

JOHNSTON

JANUARY 2022

Living

MAGAZINE

Pets OF A different KIND

What City ordinances
and owners say
about unusual pets

Baked tomato goat cheese dip
RECIPE

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WELCOME

THAT'S NOT a rat

I don't like spiders and snakes. That's what Jim Stafford sang in his 1974 hit single, and I am with him on this one. But not everyone agrees. In fact, a surprisingly large number of people choose to have these and other unusual pets.

Throughout my life, we had the typical array of household pets: dogs, cats, fish and a handful of hamsters. Although rodents can be popular as pets, my childhood choice came about by accident.

My family was at a local park when we saw a small animal scampering across the parking lot. "Look at that rat!" my brother yelled. "Wait, that's not a rat," he added. "That's a hamster."

We slowly walked up to the rodent and discovered that it was, in fact, a hamster. What it was doing on the loose in a city park was anyone's guess. We assumed it escaped from a home and was doing its best to avoid becoming a hawk's lunch. So we did what most anyone would do and threw it in the river.

That's a joke. We took it home and made a makeshift home for it from a cardboard box, which, of course, it ate through in a matter of a few hours. We then constructed a metal box from scrap material in the garage, which this hamster was not going to gnaw through. We even built a hinged opening at the top so we could reach in and get it in and out. What we didn't envision was that this opening would eventually become an escape hatch for the little hamster — and escape it did.

Our family spent hours looking for this newfound pet, leaving food out as an attraction in hopes that it would appear. It didn't appear, but we did find it — floating in the water in the sump pump. That's certainly not a pleasant ending to this story, but we did learn a few lessons in the process, which helped immensely with the three hamsters that my daughters had years later. For the most part, we did become responsible hamster owners, except for the dog eating one of them.

On second thought, maybe spiders or snakes would have been a better choice.

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.



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FEATURE

Pets OF A *different* KIND

What City ordinances and owners say about unusual pets

By Ashley Rullestad

Pet owners often say they can't imagine life without their beloved pet. Dogs, cats, bunnies and other furry friends provide companionship, entertainment and even affection to those willing to give them the time, attention and care they deserve and need to thrive. While the typical pet owner prefers to cuddle with the run-of-a-mill canine or feline, some opt for a more unusual choice. While others may find their pets less than adorable — and perhaps even a tad repulsive — these pet owners are just as attached to their critters of choice as cat and dog owners are to theirs.

Claire Tallman, 10, with her family's two degus — Marvel and Hawkeye.



FEATURE

Follow the rules

The City of Johnston does have pet ordinances that limit the types and quantities of pets allowed in city limits. The City limits pets to “domestic” animals and offers the definition: “a domestic animal is an animal or fowl that is typically accessory to occupancy in a principal dwelling such as a dog, cat, rabbit, or potbellied pig, and is tame or domesticated. Domestic animals of a smaller nature include gerbils, hamsters, guinea pigs, mice, birds, snakes, ferrets, and other similar animals maintained as pets and not for breeding purposes.”

The City restricts “the maximum number of dogs, cats, rabbits, and potbellied pigs or animals or fowl of this nature allowed, which is four adult animals in any combination belonging to the owner of the principal use. There is no limit to the number of smaller animals that may be kept in the dwelling unit.”

The City Code also states: “Non-domestic animals are accessory to occupancy in a principal dwelling and may consist of small caged animals and fowl such as falcons, pigeons, pheasants, quail, chickens, ducks, geese, and other small animals and fowl of this

nature which are kept outside the dwelling and of such type and nature that state and national associations exist establishing norms for breeding, confining and rearing. Pygmy goats and miniature horses are not included.”

No non-domestic animals are allowed on a lot of less than 20,000 square feet. The number of non-domestic adult animals is limited to two on any parcel greater than 20,000 square feet.

Some animals just aren’t allowed. The city regulations state: “No person shall keep, shelter or harbor any dangerous animal as a pet, or act as a custodian for such animal, temporarily or otherwise, or keep such animal for any other purpose or in any other capacity within the city, including wolves and coyotes; badgers, wolverines, weasels, mink and other Mustelids

(except ferrets); bears; all apes (including chimpanzees), baboons and macaques; monkeys, except the squirrel monkey; elephants; wild boar; black widow spiders and scorpions; snakes which are naturally venomous or poisonous; all cats, except domestic cats (Carnivora of the family Felidae including but not limited to lions, cougars, tigers, jaguars, leopards, lynx, bobcats, etc.); raccoons; alligators, crocodiles and caiman.” If you want to check those animals out, stick to the zoo or the great outdoors.



Degus Marvel and Hawkeye require a specific diet and special care.



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Degu dreams

Georgia Tallman's daughter, Claire, 10, has dreams of being an animal rehabilitationist one day. Along with those dreams comes the desire for a number of different pets. In April, 2020, the family added two degus — Marvel and Hawkeye — to the family. Degus are small rodents similar to a gerbil or chinchilla.

"Claire wanted a chinchilla, and, while reading some books from the library, she discovered degus. Chinchillas are nocturnal, and she liked the idea of the degu being awake during the day. She also read they are affectionate and intelligent. She has taught them to come to her by saying, 'Hey, babies.'"

The degus enjoy it when Claire makes little toys out of paper bags or toilet paper rolls filled with timothy hay. She makes them work for their food. They require items to chew on like pumice stones or certain types of wood or sticks, as their teeth continue to grow. The family gathers twigs from their apple trees, bake them, and then give them to the degus.

They can be messy pets. They tend to kick their bedding out of the cage. The Tallmans have a stainless steel tray under the cage, which

helps. These pets require a wheel, and, since they chew everything, they need to be stainless steel, which can be costly, as can the cage.

Degus also need daily access to special dust, which is how they clean themselves. When a degu is caught by the tail, it can shed the skin and slip away. That happened to one of theirs when it was just running through Tallman's husband's fingers. They had to watch the bleeding, but it was fine.

Degus also need a constant supply of timothy hay (a type of hay that is easy to digest) since 80% of their diet should be this hay to maintain a healthy gut. They also need a pellet food. They are prone to diabetes, so no sugary snacks or even certain fruits.

They take a while to tame, even if adopted as babies. Even when tame, they do not sit on laps to be cuddled. They like to run and need time out of the cage in a supervised place away from items dangerous to chew. They can also jump high.

"My daughter and her brother let them run up and down the stairs and hide treats for them to find. They need to be bought in at least pairs. They live in large social groups in the

wild. We have a burrowing box. They burrow in the wild, and they can't with the cage we have."

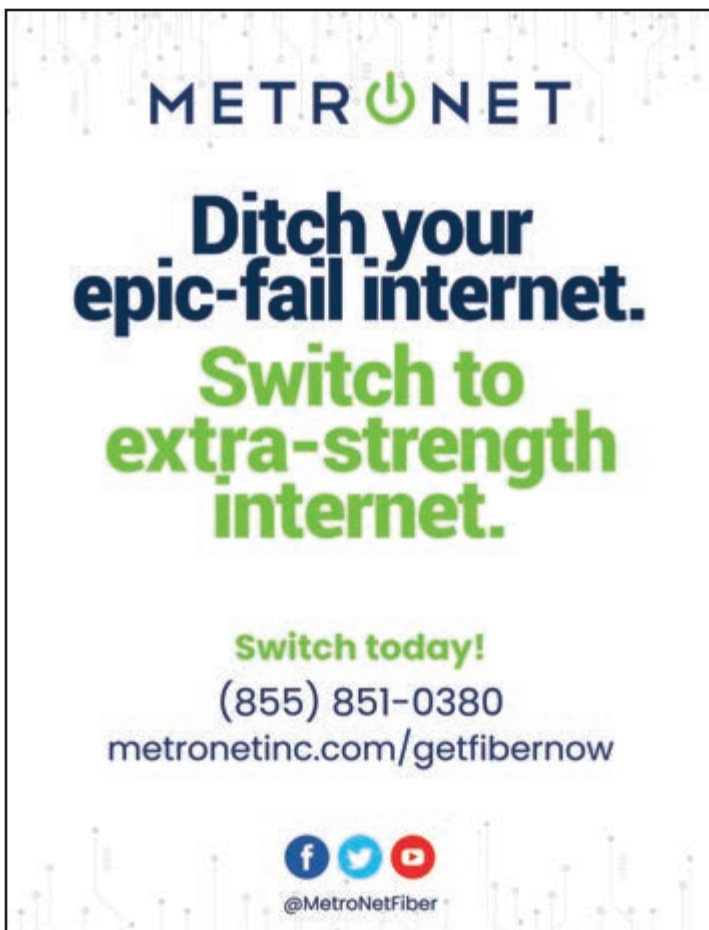
The Tallmans also have two dogs, two parakeets and a betta fish.

"We do not want any more pets at this time," Georgia laughs. "If she did not take care of them 100% of the time, they would be gone. She had already shown she was super responsible with the parakeets, and she's such an animal lover that it's hard to say no. She adores them."

Fun zoo

The Lehman family admits they may have a bit of a zoo growing at home. The family currently has a corn snake, a dwarf rabbit, two African clawed frogs and three turtles (two red-eared sliders and one Belize slider).

"My husband and I have had a variety of pets both before, and since, we've had children," Mechelle says. "Our eldest son is allergic to cats, so we knew that we would most likely go with slightly less standard pets. My husband had all sorts of pets growing up from horses to an alligator who was a rescue from a



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Mallora and Isabeau Lehman holding dwarf rabbit Bella.



Mallora Lehman, 18, with her corn snake Sherbet.

college bio lab, about 2-feet long.”

While Mechelle was pregnant with their now nearly 10-year-old, they bought a western hog nose snake they found charming, and it opened the door to the kids wanting pets other than cats or dogs. Uggie has since passed away.

They found turtles for their eldest son, Thorsten, now 15, for his birthday when he turned 10, because he is a fan of Ninja Turtles. They acquired the corn snake, Sherbet, four years ago, and it stays with Mallora, 18.

Two years ago, they thought about adding another critter and wanted to get something furry, so they looked into hedgehogs. Then they decided they wanted to rescue an animal and found a dwarf rabbit needing a home. They named her Bella.

“Then, last year, while Christmas shopping at the Learning Post, we saw the clawed frogs and thought, ‘Well, we don’t have frogs,’ so we bought frogs. All of the animals we have now are all animals either myself or my husband had experience with when we were younger. Each of these animals takes a different sort of care, and it helps to look into it before getting any of them.”

Lehman recommends being able to see the animals and perhaps meet with some owners to learn more about exotic pets before bringing them home. If reptiles are of interest, she suggests reptile trade shows as a better bet than a pet store because you will get more detailed knowledge and personalized information from a person hand-raising them.

“We are now looking into the idea of adding another critter to the bunch but are being pulled in two different directions. Of course, these are all really family pets, and we pitch in to take care of them and clean up after them, because some pets are more work than others. ”

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Hayley Keenan and bearded dragon Toothless.

Dragon roar

Hayley Keenan's son Carson, 6, thought he was going to get a fish when they went shopping, but he saw a bearded dragon and was enthralled. Bearded dragons have skin on their throat that they can puff or flare out, and it looks somewhat like a beard.

"I did some research and talked to some friends that have one, and we went and got it."

Bearded dragons are an ancient kind of lizard originally found in Australia. They live in a desert climate, and they are considered easy to care for and tolerate human interaction well. They typically live anywhere from seven to 12 years in captivity, are 15-20 inches long, and eat a variety of food including crickets, mealworms, vegetables like sweet potato, leafy greens, and even some fruits.

Make sure you create a comfy environment for your dragon. They need a large cage with branches, a heat source, and rocks and spots to hide.

"He's fairly easy to care for as long as you get a male; females are a little harder. They are kind of expensive because you need heat bulbs — and bugs are expensive. Definitely do your research first and buy from a reputable breeder and spend as much time as you can with the dragon so it gets used to you and trusts you."

They enjoy their little dragon, named Toothless after the dragon in the movie "How to Train Your Dragon."

"He's a great pet and so fun to watch." ■

WHAT DO you want to do...?

January is the time of new beginnings, a fresh start. Now, if it brings four or five Mondays in a row with snow days, then that is not new, but we do have to come to the reality that the weatherman is never 100% right. I digress.

This time of year is a great time to evaluate your goals. Back in high school, a wise and hopefully considerate guidance counselor may have asked you, "What do you want to be when you grow up?" What he or she was trying to accomplish was to open your mind to setting long-term goals. Let me put on my Financial Guidance Counselor hat now. So, what do you want to do in the next three years, five years, or even 30 years? Let's break it down.

As a financial advisor, my job is sitting with people helping to guide their ambitions and intentions. We call this a goal-setting session. I don't want to be too cheesy, but how can someone on my side of the table help you to the finish line if we don't know about the race? Here is where I tell people to start:

Think...and pray on these dreams. Is it to buy a house in the next three years, is it to complete some education to better your financial position, or is it to lose 10 pounds before the big 10K next spring? Start with what you want to accomplish. Write it down, share it with those in your circle.

What would you have to do or give up doing to accomplish these dreams in this timeframe?

Unfortunately, it is easy to set goals, but the action to change is much more difficult. Maybe it is to start saving for retirement. Then, given your age and position in life, what is needed at the end point, what can you afford to set aside, or, even, how would you invest to get on the path of the savings goal?

Don't lose sight. After some good progress, many of us lose sight. There is an old saying that it takes two weeks to change a pattern: weight loss, adjusting to different work schedules, etc. I would venture to say that changing the pattern of long-term saving takes two to three years. The first year you are adjusting to the reduction in spendable income. The next two to three years, you are attempting to increase your regular savings. Here is a tip: I, too, have a long-term goal. There is a picture of it taped to my bathroom mirror. I need to look at it at least twice a day when I brush my teeth. Find a way to keep the goal in front of you.

Lastly, check in on the goals. Set a time on a regular basis to check in, evaluate, and adjust. Don't hesitate to reach out to someone for help in your goal accountability.

Goal setting is a life-long mission. From small daily efforts to long-term, even generational efforts, make sure to keep your financial advisors in the loop. They may be able to direct and even help hold you accountable to those visions. ■

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



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Happy New Year

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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

Instrument Petting Zoo

Johnston Public Library
Tuesday, Jan. 11, 10:30 a.m.

This hands-on experience with the Des Moines Symphony Academy is designed to introduce young children to stringed instruments and will include opportunities for kids to try playing instruments for themselves. Due to the close proximity between participants and Des Moines Symphony staff, all participants are required to wear masks during this program. Go online at johnstonlibrary.com/kids to check out the full itinerary of ongoing programs for kids from ages 6 months to fifth grade.



Teen Board Game Club

Johnston Public Library
Second Tuesday each month,
6:30 p.m.

JPL has a club or program to accommodate many different interests. The formerly virtual Teen Board Game Club is returning to in-person meetings. A local board game expert will teach the group how to play different tabletop games each month. This program is for students in grades 6-12.



Water Polo at Summit Pool

Jan. 9 - Feb. 6, 3-5 p.m.
Summit Pool

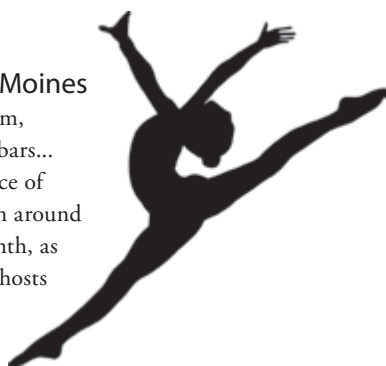
Water Polo for ages 11-18 is being offered. No experience is necessary. Register online at <https://johnston.ce.eleyo.com/course/2347/winter-2022/water-polo>. Water polo is a game of endurance and teamwork played between two teams of six players plus goalkeepers. This water polo program will provide a mix of instructional time, where players will develop essential skills like throwing, catching and passing, and intra-squad scrimmages. All equipment is provided.



Gymnastics: Chow's Winter Classic

Jan. 13-16
Hy-Vee Hall in
downtown Des Moines

The balance beam, vault, floor, uneven bars... Witness the excellence of 1,500 gymnasts from around the country this month, as Chow's Gymnastics hosts the 19th Annual Chow's Winter Classic. The event features gymnasts competing in USAG Levels 3-10 and Xcel. This year, the Winter Classic will also showcase a dual meet between the Iowa State Cyclones and the Temple Owls. For more information, visit www.ChowsGymMeets.com.



Private swimming lessons

Jan. 9 - Feb. 6
Summit Pool

Lessons for all abilities will be offered Jan. 9 - Feb. 6. Register online at https://johnston.ce.eleyo.com/search?redirected_yet=true&sf%5Bcategory%5D=68. Swim instructors and assistant coaches are being hired.



Tedeschi Trucks Band concert

Wednesday, Jan. 19
Civic Center, downtown
Des Moines, 221 Walnut St.

This 12-member collective continues to push musical boundaries. From uplifting soulful anthems to bittersweet ballads and driving rock and roll, Tedeschi Trucks Band delivers an impactful sound and message with its genre-defying repertoire. For more information, visit DMPA.org.



Samantha Fish concert

Wednesday, Jan. 19
Wooly's, in downtown Des Moines'
Historic East Village

This live performance features Samantha Fish's explosive brand of blues/rock-and-roll. For more information, visit www.woolysdm.com.

Fire & Ice Winter Pub Crawl

Saturday, Jan. 22, 1-4 p.m.
Valley Junction

CITYVIEW'S winter event returns. Tickets, ordered in advance, are \$20. Cost is \$30 at the door. Ticket covers 10 sample winter specialty drinks at participating establishments in Valley Junction. Tickets are available online at fire-and-ice.dmcityview.com.



EVENTS IN THE AREA

Be sure to check for cancellations

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



Winter Jam - All Together Now Tour

Saturday, Jan. 22

Wells Fargo Arena, 233 Center St., Des Moines

Winter Jam, Christian music's biggest multi-artist tour, returns this year, and the 2022 lineup is loaded featuring Skillet, Tauren Wells, KB, Colton Dixon, I Am They, NewSong and pre-jam artists Abby Robertson and Bayside Worship along with speaker Shane Pratt. General admission is a \$10 donation at the door starting at 4 p.m. The pre-show is at 5 p.m., and the show starts at 6 p.m. For more information, visit www.jamtour.com.

Transcending Trauma seminar

Friday, Jan. 28, check-in starts at 9 a.m.

Program 9:15 a.m. to 4:20 p.m.

Grand View University, The Student Center

Crossroads of Iowa is offering its ninth annual community seminar for "the helping professionals and survivors of trauma." Tuition, which must be prepaid, is \$100 or \$85 if postmarked by Jan. 21. Register online at www.crossroadsofiowa.org or mail checks to 2815 199th St., Suite 111, Urbandale, IA 50322. Walk-ins welcome if space available with payment of cash only. Topics include Eye Movement Desensitization Reprocessing; Rounding, Grieving, Growing Steps of Recovery from Trauma; An Extensive History Validated by Research; and Healing Trauma Through Yoga.

That Golden Girls Show! A Puppet Parody

Jan. 25-30

The Temple Theater, 1011 Locust St., Des Moines

Sophia and her get-rich-quick schemes, Rose and some epic tales from St. Olaf, Blanche and an insatiable hunt for you know what, and Dorothy's daily struggle to figure out life. This new show uses puppets to parody the TV classic, "Golden Girls." For more information, visit www.desmoinesperformingarts.org.

Immortal Beloved by the Des Moines Symphony

Saturday, Jan. 29, 7:30 p.m. and

Sunday, Jan. 30, 2:30 p.m.

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

"Ever thine. Ever mine. Ever ours," wrote Beethoven in a July 1812 letter to his "immortal beloved," a woman whose identity has remained one of the great mysteries of classical music. Now the Des Moines Symphony's Masterworks 4 features the concert "Immortal Beloved" with Natasha Paremski playing Rachmaninoff's grand Third Piano Concerto. For more information, visit www.dmsymphony.org.



Iowa Wild Hockey home games

Various January dates

Wells Fargo Arena, 730 Third St., Des Moines

Enjoy hockey at the American Hockey League level, with players that regularly go on to play for the Minnesota Wild. For more information, visit www.iowawild.com. Home games are:

- Friday, Jan. 14 vs. Chicago Wolves, 6 p.m.
- Saturday, Jan. 15 vs. Chicago Wolves, 6 p.m.
- Monday, Jan. 17 vs. Milwaukee Admirals, 2 p.m.
- Friday, Jan. 28 vs. San Diego Gulls, 7 p.m.
- Saturday, Jan. 29 vs. San Diego Gulls, 6 p.m.

Iowa Wolves home games

Various January dates

Wells Fargo Arena, 730 Third St., Des Moines

The Iowa Wolves basketball team is affiliated with the Minnesota Timberwolves of the NBA and plays in the NBA Gatorade League, which is the NBA's official minor league. Home games are set for:

- Thursday, Jan. 13 vs. Memphis Hustle/Grizzlies
- Sunday, Jan. 23 vs. Texas Legends/Mavericks, 4 p.m.



Des Moines Buccaneers home games

Various January dates

Buccaneer Arena in Urbandale, 7201 Hickman Road

The Buccaneers, a Junior A Amateur Ice Hockey team, entertains local audiences with fast-paced action. For more information, visit www.bucshockey.com. Home games are:

- Friday, Jan. 7 vs. Tri-City Storm, 7 p.m.
- Saturday, Jan. 8 vs. Omaha Lancers, 6 p.m.
- Friday, Jan. 14 vs. Waterloo Black Hawks, 7 p.m.
- Saturday, Jan. 15 vs. Lincoln Stars, 6 p.m.



RECIPE

WARM UP winter with comforting classics

(Family Features) Whipping up family favorites all winter long is a perfect activity to keep loved ones warm in the kitchen while avoiding the bitter chill outdoors. Delicious, heartwarming snacks offer a simple and savory way to bring everyone in from the cold while enjoying comforting flavors together.

Lean on beloved ingredients like go-to RAGÚ sauces when it's time to come together for quick bites. The possibilities are nearly endless with delicious recipes using classics like the RAGÚ Old World Style Traditional or RAGÚ Simply Traditional options.

Hearty flavors can take away the chill of winter in recipes like Baked Tomato Goat Cheese Dip. Easy to make and fun to create, this simple snack is perfect for a cold afternoon spent together in the kitchen or watching a family-movie marathon.

Find more recipes perfect for warming up this winter at Ragu.com. ■

Baked tomato goat cheese dip

Recipe courtesy of Marzia Aziz of "Little Spice Jar"

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4-6

Ingredients

- Nonstick cooking spray
- 2 cups RAGÚ Simply Traditional Sauce
- 3 cloves garlic, divided
- 1/4 cup fresh basil, chopped, divided
- 1/8-1/4 teaspoon red pepper flakes
- 1 log (10-12 1/2 ounces) goat cheese, softened at room temperature
- 2 teaspoons olive oil, plus additional for brushing, divided
- 1/4 teaspoon fresh thyme
- kosher salt, divided
- pepper
- 1 large baguette, sliced on bias
- blistered tomatoes, for serving (optional)

Directions

- Position one rack in upper third of oven and one in lower third. Preheat oven to 375 F. Spray small, round baking dish with nonstick cooking spray; set aside.
- Add sauce to small bowl. Grate in two garlic cloves then add 1/8 cup basil and red pepper flakes. Stir to combine then pour sauce into baking dish.
- Smash goat cheese log into ball. Place ball between two sheets plastic wrap. Using hands, flatten cheese into thick, round disc about 1 inch smaller in diameter than baking dish. Remove goat cheese from plastic wrap and place in center of sauce. Drizzle cheese with 2 teaspoons olive oil. Sprinkle with fresh thyme, kosher salt and pepper. Bake on lower rack, uncovered, 20-25 minutes, or until sauce is bubbly and cheese is warmed through.
- Place baguette slices on baking sheet. Drizzle or brush with olive oil and



sprinkle with kosher salt. Bake crostini on upper rack 10-12 minutes, flipping halfway through. When bread is done, remove from oven, cut last garlic clove in half and rub cut side on bread.

- Top dip with remaining basil and blistered tomatoes, if desired, and serve with crostini.
- **Note:** To make blistered tomatoes: Heat skillet over medium-high heat until almost smoking. Add 1 pint cherry tomatoes to dry skillet and let sit 1 minute. Lower heat to low, toss tomatoes with 2 teaspoons olive oil and cook 2-3 minutes, or until tomatoes are about to burst. Remove from heat; sprinkle with pinch of salt and pepper.

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HVAC

By Kendel Richlen

RESOLUTIONS? Don't forget to add your HVAC

It's that time again... New Year's resolutions. Before making any big commitments or giving up your favorite guilty pleasure snack, we have four New Year's resolutions that aren't only easy to follow and implement now but will improve your everyday health and comfort.



Need a fresh start to your year? A great resolution is to change the filter on your HVAC on a regular basis. Forgetting to change your HVAC filter results in dust and debris build-up that makes your furnace work harder than it needs to. The same dust and debris are getting into the air you're breathing, too. This results in poor air quality, making it harder to breathe. If you suffer from allergies, asthma, or have pets, this can have a greater effect on you.

If you want to take indoor air quality to the next level, stick to a regular cleaning schedule. Vacuuming and cleaning your vents can go a long way in improving air quality. Taking the proper steps to maintain good air quality in your home will make you feel better and help your HVAC work more efficiently.

Is consistency at the top of your list this year? A smart thermostat is just what you need, and it will save you money, too. Smart thermostats have appealing features that can make quite the difference with just a simple click of a button. Are you a planner? You will fall in love with the scheduling feature that allows you to set the temperature of your house based on the time of day. Smart thermostats also allow you to see how much energy your HVAC system is using, tell you the pollen levels in your area and easily connect to your home's current virtual assistant, allowing you to command with your voice.

Are certain parts of your house cooler or warmer than others? Do you use certain rooms only once or twice a year? Zoning systems can bring that missing balance back into your home. A zoning system allows you to control the temperature of each room in your house. This is another great way to save money on heating and cooling bills.

We all think about being healthier in the new year and forget that there's more to it than exercising and saying no to those leftover Christmas cookies. Just following one of the simple resolutions previously mentioned can start your year off on the right track. ■

Information provided by Kendel Richlen, Owner,
72 Degrees Comfort Company, 811 S.W. Ordinance Road,
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HOME HEALTH

By Ward Phillips

ADULT day centers

Respite for families caring for loved ones

When her husband was diagnosed with dementia at the age of 53, Sara Harless of West Des Moines began thinking simply in terms of coping — of anticipating bleak days spent watching her healthy, vital spouse decline into someone she would no longer know.

She couldn't have anticipated that she'd spend the next several years watching him not only survive, but thrive in an environment that would make the most of his days.

"I think being in an adult day center actually extended Michael's life," Sara said.

Adult day centers serve older adults who typically live with family members because of health-related needs. Participants visit the centers while their caregivers are at work or are busy with other responsibilities and benefit from involvement with their peers in a safe and enriching setting that focuses on their abilities and preferences.

Many have memory challenges — a situation that is welcomed by many adult day centers, as programming often specializes in memory support.

Becoming aware that adult day centers existed was akin to finding water in the desert for Sara, who had been struggling with her husband's care when she learned one day about a nearby center.

"It was quite literally as if God had set an actual sign down in my path," Sara said. "He knew I was struggling and that Michael was struggling, too."

Sara's experience was typical; families that could likely benefit from adult day services often have never heard of them or have no idea what the services involve. Once someone finds out what an adult-day center has to offer, they end up wondering why they hadn't taken advantage of services sooner, as services can provide so much help that improves not only the lives of participants, but of their families.

The knowledge that her husband was enjoying the center's programming while being treated with kindness and respect helped Sara focus on her job — and assisted her in letting go of the guilt she had initially felt about spending time away from him.

"The simple fact that he was safe was such a blessing to me, and it was icing on the cake that he actually enjoyed his time there and participated in so many activities," Sara said. "And I was able to hang on to my work, which was something that I needed for a sense of normalcy as well as income."

Adult day centers are usually private-pay but often have financial aid available through grants or other means. To learn more, search online for adult day centers in your area. ■

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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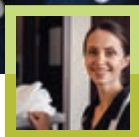
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TAFTA to lead Community Nutrition, Meals on Wheels outreach

WesleyLife, the region's most comprehensive not-for-profit provider of health and wellbeing services for older adults, has announced that Frank Tafta is the organization's new director of Community Nutrition.



"We are called to serve greater numbers of older adults through our Meals on Wheels program than ever before, and we are delighted to welcome a director with Frank's vision for the future of our program," said Janet Simpson, vice president of Network Operations for WesleyLife. "Frank's passion for serving older adults, wealth of nutrition-based experience, and creativity position him to be tremendously effective in this role."

Tafta has served WesleyLife for the past four years as director of Food and Beverage for Hearthstone, a WesleyLife Community for Healthy Living in Pella. He joined Hearthstone from Tassel Ridge Winery in Leighton, where he served as executive chef. Prior to that, he served in a similar role for the Hotel Ottumwa.

He earned a bachelor's degree in hospitality from Le Cordon Bleu College of Culinary Arts in Scottsdale, Arizona, and an applied food science degree from Le Cordon Bleu in Minneapolis.

In his new role, Tafta will oversee and grow the WesleyLife Meals on Wheels program in central Iowa, leading the charge as WesleyLife continues to combat food insecurity and enhance the program's reach and visibility in the metro and beyond. ■

RIDE on

Kerns' new ride of choice is a Harley Tri Glide.



Joseph Kerns is the proud owner of a 2017 Harley Davidson Tri Glide.

Twenty motorcycles into his riding career, Johnston's Joseph Kerns knows his way around a two-wheeler.

Or three, in this case.

Kerns is the proud owner of a 2017 Harley Davidson Tri Glide he bought new almost five years ago. He's been riding many brands, shapes, sizes and models of motorcycles since he was 14 years old, but there's something about a Harley.

"I've had all brands, but I've always gone back to Harley," he says. "I've had two Harleys at one time, and my wife, Mary Kay, decided I didn't need two because you can only ride one at a time."

Kerns' move to a Tri Glide came as the result of a heart attack nine years ago. He was no longer able to hold up his Ultra Classic, so a move to something more stable and without as much weight was necessary.

The ride provided by a "trike" is also more comfortable, he says, especially on a windy or rainy day when more stability is needed.

It's good for Mary Kay, too.

"She loves riding on the back of it," he says. "I have an armrest I put on there for her so she can relax. Half the time I don't even know she's back there. I have to turn around

and look. It's a beautiful bike."

The Tri Glide first came onto Kerns' radar during the couple's trip to Arizona, where he rented one and liked everything about it.

"After that, I thought, 'Someday I'll own one,'" he says. "Then I had the heart attack a year later and owned one."

Riding in the rain can be a problem for owners of the standard two-wheel motorcycles, for obvious reasons. But, on a Tri Glide, that all changes.

"One weekend I was riding back from Waterloo, and it was pouring rain," Kern says. "Cars were pulling over, but I just kept right on going."

The trip to Waterloo used to be a regular one for the couple.

"We'd go up there on the weekend and visit my mom," he says. "It was a nice little 100-and-something mile ride. We enjoyed that. She passed, though, and now that the grandkids live close us, we don't get out and ride nearly as much as we used to."

At 69, Kerns says he's seriously thinking about retiring soon. The riding, though, that's something that will continue, he says.

"I don't see myself ever stopping." ■

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dance vision



DANCE VISION

OWNER: Sabetha Mumm

ADDRESS: 8711 Thomas Ave., Johnston

PHONE: 515-270-8299

WEBSITE: www.dance-vision.com

Dance Vision, located off 86th Street in Johnston, was founded in 2003 with the purpose of providing professional dance training for students of all ages and abilities in the Des Moines metro area.

With humble beginnings but a big dream, Dance Vision started off in a 100-foot by 24-foot bay of a strip mall on Merle Hay Road. However, each year as they grew and outgrew their space, they kept expanding. After three expansions, all while renting space, it became clear Dance Vision needed to expand into something larger. In 2016, the owner finished building a state-of-the-art 12,600-square-foot facility for Dance Vision. Dance Vision, located at 8711 Thomas Ave. in Johnston, now serves more than 500 students and has a staff of 28 part-time and full-time employees at their new home with five studio rooms.

Many of the staff at Dance Vision were professional dancers themselves and have degrees in dance or professional company experience. Almost all of them were born and raised in Iowa. Through the staff's knowledge of the dance industry and their desire to teach and help their students succeed, there is a commitment to excellence you can feel when you walk into the studio.

Also known for incredible customer service, Dance Vision has a dedicated full-time office staff of five employees to take care of all their clients' needs.

Adding to the list of attributes making this place special is their commitment to the education of all dancers. While many dance studios focus on their competition teams, Dance Vision has curriculums and programs designed specifically for their recreation-level students and feels strongly about giving ALL their students the same attention and level of excellent instruction. Dance Vision also has an incredible program for students with special needs called "Dream Team." Partnering with ChildServe and local special needs homes, Dance Vision offers classes, free of charge, to these wonderful clients, including choreographing a routine to showcase them in the annual recital. Dance Vision truly is dedicated to the education of all dancers.

Building on their commitment to excellence, Dance Vision is also proud of the opportunities it can offer for those students who wind up loving dance so much they consider it their sport. Over its 18 years in business, Dance Vision has brought in more than 120 guest teachers from every television show, movie, tour, YouTube and social media platform you can think of. These guest teachers train the students and set choreography for them. Some of Dance Vision's alumni have even gone on to work for these guests. Dance Vision now has more than 20 alumni working as professional dancers all around the world.

dance vision

**Understanding the
NO SURPRISES ACT**
as it goes into effect
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INSURANCE

By Janis Van Ahn

NO SURPRISES Act: what to know

In December 2020, Congress passed the No Surprises Act as part of the Consolidated Appropriations Act of 2021, which forbids patients from receiving surprise medical bills when seeking emergency services or certain services from out-of-network providers at in-network facilities. The Departments of Health and Human Services (HHS), Treasury, and Labor were tasked with issuing regulations and guidance to implement the No Surprises Act, most of which was set to go into effect on Jan. 1, 2022.



Surprise billing happens when people unknowingly get care from providers that are outside of their health plan's network and can happen for both emergency and non-emergency care. Balance billing, when a provider charges a patient the remainder of what their insurance does not pay, is currently prohibited in both Medicare and Medicaid. This rule will extend similar protections to Americans insured through employer-sponsored and commercial health plans.

Some provisions the final rule provides:

- Bans surprise billing for emergency services. Emergency services, regardless of where they are provided, must be treated on an in-network basis without requirements for prior authorization.
- Bans high out-of-network cost-sharing for emergency and non-emergency services. Patient cost-sharing, such as co-insurance or a deductible, cannot be higher than if such services were provided by an in-network doctor, and any coinsurance or deductible must be based on in-network provider rates.

• Bans out-of-network charges for ancillary care (like an anesthesiologist or assistant surgeon) at an in-network facility in all circumstances.

• Bans other out-of-network charges without advance notice. Health care providers and facilities must provide patients with a plain-language consumer notice explaining that patient consent is required to receive care on an out-of-network basis before that provider can bill at the higher out-of-network rate.

Tackling surprise billing is critically important, as it often has devastating financial consequences for individuals and their families. Two-thirds of all bankruptcies filed in the United States are tied to medical expenses. Researchers estimate that 1 of every 6 emergency room visits and inpatient hospital stays involve care from at least one out-of-network provider, resulting in surprise medical bills.

These provisions will provide patients with financial peace of mind while seeking emergency care as well as safeguard them from unknowingly accepting out-of-network care and subsequently incurring surprise billing expenses. ■

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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CITY HALL AND PUBLIC LIBRARY CLOSED FOR MLK HOLIDAY

Johnston City Hall and the Johnston Public Library will be closed on Monday, January 17, due to the Dr. Martin Luther King, Jr. holiday. Your trash and recycling pickup days are not affected by this holiday. The regularly-scheduled Johnston City Council work session and meeting will now take place on Tuesday, January 18.

WHY SHOULD YOU SIGN UP FOR SMART911?

What if there's a fire, a medical emergency, or a child goes missing? When you dial 9-1-1 under stress, you may not have access to important details, or you may have trouble remembering them. Smart911 is a new service in the community that allows you to create a Safety Profile at www.smart911.com that includes details you want the 9-1-1 center and public safety response teams to know about your household in an emergency. When you dial 9-1-1, your Safety Profile automatically displays to the 9-1-1 call taker, allowing them to send responders based on up-to-date location and emergency information. With your Safety Profile, responders can arrive aware of many details they would not otherwise know. Fire crews can arrive knowing exactly how many people live in your home and where the bedrooms are located. EMS personnel can know family members' allergies or specific medical conditions. And police can access a photo of a missing family member in seconds rather than minutes or hours, helping the search start faster.

SNOW REMOVAL ON YOUR SIDEWALKS AND PRIVATE PROPERTY

After a snowfall event, you have 48-hours to clear the snow from your sidewalks. All sidewalks adjacent to private property are the responsibility of the property owner. If your sidewalks are not clear of snow within 48-hours, you could receive a fine. The City wants to ensure you are clearing the sidewalks for the public's safety! While you may not venture out for a walk or run during the winter months, many other residents and visitors do. If you have a resident who has not cleared their snow, please call the Building Department at 515-727-7778.

The City reminds you that snowplows will not clear private driveways or private property except to allow emergency vehicles access to private property for fire, police, or EMS calls.

RECEIVE SNOW PARKING BAN NOTIFICATIONS

The City of Johnston will soon receive snow and ice, and the Public Works Department would like to ensure you are signed up to receive the alerts when the parking ban goes into effect. The City may declare a snow parking ban based on several factors, including snow, sleet, freezing rain and blowing snow. The parking ban may be extended if conditions require additional time to clear the snow and/or ice.

Sign up by visiting www.cityofjohnston.com/JohnstonAlerts.

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



CITY NEWSLETTER

JANUARY 2022

COMMUNITY ICE RINKS

The City of Johnston has two ice rinks open during the winter months when weather permits. The rinks are located within our City parks.

- Johnston Commons, 6700 Merle Hay Road
- Crosshaven Park, 7909 NW 95th Street

The public ice rink at Johnston Commons measures 80 x 40 feet, which was donated in partnership between the Iowa Wild and Wells Fargo. The rink at Crosshaven is 30 x 55 feet. The rinks are not supervised, and all skaters are advised they are skating at their own risk. Bring your skates and take part in this new, free activity!

The rink at the Johnston Town Center is open daily from 10 a.m. to 8 p.m. If you have your own skates, you can enjoy the rink for free. Skate rental is available Friday evening, and on Saturday and Sunday. View more information by visiting www.cityofjohnston.com/IceRink.



SAVE THE DATE

Twenty-twenty-two is going to be a busy year in the City of Johnston. We look forward to seeing you at events in The Yard and recreation activities at Terra Park. We wanted to ensure you save the date for these upcoming events.

- **Martin Luther King Day on Monday, Jan. 17:** Johnston City offices/library closed
- **Presidents' Day on Monday, Feb. 21:** Johnston City offices/library closed
- **Annual Tree Sale on Tuesday, Apr. 12:** The online form will open at 8 a.m.
- **Spring Cleanup on Monday, Apr. 18 and Tuesday, Apr. 19:** Please ensure items are at the curb by 6 a.m.
- **Kites on the Green on Saturday, May 7:** Johnston Commons, from 10 a.m. to 5 p.m.
- **Memorial Day on Monday, May 30:** Johnston City offices/library closed
- **Johnston Green Days at Terra Park:** Thursday, Jun. 16 – Sunday, Jun. 19

SIGN UP FOR NEWSLETTERS TO STAY INFORMED

We invite you to subscribe to our electronic newsletter. Every Thursday, we send information on our most important things happening in Johnston right to your inbox. It is a quick, informative read. The electronic newsletters are also sent the first of each month. Sign up by visiting www.cityofjohnston.com/notifications.

For more information about the city, please call 515.278.2344

Start 2022 off right, join the Johnston Rotary!

UPCOMING SPEAKERS

Jan. 11 - Ed Arnold, NW Rotary &

Alex Barker, Iowa Wolves Basketball

Polio Plus event in conjunction with the Iowa Wolves

Jan. 18 - Peggy Rasmussen and Chelsea Ladlie

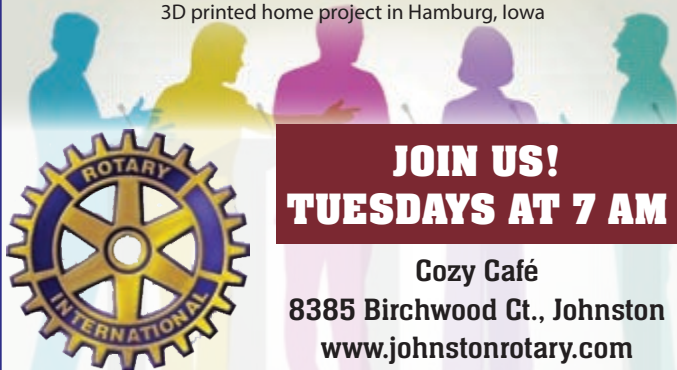
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Feb. 1 - Professor Pete Evans, AIA IDSA

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ROTARY By Gene Nelsen

JOHNSTON Rotary focusing on younger members

The Johnston Rotary Club is looking to attract younger, entrepreneurial members. A key element in that effort is an age-based, tiered dues structure incorporating reduced fees for younger members.

The motto of Rotary is "Service Above Self." The Johnston Club integrates that motto as it performs beneficial community projects that are primarily youth oriented. A Johns Hopkins Center study estimated nearly 47 million hours of volunteer efforts generated by Rotary members in a typical year. That report analyzed the economic impact of those hours and estimated the value conservatively at \$850 million a year.

Some younger business leaders seek out opportunities to give back. Rotarian volunteer service is more than doing something that feels good. Becoming part of a service organization like Rotary, whose goal and projects make a difference, can also be very rewarding. Many times, team efforts can simply accomplish more, while having fun in the process with other like-minded people.

Johnston Rotarians include business leaders, health professionals, ministers, real estate professionals, instructors, attorneys, financial planners, military leaders, school administrators, friends and neighbors, all with the common goal of doing good for their community and beyond.

Other reasons why being part of Rotary and its service efforts can be beneficial:

- It's good for you. It provides physical and mental rewards and can reduce stress and make you healthier in the process.
- Younger Rotarian volunteers can interact directly with more seasoned local professionals.
- You can lead service projects that help your career.
- It promotes personal growth and self-esteem.
- Community service projects help foster empathy and self-efficacy.
- As a young Rotarian with its projects, you can help, support, improve and beautify the community.
- You can simply have a chance to give back and make a difference.

Rotary International is an international service organization whose stated purpose is to bring together business and professional leaders in order to provide humanitarian service and to advance goodwill and peace around the world. It is a non-political and non-religious organization. The Johnston Rotary Club is part of the 1.4 million member Rotary International group.

Typically, the group meets Tuesdays at 7 a.m. at Hyperion Field Club, which has one of the best views (and food) in the metro area. During January, Hyperion closes down for some maintenance projects. As such, Johnston Rotary meets at alternate locations. See the ad on this page to see the locations, as well as the speaker who will be presenting. Try it out.

Additional information can be found at the Johnston Rotary website (<https://portal.clubrunner.ca/1649>) and the Rotary International site (<https://www.rotary.org/en>).

The local Johnston Rotary Club contact is Mike Schoville, 515-306-8487, schovillemike@gmail.com. ■

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



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BUILDING leaders

Program promotes self-confidence and ownership.

Throughout the 2019-2020 school year, staff at Summit Middle School began training on the Leader In Me Initiative and, more specifically, the 7 Habits of Highly Effective People.

An initiative that is district-wide from elementary to middle school, the program's

primary goal is to teach students to become more self-reliant and build leadership skills while creating a culture at school where students feel a sense of safety, belonging and ownership. Lead educator of the Summit Middle School Leader In Me Initiative Dean Myers says that he likes being able to help students find their potential as a leader rather than have them just help out.

"A few years ago, I was helping out at a student-created event, and I remember being so impressed with not only how they could organize such an event but also generate a lot of excitement around it," Myers says. "I realized that we need to trust our students to create and lead more, so when I learned about the Leader In Me program coming to Summit, I knew I wanted to be a part of it."

Myers says students can get involved in many ways in the Leadership In Me Program. The Student Lighthouse Team, for example, is a building-wide leadership team assembled through an application process. This team works with teachers and administration to address school-wide issues such as planning socials, giving new students tours, and volunteering during school conferences.

While only a limited number of students are approved for the Lighthouse Team, Myers says many other leadership opportunities are available. In addition to a variety of committees and clubs, students can also participate in community-wide roles on committees such as Tech Help Team, Community Care, New Student Ambassadors, and more.

"In addition to helping young people find their potential as a leader, the program, I believe, plays an important role in their social-emotional wellbeing," Myers says. "This program, through training with the 7 Habits, coaches students on how to deal with emotions, have difficult conversations, set goals, collaborate with others, and so much more. Students are then able to apply these life skills here at school."

Although the Johnston Summit Middle School Leader In Me Initiative is already up and running, Myers says it is a process, with the program currently in year one of three in terms of being fully implemented. Going forward, Myers is looking forward to students leading new orientations, getting involved in service projects, collaborating with the community and so much more. ■



The Student Lighthouse Team made a variety of signs to help at parent-teacher night.

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BEFORE YOU GO

By Jan Shawver

NEW YEAR'S resolutions

How many of us “resolve” to make changes in our lives on Jan. 1, only to have them go by the wayside within days or weeks? Carrying out those resolutions is not always easy. In fact, in many cases, it is just plain hard. You have the best of intentions, but then life happens and those intentions are put aside.



One resolution which can easily be kept is making pre-arrangements for your future funeral/burial needs.

The loss of a loved one is devastating for the family — even if the passing is expected. Then, there are so many details to care for. I know of at least 67 things that must be done within hours/days of a death.

My resolution this year, through this monthly article, is to help you navigate through some of those 67 things. Many of them may be done in advance, giving family members time to grieve their loved one's passing instead of scrambling to care for a myriad of details.

The first and most basic thing to determine is whether you want a casket burial or cremation. That decision will be the foundation for the other decisions.

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 Dr. Mallori Phillips

PRIORITIZE eye health

You've probably heard of glaucoma. Chances are, one of your family members has been diagnosed with glaucoma. Do you know what that means? Prior to attending optometry school, I'd heard of glaucoma, but mostly just noticed the word closely resembled guacamole! January is Glaucoma Awareness month, and here's some information about what a glaucoma diagnosis could mean for you.



Imagine standing at a giant picture window, looking at the sun setting on the horizon. Now, imagine trying to appreciate the same sunset while standing in a tunnel. Glaucoma causes a similar vision effect — it diminishes your side vision. Glaucoma is a disease of the optic nerve, which consists of many fibers that deliver visual information to the brain. As glaucoma develops, optic nerve fibers die, ultimately leading to peripheral vision loss. Vision loss occurs so slowly that most people are unaware they're losing any vision at all. Because symptoms can remain undetected, the most critical preventative measure to protect your vision is attending your annual comprehensive eye exams. Thanks to technology that continues to evolve, optometrists can screen every patient for glaucoma risk using precise micron-level equipment. Combining new data with historical eye pressure measurements, we can more efficiently and proactively manage guacamole. Wait — glaucoma! ■

Information provided by Dr. Mallori Phillips, Total Family Eye Care, 515-986-1234, www.totalfamilyeye.com.

IMPORTANCE of cervical health

In 2021, about 14,000 women in the United States were diagnosed with cervical cancer and about 4,000 women died of the disease. Cervical cancer is almost always caused by the human papillomavirus (HPV), and this cancer can be largely prevented with screening and vaccination.



Q: What is cervical cancer?

A: Cervical cancer is a malignant tumor of the cervix, which is the lowest part of the uterus. Sometimes, precancerous changes to the cervix (dysplasia) are diagnosed and steps can be taken to prevent cancer from developing.

Q: Can cervical cancer be prevented?

A: Screening is a key component in the effort to eliminate cervical cancer. Pap testing involves collecting cells from the cervix for examination under a microscope to look for abnormal cells. Since most of these abnormal changes are caused by HPV, screening also includes testing for the presence of the virus. Regular Pap and HPV testing improves detection of precancerous changes to the cervix.

HPV vaccination is recommended for everyone around age 11 or 12. It can be given later if necessary, up to the age of 45. Since most cases of cervical cancer are caused by HPV, vaccines that protect against this virus can dramatically reduce the number of cases per year.

Q: What are the signs or symptoms of cervical cancer?

A: Cervical cancer in its early stages generally produces no signs or symptoms. However, with more advanced cervical cancer, a woman may experience:

- Bleeding during intercourse
- Vaginal bleeding between periods or after menopause
- Watery, bloody vaginal discharge that may be heavy and have a foul odor

Make an appointment with your health care provider if you have any signs or symptoms that worry you. If you're thought to have cervical cancer, you may be referred to a gynecologic oncologist, a doctor who specializes in treating cancers that affect the female reproductive system. ■

Information provided by Dr. Abby Gonik, gynecologic oncologist with MercyOne Des Moines Surgical Group, 411 Laurel St., Suite 2100, Des Moines, 515-247-3266, MercyOne.org/desmoines

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HEALTH By Janet Rieckhoff

NEW YEAR, new affirmations

With the new year come resolutions — quickly followed by guilt for breaking the resolution. Guilt and negative self-talk can go together in a vicious cycle. Maybe the best New Year's resolution is not to make one, but if you are going to, make two instead. The second being not to allow feelings of guilt or negative self-talk sneak into your mind. If it does get in your brain, then challenge those thoughts and feelings.



To challenge negative thoughts and guilty feelings, think back into your life and ask, "Have I experienced guilt or negative thoughts before about a similar experience?" For instance, when former resolutions were broken, did guilt or negative talk help or come true? Chances are the answer is no, so challenge the negative guilty thoughts with the fact they are unhelpful. Think of yourself as a prosecutor collecting all the facts and arguments against the negative guilty thought to prosecute it.

Another way to challenge negative guilty thoughts is listening to or reading affirmations. Affirmations are often the opposite of negative thoughts. Create affirmations using the opposite. Such as, "I can't do it" becomes "I might be able to do it because I have not tried." Look for affirmation apps and books. Write favorites on sticky notes to put around the house where you will see them. ■

Information provided by Janet Rieckhoff, LMHC of SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, www.sstherapyandconsulting.com, rieckhoff@sstherapyandconsulting.com.

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HEALTH By Dr. Amy Petersen

TEENS and mental health

Feeling depressed, angry, hopeless, anxious? The COVID-19 pandemic has created fear and uncertainty for many, particularly for teenagers. How is your teen coping? It is important to check in and watch for signs of mental health struggles. Your teen could benefit from extra support or a visit with the pediatrician if they have: changes in mood (irritability, feelings of hopelessness), changes in behavior, a lack of interest in activities previously enjoyed, troubles sleeping (too much or too little), changes in appetite, troubles concentrating, or thoughts about self-harm or suicide.



Communicating honestly and openly can help your teen through this difficult time. Work together to create a "new normal" and stick to a routine that fits with their school schedule. Screen time will inevitably increase but come together to develop a plan that includes offline time as well. Help your teen find ways to keep their body healthy, such as going for a walk, run or bike ride as a family.

It is important as parents to stay positive and keep the lines of communication open with your teenager. Call your pediatrician about ways to help with mental health during these uncertain times. ■

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

SNACK smart in 2022

One of the most common New Year's resolutions is to lose weight. Over the next several months, you are guaranteed to hear, "I will not touch another dessert!" or "No more snacking for me!" at least once, as many strive to reach their weight-loss goals. Well, here's some news for you — not including snacks can sabotage your weight loss resolution.



Snacking, the right way, helps you avoid overeating later and keeps your metabolism in high gear. The key to healthy snacking is portion control and moderation.

Here are five tips for healthy snacking that will help you achieve your New Year's resolution:

1. Plan ahead. Think of snacks as mini meals and give them planning time as you would a full meal. Having healthy snacks on hand and preparing them in advance will make healthy snacking seem effortless.

2. Get the gear. Measuring cups, small containers, and snack-sized baggies will help with portion control. Plus, prepackaging individual bags of whole grain crackers or cereal is a great activity for children to help them learn the concept of measuring while working on fine motor skills.

3. Protein power. Pair a protein with a carbohydrate at every snack. This will keep you satisfied until your next meal much longer than a snack that is solely carbs. Think hummus and veggies, peanut butter and fruit, Greek yogurt and berries... the pairing possibilities are endless.

4. Try the "see-food" diet. Research shows foods that are easily accessible are more likely consumed. Use this to your advantage. Keep bowls of fruit or almonds out on your counter or desk and keep the less-than-healthy foods out of sight.

5. Stay tuned in. Are you really hungry? Often, we are bored or thirsty and wind up reaching for a snack anyway. Tune in and listen to what your body is saying.

Here are some ideas to satisfy all your snack cravings while still helping you reach your goals:

1. Satisfy your sweet tooth. Savor a handful of almonds with a dark chocolate square to give your body protein, fiber and sweetness. Or try Greek yogurt with fresh berries for a refreshing sweet treat.

2. Craving a crunch? Reach for air-popped popcorn or whole grain tortilla chips that have been pre-portioned with fiber-rich black bean salsa.

3. Be nutty. Pair 1 tablespoon of nut butter with an apple, celery, or whole grain bread.

4. Cheese please. Couple cheese cubes or string cheese with crackers for the perfect carb-protein pair.

5. Egg-cellent snack. Eggs aren't just for breakfast; they make a delicious snack, too. Try a microwaved omelet recipe by mixing veggies, eggs, and a splash of milk in a coffee mug and heating until cooked through. ■

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



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MEET Rotarians Kurt Mumm and John Waldron

Kurt Mumm and John Waldron spoke to their fellow members of the Rotary Club of Johnston on Nov. 2.

Mumm is the president and owner of Cushman & Wakefield Iowa Commercial Advisors. Throughout his career, he has worked as a tenant and landlord representative for retail and office clients, including several Fortune 500 companies. He has more than 25 years of commercial real estate experience with 17 years of expertise in managing brokers and implementing long-term business strategies. Although fully equipped to perform a full range of real estate brokerage and consulting services, Kurt specializes in receiverships and investment brokerage, serving as the court-appointed receiver on numerous foreclosure actions.

Waldron is a licensed senior professional electrical engineer with Shive-Hattery. His responsibilities include serving as project manager, energy services engineer and arc flash assessment manager. He is a member of the American Society of Safety Engineers.

Design and define requirements for electrical power distribution and generation, lighting, power supply systems, fire alarm systems and electronic technology all fall into his expertise. He also performs energy assessments to promote sustainability and conservation. Project types include industrial, educational, commercial and government facilities. He provides technical guidance and a high level of leadership for the electrical design team. He also manages large complex projects, supports clients and develops innovative presentations. ■



Kurt Mumm



John Waldron

STARKS speak to Rotarians about downsizing homes

John and Pamela Stark were the guest speakers at the Rotary Club of Johnston's Nov. 9 meeting. John is a local Realtor and member of the Des Moines Rotary. Together, the Starks walked attendees through the journey of downsizing in the process of a move. They noted that you have to have a "why" for downsizing. They emphasized the emotional, physical and financial benefits that can be gained; the decrease in home maintenance; lower monthly expenses; and the importance of it being a mutual decision between partners.

They recommend a storage unit with a monthly lease. It's cheaper to have a longer-term lease, but the monthly lease is a monthly reminder of things you have decided to keep. Each time you write the lease payment, ask yourself, "Why am I spending money to save this stuff?"

They also referenced an AARP survey. Specifically, what we think our kids want does not necessarily align with what they may actually want. Per the survey, they want tangible assets: jewelry, cars, real estate, cash, etc. They may want old photos, but only of themselves. Rather than pass the items on to your family or trying to sell them, the Starks recommended donating the items to a local church, social organization or charity. ■



Pamela and John Stark

CITY seeks senior input

City of Johnston looking to bring back Senior Citizens Advisory Board

The City of Johnston is looking for residents interested in being a part of a revamped Senior Citizens Advisory Board beginning this spring.

The Senior Citizens Advisory Board launched in 2007 with a purpose of designing programs and policy that would serve the senior citizens of Johnston and recommending them to the mayor and city council.

However, the board has been inactive since 2019.

"There was a general lack of interest for serving on the board," says Johnston Parks and Recreation Director John Schmitz. "The number of board members who requested to continue serving was down to two. I think, in general, many seniors were happy to participate in the activities but did not want to have to plan it. There were also numerous individuals who left for the winter each year and didn't feel like they would be in Johnston enough to serve on the board."

The board consists of nine members, each with a three-year term, says Schmitz, although he noted the policy is being discussed and could change.

The City would like to reinvigorate the group due to new potential programs in the next couple years, including working with the Department of Natural Resources on outdoor programming and developing programming at the new IGNIT facility, which the City can use due to a facility usage agreement.

"This will open up a lot of programming time that can be aimed at senior citizens," Schmitz says. "We want to develop a diverse board that will help to further develop these options and one that can provide feedback to staff, the Park Board and to City Council on how they would like to use all of the facilities and services that Johnston has to provide. We believe a strong, diverse group will open those doors and will help allow for even more seniors to participate in these activities."

The City is currently taking programming and service suggestions as well as input on how the board will form, Schmitz adds, and will be meeting with a small, diverse group that represents the variety of interests that seniors have indicated interest in.

From there, Schmitz says, the City will be posting the board openings this spring and accept applications at that time as well. The Board will then be officially formed at an early July City Council meeting. Individuals who want to get involved, but don't want to serve on the board, can serve on a committee of their interest. Nine or 10 committees will be formed to help direct each interest and bring a higher quality program forward for the seniors, Schmitz says.

"This is a tremendous opportunity for people to get involved with a program that should expand rapidly," Schmitz says. "We have so many opportunities for individuals to make a difference, and they can do so by helping in an area of their interest." ■



In order to maximize use of the many programs for seniors, City of Johnston officials will be looking to reinvigorate the Senior Citizen Advisory Board, which has been dormant since 2019.

NEWS from the stacks

2021 is in the books, and we're ready for the new year. Johnston Public Library staff is excited to offer a variety of programs to keep you connected and engaged in 2022. Check out the highlighted programs below for kids, teens and adults.

Kids

Mark your calendar for an Instrument Petting Zoo with the Des Moines Symphony Academy on Tuesday, Jan. 11 at 10:30 a.m. This hands-on experience is designed to introduce young children to stringed instruments and will include opportunities for kids to try playing instruments for themselves. The Instrument Petting Zoo is a hands-on program. Due to the close proximity between participants and Des Moines Symphony staff, all participants are required to wear masks during this program.

Finally, don't forget to visit us online at johnstonlibrary.com/kids to check out the full itinerary of ongoing programs for kids from ages 6 months to fifth grade.

Teens

JPL has a club or program to accommodate many different interests. Love board games? Our formerly virtual Teen Board Game Club is returning to in-person meetings. Whether you're an expert player or new to the hobby, we'd love for you to join us on the second Tuesday of every month at 6:30 p.m. A local board game expert will teach the group how to play different tabletop games each month. Grades 6-12.

Interested in making a difference at your library? Join Teen Advisory Board on the second Tuesday of the month from 5-6 p.m. and suggest materials to order, plan programs, and volunteer.

Want to try out a book club? Join the JPL Book Box Book Club Unboxing Party that meets every month on the third Tuesday of the month. Each box will contain next month's book club selection and a bunch of bookish surprises that book club members get to keep. What book will we be reading? What will the bookish surprises be? You'll have to join the Book Box Book Club to find out. Register at johnstonlibrary.com/teens.

Like Anime? Check out Anime Club on the fourth Tuesday of the month from 4:30-5:30 p.m. More of a Harry Potter person? Join the Harry Potter Fan Club on Jan. 25 from 6:30-7:30 p.m. to discuss favorite characters, create magical projects, eat Honeydukes-inspired snacks and more.

Adults

Is 2022 the year that you join a book club? Let us help. Did you know JPL has four — count 'em — four, different book clubs for adults. They all have their own flavor and meet at different times throughout the month. Thursday Night Book Club and Lunchtime Lit Book Club both meet at JPL and have virtual and in-person options for discussion. Well Red Book Club meets in-person at Pagliai's Pizza in Johnston, and Silent Book Club is our all virtual book club — it's all of the book club with none of the meeting. Visit johnstonlibrary.com/events/adult-book-clubs for details about each group and to choose the perfect club for you. You can also find details on our website about crafting clubs, cooking classes, ESL groups and so much more. Event information for all ages and registration can be found at johnstonlibrary.com or by calling the library at 515-278-5233. ■

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IS THIS the year you retire?

We are experiencing a “Retirement Revolution.” You may have heard it being called “The Great Resignation.” That term refers to all the people leaving the workforce due to the pandemic.

According to Goldman Sachs research, about two-thirds of those leaving the workforce are retiring; that’s why I think “Retirement Revolution” is a more accurate description. Whether they are concerned about getting the virus, have found that work is no longer a big part of their identity, or the pandemic has changed their job in ways they don’t like, many are retiring earlier than they expected.

We find that a few things can prevent people from pressing “go” on retirement. One of the significant concerns is income. It can be challenging to think about no longer receiving a paycheck from your employer and paying yourself from your retirement savings. If you are thinking about retiring before answering the income question, you have to consider this: What do you want to do in retirement? How you spend your time will help determine how you spend your money. It will also help you determine if you have enough money to live out your retirement vision.

Health care is another one of those things that can help you



determine if you are retirement-ready. Many people want to wait until they are eligible for Medicare to retire. There’s nothing wrong with that. I just wouldn’t let it be the sole determinant of your retirement date. In the last 20 years, I’ve seen hundreds of people successfully retire before they are Medicare eligible. We’ve just had to get a little creative with their plan. It might be as simple as utilizing their spouse’s health care plan or taking advantage of COBRA. This law allows employees to continue their health care coverage even after leaving employment.

There are other things besides a pandemic that can determine your retirement date. If your health changes or your employer offers an early retirement package, that could push you into retirement or make it seem much more attractive than before. We also see scenarios where one person retires, loves it, and convinces their spouse to join them.

If you are not ready to retire, maybe this is the year you capitalize on other retirement strategies like a Roth conversion, catch-up contributions, or updating your legacy plan. Whether you join the “Retirement Revolution” or not, heading to and through retirement with a comprehensive, written retirement plan will help make it easier. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006. Source: Casselman, Ben (Nov. 12, 2021) “The Number of U.S. Workers Quitting Their Jobs in September was the Highest on Record” www.nytimes.com.

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KEEP a file of home repairs and updates

The first of the year can be an exciting time for new beginnings, goal setting and resolutions for the next year. Many people use this time to work on the organization in their life. I would encourage you this year to put together a folder to collect information on repairs and updates to your home.

Not only is this information needed as a part of the process for listing your home, but it also comes in handy as a reference when you need to check on warranties or whom to call for repairs. This can be a time-consuming task for sellers if they don't have this information readily available. I encourage my clients to keep receipts and records of home repair and updates in a folder that they can easily access.

Some of the items you should be keeping track of:

- Date of repairs to basement or foundation and details of what was done.
- Date of repairs/replacement to the roof and details of what was done.
- Date of repairs/replacement to the electrical system and details of what was done.
- Date of repairs/replacement to the plumbing system and details of what was done.
- Date of repairs/replacement to the HVAC system, details of what was done and possible warranty info.
- Information on any pest treatments or problems (bugs, mice, snakes etc.).
- Receipts for appliance purchases and warranty information.
- If your community has an HOA, a copy of the covenants would be a good thing to have on hand.

Having one place to go to find all this important information will make things easier for you if you have any issues with any of these systems. This will also make filling out the sellers' disclosure less intimidating for you when the time comes to sell your home.

Another thing to keep in mind this year is that home values have increased, in some areas in excess of 15%. It is important to make sure that you are insuring your home for the correct value. If you would like a current market analysis of your home's value, contact your real estate agent. Then you need to schedule an appointment with your insurance agent to go over the information to protect your investment. You want to find out if you are under insured and get it fixed before you need to use your insurance. ■

Information provided by Kim Sandstoe, Realtor S67306000, 515-525-7591, kim@homesbysandstoe.com, www.homesbysandstoe.com, Re/Max Precision, 8705 Chambery Blvd., Johnston.



2022 New Years Resolutions

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LEGAL and financial essentials

Here are six legal and financial essentials that every person should have:

A Last Will and Testament directs the distribution of your assets upon death. Without a will, your property will be distributed according to state laws. This may not be the division you want, and it could be costly for your heirs to adjudicate. Your will leaves assets to your chosen beneficiaries, names a guardian for your minor children, and appoints a person to carry out your wishes.

Surveys show more than half of American adults don't have a will; more than 40% of people age 45 or older don't have a will, according to a recent AARP survey. If you already have a will, remember to review it every



few years or after a life-changing event like marriage or birth.

When drafting a will, you should also draft a durable power of attorney. This document gives a spouse, family member, or trusted friend the ability to help with your finances should you become incapacitated.

If you're too ill to speak for yourself, you can express your wishes through a Living Will. This advance directive lets you detail your preferences for your care. Without a medical directive, difficult decisions will be made by a spouse, children, parents, or a doctor — and conflicts can easily arise. A Living Will should be accompanied by a health care power of attorney, which nominates a specific person to make medical decisions for you. The two work together; your appointed agent must follow the instructions in your Living Will.

Although some employee benefit plans provide life insurance, it may not be enough.

One rule of thumb is to have insurance equal to at least five times your annual income. Of course, the actual amount will depend on the future financial needs of your dependents and the amount of savings you have.

Social Security Administration studies show that a 20-year-old worker has a 30% chance of becoming disabled before retirement. Can your savings cover you for a long period without income? If you answered "no," disability insurance is crucial. It protects a certain amount of your income if an accident or serious illness keeps you from working for extended periods of time.

Contact an experienced attorney to start the process of updating your estate plan. ■

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

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HOW TO BEAT the winter blues

We are fortunate to live in the Midwest and experience all four seasons. That can be good or bad depending on who you talk to. In the spring, we get to experience all the flowers and plants in bloom, but it can be cool and rainy. Summer is great for barbecues with family but can be hot and humid where it's unbearable to be outside.

Winter and the holidays tend to be the most difficult and stressful time. It is easy to feel more run down during the winter, and the COVID-19 pandemic continues to impact our daily lives and social interactions. The lack of sunlight, cold, snow, and being stuck indoors can make you feel alone, isolated and even depressed.

How we manage the stress of the holidays can also make a difference. Many people are stretched thin during the holidays, whether it's financially or their social obligations.



Setting realistic goals can help you manage stress. Stay organized, plan your days ahead and make lists. Focus on what is most important and what you have the most control over. Be efficient and don't waste your time on things not worth changing. Don't beat yourself up if things don't go as planned.

Try some of these tips to help keep winter stress under control:

- Maintain a healthy diet with plenty of fruits and vegetables
- Get plenty of sleep
- Socialize with friends
- Go for a walk or hike (ever been in snowshoes?)
- Find a bird blind and engage in bird watching
- Go on a weekend getaway to a new place you've never been to
- Visit a place you like in the summer to see it from a different perspective
- Go stargazing
- Listen to music

- Stay active or go to the gym
- Read your favorite book
- Practice relaxation techniques
- Know when to say 'no' and balance your social and quiet time — don't give into holiday pressures

Despite all your efforts, if nothing seems to work, you should see your doctor or mental health counselor. Some examples of the things you may experience are hopelessness and helplessness, loss of interest in things you normally find enjoyable, difficulty concentrating or trouble sleeping.

Like all our seasons here in the Midwest, winter can be a beautiful season. You have to make a conscious effort to look a little deeper and try a little harder to find that beauty.

"What good is the warmth of summer, without the cold of winter to give it sweetness."
—John Steinbeck ■

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

I'm proud to call this place my home. I feel very comfortable here and the staff is great!"

-Diana J.



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HERE to help

Johnston Partnership helps those in need.

For many Johnston residents, the holiday season is a celebration, as families gather to eat and be merry.

But not everyone is so fortunate. Johnston Partnership Program Director Andrea Cook, as well as a few dozen volunteers in the community, are working diligently to change that.

Partnership Place — the Johnston Partnership food pantry and clothing closet — has been in its current location at 5870 Merle Hay Road, Suite C, for just more than a year. Johnston Partnership is a community-based nonprofit 501c3 that has been active in the Johnston community since 2002. The organization works with the Des Moines Area Religious Council (DMARC), which operates a food pantry network of 14 brick and mortar pantries (of which Johnston is one), as well as several mobile food pantries across the Des Moines metro area.

“We (Johnston) serve around 2,000 unique individuals each year out of our pantry — roughly 600 families — with food, clothing, and other basic needs,” says Cook.

In addition to being a food pantry, the organization also has several additional programs based on attendance in Johnston schools or living within Johnston school district boundaries, including the Johnston Youth Mentoring Program (JUMP), the program’s Friday Friends or Dragon Power programs that provide weekend food support for students who don’t have enough to eat on weekends, and the Johnston Benevolence Fund in which the organization teams with several Johnston churches to distribute funds to families in need.

“We can help assist with rent, utilities, car payments/repairs, medical bills, or whatever immediate needs someone has,” Cook says.

Annual programs include the Johnston Gives holiday gift program and working with the Johnston Community Education Foundation on the annual Back to School clinic.

November is typically the busiest month of every year, Cook says, and the pandemic has not changed that.

“While we are only open 14 hours each week, we are serving more clients per open



Drs. Eric and Megan Herrmann of Herrmann Chiropractic and Andrea Cook of The Johnston Partnership with some of the items available at the food pantry.

hour than other pantries that may be serving as many clients, but they aren’t open as many hours,” Cook says. “We move more than 3,000 pounds of food out the doors on an average week, but, during November, it can be as high as 6,000 pounds.”

The items found in the pantry are similar to what one would find at a store, Cook says, though they do try to limit the amount of junk food, candy and soda. Some of the most popular items include white rice, dry beans, fresh produce of any kind, dairy items, laundry soap, diapers and toilet paper.

Anyone who can provide some form of identification for themselves can be served, Cook says.

“We don’t want ID to be a barrier, so we are flexible on what we will accept, but it helps to have something like school IDs or medical

insurance cards so we can get proper spelling of names,” she says, noting that there are no income requirements for pantry services. “If you can prove who you are and where you live, we can serve you. Even if you cannot, we don’t send you away empty-handed. Our other programs within the JCSD have other applications to sign up for those services.”

Cook says the organization is in need of 15-20 volunteers per week to operate the pantry and mentors and other volunteers who can help with additional programs. Johnston Partnership is open Tuesdays, Thursdays and Saturdays from 9 a.m. to 1 p.m. and Tuesdays from 4-6 p.m.

To learn more about volunteering opportunities and the organization’s upcoming annual fundraiser — Johnston Chopped — on Feb. 28, visit www.johnstonpartnership.org. ■

ABELL receives Johnston Police commendation

On Monday, Dec. 6, Corporal Sam Abell received a certificate of commendation for his quick response to a call for service.

On Aug. 20, the Johnston Police

Department was dispatched to a residence on reports of a medical emergency for an unconscious female not breathing. Cpl. Abell was the afternoon shift supervisor and responded to assist. When he arrived, Officer Holtry and Officer Petermeier were performing lifesaving measures. Abell managed the scene by gathering the needed information from the family and the other officers. He then relayed the information to medical personnel and acted as a liaison between rescue personnel and the family members on the scene.

Abell received this commendation for managing the scene. He was thoughtful and effective in bringing a semblance of calm and order to a chaotic and high-stress situation. He recognized, supported and utilized the strengths of subordinate officers to achieve a common goal. His management and supervision allowed the officers to focus on their lifesaving mission. At the same time, he supported them in that role by being a calming presence and acting as a bridge between the officers, the family, and medical personnel. ■



Mayor Dierenfeld, Cpl. Abell and Lt. Nore

DETECTIVE Slack receives Meritorious Service Award

On Dec. 6, Detective Slack received a Meritorious Service Award for leadership as a School Resource Officer for five years with the Johnston Community School District. During his time as the SRO, he performed his duties with distinction. The National Association of School Resource Officers describes the role of an SRO as having three main concepts; that of a counselor/mentor, educator and law enforcement officer.

As the SRO, between 2016 to 2021, Detective Slack impacted many lives within the elementary, middle and high school. He spent countless hours with the schools' crisis teams ensuring they were prepared and educated, was an integral part in ensuring the staff at each school in the district took part in ALICE training, and continued that education through refreshers during his tenure.

Detective Slack made connections with students and served as a prime example of an SRO's impact in students' lives. He has received letters from colleges about former Johnston High School students, explaining the student named him as someone who has impacted their lives. As a volunteer, Detective Slack was a part of the Johnston High School's fishing team and traveled to Kosovo as a chaperone to further student experiences. He has set a high expectation for the SRO program and helped grow it to what it is today.

As an educator, Detective Slack made each presentation personal and spent numerous hours preparing instruction for topics he was asked to speak on. He approached this with passion and professionalism and, in turn, fostered an excellent working environment between the Johnston Community School District and the Johnston Police Department.

Detective Slack's performance is a credit to the department. His actions as a Johnston Police member emphasize the importance of proactive policing efforts and upholding the uppermost traditions of law enforcement. ■



Mayor Dierenfeld, Detective Slack and Lt. Tompkins

JOHNSTON police officers receive Lifesaving Award

On Monday, Dec. 6, Officer Holtry and Officer Petermeier each received a Lifesaving Award for their quick response and teamwork during a call for service.

They responded on Aug. 20 to a residence on reports of a medical emergency for an unconscious female. Holtry was the first officer to arrive on the scene. The patient's adult daughter was performing CPR, and Officer Holtry instructed her to continue while she prepared the Automated External Defibrillator (AED). Once the AED was prepared, Officer Holtry began high-quality CPR, in total administering five rounds of chest compressions, after which a shock was administered from the AED.

Officer Petermeier and Corporal Abell then arrived on the scene to assist. Petermeier and Holtry resumed CPR until medics from the Johnston-Grimes Metropolitan Fire Department arrived to provide advanced life support. Throughout the six and a half minutes, Holtry provided seven rounds of CPR and Petermeier provided five rounds of CPR, for a total of 12 rounds of chest compressions in conjunction with two shocks from the AED. The patient ultimately recovered and is alive today, thanks in part to the coordinated efforts of both officers, who



Officer Holtry, Lt. Nore and Officer Petermeier

provided a fast response, high-quality CPR, and early intervention with an AED in a calm and conscientious manner and with solid teamwork. ■

HAPPY New Year

Well, we made it through 2021, and we are excited to kick off a new year in Johnston.

The good news is that the town continues to thrive and grow. There is a lot to be proud of in the community as we continue to add new businesses and watch our existing businesses prosper.

We had some amazing leadership on our Board in 2021. Thank you to outgoing Chamber President Shane Goodman, Big Green Umbrella Media. Shane did an outstanding job, and we appreciate all his time and effort.

I would also like to recognize the outgoing board members: Stephanie Van Veldhuizen, Stanbrough Realty, and Adam Hass.

They contributed many hours to the chamber, and I want to thank them for all the energy and hard work they provided.

I would like to welcome our newest Johnston Chamber of Commerce board members beginning their term in 2022: JP Pearson, Liberty National Bank, and Todd Richman, Lashier Graphics & Signs.

I hope to see you all at the first 2022 Chamber Luncheon on Thursday, Jan. 27, at Cozy Cafe at 11:30 a.m. to hear Laura Kacer, superintendent of Johnston Schools, speak about all the great things that are going on in the Johnston School District. Also, mark your calendars for our Chamber Annual Dinner on Thursday, Feb. 10 at Hilton Garden Inn. The Social Hour is 5-6 p.m. with the dinner and program to follow at 6 p.m. At this event, we will recap 2021 and honor the Ambassador, Business and Citizen of the Year.

The Johnston Chamber holds a variety of events and networking opportunities throughout the year. As a new or prospective member, I invite you to attend a Chamber event to see what we are all about. There are endless opportunities, and the benefits of being involved in the Chamber are truly rewarding. For more information on upcoming Chamber events, please visit our website at www.johnstonchamber.com.

I want to thank and welcome the new members that have joined the Chamber in December. Please help welcome Clean & Breezy LLC and R3 Construction.

On behalf of the entire Chamber, we look forward to helping continue to make Johnston a great place to live and work in 2022. If there is anything we can do to assist your business, contact us at the Chamber office.

For more information about the Johnston Chamber, visit our website at www.johnstonchamber.com. ■

Information provided by Heather Goodwin, Executive Director, Johnston Chamber of Commerce, 515-276-9064.



We Need Your Nominations!

Business Person of the Year Citizen of the Year

Winners will be recognized at the Annual Dinner on February 10, 2022 at Hilton Garden Inn.

Nominate now at
www.johnstonchamber.com



Click on the "Annual Awards Banquet Nominations" tab.

Nominations close
Jan. 14, 2022.

FOR MORE INFORMATION

PH 515-276-9064 | heather@johnstonchamber.com

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OUT & ABOUT



JHS Boys Swim Senior Night was Dec. 16 at Summit Pool. Seniors on the team are, back row: Pranav Sharma, Colin Yuska, Alek McGaughy, Logan Barleen, Phillip Doan, Zach Kehoe, Alex Overton and Aiden Askelson; and, front row: Isaac Weede and Isaac Hodapp.



Andrew McGuire and Mary Eikenberry at the Johnston Chamber Breakfast Before Business held at 62W on Dec. 14.



Maria Bosworth and Abbey Schneider at the Johnston Chamber Breakfast Before Business held at 62W on Dec. 14.



Brenda Ballard and Kelli Vorrath at the Johnston Chamber Breakfast Before Business held at 62W on Dec. 14.



Mike Charlie and Heather Goodwin at the Johnston Chamber Breakfast Before Business held at 62W on Dec. 14.



Sharm Sisler and Brian Hilgenberg at the Johnston Chamber Breakfast Before Business held at 62W on Dec. 14.



Jennifer Friday and Sharon Vickery at the Johnston Chamber Breakfast Before Business held at 62W on Dec. 14.



Brian Hilgenberg and JP Pearson at the Johnston Chamber Business After Hours held at Christopher's Rare Coins on Dec. 2.



The Christopher's Rare Coin Team: Jason, Liz, Christine, Brian, Tatum and Bill at the Johnston Chamber Business After Hours held at Christopher's Rare Coins on Dec. 2.



Dan Fitzgerald and Kristi Kenyon at the Johnston Chamber Business After Hours held at Christopher's Rare Coins on Dec. 2.

OUT & ABOUT



The Johnston Chamber Ribbon Cutting for the renovation at DLL Financial Solutions Partner was held Dec. 16.



Troy Hodapp, Sara Herman and Doug Skoog at the Johnston Chamber Ribbon Cutting at DLL Financial Solutions Partner on Dec. 16.



Allan Graham and Mike Gregan at the Johnston Chamber Ribbon Cutting at DLL Financial Solutions Partner on Dec. 16.



Brian Hilgenberg, JP Pearson and Jay Mathes at the Johnston Chamber Ribbon Cutting at DLL Financial Solutions Partner on Dec. 16.



Kati Ross, Bruce Whited and Lisa Hanrahan at the Johnston Chamber Ribbon Cutting at DLL Financial Solutions Partner on Dec. 16.



Andrea Hodapp, Mayor Paula Dierenfeld, Mike Gregan, Allan Graham, Amy Ventling Hester and Heather Goodwin at the Johnston Chamber Ribbon Cutting at DLL Financial Solutions Partner on Dec. 16.



Johnston Chamber held a ribbon cutting at Elevate Physical Therapy, 5627 N.W. 86th St., Suite 200, Nov. 16 in recognition of its name change.



John Alexander, Dalton Turner and Joe Stangl at the Johnston Chamber ribbon cutting at Elevate Physical Therapy Nov. 16.



Allan Graham and Andrew Bartek at the Johnston Chamber ribbon cutting at Elevate Physical Therapy Nov. 16.



Colton Schnetzer, Dyllan Frahm and Katy Martin at the Johnston Chamber ribbon cutting at Elevate Physical Therapy Nov. 16.

CLASSIFIEDS

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- Fitness center
- Theater
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- Combination carpet/plank flooring
- Warm, modern colors
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WHAT'S NEXT?

- ☐ Tours of the model apartment are now available.
 - ☐ Tours of entire community will be available soon.
- Limited number of certain apartment sizes available.*

Anticipated opening date is
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