

JOHNSTON

JUNE 2022

Living

DISCOVERING the UNDISCOVERED

Green Days delivers summer family fun

Community Service Day
EDUCATION

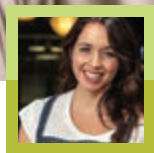
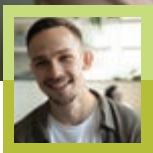
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WELCOME

CREATING memories

Everyone loves a parade, right? But why? Well, you don't have to look far at parades to see 5-year-olds waving for candy or retired folks enjoying shade in their lawn chairs — and every other age in between, too. Parades simply make people of all ages smile. And why not?

But parades are only part of what makes community festivals so great. The phrase "something for everyone" is often overused, but it rings true with festivals. OK, maybe the fireworks aren't every child's favorite. I remember many a tear from our toddler children when they first saw and heard fireworks in the sky. As I recall, the dog wasn't too fond of them either. But most everyone else seems to enjoy fireworks. I know I do.

Don't forget the food. This is the one time of year when it is OK to devour the foods that you may try to avoid the rest of the time. I mean, who can resist a funnel cake? Or a greasy cheeseburger? Or ice cream?

There is something about carnivals that make me smile, too. Maybe it's the lights and the music. Or maybe it's those seemingly simple games and the big prizes that nobody appears to win. Or maybe it's the carnival workers and their amusing salesmanship that draws me in. As much as things in this world change, the carnivals today seem much like they did when I was a child — and that's just fine with me.

Nowadays, live music has also become a staple in community festivals with a variety of genres and levels of talent. There's nothing like a cold beverage on a hot night with some friends while tapping your toes along to your favorite songs.

Of course, not every community festival has a parade, fireworks, a carnival or live music. Each has its own specialty, but they all create one thing: memories. Make yours this year at Green Days. Look inside for details.

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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A group of children are riding a roller coaster at night. They are all smiling and have their arms raised in excitement. The roller coaster car is blue and green, and the background is dark with some lights visible. The children are wearing various clothing, including t-shirts and shorts. The overall atmosphere is joyful and festive.

FEATURE

Green Days photos by Stewart
Thomas Photography

DISCOVERING the UNDISCOVERED

Green Days delivers summer family fun

By Ashley Rullestad

The biggest and best community celebration in town, Green Days, is back this year June 16-19 with the theme "Discovering the Undiscovered." The celebration returns to Terra Park with lots of fun and family-friendly events for all.

Pam Kucera has served as event chair for several years, and she is excited to add new activities to Johnston Green Days to entertain the public and support the businesses and organizations in the community.



Green Days photos by Stewart Thomas Photography

The Johnston Chamber of Commerce started Johnston Green Days a couple of decades ago to offer an event to bring people together. It also focused on introducing the businesses to the community. The name, "Green Days," was chosen to showcase the various greenhouses and landscaping businesses

in the area as well as Pioneer (now Corteva) and John Deere Financial that were located in Johnston at that time.

"Johnston also boasts several green spaces and park areas, so when trying to find a name for the event, it was the one that won out," she says.

Kucera says she is excited about this year's theme, and she's planned an event that starts even before Green Days officially begins.

"As a citizen of the community since 1990, I have realized that there is a lot about Johnston that I don't know. I figured that there may be others with that same realization, so I thought

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FEATURE

it would be fun to seek out the different aspects of Johnston through a scavenger trivia hunt.”

She’s been working with the Johnston Historical Society and member Mary Jane Paez and has incorporated information from the city, citizens and businesses of Johnston. The Discovering the Undiscovered Scavenger Trivia Hunt will be posted on the Johnston Green Days website the week of Green Days and will also be available to pick up at Hy-Vee and Fareway stores.

Bring your completed form to the ticket booth at Green Days to drop in the contest box by noon on Saturday. The correct answers will be included in a drawing and the winner announced on Saturday evening. You don’t have to be present to win, but why miss out on the fun?

The festival officially kicks off on Thursday evening with a newer event to Green Days, the Jammin’ in Johnston Business Expo. The event is a vendor fair featuring local businesses, services and goods of all types that is normally held in the fall, but it’s back for its second year.

Stick around and enjoy tasty eats from food vendors, as well as the beverage garden and

unlimited rides at the carnival with the \$25 wristband special. Live music from Mike Aceto starts at 5:30 p.m.

“If you hear a helicopter looming close by on that evening, don’t be alarmed because it is a VIP Blackhawk Helicopter Ride provided by the Iowa Army National Guard to some of our community leaders,” Kucera says. “They will be flying over Terra Park and Johnston allowing them a bird’s eye view of Johnston Green Days, so look up and wave to them.”

Also taking place on Thursday night is the 25th annual Light the Night for Sight Walk, with registration at 6:30 p.m. and the walk starting at 7:30 p.m. The evening walk celebrates the gift of sight and emphasizes safe summer celebrations. The walk is designed to raise awareness about the dangers of consumer fireworks, educate the public on the importance of sports eye safety and UV protection, and provide information on how to preserve sight.

Walkers will enjoy a stroll on the trails around Terra Park. There is no entry fee to participate, but \$100 in pledges will win walkers a glow-in-the-dark T-shirt. Funds raised support Prevent Blindness Iowa programs



Green Days photos by Stewart Thomas Photography

including free children’s vision screening and vision screening trainings. The group strives to remove poor vision as a barrier to a child’s education.

Friday evening kicks off with the car show registration beginning at 4 p.m. Then bring the whole family and head on over for more music, food and fun. Food trucks will start serving, and the beverage garden will open at 5 p.m. The carnival gets rolling at 6 p.m. There will be another \$25 wristband special available.

Friday night is also the time to enjoy the music of Jake Schrodt from 5:30-8 p.m. and car show awards right after. Then, at 8:15 p.m.,

Educate Teens About Sun Safety

Parents should be vigilant in educating adolescents about the danger of too much sun exposure. Skin damage that occurs during adolescence can turn into serious health problems when they become adults.

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3. Tanning as a teen or young adult causes premature aging such as wrinkles, brown spots and moles.
4. Eye cancer and cataracts are more prevalent in people who tanned while young.
5. UV rays from tanning beds lead to immune system suppression opening the door for other illnesses and disease.
6. Certain medications, such as antibiotics used to treat acne and birth control pills, can increase your sun and tanning bed sensitivity.

PROTECTION IS EASY

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FEATURE

learn who will be crowned as the King and Queen of Green and see the tapping of the green keg, sponsored by Big Green Umbrella Media. Enjoy free green cups of beer while they last. Live music from The Sons of Gladys Kravitz will have you dancing the night away.

Start Saturday off right with the Johnston Kiwanis providing a pancake breakfast starting at 7:30 a.m. at the amphitheater for a freewill offering. Also before the parade, the Johnston Public Library is hosting a nature playtime at the park shelter starting at 9 a.m.

After that, it's time for the highlight of the weekend for many — the grand parade. The parade route is approximately 1.2 miles long and begins at the intersection of South Drive and Pioneer Parkway. The parade will proceed south along Pioneer Parkway and north on Greendale Road. The parade ends at the corner of Pioneer Parkway and Greendale Road. Post-parade, it will be easy for spectators to funnel right over to Terra Park for more fun. To be

a part of the parade, download an entry form from the Green Days website, johnstongreendays.org

Saturday afternoon the fun continues with events for the whole family. If you're hungry, stop by various food trucks that will begin serving at 11 a.m. The carnival will also reopen at 11 a.m. The kids will love the Camp Dodge vehicles that will be on display and the Public Safety Expo.

In the afternoon, you can Catch Fishing Tips with the Iowa Youth Fishing League. Kids of all ages are welcome to fish the lake from noon to 4 p.m. Fishing poles and bait will be provided free for all.

New this year is the bags tournament organized by Johnston Community Education on Saturday afternoon starting at noon. There's still time to sign your team up for the double elimination tournament.

Saturday is also full of tantalizing smoked meats with the Smokin' Heroes Smoke-Off. To continue building upon the sister city relationship with Kosovo



Green Days photos by Stewart Thomas Photography

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FEATURE

and to provide Johnston youth the opportunity to attend the Toka International Camp, the Johnston Police Department has partnered with the Johnston Rotary to help make this event possible. Every team that enters must have an active military, police or fire member; entry fee is \$75. Organizers will supply the meats, rubs and wood — you supply the smokin' smarts.

The event is open to the public to sample the delicious smoked meats and side dishes and will run from 1-4 p.m. with a freewill offering. Votes will be tabulated, and the winner will be announced around 4:30 p.m.

Also, be sure to check out all the great live music on Saturday. School of Rock performances start at noon, then it's Shockwaves Band at 1:30 p.m., Slipstream at 5:30 p.m., and Gimikk at 8 p.m. Once it gets dark, enjoy the special fireworks show by Blazing Glory Fireworks.

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

The profits from Johnston Green Days beverage sales are donated back to the



Green Days photos by Stewart Thomas Photography

community. Annually, organizers contribute to Christmas in Johnston, Johnston Dollars for Scholars, and the Johnston School Art Departments. Remaining funds are donated to special projects in the community or saved in order to make a larger contribution to a future special project.

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

time and efforts for making this the wonderful event that it is."

If you have interest in being involved with Johnston Green Days, know that you are welcome to get involved. There are volunteer opportunities available on the Johnston Green Days website at www.johnstongreendays.org. You can also contact the Johnston Chamber of Commerce office at www.johnstonchamber.com or 515-276-9064. For more information on all the events and to register for events, visit johnstongreendays.org. ■

Join Meadowview of Johnston in the fun!

- JUNE 8** Stop by our booth at Senior Retreat Day
- JUNE 10** Live musical entertainment **2-3pm**
- JUNE 16** Booth at Johnston Green Days
- JUNE 18** Parade for Johnston Green Days
- JUNE 24** Ice Cream Social & Tours **1-3pm**



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GREEN DAYS T-shirt design chosen



Ashlyn Simon's design was named the winner of the Green Days T-shirt Design Contest.

A reception for the Johnston Green Days T-Shirt Design Contest awards was held May 24 with 308 total submissions representing all eight schools in the district.

The overall winner was Ashlyn Simon, eighth grader at Johnston Middle School.

Building winners were:

- Tansi Bandaru, fifth grade, Beaver Creek
- Cece Dzievit, kindergarten, Lawson
- Sammy Penning, third grade, Horizon
- Katelynn Bidney, fifth grade, Timber Ridge
- Eric Matheson, fifth grade, Wallace
- Alexis Anderson, sixth grade, Summit
- Fenris Lehman, 12th grade, JHS ■



The poster contest winners from all the buildings were presented a certificate.



The art department for the Johnston schools was presented with a check for \$800 for holding the poster contest.

NEWS BRIEF

MAYOR accepts Monarch Pledge

The Mayors Monarch Pledge is a program created by the National Wildlife Federation to encourage mayors and their communities to take a pledge to help the dwindling monarch butterfly population.

Less than 1% of the western monarch population remains, while the eastern population has fallen by 90%. Habitat loss is one of the major factors that contribute to this decline. The Mayors Monarch Pledge tries to combat this habitat loss by encouraging communities like Johnston to grow native nectar plants and milkweed in public areas like parks, libraries, schools, and even backyards. These gardens will give monarchs important habitat to rest, eat, lay

eggs, and help pollinate plants in the community. Planting monarch gardens will help ensure future generations of monarchs and turn the community into a wonderland of beautiful flowers and plants.

Several Iowa communities have already made the Monarch Pledge for 2022. On Monday, April 18, Mayor Dierenfeld joined in on the pledge. Johnston will be taking steps to increase Monarch habitats by planting milkweed in the stormwater basins along N.W. 57th Avenue and Crosshaven Park. The Parks Department will be planting 300 plants.

Johnston will also work to educate residents and public workers on how to protect and grow their own monarch habitat. ■



Three hundred milkweed plants will be planted by the Johnston Parks Department. They are growing in the city's greenhouse.



JOHNSTON GREEN DAYS

THURSDAY- SUNDAY
JUNE 16-19
TERRA PARK
6300 PIONEER PARKWAY

ORGANIZED BY THE JOHNSTON CHAMBER OF COMMERCE

THURSDAY, JUNE 16TH

5:00pm-8:00pm Jammin' in Johnston a Business Expo
5:00pm-10:00pm Food Vendors Open
5:00pm-10:00pm Beverage Garden Open
5:00pm-10:00pm John Deere Equipment Display
5:30pm-9:30pm Live Band: Mike Aceto
6:00-6:30pm Blackhawk Flyover (estimated time)
6:00pm-10:00pm Carnival
6:30pm-7:30pm Light the Night for Sight Walk Registration
7:30pm Light the Night for Sight Walk Begins
All Day Johnston Arts Council Terra Park Art Walk
(at Terra Parks for six weeks)

FRIDAY, JUNE 17TH

4:00pm-6:00pm Car & Truck Show Registration
5:00pm-11:00pm Food Vendors Open
5:00pm-11:00pm John Deere Equipment Display
5:00pm-12:00am Beverage Garden
6:00pm-10:00pm Carnival
5:30pm-8:00pm Live Band: Jake Schrodtt
8:00pm Car & Truck Show Awards
8:00pm-8:30pm Crowning of the King and Queen of Green
Sponsored by Big Green Umbrella Media
8:15pm-8:30pm Tapping of the Green Keg
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FREE until the keg is gone
8:30pm-12:00am Live Band: The Sons of Gladys Kravitz
All Weekend Johnston Lions Club will be collecting old eyeglasses
and hearing aids, look for their tent.



CARNIVAL

June 16-19

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A BUSINESS EXPO

THURSDAY, JUNE 16 • 5-8PM



SATURDAY, JUNE 18TH

- 7:30am-10:00am Johnston Kiwanis Pancake Breakfast at Terra Park
FREE will offering
- 8:00am-9:30am Johnston Green Days Nature Walk at Terra Park
- 9:00am. Nature Playtime presented by the Johnston Library
- 10:00am-11:00am Parade along Pioneer Parkway
- 11:00am-11:00pm John Deere Equipment Display
- 11:00am-10:00pm Carnival
- 11:00am-11:00pm Food Vendors Open
- 12:00pm-12:00am Beverage Garden
- 12:00pm. Bags Tournament organized by Johnston Community Education
- 12:00pm-4:00pm. Catch Fishing Tips with Johnston Park & Recreation
- 12:00pm-1:30pm Live Band: School of Rock performances
- 1:00pm-4:00pm. Public Safety and Camp Dodge Display
- 1:00pm-4:00pm. Smokin' Heroes Smoked Meat Competition and Tasting
- 1:30pm-3:00pm Live Band: Shockwaves Band
- 5:00pm-5:30pm. JPEAR/Mayor Proclamation for Juneteenth
- 5:30pm-8:00pm. Live Band: Slipstream
- 8:30pm-12:00am. Live Band: Gimikk
- After dark Fireworks (during band intermission)
Presented by Blazing Glory Fireworks of Johnston



Discovering the Undiscovered



Johnston Green Days

SUNDAY, JUNE 19TH

- 1:00pm-5:00pm. John Deere Equipment Display
- 1:00pm-5:00pm. Carnival

This schedule is tentative and subject to change at any time without notice



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You might enjoy owning your home — but the mortgage? Not so much. In fact, you might want to do everything you can to pay it off as quickly as possible. But is that always the best strategy?

In one sense, your mortgage can be considered a “good” debt because it’s backed by a tangible asset — your home — that has real value and may even gain further value. Furthermore, by historical standards, you’re probably paying a pretty low interest rate on your mortgage, so you’re getting a lot of benefit — a place to live and a potentially appreciating asset. And, if you itemize on your taxes, you can possibly deduct some, or maybe all, of your mortgage interest.

Nonetheless, despite these benefits, a mortgage is still something you have to pay, month after month and year after year. And, for some people, it may feel good to pay it off. After all, there may well be a psychological benefit to being free of this long-term debt. But is it really in your best financial interest to make extra payments?

Suppose, for example, that you need a large sum of money quickly for a new car, a new furnace or some other unexpected, significant expense. Or, in an even more serious scenario, what if your job ends and you need money to tide you over until you get a new one? In these situations, you need liquidity — ready access to available cash. And your house may not be the best place to get it. You could apply for a home equity loan or line of credit, but these typically require approvals (which might be difficult if you aren’t employed), and you’ll be using your home as collateral. A home equity loan or credit line isn’t always bad. Under the right circumstances, it can be a valuable financial tool. But that doesn’t change the basic fact that your home is essentially a non-liquid asset.

So, instead of making extra house payments, make sure you have built an emergency fund containing several months’ worth of living expenses, with the money kept in a low-risk, accessible account. After building an emergency fund, you should weigh extra mortgage payments against other uses of your money. For example, if you have other types of debt — such as credit cards or student loans — you might want to work on paying those off more quickly, as these debts may also carry higher interest rates.

You might also consider increasing your contributions to your 401(k), IRA or other retirement/investment accounts. You could spend two or three decades in retirement, so it’s important to save as much as possible for those years.

As you can see, you do have some good reasons for using any extra money you may have for purposes other than making additional mortgage payments. Ultimately, though, it’s a personal decision. In any case, think carefully about your choice.

You may want to review the various tradeoffs with a financial professional, who can possibly recommend the most advantageous strategies. And you may also want to consult with a tax professional. By understanding all that’s involved in the “extra payment” decision, you’ll be better prepared to make the right moves. ■



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By Janis Van Ahn

BUILDING resilience and inner strength

We're all human. And that means we all have setbacks and challenges. We lose jobs, struggle with health problems, navigate conflicts and grieve the loss of loved ones.

If setbacks are inevitable in life, it's important to have the skills to get through them.

"We all need resilience," says Shannon Evers, MSW, LISW, a licensed therapist in Des Moines. "It's so important because it helps us to successfully cope with the challenges life sends our way. Resilience can also protect you from depression, anxiety and other illnesses."

According to Evers, resilience is really about building inner strength. "At some point, we realize we simply cannot control everything around us and that trying to do so actually creates more anxiety and frustration," she says. "We learn that building strength from within is far more effective than trying to control the people or situations around us."

When you build resilience, you become more self-aware, develop confidence in your strengths and abilities, improve your problem-solving skills, and increase your capacity to manage strong feelings and impulses. Resilient people see problems as temporary setbacks instead of roadblocks.

So, how do we become more resilient?

Evers offers this advice:

- **Build a solid foundation.** First, you need to take care of yourself. Get enough sleep. Eat a well-balanced diet. Exercise regularly. Get involved with activities that give your life meaning. Having healthy habits builds groundwork to help you cope when the going gets tough.

- **Develop supportive relationships.** Quality over quantity is important — we don't need a lot of friends, but we benefit emotionally when we invest in good ones. These types of relationships can keep you afloat during challenging times.

- **Focus on what you can control.** Even in the darkest times, there are things you can do to help yourself during a struggle. Start a meditation practice — even five minutes can be beneficial. Journal. Take an online course. Read an inspirational book. Find comfort in activities that are both good for you and bring you contentment.

- **Prioritize your mental health.** Resiliency can protect you from depression, anxiety, and other illnesses. The guidance of a trusted counselor or therapist can make this process feel more manageable and give you a roadmap for building inner strength.

At Health Insurance Advisor, we can relate to resilience and inner strength as a way to stay healthy. We are providing yoga practice two Tuesdays a month at 6 p.m. See ad for details. ■

Information provided by Janis Van Ahn, Health Insurance Advisor LLC, 5870 Merle Hay Road, Suite A, Johnston, 515-225-9994, jvanahn@health-insadvisor.com. Article originally written in the Wellmark Blue Magazine and online at www.wellmak.com. Sources used: PRNewswire.com — New Study Uncovers Gap in Resilience Skills in America External Site, Uncw.edu — The Road to Resilience – American Psychological Association.



HOW DO you use your HVAC system?

When your HVAC isn't working correctly, you'll know it. It's time to take a detailed look at the way you're using your equipment to determine the strength of its performance.



1. Before summer, how do you prepare your system?

- a. Change the HVAC filter.
- b. Schedule my annual tune-up.
- c. Nothing.

2. Your AC isn't cooling your home before an important event. What do you do?

- a. Tell guests to dress cool and bring water.
- b. Schedule an emergency repair.
- c. Put some fans on and hope for the best.

3. Your HVAC system's performance has been declining. What's your plan when it's time for a replacement?

- a. Let a company choose for me because they are going to give me a "free" furnace, too.
- b. Do my research and choose the best system for my budget and lifestyle. I know a company isn't giving me a "free" furnace.
- c. Buy the best and most expensive system on the market.

4. What do you think you'll find on your next energy bill?

- a. More expensive than usual.
- b. Slightly more expensive but typical with the economy.
- c. Not sure, it changes every month.

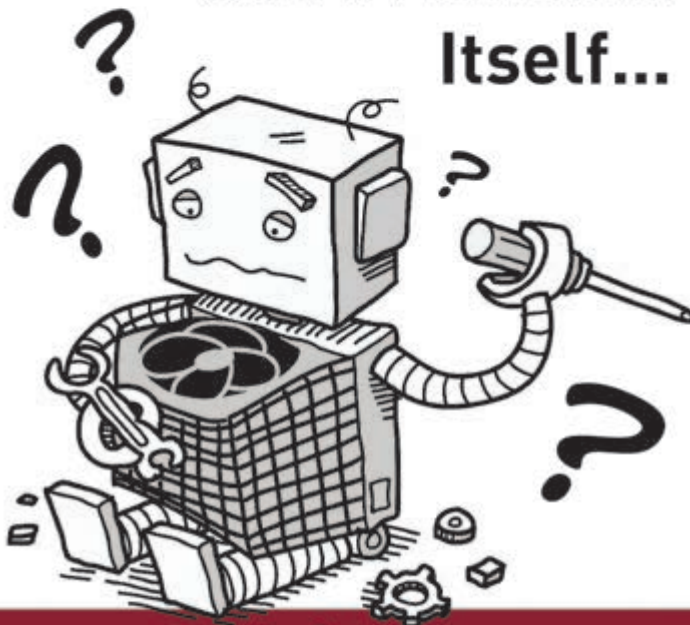
5. What do you do when your HVAC starts to make noises?

- a. Attempt to fix it myself; I have lots of tools in my garage.
- b. Call an HVAC professional.
- c. Hope that it stops.

If you picked mostly Bs, Great job. Your HVAC habits are right where they should be, and your equipment is probably well cared for. If you picked mostly As and Cs, you could make some changes to help your system run more efficiently. Find a quality maintenance plan to join and act now, before the summer heat hits. ■

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

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HOME HEALTH

By Ward Phillips

CHOOSING hospice care is all about living

It may seem counterintuitive to think about “living” in conjunction with services offered at the end of a person’s life — but the keyword there is “life.” Any stage of life can include purposeful, meaningful moments that make life more than worth living.

Options for hospice services are nearly as varied as the individuals who seek them. They range from home care to services in a freestanding hospice center to in-between, hybrid models. The type of care you and your loved one select is truly an individual choice. And any time is the appropriate time to start a conversation about how you or someone you love can live with a life-altering illness — and about the fact that hospice services care can help ensure quality of life.

No matter the type of services you’re considering, you should always ask any provider on your list: “How can you help me or my loved one continue to live through this stage of life?” Ideally, hospice services should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for hospice care, enabling a patient to live life in comfort for the time that remains in his or her life.

Todd of Perry describes his father’s hospice experience this way:

“To us, admitting that Dad needed hospice meant he was closer to death than we thought he was, and we weren’t ready for that,” he says. “We didn’t have any idea what it really meant and how it could actually make his life better.”

Once Todd’s family talked to a family friend who was a nurse and became more comfortable with the idea of hospice, they ended up choosing home hospice, and they actually grew to love the hospice team. Todd’s father lived several months longer than his doctor had predicted — a fact that the family credits in large part to the care the hospice team provided him.

If you’re considering hospice services for a loved one, do your research; consider the logistics of where the care is provided, by whom, and the specifics of services. Then, ask the provider about their philosophy of living in the end stages of life. If the answer isn’t what you were hoping for, keep looking. ■

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



JOHNSTON'S School-to-Work program brings authentic career experience for JHS seniors

The transition between high school to college can be stressful, especially when students are faced with the question of what to study for the next four years. As high school students ponder the path of higher education and an eventual career, how do they find their passion before heading to college? At Johnston High School, it's internships through their School-to-Work program. School-to-Work allows Johnston seniors to explore a career field they are interested in through on-the-job training at a local workplace. Students learn firsthand what it is like to work in a specific career while assisting organizations in reaching their goals.

JHS launched a cooperative work program several years ago; however, the school district transitioned to a more career-focused internship program in 2016 due to the benefits for students and their futures.

"Students in our program are able to get JHS credit, nine DMACC credits, incredible experience in a career they are interested in, make valuable networking connections, and gain expert mentors," says Lexi Shafer, School-to-Work coordinator at Johnston Community Schools. "Students get to decide if a career they think they want to pursue is a perfect fit for them before they go and spend thousands on college coursework."

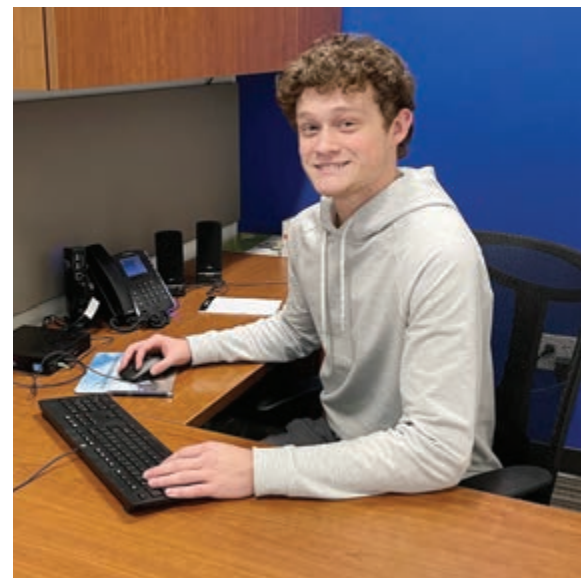
Students interested in the program go through an interview highlighting their career interests and spend two weeks of career exploration at the beginning of their senior year to make sure they have chosen a career path that best fits their interests. School-to-Work coordinators then work with past and potential business connections and find a business and manager to place each student with.

Businesses such as Serve Credit Union have been instrumental in creating and following the STW training plan. For the second year, the not-for-profit financial cooperative worked with Shafer to bring Colin Brown to intern at their Urbandale branch.

Brown, who plans to major in finance in the fall, brainstormed projects he could work on to introduce him to the different aspects of the business. Serve became the perfect opportunity because he could work for a financial institution and gain experience in financial analytics. Working 15 hours a week, he began his internship as a teller and slowly transitioned to other work such as auditing and learning the credit union's database.

"I met some wonderful people that I was lucky enough to work with every day," Brown says. "I got to hear more about the members of the credit union, what they do, what they love, and who they are. The School-to-Work program is a unique experience and something I can take with me throughout the rest of my career."

School-to-Work continues to be life changing for many students as they develop new skills and discover their career paths. ■



Colin Brown was able to serve as an intern at Serve Credit Union, where he gained experience in the field of finance, which he intends to pursue in college.

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RECIPE

CHEF-WORTHY Summer Classics

(Family Features) Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Show off your summer cooking skills with Fried Lobster Po Boy Cheeseburgers from Omaha Steaks Executive Chef David Rose. Savory lobster is combined with all-American burgers.

Find more summer favorites at OmahaSteaks.com/Summer. ■



Fried Lobster Po Boy Cheeseburgers

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: about 20 minutes

Cook time: about 20 minutes

Servings: 2

PIMENTO REMOULADE

- 1/2 cup mayonnaise
- 1 1/2 tablespoons minced pimentos
- 1 tablespoon Dijon mustard
- 1 tablespoon minced bread and butter pickles
- 1 pepperoncino, seeded and minced
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 3 dashes hot sauce
- kosher salt, to taste

FRIED LOBSTER TAILS

- vegetable oil, for frying
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1 large egg
- 1 tablespoon water
- 2 dashes hot sauce
- 1/4 cup potato chips, finely blended in food

processor

- 1/3 cup panko breadcrumbs
- 1 tablespoon minced flat leaf Italian parsley
- 2 Omaha Steaks Cold Water Lobster Tails (5 ounces each)

CHEESEBURGERS

- 1 pound Omaha Steaks Premium Ground Beef
- salt, to taste
- freshly ground black pepper, to taste
- 2 tablespoons unsalted butter, at room temperature
- 2 brioche buns
- 2 slices yellow cheddar cheese
- 3 leaves romaine lettuce, shredded
- **To make pimento remoulade:** In small bowl, mix mayonnaise, pimentos, mustard, pickles, pepperoncino, paprika, garlic powder, black pepper, lemon juice and hot sauce until well-incorporated. Season with salt, to taste.
- **To make fried lobster tails:** Preheat grill to 400 F and add oil to 10-inch cast-iron pan, about 1/2-inch deep.
- In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well-incorporated. Set aside.
- In separate medium bowl, whisk egg, water and hot sauce. Set aside.
- In third medium bowl, whisk potato chips, panko

breadcrumbs and parsley until well-incorporated. Set aside.

- Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.
- Toss halved lobster tails in flour mixture first, egg mixture second and potato chip mixture third, coating thoroughly.
- Fry lobster tails 3-4 minutes on each side until golden-brown and cooked through. Close grill lid between flipping.
- **To make cheeseburgers:** Preheat grill to 450 F using direct heat. Form ground beef into two 1/2-pound patties, each about 1/2-inch thick.
- Using thumb, make dimple in center of each patty to help cook evenly.
- Season both sides of burger with salt and pepper, to taste. Spread butter on each cut-side of buns.
- Grill burgers 4-5 minutes per side for medium doneness.
- Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese. Remove patties from grill to clean plate. Place buns cut-sides down on grill grates and toast 20-30 seconds, or until well toasted, being careful to avoid burning.
- **To assemble:** Place desired amount of remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.

FIREFIIGHTERS finish Make-A-Wish project

On Thursday, April 21, the Johnston Grimes Local 4835 Firefighters had the opportunity to finish the Make-A-Wish Iowa project for a boy named Miles. A pergola had been constructed in the fall of 2021. On April 21, the firefighters installed the swing that goes with it. Miles can now enjoy the outdoors and experience what a swing is like in his own yard. ■



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

ROTARY adds new members

The Johnston Rotary has seen a surge in new members in the past year and continues to seek out individuals who are looking to make a difference in the community and in the world. The group typically meets Tuesday mornings from 7-8 a.m. at Hyperion Field Club, 7390 N.W. Beaver Drive in Johnston.

Rotary International is a humanitarian service organization that brings together business and professional leaders in order to provide community service, promote integrity and advance goodwill, peace and understanding in the world. It is a non-political and non-religious organization. There are more than 46,000 member clubs worldwide, with a membership of 1.4 million individuals, known as Rotarians.

We welcome the following new members:



Neil Hyde,
Infomax Office Systems



Jason Wiegert,
Amazon



Miles Summa,
Meriwether, Wilson
& Co.



Alex Holm,
Johnston Hy-Vee



Nicholas Hanstad,
TH Media



Joe Thatcher,
TH Media



Ben Merrill,
Brown Winick Law



Eric Smith,
Grinnell State Bank



Brian Cheese,
Eide Bailly LLP



Eddie Andrews, Iowa
State Representative



Tom Quick, Dental
Associates Grimes

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

Johnston Rotary Club UPCOMING SPEAKERS

June 7 - Zachary Rus

Chief Philanthropy Officer, Ellipsis

June 14 - Greg Moore & Austin Corrick

School of Rock

June 21 - Brian Hilgenberg

Dir Marketing Bishop Drumm

June 28 - Rotary Swearing in of New Officers

2022/2023 Officers Sworn in

July 5 - No Meeting



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PaulaSDierenfeld@gmail.com

CITY COUNCIL

Bryan Burkhardt
(515) 554-9095
bburkhardt@cityofjohnston.com

Tom Cope
(515) 975-4590
tomwcope@msn.com

Jim Evans
jaae64a@gmail.com

Rhonda Martin
(515) 326-2675
rmartin@cityofjohnston.com

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JOHNSTON GREEN DAYS PARADE ROUTE CLOSURES

Johnston Green Days begins Thursday, June 16 and ends Sunday, June 19. This annual event brings the community together with live music, family activities, delicious food and a parade.

The parade will take place on Saturday, June 18 at 10 a.m. Limited access and road closures will occur beginning at 8:00 a.m. through noon to ensure the community's safety and those taking part in the parade.

Pioneer Parkway from NW 62nd Avenue to Merle Hay Road will be closed beginning at 8:00 a.m. Traffic can travel northwest from Merle Hay Road to NW 62nd Avenue until the parade begins.

Residents within this area will receive a notice from the Johnston Public Works Department warning them of the road closures.



SUPPORT THE SMOKIN' HEROES EVENT AT GREEN DAYS

The City of Johnston has worked hard to cultivate our sister city relationships with Peja, Kosovo. The past few years, we have sent students from Johnston High School to participate in a Toka International Camp, which provides students the opportunity to meet members in their sister city while fostering the relationship with leaders in Kosovo.

This year, the Johnston Police Department has partnered with the Johnston Rotary. The funds will be split up this year and given to the Johnston Police Officer's Association K9 program and Ukraine relief to continue building upon the international relationships. They will be hosting the Fourth Annual Smokin' Hero's Smoke-off event on Saturday, June 18, during Johnston Green Days, held at Terra Park.

The event will be open to the public to come and enjoy the delicious smoked meats and side dishes and will run from 1:00 to 4:00 p.m. with a free-will offering. To learn more about the event, visit cityofjohnston.com/smokeoff.

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



CITY NEWSLETTER JUNE 2022

STOP BY THE JOHNSTON FARMERS MARKET ON TUESDAYS

The Johnston Farmers Market is here! The Farmers Market will be held every Tuesday from 3:30 to 6:30 p.m. in the Johnston Town Center parking lot through October 11. Come check out our brand-new vendors and a wide selection of locally-grown produce, beautiful art, household items, garden accessories and delicious baked goods! The Johnston Town Center is located at 6245 Merle Hay Road. For a list of performances during the Farmers Market, visit cityofjohnston.com/FarmersMarket.



COMMUNITY CENTER IN JOHNSTON

Crown Point Community Center is open on weekdays from 9:00 a.m. to 3:00 p.m. Come enjoy activities and socialization with other seniors. For more information on the activities, visit cityofjohnston.com/50+Activities.

SPLASH PAD OPEN DAILY AT THE TOWN CENTER

Be ready for the warm summer days and come to the Johnston Town Center to cool off in the splash pad. It is open daily from 10:00 a.m. to 8:00 p.m. Pets are not allowed within the splash pad and we encourage visitors to please pick up trash and put it in the designated trash cans. For more information on the rules, visit cityofjohnston.com/splashpad.



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

Lace up those shoes and get ready for the Mayor's annual 5K run on Saturday, August 13. The Kids' Fun Runs (0.62 miles and 100 meters) will begin at 8:00 a.m. The 5K run/walk will start at 8:15 a.m. Come ready to enjoy the fun event and sign up early before prices increase on July 31. Sign up by visiting cityofjohnston.com/Mayors5KRun.

A special thank you to our event sponsors. If you wish to sponsor the event, please contact Janet Wilwerding at (515) 727-7781 or jwilwerding@cityofjohnston.com.

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SUMMER reading fun

It's Summer Reading time! Johnston Public Library has reading programs for all ages that began May 28. The gist of Summer Reading is simple — read books and win prizes. An action-packed summer calendar of activities also awaits.

Preschoolers can enjoy Story Time Together on Mondays at 9:30 a.m. or 10 a.m. and a host of outdoor programs this summer, including Wacky Water Play on June 7, Nature Play every Wednesday beginning June 8 from 10-10:30 a.m. and Bubble Party! on June 28.

Bring the littlest kiddies to baby programming on Thursdays: Play, Baby, Play on Thursday, June 9 at 11 a.m. and Bouncing Babies every Thursday beginning June 16.

June 10 the Des Moines Symphony Academy will be at JPL for an Instrument Petting Zoo, and on Tuesday, June 14 kids can make and eat their own ice cream at the Ice Cream Story Time.

Have some animal lovers in the house? Bring them to the library on June 17 for Amazing Reptiles with Polk County Conservation and on June 24 for Bunny 101 with ARL Therapists. Get your creative fix every Thursday beginning June 9 at Crafternoons and get the wiggles out on June 21 at Little Lotus Yoga. More program information can be found at www.johnstonlibrary.com.

Tuesdays are all about teens at JPL this summer. Teen Summer Reading starts with a bang — and ice cream — at the Donut Stop the Reading Ice Cream Palooza Kick Off Party on Monday, June 6. Make sure to keep your eye on the calendar for amazing Tuesday programs for teens, starting with the Glue Gun Challenge on Tuesday, June 14. The fun continues on Tuesday, June 21 when teens will attempt to answer the age-old question: Will It Waffle? Next, engage your teens in some problem-solving thinking with the Hunger Games Egg Drop Challenge on Tuesday, June 28. Registration for all Teen Tuesday programs opens up eight days before the event. Information and event registration is available at www.johnstonlibrary.com.

Join your neighbors at Johnston Public Library Globally Good: International Cooking Series this summer on the second Saturday of June, July and August at 10:30 a.m. to learn how to cook regional specialties from three different cultures. Globally Good on June 11 will feature Indian cuisine specialties presented by Johnston resident Sonal Mistry.

Did you know you can fly fish for trout in Iowa? Iowa actually has more than 100 miles of publicly accessible cold water trout streams in northeast Iowa in a region called the Driftless. Trout streams are regularly stocked with rainbow trout during the summer, and there are naturally reproducing brown and brook trout. Join anglers from Trout Unlimited North Bear Chapter and Central Iowa Fly Fishers (CIFF) on Saturday, June 18, from 2-4 p.m. to try your hand at fly tying and casting a fly rod at the library pond. All you need to bring is your interest in learning about the sport and your enthusiasm. Fly rods and fly tying materials will be provided to use during the class.

And finally, anyone else feeling overwhelmed by the news recently? Today's information landscape is the most complex in human history, and the need for news literacy has never been greater. A 2019 Pew Research Center Study found that only a minority of adults could correctly differentiate between fact and opinion in media sources. Join Jill Hofmockel, News Literacy Project Ambassador, on Saturday, June 25 at 10:30 a.m. to learn the News Literacy Skills necessary to be smart, active consumers of news and information and equal and engaged participants in democracy. Program information and registration for these free activities is available at www.johnstonlibrary.com. ■

THE LEGALITIES of buying or selling a home

You don't want to spend more money than you have to. This is especially true when you are buying or selling a house. You can save by selling your home with the assistance of an attorney.



When you contemplate selling your home, before you ever put it on the market, you have to know three critical things:

- The value of your home
- The legal documents you need
- How to complete the sale

You must determine how much the house is worth to you. Understand the costs that go into a transaction so that you can calculate a fair price. The seller will have to pay off a mortgage, bring the taxes up to date, and pay for some of

the standard closing costs. The buyer will have fees and costs associated with obtaining a loan.

Once the buyer and seller agree on a price, there are legal documents to sign. The purchase agreement contains the details of the transaction, such as the sales price, the closing date, the financing terms, and any special contingencies. Always have a purchase agreement reviewed before you sign it to avoid vague, illegal, or incomplete terms. We help buyers and sellers understand their rights. The purchase agreement is a binding contract, and it is vital that it is drafted correctly.

Iowa law requires that the seller provide a written disclosure statement to a purchaser. The seller's disclosure statement is required even if a property is being sold in "as-is" condition. For homes built prior to 1978, a lead-based paint disclosure statement is required by Federal law. State law requires that a seller inform a

buyer about radon testing. If the home has a septic system, the law requires that the system be inspected prior to sale. The deed and other supporting documents transfer title to the new buyer.

Completing the sale is the final step. The abstract of title must be brought up to date and examined. Title issues for the buyer or seller must be addressed. The legal documents to convey title must be drafted, reviewed and signed. A settlement company must collect and disburse the funds.

You deserve a trusted team of legal experts who can provide information, specialization and protection when you buy or sell a home. ■

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

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EDUCATION

By TK West

COMMUNITY Service Week

Summit Middle School students continue tradition.

Student leaders from Summit Middle School recently sponsored a Community Service Week event at the end of March. The Middle School has been hosting this event for approximately seven years. Although students have always been involved in the planning of the event in the past, this was the first year that the Community Service Week was entirely student planned.

The week kicked off with a sixth and seventh grade social followed by two days of lunch activities built around kindness and service. Boxes were also placed in each sixth-grade community throughout the week in order to collect items for Johnston Partnership.

Donated items included toothbrushes, toothpaste, shampoo, conditioner, diapers, wipes and other personal-care items.

The week concluded with a service project held on Friday. During that time, sixth-grade students gathered donated items and a check for the Johnston Partnership while the seventh-grade students helped complete a project in the gym for Meals from the Heartland.

"Meals from the Heartland has been a partner with Johnston Schools and Summit Middle School for many years. The idea to work with the Johnston Partnership came from a desire to partner with a local agency that impacts many families in our own community," Summit Middle School Principal Chris Billings says.

In order to pull off the events of the week, the student leaders put in hours of planning and committee work for the socials, service projects, personal items drive, lunch time activities and the final project on Friday. Every student at Summit Middle School was invited to participate in the final project.

Principal Billings says the best part about helping host the events and service days is watching students become leaders. When students asked specifics about how to plan for the week, the sponsors put the decisions back on them to make. They also allowed the students to solve problems and experience the ups and downs that come with being a leader.

"I can see the look of satisfaction when students pull off an event that they have planned for and put a lot of hard work into. They realize that they can do hard things that are worthwhile," Billings says. ■



Seventh-grade students helped prepare Meals from the Heartland in the gym.



Sixth-grade students gathered donated items and presented them and a check to the Johnston Partnership.



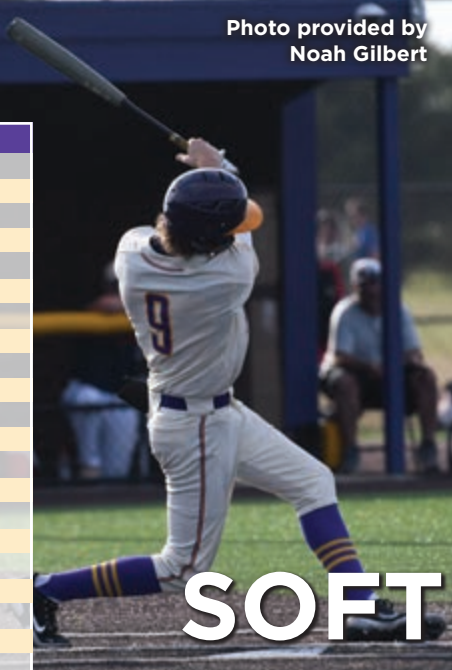
JOHNSTON DRAGONS

BASEBALL

Photo provided by
Noah Gilbert

Photo provided by
Nathan Anderson

Date	Time	Opponent	Location
May 16	7:00PM	Pleasant Valley	Pleasant Valley High School
May 19	7:00PM	Indianola	Indianola High School
May 20	5:00PM	Ames	Johnston Middle School
May 23	5:00PM	Ottumwa	Johnston Middle School
May 25	3:30PM	Des Moines Lincoln	Lincoln Baseball/Softball Complex
May 27	7:00PM	Ankeny High School	Johnston Middle School
May 31	5:00PM	Southeast Polk	Southeast Polk High School
Jun 1	3:30PM	Des Moines East	Des Moines East High School
Jun 3	7:00PM	Muscatine	Johnston Middle School
Jun 4	7:00PM	Dallas Center-Grimes	Johnston Middle School
Jun 6	5:00PM	Urbandale	
Jun 8	5:00PM	WDM Valley	Valley High School
Jun 11	7:30PM	Sioux City East	Sioux City East High School
Jun 13	5:00PM	Waukee	
Jun 15	5:00PM	Dowling Catholic	
Jun 20	5:00PM	Southeast Polk	
Jun 22	5:00PM	Urbandale	Urbandale High School
Jun 24	10:00AM	Prange Tournament	Johnston Middle School
Jun 25	10:00AM	Prange Tournament	Johnston Middle School
Jun 27	5:00PM	WDM Valley	
Jun 29	5:00PM	Waukee	Waukee Baseball/Softball Complex
Jul 5	5:00PM	Dowling Catholic	
Jul 6	5:00PM	Marshalltown	Johnston Middle School



SOFTBALL

Date	Time	Opponent	Location
May 23	5:00PM	Ottumwa	Johnston Middle School
May 27	10:30AM	Multiple Schools	Johnston Middle School
May 31	5:00PM	Southeast Polk	Southeast Polk High School
Jun 4	8:45AM	Multiple Schools	Greater Des Moines Softball Complex
Jun 6	5:00PM	Urbandale	
Jun 8	5:00PM	WDM Valley	Valley High School
Jun 10	TBD	Multiple Schools	Cedar Rapids Jefferson High School
Jun 11	TBD	Multiple Schools	Cedar Rapids Jefferson High School
Jun 13	5:00PM	Waukee	
Jun 15	5:00PM	Dowling Catholic	Dowling Catholic High School
Jun 16	5:00PM	Des Moines Hoover	Des Moines Hoover High School
Jun 20	5:00PM	Southeast Polk	
Jun 22	5:00PM	Urbandale	Urbandale High School
Jun 23	5:00PM	Ames	Ames High School Softball/Baseball & Tennis
Jun 24	5:00PM	North Polk	North Polk High School
Jun 24	7:15PM	North Polk	North Polk High School
Jun 27	5:00PM	WDM Valley	
Jun 29	5:00PM	Waukee	Waukee Baseball/Softball Complex
Jul 1	11:00AM	Multiple Schools	DCG BB/SB Complex-Dallas Center
Jul 5	5:00PM	Dowling Catholic	

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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

Kiwanis of Johnston lunch and breakfast meetings

The Kiwanis club will hold its lunch meeting on Tuesday, June 7, at 11:30 a.m. at Trostel's Greenbriar. The guest speaker is Caroline Schoonover - The Wallace Center of Iowa. Her presentation will be about the history of the Wallace Family, particularly the three Henrys Wallace, and their legacy, as well as the mission of The Wallace Centers of Iowa and details about programming and food events at The Wallace House in Des Moines and The Wallace Farm in rural Adair County. RSVP for the meeting to Barb Allen, 515-577-2194, or bjallen713@gmail.com. Non-members are welcome.

The Johnston Kiwanis club holds breakfast meetings at 7 a.m. on Tuesdays at Crown Point. Upcoming speakers are:

- Tuesday, June 14, 7 a.m. at Crown Point: Conrad from the Gold Star Military Museum
- Tuesday, June 21, 7 a.m. at Crown Point: Emily with Shive-Hattery for Waveland Trolley.

Non-members are welcome.

Camp Dodge Summer Concert Series

Various dates, concerts start at 7 p.m. Camp Dodge Pool Complex

Camp Dodge is again offering its free summer concerts. Concessions will be available and lawn chairs, coolers and picnic baskets are welcome. Food trucks will be available at 6 p.m.

- June 2: Standing Hampton (Tailgate Party)
- June 9: B2wins (Color & Culture Night)
- June 23: 34th Army Band (Stars & Stripes Night)
- June 30: Dick Danger Band (Throwback Thursday & Car Show)



Flag disposal ceremony

Wednesday, June 8, 6 p.m.

Grimes Public Works Department, 1700 S.E. Destination Drive

Boy Scout Troop 44 will be disposing of U.S. flags in a Ceremony of Final Tribute. Worn out flags may be dropped off at the Flag Box located behind the Johnston Fire Department, 6373 Merle Hay Road, Johnston, or brought to the event to be properly disposed. The public is welcome to attend.



Family Fest

June 4, 11 a.m. to 2 p.m.
The Yard at Johnston Town Center

Family Fest features various activities for family fun. The Splash Pad will be open and three inflatables will be onsite. Enjoy various yard games, face painting, body art, glitter tattoos and balloon animals by Toby Twist until 1 p.m. Toby will perform an interactive family comedy show at 1 p.m. Visit with local police, fire and EMS members, and, from 11 a.m. to noon meet Cubbie from the Iowa Cubs. The Johnston Library Book Bike will be giving away free books from noon to 1:30 p.m. Totally Rolled Ice Cream and Kulinary Khaos will also be at the event.

Community Garage Sale

Lions Club Building, 6401 Merle Hay Road, Johnston

Friday, June 10, 8 a.m. to 6 p.m.; Saturday, June 11, 8 a.m. to 2 p.m.

Find a variety of treasures and essentials at the Lions Club Community Garage Sale. Items that are new or gently used can be donated at the Lions Club Building Monday, June 6 to Thursday June 9, 12-6 p.m. Donations will be collected at the front door. They accept items that still run, work and/or can be worn. They do not accept stuffed animals, baby bottles, mattresses, bedding, car seats or large appliances.



Johnston Farmers Market

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

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

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



Airing of the Quilts

June 1-4

Madison County

The Madison County Airing of the Quilts celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county, including at the famous covered bridges. This unique event is one that you don't want to miss. Presentations, demonstrations, and the Covered Bridges Quilters Guild Quilt Show are all part of the festivities. This year, the Iowa Quilt Museum has added classes and a retreat to the event. For information, list of classes offered, and tickets, visit www.iowaquiltmuseum.org.

EVENTS IN THE AREA

Be sure to check for cancellations

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



J-Town Golf Championship

June 13

Hyperion Field Club, 7390 N.W. Beaver Drive, Johnston

The inaugural Johnston Rotary Golf Outing will include gift bags, grilled lunch and gourmet appetizers after the event. There will be three flights/three winning teams plus four pin prizes. Tesla test drives are at 10 a.m. with check-in and lunch at 11 a.m. at The Grill. A shotgun start is at noon and the reception is at 4:30 p.m. The event will benefit ChildServe, ellipsis and The Brenton Arboretum. For more information, visit www.jtowngolfchamp.com.

Garden Art Show

Sunday, June 5, noon to 5 p.m.

4320 Franklin Ave, Des Moines

Start off your Iowa summer with the 12th Annual Garden Art Show presented by Whirlythings. Central Iowa artists will be offering a wide range of works in a Beaverdale backyard nearly a football field long. Mature shade trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, mandala stones, glass beads and more. Free public admission. Find more information at www.whirlythings.com.



Leprechaun Open

Saturday, June 11,

shotgun start at 8 a.m.

Toad Valley Golf Course

The Friendly Sons of St. Patrick's Leprechaun Open is a two-person best ball format and is open to members and nonmembers, gentlemen and ladies, and all skill levels. Contact Brian Kreps at 515-669-2531 to register. Visit www.friendlysonsiowa.com for more information. Entry fee is \$70 at registration and \$80 late registration.



Jog for Joppa

July 16, 9 a.m.

Terra Park, Johnston

The high-schoolers of Life Academy co-op, a small, local homeschool group, have been working this school year to put on a 5K to support a charity. Adult entry fee is \$35, which includes snacks, rewards and a T-shirt. For children 6-12, the cost is \$10. A T-shirt is not included in this fee. All proceeds from the race will be used to buy materials and items to donate to Joppa, which helps homeless people access existing resources and mobilizes private donations from families, churches and organizations to meet unmet needs in homeless services, housing and education. For more information, visit jogforjoppa.com or the Facebook page, Jog For Joppa.

Cajun Fest Boil & Brew

June 4

Jr's SouthPork Ranch, Iowa State Fairgrounds

A group of Iowa natives and Louisiana transplants came together to create Cajun Fest, a Cajun Boil & Brew event where Southern hospitality meets "Iowa nice." They unite people to share good food, good music, and create good times for a good cause. Last year's sold-out event raised more than \$70,000 for local children's charities. Join the fun, celebrate a new cultural experience and connect with others in the community. Food includes a crawfish boil, gumbo, jambalaya and beignets. Drinks include Hurricanes, Slushies and, of course, beer. Live music and kids' activities are included. General admission is \$40 per person, \$140 for group of four, and \$100 for VIP tickets with private accommodations and concierge service. For more information and tickets, visit www.cajunfestiowa.com.



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CONDO community

Breckenridges love their home.



Andrea Breckenridge says her family enjoys the activities offered at the schools and in the community, especially those her daughter enjoys.

Andrea Breckenridge and her family have lived in Johnston since 2007. The guiding factor behind their decision to move to the community was the Johnston Community School District, which they knew to be exceptional.

The Breckenridges live in a condo in town, which they chose because it was what they could afford at the time.

Breckenridge says her favorite part of their home is the neighbors — especially the ones below them.

“My daughter’s best friend moved into the unit directly below us a little over a year ago,” she explains. “I also love that we have a park within walking distance. It’s close to my daughter’s school, so we will periodically see her friends there.”

Her daughter, who recently finished kindergarten, has participated in a number of activities in town, too. Breckenridge enjoys the opportunities made available for her to do so.

“I love the involvement the school has had

in the community with spirit nights, fun PTO events and getting kids involved in different activities,” she says. “My daughter did a cheerleader’s camp last fall and got to cheer at the home football game.”

Another thing Breckenridge appreciates about the Johnston community is its continued growth that shows no sign of slowing.

“I love that Johnston is wanting to improve with adding the Town Center with the splash pad and the park at the library,” she says. ■

'HOUSE' for sale

Haags get rid of some things to make room for others.

It wasn't too long ago that 4-year-old Emerson Haag of Johnston saw a house and fell in love with it at first sight. She just had to have it.

It wasn't a "real" house, per se, but instead was a Disney-style Princess house that she and her mom, Lora Haag, spotted at a garage sale. After a few less-than-silent pleas from Emerson, being the doting mother that she is, Lora purchased it. When they got home, Emerson quickly set it up in the playroom, putting as many of her other toys inside it as she could.

It was everything she thought it would be, and she had a whale of a good time — for a little bit, anyway.

Children's attention spans can be fickle things. And, sure enough, just as quickly as Emerson had fallen in love with it, something else drew her attention, and the house, well, it became old news. Fortunately, they didn't pay much for it, and this came as no surprise to Lora. She is used to the constantly wavering likes and dislikes of youngsters.

"We've had many different houses, and she just never really cares for them that much," she says. "She'll play with them for a little bit then get bored with it."

It was someone's else's turn for it. Her once-beloved little house was on the chopping block with a price tag on it in the garage driveway at Mom's own garage sale recently. Little Emerson, when asked if she minded, didn't.

"I don't care," she cutely says. She knows more houses will likely be in her future.

Also near the garage entrance were a couple of clothes baskets filled with stuffed animals looking for new home.

"I have three girls (Jaeden, 11, and Makayla, 18, and Emerson) who are obsessed with stuffed animals," Lora says. "If we see them at a store, garage sales, at the zoo, or anywhere we go, we pick some up. Then, every year, I have a garage sale and try to get rid of as many as we can."

There are a few stuffed animals that are sentimental and will always be kept, some of which their grandmother made for them when they were babies. Another one of the keepers is one that was given to Lora some 37 years ago. They'll stay parked right there in the garage.

"Yep, those are staying," Lora says with assurance. "They'll be with us forever." ■



Lora Haag holds a couple of stuffed animals made by her children's grandmother. They are not for sale.

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THE SOCIAL Security decision: marriage, divorce and death

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When it comes to Social Security benefits for spouses, the determining factors are the length of the marriage, work history, and the age of both spouses. Each spouse needs ten years of work history to qualify for individual benefits. However, your full retirement age benefit is based on an average of your 35 highest wage-earning years. Each spouse will automatically receive the highest amount for which they are eligible — either the benefit based on their own work record or a derivative (up to 50 percent) of their spouse's benefit. For instance, a wife may qualify for a higher benefit based on her husband's work history over her own. You can qualify for spousal benefits if your spouse is already collecting Social Security, you have been married for at least a year, or you are at least 62 years old.

The rules change in cases of divorce. For a divorced spouse to receive benefits based on the ex's work history, the couple must have been married for 10 years or longer, and both must be age 62 or older. If a former spouse



is eligible for a benefit but has not yet applied for it, the ex may still apply for the spousal benefit as long as they have been divorced for at least two years. Claiming benefits on your ex-spouse triggers a spousal benefit, which is worth a maximum of 50% of the retirement benefit. Then you can take retirement benefits based on either your work history or half of your ex-spouse's, whichever is higher. If your ex-spouse remarries, you can still claim benefits. If you began drawing ex-spousal benefits, then remarry, then typically, those payments are terminated.

Widows and widowers are entitled to 100 percent of the higher earner's retirement benefit if the decedent spouse had reached full retirement age before death. A widow(er) may receive 71.5 percent of the decedent spouse's benefit once they reach age 60. A surviving spouse may claim a reduced benefit on one working record and then switch to the other. The higher earner can increase the survivor's benefit by waiting to receive benefits until age 70.

These are just some of the rules for electing Social Security. It's not your job to know all of them; working with a retirement planner who does will help you maximize this vital piece of your retirement income. ■

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

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WHY SCHOOL and sports physicals are important

Summer is just around the corner, and, for many families, that means the end of the school year and the beginning of camps and summer programs. And, even though it might seem a little early, it is also the perfect time to schedule your child's health maintenance exam. We want parents to know these visits can be scheduled now when there is more availability to conveniently fit in your schedules.



These visits are a great time for us to talk with kids about how to eat healthy foods, stay active, and make sure they're drinking plenty of fluids and getting the right amount of sleep. These are all habits that, if we can teach them young, they'll carry over into the rest of their lives.

Yearly physicals are required by school districts to help ensure safety for students, especially those participating in sports. Before classes and extracurricular activities begin, it is important students receive a physical to make sure there are no underlying health issues that might interfere with participation, check their growth and development and update their immunizations. These comprehensive physicals look at a student's overall wellbeing, provide a space for them to ask any questions they may have and helps build relationships with a student's primary care provider.

During a health maintenance exam, parents can expect:

- Physical exam
- Update immunizations
- Check growth and development
- Review medical history

To avoid getting hurt on the field or court, your student needs to be prepared. That preparation starts with seeing their provider to make sure their bodies are ready for the season ahead. Students who are not in sports also need a yearly physical to monitor their development and overall health and wellness.

Annual physicals are also about more than just the physical wellbeing of students. During these visits, students are also encouraged to discuss any emotional and psychological barriers they may be facing.

It's a good time to connect with students and make sure they feel connected and engaged outside of just the classroom. It's a time to ask how they are feeling about the school year and how they're interacting with their peers, as well as discuss any screening or anticipatory guidance they may need. ■

Information provided by Sara Schutte-Schenck, DO, MercyOne Ankeny Pediatrics Care, 800 E. First St., Suite 221, Ankeny, 515-643-9000, MercyOne.org

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HEALTH

By Dr. Tara Federly

FOOD allergies 101

More than 5 million children in the U.S. have food allergies, and that number is increasing. That means a typical classroom has two students with food allergies, and 40% are allergic to more than one food. So, what are food allergies, can they be prevented, and what can be done for a food allergy?

Food allergy is the immune system overreacting to a harmless food. The most common food triggers are milk, egg, peanut, tree nuts, soy, wheat, fish and shellfish. Food allergies can be serious, sudden and can cause death.

In the past, parents were told to delay introduction of high allergy foods, but research now shows that early and regular exposure, specifically to peanut, can prevent food allergy. Infants with severe eczema or a known food allergy are at higher risk and should be introduced to peanut products at 4-6 months under the guidance of a physician. These infants should have allergy testing and may require supervised feedings in the allergy clinic. If not at higher risk, peanut products can be introduced at home around 6-12 months. Parents should talk with their pediatrician or allergist about infant-safe forms and symptoms of food allergy.

Children with food allergy must avoid the food, but many families want to be proactive. Oral immunotherapy (OIT) is a treatment program that retrains the immune system to tolerate the food. Starting with a very small amount, the food is slowly reintroduced over months. Call your local allergist to learn more. ■

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



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HEALTH

By Dr. Mallori Phillips

FIREWORKS Eye Safety Month

Are you looking forward to a sweltering humid Fourth of July celebration filled with watermelon, beef franks and sticky Bomb Pops? As excitement builds for traditional Independence Day activities, carefully consider what safety measures are necessary to prevent accidents from occurring during fireworks shows.

According to a report written in June 2021 by the Consumer Product Safety Commission, approximately 10,300 injuries requiring emergency department care were reported in the weeks leading up to and after July 4, 2020. Nearly 15% of those injuries involved the eye. On a personal note, a friend of mine suffered an eye injury due to a bottle rocket incident when he was a teenager. Twenty years later, his vision remains impaired in one eye, and he continues to use protective eyewear in order to maintain vision in his good eye.

The best way to avoid injury during this holiday is to commit to being a spectator at the light show. Crackles and explosions can be left to the professionals. Should you decide to purchase fireworks for personal use, please make sure your family and friends have proper protective equipment so your Independence Day celebration is filled with only happy memories! ■

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



4 PRODUCE-WASHING myths

Washing your produce is an important step to ensure you and your family stay healthy. Below you will find four produce-washing myths along with tips to improve your process.



Myth #1: I need a fancy produce wash for my fruits and vegetables.

Fact: According to the Food and Drug Administration, water alone does the job when it comes to cleaning produce. Soap, detergent or commercial produce washes aren't recommended. You can add half a cup of distilled vinegar per one cup of water followed by a water rinse to reduce bacteria; however, it may affect the taste and texture of your produce.

Myth #2: I should rewash my pre-washed produce.

Fact: If the packaging states "pre-washed" or "ready-to-eat," you can use that item without washing.

Myth #3: I should wash produce as soon as I get home.

Fact: Wait to wash fruits and vegetables until just before eating or cooking them, especially delicate items like berries or mushrooms. Storing wet fruits and vegetables in the refrigerator is a recipe for mold growth.

Myth #4: I have to peel fruits and vegetables with skins.

Fact: From a nutrition standpoint, the skins of fruits and vegetables typically house vitamins, minerals and fiber. Even if you don't plan to eat the skin, wash produce before peeling or cutting to avoid transferring bacteria from the peel to the inside via the knife.

Additional tips for washing produce

To best wash cruciferous veggies, such as kale, lettuce, spinach broccoli and cauliflower, separate into leaves or florets and soak them in a large bowl of cold water for one to two minutes. Drain leaves or florets in a colander and dry with a paper towel.

For firm fruits and vegetables like green beans, grapes, zucchini, asparagus, cucumber or citrus, rinse under cold water, scrubbing off any visible dirt or debris. Dry in a colander or with a paper towel.

To clean delicate fruits and vegetables like berries and mushrooms, gently rinse under a soft stream of cold water, removing any visible dirt or debris. Many mushrooms can simply be brushed off with a towel to avoid any water absorption. Spread on a clean towel or paper towel and allow to dry completely.

Root and tuber vegetables like potatoes, sweet potatoes, carrots, butternut squash and acorn squash can be scrubbed with a vegetable brush under cold water to remove dirt and debris. Dry using a clean towel.

Don't forget about safe storage, too. Cut produce should be eaten within two hours after you cut, peel or cook it. Otherwise, store it in the refrigerator, away from raw meat, poultry and seafood. ■

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



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REAL ESTATE

By Eric Quiner

STATE of the market

A lot is going on in the world of real estate today. High inflation, record low inventory, rising interest rates... What does it all mean?

Inflation - Our market has seen almost 10% appreciation in the last two consecutive years. If you have a home in Des Moines that was worth \$400,000 in Jan of 2020, you are likely nipping the heels of a \$480,000 valuation today. The reason for this is threefold: low inventory, abundant amounts of money that was printed at the federal level (PPP, etc.), and record low rates. Put another way: Adding high "supply" (i.e., providing all the PPP money to a low "inventory" environment) inevitably will raise prices for all goods, and it has proven to diminish the value of the dollar all at the same time. If you own a home right now, one of your best bets against all of this inflation is your real estate.

Record Low Inventory - In the crash of 2008, the metro had more than 7,000 total homes on the market. Just before rates started to rise, the inventory was in the 1,600s. As rates have risen, so have available options. We are watching before our own eyes the post-COVID market taking shape. One thing's for sure: More options in the market will be good for homebuyers.

Rising Interest Rates - I have a client who has been looking for a house for about six months. Part of the reason they have been looking for so long is the limited inventory in our market. Homes are selling in hours and competition is fierce. The monthly payment my buyers are comfortable with is about \$1,200 for principal and interest (P&I). In January, \$1,200 for P&I bought you about \$275,000. In the last few months, another ripple has entered the market — interest rate hikes. Rates were under 4% in January and today rates for 30-year fixed mortgages are more like 5.25%, up to as high as 6%. This same payment buys you more like \$225,000. This is a hard pill to swallow during this transition. As a result, I am seeing lots of ARM loans coming back in vogue. Many lenders have ARM loans as far out as 10 years now. Each situation is unique, but with the average homeowner living in a home for six to seven years, a 10-year term has many homeowners feeling confident about using the ARM products. ■



Information provided by Eric Quiner, ericquiner.com, eric@precisiondsm.com, 515-710-5468, REMAX Precision, Powered By Relationships.

BEFORE YOU GO

By Jan Shawver

DEATH certificate

Certain information is required by the Board of Health in order to issue a death certificate. This information is provided by the family.

While often commonly known, at the time of death, family members may not be thinking clearly enough to supply the needed information. It is wise to have your vital statistics written down so your family will have access to them when needed.



This information should include: full name, address and phone number; date of birth; place of birth; father's full name and place of birth; mother's full maiden name and place of birth; whether a U.S. citizen; how long you have lived in the state/city; name and address of your place of employment, your occupation and title; Social Security and Veteran's serial numbers; religious affiliation.

The death of a loved one is extremely difficult for the family — no matter if sudden or following a lengthy illness. Having this information written down and kept with your important papers will be a huge help. What takes a few minutes for you to complete will save your family a great deal of time and energy later.

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.

HEALTH

By Shelly Stewart-Sandusky

WHAT IS neurofeedback?

Neurofeedback is a type of therapy that uses electrodes to read brain waves in real time and help the brain learn how to communicate with itself more effectively. The process starts with a brain map that collects data from all channels of the brain, allowing us to see exactly how your brain is working and which areas are struggling. Once we know which channels of your brain are not working their best, we can create a protocol to help those specific areas to work more effectively. When the brain is working more effectively, you can see reduction in symptoms associated with ADD/ADHD, anxiety, OCD, PTSD, depression, insomnia, RAD, autism spectrum disorders, personality disorders and more.

Neurofeedback protocols require you to sit still and watch a show of your choosing while connected to two to six electrodes that are providing immediate feedback to your brain based on its activity by dimming and brightening your show. Each training takes about 15 minutes to complete and should be done twice per week. After a few sessions you should start to see improvement, with training finishing after 10-40 sessions depending on what symptoms are being addressed. Neurofeedback can help roughly 85% of people improve mental health symptoms and has fewer side effects than medication. Neurofeedback can help EMDR to be more effective and can complement many other therapies as well, or even substitute for therapy for some people. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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SENIORS and the heat: safety tips

The summertime is a time for most individuals to spend outside enjoying the nice, hot weather, whether it is relaxing by the pool, gardening, going for a walk or enjoying a nice lemonade on the porch. However, for seniors, summertime and the heat can be dangerous if the proper safety measures are not taken. Here are some helpful tips ranging from what to wear to what to drink for seniors and their caregivers, so they can make sure to have a fun, safe summer.



The first tip is to ensure your loved one's air conditioning is working properly and insulated. This should be done prior to the temperatures rising during your summer home maintenance check. To reduce the amount of heat entering your home, cover your windows by using drapes or shades. If, for whatever reason, your air is

not working properly, use fans throughout the house and carry a spray bottle full of water to help cool you down.

The second tip is to stay hydrated. Since seniors are more susceptible to dehydration due to the loss of the ability to conserve water, they don't always sense their thirst. Ensure that your loved one always carries a water bottle, and start them on a drinking schedule to ensure they are drinking enough water to stay hydrated. We suggest having fruit infused water available. There are many benefits to fruit infused water for seniors.

The third tip is to consult with your doctor over your current medications. Some medications are less effective if stored in higher temperatures. You want to ensure your loved one's medications are working effectively even during the scorching temperatures.

The fourth tip is to wear appropriate clothing. Everyone, young to old, should wear sunscreen. Remind your loved one to wear

sunscreen when leaving the house and to apply it frequently. Have your loved one's wardrobe stocked with light-colored and loose-fitting clothes to be more lightweight and cool. Also, make sure these clothes are made out of cotton instead of synthetic fibers, since they tend to be more lightweight and comfortable. It is a good idea for seniors to wear a hat to protect their scalp as well as the ears.

The last tip is to be aware of any warning signs of heat-related illnesses. Watch for signs of shallow and fast breathing, headaches, dry mouth, pale or clammy skin, muscle cramps, nausea, disorientation and excessive sweating. Seek immediate medical attention for any of these symptoms.

If you and your loved one follow these safety tips, you will have no issues enjoying this wonderful time of year. ■

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

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ENJOY Green Days

Summer is upon us, and with that comes the Chamber's biggest event — Johnston Green Days. Green Days is an annual three-day event that includes live local music, food, a carnival, art, a business expo, smokin' heroes competition and, this year, a Black Hawk flyover and a bags tournament. The best part is it is free to attend. We have something for the whole family to enjoy.

Green Days has been Johnston's favorite festival since 1996. Each year, it grows and continues to improve. I want to say thank you to all of our volunteers and committee chairs who help keep this event going. A special thank you to Pam Kucera, Green Days Planning Committee chair. Without her, this event could not happen. She has done an amazing job organizing this event. Be sure to tell her hello and give her a thank you if you see her.

This year, our event kicks off on Thursday, June 16 with our Jammin' in Johnston Business Expo. This is an event for local businesses and chamber members to meet with the public and talk about what they do in our community. Food vendors and the beverage garden will be open at 5 p.m. Our live music starts off at 5:30 p.m. with Mike Aceto, and the carnival is ready to go at 6 p.m. You can get a wristband for unlimited rides for \$25. At 6:45 p.m., be sure to look up as Camp Dodge will be doing a Black Hawk flyover with City and Chamber officials. And last, but not least, be sure to register for the Light the Night for Sight Walk that starts at 6:30 p.m.

On Friday, we kick off the evening with our Car and Truck Show with registration at 4 p.m. At 5:30 p.m., enjoy some food and beverages while listening to Jake Schrodt. Be sure to stick around as we crown the King and Queen of Green sponsored by Big Green Umbrella Media and tap the green keg. Enjoy the evening with music from The Sons of Gladys Kravitz.

Kick off Saturday early at 7:30 a.m. with a Johnston Kiwanis Pancake Breakfast followed by our Nature Walk through Terra Park and Storytime for the little ones with the Johnston Library. Be sure to get a good spot for our parade that starts at 10 a.m. This year, we are hosting a Bags Tournament sponsored by the Johnston School District, and we will also have live music from the kids at School of Rock from noon to 1:30 p.m. Our heroes will be competing in the Smokin' Heroes contest where you can taste test and vote for best sidedish. Then Shockwaves Band will be performing from 1:30 to 3 p.m., followed by the Mayor's proclamation for Juneteenth. Finish the night with music by Slipstream at 5:30 p.m. and Gimikk at 8:30 p.m. and stick around for our fireworks show.

To stay up to date on the schedule, be sure to check out our site, <https://johnstongreendays.org>.

And for all the Green Day Go Getters — if you would like to volunteer, you can sign up online at <https://johnstongreendays.org/our-volunteers>. ■

Information provided by Samantha Winebrenner, Johnston Chamber Executive Director, samantha@johnstonchamber.com, 515-276-9064. For more information about the Johnston Chamber, visit our website at www.johnstonchamber.com.



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 Saturday, June 18 • 12:00pm - 1:30pm
SCHOOL OF ROCK PERFORMERS
 Saturday, June 18 • 1:30 to 3:00
SHOCKWAVES
 Saturday, June 18 • 5:30-8pm
SLIPSTREAM
 Saturday, June 18 • 8:30pm - midnight
GIMIKK

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OUT & ABOUT



Front row: Sharon Vickery, Andrea Hodapp, Jenni Buchanan and Paula Bierle; and, back row: Allan Graham and Samantha Winebrenner at the Johnston Chamber of Commerce Educator Appreciation event held at Freedom Center at Camp Dodge on May 4.



Trisha Lenarz-Garmoe, Jodi Cameron, Rachelle Coomes, Lisa Horsch, Lynne Paulsen, Kathy Ryan, Gary Schramm and Ruth Thoreson at the Johnston Chamber of Commerce Educator Appreciation event held at Freedom Center at Camp Dodge on May 4.



Samantha Winebrenner and Tony Betzer at the Johnston Chamber of Commerce Business After Hours at Bank Iowa on May 5.



Mark Rheinschmidt and Jenni Buchanan at the Johnston Chamber of Commerce Business After Hours at Bank Iowa on May 5.



Bill Fry and Jay Mathes at the Johnston Chamber of Commerce Business After Hours at Bank Iowa on May 5.



Lauren Frost, Tatum Friesth and Edina Hodzic at the Johnston Chamber of Commerce Business After Hours at Bank Iowa on May 5.



John Rathjen and Shane Goodman at the Johnston Chamber of Commerce Business After Hours at Bank Iowa on May 5.



Pat Ward and Allison Porterfield at the Johnston Chamber of Commerce Business After Hours at Bank Iowa on May 5.



Paula Bierle and Kelli Vorrath at the Johnston Chamber of Commerce Breakfast Before Business at Martina Place at Bishop Drumm on May 10.



Mike Charley and Brian Hilgenberg at the Johnston Chamber of Commerce Breakfast Before Business at Martina Place at Bishop Drumm on May 10.



Pam Kucera and Nigel Chapman at the Johnston Chamber of Commerce Breakfast Before Business at Martina Place at Bishop Drumm on May 10.

OUT & ABOUT

2022 JHS Graduation

Johnston High School
Graduation was held on May 24
at Drake University Knapp Center.



Kadin Gordon, Lucas Gorsh and Anna Gossling



Dezi Hoenicke, Saladin Hodzic, Isaac Hodapp,
Hunter Hobson and Hailey Hobson



Nate Sokolowski



Alek McGaughey



Emma Dummermuth



Joy Nyamu



Aiden Askelson, Ryan Austin and Matthew Avendt



Max Wearmouth-Gweah, Reggie Wearmouth-Gweah
and Gabe Weggen



Alexa Badtram, Isabelle Ballantini, Skyla Ballard
and Ella Barkey



Zoey Buchan



Dylan Coslin

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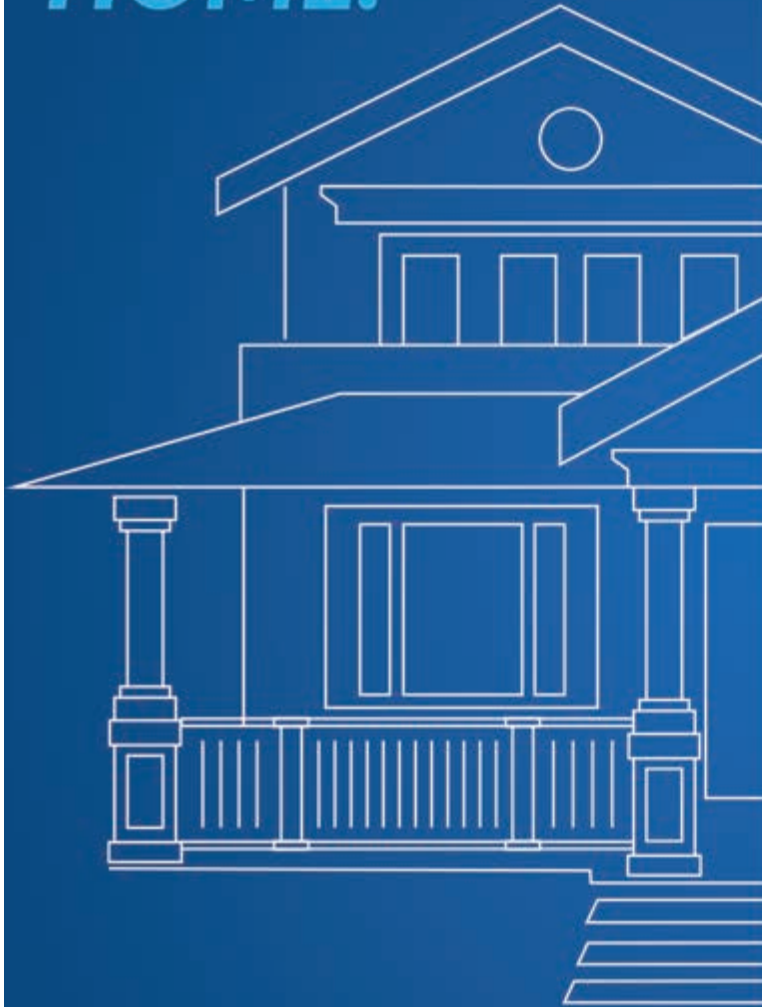
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