

JOHNSTON

OCTOBER 2022

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Northwest Polk County
residents share their favorites

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EDUCATION

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WELCOME

OPINIONS galore

Most of us have been told to keep our opinions to ourselves, but this issue of your Living magazine is full of them. That is the premise of our annual “Residents’ Choice” poll where voters name their favorite choices in a number of categories. Inside this issue, you will find the full results from the Northwest Polk County Residents’ Choice poll.

The people, places, events and other winners in this “Residents’ Choice” poll are not our choices but rather the choices of each of you — our readers and the residents of this community.

Some publishers call their polls like this “Readers’ Choice” polls, but we choose to call ours “Residents’ Choice,” as, for us, they are one and the same. Every household in this community receives a copy of this Living magazine each month, and the magazines are read in nearly eight out of 10 households. We placed the ballot here in multiple issues prior to tallying the results. We also made the ballot available online for those who prefer to vote that way.

You may wonder how we keep people from voting multiple times. It’s quite simple. The poll software prevents it from happening, but some clever folks discovered that they could delete their “cookies” on their computers and vote again. That would work, except that we export the results and sort them by IP address, tossing out ones that are from cheaters.

The difference in the top choice and the runners-up is sometimes only a handful of votes. With that in mind, being in the top three is an incredible honor.

So, if you took the time to vote in this year’s poll, thank you. If you didn’t vote, enjoy reading what the favorites are from your fellow residents — and be sure to vote next year.

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

Pagliai's Pizza, owned by Alex and Travis Vander Weerd, was chosen favorite restaurant for pizza. Photo by Todd Rullestad

RESIDENTS' CHOICE AWARDS

Northwest Polk County residents share their favorites

By Tammy Pearson

Once again, local residents have let their favorites be known.

The results of the Northwest Polk County Residents' Choice Poll have been tallied, and congratulations are in order. Many of last year's favorites return to the top three, but some new ones have also emerged. Regardless, all who made the top three can truly be proud, for they have earned the respect and loyalty of those who matter most — customers. From favorite

restaurant to favorite hair salon, bank, veterinarian, health club, park and more, the people who know — because they live here — have shared their opinions.

Johnston businesses landed some new honors, including Elevate Physical Therapy and Sports Medicine as favorite place for physical therapy and Clean & Breezy as the favorite in the dog grooming category. Long-time favorites returning to the podium include Trostel's Greenbriar

Restaurant and Bar and Purple Poppy Boutique. Pagliai's Pizza nudged out Casey's to finish on top of the highly competitive category of favorite place for pizza.

Whether you agree or not, these are the views of your friends and neighbors. If you didn't cast your votes, be sure to do so next year. And, if you hope to be a favorite next year, you have time to dazzle your customers and make a winning impression.

Northwest Polk County Residents' Choice for Favorite ...

(Runners up in alphabetical order)

1. Thrift store

Many Hands Thrift Market, Grimes

Runners up: Goodwill, Johnston; Stuff Etc, Clive

2. Dad/child date spot

Jester Park, Granger

Runners up: Get Air Trampoline Park, Urbandale; Pole Position Raceway, Grimes

3. Mom/child date spot

Heavenly Delights, Grimes

Runners up: Get Air Trampoline Park, Urbandale; Jester Park, Granger

4. Financial institution

Veridian Credit Union

Runners up: Charter Bank; Community Choice Credit Union

5. Restaurant

Trostel's Greenbriar Restaurant and Bar, Johnston

Runners up: ShortE's BBQ, Johnston; The Urban Grill, Urbandale

6. Hair salon

Talking Heads Salon, Grimes

Runners up: Adara Salon and Spa, Johnston; Great Clips, multiple locations

7. Gymnastics studio

Emerge Academy, Grimes

Runners up: Mid Iowa Gymnastics, Grimes; Sapphire Gymnastics Academy, Urbandale

8. Doctor

Dr. Rana Al-Durrah, MercyOne Johnston Pediatrics Care Clinic

Runners up: Dr. Andrew Bishop, MercyOne Johnston Family Medicine Clinic; Dr. Dennis Bussey, UnityPoint Clinic Family Medicine - Grimes



9. Dentist

Dr. Jonathan Karch, The Dental Studio of Iowa, Johnston

Runners up: Dr. Connor Elmitt, The Dental Studio of Iowa, Johnston; Dr. Jennifer Grove, Grove & Platt Dental Associates, Grimes

10. Chiropractor

Dr. Kyler Case, Metro Movement

Chiropractic and Rehabilitation, Urbandale

Runners up: Dr. Shane Hoffman, Thrive Family Chiropractic, Urbandale; Dr. Aaron Rector, Active Wellness, Johnston

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- Excess skin under the natural fold of the upper eyelids
- Loose skin that hangs down from the upper eyelids
- Puffiness in the upper eyelids that creates a tired look

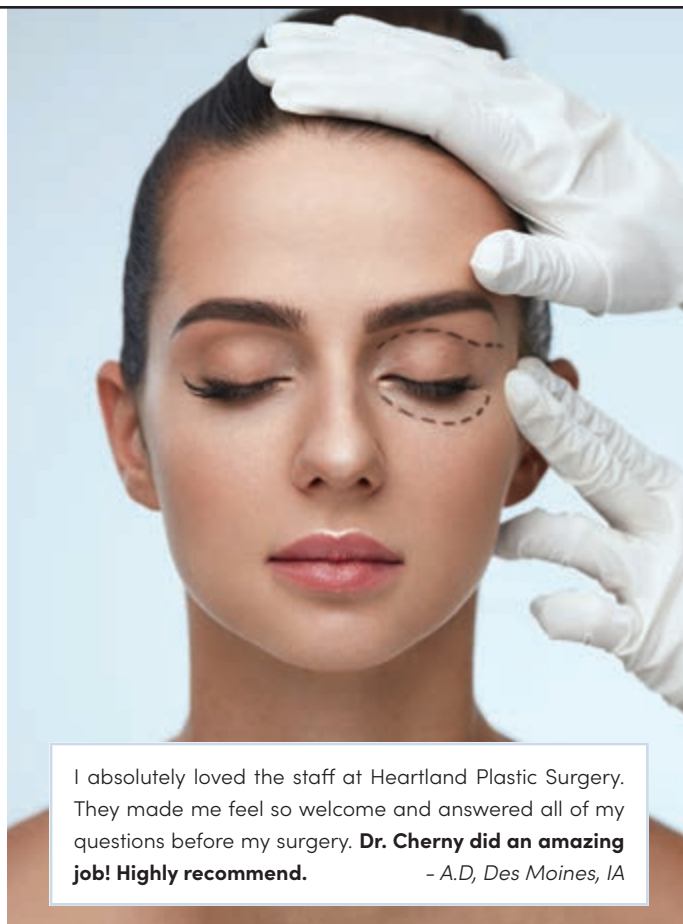
Lower eyelids

- Excess skin and fine wrinkles of the lower eyelids
- Puffy "bags" and, in some cases, dark circles



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- A.D., Des Moines, IA

FEATURE

11. Eye doctor

Dr. Erin Wilkens, Lifetime Vision, Johnston

Runners up: Dr. Matthew Howie, Total Family Eye Care, Grimes; Dr. Wendianne Wilson, Advanced Eyecare Center, Urbandale

12. Pastor

Jeremy Carr, NorthPoint Church, Johnston

Runners up: Mike Householder, Lutheran Church of Hope, Grimes; Ben Wedeking, Grimes United Methodist Church

13. Health club or gym

Life Time Des Moines, Urbandale

Runners up: Anytime Fitness, multiple locations; Emerge Academy, Grimes

14. Boutique

Purple Poppy Boutique, Johnston

Runners up: Sassy Ensembles, Urbandale; Twist, Urbandale

15. School

Johnston High School

Runners up: Des Moines Christian Academy, Urbandale; Wallace Elementary, Johnston

16. Community festival

Johnston Green Days

Runners up: Grimes Governors Days, Urbandale Fourth of July

17. Church

Lutheran Church of Hope, Grimes

Runners up: Gloria Dei Lutheran Church, Urbandale; NorthPoint Church, Johnston

18. Restaurant for dessert

Heavenly Delights, Grimes

Runners up: Trostel's Greenbriar Restaurant and Bar, Johnston; Van Dee's Ice Cream Shoppe, Johnston

19. Restaurant for breakfast

Cozy Cafe, Johnston

Runners up: 100th St. Corner Cafe, Urbandale; The Machine Shed, Urbandale

20. Restaurant for lunch

The Urban Grill, Urbandale

Runners up: Palmer's Deli and Market, Urbandale; ShortE's BBQ, Johnston

21. Restaurant for dinner

Trostel's Greenbriar Restaurant and Bar, Johnston

Runners up: ShortE's BBQ, Johnston; The Urban Grill, Urbandale

22. Car dealership

Toyota of Des Moines, Grimes

Runners up: Bob Brown Chevrolet, Urbandale; Willis Auto Campus, Clive

23. Place for ice cream

Heavenly Delights, Grimes

Runners up: Al's Dairy Freeze, Grimes; Van Dee's Ice Cream Shoppe, Johnston

24. Event

Johnston Green Days

Runners up: Grimes Governors Days, Urbandale Fourth of July

25. Daycare

KinderCare, multiple locations

Runners up: As We Grow Childcare and Preschool, Johnston; Generation Next Child Development Center, multiple locations

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FEATURE

26. Children's birthday party spot

Sky Zone Trampoline Park, Grimes

Runners up: Emerge Academy, Grimes; Get Air Trampoline Park, Urbandale

27. Preschool

Generation Next Child Development Center, multiple locations

Runners up: KinderCare, multiple locations; Meredith Drive Preschool, Johnston

28. Library

Johnston Public Library

Runners up: Grimes Public Library; Urbandale Public Library

29. Chamber of commerce

Urbandale Chamber of Commerce

Runners up: Grimes Chamber and Economic Development; Johnston Chamber of Commerce

30. Camping spot

Jester Park, Granger

Runners up: Cutty's Camping Resort, Grimes; Saylorville Lake

31. Photographer

Wendy Sorensen Photography

Runners up: Pat Ward Photography; Sarah McConell Photography

32. Dance studio

Inspiring Dance, Grimes

Runners up: Black Pearl Dance Academy, Grimes; Dance Vision, Johnston

33. Place to take your mom and dad

Central States Mobility, Johnston

Runners up: Jester Park, Granger; ShortE's BBQ, Johnston

34. Place to take your kids or grandkids

Jester Park, Granger

Runners up: ShortE's BBQ, Johnston; Pizza Ranch, multiple locations

35. Place for auto service

Finishline Auto Works, Grimes

Runners up: Christian Brothers Automotive, Grimes; Shade Tree Auto, Grimes



Kristin Coffelt was honored as favorite real estate agent in the Residents' Choice poll.

36. Place to purchase a gift for a woman

Purple Poppy Boutique, Johnston

Runners up: accents + interiors, Urbandale; Canoyer Garden Center, Grimes

37. Place to purchase a gift for a man

Johnston Ace Hardware

Runners up: AE Outdoor Power, Urbandale; Menards, multiple locations

Safe Halloween Tips

1. All costumes, wigs and accessories should be fire-resistant
2. Fasten reflective tape to costumes and bags, or give children glow sticks
3. When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first
4. Remove all makeup before children go to bed to prevent skin and eye irritation
5. If your older children are going alone, plan and review a route acceptable to you
6. Agree on a specific time children should return home
7. Teach your children never to enter a stranger's home or car
8. Instruct children to travel only in familiar, well-lit areas and stick with their friends
9. Tell your children not to eat any treats until they return home and an adult has checked for opened packages
10. Children and adults should put electronic devices down, keep heads up and walk, don't run, across the street



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FEATURE

38. Realtor

Kristin Coffelt, RE/MAX Precision

Runners up: Casee Woodley, RE/MAX Precision; Nichole Rector, Coldwell Banker Mid-America

39. Bar

Pour Choices Neighborhood Bar, Grimes

Runners up: Lynn's on Merle Hay, Johnston; Stevie C's, Grimes

40. Place for guests to stay

Stoney Creek Hotel and Conference Center, Johnston

Runners up: Hilton Garden Inn, Johnston; Hotel Renovo, Urbandale

41. Coffee shop

Lightbrite Coffee Roasters, Grimes

Runners up: Friedrichs Coffee, Urbandale; Twisted Bean, Urbandale

42. Florist

Hy-Vee Floral, multiple locations

Runners up: Boesen The Florist, multiple locations; Plaza Florists & Gifts, Urbandale

43. Garden center

Canoyer Garden Center, Grimes

Runners up: Earl May Nursery and Garden Center, Grimes; Piney Ridge Greenhouse, Johnston

44. CPA

Kim Jacobsen, Timmins, Jacobsen & Strawhacker, Urbandale

Runners up: Aaron Plaskas, Financial Architects, Clive; Ann M. Hartz CPA & Associates, Urbandale

45. Insurance agent

Glenn Waterhouse, State Farm Insurance, Johnston

Runners up: Ben Buenzow, Buenzow Insurance Group, Urbandale; Mark Courter, State Farm Insurance, Urbandale

46. Pharmacy

Hy-Vee Pharmacy, multiple locations

Runners up: Medicap Pharmacy, multiple locations; Walgreens Pharmacy, multiple locations

47. Grocery store

Fareway, multiple locations

Runners up: Aldi, multiple locations; Hy-Vee, multiple locations

48. Pizza establishment

Pagliai's Pizza, Johnston

Runners up: Casey's General Store, multiple locations; Taste of New York Pizza, Johnston

49. Senior living facility

Edencrest at Green Meadows, Johnston

Runners up: Bishop Drumm Retirement Center, Johnston; Kennybrook Village, Grimes

50. Homebuilder

J Larson Homes, Johnston

Runners up: Destination Homes, Urbandale; Heuton Homes, Johnston

51. Home improvement retail store

Menards

Runners up: Cabinets by Design; The Home Depot

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FEATURE

52. Home improvement contractor

Renov8 IA, Johnston

Runners up: Remodeling Contractors, Urbandale; Scott Construction, Granger

53. Plumbing company

Golden Rule Plumbing, Heating & Cooling, Grimes

Runners up: Roto-Rooter Des Moines, Grimes; Schlievert Plumbing, Inc., Urbandale

54. Electrician (business)

Deaver Electric, Grimes

Runners up: LLAB Electric, Urbandale; Mid Iowa Electric, Clive

55. Heating and cooling business

Schaal Plumbing, Heating and Cooling, Johnston

Runners up: Golden Rule Plumbing, Heating and Cooling, Grimes; Kohles & Bach Heating and Cooling, Johnston

56. Lawn care business

Colby's Lawn & Landscape, Johnston

Runners up: Stone Cross Lawn & Landscape, Urbandale; Ultimate Lawn Services, Johnston

57. Landscaping company

Colby's Lawn & Landscape, Johnston

Runners up: Iowa Outdoor Products, Urbandale; Stone Cross Lawn & Landscape, Urbandale

58. Law firm

Abendroth Russell Barnett Law Firm, Urbandale

Runners up: Ben Lynch Law, Clive; Danilson Law, Johnston

59. Physical therapy

Elevate Physical Therapy and Sports Medicine, Johnston

Runners up: Athletico Physical Therapy, Urbandale; Champions Recovery Room and Physical Therapy, Urbandale



Stoney Creek Hotel and Conference Center in Johnston was chosen the favorite place for guests to stay. Leo Murphy is the general manager of Stoney Creek Hotel.

60. Dog groomer

Clean & Breezy, Johnston

Runners up: Bark Shop, Urbandale; The Barking Lot, Urbandale

61. Financial planner

Loren Merkle, Merkle Retirement Planning, Grimes

Runners up: Sharon Vickery, Edward Jones, Johnston; Stephen Houge, Guide Financial Group, Urbandale

62. Retail store

Central States Mobility, Johnston

Runners up: Learning Post & Toys, Urbandale; Purple Poppy Boutique, Johnston

63. Veterinarian

Prairie View Animal Hospital, Grimes

Runners up: Village Veterinary Hospital, Johnston; Westfield Veterinary Hospital, Johnston

64. Nonprofit

Many Hands for Haiti

Runners up: Children's Cancer Connection; Urbandale Food Pantry ■

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SHORT-TERM investments offer liquidity — and more

Generally speaking, investing is a long-term process. You invest in your IRA and 401(k) to reach a long-term goal — retirement. You may invest in a 529 education savings plan for many years to reach another long-term goal — college for your children. But is there also a place in your portfolio for shorter-term investments?



In a word, yes. You have three good reasons for owning short-term investments: liquidity, diversification and protection of longer-term investments. Let's look at all three:

- **Liquidity** — For many people, the COVID-19 pandemic brought home the need to have ready access to cash, and short-term investment vehicles are typically liquid. Still, some are more liquid than others, and you'll want to know the differences right from the start. Probably the most liquid vehicle you could have isn't an investment at all, but rather a simple savings or checking account. But you likely could earn much more interest from a high-yield online savings account without sacrificing much, if any, liquidity. Money market accounts are also highly liquid, but they may carry minimum balance requirements.

Other short-term investments may be less liquid, but that may not be a major concern if you don't need the money immediately. For example, you could purchase a type of mutual fund known as an ultra short-term bond fund that invests in longer-term bonds due to mature in less than a year, so you could receive the benefit of the higher interest rates typically provided by these bonds. You could choose to partially or entirely liquidate your bond fund at any time, but it may take several days for the sale to go through, since the shares in the fund need to be sold. You could also invest in a three-month certificate of deposit (CD), but if you cash it out early, you'll lose some of the interest payments.

- **Diversification** — If your portfolio consists largely of stocks and stock-based ETFs and mutual funds, you could take a hit, at least temporarily, during periods of market downturns, which are a normal part of the investment world. But a diversified portfolio, containing both long- and short-term investments, may hold up better during periods of market volatility. That's because the short-term vehicles we've looked at are typically going to be far less affected by market movements, if they're affected at all. (Keep in mind, though, that diversification by itself can't guarantee profits or protect against all losses.)

- **Protection of longer-term investments** — If you were to face an unexpected expense, such as the need for a major home or car repair, how would you pay for it? Without any liquid reserves, you might be forced to dip into your long-term investments, such as your 401(k) and IRA. But by doing so, you could incur taxes and penalties — and, perhaps even more important, you'd be removing resources from accounts designed to help you achieve a comfortable retirement. With enough short-term investments in place, though, you can avoid touching these long-term accounts.

As you can see, you can benefit significantly by adding some short-term investment vehicles to your portfolio. They could make a big difference in your ability to meet your financial goals. ■

This article was written by Edward Jones for use by Sharon Vickery, your local Edward Jones Financial Advisor, 5441 N.W. 86th St., Suite 200, Johnston.

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INSURANCE

By Janis Van Ahn

FINANCIAL advisors should help clients plan for healthcare costs

Clients and their financial advisors have walked for years through life changes and careers, and now it is time to retire... time to start spending money as wisely as it has been saved. Budgeting to spend the money accumulated is critical — and an important cost at the top of the list is healthcare.

Medicare premiums, deductibles and out-of-pocket expenses are costs many consumers and financial professionals have trouble considering when planning for retirement. Understanding and preparing for healthcare costs in retirement is as important as the annual reviews.

Consumers often do not have realistic expectations of what healthcare will cost in retirement. For more than 40 years as healthcare “users,” we have known costs related to healthcare to be the following:

- My portion of the monthly premium my employer does not cover
- Copays at the doctor’s office
- Small copays for prescription drugs

In retirement, if not utilizing a retirement group plan from a former employer or union, costs can be different and in some cases higher. A Medicare Supplement plan is a medical plan many seniors have and say they “love” because “it covers everything.” Not true. Medicare Supplement plans fill in the “gaps” of Medicare Parts A and B. Did you know that, if you went into the hospital and had a Medicare Supplement plan, that Part A of Medicare will cover all but \$1,556 of the hospital stay? The supplement pays \$1,556 of the entire inpatient bill. In addition to supplemental health coverage, a prescription drug plan, with a monthly premium, is needed. On the flip side are the Medicare Advantage plans. No fixed monthly premium for medical and prescription drug coverage — but there are copays and cost sharing when utilizing the benefits.

What is most important when considering retirement and the role of healthcare doesn’t start with the premium. As an independent agent specializing in the Medicare market, my first concern is finding where a client is most comfortable with coverage. This then drives questions about benefits and finally premiums. Working with an independent agent specializing in healthcare creates no additional cost to you and is a great addition alongside a financial advisor.

If you are an individual close to or turning 65, an independent agent specializing in healthcare can help with a timeframe to Medicare, benefits and enrollment. If you are an employer with employees who are nearing or are older than 65 and are still working, maybe a Lunch and Learn alongside the retirement plan on Medicare basics would be helpful to your employees. ■

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



NEWS BRIEFS

PROCLAMATION signed



Children's Cancer Connection CEO Jennifer Hines, left, joined Mike, Kristi, Logan and Mitch Driscoll with Cooper Driscoll in front to be part of Johnston Mayor Paula Dierenfeld's proclamation for Childhood Cancer Awareness Month. The boys led the Johnston City Council meeting's Pledge of Allegiance, and Cooper received challenge coins from the police and fire chiefs. To see some of the facts and figures mentioned in the proclamation, visit childrenscancerconnection.org.

JAMES BEARD Foundation presents scholarship to Campidilli

The James Beard Foundation announced the recipients of its 2022-2023 National Scholars Program. Established in 2016, the National Scholars Program provides scholarships of \$20,000 each to 12 food-focused individuals who plan to pursue an education in the culinary arts, food studies, agriculture, hospitality management and related fields.

Grace Campidilli of Johnston was one of the recipients. Campidilli is pursuing undergraduate degrees in statistics and plant science from Cornell University in Ithaca, New York. Her current interests revolve around using machine learning and robotics as a way to reduce food waste.

"The James Beard Foundation is strongly committed to supporting the innovative and driven culinary industry leaders of tomorrow," said Anne E. McBride, PhD, vice president of programs at the James Beard Foundation. "We're immensely proud of this year's recipients, who all demonstrate a genuine commitment to the food industry. We are thrilled to support their journey with this distinguished scholarship opportunity."

YOUTH LEADERSHIP Initiative Class of 2023 announced

The Greater Des Moines Leadership Institute announced participants in the Youth Leadership Initiative Class of 2023. The Youth Leadership Initiative provides high school students with hands-on leadership experiences that build self-confidence and encourage engagement in all levels of community life. At the conclusion of the program, students will: value community involvement, demonstrate professional skills and an understanding of career opportunities, demonstrate the five practices of exemplary leadership, and have developed lifelong relationships with peers, mentors and community members.

The group includes 36 students from 20 public and private schools from across Greater Des Moines. Students will meet twice a month to discuss issues and opportunities in our region and fine-tune their leadership skills. Participation in the YLI program is tuition free for all students, thanks to community sponsors.

The 2023 class includes Abby Harris, a student at Johnston High School. For more information, visit gdmli.com/yli. ■

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HOME HEALTH

By Ward Phillips

NEED home health care? Choose wisely

When Chris, 78, was preparing for knee-replacement surgery, he couldn't wait for the operation to be over so he could recover and become active again. But he ended up developing a post-surgical infection and remaining hospitalized for several days, then spending two weeks in short-term rehabilitation to help him regain his strength.

Finally, the day came for his return to his house; Connie, his wife, was eager to help care for him in familiar surroundings. But his doctor threw him a curve: "You can go home today, but I'm going to prescribe a few weeks of home health care," she said.

Chris and Connie looked at one another, puzzled. "What will home health care do for me that we can't handle at home?" Chris asked the doctor.

Quite a lot, it turns out.

Home health care is clinical, medical supervision provided in a person's place of residence. This type of care is usually prescribed by a doctor as part of a care plan following a person's hospitalization for illness or injury; it can also benefit older adults who are prone to falls or who have been diagnosed with chronic illnesses, such as cardiac problems or diabetes. It can include: health monitoring; medical testing; administration of prescription medication, shots, or other forms of treatments; physical, occupational, and/or speech therapy; and wound care.

Chris's doctor presented him with home health provider options and asked him to choose; he and Connie researched providers online and ultimately selected one. Weeks later, Chris is ready for his final session and is grateful for the care he received.

If a doctor has told you home health might benefit you, consider using the questions below to find the provider that will best meet your needs.

- Is the provider established? It's not unusual for providers to enter and exit the market quickly. Consider one with positive outcomes that can be supported.
- Is the provider Medicare- and Medicaid-certified? Certification is a sign that the organization meets state and federal requirements and can be expected to provide quality care. Can the provider break down the percentage of services your insurance will pay for, and how much of the cost, if any, will be out of pocket? Make sure you thoroughly understand this information before services begin.
- What services does the provider offer? Look for one that specializes in physical, occupational, and speech therapy, among other services, so caregivers can address a range of needs.
- Ask about the qualifications and credentials of the individuals who would be providing your care. For example, if you're promised a nurse, ask and make sure the person who will be caring for you is either a licensed practical nurse or registered nurse.

You can ask many more questions, but those should get you started. Here's hoping you'll choose a provider that will make a positive difference in your well-being for years to come. ■

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



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**Johnston Rotary Club
UPCOMING SPEAKERS**

Tuesday, Oct. 11 - Zach Grandon
Johnston Police Department

Tuesday, Oct. 18 - Steve Wieneke
Rotary District 6000 Governor

Tuesday, Oct. 25 - Kevin Foley
Des Moines Airport

Tuesday, Nov. 1 - Kellie Markey
Dorothy's House

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Recently, the Johnston Rotary Club celebrated No. 23. That is 23 years of being a service organization in Johnston, as well as participating in international activities. It was early 1999 when a small group from the Rotary Club of Northwest Des Moines (Urbandale Rotary Club) decided that Johnston should have a Rotary Club. They proceeded to go through the new club organizational process. In September of 1999, the Johnston Rotary Club was established. The Club has grown to become one of the more active Iowa clubs. Twelve new members became Johnston Rotarians this past year alone and know the Rotary motto, "Service Above Self."

Rotary members believe they should have a shared responsibility to take action on our world's most persistent issues. The 46,000-plus Rotary clubs work together internationally to promote peace; fight disease; provide clean water, sanitation and hygiene; save mothers and children; support education; grow local economies; and protect the environment. Locally, Johnston Rotarians simply work to make things happen.

Following is a short list of some projects that Johnston Rotary Club members have participated in over the years, many on a regular basis.

Local: Johnston Green Days, National Special Olympics, ChildServe fundraising, Salvation Army Christmas Bell Ringing, Johnston Dollars for Scholars, Rotary Youth Exchange, Johnston High School Concessions, North High athletics, Johnston Terra Park Bike Station, Johnston Teacher Appreciation, Johnston High School Weight Room equipment, Rotary Youth Leadership Conference, Root Beer Float Day for Special Olympics, Hy-Vee Wine Tasting fundraiser, Disaster Relief contributions, Youth Home fundraising, Brenton Arboretum fundraising, Johnston Partnership fundraising, blood donation drive.

State, National and International: Rotary International Polio Eradication, District 6000 Relief Projects, District 6000 Coats for Kids, Johnston/Peja Kosovo student exchange, continued Rotary International support and many Paul Harris Fellows.

Members have joined Rotary for the following reasons: Friendship — one of the two reasons Rotary began in 1905. Business development — the second original reason for Rotary's beginning. Other reasons include: opportunity to serve, personal growth and development, leadership development, community citizenship, continuing education, fun, public speaking skills, world citizenship, ethics development, cultural awareness, prestige and nice people. ■

More information about the Johnston Rotary Club can be found at www.johnstonrotary.com or contact Mike Schoville, schovillemike@gmail.com or Neil Hyde, 515-210-2649, hyde_neil@yahoo.com.

RECIPE

POWER your playbook with a savory appetizer

(Family Features) Back and forth action for four quarters keeps fans on their feet, but a mouthwatering menu is what homegating and tailgating are truly all about. Keep your crowd energized by loading your game day playbook with recipes that are just as exciting as the game itself.

Meld together traditional tailgate tastes with these jalapeno bacon and salsa biscuit bites from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off." They're perfect for serving during the pregame festivities to power up your fellow diehards or as a halftime snack to recharge for a second half surge.

Starring the vibrant flavor of Fresh Cravings Salsa and its homemade-tasting alternative to softer, duller blends of jarred salsa, this appetizer offers a savory solution you can enjoy all season long. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to a variety of recipes to take homegating to the next level.

Visit FreshCravings.com to find more homegate recipes worthy of the hall of fame. ■

Jalapeno bacon and salsa biscuit bites

Recipe courtesy of chef George Duran
Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
 - 7 ounces grated mozzarella cheese
 - 1/4 cup jarred jalapenos, chopped
 - 8 slices cooked bacon, chopped
 - 1 cup Fresh Cravings Restaurant Style Salsa
 - nonstick cooking spray
- Preheat air fryer to 350-360 F.
 - Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.
 - In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.
 - Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.



- Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
- Serve warm.
- **Note:** If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

Location. Location. Location.

Tom and Joni wanted to live close to it all and when they decided to make a change, the townhomes at Deerfield were exactly what they were looking for. "We felt that the location was very convenient as it is close to medical clinics and shopping."

After moving to Deerfield, it was determined Tom needed a higher level of care, and Deerfield's private duty home care stepped in for more than two years. "They were reliable and never missed a shift." Tom has now moved to the health center, and Joni is especially thankful for the 24/7 security. "I feel safe, which is very important to me."

From no-maintenance independent living options to assisted living and long-term care, Deerfield offers the reassurance that this can always be your home. Tom receives the care he needs and Joni enjoys activities and social life at Deerfield. "I love interacting with my fellow residents because they are so interesting."

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LIBRARY

SPOOKY good fun at your library

October is full of all kinds of spooky good fun at Johnston Public Library. Events this month feature everything from Sherlock Holmes to fire trucks, code quests and a Halloween Boo Bash. Read on for all the details.

Bring the little people to the library for **Fire Safety Storytime** on Tuesday, Oct. 11, at 10:30 a.m. National Fire Prevention Week is Oct. 9-15, and Johnston Fire Department will be at JPL to share fire safety tips with kids and their caregivers. A fire engine will be on display outside the library to view after the program. This program is geared towards kids ages 2-5 and their caregivers, but all ages are welcome.

During the week of Oct. 24, JPL is hosting a **QR Code Quest**. Stop by anytime the library is open for a fun scavenger hunt the whole family can enjoy. Follow the clues hidden throughout the library. Complete the puzzle and win a fun prize. Bring your own device or use one of ours. For all ages.

Let JPL help you celebrate Halloween, which this year also happens to fall on a professional development day for kids in the Johnston Community School District. JPL is hosting a **Sensory Friendly Boo Bash** on Oct. 31 beginning at 12:30 p.m. Wear your costume and join us for a sensory friendly trick or treating experience. ARL TheraPets will be present for this session. RSVPs are appreciated. Please note: This time is for our patrons with special needs and their families. If you and your family do not meet these requirements, please join us for the **Boo Bash** event that starts at 1 p.m. This Boo Bash will feature trick or treating throughout the library, delicious treats, and a photo booth perfect for some spooky pics.

Adults: Add a little fun to your October events and join us for the annual **Art in the Barn** event on Friday, Oct. 21, from 5:30-8:30 p.m. in the Simpson Barn, just west of Johnston Public Library. An exhibition of works by local artists and plenty of appetizers, wine, craft beer and live music are included with admission to this annual fundraiser for the Johnston Public Library. Enjoy a great evening out with neighbors and friends and support the library at the same time. More information and tickets for purchase are available at www.foundation.johnstonlibrary.com.

Then come back to JPL on Saturday, Oct. 29, for **Sherlock Holmes for the Spooky Season**. Sherlock Holmes has captivated the world for more than 100 years. Along with creating one of the most well-known literary characters of all time, Sir Arthur Conan Doyle is also known for creating stories of suspense, adventure and mystery. Throughout the 58 short stories and four novels that highlight the careers of Sherlock Holmes and Dr. John Watson, our heroes face mythical beasts and chase mastermind criminals through the streets of London. There are adaptations and extensions of these stories across virtually all forms of media which contribute to their lasting cultural impact. Why do Holmes and the stories endure and continue to thrive? Join Professor Emeritus Rodney Henshaw and Dr. Michael Couvillon from Drake University as they help us explore this enduring character and dive into the spooky side of Sherlock Holmes for the Halloween season. "Come Watson, come — the game is afoot!" Registration for this free event is appreciated.

More information about all Johnston Public Library events, including event registration, is available at johnstonlibrary.com. You can also register by calling JPL at 515-278-5233. ■

MEDICARE Annual Enrollment

Why you should revisit your plan each year

Medicare is not “set it and forget it” health insurance. You need to revisit your plan each year. A little work can save you money and prevent surprises when you visit the doctor or pick up a prescription. If your plan doesn’t meet your needs, you can make changes during the Medicare Annual Enrollment period, which runs from Oct. 15 through Dec. 7.



Each year, you need to check on the three P’s: providers, prescriptions and pharmacies to ensure your plan still covers your preferences. Why? Because insurance carriers frequently renegotiate provider contracts, which can change the terms of your supplement plan.

Start with your providers — these are your doctors and specialists. If they are no longer in-network, it might be time to switch to a different plan or provider.

As for prescriptions, I’ve heard horror stories about people going to the pharmacy to pick up medication and finding out that it’s no longer covered or coverage has changed. The out-of-pocket costs can skyrocket.

Make sure your preferred pharmacy is still part of your network, too. I’ve run the numbers for the individuals and families we work with on this. In one scenario, we found that Meloxicam, an arthritis medicine, costs \$12 for a 90-day refill at an in-network pharmacy and \$1,117.80 at one that is not in-network. That is not the kind of surprise you want to get when you go to pick up your medicine.

Supplement plan changes can also impact your premiums, copays and deductibles, plus other benefits, like X-rays, prosthetic devices and physical therapy. Extra things like gym memberships, chiropractic visits, and meal deliveries are worth checking. These things often get added to — and dropped — from plans. During annual enrollment, you can switch to an Advantage Plan from a traditional Medigap supplement (like Plan F or Plan G). You can also move from one Advantage Plan to another or from one prescription drug plan to another. ■

Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Medicare.gov.

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THE PITFALLS of adding a child to a house title

The best of intentions can lead to the worst of results. With some frequency, a client will want to place their child's name on title to their house. The goal is to avoid probate and to smooth the transition in ownership. However, it is not advisable for a number of reasons.



First, probate isn't bad. Barring unforeseen circumstances, the entire probate process should take less than six months. Fees and costs are dependent upon the size of the estate, so it is always financially feasible to go through probate.

Second, giving someone a house is a gift. Under the current laws, a person can give up to \$16,000 per recipient per year. If the value of

the property is more than that, a gift tax return is due.

Third, there's a capital gains tax problem. When a person inherits assets, he or she also inherits the decedent's date-of-death value as the basis. This is commonly called the "stepped-up" basis and is designed to prevent people who inherit property from paying capital gains tax. But, with a gift, the basis is the donor's basis. This means there can be a very large difference between the acquisition price and the sales price, resulting in a large capital gains tax bill.

Fourth, there are liability issues. The judgments and liens of all titleholders attach to real estate they own. If your house is your homestead, there is a general exemption from liability. But if you add a non-occupant to title (your children), all of their liabilities attach and can be enforced against title to your home.

Finally, there are sometimes practical problems with multiple titleholders. If you want to sell your home, all titleholders and their spouses must agree to and participate in the conveyance. If all titleholders agree, there may still be logistical problems in circulating the documents for everyone to sign. If titleholders squabble or don't get along with each other, the issues can usually only be resolved after lengthy and expensive litigation.

It is much better practice to prepare a Last Will and Testament, directing the division of your assets. You can also create a revocable trust to hold and manage your property. Inheriting real estate eliminates the gift tax, capital gains tax and personal liability issues. ■

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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MEET Ben Chadwick

This year he is undertaking a new role as a student support specialist.



Ben Chadwick looks forward to working with former students in his new role.

Now in his seventh year as an educator with the Johnston Community School District, Ben Chadwick recently accepted a new position as a student support specialist for the Johnston Middle School. Chadwick first found a passion for teaching while enlisted in the United States Marine Corps through supporting junior Marines with their training. Prior to his new role, he also served as a national board-certified instructional technology teacher, an instructional coach, and a student support facilitator for Summit Middle School.

One major benefit of moving into this new position is that Chadwick has supported almost all of the current middle school students while they attended Summit in sixth and seventh grade and will be familiar with the 2023-2024 incoming eighth graders as well.

“As a non-traditional educator with a background in career and technical education, I understand that there is more than one pathway to success in life. It is very rewarding when students reconnect with you their senior year or after graduation with updates on their current trajectory and the impact that experiences from my classroom or building had on their decisions,” Chadwick says.

Chadwick says he likes working in the Johnston Community School District because of the camaraderie of the staff. He says teachers, support staff and district leadership truly want what is best for the students they serve. As he enters the new school year, Chadwick says he is looking forward to getting to know the Johnston Middle School staff and building on relationships already established with students and their families.

“What I love about supporting students in this new capacity is that every day is different. I often work with students relating to appropriate decision making, but I value building relationships and am a strong advocate for seeking out ways to improve the building environment for both students and staff,” Chadwick says.

In his free time, Chadwick says he enjoys spending quality time with his wife and two children fishing, camping, running 5K races, and playing the occasional Minecraft marathons. In addition, Chadwick is still passionate about teaching. Even though he is out of the classroom at his new role, he continues to teach computer courses for DMACC’s Urban and Ankeny campuses. ■

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OPEN HOUSE RETIREMENT CELEBRATION FOR JIM SANDERS

City Administrator, Jim Sanders will retire on Tuesday, Oct. 18, after serving Johnston for 25 years. The community is invited to an open house retirement celebration at Crown Point Community Center, beginning at 4:00 p.m. Come and wish him well as he steps away to enjoy retirement.

When: Thursday, Oct. 13

Where: Crown Point Community Center, 6300 Pioneer Pkwy., Johnston

Time: 4:00 - 6:15 p.m.



TRICK-OR-TREAT WITH POLICE AND FIRE ON OCTOBER 26

Join community members and trick-or-treat with first responders on Wednesday, October 26, at Fire Station 38, located at 10225 NW 62nd Avenue, from 5:30 to 7:00 p.m. The Police and Fire Departments will be handing out treats and attendees can check out the squad cars and fire trucks.

We encourage the children to wear their Halloween costumes. The Bridge Church will have fun activities inside for the children and will also be handing out candy.



PICKLEBALL COURTS AVAILABLE THIS MONTH

Beginning this week, the indoor pickleball at the Johnston Community School District's office, 6510 NW 62nd Avenue are open. Attendees are asked to enter and exit on the east side of the building through door #7.

Please sign-in with the supervisor upon arrival. Below are the times when the pickleball courts are open to the public.

Tuesdays 9:00 to 11:00 a.m.

Wednesdays 7:00 to 9:00 p.m.

Thursdays 9:00 to 11:00 a.m.





CITY NEWSLETTER OCTOBER 2022

BEGGARS' NIGHT PLANNED FOR OCTOBER 30

This year, Beggars' Night falls on Sunday, October 30. Be safe and have fun as you trick-or-treat through Johnston's neighborhoods from 6 to 8 p.m. and practice the following safety tips.

- Be sure a trusted adult accompanies the children.
- Teach children never to enter a home without prior permission from their parents.
- Teach children not to approach a vehicle unless they are with a parent or guardian.
- Make sure your child wears reflective clothing.
- Do not approach a home that is not well lit.

ELECTION AND VOTING INFORMATION

The general election will be held on Tuesday, November 8, 2022. Polls will be open from 7:00 a.m. to 8:00 p.m. For more information, visit sos.iowa.gov/elections.

TREE BRANCH AND LIMB DROP-OFF, NOVEMBER 17-19

The City of Johnston provides residents an opportunity to get rid of branches and limbs each fall. Residents can drop these off, at no cost, at the Public Works Facility, located at 6400 NW Beaver Drive, between November 17-19. There is no fee; however, participants are asked to bring ID for proof of residency.

Drop-off Hours:

- **Thursday, Nov. 17:** 7:00 a.m. - 6:00 p.m.
- **Friday, Nov. 18:** 7:00 a.m. - 3:30 p.m.
- **Saturday, Nov. 19:** 7:00 a.m. - noon

Branches should not be larger than 18-inches in diameter. Larger sizes will not be accepted because of their inability to be recycled through the chipper. Residents are asked to have the end cut off their branches stacked at the end of their vehicles for easy removal.

Items such as ropes, chains, wire, and fence posts can cause damage to the equipment and injure City staff if pulled into the chipper.

CITY OFFICE BUILDINGS CLOSED FOR HOLIDAYS

The City of Johnston office buildings, including the Johnston Public Library, will be closed on Thursday, November 11, in observance of Veterans Day. The buildings will also be closed on Thursday, Nov. 24-Friday, Nov. 25, for the Thanksgiving Day holiday. Trash, recycling and yard waste are not affected.

SAVE THE DATE

Holidays at the Johnston Town Center will take place on Saturday, Dec. 3, from 6:00 - 8:00 p.m. Visit johnstontowncenter.com/events for updated information.

For more more information about the city, please call 515.278.2344

EVENTS IN THE AREA

Be sure to check for cancellations

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

Art in the Barn

Friday, Oct. 21, 5:30-8:30 p.m.
Simpson Barn, 6169
Northglenn Drive, Johnston

The public is invited to the 10th annual Art in the Barn. This fundraiser for the Johnston Public Library features light appetizers, live music and displays from local artists.



Movie Night

Oct. 8, 7 p.m.
The Yard at Johnston Town Center, corner of Merle Hay Road and N.W. 62nd Ave.

Enjoy "Ghostbusters: Answer the Call" (2016) as the featured movie Oct. 8.



Elks Pancake Breakfast Buffet and Bake Sale

Sunday, Oct. 9, 8-11:30 a.m.
West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

The breakfast buffet includes: biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody mary or mimosa for only \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. The breakfast is held the second Sunday of the month. All proceeds support the Elks Hoop Shoot Program and other youth activities.



Trick or Treat with First Responders

Oct. 26, 5:30-7 p.m.,
Fire Station 38, 10225 N.W. 62nd Ave., Johnston.

The public is invited to enjoy Trick or Treat with First Responders. Visit with Johnston police officers and firefighters and enjoy some treats. Get a close up look at a squad car, fire truck and ambulance then make your way to The Bridge Church, which co-sponsors the event, to enjoy more activities and treats.

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EVENTS IN THE AREA

Be sure to check for cancelations

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

Raccoon River Rally

Saturday, Oct. 8
Raccoon River Park
2500 Grand Ave.
West Des Moines

The Second Annual Raccoon River Rally features The Nadas — Iowa's signature alt-rock-country band at 3 p.m. Prior to that concert, at 11 a.m., Stranger Than Fiction, an Ames-based folk-rock band will kick off the live music. This regional fall festival celebrates West Des Moines' community and outdoor recreation. Attractions for the event include a morning bike ride, live music, cardboard boat races, fun zone, food trucks, beverage tent featuring local craft beer, and business expo featuring WDM businesses and organizations.



Great Iowa Pet Expo

Saturday, Oct. 15, 10 a.m. to 6 p.m.
Sunday, Oct. 16, 10 a.m. to 4 p.m.
Iowa State Fair 4-H Building, 3000 E. Grand Ave., Des Moines

The Great Iowa Pet Expo showcases new and unique products and services for pets and offers entertainment, fun contests with free participation, and educational sessions ranging from dog training to health and grooming to nutrition and pressing legislative issues. Admission is \$11 for adults, \$8 for ages 65 and older, and \$6 for military members with ID and kids ages 6-12. Free for kids 5 and younger.

Truck or Treat

Saturday, Oct. 22, 9 a.m. to noon
Waukee Family YMCA, 210 N. Warrior Lane

This event is free and family friendly; everyone is welcome. Fun for all ages is planned, including opportunities to take a peek, touch and explore local community and emergency vehicles and to trick or treat. Costumes are encouraged. Food trucks will be onsite.



ClearJoy Music: An Evening of Celtic Music

Oct. 22, 7 p.m.
Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

Crossroads of Iowa presents this fundraising concert. Admission is free, but a freewill donation will be used to support programming related to providing safe housing for women. During the Celtic Concert, the sewing group at Trinity Presbyterian Church, Indianola, is providing a display of comforters. Their comforters go all over the country and world for people in need.



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EVENTS IN THE AREA

Be sure to check for cancellations

Holiday Market

Nov. 5, 9 a.m. to 3 p.m.
Edgewater, 9225 Cascade
Ave., West Des Moines

Enjoy the holiday spirit and find some unique decor and gifts. Featured items include holiday wreaths, wooden toys, decorative glass, kaleidoscopes, jewelry, centerpieces, jams and jellies, charcuterie and cutting boards, notecards, and stained glass, all made by local artists.

Tallgrass Theatre Co. production

Fridays - Sundays, Nov. 4-21
Tallgrass Theatre, 2019 Grand
Ave., Suite 100, West Des Moines

"Miss Bennett: Christmas at Pemberley" will be performed. Go to tallgrasstheatre.org for more information or to buy tickets.

Veterans Day program

Friday, Nov. 11, 9 a.m.

McLaren's Resthaven Chapel,
801 19th St., West Des Moines

All members of the community and local VFW organizations are invited to attend this joint service to honor veterans. The opening ceremony, "Remembering Our Veterans," will begin at 9 a.m. The ceremony will include keynote speaker Capt. Daniel J. Gannon, United States Marine Corps; the presentation of colors by American Legion Highland Park Post 374; a firing detail from American Legion Hispanic Post 731, West Des Moines V.F.W. Post 879; invocation and benediction by Chaplain Jason Pool; and music by Jackie Schmillen. Refreshments will be served following the ceremony.

Gardening-related webinars

• **A Spooky Plants Webinar** is offered via Zoom Wednesday, Oct. 26, 7 p.m., by Iowa State University Extension and Outreach. Dr. Cindy Haynes, professor of horticulture, will take participants on a journey through the world of spooky plants such as the Eyeball Plant, Corpse Flower and Venus Flytrap. The webinar is free, and all ages and backgrounds are welcome. Space is limited to 500. To register, visit <https://www.extension.iastate.edu/mastergardener/events>.

• **A Prairie Seed Harvest Webinar** is offered via Zoom Wednesday, Nov. 9, 7 p.m., by Iowa State University Extension and Outreach. Bill Johnson, a biologist at the Iowa DNR Prairie Resource Center, will talk about harvesting, preparing and storing 100 species of native grasses, sedges and wildflowers annually. The webinar is free and all ages and backgrounds are welcome. Space is limited to 500. To register, visit <https://www.extension.iastate.edu/mastergardener/events>.

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Election-related dates

Make sure you are registered to vote at www.sos.iowa.gov/elections/voterreg/regtovote.

Know these important dates for the upcoming General Election.



- **Wednesday, Oct.**

19 - First day of absentee voting

- **Monday, Oct. 24** - Pre-registration deadline; deadline to request absentee ballot to be mailed

- **Saturday, Nov. 5** - County auditor's office will be open for absentee voting

- **Monday, Nov. 7** - Absentee ballot in-person deadline. Be sure to verify what time your county auditor's office closes. Polk County Auditor's Office closes at 5 p.m.

Tuesday, Nov. 8 - General Election polls are open from 7 a.m. to 8 p.m.; absentee ballot receipt deadline is 8 p.m. Find your polling location (it may have changed) at www.voterready.iowa.gov.

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

'She Loves Me'

Dec. 2-11

Ankeny Community Theatre,
1932 S.W. Third St.



This charming musical is about Amalia and Georg, competing perfume shop clerks. Both respond to a "lonely hearts advertisement" in the newspaper, exchanging love letters, but the identity of their admirers remains unknown. Tickets and information can be found at ankenycommunitytheatre.com.

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WHAT'S NOT to love?

Penner says every part of the community is a joy.

For Alicia Penner and her family, everything about Johnston just feels right.

She and her husband moved to town in 2015 after a real estate agent friend of theirs found them a two-story home he thought they might like. He was right; the Penners felt it was a great fit for them. It had great bones, and, in the time since moving in, they've put their own touches on it.

One thing Penner especially likes about their home is its big backyard, behind which is Price Chopper. That's to say nothing is built past their lot, offering them the opportunity to see lots of nature — once, even a coyote.

"It feels super cozy even though you're in town," Penner says of their outdoor space.

When they settled into their new neighborhood, there weren't many kids around. Fast forward to when the couple had their own child in 2018. It seemed like lots of other kids arrived in the neighborhood as well.

Last year, the neighbors held their first block party. It was the embodiment of the sense of community Penner feels on a daily basis.

She also appreciates the town of Johnston at large. Their son goes to daycare down the road from their house, and not only is it convenient to get to, but they are also fond of the people there. The Penners are excited for their son to go to Johnston schools, too. When he's in elementary school, he'll even be able to ride his bike there.

And, because the Penners are a military family, having Camp Dodge in town is special. When their son sees the National Guard trucks on the road, he knows exactly where he is.

"It's cute because he's 4, and he's already like 'Mom, this is Johnston, this is our town,'" Penner says. "He recognizes everything in Johnston."

But, ultimately, it's perhaps the fact that Penner's 97-year-old grandma lives in town that makes it the best place of all to live. She resides in the independent living portion of Brio of Johnston, which is just a few miles away from the Penner home.

"She loves it, and it makes it easier for us to love," Penner says. "It would be very hard for us to leave." ■



Alicia Penner says Johnston is a great fit for her family.

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RESTORING Grandpa's motorcycle

Lees has a little motivation to finish the job — his family is keeping tabs.

Nick Lees of Johnston is probably one of the most unique 40-year-olds you'll ever meet.

Is it his youthful look or the fact that he has seven kids that make him so? No, although one could make a case for it. No, the truly unique thing about him is that he is the owner of a 1950 Jawa 350 motorcycle, a Czechoslovakian-made bike that was first owned by his grandfather Grail.

Never heard of that brand, have you? Most haven't. But this one is special; it was Grandpa's.

"He rode around on this with Grandma,"

Lees says of the bike, which is now in the middle stages of a big restoration job. "My uncle Greg, in Michigan, had it for the last 30 years, thinking he was going to restore it but never got around to it."

The bike got little attention in Greg's storage unit, so he reached out to Lees to see if he was interested. His answer was a resounding "yes." Last year, Lees went and picked it up.

Over the course of the last months, Lees has slowly been getting the rust off. The engine is still good, but there's a ton of work to be done. The wiring needs redone; a new gas tank is needed. And that's the short list. The main challenge, he says, has simply been his lack of knowledge.

"I've had to go online to do a bunch of research, find some forums where I can learn from other people who have restored them in the past," Lees says. "Because it's a foreign bike, spare parts are expensive and hard to come by."

Because of that, Lees says he's going to have to set a limit on his restoration budget. Fortunately, he at least has a little help.

"My mom has an interest in seeing this restored because she has special memories of it from my grandpa, so she's helping finance the restoration of it," Lees says.

As for a timeline, well, there isn't one. Lees got a newer bike in the process and his attention was briefly diverted. But the goal is to get back to the Jawa this winter.



Nick Lees is in the midst of a major restoration of the 1950 Jawa 350 motorcycle his grandfather owned.

He has to. Others in the family are counting on him.

"My mom's side of the family is anticipating getting to see a finished bike and the memories that go with it," Lees says. "My grandma, who is 84, especially."

No promises have been made, though, he says. They'll just have to trust him. And his Google photo album.

"I have an album that I shared, and they can click on any photos to see what the most recent ones are," Lees says. "They can tell if photos haven't been put in there in a long time and give me a hard time." ■

MYSTERIOUS noises

Have you been experiencing cold spots, self-closing doors, or weird noises in your home? With Halloween right around the corner, these weird noises can allow our imagination to get the best of us. But fear not, the HVAC Ghostbusters are here.

We have all watched horror films of cold spots indicating that a ghost or spirit is present. Before concluding that you have unwanted company, check the air filter in your HVAC. Built-up dirt and debris in the air filter will result in limited airflow, creating cold spots around your home. If the filter is clean, check to see if any vents in your home are closed. Closing vents around your house can also limit airflow and potentially lead to other problems with your system. Lastly, if your system is not the right size for your home, this can be the source of cold spots. Seek professional advice to determine whether you have the right system for your home.

There is nothing scarier than a door suddenly closing on its own. Before this sends you running out of your house, look for drafts around doors and windows. Drafts around these areas will have no problem slamming doors shut or open without human help. Unwanted drafts can be a sign that your system has a pressure imbalance. No worries, this is a problem that your HVAC technician can solve without difficulty.

Have eerie noises been sending shivers down your spine? You may be experiencing loud banging or wailing noises coming from the direction of your HVAC. A noisy system can be due to a lack of maintenance or a sign that a repair is needed. Routine annual maintenance is the key to keeping the creepy noises away.

While we are on the topic of maintenance, the most frightening systems are the ones that don't receive annual upkeep. Don't allow your system to turn into a monster. If your system is not on a maintenance program, it's not too late to start. Maintenance programs include many benefits, such as catching repairs early, keeping your warranty valid, and ensuring that your system is running at its highest efficiency.

Hopefully, these tips help you solve the Halloween mysteries around your home. Save the scares for fun holiday activities by making it a point to give your heating and cooling system the necessary care and maintenance needed to function efficiently. ■

Information provided by Kendel Richlen, owner, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.



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HEALTH By Dr. Tara Federly

ALLERGIES or asthma flaring up?

As the weather gets colder, we find ourselves spending more time indoors. This can be troublesome for those with indoor allergies or asthma with indoor triggers. Fortunately, there are things you can do to keep your home safe.

Once you have identified your triggers, it's time to take action.

- Dust mites can be decreased by washing bedding frequently in hot water, removing extra pillows and blankets, using hypoallergenic covers on your mattress and pillow, and vacuuming regularly.
- Keeping pets out of your bedroom and off the furniture can be helpful to decrease pet dander exposure.
- Always use fans in humid rooms to decrease mold.
- Make your home a smoke-free area. Family members who smoke should smoke outside and change their clothes when they come inside.

If you are having trouble identifying your triggers, the next step is allergy testing. Find a board-certified allergist who is trained to evaluate and treat people of all ages with allergies and asthma. ■

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

HALLOWEEN eye safety

Spooky season is upon us, and you may be planning your costume attire for fun Halloween activities. Think twice before you plan to complete your outfit by using colored contact lenses. All contact lenses are medical devices that require a prescription from an eye doctor. You may wonder why costume contacts are readily available and easily sold among online stores and costume shops. FDA approval of medical devices is required, and these retailers are breaking the law by selling contact lenses without an authorized prescription.

Frightening outcomes can occur from the improper use of costume contact lenses. For instance, cases of eye infections and eye abrasions are reported every year, and if diagnosed with one of these conditions, treatment can be extensive and uncomfortable. In addition, many costume contact lenses are designed so they are either fully or partially opaque. With one or both eyes essentially blocked, depth perception and side vision can be severely impaired when using costume contacts.

Don't let your eyes turn into a horror story; consult with your local eye doctor about healthy contact lens options to help you achieve your ideal Halloween look. ■

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





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POST-GAME pineapple

With fall sports in full swing, it's important to talk about injury prevention. Responsible for some 40% of minor sports injuries, tendinitis afflicts fingers, wrists, shoulders and elbows — essentially any joint subject to recreational overuse.

Both weekend warriors and more serious athletes can avoid getting sidelined for too long by paying special attention to their diet (in addition to rest, ice, compression and elevation, or RICE).

In particular, promising new research suggests that bromelain, the enzyme found in pineapple, may help get you back in the game. A recent study in phytotherapy research found that bromelain-fed rats developed 27% more tendon cells, indicating a better healing response compared to a control group.

Why might this be? Bromelain may help calm inflammation, support collagen production and act as a “clean up agent,” digesting dead cells to help injuries re-knit more smoothly. Indeed, one study from the American Society of Plastic Surgeons found that bromelain was one ingredient in a cocktail of compounds that helped speed healing by 17%.

The takeaway: opt for pineapple as your bromelain source, Dole Nutrition research showed it has as much, if not more, of the enzyme compared to supplements.

Fruits and vegetables also contain a spectrum of other nutrients to help your game as well. For example, spinach and apples offer phytochemicals that may support muscle strength and stamina, while ginger helps with soreness. Get double relief with this recipe for sheet pan teriyaki chicken and pineapple, which combines both ginger and pineapple.



Sheet pan teriyaki chicken and pineapple

- 1 pound boneless, skinless chicken breasts
- 1/4 cup teriyaki sauce
- 2 tablespoons olive oil
- 2 tablespoons honey
- 2 teaspoons ground ginger
- 1 teaspoon ground black pepper
- 2 cups pineapple chunks
- 2 cups sugar snap peas
- 1 red bell pepper

Add chicken, teriyaki sauce, olive oil, honey, ginger and pepper to a bag. Seal and marinate in refrigerator for at least 30 minutes. Preheat oven to 425 F and line a baking sheet with foil. Add the pineapple, sugar snap peas and bell pepper to baking sheet, evenly drizzle with olive oil, and season with salt and pepper to taste. Remove chicken from the bag and place it on the baking sheet (discard the bag with the marinade). Bake for about 15-20 minutes or until chicken is cooked through; stir and flip once halfway through baking to ensure even cooking. ■

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

Article adapted from Dole Food Company.

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YOUR FALL maintenance checklist

Hello, October. There are so many fun fall activities, but let's not forget about these recommended tasks that help keep your home in good working order. Not only will you make your home cozy for the winter months, but it can help increase your home's value as well.



Here are some consistently suggested items to check off the list before the first frost: run ceiling fans in reverse, rotating clockwise; schedule for your furnace and AC to be serviced; clean the chimney; inspect for window and door leaks or drafts; test smoke and carbon monoxide detectors; winterize your irrigation system; disconnect and empty hoses; clean the gutters; check for pests and do pest treatments; prepare your snow blowers with an annual tune-up; mark driveway boundaries with reflective driveway markers; apply fall lawn fertilizer treatments and winterize lawnmowers; cover or store your lawn furniture; pressure wash your home's exterior and paint/stain as needed; landscape and prune as needed; check attic insulation; insulate exposed pipes susceptible to freezing; inspect your roof and shingles; check for sufficient exterior lighting; and celebrate fall with tasteful fall décor or plants.

Do you know someone who could benefit from this list, too? Be sure to share it with them.

If you're thinking of selling your house in the near future, this is a good time to get those professional pictures taken now that you've completed this list, and your home is sparkling clean. Be sure to let your real estate agent know so they can capture and showcase your house at its best before the leaves fall and the holiday decorations go up. Capitalize on those beautiful fall colors.

Are you planning open houses, showings, or holiday gatherings this fall? One easy way to create a welcoming ambiance is with a fall-scented potpourri simmer. Using some spices and citrus, you can have your home smelling warm and inviting almost instantly. Prepare it in a small crock pot or sauce pan and let it simmer all day. If you'd like to try our recipe, just send us an email and I'll be happy to drop a kit off on your porch. See below for our email addresses.

Fall Potpourri Simmer Recipe

- 2 small oranges or 1 large orange, sliced
- 3 cinnamon sticks
- 1 tablespoon whole cloves
- 1/2 tablespoon whole allspice
- 1 whole star anise

Combine all ingredients in small sauce pan or crock pot and cover with 4 cups of water. Bring to boil and then reduce to simmer. Let simmer, not leaving unattended. Add more water as needed.

Happy fall ya'll and enjoy the season. ■

Information provided by Katie Fliehler, katie@katiefliehler.com, 515-664-0414 and Malinda Garner, malinda@malindagarner.com, 515-991-5092, RE/MAX Precision, 8705 Chambery Blvd., Johnston.

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BEFORE YOU GO

By Jan Shawver

CARE for end-of-life needs while able

This year, we have been considering what will be required of your family within 48 hours of your passing. We have encouraged you to plan ahead and care for these important things now.

Today, people are living longer than ever before. Whereas our grandparents may have died in their 60s or 70s, our parents (and we) often live into their 90s or 100s. Unfortunately, with advancing age comes the greater chance of the loss of mental faculties. The Alzheimer's Association reports on their website that more than 6 million Americans have Alzheimer's or some form of dementia today, and the number is expected to double by 2050.

It is extremely difficult when loved ones cannot communicate clearly what steps they have taken, whether end-of-life planning, life insurance, financial planning, etc., no matter how organized and/or forward thinking they may have been. This may cause caregivers to spend countless hours trying to discover what has been done and what yet needs to be done.

I encourage you — while you are young and of sound mind — to care for your end-of-life needs and, more importantly, share those decisions with your loved ones who will lovingly care for you in your twilight years.

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 Allison Robbins

BORDERLINE Personality Disorder

Do you, or does someone you know, have Borderline Personality Disorder (BPD)? BPD is a mental condition that often begins during adolescence and continues throughout adulthood, affecting millions of people.

BPD can also be best described as an emotional intensity disorder. People who have BPD have the same feelings as everyone else but with more intensity. BPD causes a person's moods, relationships, self-image and behavior to be unstable on any day as well as from one day to the next.

People with BPD often struggle to see that things are often not either perfect or horrible, but are something in between; they are living in the black and white. Behaviors can be impulsive. They can feel like everyone abandons or hurts them, often causing them to look for evidence and create problems. They react based on their own reality as opposed to the facts of the situation. Thinking, feeling and behaving in extremes is exhausting for the people affected and for those who love them. This can hurt family, friendships, school and work life, the ability to make long-term plans, and the person's sense of self-identity.

If you or someone you know may have a mental health condition, seek professionals who treat personality disorders or issues of abandonment, attachment, loss and trauma using dialectical behavioral therapy (DBT). ■



Information provided by Allison Robbins, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, www.sstherapyandconsulting.com, robbins@sstherapyandconsulting.com.

NEWS BRIEFS

JEDCO names Sayers new executive director

Jennifer Sayers has been selected to serve as the new executive director for the Johnston Economic Development Corporation (JEDCO). She will be taking over from interim director Joe Benesh, who continues to serve the organization in the implementation of their strategic plan and will provide Sayers with support in the transition.

Sayers, who owns Bijou Grafic, has a long history of community involvement. "I have a passion for connecting people and resources to make community projects happen," she said.

"I especially enjoy facilitating the larger private/public ventures," said Sayers of her contributions to improving and working for the betterment of the Des Moines region. She was a longtime board member of the Drake Neighborhood Association and the Corporation for Economic Development in Des Moines. She is a current board member of the Roosevelt Cultural District and Jordahl Academy/Choice Charter School. She also currently volunteers on the Beaverdale Park Restoration committee, leads the Witmer Park renovation committee, and chaired the 42nd Streetscape Project.

"We are very excited about the next steps for JEDCO," said Brian Vahle, JEDCO board president. "We have all the right pieces in place to meet the most pressing needs of our members, and Jennifer will be an integral part of that."

Sayers will lead the day-to-day operations of JEDCO, work collaboratively with the City of Johnston, and work in concert with the Johnston Area Chamber of Commerce to promote attraction and retention of businesses, support workforce development, and provide resources and networking opportunities aimed at raising awareness of economic development opportunities in Johnston.



Jennifer Sayers

VARIETY – the Children's Charity awards grants

Variety – the Children's Charity of Iowa has awarded 63 grants to children's nonprofit organizations totaling more than \$2.1 million. Funding is provided to programs and initiatives on an annual basis that directly impact the well-being of children in our state.

Variety grants provide funding for capital projects, essential medical equipment, shelters, inclusive playgrounds, Variety vans and more. Organizations that receive Variety grants range in size and focus, but all share the goal of bettering the lives of children in Iowa. The grant-making process is advised by a panel of community board members and volunteers who review applications from each organization. Funding priority is given to programs that serve the greatest needs and help the greatest number of children.

Johnston organizations receiving grants include:

- Children's Cancer Connection for an ADA accessible playground for children served by CCC ages 5-12 that have or had cancer and their siblings.
- ChildServe for construction of a dedicated behavioral health clinic.
- Ellipsis for the purchase of durable furniture and beds for Ellipsis facilities. ■

HOME DECOR

By Jennifer Coughenour

PSL for your home décor

Fall is here, (insert your PSL — pumpkin spice latte — reference here). We already know the flavor of fall, but how do we incorporate that into our homes and create that warm and comfy atmosphere? Think earthy, vibrant, dark wood furnishings and a splash of vintage.

The 1970s-inspired earthy tones like green, yellow and blue really make a statement, especially when paired with rattan and bamboo. Combining these colors with a touch of vibrant oranges and teals creates visual interest that will get noticed.

Use dark woods to easily create a dramatic look. If your home is currently following the white on white trend, you can still add a few dark wood pieces without ruining your aesthetic. In fact, doing so will enhance the room's interest and keep it from falling flat.

What was old is new again, but, let's face it, vintage is always cool. You're seeing vintage pieces all over your feeds, and fall is the perfect time to add vintage décor and furniture into a room to easily create warmth and a ton of character.

It's that easy to make your home warm and cozy for fall. ■



Information provided by Jennifer Coughenour, store manager, Design Consign, 2715 86th St., Urbandale, 515-901-9294.

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HOLIDAY visits to older family members may reveal problems

The holidays are a time to gather with family, whether with those you see every day or those whom you seldom see. These are joyous times, filled with happy traditions and reminiscing. When visiting elderly family members, you might notice they have slipped and are frailer. Parents or grandparents could have joint pain that prevents them from standing to prepare meals or do laundry.

They may have become isolated or can't get out in an emergency. Sometimes elderly loved ones become unsteady on their feet and are a fall risk. You might notice that the elderly caregiver can no longer provide home health care without suffering from stress and illness.

Cognitive challenges can be harder to recognize, but are also risky. Per the Alzheimer's Association, there are 10 warning signs of



dementia:

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

or anxious.

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

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



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TIME to gear up for 2023

Fall is officially here. Personally, it is my favorite time of the year. It's a great season to take a step back and enjoy all the colors, smells, football, apple cider, fire pits, pumpkin patches, cozy sweaters and more. And, although we enjoy them, the chamber is busy with plenty of opportunities for you to get involved in the community. Having an event of your own? Contact the chamber to see if we can help spread the word.



We wrapped up the end of summer with a successful golf outing. Thank you to our hosts at Beaver Creek Golf Course and our luncheon sponsors, ShortE's, Fareway and Heartland Retirement Group, for making sure we were fed. And, of course, the day wouldn't have been successful without all our sponsors. Thank you to the following tee sponsors: Active Wellness, All Star Concrete, Back Roads Lounge, Bishop Drumm Retirement Center, Charter Bank, Children's Cancer Connection, Coldwell Banker – Nichole Rector, Corteva, DLL, Foth, Grinnell State Bank, Hy-Vee, Lashier Graphics and Signs, Liberty National Bank, Metronet, and RE/Max Precision – Scott Wendt. As well as our registration sponsors: Allegra Marketing and Grimes Chiropractic.

Given most of our major events are behind us for the year, it is time to start planning for 2023. In our efforts to plan successful and meaningful events for the community and our members, we are seeking volunteers for different committees. If you are searching for a way to give back and are interested in joining us to plan events or want to help with marketing or communications, we want to speak with you. Contact Sam at samantha@johnstonchamber.com or 515-276-9064.

And, a huge thank you to our residents. The 2022 N.W. Polk County Residents' Choice awards results are in, and we are proud to announce that, for the third year in a row, Johnston Green Days was voted Favorite Community Festival and Favorite Event. It takes a lot of hard work and effort from many of our community partners and volunteers, and we are so happy that it is enjoyed by many.

And, finally, we would like to welcome our newest members: American Legion Post 728, Cajun Belle and Grimes Chiropractic. Be sure to support local and stop by these businesses or meet them at one of our upcoming events below.

Upcoming events

- Business After Hours – McAuley Terrace Senior Living Apartments, Thursday, Oct. 6 at 5 p.m.
- Breakfast Before Business – State Farm Insurance, Tuesday, Oct. 11 at 7:30 a.m.
- Chamber of Commerce Day, Wednesday, Oct. 19.
- Trick or Treat with First Responders, Wednesday, Oct. 26 at 5:30 p.m.
- Chamber Monthly Luncheon with DART, Thursday, Oct. 27 at 11:30 a.m.
- Business After Hours – Fitness Sports, Thursday, Nov. 3, at 5 p.m. ■

Information provided by Samantha Winebrenner, Johnston Chamber executive director, samantha@johnstonchamber.com, 515-276-9064. For more information, visit www.johnstonchamber.com.

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OUT & ABOUT



Tennis players Lauren Elsberry, Lauren Gano, Reece Monson and Allie Christensen at the Johnston Booster Bash 2022 on Aug. 19.



Emma Hampton and Molly Noelck at the Johnston Booster Bash 2022 on Aug. 19.



Andrew Johannsen, Jaden Young and Owen Howe at the Johnston Booster Bash 2022 on Aug. 19.



Lya Williams, Jay Musignac and Shalome Musignac at the J-Rock the Block Celebration, a back-to-school event, held at the Simpson Barn on Aug. 21.



Esha Bolar and Akshara Eswar at the J-Rock the Block Celebration, a back-to-school event, held at the Simpson Barn on Aug. 21.



Lori Lei Evans, Melody Evans and Terrilyn Evans at the J-Rock the Block Celebration, a back-to-school event, held at the Simpson Barn on Aug. 21.



A groundbreaking was held at LifeServe's new location in Johnston.



Cyle Taylor and Todd Richman at the Johnston Chamber of Commerce Business After Hours at Lashier Graphics & Signs, Grimes, on Sept. 6.



A Chamber ribbon cutting was held for Meadowview of Johnston's grand opening on Aug. 25.



Derek Furrow and Paula Bierle at the Johnston Chamber of Commerce Business After Hours at Lashier Graphics & Signs, Grimes, on Sept. 6.

GOLF Outing

The Johnston Chamber of Commerce Golf Outing was held Sept. 9 at Beaver Creek Golf Club.



Scott Van Zee and Dan Fitzgerald



Brien Scandridge and Brooke Ruddy



Ashley Middle and Cassidy Utesch



Michael Tiffany, Andrea Hodapp and Eric Herrmann



Kit Cartwright, Brad Pewick and Jon Hungerford



Nate Whipple, Jared Rokke, Josh DeBower and Blair Spotts



Ryan Carroll, Alex Lynch, Allan Graham and Gina Graham



Brenda Ballard



Cassie Markun, Amanda Friestad, Angie Neubauer and Amanda Ristvedt



Gabe Olson and Keegan Lare

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