

JOHNSTON

JUNE 2024

# Living Paint the Town Green

MAGAZINE

Annual Green Days community festival offers live music, a parade, carnival rides and much more June 13-15.

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WELCOME

## IT'S WHAT we do

Most of us who grew up in rural Iowa communities have a great deal in common, whether we spent any time on a farm or not. We swam in gravel pits. We knew the difference between dinner and supper. And we called our fizzy drinks pop, not soda.

We also know the strength that comes from connecting — and not via Facebook or Snapchat or Nextdoor. We do it the old fashioned way. We break out the lawn chairs, we share our favorite foods or beverages, and we talk.

Yes, some things have changed. Our front porches may have changed to backyard decks. Our neighbors may no longer be our cousins. And gravel roads and fishing ponds may be more difficult to find. But we still relish the spirit of community, and we live it, too.

This is apparent in our ongoing support of our community festivals. Most all of us smile when we think of the midway amusement rides, the demolition derbies and the tractor pulls we experienced in our youth. We can still taste the corn dogs, the cotton candy and the church stand cheeseburgers. And despite them being available seemingly every weekend somewhere in central Iowa, we still get giddy over fireworks.

The good news is that we don't have to reminisce about the good old days. They are alive and well right here, and we can experience many of those moments soon without leaving town. Turn the pages of this magazine, and you will find all the details you need to know about Green Days.

So give Netflix a rest. Get off Instagram. And save the pre-packaged meal for another day. It's time to get out and see your friends and neighbors in person, listen to the festival sounds, and enjoy some local food, beverage and entertainment. Just don't forget your lawn chair.

Thanks for reading. ■

### SHANE GOODMAN

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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).**



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# Paint the Town Green

**Annual Green Days community festival offers live music, a parade, carnival rides and much more June 13-15.**

**By Ashley Rullestad**

The biggest and best community celebration in town, Green Days, is back this year June 13-15 with the theme "Paint the Town Green." The public is invited to come together and celebrate at Terra Park with lots of fun and family-friendly events for all.

Enjoy live music at the Green Days stage at Terra Park. Photo courtesy City of Johnston



## FEATURE

Pam Kucera, who has served as event chair for years, says the event supports the businesses and organizations in the community and offers a variety of festivities.

"The focus of the event is to provide an opportunity for the community to come together and share a good time with their fellow citizens," she says. "It is a free event for the community to attend. The funds that are raised at Green Days are to help support future events and to give back to the community. Years ago, we charged for admission to the event, but the chamber decided they didn't want to restrict anyone from attending, so the decision was made to remove the admission fee."

The Johnston Chamber of Commerce launched Johnston Green Days a couple of decades ago to offer residents a community event. It also focused on sharing information about the businesses in the community. The celebration was named Green Days to showcase the various greenhouses and landscaping businesses, as well as Pioneer (now Corteva) and John Deere Financial. The chamber is responsible for the event, with various businesses and volunteers lending assistance.



"It is important for us at the chamber to provide something for our whole community to enjoy and to bring people to the Johnston area to explore our parks and trails, as well as visit our local businesses, restaurants and see what our community has to offer," says Johnston Chamber of Commerce Executive Director Samantha Winebrenner. "We are proud to provide something that anyone in the family can enjoy and offer a fairly priceless experience and entertainment for the community."

Green Days officially kicks off on Thursday evening, June 13, with the Jammin' in Johnston



Green Days includes the crowning of the King and Queen of Green. Pictured here are last year's royalty, Mary Jane Paez and Dan Hudson. Photo courtesy City of Johnston

Business Expo at 5 p.m. The event is a vendor fair featuring local businesses, services and goods of all types. It was previously held in the fall, but it's back for its fourth year at Green Days. More than 30 local businesses will be participating.

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## FEATURE

Also at 5 p.m., you can sample tasty eats from food vendors, check out the beverage tent, and ride all the rides at the carnival (open until 10 p.m. with a wristband deal of unlimited rides for \$25). Enjoy live music from Mike Aceto starting at 5:30 p.m.

Another event taking place on Thursday night is the 27th annual Light the Night for Sight Walk with registration at 6:30 p.m. and the walk starting at 7:30 p.m. Walkers will enjoy a stroll on the trails around Terra Park. There is no entry fee to participate, but \$100 in pledges will win walkers a glow-in-the-dark T-shirt. Funds raised support Prevent Blindness Iowa programs including free children's vision screening and vision screening trainings, which strive to remove poor vision as a barrier to a child's education.

Friday evening kicks off with the car show registration



Green Days features a carnival with \$25 wristband specials. Photo courtesy City of Johnston

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A group photo of five people, three men and two women, standing together in professional attire.



## FEATURE

beginning at 4 p.m. Then bring the whole family and head on over for more music, food and fun. Food trucks will start serving, and the beverage garden will open, at 5 p.m. while the carnival gets rolling at 6 p.m. with another \$25 wristband special.

Friday night also features the music of The Dick Danger Band from 5:30-8 p.m. followed by the car show awards. At 8:15 p.m., see the crowing of the King and Queen of Green and participate in the tapping of the festival keg, sponsored by Big Green Umbrella Media. Enjoy free cups of beer while they last. Live music from Gimikk will have you dancing the night away.

Start Saturday off right at the Johnston Kiwanis pancake breakfast beginning at 7:30 a.m. for a freewill offering.

After that, it's time for the highlight of the weekend for many — the grand parade. The route is approximately 1.2 miles long and begins at the intersection of South Drive and Pioneer Parkway. The parade will proceed south along Pioneer Parkway and north on Greendale Road. It will end at the corner of Pioneer Parkway and Greendale Road. Spectators can



Terra Park and its amenities provide a scenic setting for Green Days. Photo courtesy City of Johnston

funnel over to Terra Park for more fun.

Saturday afternoon, the fun continues with events for the whole family. If you're hungry after the parade, stop by various food trucks that will begin serving at 11 a.m. The carnival

will also reopen at 11 a.m. with a wristband special from 11 a.m. to 4 p.m. and another from 5-10 p.m.

The kids will enjoy the Camp Dodge exhibit featuring military equipment, vehicles

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and other Iowa National Guard activities. You can also check out the Public Safety Expo with police and fire vehicles on display. Both events run 1-4 p.m.

Returning for its third year is the bags tournament organized by Johnston Community Education on Saturday afternoon starting at noon. There's still time to sign up your team for the double-elimination tournament. Cost is \$20 per team if registered online or \$25 the day of the event, and there are cash prizes. The winning team will also receive a custom wrap for a board set (provided by team) by Lashier Graphics & Signs.

Saturday is also full of tantalizing smoked meats with the Smokin' Heroes Smoke-Off. The Johnston Police Department has partnered with the Johnston Rotary to help make this event possible. Every team that enters must have an active military, police or fire department member.

The event is open to the public to sample the delicious smoked meats and side dishes from 1-4 p.m. with a freewill offering. Funds

raised will provide support to the Johnston Police Department's efforts to obtain a K9 unit and to support Rotary International's Ukraine Relief Effort. Votes will be tabulated, and the winner will be announced around 4:30 p.m.

Also, be sure to check out the live music on Saturday. Motley Scrue Iowa takes the stage at 5:30 p.m. followed by The Sons of Gladys Kravitz at 8:30 p.m. Once it gets dark, enjoy the fireworks show sponsored by Blazing Glory Fireworks.

On Sunday, head out for one last chance to get your fill of rides at the carnival from 1-5 p.m. with a \$25 unlimited rides wristband.

Green Days not only provides a fun weekend chock full of entertainment, but funds raised during the event go toward community projects.

The various organizations that provide some of the activities also get to keep the funds they raise, so, when you come to an event like the Kiwanis Pancake Breakfast on Saturday morning and drop your freewill

donation into their bucket, you know that it will be used by the club for their projects.

Planning for the event goes almost year-round. Samantha Winebrenner and Pam Kucera start lining up bands and vendors and talking with volunteers in the fall for next year's event.

"Putting on an event like Johnston Green Days takes a lot of planning, but I have been blessed to have a great team of volunteers," Kucera says. "If you see anyone wearing the Green Days T-shirt, please thank them for their time and efforts for making this the wonderful event that it is."

If you have interest in volunteering, know you are welcome to get involved. There are volunteer opportunities available on the Johnston Green Days website at [www.johnstongreendays.org](http://www.johnstongreendays.org). You can also contact the Johnston Chamber of Commerce office at [www.johnstonchamber.com](http://www.johnstonchamber.com) or 515-276-9064.

For more information and to register for events, visit the new Green Days website at [johnstongreendays.org](http://johnstongreendays.org). ■



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# JOHNSTON DRAGONS

## SUMMER SCHEDULE 2024

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### VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
Jun 7	5:30PM	Waterloo East	Harlan Rogers Complex
Jun 10	7:00PM	Southeast Polk (DH)	Johnston Middle School
Jun 12	5:00PM	WDM Valley (DH)	Valley High School
Jun 13	7:00PM	Waukee Northwest (DH)	Waukee Northwest
Jun 14	7:00PM	Sioux City North	Johnston Middle School
Jun 17	5:00PM	Ankeny High School (DH)	Johnston Middle School
Jun 19	7:00PM	Urbandale (DH)	Urbandale High School
Jun 20	5:00PM	Dowling Catholic (DH)	Johnston Middle School
Jun 21	10:00AM	Prange Classic	Johnston Middle School
Jun 24	7:00PM	Ankeny Centennial (DH)	Johnston Middle School
Jun 26	5:00PM	Waukee	Johnston Middle School
Jun 28	7:00PM	Boone	Boone Memorial Park
Jul 1	5:00PM	Southeast Polk (DH)	Southeast Polk
Jul 3	7:30PM	Pella	Pella High School
Jul 8	7:00PM	Iowa City	Iowa City, City High

### VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
Jun 7	9:00AM	Cedar Rapids Jefferson	Jefferson High School
Jun 8	9:00AM	Cedar Rapids Jefferson	Jefferson High School
Jun 12	5:00PM	WDM Valley (DH)	Valley High School
Jun 14	5:00PM	Ballard (DH)	Johnston Middle School
Jun 17	5:00PM	Ankeny High School (DH)	Johnston Middle School
Jun 18	7:00PM	Ames	Ames High School
Jun 20	5:00PM	Dowling Catholic (DH)	Johnston Middle School
Jun 21	11:00AM	Lin-Mar/Alburnett Tourney	Linn-Mar
Jun 22	10:00AM	Lin-Mar/Alburnett Tourney	Linn-Mar
Jun 25	7:00PM	Carlisle	Johnston Middle School
Jun 26	5:00PM	Waukee (DH)	Johnston Middle School
Jun 28	11:00AM	Multiple Schools	Dallas Center
Jul 1	5:00PM	Southeast Polk (DH)	Southeast Polk
Jul 9	6:30PM	Xavier	Xavier High School
Jul 10	5:00PM	Fort Dodge (DH)	Johnston Middle School

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### FOR ALL DRAGONS SCHEDULES

Schedules are subject to change. Scan for most up-to-date schedules.



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Photos by Lauren Holm

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# THURSDAY- SUNDAY JUNE 13-16

TERRA PARK 6300 PIONEER PARKWAY

ORGANIZED BY THE JOHNSTON CHAMBER OF COMMERCE

## THURSDAY, JUNE 13<sup>TH</sup>

- 5:00pm – 8:00pm . . . . Jammin' in Johnston a Business Expo
- 5:00pm – 8:00pm . . . . The Lions Club will be collecting old eyeglasses and hearing aids
- 5:00pm – 10:00pm . . . . Food Vendors Open
- 5:00pm – 10:00pm . . . . Beverage Tent Open  
*Provided by Iowa Beverage Systems*
- 5:00pm – 10:00pm . . . . Carnival (weather permitting)
- 5:00pm – 10:00pm . . . . John Deere Equipment Display
- 5:30pm – 7:00pm . . . . Catch Fishing Tips with Johnston Parks and Recreation
- 5:30pm – 9:30pm . . . . Live Band: MIKE ACETO
- 6:00pm . . . . . Presentation of JCSD Art Winners
- 6:30pm – 7:30pm . . . . Light the Night for Sight Walk Registration
- 7:30pm . . . . . Light the Night for Sight Walk Begins

## FRIDAY, JUNE 14<sup>TH</sup>

- 4:00pm – 6:00pm . . . . Car & Truck Show (Registration at 4pm)
- 5:00pm – 11:00pm . . . . Food Vendors Open
- 5:00pm – 11:00pm . . . . John Deere Equipment Display
- 5:00pm – 11:00pm . . . . Beverage Tent  
*Provided by Iowa Beverage Systems*
- 6:00pm – 10:00pm . . . . Carnival (weather permitting)
- 5:30pm – 8:00pm . . . . Live Band: THE DICK DANGER BAND
- 8:00pm . . . . . Car & Truck Show Awards
- 8:00pm – 8:30pm . . . . Crowning of the King and Queen of Green  
*Sponsored by Big Green Umbrella Media*
- 8:15pm – 8:30pm . . . . Tapping of the Green Keg - FREE 'TIL GONE!  
*Sponsored by Big Green Umbrella Media*
- 8:30pm – 11:30pm . . . . Live Band: GIMIKK
- All Day . . . . . Johnston Arts Council Terra Park Art Walk  
at Terra Park for six weeks



## CARNIVAL

### June 13-16

Unlimited ride wristbands  
**\$25/session**  
(2 sessions on Saturday: 11am-4pm & 5-10pm)



## FIREWORKS

### June 15, After Dark

During band's intermission  
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# A BUSINESS EXPO

## THURSDAY, JUNE 13 • 5-8PM



## SATURDAY, JUNE 15<sup>TH</sup>

7:00am – 10:00am . . . . Johnston Kiwanis Pancake Breakfast at Terra Park  
(FREE will offering)

**9:30AM – 11:00AM . . . PARADE ALONG PIONEER PARKWAY**

11:00am – 11:00pm . . . . John Deere Equipment Display

11:00am – 4:00pm . . . . Carnival\* (weather permitting)

11:00am – 11:00pm . . . . Food Vendors Open

12:00pm – 11:00pm . . . . Beverage Tent  
*Provided by Iowa Beverage Systems*

12:00pm . . . . . Bags Tournament  
*Presented by the Johnston Community Education*

12:00pm – 4:00pm . . . . Craft and Vendor Fair

12:00pm – 4:00pm . . . . Face Painting with Sheryl Ebert

1:00pm – 3:00pm . . . . School of Rock Performance

1:00pm – 4:00pm . . . . Public Safety and Camp Dodge Display

1:00pm – 4:00pm . . . . Smokin' Heroes Smoked Meat Competition and Tasting

5:00pm – 10:00pm . . . . Carnival\* (weather permitting)

5:00pm – 9:00pm . . . . Johnston Alumni Night

5:30pm – 8:00pm . . . . Live Band –MOTLEY SCRUE IOWA

8:30pm – 11:30pm . . . . Live Band – SONS OF GLADYS KRAVITZ

**AFTER DARK . . . . . FIREWORKS (DURING BAND INTERMISSION)**  
*Presented by Blazing Glory Fireworks of Johnston*

## SUNDAY, JUNE 16<sup>TH</sup>

1:00pm – 5:00pm . . . . Carnival (weather permitting)

\* Please note there are two different sessions for the Carnival on Saturday. A wristband must be purchased for each session separately.

\*\*This schedule is tentative and subject to change at any time without notice. Scan the QR Code for the schedule online\*\*



# Paint

## the Town Green!

Johnston Green Days





# EARLY retirement strategies

## Reasons to leave the workforce early

Time is the most valuable resource we have. We sit down with families and individuals who say this is becoming clearer as they age.

They tell us that work isn't fulfilling the same purpose it once did, and they are ready to retire. So, we get to work developing a plan to see if we can make it happen. If you need a reason, or five, to retire early, here you go.

### 1. To enjoy a more active retirement

We call the first phase of retirement the "go-go" years. This is when you have the most energy and ambition. Retiring early will allow you to seize the energy and ambition you will likely have during this retirement phase. You can still be around with grandkids, travel, or take up a sport like pickleball, a popular one among retirees.



### 2. To stay healthier

The working years can be physically and mentally draining. Retiring early can relieve stress and improve quality of life. You can use the extra time to prepare healthy meals, get more exercise, and get more sleep.

### 3. You have a plan for health care

Here are some health care options if you retire before Medicare eligibility. Some companies offer extended health care as part of retirement packages. If your spouse is still working, consider getting on their plan. There's also COBRA, a continuation (generally up to 18 months) of health care after leaving employment. You will be responsible for the full cost of the insurance premium, including the part your employer was previously paying. There's also the open market or income-based Affordable Care Act, or Obamacare.

### 4. You understand penalties

The U.S. government generally charges a 10%

penalty on the taxable portion of IRA or 401(k) distributions before age 59 ½, with a few exceptions. If you separate from your employer in or after the year you turn 55, the 10% tax on early 401(k) distributions does not apply.

### 5. You have a plan

Some of my favorite moments over the last 25 years as a Retirement Planner are when our planning process gives the families we serve "permission" to retire early. Together, we build a RetireSecure Roadmap that outlines their plan for income, taxes, investments, health care and what happens to their money when they are gone. They are thrilled because the RetireSecure Roadmap helps them confidently retire and focus on taking advantage of those extra years of retirement fun. ■

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



Learn about **THREE MORE** reasons you could leave the workforce sooner than you think. Scan the QR code to watch this episode or read about it now.



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# COMMON myths about estate planning

There are a lot of misconceptions surrounding wills and estate planning, so here are some common myths, explained:



## Myth: Estate planning is for rich people

Everybody needs a will. A will allows you to designate who will receive your property when you die. If you die without one, your assets will be distributed under the terms of Iowa's intestate succession laws. That means your money and property could end up with family members you haven't spoken to in years instead of a close friend or a charity you support.

Your estate plan should include a durable power of attorney for finances and a health care directive. These documents allow you to

designate someone to act on your behalf if you become incapacitated.

## Myth: If I die without a will, everything will go to my spouse

If you die without a will, your inheritance will be divided among your spouse and your children. Under Iowa law, if you have children from another relationship, your spouse only receives half of your assets and your children receive the other half. This can be a surprise for people in a second marriage.

## Myth: If I have a will, my estate won't go through probate

All wills are subject to probate. In probate, a court determines whether the document is valid and ensures that relatives and creditors are notified. Probate is a straightforward process, and it isn't necessarily something to avoid. But if you have a lot of assets or real estate in

multiple estates, it may be advisable to find non-probate alternatives.

One way to avoid probate is to put your property into a living trust. A living trust is a legal document you create to hold property, such as brokerage accounts and real estate. When you die, the property is transferred to your beneficiaries. This transfer occurs outside of probate, which could save your heirs a lot of time and money.

Take the time to set up a simple plan for yourself and your loved ones. Periodically review your plan and update your will or trust to reflect major life events, such as a divorce or the birth of a child. Consult with an experienced attorney to ensure that your estate plan is current and accomplishes all your goals. ■

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

# SCRUMPTIOUS ways to simplify springtime meals

*(Family Features)* From everyday weeknight dinners to picnics in the park, warmer weather and longer days mean families want to spend more time together and less time in the kitchen. This spring, look for kitchen hacks that can make fresh and healthy weeknight seasonal recipes a cinch.

Skipping complicated prep work is the first step toward simplifying springtime meals. Rather than recipes that call for a lot of prep or cooking time, consider easy dishes that require only a handful of steps and use everyday ingredients you may already have in your pantry, fridge or freezer.

For example, these shrimp, broccoli and potato skewers with lemon and thyme can let you put a little spring in your weeknight dinners. Grilled skewers keep the whole family happy and come together in less than 30 minutes, making them perfect for quick and healthy meals without the hassle. The versatility of potatoes means you can grill them, and this version calls for a 5-minute microwave steam first to cut down on grill time.

To find more ways to savor springtime meals outdoors with your family, visit [littlepotatoes.com](http://littlepotatoes.com). ■

## Shrimp, broccoli and potato skewers

Prep time: 5 minutes  
Cook time: 20 minutes  
Servings: 4

- 1 pound bagged Little Potatoes
- 1 bunch broccoli
- 12 large shrimp, peeled and deveined
- 1 1/2 lemons, juice only
- 3 tablespoons fresh thyme, chopped
- 2 tablespoons olive oil
- salt, to taste
- pepper, to taste

### DIRECTIONS

- In large, microwave-safe bowl, microwave potatoes on high 5 minutes.
- Chop broccoli into large pieces.
- Add broccoli and shrimp to bowl once potatoes are steamed.
- Add lemon juice, thyme and olive oil; evenly coat potatoes, shrimp and broccoli. Season with salt and pepper, to taste.
- Build skewers and grill 10-15 minutes on medium-high heat, until shrimp is cooked through.



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# PREPARING your house for the market

Preparing your house to hit the market can be a daunting task, but it's essential for making a strong first impression and maximizing your chances of a successful sale. I'll break down the seven most important steps to ensure your home shines above all your competitors.



Preparing your house for the market involves a series of strategic steps to ensure a smooth and profitable sale. First and foremost, hiring a Realtor is essential. While it might seem biased coming from me as one, having a professional by your side can make a world of difference. A seasoned Realtor can provide invaluable guidance, from outlining a timeline for preparation to coordinating necessary repairs and improvements. Early consultation allows for ample time to address any concerns and optimize the property's appeal.

Bringing in a stager or designer is another pivotal step in the process. These professionals specialize in depersonalization and decluttering spaces, transforming your home into a universally appealing product. By removing personal touches and maximizing the property's potential, stagers help prospective buyers envision themselves living in the space, ultimately enhancing its marketability and potential profit.

Depersonalization and decluttering go hand in hand with staging, emphasizing the importance of presenting a clean, neutral canvas to potential buyers. Clearing out excess belongings and streamlining the interior creates an inviting atmosphere, allowing buyers to focus on the property's features rather than distractions. Your home, while full of memories, needs to appeal to a wide range of buyers.

Cost-effective improvements can significantly impact your return on investment. Collaborating with your Realtor to identify strategic upgrades, such as fresh paint, updated fixtures and cohesive lighting, can enhance the property's overall appeal and perceived value. Leveraging a network of trusted vendors ensures quality workmanship within your budget and timeline constraints.

Curb appeal plays a crucial role in making a positive first impression. From well-maintained landscaping to a freshly painted front door, attention to exterior details sets the tone for the buyer's experience. Simple touches like outdoor lighting and tidying up the entryway contribute to a welcoming atmosphere, signaling to potential buyers that the property is well-maintained and cared for.

Prior to listing, investing in a thorough deep clean is a must. Professional cleaning services, including steam cleaning carpets, eliminate odors and create a pristine environment that resonates with buyers. A meticulously cleaned home not only enhances the overall presentation but also instills confidence in prospective buyers regarding the property's upkeep and maintenance.

Conducting market research and finalizing pricing is crucial for positioning your property competitively. With the help of your Realtor, assess market conditions and adjust pricing accordingly to maximize your return. By implementing these strategic steps, you can optimize your home's appeal and achieve the highest possible sale price. ■

Information provided by Liz Keller, Realtor, ReMax, 8705 Chambery Blvd., Suite 100, Johnston, [liz@lizkellerco.com](mailto:liz@lizkellerco.com), 515-423-5607.

# Is Your Home Ready to Sell?

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# KNITTING for many good causes

Group shares talents and time for others.



From left: Jeanette Carper, Susan Jahn, Charlene Pratt, Melody Murphy, Shirley Johnson and Jo Lockwood

For at least the past 10 years, a group of women has met at Crown Point Community Center in Johnston to share a love for handcrafting with the aim of giving back to the community.

This past January, Crown Point Community Center closed for renovations.

"Luckily, Northwest Community Center took us in," Charlene Pratt says. "They've been very good to us."

"There were just enough of us that attended the community center that liked to knit, crochet and sew that our director encouraged us to gather as a group to share common interests," Jeanette Carper shares.

The group met up with the tools of their trade, including a lot of yarn. They initially simply enjoyed their hobbies, but, as time passed, they decided to donate finished items to others. The word spread of their work, and community members began to donate yarn to aid them in their endeavors.

Charlene explains that everything they make is donated to places in need. Some of the recipients include Johnston Clothes Closet, Johnston Schools, Ellipsis, Chemo Hats for Hospitals, Broadlawns, Urban Bicycle Ministry, Des Moines Public Preschool, homeless shelters

and ChildServe.

"We take any kind of yarn. Nothing that is donated gets wasted," Charlene says. "We use every little bit."

"What's good about the group is that we're diversified in that we're all good at something different," Jo Lockwood says. "I make hats and scarves for the homeless. Once, Angels Serving Iowa asked if we had hats, and I donated lots of hats to them."

Jeanette shares that she makes a lot of mittens.

"I'm the only one in the group that does mittens. I make hats and other things, too," she says.

Susan Jahn makes scarves and shawls. Shirley Johnson enjoys making scarves. Charlene makes mostly hats.

"I like to give them to the schools for kids," she says.

The group of handcrafters includes seamstresses, as well.

"About half of the group meets at Northwest Community Center to do knitting and crocheting. The other half meets in another member's home to sew.

"It would be harder for them to bring their

sewing machines up to the center each week," Jeanette notes.

Melody Murphy assists the seamstresses with much of their work.

"We want the community to know that we appreciate all that they've donated in the past," Charlene says. "We're still going strong and are still open for donations of yarn. We haven't stopped meeting just because Crown Point shut down. We meet every Monday at Northwest Community Center. Summertime is when we make a lot and stock up for giving away in the fall and winter."

Jo Lockwood adds that it's nice to meet as a group for this common purpose and to share common interests versus doing it alone at home.

"We're like a family," Shirley says. "We enjoy helping people. That's the important part."

Group members share how much they value the friendships that have formed.

New members are welcome.

"Whatever your interest is, we find a way to use it," Jeanette says. Those interested in joining or donating yarn can contact Charlene Pratt at 812-629-0170 for more information. ■

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## JOIN THE SMOKIN' HEROES EVENT AT GREEN DAYS ON JUNE 15

Johnston takes great pride in nurturing our sister city relationships with Peja, Kosovo. We're excited to share that the Johnston Police Department has teamed up with the Johnston Rotary, Midwest Premier Food and Hy-Vee for Smokin' Heroes, which will raise funds to send Johnston High School students to the international camp in Toka. We invite you to attend the Annual Smokin' Hero's Smoke-off event on Saturday, June 15, during Johnston Green Days at Terra Park. This public event will showcase mouthwatering smoked meats and side dishes from 1:00 to 4:00 p.m., and attendees are welcome to make a voluntary contribution.

For further details, please visit [www.cityofjohnston.com/smokeoff](http://www.cityofjohnston.com/smokeoff).



## VISIT THE JOHNSTON FARMERS MARKET EVERY TUESDAY

Are you looking forward to the Johnston Farmers Market? It takes place every Tuesday from 4:00 to 7:00 p.m. at the Johnston Town Center parking lot, 6245 Merle Hay Rd. (north side of City Hall). You'll find new vendors and a variety of locally-grown produce, art, household items, garden accessories, and baked goods. For more information, visit [www.cityofjohnston.com/FarmersMarket](http://www.cityofjohnston.com/FarmersMarket).



## SPLASH PAD OPEN DAILY AT THE TOWN CENTER

Prepare to stay cool this summer by visiting the refreshing splash pad at Johnston Town Center. The splash pad is open every day from 10:00 a.m. to 8:00 p.m. Please be aware that pets are not allowed in the splash pad, and we kindly ask visitors to dispose of their trash in the designated bin.

For more details about the rules, please visit [www.cityofjohnston.com/splashpad](http://www.cityofjohnston.com/splashpad).



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





## CITY NEWSLETTER

### JUNE 2024



## SIGN UP FOR THE MAYOR'S 5K RUN + KIDS' FUN RUN

Get ready for the Mayor's annual 5K run on Saturday, August 10, by lacing up your shoes! The Kids' Fun Runs (0.62 miles and 100 meters) will kick off at 8:00 a.m., followed by the 5K run/walk at 8:15 a.m. It's going to be a fun event, so make sure to sign up early before prices go up on July 7.

**5K Registration Fees:** If you are participating in the walk, your start time will be 8:00 a.m. to ensure that the prizes can be awarded after the runners cross the finish line.

- Before 7/6/24: \$30
- 7/7/24-7/20/24: \$35
- 7/21/24-8/9/24: \$40

### Kids Fun Runs Registration Fees:

- Before 7/25/24: \$10
- 7/26/24-8/9/24: \$15

To register, please visit [www.cityofjohnston.com/Mayors5KRun](http://www.cityofjohnston.com/Mayors5KRun).



## MARK YOUR CALENDAR FOR THESE SUMMER ACTIVITIES

Our community offers a variety of activities, and we invite you to join us. Please mark these important dates and times on your calendar and plan to attend.

**Thursday, June 6** – Camp Dodge Summer Concert Series (Eli Alger and Faster Horses), 7:00 to 9:00 p.m.

**Saturday, June 8** – Yoga by the Lake, 8:00 to 9:00 a.m.

**Saturday, June 8** – Sounds of Summer (The Trip), 7:00 to 10:00 p.m.

**Thursday, June 20** – Camp Dodge Summer Concert Series (Standing Hampton & Classic Car Night), 7:00 to 9:00 p.m.

**Saturday, June 22** – Yoga by the Lake, 8:00 to 9:00 a.m.

**Saturday, June 29** – Sounds of Summer (Back in Black), 7:00 to 10:00 p.m.

**Friday, June 21** – Movie on The Yard (Kung Fu Panda 4), 8:30 p.m.

**Thursday, June 27** – Camp Dodge Summer Concert Series (34th Army Band), 7:00 to 9:00 p.m.

**Saturday, June 29** – Yoga by the Lake, 8:00 to 9:00 a.m.

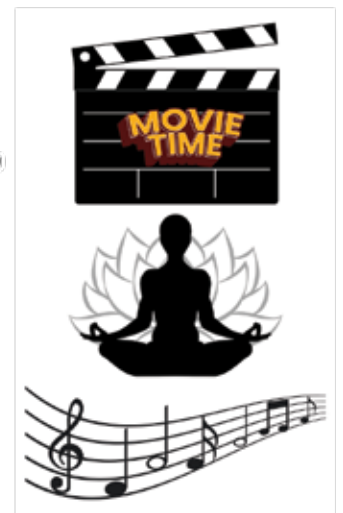
**Saturday, July 6** – Yoga by the Lake, 8:00 to 9:00 a.m.

**Saturday, July 13** – Yoga by the Lake, 8:00 to 9:00 a.m.

**Thursday, July 18** – Tunes at Twilight Series (Snacks), 7:30 to 9:00 p.m.

**Saturday, July 20** – Yoga by the Lake, 8:00 to 9:00 a.m.

**Saturday, July 27** – Yoga by the Lake, 8:00 to 9:00 a.m.



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## INVESTMENT

By Tim Hanstad

# FINANCIAL tips for widows and widowers

Losing a spouse is one of the most painful experiences anyone can have. Unfortunately, widows and widowers have to deal with more than just the emotional trauma — they also must consider a range of financial issues. If you've recently been widowed, what financial moves should you consider?

For starters, don't rush into any major decisions. If you're still in the grieving process, you are unlikely to be in the best shape to make significant choices affecting your finances and your life.

But once you feel ready to look at your situation objectively and make appropriate choices, consider the following steps:

- **Review your finances.** Look at your entire financial picture — your assets, investments, debts and income. If you and your spouse had communicated well about your finances, and you shared decisions, you hopefully won't encounter any big surprises. But if your spouse was the partner who mostly handled financial matters, you may need to get up to speed quickly on what you have and what you owe. And, if your spouse had provided a large amount of your household income, you will also need to determine what changes you may need to make to your lifestyle.

- **Address insurance issues.** If you will receive a death benefit from your spouse's insurance policy, what will you do with the money? It may prove helpful in funding your own retirement or meeting other financial goals. But you'll also want to be clear about what other beneficiaries, such as your children, might receive. And while you're looking at insurance, you also might want to look at your own policies — do you need to change beneficiaries?

- **Review your Social Security options.** If you are at least 60 and were married at least nine months, you may be entitled to Social Security survivor benefits. (If you remarry before age 60, you typically cannot receive survivor benefits, but you can reinstate them if this subsequent marriage ends.) The amount of your survivor's benefits depends on your age and the age of your deceased spouse. You can't claim your deceased spouse's benefits along with your own retirement benefits, so if you qualify for survivor and retirement benefits, you'll receive the larger amount. Depending on your situation, you might come out ahead by delaying your retirement benefits, giving them the chance to grow, while you accept survivor benefits. For more details on receiving Social Security benefits, visit the Social Security Administration's website at [www.ssa.gov](http://www.ssa.gov).

- **Review your estate plans.** The death of a spouse can certainly affect your family's estate plans. So, it's a good idea to review these plans to see what changes, if any, need to be made. When conducting this review, you'll benefit from working with an estate-planning professional.

Finally, keep in mind that you don't have to go it alone during this difficult time. If you're already working with a financial professional, they can help. If you aren't currently working with one, now might be the time to start. By looking at your finances and your family situation holistically, a financial professional can provide guidance that can help ease the stress you are naturally feeling.

Few events are as sad as losing a spouse. But when you feel ready, start taking the steps necessary to continue forward on your life's journey. ■

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.



# DON'T WANT senior living?

The results of a recent study tell us a full 93% of people want to remain at home as they age. No senior living communities for them. They fully intend to grow older in the comfort of the places they love and in which they can continue to live independently.



It's likely that, as you read that, you ask yourself: Why wouldn't that be what someone would want? Why wouldn't that be what I would want? The saying "Home is where the heart is" is widely known for a reason.

The reality, though, is that living at home indefinitely isn't always within the grasp of every person with that desire. Although an enhanced societal focus on wellbeing is assisting many people in aging more healthfully than previous generations have, chronic challenges such as diabetes and heart disease can make living independently ill-advised, and full-time care at home can be prohibitively expensive.

So, if you aren't able to live at home, and you

don't want to move into a community for people 55 and older, what can you do? Great news: Some organizations that serve older adults have come up with some new options — Continuing Care at Home (CC@H) programs designed to help people proactively focus on their health at home while enabling them to financially plan for potential services and care down the road.

If you're evaluating a CC@H program, consider asking these starter questions to make sure its premises, amenities and outcomes will be the best ones for you.

• **Do you fully understand the program and what it offers you at the current time?** The primary advantages of a good CC@H program are twofold: Not only will it offer services and amenities to enhance your wellbeing so you can remain independent longer, but it will also help fund future long-term care needs.

• **Does it provide personal support?** Studies tell us people who embark on any kind of life-altering program or activity, such as a nutrition or exercise regimen, will be exponentially more successful with encouragement from a trusted adviser or advocate (think personal trainer, life coach, etc.). A program that provides you with

a written guide but no personal interaction may not be setting you up for success.

• **What will your care options be?** A solid program will help fund your care, if it's needed, whether through home healthcare or services in a senior living community later. If the program you're considering does offer both, make sure you're comfortable with the services and care provided by the organization's home healthcare team as well as in its communities. A reputable provider will have longevity and solid outcomes behind it.

The ability to consider a variety of options is great — but if you're thinking about becoming part of a CC@H program, make sure it fits your current and future needs. Your health, your wellbeing, and your checkbook will thank you for it. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering designed for people who never want to move to a senior living community. To learn more, visit [wesleylife.org/wellahead](http://wesleylife.org/wellahead).





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# WORLD Elder Abuse Awareness Day

As societies around the globe grow older, the issue of elder abuse is becoming increasingly prominent.

Every year, on June 15, World Elder Abuse Awareness Day serves as a poignant reminder of the challenges faced by the elderly and the importance of safeguarding their rights and dignity. This day not only raises awareness but also calls for action to combat this disturbing phenomenon.

Elder abuse takes various forms, including physical, emotional, financial and even sexual abuse. It can occur in diverse settings, from private homes to institutional care facilities, and is often perpetrated by family members, caregivers or those in positions of trust. The victims, already vulnerable due to age-related frailties, are left traumatized, isolated and deprived of their fundamental rights.

One of the most insidious aspects of elder abuse is its hidden nature. Many cases go unreported due to factors such as fear, shame or



the dependence of the victim on the abuser for care or financial support. This underreporting exacerbates the problem, making it difficult for authorities to intervene effectively.

Moreover, the COVID-19 pandemic has exacerbated the risk of elder abuse. Lockdowns and social distancing measures have increased isolation among the elderly, making them more susceptible to mistreatment.

To address elder abuse comprehensively, concerted efforts are required at multiple levels. Governments must enact and enforce robust laws to protect the rights of older adults and punish perpetrators. Furthermore, investment in social services, including elder abuse hotlines, counseling and legal assistance, is crucial to provide support to victims and prevent future occurrences.

Community involvement is equally vital in tackling elder abuse. By fostering a culture of respect for the elderly and promoting awareness about their rights, communities can create a protective environment where abuse is not tolerated. Education initiatives targeting both older adults and caregivers can empower

individuals to recognize signs of abuse and seek help.

Additionally, healthcare professionals play a pivotal role in identifying and addressing elder abuse. Training programs should be implemented to equip medical personnel with the skills to detect signs of abuse during routine check-ups and provide appropriate interventions. Collaboration between healthcare providers, social services, law enforcement, and advocacy groups is essential for a coordinated response to elder abuse cases.

As we observe World Elder Abuse Awareness Day, let us reaffirm our commitment to promoting the wellbeing and dignity of older adults. By shining a light on this often-overlooked issue and taking concrete actions to prevent and address elder abuse, we can create a world where older individuals are respected, protected and able to age with dignity and security. ■

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



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# SMOKIN' Heroes Barbeque at Green Days

**Rotary Club of Johnston** + **MIDWEST PREMIER FOODS** + **HyVee**  
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## Smokin' Heroes

**June 15 at Green Days**  
(The teams begin June 14.)  
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Free will offering.

Sample delectable wood-smoked pork, ribs & chicken from all the teams. Will you agree with the judges' choice of winner? Who had the magic touch with the smoker? Who used the best rubs?

Then try all the side dishes - which is best? You be the judge! Vote for the best police dept., fire dept. or military team.

Money raised supports cultural learning trips to Kosovo!

It's that time of year! Johnston Green Days is fast approaching with bands, parades, a carnival and a long list of other activities to celebrate the wonderful community of Johnston. This year, Green Days will be held at Terra Park and will run from Thursday, June 13 through Saturday, June 15.

One of the marquee events of Green Days is the Smokin' Heroes Barbeque contest. The contest is sponsored as a joint effort between the Johnston Police Department and the Rotary Club of Johnston. The event consists of teams that represent protective services and military personnel. These teams smoke chicken, pork ribs and pork butt overnight Friday into Saturday. The entries are submitted to a panel of certified judges from the Iowa Barbeque Society beginning at 1 p.m. on Saturday, and the winners are announced at about 3:30 p.m. after all the scores are tabulated. The overall champion is then awarded a very impressive championship belt to recognize and commemorate their accomplishment.

The public is invited to visit the contest site on Saturday afternoon to sample the contest entries and side dishes prepared by each team. The side dishes are in competition for the People's Choice award.

Entry to the event is a freewill donation. The proceeds from the event are used to support the participation of Johnston High School students in the TOKA leadership camp and cultural exchange at Johnston's Sister City, Peja, Kosovo, in July.

For more information, visit the Smokin' Heroes Facebook page: [www.facebook.com/SmokinHeroesJohnston](http://www.facebook.com/SmokinHeroesJohnston). ■

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

**June 11:** Richard TeKippe - Junior Achievement  
**June 18:** Mary Hunter - Goodwill of Des Moines  
**June 25:** NO MEETING - Rotary Year End Party  
**July 2:** Michelle Book - Food Bank of Iowa

**SAVE THE DATE!** **June 15: Smokin' Heroes Fundraiser at Green Days**

**Johnston Hy-Vee supports Johnston Rotary's Great Work!**

<b>HyVee</b> EMPLOYEE OWNED	13 units of blood donated	542 lbs food & clothing donated	\$29,975.65 donated to local charities
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Hyperion Field Club  
7390 N.W. Beaver Dr., Johnston

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## SUMMER snacking

Does it seem like it's always snack time? Many children graze throughout the day, enjoying a never-ending snack time. Nonstop snacking interferes with kids' appetites and can disrupt their natural instinct to experience hunger and fullness. When timed correctly, snacks can help kids get the energy and nutrients they need to keep their bodies fueled.



### When should kids snack?

Most children and teens need to eat snacks in addition to meals to fuel their growing, active bodies and meet their MyPlate daily recommendations. This translates into the following:

- Younger kids need three meals and about two snacks a day.
- Older kids need to eat three meals and about one snack a day (they may need two snacks if they're going through a growth spurt or if they are very physically active).

A good rule of thumb is to offer snacks a few hours after one meal ends and about one to two hours before the next meal begins. Postponing snacks until a few hours after a meal helps prevent kids from refusing food at a meal and then begging for more food as a "snack" just after the meal ends. On the other hand, putting a stop to snacking immediately before meals encourages a healthy appetite at mealtimes.

### Where should kids snack?

When at home, designate a certain area as the "eating-only zone" and limit all snacking to that location. The kitchen table or countertop works well. When kids snack all over the house, that makes it hard for you to know what and how much they're eating. Also, don't let kids eat snacks while watching TV. Studies show that this mindless munching leads to overeating.

### Be a smart snacker

The following strategies will make you and your family smart snackers:

- Place produce in plain sight. Keep a bowl of fresh, just-ripe whole fruit in the center of your kitchen counter or dining table. Keep small containers of fresh veggie snacks (carrots, celery sticks and broccoli florets) at kids' eye level in the fridge.
- Stock your pantry with canned or dried fruits or applesauce without added sugar.
- Offer your kids a snack containing protein and fiber, so the snacks are filling, sustaining and add to the quality of their intake. Try some of these combinations:
  - Trail mix: nuts, dried fruit, whole-grain pretzels and dry cereal
  - Low-fat cheese and pear slices
  - Turkey breast wrapped around apple slices
  - Low-fat yogurt, fruit and nuts
  - Nuts and raisins
  - Celery sticks filled with almond butter and sprinkled with dried cranberries
  - Baked tortilla chips dipped in salsa
  - Roasted chickpeas ■

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

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---

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Open a Young Saver account today to receive:

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\*Offer valid for new Young Saver account relationships opened at any Bank Iowa location through September 20, 2024. Child must be 18 years old or younger to open a Young Saver account. Minimum balance to open account and obtain matching deposit is \$10.00. The matching deposit will be deposited into the Young Saver account at account opening but will be deducted from the account if it is closed by the client within 30 days. As of April 2, 2024, the annual percentage yield (APY) for the Young Saver Account is 0.20% for any balance. This APY may change at any time.



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## MEDICARE and health insurance scams

What they are and how to stay protected

Scammers seem to always find ways to get our information. Here are specific scams to look out for and how to keep your health information private.

Phishing is a cyberattack where criminals deceive individuals into providing sensitive information, such as passwords and credit card numbers, by masquerading as a trustworthy entity in emails or messages. Victims are often tricked into clicking malicious links or downloading harmful attachments, compromising their personal data and security.

Phone scams involve fraudsters calling individuals and pretending to be legitimate organizations, like banks or government agencies, to steal personal information or money. They may use fear, urgency, or appealing offers to manipulate victims into disclosing sensitive details or making payments, leading to financial loss and identity theft.

Medicare plan cancellation scams involve fraudsters contacting beneficiaries, claiming their Medicare plan is being canceled unless immediate action is taken. They often request personal information, such as Social Security numbers or banking details, to "resolve" the issue. These scams aim to steal identities and financial information, causing significant harm to victims.

The Medicare free medical supplies scam involves scammers offering "free" medical equipment or supplies to beneficiaries. They request Medicare numbers and personal information to process the order. Once obtained, they use this information for fraudulent billing, leading to unauthorized charges and potential identity theft, exploiting victims and Medicare funds.

Keeping personal information secure is crucial in today's digital age. Begin by using strong, unique passwords for all accounts, incorporating a mix of letters, numbers and symbols. Enable two-factor authentication wherever possible, adding an extra layer of security. Regularly update passwords and avoid using the same one across multiple sites.

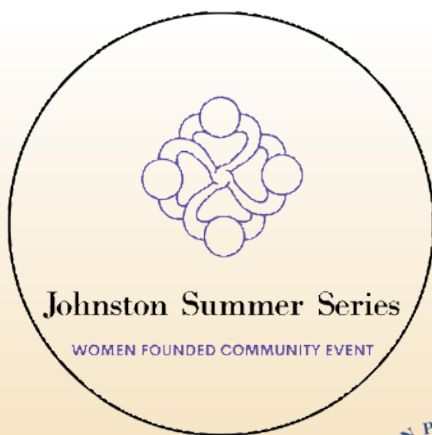
Be cautious when sharing personal information online. Limit what you post on social media and be mindful of privacy settings. Verify the authenticity of websites before entering sensitive data, ensuring they use HTTPS.

Install and maintain robust antivirus software and firewalls to protect against malware and other cyber threats. Keep all software, including operating systems and applications, up to date to guard against vulnerabilities.

Regularly monitor your financial accounts and credit reports for any unusual activity. Consider placing fraud alerts or credit freezes if you suspect your information has been compromised.

Be vigilant about phishing attempts. Do not click on links or download attachments from unknown or unsolicited emails. Verify the sender's identity independently if you receive unexpected requests for personal information.

Store sensitive documents in a secure location, such as a locked drawer or safe, and shred any unnecessary documents containing personal information. Educate yourself and your family about the importance of information security to stay vigilant against evolving threats. ■



Johnston Summer Series

WOMEN FOUNDED COMMUNITY EVENT

Supporting Johnston's Partnership Food Pantry



5870 Merle Hay Rd, Johnston

Join Us for Our Events in July!

**SOCIAL DRUMMING**  
July 9th | 6-7pm

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**VENDOR FAIR**  
July 21th | 2-5pm

Presented by:



AUTO • HOME • LIFE  
Jennifer Conrad

Non-perishable food and monetary donations to Johnston Partnership are always welcome!

**DON'T MISS THIS MONTH'S EVENTS!**

**June 11th Enneagram 101, 6-7pm**  
Sponsored by Erin Lego Coaching

**June 25th Fun Family Fitness, 6-7pm**  
Sponsored by Casee Woodley, Realtor

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

Scan for more information!



## MEET Carson and Lisa Hattel

From eighth-grade sweethearts to teaching in the same district

Growing up in Dubuque, Carson and Lisa Hattel were eighth-grade sweethearts. They attended the same junior high but different high schools before attending the University of Northern Iowa together. Carson asked Lisa to marry him in front of the same locker where he first asked her out in junior high.

Now, both Carson and Lisa work as teachers for the Johnston Community School District. Lisa

is a special education teacher for Horizon Elementary while Carson teaches history at Johnston Middle School and is the head coach for the boys and girls golf program.

"It's provided us the opportunity to work in the same district and be in the same schools that our daughters have attended. It's allowed our family some opportunities to coordinate schedules for our family based upon all of us working with the same school calendar," the Hattels say.

As educators, both Carson and Lisa find it rewarding to see former and current students outside of the school setting. They say it is especially rewarding when a former student who is older makes a point to stop, visit, and fill them in on what is going on. They like working in a district that provides opportunities to collaborate with colleagues and share ideas, joys, strategies and resources to better support students.

"Making an impact and building strong connections with my students and their families is incredibly rewarding. I love to see the progress and growth of each child throughout the years," Lisa says. "I love knowing that I am making a positive difference in students' lives, and it is incredibly rewarding and motivating."

Recently, the couple participated in the Parent Show Choir Show on March 22. Each year, during the end-of-the-year show choir show, the parents of graduating seniors perform. Carson and Lisa were part of a parent group called SYNNO VOCE.

"It was a great group of people, a neat experience and, from what many have said, such a neat show," the Hattels say.

When not teaching, Carson and Lisa enjoy spending time outdoors and supporting their daughters and their teammates in their activities. As a family, they like traveling to warm places, and Carson is partial to spending time on the golf course when time allows. ■



Carson and Lisa Hattel teach in Johnston schools, Lisa at Horizon Elementary and Carson at Johnston Middle School.

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Serving a diverse Central Iowa community, Polk County is among the nation's most innovative public institutions. We bring together creative leaders, collaborative organizations and key resources to empower our communities and make life better for all people in Polk County.

## RESOURCES AND REFERRALS

### BOARD OF SUPERVISORS

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### ASSESSOR

515-286-3014

### BEHAVIORAL HEALTH

515-288-0818

24HR HELP 855-581-8111

### CONSERVATION

515-323-5300

### ELECTION OFFICE

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515-286-3247

### GENERAL ASSISTANCE

515-286-3434

### GRANTS AND SPONSORSHIPS

COMMUNITY BETTERMENT AND DEVELOPMENT GRANTS

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### HEALTH

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### PUBLIC WORKS

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### RECORDER

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515-286-3781

PASSPORTS, REAL ESTATE

515-286-3160

ATV/BOATS/SNOWMOBILE

515-286-3160

### SHERIFF

POLK COUNTY JAIL

515-323-5400

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515-286-3060



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**POLK COUNTY**  
Board of Supervisors





# Polk County North/West Highlights

**The Polk County Board of Supervisors are responsible for approving funding for numerous projects throughout the county. Funding of projects comes from gaming revenues generated by our partnership with Prairie Meadows Racetrack and Casino. The funds support Polk County Community Betterment Grants and Community Development Grants to enhance the quality of life throughout Polk County**



## Polk County Assists with Funding for GrimesPlex

Polk County provided a community development grant for the construction of GrimesPlex. The new 50-acre synthetic turf complex will be one of the largest facilities of this kind in the Midwest. This multi-sports facility will include baseball, softball, soccer and football fields located within the 200-acre Hope District. The one million square feet of field area is flexible to hold numerous sporting events and recreational activities. The new facility is projected to have an economic impact of \$16 million per year for the Greater Des Moines Area.



## Cultivation Complex at Living History Farms Brought to you, in part, by Polk County

As Living History Farms in Clive transforms from a seasonal cultural attraction to a year-round destination, Polk County stepped in to help fund the new Cultivation Complex. The Cultivation Complex will provide year-round programming and address much needed space demands to meet Living History Farms programming needs. With a year-round facility, Living History Farms will bring enhanced value to the tri-membership program offered in conjunction with the Science Center of Iowa and Blank Park Zoo.



## Youth Justice Initiative of West Des Moines Receives Upgrades from Polk County

The Youth Justice Initiative (YJI) is an organization dedicated to provide a restorative process for youth in the community to promote healing, increase accountability and support for repeat juvenile offenders. Polk County is providing a community betterment grant to help offset the costs for food, technology, and supplies for YJI's bi-weekly study table. The funds will also help expand fitness activities so youth can socialize, exercise, and be more focused to learn.



## Polk County Central Iowa Source Water Research Study Underway

Our two rivers, the Raccoon and Des Moines, are one of our communities greatest assets with more than 240 miles of shoreline. These rivers play a significant role in central Iowa's local economy, culture, recreation community and overall identity. The rivers are the primary source of drinking water for over one-half million people. Right now, a two year study called the Central Iowa Source Water Research Assessment (C.I.S.W.R.A.) is underway to give us a better picture of what is in our water. A team of nationally renowned scientists are working to give us a comprehensive look at the cleanliness of our rivers and streams. Once complete in 2025, CISWRA will provide a road map for community leaders to create policies and best practices to cleaning our waterways and protecting this vital resource for future generations.



## EVENTS IN THE AREA

Be sure to check for cancellations

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

### VBS Summer Camp and Family Fun Day

Sunday, June 20, 1:30-7 p.m.  
First Baptist Church of Greater Des Moines, 8250 N.W. 62nd Ave., Johnston,

Vacation Bible School is from 1:30-5 p.m., with Bible study, games, music and crafts. A dinner and family fun follow from 5:15-7 p.m. with inflatables, games, activities and dinner. This is a free event for children and families. Visit [FBCDSM.org](http://FBCDSM.org) for more information and to register.



### Flag Retirement Ceremony

Friday, June 14, 7 p.m.  
Grimes Public Works Facility, 1700 S.E. Destination Drive

Boy Scout Troop 44 of Johnston and Johnston-Grimes Metropolitan Fire District are sponsoring a Flag Retirement Ceremony. The public is invited. Bring a folding chair.

### Father's Day BBQ Competition and Bags Tournament

Sunday, June 16 at noon  
Backpocket, 6205 Merle Hay Road, Johnston

Celebrate Dad with a BBQ Master competition. Bring your best BBQ to be judged



on color, aroma, taste, tenderness and overall impression. Register in advance (\$25/person). Meat is limited to pork only. One person will be crowned BBQ Master and win a free mug club membership (worth \$100), a custom BBQ tool set and

bragging rights. There will also be a free bags tournament starting at 1 p.m. with a \$100 prize. Team registration is required. Sign up using the ticket link at [www.facebook.com/events/453439867208249/](http://www.facebook.com/events/453439867208249/). ■



### 2024 Movies in the Yard

Various dates

Johnston Town Center, 6245 Merle Hay Road

- 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.



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

We're making the Brio campus even more inviting with the addition of beautiful single-family homes and townhomes. Construction is well under way, and only a few townhomes remain!

*Come see* for Yourself!

### Join us for a personal hard-hat tour!

Sign up for one of 10 remaining slots for a personal hard-hat tour between June 17 and June 28 by calling Maria at (515) 252-5380.

After your tour, take home a complimentary prepared charcuterie spread!



**Sign up today for your tour! We look forward to seeing you.**

# SUMMER Reading Fun

## Programs for kids

JPL has excellent weekly library programs for kids of all ages. Littles ages 0 to 5 can enjoy Story Time Together on Mondays at 10 a.m. Every Wednesday, beginning June 12, is Move and Groove, a high-energy story time for kids of all ages that will get you on your feet. Mark your calendar for Pony Tales on Friday, June 14, at 10:30 a.m. Local author Tiffany Lauer will bring the star of her picture book series, Elvis the Pony, for a special event full of stories, pets and animal facts. This event will be outside, so dress accordingly.

Pop in on Friday, June 21 for Fantastic Foam at 10:30 a.m. This weird science event will even make your hair stand up. Experience items disappearing in clear liquids, see the power of a Van De Graaff generator, and get ready for foam — lots of foam.

We're taking JPL on the road with Pop-Up Library in the Park this summer. Visit us at various parks throughout Johnston in June and July, weather permitting. On Tuesday, June 18, we'll be at Terra Park from 10 a.m. to 11 a.m. Sign up for a library card, choose a free book, create a fun craft, participate in our Summer Library Program and earn prizes.

## Programs for teens

Tuesdays are all about teens at JPL this summer. Are your taste buds ready to party? Join us for blind taste tests, name-brand vs. store-brand challenges, and guess-the-ingredient showdowns with all of your favorite popable foods at Teen Tuesday: Foods that Pop on June 11 at 4:30 p.m. Register for Barbie Murder Mystery Party scheduled for Tuesday, June 18. With characters as shady as Ken's sunglasses and motives as twisted as Barbie's ponytail, everyone's a suspect in this murder mystery. Finally, on Tuesday, June 25, teens can use bubble wrap and guided instructions to create a unique painting, then enjoy concocting their own delicious drink at our soda pop bar at the Pop & Paint Party. All Teen Tuesday events require registration.

Have a gamer kid in the house? Have them check out Teen Mario Kart Tournaments at 3 p.m. every Wednesday beginning June 5, followed by Smash Bros. Ultimate Tournaments at 4 p.m. On Thursdays, we anime at JPL. Have your teen check out the Dragon Ball Anime Club at 3:30 p.m. Information and event registration is available at [www.johnstonlibrary.com](http://www.johnstonlibrary.com).

## Programs for adults

Did you know you can fly fish in Iowa? Join anglers from Trout Unlimited North Bear Chapter and Central Iowa Fly Fishers on Saturday, June 8, from 2-4 p.m. to try your hand at fly tying and casting a fly rod at the library pond. Register for this free activity. Kids 10 and older may attend with a parent.

The Johnston Public Library, along with other Iowa libraries and Uplift - The Central Iowa Basic Income Pilot, is hosting a series of programs focused on fostering community conversations about poverty and its impact in Iowa. Join the conversation at JPL by attending the Library Talk: Poverty in Iowa event on Thursday, June 13, at 6:30 p.m. Dive into the topic by borrowing "Poverty, By America" by Matthew Desmond. Physical copies of the book will be available for checkout while supplies last, and eBook and eAudiobook versions can be accessed via JPL's Libby site. ■



# Bishop Drumm is celebrating 85 years!

We all appreciate the comforting things in life... a warm bed, great food, and a beautiful garden. Our residents enjoy all of those wonderful things, but it's the faith, family and traditions that make Bishop Drumm home.

**Join us for a cookout and festivities!**

**Tuesday, July 9, 4 - 6 p.m.**  
**Bishop Drumm Parking Lot**  
**5837 Winwood Road, Johnston, IA**  
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## CHAMBER

By Samantha Winebrenner

## SPOTLIGHT: Furrow Family Dentistry

Each month, we shine the spotlight on a Johnston Chamber member business, highlighting what they love about our local business community. Furrow Family Dentistry is a family-owned dental practice specializing in family, cosmetic, implant and laser dentistry. We caught up with the owners, Derek and Emily Furrow:



**What are your favorite benefits of being a Chamber member?** "It is an amazing resource to network with other community business leaders. We have found that the chamber businesses rally behind each other, and we have utilized many other services from other businesses in the chamber."

**Why did you choose to locate your business in Johnston?** "Dr. Derek is from Johnston and grew up going through the Johnston Community Schools, graduating in 2008. He has always had a dream to have a dental practice in his hometown... The people and businesses made a huge impact on him his entire life. Johnston has always had a small-town feel with big opportunities. We love the upcoming developments in the city that continue to make Johnston an awesome place to live and to grow and run a business. The community supports its businesses and wants everyone to be successful."

**What else would you like to highlight at your business?** "We are a family-owned, husband/wife dental practice that uses cutting-edge technology and techniques to provide gentle, convenient and high-quality dental care to patients of all ages. We are always accepting new patients and would love to see you and your family." ■

Information provided by Samantha Winebrenner, Johnston Chamber executive director, [samantha@johnstonchamber.com](mailto:samantha@johnstonchamber.com), 515-276-9064.

## PLAN AHEAD

By Buffy Peters

## GRIEF 101 with Buffy: Get physical

Grief is the natural and normal reaction we have after someone has died. One fact that some people are not aware of is that we experience grief within our bodies, so finding ways to physically release it is a great way to express some of our most intense emotions.

What physical activities do you enjoy?

Do you prefer being in nature? Go for a walk or run on a trail. Gardening is also a great way to be active outside.

Do you enjoy dancing? Take a class (online or in-person), or else put on some tunes and dance in your home.

Do you want to take it easy on your joints? Try swimming, water aerobics, chair yoga, or stretch classes.

Do you feel limited with time or other resources? Cleaning, cooking, and other household chores keep us moving.

Do you feel worried about where to start? No worries. Many fitness organizations have variety of classes dedicated to specific age groups and levels.

There are so many different ways we can move in the world. Think about what you enjoy or pick a new activity to try. Movement helps us burn energy, release feelings, and increase our sense of control in the world. Make a list of some activities you would like to try and then start getting physical. ■



Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.



THURSDAY- SUNDAY

# JUNE 13-16

TERRA PARK \* 6300 PIONEER PARKWAY

FOOD VENDORS ○ CARNIVAL ○ BEVERAGE GARDEN ○ LIVE MUSIC  
SATURDAY: PARADE ○ JOHNSTON ALUMNI NIGHT ○ FIREWORKS

## MUSIC LINEUP!

FRIDAY, JUNE 14

THE DICK DANGER BAND  
GIMIKK

SATURDAY, JUNE 15

MOTLEY SCRUE IOWA  
SONS OF GLADYS KRAVITZ

Fun for all ages! See you there!

[www.johnstongreendays.org](http://www.johnstongreendays.org) Johnston Green Days  
Green Days is organized by the Johnston Chamber of Commerce.

## BAGS TOURNAMENT!

SATURDAY JUNE 15  
12pm Start Time!



Registration  
+ more info  
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## 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.

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# OUT & ABOUT



Halsey Scales and Brenda Ballard at the Johnston Chamber of Commerce Business After Hours event at Liberty National Bank on May 9.



Annie Mielke and Paula Bierle at the Johnston Chamber of Commerce Business After Hours event at Liberty National Bank on May 9.



Jennifer Sayers and Mayor Paula Dierenfeld at the Johnston Chamber of Commerce Business After Hours event at Liberty National Bank on May 9.



Kit Mahalik and Sharon Vickery at the Johnston Chamber of Commerce Business After Hours event at Liberty National Bank on May 9.



Derek Trobaugh and Dillon McBee at the Johnston Chamber of Commerce Business After Hours event at Liberty National Bank on May 9.



Bruce Michalowski and John Denny at the Johnston Chamber of Commerce Business After Hours event at Liberty National Bank on May 9.



Shelly Goslar and Mistene Nugent at the Johnston Chamber of Commerce Business After Hours event at Liberty National Bank on May 9.



Joe Lennon and Tanner Baldwin at the Johnston Chamber of Commerce Business After Hours event at Liberty National Bank on May 9.



Nate Zittergruen and Scott Kruthoff at the Johnston Chamber Educator Appreciation Event May 8 at Camp Dodge Freedom Center.



Annie Mielke, Michael Tiffany, Brooke Ruddy, Paula Bierle and Andrea Hodapp at the Johnston Chamber Educator Appreciation Event May 8 at Camp Dodge Freedom Center.



Derek Sparks at the Johnston Chamber Educator Appreciation Event May 8 at Camp Dodge Freedom Center.



David Coslin at the Johnston Chamber Educator Appreciation Event May 8 at Camp Dodge Freedom Center.



## OUT & ABOUT



Kelli Vorrath and Jenny Myers at the The Johnston Chamber Luncheon, sponsored by Edencrest at Green Meadows, at City Hall on April 30 with guest speakers from the Harkin Institute for Public Policy & Citizen Engagement.



Alex McGregor and Antoinette Deleon at the The Johnston Chamber Luncheon at City Hall on April 30.



Brenda Ballard and Jennifer Sayers at the The Johnston Chamber Luncheon at City Hall on April 30.



Scott Wendl and Ryan Rohlf at the The Johnston Chamber Luncheon at City Hall on April 30.



Speakers Ashlea Lantz and Robert Ludke from the Harkin Institute for Public Policy & Citizen Engagement at the The Johnston Chamber Luncheon at City Hall on April 30.



Dillon McBee and Rocky Lutz at the The Johnston Chamber Luncheon at City Hall on April 30.



Annie Mielke and Stacey Schuurmann at the Johnston Chamber JumpStart April 18 at Martina Place Assisted Living.



Dan Fitzgerald and Nick Ellis at the Johnston Chamber JumpStart April 18 at Martina Place Assisted Living.



David Coslin and Chris Jones at the Johnston Chamber JumpStart April 18 at Martina Place Assisted Living.



Steve Doughty and Jenni Buchanan at the Johnston Chamber JumpStart April 18 at Martina Place Assisted Living.



Scott Wendl and Allan Graham at the Johnston Chamber JumpStart April 18 at Martina Place Assisted Living.



Brenda Ballard and Sharon Vickery at the Johnston Chamber JumpStart April 18 at Martina Place Assisted Living.



# LIFESAVING SUMMER Tour



Donations start at 6am

**06.20.24**

Doors closing at 7pm

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