

JOHNSTON

AUGUST 2022

*Living*  
MAGAZINE

# GARDEN harvest

Where do all the tomatoes go?

**Meet Sonya Goodrich**  
EDUCATION

**Lehman: Gardening makes summer worth it**  
WHERE WE LIVE

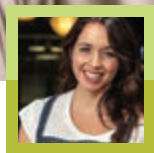
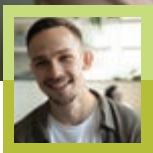
**Overnight apple cinnamon French toast casserole**  
RECIPE

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## WELCOME

# ONE TOMATO, two tomato, three tomato, four...

My childhood home had a backyard full of tomato plants. Mom was obsessed with this, especially in canning the tomato juice. Our basement was full of Mason jars of the red stuff, and most everything we seemed to eat had tomato juice in it.

The entire process seemed like a lot of work for something that could be purchased at the grocery store for pennies. Whenever I told Mom this, I was given the task of immediately pulling weeds in the garden. I learned to keep that opinion to myself.

Today, I am convinced that we would all be healthier if we ate more foods that we grew ourselves in the ground and less foods that we unwrapped from plastic. Maybe not a 100-percent diet of things made with tomato juice, but you get the idea.

That sounds like a good plan, but it does take a change of habits — and some patience.

I am often poked at by friends for not eating enough vegetables. I don't understand the criticism. After all, I eat potatoes. But what about green vegetables, I am often asked. Well, I eat pickles, too.

My wife, Jolene, helped broaden my vegetable diet, and our daughter, Abby, pushed it along. For years, we had a "salsa" garden off our deck. It was a humble display but one that kept them both busy with tomatoes, peppers, onions, lettuce, carrots, green beans, cucumbers and kale, among other items. To be honest, some of it tasted like grass, but I kept an open mind.

I would like to tell you that I have shunned all pre-packaged foods and am eating out of the garden now, but that would be a lie — unless there are Snickers candy bar seeds. Meanwhile, stories like the ones we feature this month are a gentle nudge to remind us all about not only the nutritional benefits of gardening but the social ones as well.

Thanks for reading. ■



**SHANE GOODMAN**

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at [www.thedailyumbrella.com](http://www.thedailyumbrella.com).



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## FEATURE

Neighbors Stuart Spencer and Don Francois have been growing a huge garden together for years and have become beekeepers. Photo by Todd Rullestad

# GARDEN harvest

Where do all the tomatoes go?

By Ashley Rullestad

Tomatoes are ripening on the vines. Ears of sweet corn with their plump kernels are being shucked, grilled and devoured. Cucumber vines are spreading, and, below the ground, carrots and potatoes are approaching that just-right time for being pulled or dug up, washed and added to pot roasts and soups. For gardeners, the bounty of the harvest delivers fresh ingredients for now and plenty to preserve for the upcoming winter. And, as often happens, they find themselves with an overabundance. Where do all those tomatoes, zucchini, cucumbers, onions and more go?







The Summit Middle School Garden Club includes Quinnlyn Schulte, Isabel Koestner, Mallory Giddings, Eli Zimmerman, Kajsa Skram, Alaina Bousum, Ainsley Jenkins and Lilly Veach.

## How his garden has grown

Don Francois has been gardening almost his entire life. He grew up on a farm with a big family — seven siblings — so, he's been learning how to grow things since he could walk into the garden.

"I started my own garden with a few raised beds, and it has just grown exponentially from there," he says.

And when he says exponentially, he's not kidding. Don's garden now contains 12 raised beds and about 10,000 square feet of garden plots. He grows almost everything you can think of: asparagus, artichokes, basil, beans, beets, broccoli, cantaloupe, cabbage, carrots, cilantro, cucumbers, edamame, eggplant, fennel, gourds, ground cherries, kale, kohlrabi, onions, okra, parsnips, peas, peppers, popcorn, potatoes, pumpkins, radishes, rutabagas, spinach, squash, sunflowers, sweet corn, sweet potatoes, Swiss chard, tomatillos, tomatoes, turnips, watermelon and zucchini, in addition to herbs and flowers.

Stuart Spencer, Don's neighbor, developed

an interest in gardening the day he met Don and saw the garden. He was drawn into helping and enjoys the garden, too. His wife and triplet boys like spending time and helping in the garden as well, and the families have gotten to be fast friends.

"I started to garden with my grandfather as a young kid. To be honest, I didn't appreciate everything he taught me until I got older in life. My wife and I moved into our house around 15 years ago, and I noticed there was something going on in the lot right next door and went over and introduced myself to Don. After a garden tour, I was hooked and started to go back out more and more, helping Don when time allowed."

The two have also started beekeeping and are in their fifth season. They currently have seven hives and like the benefit of having bees right at the garden to help with pollination. They harvested more than 300 pounds of honey on a recent weekend. Stuart has taken the role of the master beekeeper and has become an expert at his craft, Don says.

When things are producing well, there is always a bounty, especially zucchini and tomatoes. Don's door is open to friends, family and neighbors. He and Stuart have canning sessions throughout the season and preserve a couple hundred jars of salsa, pasta sauce, pizza sauce, tomato soup, cowboy candy (candied jalapeno peppers), hot pepper jelly, dill pickles and dilly beans. They also make a hot pepper seasoning from their hot peppers.

"We just love growing stuff," Don says. "Every year is different and offers new challenges. We like to grow our own food. It's good to know where your food comes from. Who doesn't love a home-grown garden tomato or a fresh cucumber salad?"

Don has also completed the Master Gardener program and is volunteering by teaching others and giving tours. He says he is still learning from other gardeners. He also has been entering vegetables at the Iowa State Fair competition for 24 years and will have more than 140 entries this year. Stuart and his family and all the neighbors get involved with



## FEATURE

the harvesting, cleaning, sorting and selection process in the days leading up to the fair.

When it comes to gardening, Don advises people to start small and be prepared for some failures. It's all part of the process.

"Keep up with the weeds, use mulch such as grass clippings to keep weeds down and help maintain soil moisture. Learn by doing. Learn from other gardeners. Trial and error will make you better every year. Just have fun."

### Growing to give

A great way to get involved in gardening and help others at the same time is through volunteering at a community garden. Johnston has four gardens that donate to the Partnership for a Healthy Community food pantry: Summit Middle School, Corteva, St. Paul Presbyterian and St. James Lutheran.

"Fresh produce is hard for everyone to come by," says Director Andrea Cook. "Everything is more expensive, and, if it's locally grown, it's even more. Our partners provide so much more variety to our clients, and it's so nutritious."

Cook is happy to accept the extra produce of hobby gardeners, who often have an abundance

of things like zucchini and tomatoes. The community gardens make an effort to grow the produce that clients are interested in and want.

"They try really hard to grow different things like hot peppers and fruits and things that are universally accepted and hard to come by. Corteva did green beans and sweet corn. In some African cultures, they want the sweet potato vines, not the sweet potatoes. You don't find that at the grocery store, but it's so easy to do. It's huge for our families to see that stuff and have options, and it lets their dollars go a little further."

Allison Barlow is a teacher at Summit Middle School. Though the Summit garden had existed for many years, it was never consistently used until recently.

"A student of mine, Quinnlyn Schulte, decided to reinvigorate the garden for a school project in the spring of 2021 in which students were encouraged to effect change for the greater good. Through grant acquisition, administrative support, and her own personal support system, Quinnlyn was able to revitalize, plant and tend to the garden during 2021."

She donated more than 600 pounds of

produce to the Johnston Partnership by the end of the 2021 gardening season. As Quinnlyn's vision evolved, she thought establishing the Summit Garden Club would provide an opportunity to keep the garden alive, so that students at Summit could not only learn about gardening and have a group of peers to connect with, but also a place where they could develop leadership skills and impact the community through their donations.

Quinnlyn went before the school board to get the club approved, and they started meeting weekly throughout the school year. Last fall, students finished the harvest season and did any work necessary before winter set in. During the winter they worked on fundraising efforts, plans to expand the garden, decided where things would be planted in the garden once spring arrived, and planted and cared for some starter plants.

In the spring, students added compost to the soil, which they collected at lunches during the school year. Once the cooler weather plants like spinach and radishes were planted, students began watering and weeding more regularly, and, as summer break approached, they were

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## FEATURE

able to get everything else planted. They planted donated seeds and plants, as well as the starters they grew over the winter.

They also used money they gathered through fundraising to support the Johnston High School special education plant sale. This summer, Barlow has had eight students and a couple of volunteer parents who have participated in watering, weeding and harvesting the produce.

"We get to the garden about two to three times a week depending on weather and produce activity. As of this moment, we are around 70 pounds donated to the Johnston Partnership already, and many of our heaviest producing plants are still preparing to do their thing. It is very exciting, and I am very grateful for the involvement of these students and some of their grown-ups during the summer months."

A short-term goal they have is to donate more this year to the Johnston Partnership than they were able to last year. Barlow likes that her students have taken on this challenge; it's been a great experience for them and their families and a tangible way to help others, she says.

"Long term, we would like to expand the garden so that we can provide even more nutritional support to our community in the future." ■



Quinnlyn Schulte and Kajsa Skram water the garden at Summit Middle School.

## How to Ease Back-to-school Anxiety



### 1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

### 2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

### 3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

### 4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

### 5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
4. Shows excessive worry about the future or needs constant reassurance.
5. Talks about self-harm or suicide.



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## NEWS BRIEFS

### PARK Board members announced

On Monday, July 18, at the Johnston City Council meeting, the Council approved the Parks Advisory Board appointments. The City received seven applications for the four open positions on the Parks Advisory Board. The returning and new volunteers will help shape Johnston by serving on the Park Advisory Board

**Newly appointed Park Advisory Board members:**

- Angela Butler (reappointed), 18 years, term expires 2025
- Doug Minear (reappointed), 12 years, term expires 2025
- Alyson Fleming, term expires 2025
- Julie Hill, term expires 2025

**Current Park Advisory Board members:**

- Lyle Danielson, 5 years, term expires 2024
- Rachel Murdock, 1 year, term expires 2024
- Kenneth Paulsen, 22 years, term expires 2023

### SIDEWALK construction program

Sidewalks are an important part of the infrastructure in an urban community. Sidewalks connect neighborhoods, schools, parks and businesses and provide safe passage for citizens to get around the community.

Sidewalks are typically constructed within the public right-of-way. The adjacent property owner is responsible for the construction, repair and maintenance of sidewalks. Property owners have the responsibility to make sure sidewalks are safe, in good repair and clear of impediments, including the removal of snow and ice.

The purpose of the program is to formalize a process where the City of Johnston will inspect sidewalks and order their repair, replacement or construction. The program will also identify gaps in existing sidewalks so the City can order construction to fill in the gaps to improve the connectivity of sidewalks. The result of the inspection and construction program is to assure sidewalks are adequately maintained to enhance user safety and to assure the continuity of sidewalks to create a walkable community.

**This program will address the following situations:**

- Existing sidewalks that need to be repaired or replaced
- Sidewalks that have been previously deferred by the action of the City Council
- Existing developments in which sidewalks have not been constructed
- Properties within existing developments where there are gaps in the continuity of the sidewalks due to lots that have not been developed
- Sidewalks along minor arterial and collector streets
- Sidewalks in areas where it has been determined there is significant pedestrian traffic

The City has been divided into eight zones. Each year, staff or a contracted firm will inspect a zone to determine if sidewalks need to be repaired, replaced or constructed.

A property owner may choose to repair or construct the sidewalk on their own, contract using a qualified contractor, or have the sidewalk repaired or constructed under the City contract. If the property owner chooses to have the sidewalk repaired or constructed under the City contract, they may choose to pay the cost of the repair or installation directly or have the cost included in the special assessment.

For more information, contact Molly Long, Foth Infrastructure & Environment, 515-254-1393, or Matt Greiner, Johnston Public Works director, 515-278-0822. ■

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## CARING for someone with memory loss?

Adult-day services can help.

If you're caring for a family member who lives with memory loss, you may be feeling overwhelmed with balancing their needs with your responsibilities. Chances are you need to work. You also may be caring for children and attending to other accountabilities, and you may worry about leaving your loved one alone during the day.

Adult-day services can help. Usually offered in a public place, such as a center, the goal of these mini-communities is to help your family member maintain independence and receive support and encouragement in a safe environment when you can't be with them.

If you're looking for assistance for a loved one with Alzheimer's disease or another form of dementia, here are a few things to look for in an adult-day center.

- A comfortable, positive, non-judgmental environment. Your loved one is more than their disease; they deserve to be treated with kindness and respect and made to feel as though their presence is wanted and appreciated.

- Programming that focuses specifically on memory challenges. One advantage: the nationally renowned "Best Friends" approach, which leads with empathy, support, respect, trust and humor. This type of programming helps ensure consistent, person-focused services and care.

- Healthcare on the premises, or close by. If your family member should need medical attention while attending the center, you'll want to make sure there's a plan in place.

- A schedule of activities that includes attention to holistic well-being. A well-balanced curriculum should include exercise for mind and body. Examples include daily walks, field trips, and guests who offer presentations on topics of interest to the participants.

- Programming that includes a focus on music. Studies have shown music may reduce agitation that is common in the middle stages of Alzheimer's and is likely to appeal to anyone with a memory challenge. Even in later stages of the disease, a person may be able to tap a beat or sing lyrics to a song from earlier in life.

- Additional programming components in addition to music therapy, including multi-sensory activities, pet therapy and aromatherapy.

Adult-day services should be available to anyone who needs them. Individuals who are financially able to do so pay directly for services, but financial aid is often available for families that need assistance. If you find a center that meets your needs, don't hesitate to ask for help paying for services. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice care, for older adults. Celebrating its 75th anniversary this year and its 15th as a hospice provider, WesleyLife is a Level 4 partner of We Honor Veterans, a national program that empowers hospice providers to meet the unique needs of military veterans and their families at the end of life. Call Ward at 515-669-2205 to learn more.



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## RECIPE

# WAKE UP to a wonderful brunch

Perfect for any brunch occasion is a delicious dish that can be made a day in advance, simplifying your morning prep before guests arrive with growling stomachs.

Prepared the day before and chilled overnight, this Overnight Apple Cinnamon French Toast Casserole is ready to bake to perfection in the morning with a gooey interior and crisp exterior filled with mouthwatering flavor. Drizzle with glaze then dish out to loved ones for a delicious way to make brunch easy.

*Find more breakfast and brunch recipes at [Culinary.net](http://Culinary.net). ■*

## Overnight Apple Cinnamon French Toast Casserole

Servings: 12

- Nonstick cooking spray
- 1 package (20 ounces) French bread, cubed, divided
- 1 can (20 ounces) apple pie filling
- 9 eggs
- 1 cup half-and-half
- 2 teaspoons ground cinnamon
- 1 cup powdered sugar, plus additional (optional)
- 2 tablespoons milk, plus additional (optional)

- Spray 8- by 8-inch glass baking dish with nonstick cooking spray.
- In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.
- In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.
- Cover with aluminum foil and chill overnight.
- Heat oven to 325 F.
- Remove foil and bake 50-60 minutes.
- Let cool 10-15 minutes.



- In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

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# WHEN can you choose retirement?

If you're like most people, your work has been a central part of your life. So, wouldn't it be nice to have the flexibility to decide when you no longer want to work?

Many people of retirement age have achieved this type of control. In fact, two-thirds of workers ages 65 and older say they work primarily because they want to, not because they have to, according to a 2021 study by Edward Jones and Age Wave. But that means that one-third of workers in this age group feel financially compelled to work. This doesn't necessarily mean they dislike the work they do — but it's probably fair to say they would have liked the option of not working. How can you give yourself this choice?



**You can start by asking yourself these questions:**

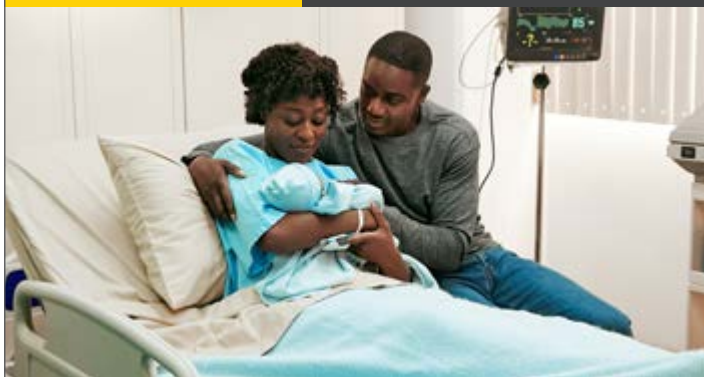
- **When do I want to retire?** You'll want to identify the age at which you wish to retire. You may change your mind later and move this date up or back, but it's a good idea to have a target in mind.
- **What sort of retirement lifestyle do I want?** When you retire, do you anticipate staying close to home and pursuing your hobbies, or do you hope to travel the world? Would you like to spend your time volunteering? Open your own business or do some consulting? Clearly, some of these choices will require more resources than others, so you'll want to follow a financial strategy that aligns with the retirement lifestyle you intend to pursue.
- **Am I saving and investing enough?** As you chart your course toward your retirement journey, you'll want to assess the sources of income you'll have available. If you think you may be falling short of achieving your retirement goals, you may need to consider saving more.
- **When should I start taking Social Security?** You can begin collecting Social Security benefits as early as 62, but your monthly payments will be much bigger if you wait until your "full" retirement age, which will likely be between 66 and 67. Your decision about when to take Social Security will depend on several factors, including your other sources of income and your family history of longevity. Of course, as you're probably aware, the Social Security system is facing significant financial stress, so it's possible that we may see changes to Social Security, based on actions Congress could take. In any case, you might want to be fairly conservative in estimating how much Social Security can contribute to your retirement income.

By addressing the above questions, you can get a clearer sense of when you might reach the point at which work is optional. But you'll also need to consider other factors, too, such as how much you enjoy working or when your spouse or partner is planning to retire. In any case, the sooner you start planning for this next phase of your life, the better position you'll be in when it's time to make the transition. ■

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By Janis Van Ahn

## KEEPING up with regular testing as we age

It seems that, more and more, as we age, the need for regular medical testing increases. Thinking about what tests and when to start or have them done to be proactive is a great way to monitor changes in your body. Following are common tests that older adults should get.



- **Blood pressure check:** One in three adults have elevated blood pressure, known as hypertension. According to the CDC, 64% of men and 69% of women have symptoms that show up too late. Get your blood pressure checked at least once a year. Many of the Medicare Advantage plans now have over-the-counter allowances, and I have seen blood pressure cuffs in the catalog.

- **Blood test for lipids:** Healthy cholesterol and triglyceride levels decrease the risk of heart attack and stroke. Checking lipids could contribute to better eating habits, exercise and possibly medication to maintain.

- **Colorectal cancer exam:** After age 50, a colonoscopy is recommended every 10 years. Now there is an at-home exam that, if you have no family history or prior concerns, can be done every three years. Should something be found, a full colonoscopy will then be recommended. Both are typically covered by Medicare.

- **Vaccinations:** The CDC recommends a tetanus booster every 10 years along with an annual flu shot for everyone, especially those who are chronically ill. Shingrex for shingles and a pneumococcal vaccine are also recommended to protect against shingles and pneumonia, respectively.

- **Eye exam and hearing tests:** An eye exam is recommended annually and hearing every two to three years depending on need.

- **Dental exams:** Many maladies can be noticed when the mouth isn't healthy, and many medications can have a negative effect on dental health. A periodontal exam including X-rays of the jaw and inspection of teeth, gums and throat should be performed at one of the two cleanings each year.

- **Bone density scan:** Both men and women are at risk for osteoporosis. A bone density test measures mass which is a key indicator of strength. This is recommended at age 65.

- **Mammograms, pap smear and prostate screening:** All are recommended as we age but the frequency on both can be personal between you and your doctor. If you haven't talked with your doctor about these or had a baseline, discuss it.

- **Skin check:** It is recommended to do a full body scan annually.

I hope you are keeping up on your screenings and preventive care, and I hope this list can provide talking points between you, your doctor, dentist or other professionals. Keep healthy.

Don't forget, community yoga is still happening through the summer. Look on this page for the ad for the dates in August and September. ■

By Kelsey Taylor, [www.getcompletewellness.com](http://www.getcompletewellness.com) Article written in Healthline, August 2016 [www.healthline.com/health/senior-health-tests](http://www.healthline.com/health/senior-health-tests). Information provided by Janis Van Ahn, Health Insurance Advisor LLC, 5870 Merle Hay Road, Suite A, Johnston, 515-225-9994, [jvanahn@health-insadvisor.com](mailto:jvanahn@health-insadvisor.com).



## WHY is my AC blowing warm air?

Summer is in motion, and we're all enjoying the outdoors while it lasts, but, at the end of the day, we need to recover in a cool and comfortable home. One of the most common AC malfunction questions we receive during the summer is, "Why is my HVAC blowing warm air?" Luckily, this malfunction can sometimes be fixed or prevented by the homeowner.

It may seem obvious, but the first thing you should check is your thermostat. If your system is blowing hot air, your thermostat might have been switched to heat by accident. If this is the case, the fix is as simple as flipping it back to cool.

After checking your thermostat, check if your HVAC system is receiving power. Locate your electrical panel and look for a tripped breaker or blown fuse. Since AC units use a lot of energy, the circuit breaker may automatically shut off as a safety precaution. If your breaker continues to shut off, call an HVAC professional to take a further look at this problem.

Although air filters alone can't cause your AC to blow warm air, debris can build up, leading to frozen evaporator coils. The word "frozen" could make you think of cool air, but instead, it blocks cold air from flowing throughout your home. To fix this problem, turn your unit off and change the air filter. Wait until your AC has thawed before you turn it back on again. If the coils continue to freeze, this could signal a more serious problem. Turn your system off and call an HVAC professional immediately.

If you have checked everything inside and still can't find any problems, it's time to inspect the outdoor unit. Just like your indoor unit, the outdoor evaporator coils need good airflow. Keep at least a 2-foot clearance around the outdoor unit at all times. Getting regular maintenance done will also help to prevent your system from clogging. If your outdoor unit is congested, turn it off and remove anything within 2 feet. Go a step farther by rinsing off the smaller debris with a garden hose.

For future use, clip this article and tape it near your indoor equipment. Stay prepared and have this article handy when problems arise. It's always recommended to have your equipment receive annual maintenance, which is the ultimate way to continue optimal efficiency and hopefully prevent future emergencies. ■

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



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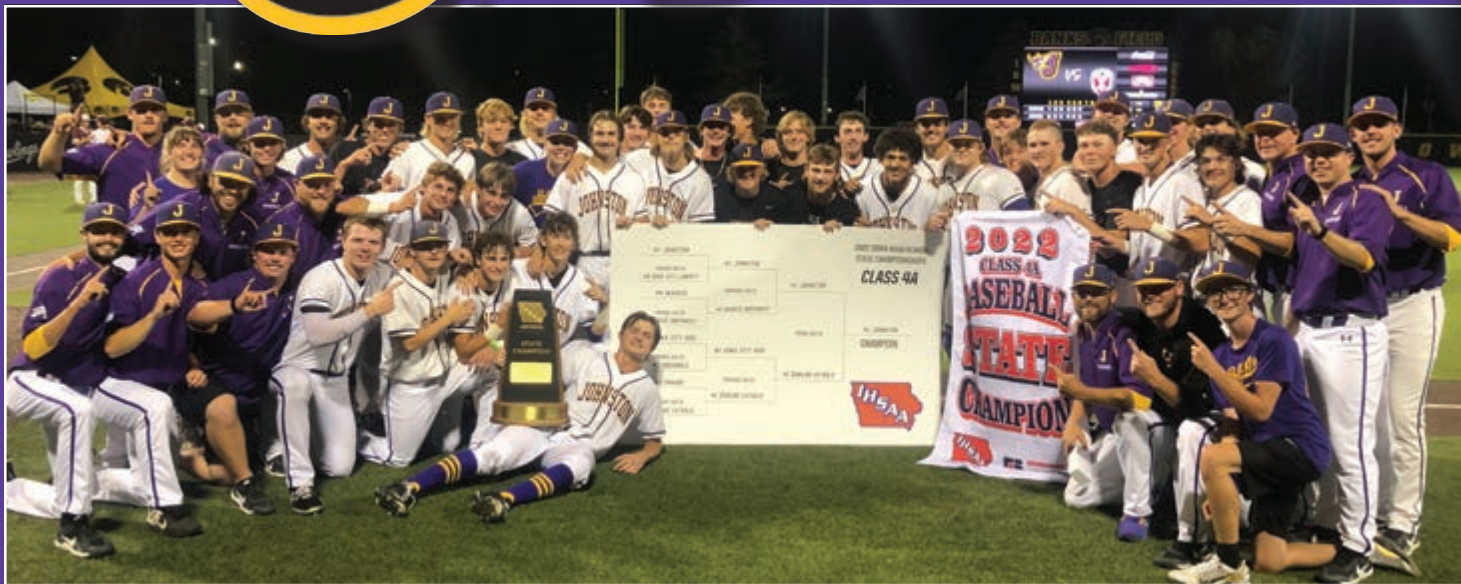
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**Johnston Rotary Club**

**UPCOMING SPEAKERS**

**Aug. 9 - Monica West**  
Iowa Donor Network

**Aug. 16 - Deb Bishop**  
Africa Fellowship - Rotary Member

**Aug. 23 - Dave Boberg**  
Toastmasters / CASA of Iowa

**Aug. 30 - Neil Hyde**  
IT- rotary member

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## ROTARY

By Mike Schoville

### WOMEN of Johnston Rotary

Rotary is not your "Old Men's Club." We are an international community, inclusive of all nationalities, genders and ages. The next couple of articles in Johnston Living will highlight some of the "Women of Johnston Rotary."

**Dr. Deb Bishop** is professor of Practice in Management and International Business at Drake University. She has been active in the Rotary Club of Johnston since February of 2004. Deb grew up hearing stories of Rotary from her father, a long-time Rotarian. Over the years, she enjoyed the opportunities to join with him for fellowship at the Rotary Club of Fort Madison. When she moved to Johnston, she was looking for a way to meet others and get involved in "service above self" and found a perfect fit.



At Drake University, Deb primarily teaches Operations Management but has had incredible opportunities outside the classroom. She has taken students to Uganda for a three-week summer course in Sustainable Development 15 times. While in Uganda, she has had the privilege to serve with Ugandan Rotarians to complete service projects. Rotary is truly a global service organization.

Additionally, she has served as academic director of the Drake cohort of the Mandela Washington Fellowship since 2016. This program brings 25 young African professionals to Des Moines for six weeks of leadership development and networking opportunities.

As a Johnston Rotarian, Deb's highlights are the weekly fellowship, enjoying the breakfast and conversation, and excellent programs, all while watching the changing seasons from Hyperion Golf Club. She enjoys the weeks it is her turn to be sergeant. She is president-elect for Johnston Rotary and looks forward to her opportunity to serve in 2023-24.

**Pam Kucera** has been involved in various organizations for years, starting when she lived in the Davenport area. Her parents served as good examples of the rewards one gets from helping others. When Pam and her late husband, Bill, moved to the Johnston area in 1990 with their family, she found that she was lacking an outlet to do things for others, so she started to get involved in various community organizations.



During her involvement with the Johnston Chamber of Commerce, she was participating at the Jammin' in Johnston business event when she stopped to visit with Johnston Rotarians. Pam learned about some of the events the Rotarians were doing that intrigued her. She was invited to join them as a guest at one of their Tuesday morning meetings. Pam found the group to be welcoming. She enjoys the programs that are typically presented every Tuesday morning where she learns about a multitude of things. Pam especially enjoys the camaraderie that is shared between the members, whether it is at the meetings or working on a project to better the community.

Members don't have to be involved with everything, but there are opportunities to be involved when you can. ■

More information about the Johnston Rotary Club can be found at [www.johnstonrotary.com](http://www.johnstonrotary.com) or contact Mike Schoville, [schovilemike@gmail.com](mailto:schovilemike@gmail.com).



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## LIBRARY

## NEWS from the stacks at JPL

Summer is coming to a close, but we still have quite a few fun events to squeeze in before August is over. Come to a free event to learn — and taste — Filipino cuisine, learn how to make trendy paper flowers at the Make It Adult Crafting Class, and sign up for some staycation adventures at local museums in the metro with Iowa Libraries Adventure Passes. Read on for all the details.

Join your neighbors at Johnston Public Library for the Globally Good: International Cuisine and Culture Series to experience foods beyond your front door. Saturday, Aug. 13 at 10:30 a.m., CultureAll Ambassador Alma Coon will teach attendees about the food and culture of the Philippines. Recipes and samples will be provided — yum! Register for this free class at [johnstonlibrary.com](http://johnstonlibrary.com).

Then, if you're feeling crafty, come to JPL on Saturday, Aug. 20 for the Saturday Morning Knitting Group. Learn to knit, sharpen your skills, meet some pals and just geek out about crafts in general. Erica Carnes invites you to drop in, bring your knitting and join the group every third Saturday of the month from 10:30 a.m. to noon. Due to the proximity required to teach knitting, masks are required at this in-person class. Disposable masks will be available. Erica has been knitting since 2004 and teaching knitting to anyone who will listen since 2010. She enjoys bright colors, natural fibers and pieces that step away from the norm.

The artistic pursuits continue on Saturday, Aug. 27 at 10:30 a.m. at the Make It: Anemone Paper Flowers Workshop. Get your craft on with us. Join Lori Elrick and Riddhi Seth to build upon paper flower skills from the craft workshop in May. This month attendees will be learning how to create a trendy and beautiful anemone paper flower ring wreath. Attendance at the May workshop is not a prerequisite. If you prefer to assemble the project on your own at home, the paper flower wreath kit is pre-packed with instructions for grab-and-go pickups. Please register for this free workshop and indicate if you like to attend in-person or grab-and-go; supplies are limited so there is only one garland kit per registration. Adults, leave the kids at home for this one; this crafting time is just for you.

Finally, Johnston residents with a JPL library card are able to reserve free passes to multiple attractions around Central Iowa including Blank Park Zoo, Science Center of Iowa, Des Moines Children's Museum, Greater Des Moines Botanical Garden, and Reiman Gardens with Iowa Libraries Adventure Passes. Passes are available on a first-come, first-served basis and include two adult tickets and two child tickets per reservation. More information is available at [johnstonlibrary.com/services/adventure-pass](http://johnstonlibrary.com/services/adventure-pass).

More information about events and resources at Johnston Public Library can be found online at [www.johnstonlibrary.com](http://www.johnstonlibrary.com) or by calling the library at 515-278-5233. ■

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## BENEFITS of a living trust

Trusts are flexible and powerful tools that give you greater control over wealth management. They allow you to preserve and pass assets efficiently and privately. Trusts can also help protect and preserve investments for future generations.



A revocable living trust is a legal document that is similar to a Last Will and Testament. It contains instructions on exactly how and when to pass assets to beneficiaries. It can be amended or revoked at any time, as long as the settlor is competent. This gives you the option to update your estate planning as your circumstances change.

For example, you can protect assets for a surviving spouse. You can stipulate that the

trust assets will make money available for children or grandchildren only for college tuition and expenses. You can designate a portion of the trust to be used for future medical expenses for a child with a disability. You can preserve assets to be used for a beneficiary with special needs in a way that preserves Social Security and Medicaid benefits.

As the trustee, you will manage the trust. Or, by naming a bank or a person experienced in investments, you can relieve yourself or your family of the burden of managing and investing your assets.

You can also give a successor trustee the power to take immediate control of the trust assets in the event that you become incapacitated. To protect yourself and your wealth, you can define what constitutes incapacity. The trustee will continue to manage financial affairs in the event you are unable

to do so. This eliminates the need for a court-appointed agent, saving your family the time, cost and emotional distress of going to court to request a guardianship or conservatorship.

In addition to providing for you and your family during your lifetime, the trust is the document outlining your estate plan upon your death. It is a blueprint for distributing assets when the trust terminates.

There is generally no need for a trust to go through court-supervised probate. However, if you fail to correctly title your assets, or if you acquire new property that you don't put into the trust, probate will be required.

Contact an attorney experienced in estate planning to determine whether a living trust is right for you. ■

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

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# MEET Sonya Goodrich

Supporting reading at Wallace Elementary

After growing up in Lake View, Sonya Goodrich received a bachelor's degree in elementary education from Buena Vista University and a master's degree from Viterbo University. Goodrich has been teaching for 31 years, 26 of which have been with the Johnston Community School District. Today, Goodrich works at Wallace Elementary School where she is a reading support teacher.



Sonya Goodrich, right, has been with the Johnston Community School District for 26 years, currently as a reading support teacher. She is pictured with her husband and daughter.

"The Johnston school district has amazing staff members that are supportive, caring and willing to go the extra mile for all students, families and fellow staff members. In my many years of teaching at Johnston, I have learned so much from my colleagues and have gained some very special friendships as well," she says.

As a reading support teacher, Goodrich not only meets with students from every grade level at the elementary school but also sees small groups of students throughout the day. During that time, she works with her students on reading and writing skills. In addition, Goodrich administers literacy assessments, analyzes student assessment data, and meets with classroom teachers to help design instruction for students who may need some extra practice with reading and writing skills.

"One of the best parts of my job is my amazing students. I have the opportunity to get to know my students well in the small group setting. I enjoy getting to know their talents and watching them grow and learn every day," Goodrich says.

Goodrich incorporates reading and phonics games into her teaching to help make learning to read fun. Her students enjoy reading and practicing plays and reader's theater scripts, which they present to other Wallace Elementary students. Goodrich has also helped with district-wide family literacy nights where the reading support students and their families have enjoyed literacy-based games, food and book exchanges.

"It is extremely rewarding to watch my students get excited about reading. My favorite part of teaching reading support is helping students gain the confidence and skills they need to become lifelong readers," Goodrich says.

When not teaching, Goodrich enjoys sewing, craft projects and flower gardening. She also enjoys spending time with her family. Goodrich's daughter, who graduated from Johnston High School this spring, will be attending the University of Iowa in the fall. ■

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## YOU CAN STILL SIGN UP FOR THE MAYOR'S RUN FOR THE TRAILS

Lace up those shoes and get ready to hit the trails for the eleventh annual Mayor's Run for the Trails on Saturday, August 13.

The kids runs will begin at 8 a.m. and the 5K at 8:15 a.m. Post-race food will be available for the finishers and prizes will be given to the top men and women in each age group.

If you do not run, no problem. You can come out and walk the 5K. The cost to enter is \$35 until August 6. From August 7 to race day, the cost is \$40.

To sign up, visit [www.cityofjohnston.com/Mayors5KRun](http://www.cityofjohnston.com/Mayors5KRun).



## JOIN US FOR FREE SUNDAES IN THE PARK ON AUGUST 7

Sundae in the Park is your best opportunity to get the kids ready to head back to school! Join the Johnston Community School District, Johnston Community Education and the City of Johnston on Sunday, August 7, for an evening of music and ice cream, with an extra sprinkle of fun!

City department heads and school administrators will be scooping free ice cream!

You can also hop into the cab of a snowplow, explore a fire engine, and sit shotgun in a Johnston police vehicle! All activities are open from 6 to 8 p.m. on Sunday, August 8, outside the Johnston Public Library at 6700 Merle Hay Road. We hope to see you there!

## SUMMER ACTIVITIES AT TERRA PARK

Join the Johnston Parks Department for some summer fun. There will be several new recreation activities kicking off next week. Try something new and enjoy an outdoor activity. Learn more about these recreation activities by visiting [www.cityofjohnston.com/parks](http://www.cityofjohnston.com/parks).

### Creek Walk at Lew Clarkson Park

- Wednesday, August 17
- Friday, August 26

### Campfire Cooking

- Wednesday, August 4

### Yoga by the Lake

- Saturday, August 6

### Introduction to Archery

- Friday, August 5
- Saturday, August 6
- Sunday, August 7
- Friday, August 19
- Saturday, August 20
- Sunday, August 21

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





## IMPROVE WATER QUALITY ONE RAINDROP AT A TIME

Are you curious about rain gardens, rain barrels and soil restoration? If you answered yes, the City of Johnston may have just the thing for you. The Stormwater Homeowner Grant Program allows property owners to incorporate Stormwater Best Management Practices (BMPs) on their property to improve water quality and decrease the water quantity entering our streams, ponds, and storm sewers.

The program is intended to help cover the cost of materials and/or contractor labor to install such practices. The City of Johnston will provide up to a 50 percent match on BMPs constructed on your property, with a maximum reimbursement amount of \$1,250. Rain barrels will be funded at a maximum of \$75, limit of one per address.

Learn more at [www.cityofjohnston.com/homeownergrants](http://www.cityofjohnston.com/homeownergrants).



## PARK AND TRAIL CONSTRUCTION

**Johnston Commons Park**, 6700 Merle Hay Road, will be getting a new shelter/restroom structure just east of the lake.

The shelter/restroom structure should be up by this fall, and construction crews will work through the winter on the interior of the building. Visit <https://bit.ly/JohnstonCommonsShelter> to learn more.

**Pointe Vista Park** drainage and trail improvements, 9612 Enfield Drive, have begun. The project includes the reconstruction of the Pointe Vista Park trail from Newgate Drive northeasterly to Peckham Street. The new trail will be a 10' wide concrete trail and generally located in the same location where it exists today.

In addition, drainage improvements will be made within the park to the north of Fullerton Court and NW 93rd Court to address localized flooding issues in this area and the outlet on the existing pond will be modified to regulate the flow of water better. Visit <https://bit.ly/PointeVistaPark> to learn more.



## NEW PARK SIGNAGE

Our city parks are a vibrant part of our community, offering playground equipment, shelters, soccer nets, basketball courts, green space and trails for community members and visitors to enjoy. During the last week in June, our city parks received new signage to help visitors easily navigate our tremendous parks. The new signage is at the entrance of every park; except Terra and Lew Clarkson. These two parks will have bigger signage since they are our largest parks within the city.

A new feature of each of the signs is the address for each of the parks. Residents and visitors now have the exact address to provide dispatch in an emergency.



**For more information about the city, please call 515.278.2344**



## CELEBRATING 51 years

The Suburban Des Moines Junior Women (SDMJW) basked in the sun on Wednesday, May 11, at their annual Gathering at Hyperion Field Club in celebration of 51 years of friendship and service. Chairwoman Shari Hawk lead the reading of The Collect, and Wanda Snyder offered the prayerful blessing prior to the luncheon. Flowers were arranged by Shari and Dianne Banning with Wendy Tack assisting. Arrangements to meet at picturesque Hyperion were made by Nancy. Members shared their experiences of travel to Ireland, Alabama, cruises, Arizona, South Carolina, Georgia, South Dakota, Illinois, Michigan, Boston and Iowa road trips. Members continue to serve in Women Lead Change, cemetery boards (SAPIC and Highland Memory Gardens), Friendship Force, Iowa Child and Adolescent Brain and Mental Health Wellness and their churches. Eileen shared her joy of taking her Spanish-speaking toddler granddaughter to the Library for Story Hour in English.

The message from Nancy Boettger, Iowa Mother of the Year 2022, who wrote, "Keep on encouraging and empowering each other



Members of Suburban Des Moines Junior Women include, front row, from left: Shari Hawk, Wanda Snyder, Margo Lierman and Marcia Flaugh; and, back row: Bobbi Segura, Dianne Banning, Dr. Eileen May, Nancy Lundstrom, Audrey West, Marie Graff, Wendy Tack and Dr. Mary Richards.

and looking to the Lord for his wisdom in all stages of Motherhood," was read by Mary. The SDMJW will celebrate in May 2023 with Shari serving as chair assisted by Wendy. Contact Mary Richards at [mrichards@netins.net](mailto:mrichards@netins.net) for information about SDMJW including the Ankeny, Johnston, West Des Moines, Indianola, Des Moines, Polk City and Saylorville communities. ■

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\*Sales ranking based on 2021 calendar year car and truck sales report by the Kansas City Region of Lincoln Motor Company.



## EVENTS IN THE AREA

Be sure to check for cancellations

### Battle of the 'Burbs 5K, 10K and Kids Fun Run

Saturday Aug. 6

NCMIC, 14001 University Ave., Clive

Join in the Battle of the 'Burbs to walk, jog or run and raise money for your favorite suburb. It's all for a good cause. Prizes will be awarded to the top runners in each age category for men and women in the 5K and 10K. Bring the kids along for the Kids Fun Run. It features an obstacle course they're sure to enjoy. Additional activities for the kids will be available on that day, too. When you register, you'll be asked to choose a city — Clive, Johnston, Urbandale, Waukee or West Des Moines — or you can choose all of them. Organizers donate 100% of all registration fees to those communities. And the city with the most runners wins bragging rights and a travelling trophy. It's a unique way to celebrate our neighbors. Enjoy a fun-filled day on the MCMIC Insurance Company campus. Sign up at <https://runsignup.com/Races> and enter Battle of the 'Burbs.

### Mayor's Run for the Trails

Saturday, Aug. 13

6300 Pioneer Parkway, Johnston

The registration fee for the Mayor's Run for the Trails 5K and Kids Fun Run includes a short-sleeved performance blend T-shirt (size is not guaranteed due to nearness of the event). Registration fee is \$40. The Kids Fun Runs registration fee is \$15.

Age groups for the runs are:

- 100-meter kids fun run: ages 2-5
- 0.62 around the lake: ages 6-12
- 5K: ages 13 and older

Each 5K participant will have their run/walk chip timed. Participants are encouraged to pick up their packets on Friday, Aug. 13 from 4-6 p.m. at Fitness Sports, Johnston. If you are unable to pick them up on Friday, packets will be available on race morning. T-shirts and medals will be provided. Fareway will be providing the after-race food.

A map of the route is available at [www.cityofjohnston.com/DocumentCenter/View/10008/2022\\_Mayors\\_5K\\_Route](http://www.cityofjohnston.com/DocumentCenter/View/10008/2022_Mayors_5K_Route). Top females and males will be awarded prizes in the following age categories: 19 and under, 20-29, 30-39, 40-49, 50-59, and 60 and older. Register online at <https://runsignup.com/Race/IA/Johnston/MayorsRunfortheTrails2022KidsFunRun>.





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## EVENTS IN THE AREA

Be sure to check for cancellations

### Johnston Farmers Market

Tuesdays, through Oct. 11, 3:30-6:30 p.m.

Johnston Town Center parking lot, corner of Merle Hay Road and N.W. 62nd Ave.

Fresh produce, live music, baked goods, crafts and food trucks make shopping at the farmers market an entertaining experience. The market is sponsored by the Johnston Lions Club.



### Sundae in the Park

Sunday, Aug. 7, 6-8 p.m.

Johnston Commons

Enjoy a free ice cream sundae and meet with city and school officials. Families will have the opportunity to learn more about the City's Public Works and Community Development departments and enjoy family-fun activities. The Johnston Historical Society will have the 1902 Simpson House Museum open during this event.



### Sweet Corn Festival

Saturday, Aug. 13

On the Adel Square

On Friday, Aug. 12, starting at 4:30 p.m., husking of the corn begins. The public is invited to assist at the southside of the police/fire station. Following the husking at 6:30 p.m. will be the Princess Contest. The 43rd annual Sweet Corn Festival will be held on Saturday, Aug. 13. The Adel Partners Chamber and the City of Adel are hosting a 175-year birthday bash. For more information, visit <https://www.adelpartners.org/sweet-corn-festival>.



### Adel Sweet Corn 5K

Saturday, Aug. 13

The Adel Sweet Corn 5K takes place on the scenic brick streets in Adel along the parade route in front of hundreds of spectators. Join this challenging 5K around beautiful Adel. Register and volunteer online at <https://runsignup.com/Race/IA/Adel/AdelSweetCornFestival5K>.



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## EVENTS IN THE AREA

Be sure to check for cancellations

### Golf tournaments support Special Olympics Iowa

Various dates and locations

August will feature three opportunities to have fun on the golf course while supporting Special Olympics Iowa athletes. The tournaments will kick off with the Jim Jordan Memorial Golf Classic



on Aug. 10. The tournament will take place at the Otter Creek Golf Course, and the entry fee is \$85. The second tournament is the 12th Annual LETR Golf Tournament set to take place at Beaver Creek Golf Club in Grimes on Aug. 15. The tournament entry fee is \$100. The final tournament is the Rich Fellingham Memorial Golf Classic happening on Aug. 18 at Veenker Memorial Golf Course in Ames. The tournament entry fee is \$100. For more information on the upcoming tournaments, visit <https://www.soiowa.org/golf-tournaments>.

### Summer Concert Series

Aug. 9 and Sept. 13, 6-8 p.m.  
The Iowa Arboretum & Gardens,  
1875 Peach Ave., Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at each event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be: Aug. 9, Dueling Fiddles with food by Smokin' Big Dawgs; Sept. 13, Diva and the Deacons featuring Tina Haase Findlay, food by Smokin' Big Dawgs.

The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit [www.iowarboretum.org](http://www.iowarboretum.org) or contact Event Specialist Amber Schmidt at [amber@iowarboretum.org](mailto:amber@iowarboretum.org) or 515-795-3216.

### Leprechaun Bag Toss Tournament

Sunday, Aug. 7, 2-5 p.m.  
Sully's Irish Pub, 860 First St.,  
West Des Moines

Registration starts at 2 p.m., and the double-elimination bag toss tournament starts at 3 p.m. Cost is \$25 per two-person team. Registration is the day of the event only.

Prizes will be awarded for first, second and third places. All proceeds go to the Friendly Sons of Saint Patrick of Central Iowa. Kids are allowed during the tournament. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information.



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### Johnston Basketball Club 2022 tryouts

Sunday, Aug. 21

Johnston High School, 6500 N.W. 100th St.

The Johnston Basketball Club (JBC) girls and boys tryouts are scheduled. Grades eligible for tryouts are 1-8 (grade they will be attending in the fall of 2022). Check the JBC website ([johnstonbasketballclub.com](http://johnstonbasketballclub.com)) to register for tryouts. Sign up will be available in July. Specific times for tryouts per grade will be on the website in August.



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# LEHMAN: Gardening makes summer worth it

The one outdoor activity she does despite difficulties of being in the sun.

Although Mechelle Lehman isn't an "outdoor person" (she has a genetic condition where "me and the sunlight don't get along very well"), she does enjoy spending time in her backyard garden.

"I like being out in the garden, and that's the only reason why summer is worth it for me, is the gardening," she says. "I love all the plants."

Lehman and her family, which includes six kids, moved into their Johnston home four years ago. She says they lucked out with their home because it has a large yard and backs up to soccer fields. When they go outside in the morning, the Lehmans often spot deer roaming around the fields. Suffice it to say, it's a nice, quiet, pretty area to live in.

Lehman and her family have moved around a lot, and, at each house, her husband builds a raised garden bed. The one at their Johnston house is the biggest yet. It's shaped like a large "C," which means one can walk into the middle of it and reach all sides of the bed. In it is an abundance of fresh produce, including a variety of tomatoes, eggplant, zucchini, yellow squash, peppers, strawberries and a multitude of herbs.

Lehman says she's mainly the one who tends to the garden, but her kids like helping sometimes, too — particularly by picking the strawberries. She also enjoys teaching them about the produce, like why there are so many different shades of tomatoes and how to know they're ready for picking.

Speaking of tomatoes, every summer, Lehman makes homemade pasta sauce for the family — sauce that often takes on an interesting color, since her tomatoes range from purple to green varieties. One of the family's traditions is to then use that pasta sauce for homemade ratatouille that Lehman also makes from garden goodies.

And for Lehman, keeping the garden a little bit wild is the right way to go, meaning she doesn't always prune.

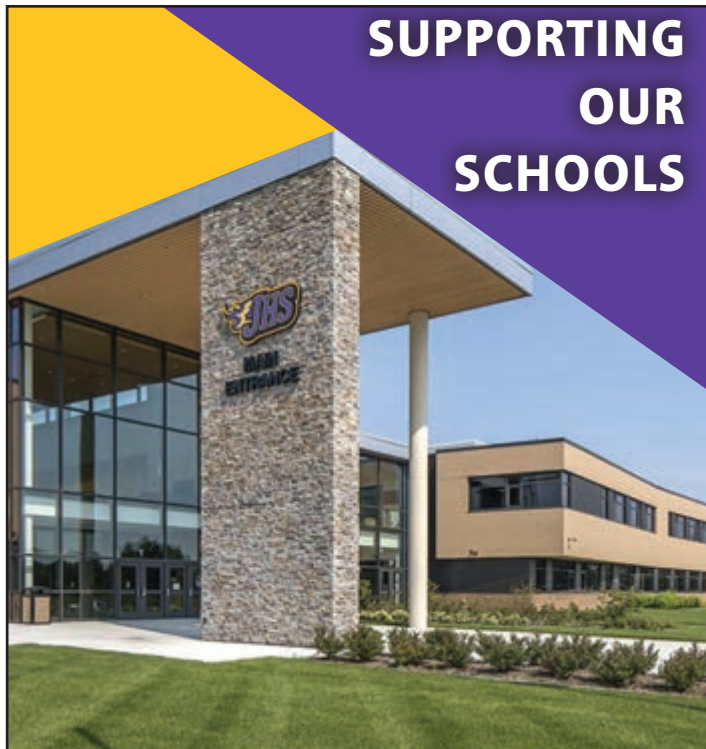
"I just feel bad for the plants when they put all that effort into growing so wild and pretty," she says. "I might as well just leave them like that."

Ultimately, gardening is fun for Lehman and her family. And their location in Johnston offers them a perfect backyard for it. It's just part of the reason why they love where they live. ■




Mechelle Lehman is happy to let her garden plants grow "a little wild." She grows a variety of produce and, on occasion, her children help with the harvesting. Photos by Leah Heagy.





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## GARAGE

By Darren Tromblay

# A FAMILY ride

Davis family enjoys getting out on their dirt bikes.



Mark Davis has been riding motorcycles since he was 9 years old.

Mark Davis' Johnston garage is a haven for speed.

A total of four dirt bike motorcycles — two of which are his, another one for his wife, Karey, and another for their 6-year-old daughter, Ella — sit at varying spots around the inside of the makeshift "shop."

Davis, a hare scramble enduro rider for the last 25 years, is in familiar territory, having begun riding when he was around 9 years old.

"Dad had a little motorcycle repair shop, so he got me into it, and it just stuck," he says.

Over the years, what started out as a weekend hobby has morphed into a career for Davis, who works for one of the largest manufacturers in the country of off-road motorcycle/ATV parts.

Currently in the garage is Davis' 2019 Kawasaki KX 450 and what he calls his "play bike," his 2013 Kawasaki KX 250. Karey's is a 2015 Kawasaki KLX 140, and Ella's is a 2002 Yamaha PW 50.

Despite all the horsepower, Davis doesn't race nearly as much as he used to, he admits. Once per month is pretty much the standard these days, he says, compared to his collegiate-age years when he was competing in 20-25 per year in Iowa from April 1 through the end of October.

And while his love of the sport was unwavering, Davis hasn't ever really had any big plans for making a living out of it.

"I wasn't quite at that level, and I just didn't have the commitment to do it as a professional," he says. "I was lucky enough to be what I'd call 'local fast.' In the state of Iowa, I was consistently that third- to fifth-place rider overall. I did a little bit of regional races around the Midwest and was OK but certainly not make-this-a-living fast."

He's perfectly fine doing what he is doing now, especially with Ella just getting into the sport, he says. Right now is a time to learn, and Davis is more than willing to forgo the fast laps, instead choosing to stick with the family as that curve lessens.

"We're kind of just putzing around following her right now," he says. "She might spend 20 minutes riding and then want to go do something else. But if she turns it into something she wants to do as her hobby, it'll definitely bring the rest of us back into it even more." ■



# WHILE Iowa phases in a flat income tax, you may get a break right away

Many pre-retirees and retirees are cheering as Iowa will join a growing list of U.S. states that do not tax your retirement income. Next year, Iowa will be added to the list of 12 states that don't tax distribution from pensions or defined contribution plans such as 401(k)s.

These changes are part of a bill Gov. Kim Reynolds signed into law earlier this year that also phases in a flat tax rate on all earned income. By 2026, Iowa will have a flat income tax rate of 3.9%. Currently, the state has nine brackets and a top marginal rate of 8.53%.

If you are 55 or older, you don't have to wait until 2026 for some of these reforms to kick in. Retirement income taxes go away next year on pension income and distributions from IRAs, annuities, and employer-sponsored plans like 401(k)s. State income taxes will also be eliminated on distributions from deferred compensation plans and plans maintained or contributed to by a self-employed person. You get these tax breaks even if you are still working.

These tax law changes may impact some of your retirement strategies. For example, if you are considering a Roth conversion, you may want



to wait until 2023. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount rolled over, but you never pay taxes on the money again. Not on the growth or the qualified distributions. You'll still have to pay federal taxes but, starting next year, you won't pay state income taxes on the conversion, if you are 55 or older.

If you are turning 72 this year, Required Minimum Distributions (RMDs) are knocking on your door. RMDs are the amount of money the IRS requires you to take each year from retirement accounts you haven't paid taxes on yet, like a traditional IRA. The IRS does let you defer taking your first RMD until April 1 of the next year. There is some opportunity for tax savings here. Keep in mind, if you defer this year, you will have to take two RMDs next year and they are still subject to federal tax.

These are just a couple of strategies to consider. Before making any moves, you want to understand how they impact your overall retirement plan. See a professional for a retirement analysis that includes looking at your other sources of income and your retirement vision to help you decide which strategies are right for you. ■

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

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## PROTECT your heart in the heat

Whatever brings you outside — RAGBRAI, a bike ride with friends, a walk around the block or a barbecue with family — it's important to stay safe when the temperature rises.

Studies show that, when it gets hot outside, your heart has to beat faster and work harder to pump blood to the surface of your skin to assist with sweating to cool your body. If your body can't cool itself enough, strain is put on the heart, and organs can begin to suffer damage.

Anyone can suffer heat stroke, but people with heart disease and other cardiovascular diseases are at greater risk. If you have heart disease, your heart may not be able to work harder in the heat to maintain cooler body temperatures. Some medications prescribed to patients with heart conditions reduce water in the bloodstream. These medications can reduce a



person's ability to cool off in the heat.

Heat exhaustion can lead to heat stroke. If you experience the following symptoms, move to a cooler place and use cool wet cloths, compresses and fanning. Drink cool water as well. You may also need to seek medical attention:

- Heavy sweating with cool, moist/clammy skin
- Dizziness and light-headedness
- Nausea and vomiting
- Headaches
- Weakness
- Dark urine

Heat stroke is an emergency. If you experience the following, apply cool water to your skin immediately and seek medical help by calling 911 or going to your nearest emergency department right away.

- High fever (temperature above 104 degrees F)
- Hot, dry, red skin without sweating
- Pounding pulse

- Rapid shallow breathing
- Nausea and/or vomiting
- Extreme confusion or dizziness
- Unconsciousness or seizures

Everyone is at risk in high heat, but the risks are even higher for those with heart disease or high blood pressure.

Whether it's a single hot day or a heat wave, remember these tips to stay cool and safe.

- Avoid vigorous physical activity in high heat
- Stay hydrated by drinking water and sports drinks that contain electrolytes
- Avoid caffeine and alcohol
- Choose a cooler environment
- Wear light-colored, lightweight clothing in breathable fabrics
- Apply sunscreen before you go outside. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, IowaHeart.com.

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## HEALTH

By Dr. Tara Federly

# ALLERGY shots 101

Ragweed season is just around the corner. For some Iowans, constant congestion, sneezing, itching and fatigue are putting a damper on their day-to-day lives. Many have tried over-the-counter allergy medicines with no long-term success. Fortunately, one of the most effective treatments is available from your local allergist: allergy shots.

Allergy shots work by regularly exposing your body to small amounts of allergens to develop immunity over time. Adults and children ages 5 and up can receive allergy shots for both indoor and outdoor allergies. For treatment to be most effective, a board-certified allergist will formulate a specific plan that involves receiving multiple allergy shots in a medical clinic over a period of time. Many will notice benefit within the first year of starting allergy shots and long-term benefit can be achieved by continuing allergy shots for three to five years. Studies show that 85% of people who suffer from allergies have improvement with allergy shots. Allergy shots can decrease nasal and eye symptoms, decrease dependence on allergy medicines and, for some, improve allergic asthma, eczema and mental health.

If you suffer from allergies, make an appointment with an allergist to learn more about this life-changing treatment option. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, [www.cornerstonepfa.com](http://www.cornerstonepfa.com).



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## HEALTH

By Dr. Mallori Phillips

# DRY, red, itchy eyes?

Suffering from sore eyes? What remedies have you tried? Many patients report feeling overwhelmed as they compare over-the-counter eye drops in order to relieve eye irritation. The first step is to identify the issue you are treating.

Perhaps your main goal is to reduce redness caused by eye irritation you experience throughout your normal daily routines. In this case, you most likely instill eye drops each morning after brushing your teeth. Interestingly, using some eye drops consistently can make your eyes more red and more irritated. For instance, Visine and Clear Eyes have specific chemicals in their formula that can cause rebound reactions when you stop using the product. Try Lumify instead. Lumify acts on a different cell receptor, preventing the risk of developing a rebound reaction after discontinuing the drop. While the cost is a little higher, your eyes will thank you.

Maybe your goal in using eye drops is to reduce itchiness caused by allergies. Zaditor, Alaway or Pataday are three different over-the-counter brands that are highly recommended to target irritation caused by allergies.

Spending time contemplating the options in the eye drop aisle can be overwhelming. Ask your trusted eye doctor which drops will work best for your specific needs. ■

Information provided by Dr. Mallori Phillips, Total Family Eye Care, 515-986-1234, [www.totalfamilyeye.com](http://www.totalfamilyeye.com).



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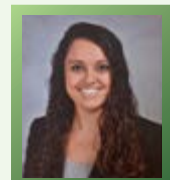


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## WELLNESS

By Caitlyn Ferin, LD, RD

## FUN kitchen crafts

The kitchen doesn't have to be just for cooking. It can be for playing, too. Grab your kids and try out some of these fun kitchen crafts.



### Egg paint

All you need are some eggs and food coloring. Crack your eggs and separate the yolks (save the whites for some breakfast). I like to put each yolk in a muffin tin. Add a couple of drops of food coloring to each yolk and stir. Use a paint brush or Q-tips to paint, and, when it dries, you will have a beautiful, glossy painting that looks almost like wax.

### Oobleck

Another two-ingredient kitchen craft, this one stems from the Dr. Seuss Book "Bartholomew and the Oobleck." Cornstarch and water are all it takes to make oobleck. The simplest mixture to begin with is 1.5 cups of cornstarch mixed with 1 cup of water. You can add a little food coloring or tempera paint if you like. You can mix it with your hands, and the fun part about this is, it is neither a solid nor a liquid. It will run through your fingers, but, if you squeeze it, it will feel like solid. Now, this one can get a little messy, so I recommend grabbing a plastic tablecloth or some old newspapers for your play station.

### Spaghetti tower

Grab your old spaghetti and marshmallows and challenge your kids to build the tallest tower they can. You could also use your homemade Playdough in place of marshmallows. Try making a bridge or a house — the options are endless. And hey, you might be able to make a spaghetti dinner while they play.

### Homemade Playdough

This is my favorite dough recipe because it is super soft, squishy, lasts for roughly six months, and, of course, you can buy all the ingredients to make it at the grocery store. Stir together 2 cups flour,  $\frac{3}{4}$  cup salt and 4 teaspoons cream of tartar in a large pot. Next add 2 cups warm water and 2 tablespoons oil. If you're only making one color, add in your favorite food color now. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat, allow to cool slightly and then knead until smooth. If you're adding colors after, divide the dough into balls (for how many colors you want) and add the dough into quart sized baggies. Start with about five drops of color and add more to brighten it. Knead the dough while inside the bag so it doesn't stain your hands. Once it's all mixed together, you're ready to play. Store your Playdough inside the baggies once done to keep soft. Keeps for up to six months. ■

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

## THE MATH: rent vs. buy

Believe it or not, it's typically less expensive to own a home than it is to rent one. Yes — even in this crazy market. People are often led by emotions rather than calculations, and this isn't the best way to make a huge financial decision that will impact your life for years to come.

The beauty of a mortgage is that it's a hedge against inflation. Rent prices have not stayed static, after all. They've been rising dramatically in step with the rest of the housing market. So, you can expect that, in 10 years' time, the average price of renting will be much higher than it is today. Yet your mortgage payment, if you have one, won't really change.

"I get a lot of buyers waiting for home prices to come down. Unfortunately, that's not going to happen. One of the big reasons is that demand is still high for homes. Builders can't build fast enough, and rising rent is really going to push people into buying a house," explains Orlando-based buyer agent Jeffrey Colom Ortiz. "Rent is going to go up about 7% next year, so that alone can push people into buying. When your rent is going up \$300-400 a month, you could commit that payment to a mortgage."

Ortiz advises mapping out a five-year plan in order to visualize how much renting is costing you if you wait that long.

If you pay \$1,500 per month in rent, for example, that's \$18,000 per year. Over the course of five years, that's \$90,000.

"In five years, you're never going to get those \$90,000 dollars back. It's gone," notes Ortiz. "Even if the home prices do go down a little bit, you're still going to pay money for renting that you're never going to get back."

In other words, even if home prices drop eventually, you're forgoing building up equity while you wait. And they may never drop significantly, leaving you out nearly \$100,000 with nothing to show for it.

### Statistics to keep in mind as you consider renting vs. buying:

- The average rent is expected to rise 7%
- The average home price is expected to rise 8%
- The average 2-bedroom rental is \$1,958
- The average monthly mortgage payment is \$1,275

### The time to prepare to buy a home in 2022 is now.

1. Talk to a mortgage advisor
2. Trust the experts. They know the market
3. Do your research
4. Set reasonable expectations for yourself
5. Don't be afraid to take a chance

The time to prepare to buy a home in 2022 is now. Even if you're not quite ready to put down a down payment and move in, you can — and should — start the ball rolling by meeting with a Realtor, identifying your budget, and coming up with a plan. ■

Information provided by Brad Johnson, Re/Max Precision, 8705 Chambery Blvd., Johnston, 515-480-4386. Licensed to sell Real Estate in Iowa. Source: Should I Buy a House in 2022? The Answer, Surprisingly, Is Yes. (houwzer.com) Posted on Jan 13, 2022.



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## BEFORE YOU GO

By Jan Shawver

# TALK about it

As my brother approached the end of his 25-year struggle with diabetes (many years before I started working in the deathcare industry), he wanted to make things as easy as possible for us. He began sharing with me what he wanted for his memorial service. At the time, I didn't want to hear it, but I was thankful when that day finally arrived that I knew exactly what he wanted.



Some of the things he shared: location of service and officiant, songs he wanted sung and who should sing them, pallbearers (he had asked each one himself — I just had to confirm time and place), type of flowers he wanted (that was a given, he loved roses).

When the time came to meet with the funeral director, I was surprised to learn that he had pre-paid for everything — even his roses.

Maybe you are like I was. You don't want to discuss a loved one's inevitable death. Those visits were the hardest I had ever encountered. But I listened because I knew it was important to him.

Whether you are facing your own death or that of a loved one, don't be afraid to talk about it.

Give your family a gift of love and care for your future end-of-life needs now. ■

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

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## HEALTH

By Kendall Way

# END of summer transition

As summer ends, it signals colder days ahead and kids returning to school, which can cause mixed reactions between parents and children. Often children are not ecstatic about this change, and resistance arises as summer fun ends and old routines return. As a caregiver, it is beneficial to ease this transition by reestablishing old habits early. Children thrive with structure and consistency, so start these conversations now.



Similar to coping skills, which are most effective when practiced early, having conversations weeks in advance can help children ease back into the school year. Discuss what it means to go back to school, how it will be different than being at home, and how sleeping habits will change. During this time, discuss their positive achievements from previous years such as friends that were made and things that were learned.

During this transition phase, discussing and enforcing sleep and wake schedules can reduce resistance on the first day. Throughout this process, it is important to maintain a positive attitude and remind your children that school plays a significant role and provides numerous opportunities for them. Overall, to ease your children back into school routines, be consistent, create structure and establish positive school relationships. ■

Information provided by Kendall Way, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [way@sstherapyandconsulting.com](mailto:way@sstherapyandconsulting.com).



We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

**Make your voice be heard and cast your votes in the 2022 Northwest Polk County Residents' Choice Poll.** This contest is being hosted by Iowa Living magazines, and the results will publish in the October issue of our Grimes, Urbandale and Johnston editions. You can vote in one or every category, or anywhere in between. Mail in this paper ballot or vote online at the link below. But do so quickly, as the **poll closes on Sept. 1.** One vote per resident, please.

SCAN HERE TO VOTE



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6. Favorite NW Polk County Restaurant \_\_\_\_\_
7. Favorite NW Polk County Hair Salon \_\_\_\_\_
8. Favorite NW Polk County Gymnastics Studio \_\_\_\_\_
9. Favorite NW Polk County Doctor (person) \_\_\_\_\_
10. Favorite NW Polk County Dentist (person) \_\_\_\_\_
11. Favorite NW Polk County Chiropractor (person) \_\_\_\_\_
12. Favorite NW Polk County Eye Doctor (person) \_\_\_\_\_
13. Favorite NW Polk County Pastor (person) \_\_\_\_\_
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## DEMENTIA caregiving strategies

As a caregiver, we often use intuition to help us decide what to do. No one ever gave us lessons on how to relate to someone with memory loss. Unfortunately, dealing with Alzheimer's disease and other dementias is counter-intuitive. Often the right thing to do is exactly the opposite that which seems like the right thing to do. Here is some practical advice.



Being reasonable, rational and logical will get you into trouble. Straightforward, simple sentences about what is going to happen are usually the best.

People with dementia do not need to be grounded in reality. When someone has memory loss, they often forget important things. It is important to meet them in the

moment where they are currently. Trying to correct them will and can cause confusion and issues.

You cannot be a perfect caregiver. Just as there is no such thing as a perfect parent, there is no such thing as a perfect caregiver. Learning to forgive your loved one as well as yourself is essential.

Therapeutic lying reduces stress. We tend to be meticulously honest with people. However, when someone has dementia, honesty can lead to distress for both the caregiver and the one you are caring for.

Making agreements doesn't work. If you ask your loved one to not do something ever again, or to remember to do something. In most cases it will soon be forgotten.

Doctors often need to be educated by you. Telling the doctor what you see at home is important.

You can't do it all. It's OK to accept help

before you get desperate. When people offer to help, the answer should always be "yes."

It is easy to both over-estimate and underestimate what your loved one can do. It is often easier to do something for our loved ones than to let them do it themselves.

Tell, don't ask.

It is perfectly normal to question the diagnosis when someone has moments of clarity.

One of the most difficult things to do is to remember that we are working with a disease, not the person who once was. Individuals with dementia will have times when they make perfect sense and can answer questions appropriately. ■

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

## THE BEAUTIFUL COLORS OF SUMMER!



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## CHAMBER golf event offers opportunities

Summer has been great to us this year. I have been enjoying taking in a lot of local events including farmers markets, local music and spending time by the pool. But no summer would be complete without a round of golf, and we are preparing for our Annual Golf Tournament.



This year, the tournament will take place at Beaver Creek Golf Course on Friday, Sept. 9. Registration will take place from 9-9:30 a.m. Then we will kick it off in the morning with a 10 a.m. shotgun start. This event is always a great way to network, treat some customers or business partners to a round of golf, or sponsor a hole and get to know your fellow Johnston community members.

Get your team of four together and register on our website. Price includes lunch and is \$125 per player. The deadline to register is Wednesday, Aug. 31.

If playing golf isn't your thing, you can sign up for one of our many sponsorship opportunities. Members are free to go online and sign up on our website. There are many options, but you won't want to miss on being a tee sponsor as space is limited. As a tee sponsor, you will have the opportunity to have a booth and network one on one with golfers as they arrive. You can also help feed and hydrate players as one of our luncheon or beverage sponsors for the day. Other options include a hole-in-one sponsor, a driving range sponsor, a green sponsor or an opportunity to greet players as our registration booth sponsor. Have something fun to give away? We are also accepting raffle prize donations.

For those who don't care to golf but want a great networking opportunity, feel free to join us for lunch for the day for \$20 a person.

We are looking forward to a great outing and are excited to have a fun event for our members. Thank you to the golf committee for all their help and effort in putting this together: JP Pearson – Liberty National Bank, Scott Kundel – State Farm, and Aaron Rector – Active Wellness Chiropractic & Rehabilitation.

To stay up to date on information, check out our event at Johnston Chamber Annual Golf Outing.

Chamber polo shirts are now available for purchase. Shirts are \$35 each, and you can choose from multiple colors. Initial orders are due by Aug. 12. Order online at Shop – Johnston Chamber of Commerce.

### Mark your calendars and be sure to register for our upcoming events.

Aug. 4 – Business After Hours sponsored by Grinnell State Bank  
 Aug. 9 – Breakfast Before Business sponsored by the City of Johnston  
 Aug. 25 – Ribbon Cutting at Meadowview of Johnston  
 Sept. 8 – Business After Hours sponsored by Lashier Graphics ■

Information provided by Samantha Winebrenner, Johnston Chamber Executive Director, [samantha@johnstonchamber.com](mailto:samantha@johnstonchamber.com), 515-276-9064. For more information, visit [www.johnstonchamber.com](http://www.johnstonchamber.com).

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AUGUST 16 & 23



# OUT & ABOUT



Kyla Finley and Judy Anderson at the Johnston Farmers Market on July 19.



Cece Dzievit and Eliza Dzievit cool off at the Johnston Town Center splash pad at the Johnston Farmers Market on July 19.



Claire Greenough, Calvin Greenough, Frankie Bernardino, Milly Bernardino, Kayla Bernardino and Evelyn Bernardino at the Johnston Farmers Market on July 19.



Maraya Nicole performs at the Johnston Farmers Market on July 19.



Walker Porterfield and Allison Porterfield at the Johnston Farmers Market on July 19.



Rebekah with Eddie Andrews at the Johnston Farmers Market on July 19.



Carter Jacques and Mason Jacques at the Johnston Farmers Market on July 19.



Children's Cancer Connection Day Campers tie-dye as part of their week-long day camp sessions at the Jeff and Deb Hansen Home for Hope the weeks of July 11 and July 18.



These sisters at Children's Cancer Connection Day Camp take a moment to pause in the shade during an outing at Terra Park.



Children's Cancer Connection Day Campers enjoy arts and crafts at the Jeff and Deb Hansen Home for Hope.



Children's Cancer Connection Day Campers enjoy the merry-go-round at Terra Park on July 15.



A Children's Cancer Connection Day Camper shows off her melty bead skills at the Jeff and Deb Hansen Home for Hope on July 19.



## OUT & ABOUT



Jenny Harmeyer and Dan Fitzgerald at the Johnston Chamber Breakfast Before Business held at Merkle Retirement Planning, Grimes, on July 12.



Mary Eikenberry and Brenda Ballard at the Johnston Chamber Breakfast Before Business held at Merkle Retirement Planning, Grimes, on July 12.



Kristen Koenig and JP Pearson at the Johnston Chamber Breakfast Before Business held at Merkle Retirement Planning, Grimes, on July 12.



Jay Mathes and Samantha Winebrenner at the Johnston Chamber Breakfast Before Business held at Merkle Retirement Planning, Grimes, on July 12.



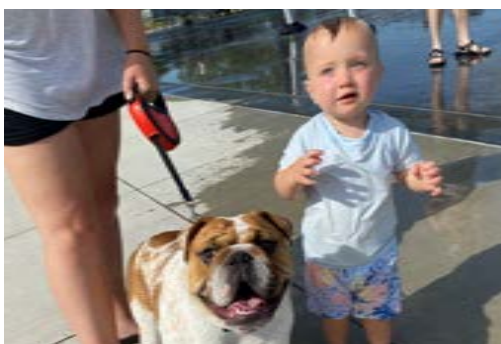
Chawn Honkomp and Andrea Hodapp at the Johnston Chamber Breakfast Before Business held at Merkle Retirement Planning, Grimes, on July 12.



Clint Huntrods and Scott Kundel at the Johnston Chamber Breakfast Before Business held at Merkle Retirement Planning, Grimes, on July 12.



Michael Couvillon at the Johnston Farmers Market on July 19.



Wally and Cole Wallen cool off at the Johnston Town Center splash pad at the Johnston Farmers Market on July 19.



Brandon Martin and Douglas Glade at the Johnston Chamber Business After Hours held July 14 at Compass Mortgage, Johnston.



Matthew Johnson and Sarah Jungers at the Johnston Chamber Business After Hours held July 14 at Compass Mortgage, Johnston.



Tabitha Davis and Sean Williams at the Johnston Chamber Business After Hours held July 14 at Compass Mortgage, Johnston.



Ryan Rohlf, Tim Seils, Scott Kundel and Georgie Newcomb at the Johnston Chamber Business After Hours held July 14 at Compass Mortgage, Johnston.



# CLASSIFIEDS

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