is how Johnston Partnership was created.

Today, the organization provides an array of human services to residents. In 2004, Johnston Partnership established a school-based mentoring program that matches adult volunteers with students in Johnston schools to help them reach their full potential through improved attendance and academic achievement.

Later, Johnston Partnership launched the Johnston Clothes Closet and a DMARC Food Pantry. They also provide resources such as a Back to School Health and Resource Clinic, Christmas presents to children in need, community gardens and more. The organization provides weekend food support for students who need it, too.

With all these services, Johnston Partnership relies heavily on volunteers. These folks keep the shelves stocked, walk alongside clients to find food, meet with students weekly, greet people as they are picking out clothing, and serve as ambassadors for the organization.

Andrea Cook, executive director of Johnston Partnership, shares that there's a way for people of all ages to get involved. Even young kids have given back to the organization by donating money from lemonade stands or clothing they've outgrown. Some kids have even created birthday cake kits for families in need.



Johnston Partnership offers a variety of services including food and hygiene pantry and clothes closet.

Community members can also support Johnston Partnership by giving financially or donating food and hygiene products such as toothpaste, soap, toilet paper, etc.

"Or, if your garden is overflowing with zucchini, bring it to us," Cook says. "Someone would love it."

Cook adds that Johnston Partnership is a judgment-free zone — a place where people can go when they are in need of support or need a resource to fall back on.

"Whenever people are in need, that's what we're here for," she says.

Johnston Partnership is located near the Post Office at 5870 Merle Hay Road, Suite C.



Donation hours are Tuesdays from 9 a.m. to 1 p.m., and again from 4-6 p.m. They're also open Thursdays and Saturdays from 9 a.m. to 1 p.m. To make specific arrangements, give Johnston Partnership a call at 515-528-2379. ■

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## CONTACT US! CITY HALL

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Phone: (515) 278-2344  
Fax: (515) 278-2033

### MAYOR

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PaulaSDierenfeld@gmail.com

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Suresh Reddy  
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**JOHNSTON PUBLIC LIBRARY**  
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## MAY THE WIND BE WITH YOU: KITES ON THE GREEN FESTIVAL 2024

The eleventh annual Kites on the Green Festival will be taking place on Saturday, May 4, from 10:00 a.m. to 5:00 p.m. at Johnston Commons Park. This festival is suitable for everyone regardless of age or ability, and it will have a variety of fun activities such as food trucks, giant show kite displays, kite fighting, visit from Star Wars Characters from 10:30 a.m. to noon (it's the unofficial Star Wars Holiday) free kite building, bol racing, live music from 3:30 to 5:00 p.m., inflatable obstacle courses, sway pole performances, a magic show, and a chance to visit with members of the Iowa National Guard and climb in their vehicle. Additionally, there will be sidewalk chalk and other fun activities for the whole family to enjoy.

We would like to express our appreciation to all of the 2024 Kites on the Green sponsors. This event would not have been possible without their generous sponsorship.

To see the full schedule of events, please visit [www.cityofjohnston.com/KitesontheGreen](http://www.cityofjohnston.com/KitesontheGreen).



### KITES ON THE GREEN

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

## ROLLIN' WITH THE MAYOR: MAYOR'S BIKE RIDE THURSDAY, MAY 9

Join Mayor Paula Dierenfeld for the Mayor's Bike Ride, a fun ride on Johnston's trails on Thursday, May 9. Interested participants can begin gathering at 11:30 a.m. along South Drive near Corteva. The ride will take you through the beautiful trails near Beaver Creek, ending at the large shelter located at Terra Park.

Free lunch for those participating in the ride. We ask that everyone attending register, so we have an accurate headcount for lunch at <https://bit.ly/MayorsBikeRide24>.



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



## KICK OFF SUMMER WITH JOHNSTON TOWN CENTER'S FAMILY FEST ON SATURDAY, JUNE 1

There will be a family-friendly event at the Johnston Town Center on Saturday, June 1, from 11:00 a.m. to 2:00 p.m. The event will include several fun activities such as the opening of the splash pad, a visit from Rusty Stars Alpacas, a kids' seed planting adventure, a chance to learn about stormwater Best Management Practices, yard games, book bike, and opportunities to meet with the Johnston Police and Fire. A special thank you to our presenting sponsor of the event, Metronet.

For more information about the event and the activities, please visit [www.cityofjohnston.com/FamilyFest](http://www.cityofjohnston.com/FamilyFest).



## HARVEST HAPPENINGS: FARMERS MARKET GRAND OPENING ON TUESDAY, JUNE 4

The Johnston Farmers Market is just around the corner! The first market of the year will take place on Tuesday, June 4, from 4:00 to 7:00 p.m., in the Town Center parking lot on the north side of City Hall. We welcome you to come and explore the new vendors and a wide selection of locally grown produce, beautiful art, household items, garden accessories and delicious prepared food! You can find Johnston Town Center at 6245 Merle Hay Road.

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



## VOICES OF JOHNSTON: SHARE YOUR THOUGHTS IN OUR COMMUNITY SURVEY

The City of Johnston is working with ETC Institute to conduct a community survey to evaluate its performance and capture residents' opinions on governance, participation, and specific issues such as economic development, recreation, and public safety. The survey aims to understand residents' satisfaction levels regarding various aspects of community life.

Selected residents will be asked to participate in the survey by mail, and the city leaders request one person from each household to fill it out and return it. The survey can also be filled out online or by phone. To fill out the online survey, visit <https://johnstonsurvey.org>.



## CITY HALL AND LIBRARY CLOSED FOR MEMORIAL DAY

City Hall and the Johnston Public Library will be closed on Monday, May 27, for the Memorial Day holiday. We will reopen on Tuesday, May 28. Trash and recycling will be delayed one day.

For more information about the city, please call 515.278.2344

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



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## INVESTMENT

By Daniel Rundahl

# DOES YOUR pension have to stay with your employer?

In 1995, a study was done looking at the top 100 Fortune 500 companies in America. One part of this study was whether there was more value in a defined benefit pension or whether an employer sponsored savings plan would be best. You recognize the latter as a 401K or 403B plan. To understand this comparison, let's first understand the difference:



### • Employer Sponsored Savings Plan:

A participating plan where your employer will contribute to the retirement savings investments for the employee after a certain period of employment. Often, these plans may include the employee participating at a 3-6% contribution to get a 3-6% matching contribution to the plan. This 401K or 403B plan will be yours and available after you are 59.5 years old for your needs.

• **Defined Benefit Pension Plan:** This plan can be participating or non-participating, but the risk lies completely on the employer to maintain an income payment for a certain period once the employee retires. Often, this benefit is selected for the lifetime of the employee and their spouse.

There are pros and cons to both investments. This month, on this topic, I will focus on whether it makes sense to leave your pension with your employer after you retire. Most retirees don't know that they can move it, and most don't recognize that it may make sense. Let's look at a couple of ideas on this.

A pension is a unique guarantee with your former employer to receive an income for a period of time or for life. Most of the time, the pension is insured by an annuity company. The annuity company will guarantee what they can while remaining profitable. So, here is the question: Have you ever thought of moving your pension to another annuity company? The fact is most of the largest companies in Iowa that provide pensions are having them serviced with an insurance and annuity company that isn't offering you the highest guarantee that could be available. So, what do you do?

A pension will often offer a lump sum value that you can take at retirement instead of the income option. It may be completely taxable, so it may have to go directly to the new company if it is in your best interest. In the understanding of how these "vehicles" work, you could consider taking this lump sum amount to a different insurance company and possibly locking in a higher guaranteed income payout for life. It may also guarantee a death benefit that may otherwise not exist with leaving it with your employer. The good news, with Iowa as the "insurance capital" of the USA, you have lots of options.

So, what do you do? Working with a fiduciary financial advisor will help you to understand whether it is better to leave your Defined Benefit Pension with your employer or move it to a different pension company. You might be leaving thousands of dollars on the table by not considering it.

Talk with your advisor. ■

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

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## This Memorial Day

Today we remember our brave men and women who made the ultimate sacrifice.



**Tim Hanstad, AAMS\***  
Financial Advisor  
5525 Merle Hay Rd., Suite 260  
Johnston, IA 50131  
515-278-2525

FAP-19420-A-AD AECSPND 21573413

# Join Us!

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May 21st or 23rd

At 6:00pm

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# HOSPICE care may be a gift to your family

For Marie’s family, summer had always been special, with relatives coming from near and far to spend time with one another. Last year was bittersweet, though, as Marie’s chronic health conditions were causing her to decline. And though she still looked forward to seeing beloved family members, she and her husband, Skip, were wondering how they would take part in the usual reunion festivities.



If you’re considering hospice services for a family member, it may seem counterintuitive to think about “living” in conjunction with services offered at the end of life. But even during hospice care, a person is living — and it’s important to understand that hospice services can actually help ensure quality of life.

Options for hospice services are nearly as varied as the individuals who seek them. They range from home care to services in a freestanding hospice center to in-between, hybrid models, and the type of care you and your loved one select is truly an individual choice.

But no matter the type of services you’re considering, you should always ask any provider on your list: “How can you help me or my loved one continue to LIVE through this stage of life?”

Ideally, hospice services should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for hospice services, enabling a patient to live life in comfort for the days, weeks, months or longer that remain in his or her life.

So, if you are dealing with a family member’s illness as you prepare for summer, give some thought to the ways you and your family want to spend time together. For some families, it’s comforting to have hospice providers care for the person in their home so loved ones can gather in a familiar setting.

Making that first call to a hospice provider can be difficult — but having care in place can actually help make special occasions more relaxed and meaningful for your loved one as well as the whole family.

“Once we met with hospice and set up a plan, we breathed a sigh of relief knowing my wife would be comfortable at home, and we could focus on making our summer gathering as special as possible with her favorite traditions,” Skip says. “Looking back, we are so grateful for those memories.” ■

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.

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6901 Peckham St.,  
Johnston, IA

Please RSVP to Maria at (515) 252-5380. We look forward to seeing you!

## THANK YOU, Mom and Dad

Our mother died a few years ago after struggling through the late stages of Alzheimer’s disease. Honoring her during this stressful time was our family’s ultimate goal. And then, again, when she died, we wanted to honor her life in the best way we could. Well, we can tell you firsthand that having her preplanned funeral in place was extremely valuable in helping us achieve our goal. All of the information surrounding her death, visitation, service and burial were organized in a preplanning file at the funeral home. Knowing her wishes, having merchandise selections already made, having the details about what would be in her obituary already written down, and having the information for the death certificate already recorded all helped to make the process of funeral arrangements so much easier for our family.

Since that time, our dad has been “tweaking” his own preplan, which is currently in place at the funeral home, and, for that, we are so thankful. When that time comes, and our heads are spinning with grief, we won’t have to wonder or guess. We will know exactly how best to honor him.

Thank you, Mom and Dad, for this gift. With love, from your two daughters. ■

Information provided by Sasha Mudlaff and Holly Peterson Miller, family owners, Hamilton’s Funeral Home, 605 Lyon St., Des Moines, 515-243-5221.



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## GOOD for the soul

### Moorman using horses to help veterans.

Given the opportunity, horses can connect with your soul and heart, says Eric Moorman, the veteran equine specialist at Jester Park Equestrian Center.

“They are proven to lower anxiety and depression levels by just being with them,” says Moorman, 59, a United States Marine Corps combat veteran who served in the U.S. Marine Military Police from 1986-1992.

Helping humans is what Moorman has done for decades. But now it’s more important than ever.

“Today, there are 22 suicides a day by combat veterans of Vietnam, Gulf War, Iraq and Afghanistan,” he says. “We have more combat veterans today than we’ve had in many years. The Veterans Administration is overwhelmed.”

Moorman, with his lifelong experience in horses and service to his country, thinks he can help. And has.

Moorman grew up in a family business breeding, training and showing quarter horses at national and world shows. His father was a horse farrier/blacksmith, horse trainer and quarter horse breeder, and raised about 15-20 foals a year to sell or show.

Moorman has continued showing and training quarter horses for customers for the last 20 years, and with that came World and National Collegiate Championships. He still helps his mother and sister organize and operate the Iowa State Fair Cowgirl Queen Show and two-day All Breed Horse Show the first weekend of the Iowa State Fair.

In 2016, Horses Helping Heroes began when the VA asked the Jester Park Equestrian Center to create a horse program in an attempt to help veterans suffering from PTSD, anxiety, depression or substance abuse.

A few short years later, in 2022, Moorman became aware of this effort and wanted to put his military and equine background together for a good cause.

“I became aware of this great program and called and asked if I could volunteer,” he says. “The leader of the program welcomed me, and soon the veterans in the group asked if I could lead the sessions.”

He did. To date, Horses Helping Heroes has served 300 veterans. In 2024, the then-program director resigned and moved away. Moorman was quick to apply for the position. Once again, it was his.

Moorman now spends his weeks coordinating and leading sessions aimed to help his fellow veterans, all through the spirit of riding a horse. Moorman welcomes any and all veterans in need to seek him, or the program, out. Moorman says he will be adding a First Responder Horse Program to his itinerary soon, and even more programs will follow.

“The more veterans that come out and go through our horse programs, they will be amazed how much they learn from the horse,” Moorman says.

For more information, visit [www.polkcountyiowa.gov/conservation/jester-park-equestrian-center/horses-helping-heroes/](http://www.polkcountyiowa.gov/conservation/jester-park-equestrian-center/horses-helping-heroes/). ■



Eric Moorman is the veteran equine specialist at Jester Park Equestrian Center.

# BANISH evening cravings

After-dinner and before-bedtime snacking, when not hungry, can result in consuming unneeded calories. Often this may be due to boredom, stress or tiredness. Try these tips to help banish evening cravings and curb after-dinner snacking, and, if you snack, go for nutritious options.



### Boost protein and load up on fiber

Protein can help you feel full faster and for longer, so ensuring you incorporate protein during meals and snacks may help with mindless snacking.

Some ideas include a breakfast of oatmeal with a cup of low-fat or fat-free milk or fortified non-dairy alternative and a small handful of nuts and fruit, which provide approximately 20 grams of protein. At lunch, a couple of tablespoons of peanut butter (7 grams of protein), half a can of tuna fish (16 grams of protein), half a cup of black beans (7 grams of protein) or a small 4-ounce salmon filet (25 grams of protein) can help push up protein. At dinner, aim for recommended serving sizes such as a small — the size of a deck of cards — 3-ounce chicken breast (27 grams of protein) or a 3-ounce lean top sirloin steak (26 grams of protein).

Dietary fiber also helps us feel full, in addition to being protective of intestinal and heart health. Find fiber in whole grains, legumes such as beans and lentils, vegetables, fruits, nuts and seeds. The daily recommendation for dietary fiber is 14 grams for every 1,000 calories, which is about 25 grams for women and 38 grams for men per day.

### Get enough sleep

Sleep deprivation can impair glucose metabolism and affect hormones linked to hunger, appetite and body weight regulation. When we get too little sleep, we may confuse tiredness for hunger. If you're tempted to keep snacking after a balanced dinner, that may be a sign that your body needs rest.

### Turn off the screen before you pick up your fork

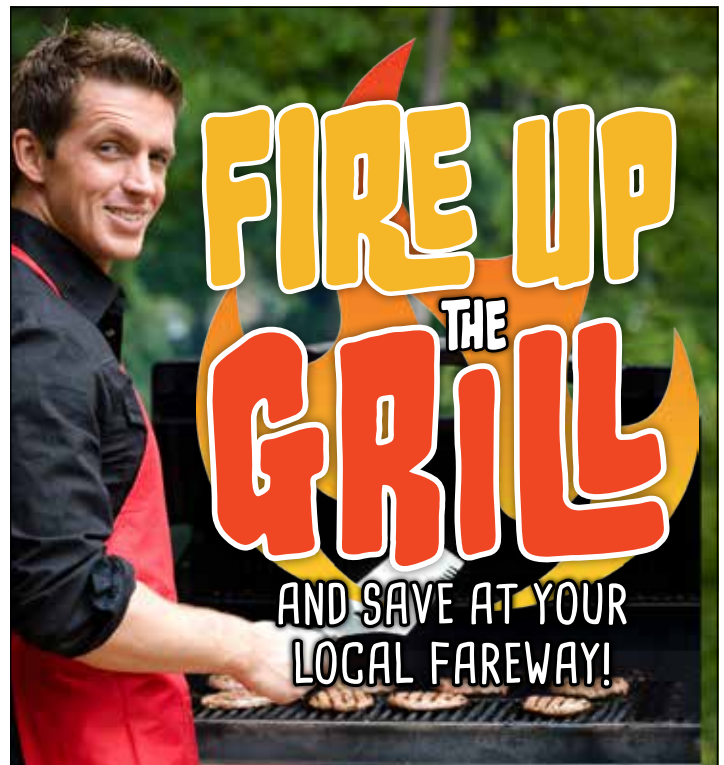
Screen time may encourage mindless eating and increased food intake. Eating in front of the TV, while playing video games or surfing the internet can distract attention from what and how much is eaten, reduce satiety signals sent to the brain and lessen memory of snacking.

### Still starving after dinner?

People often eat out of boredom, because of stress or out of habit rather than from true hunger. Consider asking yourself the following questions before eating: Am I hungry? Am I thirsty? Am I tired? Am I bored? Am I sad?

If you are still hungry after ruling out other factors, it's OK to have a snack. Opt for foods with high protein and fiber and eat small portions slowly and without distractions. ■

Information provided by Caitlyn Ferin, LD, RD, corporate dietitian, Fareway, 6005 Merle Hay Road, Johnston, 515-252-9962. Article adapted from Curb Late Night Snacking, Academy of Nutrition and Dietetics



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## HEALTH insurance scams: What do they look like?

Health insurance scams represent a menacing facet of modern-day fraud, exploiting the vulnerability of individuals seeking affordable healthcare coverage. These schemes, often intricately crafted and deceptively packaged, prey upon unsuspecting victims, leaving them financially depleted and medically unprotected. Here's a closer look at the shadowy world of health insurance scams.



At their core, health insurance scams operate through various guises, from fake insurance companies to unauthorized brokers promising unbeatable deals. One common tactic involves the creation of sham insurance plans that offer comprehensive coverage at remarkably low premiums. Unsuspecting consumers, enticed by the prospect of affordable healthcare, eagerly enroll, only to discover later that their policies are non-existent or provide minimal benefits. Another prevalent scam involves identity theft, where fraudsters obtain individuals' personal information to fraudulently apply for health insurance on their behalf. These imposters capitalize on the victim's identity to file fraudulent claims, leaving the genuine policyholder tangled in a web of financial and legal troubles.

Furthermore, unauthorized brokers exploit loopholes in the system to sell illegitimate insurance policies, often through aggressive marketing tactics and false promises. These brokers may pose as legitimate agents, offering enticing deals and persuading individuals to sign up for bogus plans. When claims are filed, victims find themselves denied coverage, with their hard-earned premiums lining the pockets of fraudsters.

The consequences of falling victim to health insurance scams are dire, extending beyond financial loss to include compromised health and wellbeing. Individuals who believe they are insured may forgo necessary medical treatment, only to discover too late that they lack adequate coverage. Moreover, the stress and uncertainty resulting from such scams can exacerbate existing health conditions.

Combatting health insurance scams requires a multifaceted approach, involving heightened consumer awareness, regulatory oversight, and collaborative efforts between law enforcement and insurance providers. Education plays a pivotal role in empowering consumers to recognize red flags and make informed decisions. By raising awareness about common scam tactics, individuals can better protect themselves from fraudsters.

Regulatory bodies must strengthen enforcement measures to root out fraudulent insurance operations and hold perpetrators accountable for their actions. This includes stricter licensing requirements for insurance agents and brokers, as well as enhanced monitoring of insurance transactions to detect suspicious activities.

Insurance companies also bear a responsibility to safeguard their policyholders against fraud by implementing robust authentication processes and investing in advanced fraud detection technologies. By proactively identifying and flagging fraudulent claims, insurers can mitigate financial losses and preserve the integrity of the insurance market.

In conclusion, health insurance scams pose a significant threat to consumers, exploiting their desire for affordable healthcare and leaving them vulnerable to financial ruin and inadequate medical care. By fostering greater awareness, implementing stringent regulatory measures, and fostering collaboration among stakeholders, society can collectively combat health insurance scams and protect the wellbeing of individuals and families. ■

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

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# LOCATION is everything

Pavlovec fond of her neighborhood's character.

Jennifer Pavlovec moved to Johnston 15 years ago. She chose the area for its central location in the Des Moines metro.

In the years since, her affinity for Johnston has only continued to grow. Today, she serves as a member of the Johnston Planning and Zoning Commission, which regulates land use and development by reviewing new construction plans and plats. The commission also works with Johnston city staff to adopt and enforce zoning regulations. In this way, Pavlovec is making an impact on the community.

Pavlovec's current home is located close to the Winwood Apartments, where she first lived when moving to town.

"We loved the location of our apartment, so when we went to purchase a home, we were thrilled there was a new development going on in the area," Pavlovec explains.

Even though her home is in a more recently developed neighborhood, she feels it isn't as cookie-cutter as some other developments.

"Our neighbors have put in a lot of effort to plant trees, garden and otherwise make the neighborhood feel inviting," she says. "My favorite thing has to be our new screened in porch."

Pavlovec also loves how close she is to the Johnston Town



Jennifer Pavlovec enjoys the neighborhood where her home is located and enjoys the screened back porch of the house.

Center, grocery stores and restaurants. Having the trail system throughout town is a bonus, too.

"It's so nice for biking or walking, and I love how many things there are to do in town or nearby," she says. ■



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# ENHANCING curb appeal

Now that we may have gotten some spring cleaning done and nice weather has come our way, let's work on our exterior curb appeal. You don't have to spend a lot to make a great first impression on your exterior. This is especially important when your home is on the market. When it looks inviting on the street, it will make a positive impression and will draw people in. Small changes can have a big impact. I have a few ideas that don't cost a lot to do:



- Paint your front door. You can make a statement by giving it a fresh coat of color. Clean off the dirt and polish door fixtures. Using a bold color may be kind of fun.
- Dress up your front porch. A colorful rug and some plants look great. If you have room, add some porch furniture with colored pillows. A little change and color can really transform the look of your home.
- Add plants and flowers with color. If you haven't already, it is time to put out the planters on your porch or near the garage. Add hanging baskets with colorful flowers or trailing vines, which will create a lovely visual display.
- Keep your house number clean and fresh. If you have a mailbox, make sure the number is visible and clean.
- Make sure all exterior lightbulbs are working. Change out your finishes on your light fixtures if you want a different look. You can coordinate finishes to create a cohesive look all around.
- Power wash your exterior. It will give a brighter and cleaner look to your home and will get rid of any cobwebs that arrived this winter.
- Update your mulch or clean up the rocks that you have around your home.
- Make sure you clean up weeds on a regular basis.
- If you have the capability to do window boxes, these add color and charm to the look of your home. You can mix and match flowers based on seasonal bloom, sunlight exposure and your home's color scheme.
- Needless to say, be sure to keep the lawn kept up well and mowed. If you need help, there are many lawn companies in our area.
- If you have items that you need to get rid of, you can donate, toss or sell.

Remember, these small changes can make a big impact, create an inviting first impression and add natural beauty to your home's exterior. Should you need referrals for a contractor or someone to help you, reach out to your favorite Realtor.

Enjoy your summer, the warmer weather, your travel time and, most importantly, time with your family. ■

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

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# SUMMER FUN IN JOHNSTON 2024



THE YARD  
JOHNSTON TOWN CENTER



## MOVIES IN THE YARD

MAY 16 - JUNE 21 - AUG. 15 - SEPT. 19  
MOVIES BEGIN AT DUSK



## FAMILY FEST

SATURDAY, JUNE 1  
11:00 AM TO 2:00 PM



## FARMERS MARKET

TUESDAYS FROM JUNE TO SEPT.  
4:00 PM TO 7:00 PM



## SOUNDS OF THE SUMMER

JUNE 8 - JUNE 29 - AUG. 24 - SEPT. 28  
7:00 PM TO 10:00 PM



## TUNES AT TWILIGHT

JULY 18 - AUG. 8 - SEPT. 12  
7:30 PM TO 9:00 PM

JOHNSTON TOWN CENTER  6245 MERLE HAY RD.

# 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



## 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.

## Vietnam War Living History Event

Iowa Gold Star Military Museum, 7105 N.W. 70th Ave., Johnston  
Saturday, June 1, 9 a.m. to 5 p.m.  
and Sunday, June 2, 9 a.m. to 1 p.m.

Discover what life was like for an American servicemember during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites, and see period military vehicles. Admission is free.



## Kites on the Green Festival

Saturday, May 4, 10 a.m. to 5 p.m.  
Johnston Commons Park, near the library.

Get set for a day filled with free, family-friendly activities and fun. Not to mention, it's also the unofficial Star Wars holiday, so "May the Fourth be with you" as you join in the fun. New activities and performances have been added including a magic show and balloon animals with Jonathan May, stilt walking and mesmerizing sway pole performances by Laura Ernst with Kinetic Entertainment, two obstacle bounce houses and many more fun, free activities for your family. More information and a schedule of all the activities can be found by visiting [www.cityofjohnston.com/kitesonthegreen](http://www.cityofjohnston.com/kitesonthegreen).



## 2024 Movies in the Yard

Mark your calendars for an unforgettable lineup of outdoor Movies on the Yard this summer at Johnston Town Center, 6245 Merle Hay Road. The lineup includes: Thursday, May 16: "Barbie"; Friday, June 21: "Kung Fu Panda 4"; Thursday, Aug. 15: "Guardians of the Galaxy Vol. 3"; Thursday, Sept. 19: "Wonka." All screenings begin at dusk. Bring your blankets, lawn chairs and loved ones for an evening of free entertainment.

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## Splash pad opens

May 25, 10 a.m.  
Town Center, 6245 Merle Hay Road, just west of Johnston City Hall

The splash pad will open. Hours will be 10 a.m. to 8 p.m. Visit [www.cityofjohnston.com/1183/Splash-Pad-at-the-Town-Center](http://www.cityofjohnston.com/1183/Splash-Pad-at-the-Town-Center) for more information.



## Farmers Market

June 4 - Sept. 24, Tuesdays, 4-7 p.m.  
Johnston Town Center just north of City Hall, 6245 Merle Hay Road

Johnston Farmers Market will be held on Tuesdays. Shop for fresh produce and homemade products while being entertained by live music. [www.cityofjohnston.com/farmersmarket](http://www.cityofjohnston.com/farmersmarket).

## Tunes of Twilight Series at The Yard

Thursdays, July 18, Aug. 8, Sept. 21, 7:30-9:30 p.m.  
The Yard, 6245 Merle Hay Road

After the Farmers Market, enjoy live music on Thursdays, July 18 (featuring the duo Snacks), Aug. 8 (featuring the all-female quartet June Bugs) and Sept. 12 (featuring The Sons of Gladys Kravits). More information is available by visiting [www.cityofjohnston.com/1439/Tunes-at-Twilight-Series](http://www.cityofjohnston.com/1439/Tunes-at-Twilight-Series).

## Kiwanis meeting

May 7, 11:30 a.m.  
Cozy Café, Johnston

The Kiwanis Club of Johnston invites the public to its meeting. Speaker will be Jana Huegerich, territory representative for LifeServe Blood Center. She will provide a quick overview of LifeServe, what it does, its new headquarters and how people can get engaged in its life-saving mission. RSVP if you plan to attend by contacting Barb Allen, 515-577-2194, or by email, [Bjallen713@gmail.com](mailto:Bjallen713@gmail.com). Non members are always welcome. Kiwanis Club meets on the first Tuesday of each month at 11:30 a.m. at Cozy Café and the second and third Tuesdays of each month at 7 a.m. at the Simpson Barn.

## Family Fest

Saturday, June 1, 11 a.m. to 2 p.m.  
Johnston Town Center, 6245 Merle Hay Road

Family Fest has plenty of fun in store for you. Come check out the alpacas; enjoy dance performances, circus arts and aerial arts performances; paint a bath bomb; and enjoy spin art, the splash pad and much more. Visit [www.cityofjohnston.com/1437/Family-Fest](http://www.cityofjohnston.com/1437/Family-Fest) to view the schedule of activities and performances.

## Sounds of Summer at The Yard

The music will begin at 7 p.m. on the stage, just west of Johnston City Hall. Bring your lawn chair and blanket and enjoy the free music. More information is available by visiting [www.cityofjohnston.com/1438/Sounds-of-Summer](http://www.cityofjohnston.com/1438/Sounds-of-Summer).

- Saturday, June 8 – The Trip is a Los Angeles-based studio of musicians playing rock hits spanning multiple generations
- Saturday, June 29 – Back in Black is America's leading AC/DC cover band based out of Dallas
- Saturday, Aug. 24 – Mixtape is a Nashville-based 1980s rock band
- Saturday, Sept. 28 – The Pork Tornadoes is Des Moines' No. 1 summer party band ■

## Johnston Basketball Club 2024 tryouts

Sunday, Aug. 11  
Johnston High School Gym, 6500 N.W. 100th St.

The Johnston Basketball Club (JBC) girls and boys tryouts are scheduled on Sunday, Aug. 11, at Johnston High School Gym, 6500 N.W. 100th St. Grades eligible for tryouts are first through eighth (grade they will be attending in the fall of 2024). Check the JBC website ([johnstonbasketballclub.com](http://johnstonbasketballclub.com)) to register for tryouts in July. Specific times for tryouts per grade will be on the website in August.



## Mother's Day breakfast buffet and bake sale

Sunday, May 12, 8 a.m. until noon  
West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Enjoy a delicious Mother's Day breakfast which includes biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and "all you can eat" pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee for \$10—children younger than 10 \$5. Enjoy a bloody mary or mimosa for \$3.50. Proceeds support the Elks' Hoop Shoot Program, other youth activities and veteran activities.

## Valley Junction Arts Festival

May 19, 10 a.m. to 4 p.m.  
100-200 Blocks of Fifth Street, West Des Moines  
[www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival](http://www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival)

Live entertainment, art activities and artists' demonstrations. Refreshments will be available from several food vendors on the street, and several Valley Junction stores will be open during the festival. ■



## WHERE DID the street name come from: Murray Circle

N.W. Murray Circle is a short street looping off the 5800 block of Merle Hay Road. Where did its name come from? It commemorates one of the early settler families and their sacrifice in the Civil War.

Thomas and Sarah Murray and their 13 children traveled from Indiana to the Johnston area in 1852, finishing the trip by crossing the Des Moines River at the Mose Lawson ford, just north of the current 66th Street bridge. They settled along what is now N.W. Beaver Drive.

Nine years later, when the Civil War broke out, three of their sons enlisted in the Tenth Regiment of the Iowa Volunteer infantry: Andrew, 18; Tomas, 20; and Larkin, 30. Larkin was married with three small children.

The Tenth Regiment was in the thick of the campaign to capture Vicksburg, which was the last Confederate stronghold on the Mississippi River. On May 16, 1862, Andrew was wounded in the hard-fought battle of Champion Hill, and his brother Larkin carried him out of the

fight. His letter home said, "I took him off the field, laid him in an ambulance, got my gun and went to work again." Andrew Murray died on May 22.

Thomas Murray was shot and killed by a Confederate sharpshooter on the Vicksburg siegeworks on May 31. Larkin's next letter said: "I suppose you have heard of the death of Thomas and Andrew. I am left alone." Vicksburg surrendered on July 4, 1862. The Vicksburg campaign was a major turning point of the Civil War.

Larkin Murray later fought in the battle of Lookout Mountain, in the battles for Atlanta and the march to the sea. He was mustered out on May 29, 1865. After his return to Iowa, he raised eight children, and he and his wife, Barbara, celebrated their 60th wedding anniversary in 1912. He died in 1920 at the age of 88.

This information is taken from one of the many family history notebooks at the Johnston Historical Society 1902 Simpson



House Museum. A list of those family histories is on the Society website, [www.johnstoniawahistorical.org/](http://www.johnstoniawahistorical.org/).

Johnston Historical Society is a 501(c)3 nonprofit dedicated to discovering, preserving and presenting the history of the Johnston area. Founded in 1994, JHS maintains the 1902 Simpson House Museum at 6161 Northglenn Drive in Johnston. That museum is open for selected community events and by appointment. Please consider supporting the Society by becoming a member, a volunteer, a benefactor or making a donation of historical items. ■

## NEWS BRIEFS

### DELTA DENTAL Foundation donates \$4.1 million

Delta Dental of Iowa and its Foundation committed \$4.1 million to 261 organizations to address oral and overall health needs in 2023. The past year marked 21 years of giving for the not-for-profit insurance company and its Foundation, with a total investment of \$68 million toward improving the health and wellbeing of Iowans since 2002.

"At Delta Dental of Iowa, we believe that everyone deserves to be healthy," said April Schmaltz, president and CEO, Delta Dental of Iowa. "We recognize the challenges some Iowans face in accessing the resources they need to achieve this, which is why we partner with organizations that share our goal to support healthy smiles, healthy vision and healthier lives."

Delta Dental focuses its giving on programs that strengthen the connections between oral and overall health, support healthy activities and healthy communities, and improve the social and emotional wellbeing of Iowans. ■

### REP. ANDREWS welcomes MCL members



Rep. Eddie Andrews (R-Johnston) welcomed the following members of the Marine Corps League to the Iowa House: Jack M. Studebaker of Colo, Dennis Jones of Des Moines, Mary Nagel of Dougherty, Carl Evans of Johnston, Tim Evans of Blairsburg, Ryan Lincoln of Grimes, P.J. Pins of Norwalk, and Jeff Strause of Burlington. ■

# CELEBRATING the Week of the Young Child

Johnston Early Learning Academy students enjoy week of activities.



The Week of the Young Child has been celebrated at the Johnston Early Learning Academy since the school was established. Created by the National Association for the Education of Young Children, this fun-filled week celebrates the importance of early education. It also celebrates early learning, young children, their teachers, their families and their communities. The 2024 event took place April 8-12. Johnston Early Learning Academy Director/Principal Joy Palmer says it is a great week to come together as educators and a learning community to celebrate young children and their families.

“We recognize and celebrate the needs of our littlest learners and the importance of early childhood programs and services that support learners as they embark on their education journey in the Johnston Community School District. Our passion and dedication to creating an environment where our young learners can grow as individuals creates a lasting impact on the lives of our learners and as they move forward in their educational journeys,” Palmer says.

During the Week of the Young Child, all classrooms were invited to participate, with more than 335 students and families celebrating. Themes for the week were chosen by the National Association for the Education of Young Children. This included Music Monday, Tasty Tuesday, Work Together Wednesday, Artsy Thursday and Family Friday.

“We know that young learners love to learn through music and movement, and they also like to learn about food, art and always like to share-out about their families. We celebrate that and incorporate all of this into WOYC,” Johnston Early Learning Academy Outreach Specialist Kelsey Grasso says.

Students participated in various activities such as planting vegetable seeds, working together to create the longest paper chain, creating coffee filter art for their community space, and incorporating families through an “All About My Family Poster.”

As an annual event, each year, teachers and staff meet in order to plan an engaging week with different activities tailored to students and their families. Going forward, they also hope to receive more input from student leaders on how to celebrate during the week.

“In future years, we are hoping to get even more input from our student leaders on how they wish to celebrate this special week. We have learned that, oftentimes, the greatest ideas come from our smallest learners,” Johnston Learning Academy preschool teacher Juli Dodd says. ■

# SPOTLIGHT: The Cork 50131

Each month, we shine the spotlight on a Johnston Chamber member business, highlighting what they love about our local business community. The Cork 50131 is an upscale wine lounge located in the Johnston Town Center and has been a member of the Johnston Chamber since 2022. We caught up with owner Leif Gustafson:



**What is your favorite part of being a Chamber member?** We really enjoy the networking opportunities and the ability to interact with other local business owners. Running a small business while raising kids can be busy, but the Chamber does a great job of providing multiple different opportunities for connection.

**What do you love about our Johnston community?** We’ve met so many amazing people and are grateful that it’s gotten us more involved in this awesome community. The local businesses we worked with in building out our space were wonderful. The city has been great to work with. Our employees are wonderful — most of them are Johnston residents. Our customers are just fantastic; they make it easy for us to come to work with a smile.

**What’s coming up at The Cork 50131?** We have the Sounds of Summer Series bringing national acts to The Yard on June 8, June 29, Aug. 24 and Aug. 28 (all Saturdays). We have the Tunes at Twilight Series, which is Thursday night concerts on July 18, Aug. 8 and Sept. 12. Finally, we host live music inside The Cork 50131 with several talented local musicians on the schedule. All our music events are free and family friendly. ■

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



THURSDAY- SUNDAY

# JUNE

# 13-16

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FRIDAY, JUNE 14

GIMMIK

SATURDAY, JUNE 15

MOTLEY SCRUE IOWA

SONS OF GLADYS KRAVITZ

## BAGS TOURNAMENT!

SATURDAY JUNE 15

12pm Start Time!



Registration + more info scan here!

**Fun for all ages! See you there!**

www.johnstongreendays.org Johnston Green Days

Green Days is organized by the Johnston Chamber of Commerce.



# OUT & ABOUT



A ribbon cutting was held April 5 at Caribou Coffee, 5260 Merle Hay Road, Suite 101, Johnston.



Dan Fitzgerald, Adam Krook, Jacob Staples and Kirk Capman at the ribbon cutting April 5 at Caribou Coffee, Johnston.



Brenda Ballard and Jenni Buchanan at the ribbon cutting April 5 at Caribou Coffee, Johnston.



Jamie Lewton and Chris James at the ribbon cutting April 5 at Caribou Coffee, Johnston.



Jennifer Sayers and Grant Taylor at the ribbon cutting April 5 at Caribou Coffee, Johnston.



Annie Mielke and Christy Cline at the March 21 Johnston Chamber JumpStart at Hilton Garden Inn.



Dennis Vogel and Michele Forbes at the March 21 Johnston Chamber JumpStart at Hilton Garden Inn.



Steve Doughty and Kevin McGuire at the March 21 Johnston Chamber JumpStart at Hilton Garden Inn.



Paula Bierle and Jamie Lewton at the March 21 Johnston Chamber JumpStart at Hilton Garden Inn.



Kit Mihalik and Andre McKay at the March 21 Johnston Chamber JumpStart at Hilton Garden Inn.



Chris Jones and Jenni Buchanan at the March 21 Johnston Chamber JumpStart at Hilton Garden Inn.



# OUT & ABOUT



Brandon Thompson and Brody Griffin at the Johnston Chamber After Hours April 11 at Holiday Inn & Suites, Des Moines Northwest.



Andrea Hodapp and Tyson Handsaker at the Johnston Chamber After Hours April 11 at Holiday Inn & Suites, Des Moines Northwest.



Kiwanis member Barb Allen, guest speaker Blake Boldon - Franklin P Johnston Director of the Drake Relays, Kiwanis member Jim Sanders, and Kiwanis member Polk Davison on April 2 at the Johnston Kiwanis Luncheon.



Annie Mielke, Dan Fitzgerald and Katie Woodward at the Johnston Chamber After Hours April 11 at Holiday Inn & Suites, Des Moines Northwest.



Jenni Buchanan and Joseph Herst at the Johnston Chamber After Hours April 11 at Holiday Inn & Suites, Des Moines Northwest.



Kit Mihalik and Betheny Wilson at the I am Uniquely HER, Johnston, Grimes and Waukee Chamber Women's Event, held April 4 at the Simpson Barn in Johnston.



Annie Mielke, Tiffany Nielsen, Christy Cline and Jenni Buchanan at the I am Uniquely HER, Johnston, Grimes and Waukee Chamber Women's Event, held April 4 at the Simpson Barn in Johnston.



Madison Taiber, Halsey Scales, Dini Anderlik, Samantha Winebrenner, Jessica Taylor-Fink and Kelly Troxel at the I am Uniquely HER, Johnston, Grimes and Waukee Chamber Women's Event, held April 4 at the Simpson Barn in Johnston.



Sunny Griffin and Jenny Meyers at the I am Uniquely HER, Johnston, Grimes and Waukee Chamber Women's Event, held April 4 at the Simpson Barn in Johnston.



Amanda Butler and Emily Zailac at the I am Uniquely HER, Johnston, Grimes and Waukee Chamber Women's Event, held April 4 at the Simpson Barn in Johnston.



Jackie Schmillen and Rachel Eslick at the I am Uniquely HER, Johnston, Grimes and Waukee Chamber Women's Event, held April 4 at the Simpson Barn in Johnston.

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