

JOHNSTON

DECEMBER 2021

Living

MAGAZINE

Christmas *then and now*

Residents reflect on
changing holiday
observances

Wills family feeling right at home
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RECIPE

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ANTICIPATION

I can't see the word anticipation without singing along to the 1971 Carly Simon song with the same name and that all-too-familiar drumroll. I was only 3 years old at that time, so I couldn't hardly remember that song's debut. But what I do remember from "Anticipation" is the 1979 Heinz ketchup ad that used the popular song as its jingle. Not knowing the original song or Carly Simon, I improperly thought the words to the jingle were "Heinz is the patience" that played along images of the ketchup slowly oozing out of the glass bottle. My sister, who is 12 years older than me and did know the original song and artist, promptly corrected me while laughing at my confusion.



I may not have had the words to the TV commercial down, but I most certainly knew the definition of anticipation, because I experienced it as a child each Christmas season. My mother was the ultimate planner. She had all our Christmas presents purchased and wrapped and positioned under a fully decorated tree prior to Thanksgiving.

As much as I appreciated Mom's planning ahead, the weeks of anticipation in wondering what was underneath the holiday wrapping paper was more than this kid could handle. So, when nobody was in the room, I would carefully pull back the tape and paper on the presents and get a peek at what was inside my gifts. Of course, I didn't tell anyone about this at the time, and I learned to still act quite surprised when I opened the presents on Christmas day.

Mom's type of planning for Christmas didn't happen as often with Jolene and me when our kids were at home. It's not that we didn't have good intentions; we just couldn't seem to get to the shopping and wrapping until the last minute, and I was the worst offender (and still am). This procrastination may have taken away some of the anticipation for our kids — and maybe the temptation to peel back the paper for a look, too. Maybe. As much as we would like to think that things have changed since we were kids, many things have remained the same, too — including anticipation.

Happy holidays, merry Christmas, and, as always, thanks for reading. ■

Shane

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Christmas *then and now*

**Residents reflect on
changing holiday
observances**

By Ashley Rullestad

When reminiscing about the holidays and the accompanying joyful celebrations, the brightest and most vivid memories vary. For some, it's the decorating and ornaments, the tinsel and trees that come to mind first. For others, special moments are centered on baking holiday goodies. Still others recall the fun of surprising family and friends with bits of Christmas cheer. For many, the memories they make today are quite different from those of their childhood. As people start their own families, meld traditions with their spouses', and adapt to the changing times, they find their Christmases "then and now" are quite different.

Suresh Reddy has many vivid and joyful memories of celebrating Christmas and Diwali while growing up in India. Photo by Todd Rullestad

FEATURE



Johnston City officials and members of the public joined Suresh Reddy, a councilmember, in recognizing the Hindu celebration of Diwali.

Cultural changes

Growing up, Suresh Reddy lived in India and celebrated both Christmas and Diwali.

"Both have their own excitement and are my most favorite time of the year."

During Christmas, the celebration focused on religious observances with the local church leading the celebrations. The Reddy family had Christmas trees, stars hung outside the house, an exchange of greeting cards, nativity scenes, midnight Mass in church and a lot of cakes and festivities.

"All our friends and families came together to celebrate Christmas."

Diwali is a festival of lights and one of the major holidays celebrated by Hindus. It symbolizes the spiritual victory of light over darkness, and it's one of the most popular festivals of Hinduism. It lasts five days and is usually celebrated in the fall, between mid-October and mid-November. As Diwali grows near, celebrants prepare by cleaning their homes. They wear their fanciest clothing and celebrate with family feasts and gifts.

As a child, Reddy would have quarterly and semi-annual exams completed before Diwali and Christmas. It wasn't only the excitement of festival, but also the end of the exam pressures that made the season such an exciting time.

For Diwali, Reddy and his family members received new clothes for the occasion.

"These days we buy clothes whenever we want, but growing up, wearing a new pair of clothes on a holiday is a major thing. There are lots of sweets involved. Due to the concrete constructions of the houses, we were able to do

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FEATURE

Happy Holidays

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fireworks right in our backyard or front yard. As kids, our fireworks used to start three to four days before Diwali, and, on Diwali day, it starts at 5 a.m. and goes till late night. That's how excited we were."

During the season of Diwali, many townships and villages in India host fairs, where local producers and artisans trade produce and goods. They usually feature entertainment, and residents attend in all their finery. Women, in particular, adorn themselves and decorate their hands with henna. Even in other countries, Diwali mela are held at colleges or as community events. In Johnston, the city council, to which Reddy belongs, celebrated on Nov. 1 and recognized the holiday.

Now, living in Johnston, some things have changed in the way Reddy celebrates, but not as much as one might think.

"We definitely try to maintain the authenticity of celebrations as closely as we can. However, there are some obvious differences, mainly with fireworks."

He still celebrates both Diwali and Christmas with family and friends, in many of the same ways. There are many gatherings and social parties, in addition to the ones organized by Indo American Association of Iowa, Hindu Temple and Cultural Center in Madrid and various churches in town.

Big family fun

Rob Robison grew up in Johnston, within a few miles of all of his cousins, aunts and uncles, and grandparents.

"As an extended family, we would spend both Thanksgiving and Christmas all together, with a rotation on who hosted. There would be 15 of us, and guests were always welcome."

For Thanksgiving, they'd traditionally have an adult table and a kid table. The family would eat a big lunch, followed by playing outside if it was nice enough, watching lots of football, and then pulling all the food back out for dinner. It was a full day event with the whole group.

For Christmas, the family celebrated at his grandparents' house. The girls would spend the night at grandma's house the night before, baking cookies and helping prepare for the gathering. The rest of the family would join on Christmas Eve for a dinner meal together. Sometimes they would watch old home movies.



Oliver, Kallie, Ruby Jo and Brooks Robison make Christmas memories.

FEATURE

"We would rotate who would read the Christmas Story from the Bible each year. Kids would open up Christmas gifts first, then we would all play while the adults participated in a gift exchange. It was always a late night getting home."

Christmas morning was typically spent at home with Robison's parents and sister. For all the holiday season, the most important aspect of celebrating was being with family.

Robison is now married with four kids, ages 6 and younger. They split their time between Robison's wife's family, his parents, and his extended family.

"In recent years, we have started the tradition of going to play disc golf the morning of Thanksgiving Day. The group always changes, but it's a fun way to start the holiday. The extended family still gets together every Thanksgiving Day, with as many people as can be there. If everyone were to show up, there would be 33 of us there."

With so many young great-grandkids, it's not a full-day event anymore. But they make the effort to be together for part of the day. Christmas is similar. Each individual family goes to their own church for Christmas Eve service, then they meet up for dinner, games and a gift exchange.

The Robisons are creating their own new traditions within their family with the kids. Their favorite is going to Jolly Holiday Lights during the Christmas season. They still get together with extended family on usually the 23rd or 24th, and then also have a separate celebration with Robison's parents and his wife's family.

"It's a busy holiday season, but the focus is always on being with family. We are fortunate to have so many — but not all — family members in town, and we don't ever want to take that for granted."

Family fun

Marcy Davidson is a retired art teacher, and many of her traditions center on the art and festivities of the season. Though some traditions have changed when she started her own family and then her kids started their own families, some have remained.

As a child, Davidson's great-grandmother was a first generation immigrant from Holland and would speak high German at all the family



Marcy Davidson likes to incorporate art into her family's celebrations. For example, her children and their partners, along with granddaughter Grier, painted Santa portraits for Christmas.



12 days of Christmas

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<p>On the 4th day of Christmas, Tracie gave to me COOL-SCULPTING 4 areas receive \$200 off (12-4-2021)</p> 	<p>On the 5th day of Christmas, Melissa gave to me 10% off any of our COSMETIC FILLERS (12-5-2021)</p> 	<p>On the 6th day of Christmas, Michelle & Colleen gave to me 20% off all SKINCARE PRODUCTS (12-6-2021)</p> 
<p>On the 7th day of Christmas, Nikki gave to me FREE BOX of Skin Medica eye masks with purchase of Latisse (12-7-2021)</p> 	<p>On the 8th day of Christmas, Melissa gave to me JUVEDERM VOLUMA XC 1st Syringe \$800 2nd Syringe \$600 (12-8-2021)</p> 	<p>On the 9th day of Christmas, Kathy gave to me 50% OFF Hydrafacial with Dermaplaning (12-9-2021)</p> 
<p>On the 10th day of Christmas, Brenda gave to me 25% off OBAGI ELASTIDERM EYE CREAM (12-10-2021)</p> 	<p>On the 11th day of Christmas, Melissa gave to me LIPS & LINES Special Filler & Botox \$200 Savings (12-11-2021)</p> 	<p>On the 12th day of Christmas, Dr. Cherny gave to me \$25 GIFT CERTIFICATE for every \$100 Gift Certificate purchased (12-12-2021)</p> 




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FEATURE

functions. She would shake silver dollars through the singing of “Jingle Bells” and then pass a Liberty Lady to each of the kids. Davidson still has hers and will pass her first one to her granddaughter this year.

“My father, Gordon Blenderman, began carving in 1984. He made a Santa every year for Christmas and would generously pass them out to lucky family and friends. It was a much anticipated tradition that, until 2020, he was able to carry out.”

Davidson took it upon herself to carry on the yearly Santa tradition. While her dad’s Santas were carved from wood, her first Santa was made of paper maché. The medium makes it no less special.

As owner of 515WineWithDesign, Davidson is busy during the holiday season putting on



Marcy Davidson’s father, Gordon Blenderman, would make wooden Santas to give away each year. Marcy continued the tradition with a version of her own.

lots of events for groups of people throughout the city. Her granddaughter, 19-month-old Grier, enjoys Christmas at Grammy’s house.

“My family paints at get-togethers as you

see in the Santa paintings we did together.

Whether it’s putting up the tree in the middle of our living room, baking cookies, most of all I love providing joy through art.” ■

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GIVE yourself some 'paychecks' for retirement

During your working years, you've probably met the costs of living through your salary. But once you retire, where will the money come from? Is there a way to give yourself a "paycheck" for retirement?

There is indeed — but you'll have to do a good job of managing your available income sources. Here are some moves that can help:

- **Accept dividends and interest payments.**

Instead of automatically reinvesting all your dividends and interest payments into your portfolio — which is an excellent strategy for building wealth — you might want to begin receiving these payments as part of your income. Keep in mind, though, that companies can lower or discontinue dividends at any time. However, it's also true that some companies have consistently paid, and even increased, dividends over many years, and even decades.

- **Choose an appropriate withdrawal rate.** Once you're retired, you'll likely need to begin withdrawing from your investment accounts. But you'll need to avoid taking out too much early in your retirement — you don't want to risk outliving your portfolio. For many people in their mid-60s, a 4% annual withdrawal rate is a good starting point, but everyone's situation is different, and your ideal rate will depend on several factors: your age, the size of your portfolio, other sources of income, and so on. Once you turn 72, you'll be required to take at least a minimum amount from your traditional IRA and 401(k), but you can choose to withdraw more, if necessary.

- **Maximize your Social Security.** You have significant control over the amounts you'll receive from Social Security. You can begin taking these payments at age 62, but they will be much larger if you wait until your full retirement age, which will likely be between 66 and 67. (You will receive the maximum amount if you wait until you reach 70.) So, if you think you have enough income from other sources, you might decide to delay taking Social Security — but if you need the money, you may not be able to wait. And here's something else to think about: If your spouse had considerably higher earnings than you did, you may be eligible for spousal benefits.

- **Consider an annuity.** You might want to consider purchasing an annuity that provides lifetime payments. Some annuities are even indexed for inflation, meaning payments will increase or decrease each year, keeping pace with the Consumer Price Index. Annuities are not suitable for everyone, though, so, before investing in one, you should consult with a financial professional who is familiar with your situation.*

Finally, don't rule out the possibility of earned income. Just because you've retired from your full-time job doesn't mean you can't work in some capacity, perhaps by doing some part-time work or consulting or even opening your own small business.

Look at all these ideas when thinking about putting together an income plan for your retirement. You may find that your diligence will pay off. ■

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Season's Greetings
During this holiday season,
we wish you all the best.



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EVENTS IN THE AREA

Be sure to check for cancellations

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Cookie Walk

Saturday, Dec. 4, 9 a.m. to noon
Messiah Lutheran Church, 6270 Merle Hay Road, Johnston

Choose from hundreds of homemade cookies and bars. Choose a bucket for either \$14 or \$18 and fill it with your favorite cookies. A craft and bake sale will also be held. Proceeds go towards a new storage shed.



Simpson House Museum open house

Saturday, Dec. 4,
2:30-4:30 p.m

Simpson House Museum

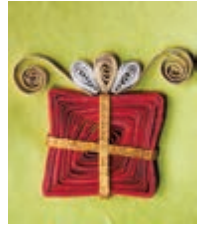
The Johnston Historical Society hosts this open house of the 1902 Simpson House Museum decorated for the holidays. Enjoy cookies and cocoa with friends.

Christkindlmarket Des Moines

Dec. 2-5

Principal Park, 1 Line Drive, Des Moines

This European/German-inspired Christmas outdoor market offers attendees a chance to indulge in European-style foods, products and activities. Admission is free. For more information, visit www.christkindlmarketdsm.com.



Holiday Promenade

Fridays, Dec. 3, 10, 17

Historic East Village, Des Moines

The annual Holiday Promenade continues on Fridays in the Historic East Village. The event is produced by the Greater Des Moines Partnership and Historic East Village Neighborhood Association. Retailers, restaurants and attractions are encouraged to remain open until 9 p.m. Activities will be scheduled.

Iowa Quilt Museum exhibit

Through Jan. 23

68 E. Court Ave., Winterset

Iowa Quilt Museum welcomes quilters, quilt lovers, history buffs and appreciators of American art and culture. Showing is "Here Comes the Sun," an exhibit honoring the sun with a study of the color orange in both historic and contemporary quilts. For more information, visit www.iowaquiltmuseum.org.

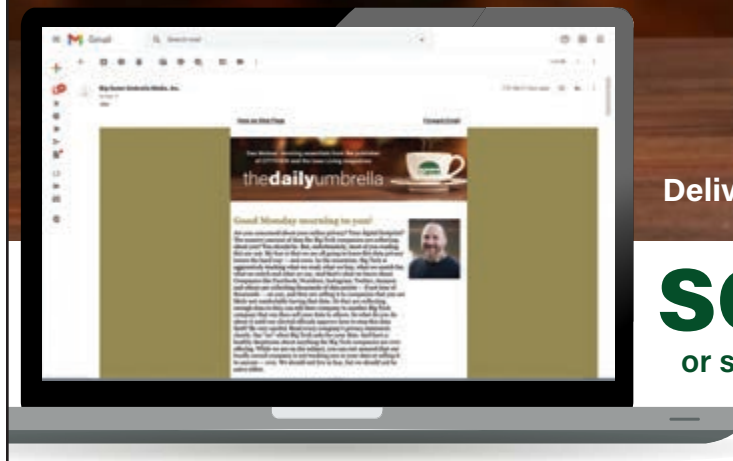
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EVENTS IN THE AREA

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'The Sound of Music'

Dec. 3-19

The Des Moines Community Playhouse, 831 42nd St., Des Moines

Based on the true story of Maria and the von Trapp family, this "happiest musical in the world" is a family holiday classic. For more information, visit www.dmpplayhouse.com.



'The Nutcracker' by Ballet Des Moines

Dec. 10-13

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Dec. 17-18

Staplin Performing Arts Center, 3650 Woodland Ave., West Des Moines

Enjoy this classic holiday ballet, offered over two weekends at two different venues. For more information, visit www.balletdesmoines.org.



Des Moines Choral Society Sing-A-Thon

Dec. 4, 9 a.m. to 7 p.m.

Broadcast on YouTube Live and at www.bit.ly/dmcs-singathon

This fundraising event broadcasts a fun mix of live segments and recorded performances by The Des Moines Choral Society singers and board members. The online event launched last year received such a positive response that, even though the group is able to hold its concert as usual this year, Sing-A-Thon returns.



Christmas with the Choral Society

Dec. 11, 7:30 p.m.

St. Ambrose Cathedral, downtown Des Moines

Des Moines Choral Society will hold its first in-person concert in two years. It will feature traditional works, seasonal favorites, and the premiere of composer Elaine Hagenberg's new work, "Illuminare. Illuminare," consisting of five movements for SATB chorus and chamber orchestra. Using lesser-known sacred Latin texts, the piece takes one through a season of beauty and goodness that has been disrupted by darkness and confusion. But as light gradually returns, hope is restored, illuminating our future and guiding us in peace.

Des Moines Symphony New Year's Eve Pops:

'The Music of Elton John'

Tuesday, Dec. 31 at 8 p.m.

Des Moines Civic Center, 221 Walnut St., Des Moines

Ring in the New Year with the Des Moines Symphony. The New Year's Eve Pops brings the Symphony together with "The Music of Elton John," starring Michael Cavanaugh and his band. The high-energy celebration will have you singing along to classic hits and rock favorites. For more information, visit www.dmsymphony.org.



Santa's Rock N Lights

Through Jan. 2

Living History Farms

More than 100,000 attendees are expected at this popular drive-through light show. The over-a-mile-long route will feature hundreds of thousands of lights, miles of cords, and tens of thousands of zip ties — all to spread holiday cheer in a responsible, COVID-safe way. New this year will be larger-than-life polar bears and 3D dinosaurs. Limited time slots must be reserved and will minimize wait times. Paid online reservation required. Visit <https://santasrocknlights.com/>.



Jolly Holiday Lights

Through Jan. 2

Adventureland Resort, 3200 Adventureland Drive

Make-A-Wish Iowa started Jolly Holiday Lights more than 25 years ago to raise money to grant Iowa children's wishes. Since then, Jolly Holiday Lights has become the organization's largest fundraising event, funding more than 1,000 wishes to date.

Pop-Up Christmas Bar

Through Jan. 2

Exile Brewing Company, 1514 Walnut St., Des Moines

Exile Brewing Company will open Des Moines' first-ever Pop-Up Christmas Bar. The experience, known as SnowGlobe DSM, will feature more than 100,000 Christmas lights and nearly a semi-full of holiday decorations installed at Exile's Bar and Restaurant in downtown Des Moines. For more information, visit www.snowglobedsm.com.

RECIPE

DELIGHTFUL dishes to dazzle holiday guests

(Family Features) Entertaining guests during the holidays isn't just about a main course that calls all to the table. What often makes a festive gathering more fruitful is a spread of delicious appetizers, delightful drinks and divine desserts that keep loved ones coming back to the kitchen for more.

For appetizing dishes from the first guest at the house to the last out the door, you can heighten the flavor and appearance of favorite recipes with one simple ingredient: apples. Ranging from tart to sugary sweet, finding the right balance for your palate is key. Scent can also influence taste, especially when you have a balanced sweetness with an uplifting, fresh aroma.

Turn to an option like Envy Apples this holiday season for satisfying texture and taste with a consistently balanced, refreshing sweetness coupled with a crisp, elegant crunch. They make for an easy snack when eaten fresh out of hand but are also perfect for appetizers, cider and tasty treats. Find more sweet holiday recipes at EnvyApple.com. ■

Apple oat crumble and citrus caramel topping

- 3 tablespoons sugar
- ½ teaspoon ground cinnamon
- 2 Envy Apples, diced into large cubes
- 1 tablespoon lemon juice
- ½ cup brown sugar
- ½ cup all-purpose flour
- ½ cup old-fashioned oats
- ½ cup cold butter, diced small
- ½ cup caramel
- ¼ teaspoon salt
- ½ orange, zest only
- 1 tablespoon orange juice
- vanilla ice cream

Directions

- Preheat oven to 350 F.
- In bowl, stir together sugar and ground cinnamon.
- Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.
- In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.
- Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.
- In small pot, whisk caramel, salt, orange zest and orange juice until warm.
- Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.





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TIPS for a safe and comfortable holiday

Christmas is right around the corner, which means family gatherings and holiday celebrations are on their way. During this busy time of year, don't forget to check your HVAC system. After all, it does keep your home at the right temperature so that you can enjoy the holidays comfortably. Let's start preparing your system for the upcoming season.

Do you have closed air vents? Closing off your vents can result in poor air circulation and build up unnecessary pressure that can make your system work harder than necessary. Put your safety first by keeping decorations clear of your air vents. Covering your air vents with a tree, tree skirt, or gifts can cause your furnace to overheat. It's inevitable for an ornament to break, especially if you have excited pets and kids. If an ornament breaks, check to make sure that pieces didn't fall into the vents.

Dirty air filter? Replacing the air filter in your HVAC will go a long way to keeping your system running smoothly during the holidays. Build-up can cause your system to work harder than it needs to, resulting in airflow issues. Changing out your filter will help prevent complications and even comes with perks that you can enjoy. Not only will it improve your air quality, but it will save you money because your system is running more efficiently.

While you're outside hanging up lights and holiday decorations, take a minute to clean your outdoor unit. Your furnace will thank you for it. The obstructions can compromise the performance and result in costly problems in the future. Look for leaves, trash and twigs that can be easily removed, and keep all holiday decorations away from your equipment.

If you're planning on leaving town to visit friends and family, don't forget to set your thermostat. Wi-fi thermostats are an easy upgrade if you don't have one already. If you do have one, use the settings to keep the temperature cooler while you're away, but nice and warm when you arrive back home. This will help avoid wearing a jacket while you unpack from your trip.

Schedule a maintenance appointment which can easily be overlooked during the busy holiday season. An annual maintenance visit will help keep the problems away not only during the holidays, but all year long.

Have a safe and Merry Christmas! ■

Information provided by Sam Yeager, Assistant Service Manager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.



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BEFORE YOU GO

By Jan Shawver

ENJOYING Christmas after the loss of a loved one

Christmas traditions are joyous times families look forward to each year.

My family would always give gifts to every member of the family — no drawing of names in our clan. As our immediate family grew to 13, we began having a “progressive Christmas,” going from one family member’s house to another.

For some, the thought of participating in holiday traditions is more than they can bear, as a precious member of the family will be missing the celebration.

As the holidays approach, do not isolate yourself from family and friends. Many of them are grieving your loss as well. Perhaps this year you should begin some new traditions: create a scrapbook of photos and memories of your loved one; volunteer at a homeless shelter — the possibilities are endless.

Most of all, don’t be afraid of tears. You are hurting, and others are, too. Someone you loved is no longer with you. ■

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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HOME HEALTH

By Ward Phillips

HELP at home after hospitalization

You had surgery and spent a couple of weeks in short-term rehabilitation. Now it’s time to return home — but you’re nervous. You wonder if you’ll be able to remember how to do your strengthening exercises — and what about your medications? There’s a lot to keep straight, and you live alone.

These concerns are a great reason for anyone whose doctor prescribes short-term rehabilitation to choose a provider that offers not just rehabilitation, but a network of services. A “network” can be made up of many services offered by the same organization, designed to work in tandem to make life easier for anyone seeking assistance.

Let’s use Ted as an example. He’s 74 and a widower; he lives alone, and after hospitalization for a cardiac issue, he rehabilitated in a senior living community. Before Ted finished his stay, he learned from a nurse at the community that a number of services would be available to him after he returned home. He learned the community would arrange everything — and there would be no out-of-pocket cost to him for weekly home health care that would help keep him healthy.

Ted appreciated his twice-weekly nurse visits, and two years after his heart procedure, he continues to thrive in his own home with other services from the same organization: cleaning assistance, grocery-shopping help, and meal delivery. Ted continues his exercises on his own, and is actually in better health than he was before his surgery. The nurse who had helped set up his home services had told him that people who receive in-home assistance after rehabilitation are more likely to avoid re-hospitalization, and Ted is grateful that has been his experience.

If your physician has recommended short-term rehabilitation after a hospital stay, do your homework. Ask questions about ongoing care after your time in rehabilitation, and choose an organization that not only will help you get well but will place a priority on keeping you that way with assistance offered in your home. Your ongoing health and well-being are worth it. ■

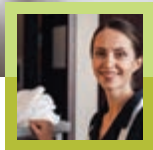
Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of home-based services for older adults in addition to 55-and-older community living in Iowa and Illinois. Call or text Ward at 515-669-2205 to learn about home health care, non-medical in-home services, hospice care, meal delivery, and much more!





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Contact Cindy Severson | (515) 253-2490 | cseverson@wesleylife.org

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JOHNSTON DRAGONS

BOYS VARSITY BASKETBALL

DATE	TIME	OPPONENT	LOCATION
11-30-21	7:45PM	Des Moines Roosevelt	Des Moines Roosevelt HS
12-3-21	7:45PM	Urbandale	Urbandale High School
12-6-21	7:30PM	Prairie	Cedar Rapids Prairie HS
12-10-21	7:45PM	Southeast Polk	Southeast Polk HS
12-14-21	7:45PM	Ankeny Centennial HS	Johnston High School
12-17-21	7:45PM	Urbandale	Johnston High School
12-20-21	7:45PM	Des Moines North	Johnston High School
12-21-21	7:45PM	Dallas Center-Grimes	Johnston High School
1-4-22	7:45PM	Waukee	Johnston High School
1-7-22	7:45PM	WDM Valley	Johnston High School
1-11-22	7:45PM	Southeast Polk	
1-14-22	7:45PM	Dowling Catholic	
1-15-22	2:30PM	Davenport Central	Johnston High School
1-18-22	7:45PM	Mason City	
1-28-22	7:45PM	WDM Valley	Valley High School
2-1-22	7:45PM	Waukee Northwest	Johnston High School
2-4-22	7:45PM	Waukee	Waukee HS - Field House
2-8-22	7:45PM	Des Moines Lincoln	Des Moines Lincoln HS
2-11-22	7:45PM	Dowling Catholic	
2-15-22	6:30PM	Des Moines Hoover	
2-18-22	7:45PM	Ames	Johnston High School

BOYS VARSITY BOWLING

DATE	TIME	OPPONENT	LOCATION
11-23-21	3:00PM	Fort Dodge	Family Bowling Center
11-29-21	3:30PM	Marshalltown	Game Day Lanes
12-7-21	3:30PM	Des Moines Roosevelt	Game Day Lanes
12-9-21	3:30PM	Dowling Catholic	Game Day Lanes
12-13-21	3:30PM	Waukee/NW Bowling	Warrior Lanes
1-6-22	3:30PM	Urbandale	Game Day Lanes
1-10-22	3:00PM	Southeast Polk	Great Escape
1-11-22	3:00PM	Des Moines East	Bowlerama Lanes
1-21-22	3:30PM	Mason City	Mystic Lanes
1-27-22	3:30PM	WDM Valley	Game Day Lanes
2-9-22	12:00PM	Multiple Schools	Game Day Lanes

GIRLS VARSITY BASKETBALL

DATE	TIME	OPPONENT	LOCATION
11-26-21	6:15PM	Ames	
11-30-21	6:15PM	Des Moines Roosevelt	Des Moines Roosevelt HS
12-3-21	6:15PM	Urbandale	Urbandale High School
12-4-21	9:00AM	Multiple Schools	Johnston High School
12-6-21	6:00PM	Prairie	Cedar Rapids Prairie HS
12-10-21	6:15PM	Southeast Polk	Southeast Polk HS
12-14-21	6:15PM	Ankeny Centennial HS	Johnston High School
12-17-21	6:15PM	Urbandale	Johnston High School
12-20-21	6:15PM	Des Moines North	Johnston High School
12-21-21	6:15PM	Dallas Center-Grimes	Johnston High School
1-4-22	6:15PM	Waukee	Johnston High School
1-7-22	6:15PM	WDM Valley	Johnston High School
1-11-22	6:15PM	Southeast Polk	
1-14-22	6:15PM	Dowling Catholic	
1-18-22	6:15PM	Mason City	
1-28-22	6:15PM	WDM Valley	Valley High School
2-1-22	6:15PM	Waukee Northwest	Johnston High School
2-4-22	6:15PM	Waukee	Waukee HS - Field House
2-7-22	7:30PM	Ankeny High School	Johnston High School
2-8-22	6:15PM	Des Moines Lincoln	Des Moines Lincoln HS
2-11-22	6:15PM	Dowling Catholic	Johnston High School

GIRLS VARSITY BOWLING

DATE	TIME	OPPONENT	LOCATION
11-23-21	3:00PM	Fort Dodge	Family Bowling Center
11-29-21	3:30PM	Marshalltown	Game Day Lanes
12-7-21	3:30PM	Des Moines Roosevelt	Game Day Lanes
12-9-21	3:30PM	Dowling Catholic	Game Day Lanes
12-13-21	3:30PM	Waukee	Warrior Lanes
1-6-22	3:30PM	Urbandale	Game Day Lanes
1-10-22	3:00PM	Southeast Polk	Great Escape
1-11-22	3:00PM	Des Moines East	Bowlerama Lanes
1-21-22	3:45PM	Mason City	Mystic Lanes
1-25-22	3:30PM	WDM Valley	Game Day Lanes
2-9-22	9:00AM	Multiple Schools	Game Day Lanes

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WINTER SCHEDULE

2021-22

BOYS VARSITY SWIMMING

DATE	TIME	OPPONENT	LOCATION
11-23-21	5:30PM	Des Moines East	Summit Middle School
12-2-21	5:30PM	Marshalltown	Marshalltown High School
12-4-21	11:00AM	Multiple Schools	Ames High School
12-9-21	5:30PM	Waukee	Summit Middle School
12-16-21	5:30PM	Dowling Catholic	Summit Middle School
1-6-22	5:30PM	Southeast Polk	Southeast Polk High School
1-8-22	11:00AM	Multiple Schools	Summit Middle School
1-8-22	11:00AM	Des Moines Roosevelt	Summit Middle School
1-15-22	12:30PM	Multiple Schools	Cedar Rapids Washington HS
1-18-22	5:30PM	WDM Valley	Valley High School
1-22-22	12:00PM	Multiple Schools	Southeast Polk High School



Photo credit: Andrea Hodapp



Photo credit: JHS Student Media

VARSITY WRESTLING

DATE	TIME	OPPONENT	LOCATION
12-2-21	6:30PM	Des Moines Lincoln	
12-4-21	10:00AM	Multiple Schools	
12-9-21	5:30PM	Multiple Schools	Johnston High School
12-11-21	10:00AM	Multiple Schools	Johnston High School
12-11-21	10:00AM	Des Moines Roosevelt	Johnston High School
12-16-21	7:30PM	Urbandale	Johnston High School
1-6-22	6:30PM	WDM Valley	Valley High School
1-8-22	9:00AM	Multiple Schools	Marshalltown High School
1-13-22	6:30PM	Waukee	
1-14-22	4:00PM	Multiple Schools	Bettendorf High School
1-15-22	9:00AM	Multiple Schools	Bettendorf High School
1-20-22	6:30PM	Dowling Catholic	
1-22-22	9:00AM	Multiple Schools	Urbandale High School
1-25-22	5:30PM	Southeast Polk	
1-28-22	TBD	Multiple Schools	Johnston High School
2-3-22	5:30PM	Multiple Schools	North High School



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INSURANCE

By Janis Van Ahn

ARE PRESCRIPTION discount cards worth it?

Often times at appointments I have clients bring in marketing pieces. Sometimes they are discount prescription drug cards. So, are they really worth it?

There are many different discount cards available — WebMD, WellRx, drugs.com — the most well known being GoodRx and the newest being Clever Rx. They all work about the same in that it is at the PBM or pharmacy benefit manager level that the discounts occur. The pharmacy benefit manager is the layer between the manufacturer (drug company) and the retail pharmacy.

These discount cards offer a lower cost off the cash price of a drug. Therefore, it is often when a consumer does not have health insurance that covers medications or has coverage (such as a high deductible health plan) requiring him or her to pay the carrier's "contracted" amount for the prescriptions that the discount card price comes in lower than the contracted price.

Case in point. I know of someone who was traveling in Florida for vacation. He got the flu while there. First, he used his virtual visit app on his phone to talk with a doctor. He did not have to go to urgent care or find a physician in Florida, and he could rest in his condominium while waiting for the provider to come online. Once they spoke via Skype, it was determined he had the flu. To make sure his wife did not get the flu, the doctor suggested she take Tamiflu as a precautionary measure. They have a high deductible health plan, so they were going to pay the contracted price for the Tamiflu. He used another app on his phone for one of the discount programs.

First, it assisted him in finding a pharmacy nearest him and gave pricing for the Tamiflu at that and other nearby locations. Once at the pharmacy, they used their current coverage information and asked to use the discount card info. To their surprise, they found the discount card price for the Tamiflu to be approximately \$30, while it was about \$110 through their carrier. They took the discount price. Upon returning to Iowa, they then found they could submit the claim to their carrier so it could apply to their deductible.

Not all carriers, and especially those with Medicare Part D coverage, will support the discount cards. It is important to know if your coverage will work with a discount card or not. Give us a call at Health Insurance Advisor to discuss. ■

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



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ICE RINK AT THE JOHNSTON TOWN CENTER

The ice rink at the Johnston Town Center is available for skating Friday – Sunday. Skate rental is \$5, but if you have your own skates, you are welcome to skate for free during the designated hours.

Skate rental hours: (times/days shown below are weather dependent)

- Friday: 5 – 8 p.m.
- Saturday: 1 – 8 p.m.
- Sunday: 1 – 5 p.m.

The ice rink is also available for private party rentals. Think of those birthday parties, holiday parties, and team-building activities. The cost is \$125/hour + skate rental at \$5/pair (two-hour minimum, unless the party is directly before or after normal skate hours.) If the concession stand is needed during the rental, there will be an additional charge of \$25/hour. There is no minimum party size for the rental. Rental inquiries can be sent to VenuWorks at theyard.johnstontowncenter@gmail.com.

MAYOR'S RUN FOR FOOD MARKS ITS EIGHTH YEAR

Mayor Paula Dierenfeld is at it again for the eighth year in a row! She has yet again issued a challenge to Johnston residents this holiday season. The Mayor will run one mile (beginning on New Year's Eve) for every bag of food, personal items, or \$10 donated to the Johnston Partnership Food Pantry between December 1 and 30. Her goal is to reach 1,125 miles. Over the years of running for food, contributions have totaled of nearly \$39,000.

The need for donations within our community remains high. Donations can be dropped off at Johnston City Hall or the Johnston Partnership.

Suggested Donation Items:

- **Personal Items** - Toilet paper, laundry detergent, Kleenex, deodorant, shampoo, and diapers
- **Monetary donations** are always welcome, as the food pantry can purchase needed items in bulk and cheaper than the rest of the public can buy the same things. Your dollar is stretched further when given to the Johnston Partnership. Monetary donations can also be made online by visiting www.johnstonpartnership.org. Please be sure to add a note "Mayor's Run for Food," so your donations count towards her miles.

WINTER YARD WASTE COLLECTION

For two weeks only, you can have your holiday tree and extra yard waste picked up curbside for the small cost of a Compost It! sticker on Dec. 27, 2021, through Jan. 7, 2022.

Just remember, the sticker is the only decoration your tree can have. Please make sure all ornaments, lights, and wires have been removed. Wreaths and garlands are not accepted. For collection, place your tree or yard waste at the curb by 6:00 a.m. on your regular collection day. Be sure to leave at least three feet between carts and yard waste.

For more information about the city, please visit www.cityofjohnston.com



CITY NEWSLETTER

DECEMBER 2021



JOHNSTON TOWN CENTER LEASE-PURCHASE AGREEMENT

The Johnston Town Center lease-purchase agreement is a major milestone for the City of Johnston. On Wednesday, Oct. 20, 2021, the City closed on the deal totaling \$31,300,000. Of this \$31 million, City Hall was \$13,400,000 and the Town Center, The Yard, infrastructure (paving, underground stormwater draining and storage, water and sanitary sewer) and amenities were \$17,900,000. This type of agreement was chosen because it offered the ability to refine the project design and scope in partnership with Hansen Real Estate. During property acquisition for the Town Center project, the City successfully negotiated the purchase of properties offering property owners a fair market value based on independent property appraisals.

The Johnston Town Center project is a public-private initiative to encourage redevelopment of Merle Hay Road at the intersection of NW 62nd Avenue to create a commercial center for the City of Johnston that will serve as a local destination for dining, shopping and entertainment. The central green space "The Yard" features event programming, including concerts, a splash pad and a seasonal ice skating rink.

"As a City, we worked with a third party to ensure financial transparency of the Town Center project and to verify that it came in under budget and with developer fees below the industry average," said Mayor Paula Dierenfeld. "This project showcases the benefits of using a lease-purchase structure, which can be extremely effective in managing very complex public-private projects. We are proud of the Town Center and the great opportunities it will offer to our residents."



The City went through a pre-development Request for Qualification (RFQ) process to select the development partner. This helped to ensure the concepts were competitive while City leaders evaluated project costs and strategies. Johnston-based Hansen Real Estate was selected based on their development concept, competitive development fees and past quality of work.

During the construction of City Hall and Town Center, site plan changes were made due to the pandemic, additional property acquisitions and other evolving conditions. Like many projects, materials were often delayed due to production and transportation delays. Working closely with Hansen Real Estate through a lease-purchase project delivery method helped avoid increased costs often experienced during the municipal low-bid process. The project was completed under budget.

COFFEE WITH A COP AND BREAKFAST WITH SANTA

Join the Johnston Police Department on Saturday, Dec. 11 from 8:00 to 10:00 a.m. for Coffee with a Cop + Breakfast with Santa at Hy-Vee. The goal of Coffee with a Cop is for Johnston police officers to get to know you and for you to get to know our officers. In a short time, we hope to get to know you and discover mutual goals that will continue to grow and improve our community. Our officers encourage you to bring your children and they can visit with Santa and enjoy breakfast.

CITY OFFICES CLOSED FOR THE HOLIDAYS

City Hall will be closed on December 23, 24 and 31 for the Christmas and New Year Holidays.

Trash and recycling pickup days are not affected during the Christmas holiday.

For more information about the city, please call 515.278.2344



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Johnston Rotary Club
UPCOMING SPEAKERS

Dec. 7 - Robert Brownell
Polk County Supervisor - Polk County Update

Dec. 14 - Rotary Christmas Party
Hyperion Field Club at 6pm

Dec. 21 - Rachael Larson
Branch General Manager Siemens

Dec. 28 - NO MEETING

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7390 N.W. Beaver Drive, Johnston
www.johnstonrotary.com



ROTARY

MEET Johnston Rotarians

Gene Nelsen was working at Hyperion's exercise facility a dozen years ago when he was approached by a friend, Mike Schoville, about attending a Rotary meeting and checking out what the organization was all about. At first blush, he liked the people in the Johnston Club. Then, as he learned of all the local, regional and worldwide projects that Rotary was involved with, it became a commitment.



Gene Nelsen

Members have the opportunity to serve on various committees in order to further the mission of service to the community and can invest as much or little of their time as is available. Any time and effort spent is welcomed and appreciated by those in need.

The most rewarding aspects of being involved with Rotary are the seemingly endless opportunities to have an impact — helping individuals and organizations in need. Whether it's as small as ringing the Salvation Army bell at Christmas time or as labor intensive as building the lifejacket station at Terra Park, it is important and rewarding work.

Being from the Okoboji area, Gene was especially concerned about water safety and, when he was club president, spearheaded the effort to get the lifejacket station put in place at Terra Lake. That is just one example of how, as an active member, one can make Rotary his or her own by advocating for a specific community need.

Mike Schoville's father, father-in-law and older brother were all Rotarians. Mike was therefore interested in Rotary and first joined the DeKalb, Illinois, Rotary Club in the early 1980s. After moving numerous times and landing in Johnston, he joined the Johnston Rotary Club in 2005. Mike's wife saw the Johnston Rotarians ringing the Salvation Army bell at the Hy-Vee in December 2004, and that led to his joining the club.



Mike Schoville

"Service Above Self" and "One Profits Most Who Serves Best" are Rotary's official mottos. Mike likes best those projects that are directed at helping children. Multiple Youth Home projects, Terra Park lifejackets for kids' fishing, Kosovo youth exchanges, and bike path repair stations are some of the service projects of special interest.

Mike has had numerous positions with the Johnston Rotary Club including president. He is currently the membership co-chair. Mike worked for Deere & Company in both the Agricultural Division and John Deere Financial, later at Ag-Bag International, and then as owner of The Business Brokers, Inc. Retirement brings the opportunity and time to invest more in passions — and one of those is the Johnston Rotary Club. Mike states that, if you are interested in "giving back," Rotary is a good place to do so with like-minded men and women. ■

More information about the Johnston Rotary Club can be found at www.johnstonrotary.com or contact Mike Schoville, schovillemike@gmail.com.

SCHOLARSHIP fund benefits students

Each applicant is paired with a scholarship.



Dragon Scholarship Fund board members include, front row, from left: Patti Kliegl, two student members, and Jen Christy; and, back row: Krista Gorsche, Anita DeBo, Angela Gallagher, Bill Kloewer, Jen Clausen, Lindsay Wanderscheid, Ryan Osweiler, Greg Kliegl, Lori Waterbeck, Kersten Gebard, Gabrielle Innis, Anne MacFarland and Brenda Faber. Members not pictured are Jennifer Hushagen, Kimberly Hawn and Bob Bares.

Since its inception in 1987, the Dragon Scholarship Fund has awarded more than \$1.9 million in scholarships to graduating Johnston seniors. The fund, which began as a local chapter of the Dollars for Scholars organization, became an independent nonprofit corporation in 2017. Today, the scholarship fund strives to have 15-20 board members at all times, with each member serving a three-year term.

“The time and energy invested in the DSF board activities is rewarding because it has a direct impact on our Johnston students and their future. College can be an expensive journey, and every scholarship dollar makes a difference for them,” says Dragon Scholarship Fund Vice President Jen Christy.

The Dragon Scholarship Fund differs from other scholarships in that it strives to help every graduating senior who completes a six-step application process. This process includes an online application, student appraisal from a teacher, a brief interview, and the completion

of graduation requirements, with every student who applies and completes the process matched with a scholarship.

Several of the scholarships are endowed by businesses or individual donors and are paid out either one time or for a specific number of years. Christy says the Dragon Scholarship Fund is based on the belief that everyone deserves a chance to earn a scholarship regardless of class rank, financial need, gender, race, creed or ability.

“I am currently using the scholarship money for college and living expenses at the University of Northern Iowa,” says United Contractors Scholarship Award Winner Sam Hoffman. “More specifically, it covered my textbook fees. This award meant a lot to me because it showed just how great the Johnston community is and how much they care for the students.”

“The Dragon Scholarship application process was simple,” adds Donahue Family Memorial Scholarship Award Winner Kathryn

Christy. “The Johnston Community is so supportive of Johnston students. I am grateful for the scholarship money I received to help with college tuition costs.”

The Dragon Scholarship Fund not only raises funds through personal and business donations but also through several events held throughout the year. These include a BINGO night, a virtual auction and a golf outing. Donations can be made online at www.dragonsf.org, via Venmo @dragonsf or mailed to the Dragon Scholarship Fund at PO Box 108, Johnston, IA 50131. Those interested in becoming involved with the Dragon Scholarship Fund can reach out to the organization at dsfjohnston@gmail.com.

“This program has been in place for over 35 years, and we want this program to continue and be sustainable for many years to come. We are so grateful for the generous financial support from individuals and businesses who also see the value of this program,” Christy says. ■

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HEALTH By Dr. Tara Federly

ALLERGIC to the holidays

The holiday season is meant to be a joyous time of the year, but, for some, their Christmas tree can cause non-stop sneezing or coughing. Most would believe this is an allergic reaction to the pine tree itself, but, in reality, the reaction is to microscopic mold spores on the tree. Even artificial trees can cause allergy symptoms for some. Artificial trees have more dust and can also have mold spores if stored in a damp basement.



So, what is the solution to keep the holidays cheerful and bright? If you have trouble with allergies around your Christmas tree, here are a few simple things you can do next year. If you have a real tree, make sure to shake the tree outside to remove as much debris as possible or use a leaf blower to blow off debris. It may also help to wipe around the tree trunk with a solution of one part bleach to 20 parts lukewarm water to remove mold spores. For others, an artificial tree may be the way to go, but make sure to store the tree in a sealed plastic bag in a dry spot. Breathe easy and enjoy the holidays. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, www.cornerstonepfa.com.

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HEALTH By Sheryl Frye

REDUCE holiday stress

The holiday season can be both joyful and stressful. Here are some strategies to increase your joy and reduce your stress this holiday season.

Make sure to honor any feelings you may be having this season such as sadness and grief. Don't try to force yourself to be happy because of the holidays. If you have lost a loved one, reach out to a support group online or attend community or religious events. Seek out companionship from others. Volunteering your time to help others can lift your spirits, too.

It is important to be realistic. Families grow and change; therefore, our traditions and rituals can change, too. If adult children and other family are not able to visit, find new ways to connect through photos, videos and video calls. Think about the importance of your attachments. Share with others the things you find meaningful and special about them.

Plan ahead — create your menus and shopping lists. Then set aside specific days for shopping, baking, connecting with friends and other activities. The holidays are about the quality of our time together, not the magnificence of the gifts or meals. Make time for yourself. By spending 10 minutes just breathing you can create a sense of peace. ■



Source: The Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, frye@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

HEALTHIER holiday baking

Make your holiday baking a little healthier this year by trying one of the substitutions listed below:

Whole wheat flour for white flour: This substitution increases the nutritional benefits in almost any baked good because whole wheat includes the outer shell of the grain to provide extra fiber. Substitute half of the white flour to start with as the texture of the baked goods will change slightly.



Unsweetened applesauce for oil: Applesauce moistens while keeping the calories from fat at a minimum. This substitution works well in any sweet bread, like banana or zucchini, even with boxed mixes.

Avocado puree for butter: While both avocado and butter are fats and have nearly the same consistency at room temperature, avocado is full of monounsaturated, heart-healthy fats and fiber. Replace half the butter with avocado. For example, if the recipe calls for 1 cup of butter, use ½ cup of butter and ½ cup avocado. The avocado flavor is very subtle, and the creamy texture works well in fudge brownies and cakes and breads.

Dark chocolate for milk chocolate: Dark chocolate bits are slightly lower in sugar than milk chocolate and higher in free-radical-fighting flavonoids. Plus, the richer flavor allows you to use slightly less than its milk chocolate counterpart. If this seems like too big of change, try switching to mini chocolate chips instead of regular-size chips. You can use half the amount and still get a little chocolatey goodness in every bite. This works best with chocolate chip cookies or muffins.

Evaporated skim milk for cream: This switch will drop the fat content while keeping the consistency of cream. Consider adding some vanilla extract to the evaporated milk for even better flavor.

Cocoa for baking chocolate: Use cocoa in place of baking chocolate in your desserts to save on fat and total calories. Three tablespoons cocoa equals one ounce unsweetened baking chocolate.

Fruit sauce for icing: Use a fruit sauce as a cake topping in place of icing. You won't miss the packaged icing when you taste the natural sweetness of the fruit.

Greek yogurt for sour cream or oil: Greek yogurt will increase the protein of your baked goods while keeping them moist. This works best in cake and brownies.

Replace reduced-fat peanut butter with natural peanut butter: Reduced-fat peanut butter sounds great, but it often contains more sugar than the original versions. Swap in natural, unsalted peanut butter instead. It doesn't have the added sugar or trans fats you may find in the other brands.

While it might be tempting to make multiple replacements in your holiday treats, it is recommended to only make one change per recipe. ■

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



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BESIDES smoking, lung cancer risks include radon and occupational hazards

Lung cancer is projected as the leading cause of cancer deaths in Iowa in 2021, with more than 1,400 lives lost. Smoking is the most common and preventable cause of lung cancer; however, the odorless, colorless, tasteless, radioactive gas radon is second.

“Everyone in Iowa knows smoking cigarettes causes cancer, but many people are not aware that radon exists, let alone in high levels in their homes. They may be inhaling it unknowingly, and that causes cancer,” said Neil Horning, MD, a specialist in pulmonary and critical care medicine with MercyOne Des Moines Pulmonary and Infectious Disease Care.

“We’ll have patients with no other risk factors develop lung cancer from the high radon levels in their house’s basement or



at their jobs, including agriculture, where farmers work with phosphate fertilizers.”

Some careers may have an increased risk of lung cancer due to the high levels of chemicals, pollution and more. These positions include:

- Mechanics and car hobbyists
- Military positions, especially those previously in the Navy
- Painters and construction workers

Minimize your risk of lung cancer through healthy lifestyle choices and by contacting your primary care provider for more information on available lung cancer screening options. ■

Information provided Neil Horning, MD, pulmonary and critical care specialist with MercyOne Des Moines Pulmonary and Infectious Disease Care, 411 Laurel St., Suite A120, Des Moines, 515- 643-7900, MercyOne.org/desmoines.

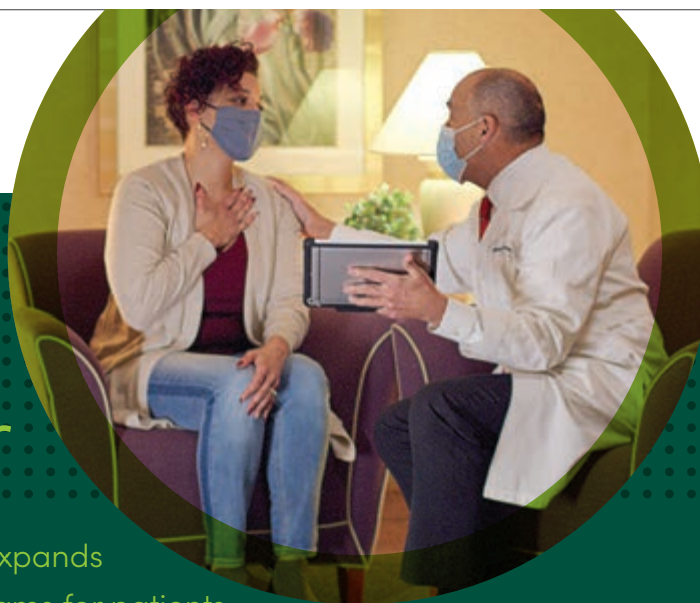
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JPL gearing up for festive season



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We're feeling festive here at JPL and ready to celebrate the holiday season with great events for all ages. The Book Tree is up after a year hiatus; holiday displays with books, movies and music are curated; and librarians are wearing flashing lightbulb necklaces and reindeer sweaters. As your own festivities gear up this season, make sure to save the date for these library happenings in December:

Stop by JPL on Dec. 4 beginning at 10 a.m. and pick up a Create-A Cookie-Kit, while supplies last. Take home everything you need for some festive cookie decorating — sprinkles and frosting included.

Adults: The following Sunday, Dec. 5, is just for you. Join Dreama Deskins between 1-3 p.m. to explore holiday card-making at the Sunday Card Crafting Club. Dreama and her team will have monthly crafting kits pre-packed with instructions for easy grab-and-go pickups, while supplies last. If you prefer, grab a chair and work on the monthly kit or your own card project and take advantage of our expert help, tools and crafty company. We'll provide an assortment of card-making equipment and supplies to make your own version of the month's theme. Please register ahead of time at johnstonlibrary.com/events for this free event.

JPL has two action-packed Tuesdays in December for the story time crowd. It starts on Tuesday, Dec. 7 at 10:30 a.m. with Scaly Creatures. Bring the kids to JPL to join a Polk County Conservation naturalist and learn about Iowa's reptiles. We'll discuss the fears and myths that surround these scaly creatures people love to hate. This program will feature live reptiles. The following Tuesday, Dec. 14 at 10:30 a.m. is for Boxcar Drive-In. Bring the littles to the library to build a car out of a box. Boxes and supplies to decorate your "car" will be provided. Then enjoy snow-themed snacks and a short film. For kids ages 2 to 5 years old. Younger and older siblings are welcome, with an adult.

Teens: We didn't forget about you. Put on your craziest snowman sweater and join us at JPL for an After-Hours Ugly Sweater Laser Tag Competition in the library stacks on Friday, Dec. 17 from 6:30-8:30 p.m. For teens in grades 6-12. Registration required.

Finally, bring the whole family to the library on Dec. 31 from 11:30 a.m. to 12:30 p.m. for a New Year's Eve Palooza. Ring in the New Year at noon with a scavenger hunt throughout the library. Create a party hat, earn 2022 glasses and other prizes, and finish the day off with a fun photo at our photo booth. Open to kids of all ages and their grown up. For more information or to register for events, visit www.johnstonlibrary.com or call Johnston Public Library at 515-278-5233. ■

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THE JOY of impact

I have the privilege of working with a particular group: pre-retirees and retirees. They have this amazing perspective on life. They've worked 30 or 40 years, they've raised their kids, and they've persevered through many of life's ups and downs. They're shifting their identity away from their work and into their retirement. They light up when they talk about the opportunity ahead of them — specifically their desire to leave an impact.



That impact looks different for everyone. Some of the families and individuals we work with want to have an impact on their grandkids. That could be providing childcare, simply spending more time with them, or working on a strategy to help them pay for college. Others want to have an impact on their community. They talk about doing more volunteer work, helping with projects at church, or giving to their favorite charities.

I love to start the retirement planning process with these conversations. I know this might sound a bit strange coming from someone who spends a lot of his day researching investments and implementing tax strategies, but research studies back up what I've seen firsthand: The happiest retirees have a lifestyle plan. They have an idea

about how they want to spend their days to stay engaged and fulfilled in retirement. Aside from benefiting their mental health, the lifestyle plan is the perfect way to springboard into the other elements of a retirement plan.

We start the retirement planning process with a lifestyle plan because it's the lifestyle plan that drives many of the other decisions you have to make about retirement. For example, you wouldn't buy a minivan if you are looking for an off-road vehicle to use in the mountains of Colorado. The same is true in retirement; you need your tools and resources to align with your goals. Do you desire to spend every dollar on your dream vacations or have a significant amount left over to pass to future generations? These answers will drive your investments and how you set up your legacy plan. There's even a connection between the lifestyle plan and your long-term tax strategy because how you choose to take income in retirement can impact your tax bracket, both now and in the future.

After developing a lifestyle plan, we work through those other aspects of retirement: income, investment, tax, health care and legacy planning. I love seeing the joy on people's faces when the plan shows them how they can pay for all of those things and leave the type of impact they've been dreaming of in retirement. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006.

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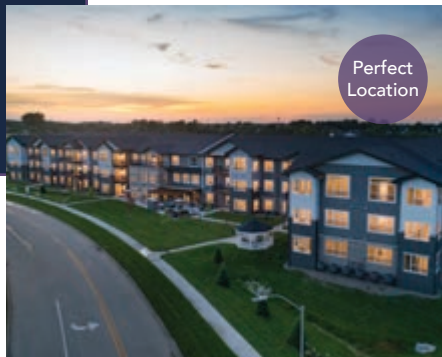
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10 IDEAS to update your home

1. Clean and declutter. You might as well get rid of some of your stuff. Now is a great time to get rid of the items that you don't want anymore. What a great time to donate to different charities and take the tax write off before the end of the year. While you are decluttering, make sure to clean everything until it shines.



2. Pump up the house numbers. How many times have you been out and about looking for a house and cannot even read the address? It also leaves a bad impression with buyers. Install new, high-style, high-visibility house numbers and make sure there's plenty of lighting on them as well.

3. Curb appeal. You only have one chance to make a good first impression. Agents estimate buyers will judge a home within 10 seconds of walking in. Curb appeal is the first impression the buyers have. Make sure your landscaping looks great and the yard is well maintained. With the interior, it always helps to have fresh paint.

4. Lighting upgrades. If you have not, look over your lighting from the porch to the dining room as well as the bathroom vanity. Now might be the time to update.

5. New outlet covers and switch plates can make a big difference. Old switch plates and outlet covers that are covered in paint or old metal dated ones or even faded ones should be switched out.

6. Get rid of the dated window and wall treatments. Heavy drapes, dated blinds, faux finishes and accent walls really do not represent a move-in ready home to buyers.

7. What about mirrors? Mirrors add a great deal of light and sparkle to living spaces and even bedrooms.

8. Is your hardware outdated? There are a lot of inexpensive options to change out door pulls, doorknobs and even door hinges. Consistency is key throughout the home with updated finishes.

9. Update that backsplash. If you are updating the home with hardware, another inexpensive update is to refresh the backsplash. Something as simple as deep cleaning or even painting the backsplash can make a big difference.

10. Do all of your appliances match? Buyers absolutely love matching appliances that are newer. This could be a minimal expense that pays off huge dividends when time comes to sell. ■

Information provided by Scott Wendt, ABR CRS GRI ePro, 2020 President for Iowa Association of Realtors, Re/Max Precision, 8705 Chambery Blvd., Johnston.

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END of the year is a time to take stock

2021 has been a challenging year for all of us. The uncertainty and anxiety will continue into 2022. Still, the end of the year is a good time to take stock of your personal situation.

Update your estate plan

Putting your legal affairs in order is important. It reduces the burdens on loved ones in the event of poor health or death. It can save time and expense. And it allows you to have control over how your assets pass. Every person should have three basic estate planning documents: a Last Will and Testament, a Durable Financial Power of Attorney, and a Living Will / Health Care Power of Attorney.

A will directs the distribution of your assets upon your death. Through the power of attorney, you give another person the ability to make financial decisions for you should you become incapacitated. If you're too ill to speak

for yourself, you can express your wishes and have your voice heard through a living will. This advance directive lets you detail your preferences for your medical care.

Make a list of key contacts

When you update your estate planning documents, you should also make a master list of important information. If you die or become incapacitated, your family will spend time figuring out what you own and whom they should contact. List your investment advisor, insurance agent, tax professional, banker and attorney. Make sure you have the correct contact information for each advisor listed.

Review the title to your home

You should review how you hold title to your home. When you purchased your house, the seller executed a deed. The deed contained

important vesting information — the names on the title and the legal relationship between those titleholders.

If you are married, you probably want to ensure that both spouses are on title to the house. This may not be the case if the parties were married after one bought the house or if it is a second marriage. You also probably want to ensure that, if one titleholder were to die, the house would pass to the survivor. A simple review of who holds title and how title is held can prevent expensive problems later.

These are three simple yet effective steps that can save time and expense in the future. Contact an experienced attorney to help you. ■

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

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HOLIDAY visits to older family members may reveal problems

The holidays are a time to gather with family, whether with those you see every day or those you seldom see. These are joyous times, filled with happy traditions and reminiscing.



When visiting elderly family members, you might notice they have slipped and are frailer. Parents or grandparents could have joint pain that prevents them from standing to prepare meals or do laundry. They may have become isolated or can't get out in an emergency. Sometimes elderly loved ones become unsteady on their feet and are a fall risk. You might notice that the elderly caregiver can no longer provide home health care without suffering from stress and illness. Cognitive challenges can be harder to recognize but are also risky.

Per the Alzheimer's Association, there are 10 warning signs of dementia:

1. Memory loss that disrupts daily life — different than forgetting names or appointments but remembering them later.
2. Challenges in planning, solving problems or concentrating.
3. Difficulty completing familiar tasks, such as driving to a familiar location, household chores, managing a budget or remembering rules of a favorite game.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. Problems speaking or writing, such as following a conversation.
7. Misplacing things and putting them in an illogical place.
8. Poor judgment, especially with personal hygiene or dealing with money.
9. Withdrawal from work or social activities, ceasing to do hobbies.
10. Changes in mood and personality, such as becoming confused, suspicious, depressed,

fearful or anxious.

When your family member experiences several of these conditions, it may be time to consider moving your loved one into senior care. This might be the right time to have an honest discussion with other family members about your senior family member's health and his or her ability to remain safe and fulfilled. This is also a great time, when all the family is together, to visit one or more assisted living communities and identify one or two that can best serve the needs of your loved ones. Not all assisted living communities provide memory care for residents with dementia. Not all provide all meals or housekeeping. All do provide assistance and support for older people needing that extra support. Even if your loved ones are stable at this point, looking at other living options provides helpful information. ■

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

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from our "family" to yours!

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COMBINING households in Johnston

Family feels right at home with friendly neighbors.



Fallon Wills and her partner, Ross Moffat, recently combined households. Together, they have three boys: Calvin, Jonah and Harrison.

When Fallon Wills moved to Johnston in 2009, she didn't yet have kids, but she knew how good the school system was. She also felt like Johnston had a lot of similarities to the small town where she grew up.

"It just felt a little bit more like home than the other suburbs I had lived in previously," Wills says.

Now that Wills has children of her own, she's even more grateful for the Johnston Community School District.

Together, Wills and her partner, Ross Moffat, have three children. They recently combined households — he was in Beavertown previously — and moved into a new home in Johnston this past October. Johnston was a logical fit for the couple, as Moffat has spent most of his career in Johnston, including as a coach for the Johnston Urbandale Soccer Club and now as director of player development

and coach education for Sporting Iowa, which works closely with the club.

"It was a fun adventure for us to combine households and have everyone living under one roof for the first time," Wills says.

Their home has room for everyone to spread out, including great outdoor space.

"We're very excited about it," Wills says. "It's got this amazing backyard and is in a really fun neighborhood with lots of kids."

In fact, when the family moved in on the second weekend of October, Wills noticed right away how lots of the neighborhood homes were decked out in Halloween decorations — something that's also "her jam."

"So before we even had anything unpacked, I got all the Halloween decorations out," she says.

So far, though, the best thing about the new neighborhood is that her oldest son, who is

9, has already made some great friends. He was pretty nervous about moving because he had so many friends in their old neighborhood, but those fears were swiftly diminished. He made new friends quickly, so by the time Beggar's Night rolled around, he ran into lots of kids he knew.

"It was great to have him go around trick or treating with the friends he had made here," Wills says. "And by the end of the night, he had run into almost his entire soccer team. In a city this size, I was happy to have him run into so many kids that he knew."

Overall, Wills likes how friendly and down to earth the people in her community are.

"In Johnston, I've always felt very at home. I've always felt like people are really welcoming," she says. "There are plenty of things to do, and you're always running into people you know." ■

RESIDENTS' Choice

2021 Northwest Polk County Residents' Choice favorites receive their certificates



Dr. Jonathan Karch and Dr. Connor Elmitt, The Dental Studio of Iowa



Ethan Settle, CrossRoads Shooting Sports



Suzanne Summy and Robyn McSheehy, Greenbriar



Sherry Kiernan and Nicole Ahrens, Hy-Vee Floral



Alex Holm and Marcus Baumler, Johnston Hy-Vee



Johnston Hy-Vee Pharmacy



Pastor Jeremy Carr, NorthPoint Church



Heather Goodwin, Johnston Chamber of Commerce



Staff of Elevate Physical Therapy and Sports Medicine



Carolyn Wall, Jessica Young, Miren Arango, Megan Sockness, Eric Melton, Cathy Barrett, Lori French, Lori Elrick and Rose Hebron, Johnston Public Library

THE YEAR in reflection

2021 comes to an end.

With winter edging even closer, I hope you all have prepped for the upcoming winter season. Iowa is known for blistery cold temperatures but beautiful scenery.

Looking back on this year, during every board meeting, there was either an announcement or discussion about all the improvements happening in our city.

We should all take pride in the community we work and/or live in. We also need to recognize it is our job to continue to expand and grow the vision of our community. The foundation is strong, but we need to keep building. I would encourage you to get involved in the community, whether through the Chamber, another service organization or through our local government.

The Johnston Chamber was busy in 2021. We welcomed 21 new members and hosted the following events in the community:

- 14 Ribbon Cuttings
- 11 Breakfast Before Business Events
- 11 Business After Hours Events
- 10 Monthly Chamber Luncheons
- First Annual Traveling Business After Hours
- Annual Dinner
- Educator Appreciation Event
- Green Days
- Jammin' in Johnston Business Expo
- Annual Golf Outing

Each year, we build off the success from the previous year, and every year we look at ways we can improve for the next year. In 2022, the Chamber will have new committees and events, new programming, new methods of communication and greater benefits to offer our members.

Join or renew with the Chamber today. Do not miss the opportunity for your business to benefit from all the Chamber has to offer. With just a few clicks on our website, you can give your business the gift of growth this holiday season and make 2022 your best business year yet. Visit our website at www.johnstonchamber.com.

I would like to say thank you to all the hardworking and supportive members of the Johnston Chamber; a special thanks to the Chamber Executive Committee, Board of Directors and Ambassadors, who have spent significant time helping forward the mission of the Chamber; and to our 2021 Chamber President Shane Goodman. He was an amazing leader and is a huge asset to our Chamber.

In 2022, Shane will be passing the baton to Allan Graham, owner of WineStyles. We are excited to see all the amazing things that happen within the Chamber under his leadership.

I would like to welcome the new members that have joined the Chamber. Please help welcome Cozy Café and Meadowview of Johnston.

Happy Holidays to you and your family.

Stay connected with the Chamber by liking us on Facebook. For more information, visit www.johnstonchamber.com or contact the Chamber at 515-276-9064. ■



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OUT & ABOUT



The Johnston Chamber held a ribbon cutting for Legacy Nutrition, 10100 N.W. 62nd Ave., Suite 105, on Oct. 21.



Shayna Bellintier and Shane Goodman at the ribbon cutting for Legacy Nutrition on Oct. 21.



Mike Charley and Tom Cope at the ribbon cutting for Legacy Nutrition on Oct. 21.



Heather Austin and Shayna Bellintier at the ribbon cutting for Legacy Nutrition on Oct. 21.



Casee Woodley, Lisa Hanrahan and Jamie Lewton at the ribbon cutting for Legacy Nutrition on Oct. 21.



Laura Kacer and Shane Goodman at the Johnston Chamber Luncheon and State of the City event Oct. 28.



Kent Faver and Todd Sadler at the Johnston Chamber Luncheon and State of the City event Oct. 28.



Jim Sanders and Heather Goodwin at the Johnston Chamber Luncheon and State of the City event Oct. 28.



JP Pearson and Neil Hyde at the Johnston Chamber Luncheon and State of the City event Oct. 28.



Carla Ellerman, Sharon Vickery, Mayor Paul Dierenfeld and Jamie Lewton at the Johnston Chamber Luncheon and State of the City event Oct. 28.



Madeline Vanderlinden and Janet Wilwerding at the Johnston Chamber Luncheon and State of the City event Oct. 28.

OUT & ABOUT



From left: Rep. Eddie Andrews, Polk County Supervisor Robert Brownell, Rep. Mike Boussetot, Rep. John Forbes, Sen. Jack Whitver and Sen. Brad Zaun participated in the Joint Legislative Forum sponsored by the Urbandale, Ankeny, Grimes, Johnston and Polk City chambers of commerce Nov. 15 at Stoney Creek Hotel & Conference Center in Johnston.



Brian Hilgenberg and Brenda Ballard at the Johnston Chamber Breakfast Before Business held at Bishop Drumm Nov. 19.



Mike Charlie and Jill Creveling at the Johnston Chamber Breakfast Before Business held at Bishop Drumm Nov. 19.



Heather Goodwin and Dan Fitzgerald at the Johnston Chamber Breakfast Before Business held at Bishop Drumm Nov. 19.



Mary Eikenberry and Sharon Vickery at the Johnston Chamber Breakfast Before Business held at Bishop Drumm Nov. 19.



Todd Richman and JP Pearson at the Johnston Chamber Breakfast Before Business held at Bishop Drumm Nov. 19.



Connie Blodgett and Dave Milburn at the 2021 Johnston & Grimes Economic Development Experience at Johnston City Hall Oct. 20.



Madison Taiber, Kayla Bruns, Kati Ross and Leah Champion at the 2021 Johnston & Grimes Economic Development Experience at Johnston City Hall Oct. 20.



Ben Butzke, Andrea Sabus and Matt Burch at the 2021 Johnston & Grimes Economic Development Experience at Johnston City Hall Oct. 20.



Pat Pithan and Gabe Nelson at the 2021 Johnston & Grimes Economic Development Experience at Johnston City Hall Oct. 20.



Phil Dunshee and Grant Taylor at the 2021 Johnston & Grimes Economic Development Experience at Johnston City Hall Oct. 20.

CLASSIFIEDS

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