

JOHNSTON

SEPTEMBER 2022

Living

MAGAZINE

A new LOOK

Residents share their home
improvement projects

Meet Sara Rhine
EDUCATION

Murray winning at life
NEIGHBOR

Lentil Bolognese with veggie-based penne
RECIPE

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WELCOME

SIMPLIFICATION efforts

As summer closes and fall creeps in, you may find yourself looking at your list of home improvement projects that you had great intentions of doing in the warm months but haven't been able to cross off the list quite yet. I can certainly relate.

In a next-stage-of-life simplification effort, my wife and I decided to sell our family home of 17 years and move into a townhome.

Not in a simplification effort, we also bought a lake cabin that needed a number of improvements. Our goal was to have the projects completed before summer began so we could get outside and enjoy the warm weather.

We made great progress on the indoor projects. What we didn't plan on were the outdoor ones. With a new septic system installed last fall, we had serious lawn work to do. Irrigation system installed. Lawn seeded. Bushes planted. The list went on, and so did the weeds. When will all the projects end? The answer, of course, is never. But we've got a few months before the snow falls to tackle the remaining tasks.

If you are like us, you will take on some DIY projects but will reach out to professionals, as well. I have often regretted taking on projects myself, but I have never regretted hiring a pro. Whether you are looking to start a new project and need ideas, or if you are up to your neck in tasks and need help, our feature story this month will surely aid you.

Thanks for reading. ■



SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



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Tammy Pearson

Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Andrea Hodapp

Advertising Account Executive
515-883-0523
andrea@iowalivingmagazines.com



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FEATURE

Andrew and Chantel Boyd transformed their home inside and out. Chantel is happy with how the biggest project — the kitchen — turned out.

A new LOOK

Residents share their home improvement projects

By Ashley Rullestad

Andrew and Chantel Boyd bought their house on N.W. 60th Avenue in Johnston a little more than a year ago. They were excited to get settled in their new place with their daughter, Paislee, 8, on Memorial Day 2021.

“We chose the house because it is on the same block as her elementary school,” Chantel says. “We love the school system. But our home was old, and the residents before had clutter and filth everywhere. And our ‘Honey do’ list was a mile long.”

When hail hit in July, the Boyds decided to just bite the bullet and take on a full renovation, top to bottom, inside and out. With hired contractors and their own sweat equity, they conquered everything on their wish list for the home’s interior after finishing the exterior with new paint, roof and gutters. They also replaced the garage door and added cedar wood accents to the home’s exterior, including shutters, deck skirting, flower boxes and flower beds.



FEATURE

AFTER



BEFORE



Andrew and Chantel Boyd did extensive work on the exterior of their house, including painting, new roof and gutters, and cedar accents.

Their vision required some smart thinking as their house is only 744 square feet.

"Paislee and her father are artists, so they're always creating," Chantel says. "I'm just crafty. So containing my craftiness and their art and our overall clutter takes a lot of creativity in a tiny home like we have."

The biggest project on their list was the kitchen. They disliked the paint color in the room, and Chantel admits she despised the "ugly, outdated tiles" in the kitchen backsplash. Tiles by Rich Grimes installed the new bright white subway tile, and they added new butcher block countertops, refaced the cabinets,

changed the hardware and bought a complete new kitchen appliance package.

In the bathroom, the couple chose tile, shiplap, a vanity, countertops, medicine cabinet, trim and paint. They put in new light fixtures in the entire house with modern farmhouse styling and an additional light fixture added to

AFTER



BEFORE



The biggest project the Boyds undertook was transforming their kitchen. Refinished cabinets, new backsplash and new appliances were just part of the improvements.

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FEATURE

the front room where there wasn't one. In the garage, they removed an old loft, put in a workbench and insulation, and installed new electrical wiring and epoxy floors.

"DIY shows filled the time during quarantine during COVID. That gave us our vision. We chose friends or referrals from friends when choosing people to do the work. The process was professional and painless. We learned a lot about home maintenance, too," Chantel says.

Andrew is a graphic artist, and Chantel had a vision for the home. They run a creative agency together, so coming up with ideas was the easy part, she says.

"My advice is research, take your time, do what you can, but hire out what you can't — and get good referrals," she says. "The best thing is, after all the work we did, our house literally doubled in value from what we bought it for."

They are loving the results.

"I feel accomplished and blessed," Chantel says. "We had a vision, we worked toward it together, and we used our heads and hearts to make our dreams come true — with lots of help."

AFTER



The new Sokolowski deck is a major upgrade. It is now a pleasure to entertain guests outside.

BEFORE



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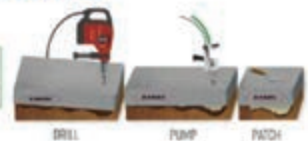
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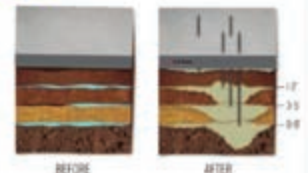
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FEATURE

All decked out

Julie and Matt Sokolowski and their family moved into their home 18 years ago. After that much time, their deck had definitely seen better days. In fact, it was basically rotting off the back of the house. Their son was graduating from high school last spring, so they decided it was time to tackle the deck.

"I originally wanted a sun room, but it was just exorbitantly expensive," Julie says. "I was quoted \$150,000 for it. I was like, 'I'm not putting that much money in one room.'"

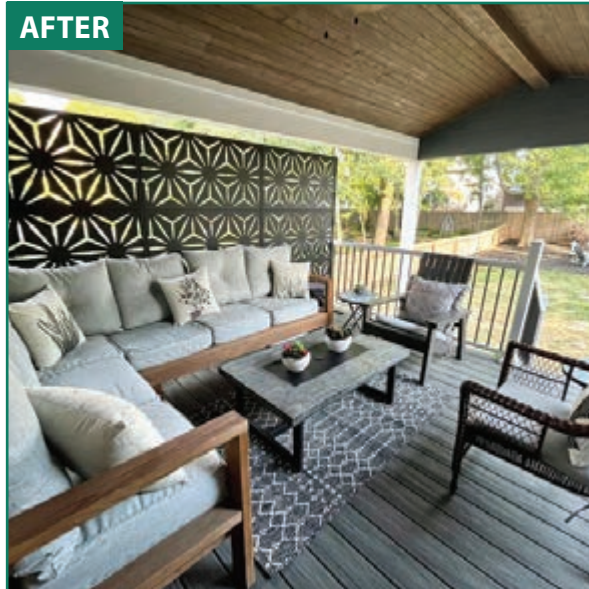
She wanted something that would give the back of the house a more prominent roof line, so they decided on a covered deck. They used Better Builders and chose composite, increased the size of the deck, and added functional and aesthetic elements like can lights, a ceiling fan, black iron railings, bead board on the ceiling, television and lanterns around the perimeter.

"Now we use it 90% more than we ever did

BEFORE



AFTER



The Zierkes removed a deteriorating deck and replaced it with a covered porch that is like an extra room to the house. They spend much more time outside now.

before. We never sat on the deck before. We just grilled out there. It was in the sun, and it was tiny."

For Sokolowski, taking on home projects can be stressful rather than enjoyable. She doesn't enjoy choosing materials or finishes because of the pressure to pick the perfect thing that you'll have to live with for many years.

"The reason we did the deck is because we had to. We don't change things for fun; we do it for necessity. I will say, find someone who can handle things for you and that you trust with the process. It's a lot of money to invest, but, like my husband says now, it's worth every penny, and he's really glad we did it."

Like the Sokolowskis, the Zierkes decided

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FEATURE

this was the year to tackle the exterior of their house and add a cover to their deck for function and entertaining.

“Our oldest is graduating in a couple of years, and while attending grad parties this spring and admiring everyone’s backyard, it really made us think about how our yard/deck was not working for us,” Meghan Zierke says. “A huge must was covering our deck. It’s a southern exposure, so it’s blasted with sun pretty much all day, every day. We couldn’t have people over before close to sunset, or it was just too darn hot. So, a covered space to entertain outside was priority No. 1.”

They chose T&E Construction, whom they’ve worked with in the past. Meghan did a lot of Pinterest scrolling and watching backyard makeover shows on HGTV to get ideas for the look. The plan changed a little here and there over the summer, but the main ideas stayed the same. For the deck, the family wanted to create an outdoor space that is an extension of their house — complete with cozy décor, lighting, airflow and entertainment including TV and music.

Their plans to further upgrade the yard down the road include adding a paver patio



The Yuskas were happy to use their newly renovated basement for their son’s graduation party.

off the deck with room for the grill and a beer garden-style dining table. They would like to install a pull-down screen between the new roof posts so they can view outdoor movies from around the fire pit, and they also plan to add paver paths to allow easier entry to the backyard and to connect the deck/patio to the fire pit area.

“They completed the deck covering last week, and I think we’ve already spent more time out there than every year prior. It turned out great. It’s basically like an outdoor family room now. We can entertain, just sit quietly or even watch TV. And I’m looking forward to using our fire table when it cools down a bit.”

What’s Your Plan?

Planning has been a part of her life, both personally and professionally. Charlotte, a former financial advisor, knew the importance of having a plan for retirement. Having supported her mom, aunt and uncle in selecting retirement communities, she knew what she wanted and needed when the time came to make a move.

At the age of 72 she decided it was time. “I’m still very active and regularly entertain. The townhome was perfect because I wasn’t ready to completely downsize. I liked the fact that Deerfield provided a full continuum of care so this would be the last major decision I would need to make.”

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FEATURE

Basement makeover

The Yuskas moved into their home 14 years ago. They were happy with the home, but, as time went on, they wanted updates. They also realized that the basement could be a lot more functional, so they set out to completely redo the space.

"I wanted to add a bar area, move the spare room to the other side of the basement, put in luxury vinyl plank floors, and redo the bathroom," says Karen. "We also wanted heated floors but found out mid-project that it wasn't going to work, so we pivoted to a fireplace instead. Our basement is very cold, and we wanted it to be more warm and inviting."

They also wanted to put in a Murphy bed in the guest room. Since it's only used by guests 5% of the time, they wanted to save on space. Karen has since moved her workout equipment out of the master bedroom and into the guest bedroom.

Their contractor came up with the design after hearing the couple's wish list, and they are happy with the results. Karen's favorite things are the brick backsplash, the fireplace against the black accent wall, and that the guest room



The Yuskas renovated their basement for their son's graduation party and entertainment.

now also serves as her workout room.

The Yuskas have now tackled their main floor and basement, but they're still potentially wanting to redo the bathrooms upstairs. That's a project for another day, Karen says.

"My advice to homeowners wanting a

change is to do it. A lot of our renovations have been motivated by wanting our space to be more functional so we'd use it more and stop fighting against our house. The money was worth it for us. Now, instead of avoiding my basement, I love being down there." ■

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RECIPE

A PERFECT pasta for school nights

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In a matter of minutes, you can prepare this lentil bolognese with veggie-based penne for a quick yet flavorful recipe that can be enjoyed by little ones and adults alike. Featuring Veggiecraft Farms Cauliflower Penne as its key ingredient, this family meal makes it easy to incorporate vegetables without sacrificing taste. Available in popular shapes like penne, spaghetti and elbow, and made with lentils, peas and cauliflower, zucchini or sweet potato, the veggie-based pastas are gluten-free, non-GMO, vegan, kosher and good sources of protein and fiber.

Visit veggiecraftfarms.com for more information and family-friendly recipes. ■

Lentil Bolognese with veggie-based penne

- 1 cup dry French green lentils or brown lentils
- 1 jar (24 ounces) marinara sauce
- 1/2 cup vegetable broth
- 1 box Veggiecraft Farms Cauliflower Penne

TOPPINGS:

- fresh basil
- Parmesan cheese
- red pepper flakes

DIRECTIONS

- Cook lentils according to package directions. Drain then return to pot and add marinara and vegetable broth. Stir well and simmer over low heat about 10 minutes.
- Cook penne according to package directions.
- Top cooked pasta with lentil Bolognese, fresh basil, Parmesan cheese and red pepper flakes.



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When I was a kid, I had a conversation with my grandfather about money and savings. Now, you have to remember the times; these were the days when you had a safety deposit book at your local bank and earned a healthy 5-6% interest. I can remember it like yesterday as he was lecturing on the value of saving for the future, putting money away, and the importance of always paying cash. As a child, this intrigued me. Now, as an adult raising a family, I recognize a lot has changed. First of all, you won't find me bragging about the meager interest earned on our savings accounts, and you won't find me believing 100% that you should pay cash for everything. But, my grandfather did have one timeless feature in mind: the value of saving with the long-term advantages of Time Value Money.



If I were to ask an 18-year-old what "bill" they will always pay on time, the No. 1 answer would be cell phone. When I ask people of all ages how do they define their savings strategy, I get answers of "When there is extra money" or "When they clear up some other things." So, here is the root of the question, whether it is saving for the future of retirement or saving for the upcoming vacation, why is saving money any more complicated than the obligation of making our mortgage payment? Rationally, it is likely that we view saving money for the future as less relevant because it won't affect us right now. Here's what I share with our clients:

- Identify the monetary value of the goal.
- Evaluate the timeframe of saving.
- Rationalize the importance of the goal.
- Create a reasonable strategy to prepare financially for this event.

Here is the concept. Every month, our household budget demands we pay certain bills (mortgage, insurance, utilities, etc.). And, in these days of auto pay and bill pay, it becomes more natural to realize at the start of month what is going out without question. How about create another bill? If my goal is to save money, but the concept seems daunting, then make it a bill. Remember, these obligations you pay even if you can't imagine affording it. Here is a strategy:

- Create an affordable amount that you know you can maintain even in tough times. Make it a "bill" (\$100/\$200/\$300 per month).
- Sporadically add to it when there are times of unpredicted income rises (tax returns/birthday gifts/bonuses).
- Annually review your budget to see if you can increase "the bill" portion of your regular savings.
- Keep the goal in your front view. Place pictures of your goals to remind you of your efforts and sacrifice. Share your goals with someone you trust.
- Team with a financial advisor aware of and guiding you to your long-term goals. ■

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

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INSURANCE

By Janis Van Ahn

TRIP insurance gets real

Catastrophe in the Canary Islands

After months of stress-filled days and busy nights, Ben needed a holiday. He decided to go on a solo trip to the Canary Islands, where he'd do nothing except lay on the sand for an entire week.

Unfortunately, something horrible happened. Ben caught a stomach bug and missed his flight. He went to the doctor, who said there was nothing he could do except wait for this sickness to pass. Instead of hopping among the Canary Islands, Ben was huddled in bed, sipping on chicken noodle soup.

Ben was upset. What did he do to deserve this? In the midst of feeling sorry for himself, Ben remembered something. As a cautious, savvy traveler, he purchased a trip insurance policy a few days after he paid for his airfare and hotel. His trip was saved. He'd just need to reschedule and he'd be on the beach... as soon as he was done being sick.

How did Ben's trip insurance policy help him?

Let's take a look at the expenses for his trip and find out what happened when he called his carrier to file his claim. Ben made two non-refundable purchases: airfare from Berlin, Germany, to Tenerife — \$313, and six nights in Hotel Botanico — \$954. Total trip expenses — \$1,267.

Ben filed his claim and provided receipts for his airfare and hotel reservation. He also sent in his doctor's note, which verified the reason why he wasn't able to travel. The plan he chose reimbursed him for the full \$1,267, which was the non-refundable amount he paid for his trip. Trip cancellation insurance is priced according to your age and trip cost.

It could happen to you.

You never know what's going to happen before or during a trip. Weather, sickness, traffic accidents on the way to the airport, and a host of other things can occur and derail your plans, causing you to lose the money you invested. For a relatively small cost, you can insure your vacation so you don't lose the money you spent if you need to cancel, interrupt or delay your trip. The best part? You'll still get to go — only a little further in the future.

Don't forget: September is our last month of Community Yoga. Stop out on the 27th. We are having a vendor fair of all our sponsors and others, too. ■

Information provided by Janis Van Ahn, Health Insurance Advisor LLC, 5870 Merle Hay Road, Suite A, Johnston, 515-225-9994, jvanahn@health-insadvisor.com. Health Insurance Advisor does work with Seven Corners for trip cancellation coverage as well as travel medical coverage. Originally written by Kelsey Tharp, July 4, 2019, www.sevencorners.com.



REDUCE your utility bills

Staying cool is expensive, and, sadly, the cost increases every year. Let's discuss a few simple actions that can be taken now to help reduce your utility bills.

Repair leaky ductwork

If your home is new (less than 10 years old), you probably have well-sealed ductwork. If you have an older home, an average of 10-40% of your cooling dollars can be leaking through the gaps in your duct joints. That means cool air is being wasted in your attic, crawl space or your basement. A professional can test and fix the leaks, but, if you're up for the challenge, you can seal them on your own. Bottom line, fix the leaks.



Install a programmable thermostat

You can save energy by setting your thermostat 7-8 degrees warmer/cooler (depending on the season) while everyone is away at school and work. A programmable thermostat will automatically return your home to the desired comfort level upon the scheduled time. Besides the convenience, having a programmable thermostat can save you quite a bit of money over time — as much as 10%.

Switch to LED

Energy-efficient lighting allows you to use the same amount of light in your home at a lower cost. According to ENERGY STAR, LED lights use up to 90% less energy than incandescent lighting. They also last a lot longer and produce little to no heat, reducing maintenance and cooling costs. If you are still using incandescent bulbs, this is one of the fastest ways to cut your energy bill. Choose bulbs with ENERGY STAR approval for quality products that contribute the highest savings.

Annual maintenance

One of the most significant benefits of annual HVAC maintenance is lower energy bills. This isn't a DIY task per se, but more of an action you need to take. Your heating and cooling system will become less efficient when it's not taken care of properly. This results in higher monthly bills and compromises the comfort of your home. Routine annual maintenance can help reduce future repairs, keep warranties valid, and will help maintain the efficiency of your system.

There are many do-it-yourself hacks to help lower your energy costs. With the cost of living being so high, we are all trying to save money where we can. Take action on just a few of these items today, and you'll reap the savings quickly. ■

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HOME HEALTH

By Ward Phillips

HOSPICE doesn't mean 'giving up'

Virtually anyone with a life-limiting illness can qualify for hospice services, enabling a person to live life in comfort for the days, weeks, months or longer that remain in his or her life. And 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. And the type of care you and your loved one select is truly an individual choice.



If a person chooses home hospice services, the frequency of visits is determined by the individual and their care team and can change according to the person's condition. But no matter the type of services you're considering, you should always ask any provider on your list: "How can you help my loved one continue to live through this stage of life?"

Overall, hospice services should be about options to help a person live their best life as long as they're able, and that's how Gina P. of West Des Moines describes her mother's experience.

"When my mom's doctor said it was time for hospice, we felt really angry," she recalls. "To my mom and my brothers and me, that meant she was dying, and we were not ready to face that. We didn't know it could actually be a good thing."

A family friend who worked as a nurse talked Gina and her brothers into talking with some hospice providers. They ended up choosing a home hospice service, and, to their surprise, Gina, her mom and her brothers grew to love the hospice team. In fact, Gina credits them with keeping her mother alive for a longer time than she likely would have lived without them.

"Mom lived nearly a year after she started with hospice, which is a lot longer than her doctor thought she would," Gina says. "They helped with pain management, and they also provided a music therapist and even pet therapy. We also had a lot of time to spend with her, just talking, without wondering if we were doing a good enough job of caring for her."

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 for a provider who meets your expectations. ■

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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ABOUT Rotary's focus and volunteerism

What are the areas of focus for Rotary? Peace and conflict prevention/ resolution. Disease prevention and treatment. Water and sanitation. Maternal and child health. Basic education and literacy. Economic and community development.

What has Rotary accomplished? This past year was one of major accomplishments for Rotary and your Rotary Foundation. Extraordinary progress was made toward the eradication of polio. We made history when India was removed from the list of polio-endemic countries — leaving just Afghanistan, Nigeria and Pakistan.

How does Rotary help the community? We carry out service projects that enhance economic and community development and create opportunities for decent and productive work for young and old. We also strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities.

This year, Johnston Rotary not only raised money at Green Days at the Smokin' Heroes event, but also hosted the Inaugural Johnston Rotary Charity Golf Championship. The event sold out in weeks and provided much-needed funding to three wonderful charitable organizations: ChildServe, Ellipsis and The Brenton Arboretum. It was a great day, and we look forward to hosting it again next year at Hyperion Field Club.

What is Rotary International known for? Rotary is an international organization that brings together local leaders in order to provide volunteer humanitarian services, encourage high ethical standards, and help promote goodwill and peace in the world.

What is the highest award in Rotary? The highest award in Rotary is the Paul Harris Award. It is given to a Rotarian or a member of the community who has made an outstanding contribution to the community.

What are the core values of Rotary? For more than 100 years, our guiding principles have been the foundation upon which our values and tradition stand. The Four-Way Test, Object of Rotary, and the Avenues of Service express our commitment to service, fellowship, diversity, integrity and leadership.

What programs does Johnston Rotary have at their meetings? We typically have a representative of a local business or charity present to our members. This month, we have had several of our own members speak. In August, we had our own Drake University Professor Dr. Debra Bishop give a presentation on the Mandela Washington Fellowship, a program that brings 25 (aged 25-35) African business leaders from 19 sub-Saharan countries to Des Moines for the summer through a Drake University partnership with the U.S. Department of State. Dr. Bishop is instrumental in the program and has traveled extensively throughout Africa, helping students and communities (mostly in Uganda) study sustainable development with a focus on health and education services.

How do I join Johnston Rotary? Please join any Tuesday morning at Hyperion Field Club at 7 a.m. for a free breakfast, great view and fantastic fellowship. For our membership application and to see more about our club, check out Johnstonrotary.com or contact Neil Hyde at hyde_neil@yahoo.com. ■

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

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Johnston Rotary Club UPCOMING SPEAKERS

Sept. 6 - Scott Wendt
RE/MAX Precision

Sept. 13 - Jake Highfill
Bona Fide Consulting, LLC

Sept. 20 - Christina McCleary
Childrens Cancer Connection

Sept. 27 - General Ron Dardis
Industry information and/or career

Oct. 4 - Sherry Kublasky
Childrens author in Ankeny

JOIN US!
TUESDAYS
AT 7 AM
Hyperion Field Club
7390 N.W. Beaver Dr.,
Johnston

VISIT OUR WEBSITE!




TWO decades in Johnston

Bierle makes point to support community.



Paula Bierle enjoys much about living in Johnston, including the trails and surrounding nature.

Paula Bierle has deep roots in the Johnston community.

She moved to town in 1997 and has remained there ever since. Over the years, she and her family have moved just one time. Today, their house is just off N.W. Beaver Drive by Camp Dodge. What Bierle enjoys most about the area is that it's a little bit of distance from the main part of town, but not too far. She also takes advantage of the nearby walking trails and surrounding nature.

Bierle adds that her neighborhood is great. There are people of all ages — from young couples to retirees — and it's quiet. She appreciates how everyone seems to take pride in their yards, too, and helps each other out whenever needed.

Bierle, who owns Purple Poppy Boutique on Merle Hay Road, is a member of the Johnston Chamber of Commerce Board of Directors. She makes a point to take part in chamber events as a way to support other businesses in town and enjoys being involved in such activities as the Johnston Green Days Parade. She has held fundraisers with a portion of sales going for Johnston After Prom, Johnston High School girls' basketball program, the Johnston High School Parent Football Club and more.

Ultimately, Bierle feels called to give back to the community simply because she appreciates it and wants to support the town she loves, where her kids grew up.

She says Johnston feels tight-knit, and she couldn't imagine being anywhere else.

"I love being in Johnston," Bierle says. ■

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WEDNESDAYS

Dinner: 6-6:30 p.m. (Free dinner, reservations required.)

Children & Adult Programs: 6:30 – 7:30 p.m.



LIBRARY

FRESH fall at Johnston Public Library

School's back in session, and our thoughts are starting to turn towards fall. We have a fun autumn schedule all lined up for kids, teens and adults. Check it out.

Story hours are back. JPL has story time for babies and kids from birth through age 5, including Storytime Together, Bouncing Babies and Terrific Tuesday events, which are special events on Tuesdays at 10:30 a.m. that are perfect for kids ages 2-5, although all ages are welcome. JPL story hours are filled with books, rhymes, songs, play prompts, sensory bins, puppets and more, all of which help build early literacy awareness — and are a whole lot of fun. The fall session begins on Sept. 6 and goes through mid-December; no registration is necessary. Visit the website for more information and times.

Have some old paperwork you need to get rid of? Yep, us too. Get rid of your old confidential documents in a safe and secure way at Johnston Public Library's Free Shred Day on Saturday, Sept. 10. THE SHREDDER company will be in the JPL parking lot from 9 a.m. to noon for on-site document destruction with three of their mobile document-shredding vehicles. THE SHREDDER is AAA-certified by the National Association for Information Destruction. Please limit material to be shredded to three disposable boxes or containers per household. To expedite shredding, traffic will route from Merle Hay past the library onto Morningside Drive and enter the west parking lot by the Simpson Barn. Please stay in your vehicle, and a volunteer will collect your boxes. No registration is necessary. This event is sponsored by AARP.

JPL is also excited to introduce a new series of programs geared toward lifelong learning and skill building for adults. In this series, community professionals, expert DIY-ers and enthusiastic hobbyists will provide opportunities to try new experiences, learn valuable techniques and engage with fellow community members. The Skill Share Series is for anyone and everyone — from those looking to save some green on that home project to the jack-of-all-trades hobbyist. All you need is a dash of passion for learning something new.

Join us Saturday, Sept. 24 for the first in our Skill Share Series. This month we present the JPL Drum Circle at 10:30 a.m. and again at 1:30 p.m. for neurodiverse adults. If you've ever wanted to create your own music — or even just clap along to the beat without awkward stares, then this program is for you. Join retired music educator and percussionist Rich Clark for a quick dive into the joys of rhythm. Rich will provide instruction on how to count along with a song and create basic beats on any percussion instrument while demonstrating a wide variety of drums that you can bang on. Make sure to grab your spot in this exclusive JPL drum circle. All supplies provided. Registration is required.

Teens, we didn't forget about you. Jessica, our teen librarian, has all kinds of awesome fun planned for you this fall. Check out the whole roster online and choose activities that appeal to you including Teen Advisory Board, Anime Club, Dungeons and Dragons, Book Box Book Club and so much more. All the details are on the teen page of johnstonlibrary.com.

For more information and registration for programs, visit johnstonlibrary.com or call the library at 515-278-5233. ■



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A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – www.frankenforiowa.com – and join the campaign that brings people together to solve problems.



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SOCIAL Security Disability

Social Security Disability is a program managed by the Federal government. This program provides income to those who are unable to work due to physical or mental conditions that will last more than a

year or result in the individual's death, and the conditions prevent the individual from performing any type of work activity. The two main programs of Social Security Disability are Social Security Disability Insurance and Supplemental Security Income.

Social Security Disability Insurance, which is also referred to as SSDI, is a program that provides benefits based on the individual's work history and the amount that he or she has paid into Social Security. Applicants under this program must be younger than 65 and have



enough "work credits" earned.

Supplemental Security Income, which is also referred to as SSI, is a program intended for those who have not worked long enough to qualify for Social Security Disability Insurance. In addition, an individual who has never worked may be eligible for Supplemental Security Income. Individuals applying for this program must have limited income and resources. These guidelines generally match the eligibility criteria for Medicaid (Title XIX).

The application and appeal process are similar for the two programs. The first step is the initial application, where the applicant submits an application and all medical evidence to the Social Security Administration. If the initial claim is denied, then the applicant has 60 days to file an appeal, which is referred to as a request for reconsideration.

Next, if the request for reconsideration is denied, then a request for a hearing may be

filed. This hearing will allow the applicant to appear before an administrative law judge. After the hearing, the administrative law judge will issue a decision regarding the individual's disability status. If the administrative law judge issues an unfavorable decision, an appeal to the Appeals Council may be submitted. The final appeal step is to request the Federal District Court to review the decision. An applicant may be represented by an attorney at all levels.

In certain cases, an individual may be eligible for both programs. Applying for disability can be a long and complicated process. An expert attorney is able to analyze an individual's eligibility and assist with the application and appeal processes. ■

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

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MEET Sara Rhine

Leaves professional basketball career behind to teach.

Originally from Eldon, Missouri, Sara Rhine attended Drake University where she played for the women's basketball team. After receiving her undergraduate degree in elementary education, she had the opportunity to play professional basketball in Spain.

During that time, Rhine says she enjoyed the Spanish culture. She adds, basketball has provided her with many opportunities and allowed her to experience so many things and meet many impactful people.

"I walked away from the experience with some really good friends and memories. I learned that we share a lot more similarities as humans than differences, no matter where we live in the world," Rhine says.

Starting this school year, Rhine will be teaching special education at Beaver Creek Elementary School. She learned about the Johnston Community School District from her assistant basketball coach while studying at Drake. Her coach lives in Johnston with three daughters who attend school in the district, and, when Rhine was looking to move back to Iowa, she knew it was a place she would like to be.

"I am excited to be a part of such a highly esteemed school district. I'm really looking forward to making connections with my coworkers and those in the Johnston community. I can't wait to meet my students and get to be a part of their everyday lives and growth as young individuals," she says.

Rhine says she enjoys teaching students at the elementary school level because they are experiencing so many developmental milestones. She enjoys the role she is able to play in their growth and development as well as the connections she is able to make with them. Rhine also enjoys teaching elementary students because that age has an excitement about learning and a special type of creativity.

"By far, the best part about teaching is the relationships you form with your students. It is an honor to be able to be a part of so many young people's educational journeys. Some of the most rewarding experiences are when you have a break through and make a connection with a student or see progress that they have been working so hard to achieve," Rhine says.

In her free time, Rhine enjoys spending time with her family and friends. She is currently in graduate school at Drake University working towards a master's degree in school counseling. Although Rhine doesn't play basketball nearly as much as she used to, she enjoys any time she is able to play. She also likes reading and baking.

"At this time, I am unsure what exact projects or activities my students will participate in, but I am excited to bring as much creativity into my classroom as I can. I want to support my kiddos not only in their academic growth, but also in their social and emotional learning and growth as well," Rhine says. ■



Sara Rhine is looking forward to making connections with coworkers and community.

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FAX: (515) 727-8092

JOHNSTON PARKS DEPARTMENT

6300 Pioneer Parkway
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FAX: (515) 727-8092

CROWN POINT COMMUNITY CENTER AND SENIOR DINING CENTER

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CITY OFFICE BUILDINGS CLOSED ON LABOR DAY

The City of Johnston office buildings, including the Johnston Public Library, will be closed on Monday, Sept. 5, in observance of Labor Day. Trash and recycling will be delayed by one day that week. Monday pick-up will move to Tuesday and Tuesday pick-up will move to Wednesday.

JOHNSTON HOMECOMING PARADE IS SEPT. 22

The Johnston Community School District's homecoming parade will be held on Thursday, Sept. 22, at 6:00 p.m. To ensure safety, the northbound lane of Pioneer Parkway will be closed from 4:00 to 8:00 p.m. from Greendale Road to NW 62nd Avenue. The entrance into Hy-Vee along Greendale Road will be closed with limited access during staging until the parade route has gone by. Pioneer Parkway will remain open going southbound.

Columbine Drive will be closed down, but Public Works crews will be present to ensure people can get access as needed. As the parade travels across NW 62nd Avenue into the Johnston Middle School parking lot, the east and westbound lanes will be closed to thru traffic.



PICKLEBALL COURTS AVAILABLE

Enjoy pickleball year-round! The outdoor Crown Point tennis courts are marked for pickleball and available every day. There are no court reservations.

During the cooler months, beginning in October, you don't need to miss out on the fun. The Parks Department offers indoor pickleball at the Johnston Community School District's office, 6510 NW 62nd Avenue. Enter/exit on the east side of the building through door #7.

Please sign-in with the supervisor when you arrive.

Tuesday 9:00 to 11:00 a.m.
Wednesday 7:00 to 9:00 p.m.
Thursday 9:00 to 11:00 a.m.



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



CITY NEWSLETTER SEPTEMBER 2022

TRICK-OR-TREAT WITH FIRST RESPONDERS OCT. 26

Join community members and trick-or-treat with first responders on Wednesday, Oct. 26 at Fire Station 38, located at 10225 NW 62nd Avenue. The Police and Fire Departments will be handing out treats and will also talk about "safety" when going out on Beggars' Night. You can also check out the fire engine, ambulance and a squad car.

We encourage the children to wear their Halloween costumes. Parking is available at the Bridge Church, located just east of the Fire Station. The Bridge will have fun activities for the children and will also be handing out candy.

This event is a great opportunity for families to get to know our Police Officers and Firefighters/EMS members. We encourage you to come with questions for them and, most of all, have a great time!

Be sure to mark your calendar for **Beggars Night, which is Sunday, Oct. 30, from 6:00 to 8:00 p.m. in Johnston.**



COMPOST IT! SEASON ENDS IN NOVEMBER

The leaves will soon start changing and fall clean-up will soon be here. The last days for Compost It! season in Johnston are Monday, Nov. 21 and Tuesday, Nov. 22. Collection occurs on your normal collection day. The winter collection dates will be Monday, Dec. 26, Tuesday, Dec 27, Monday, Jan. 2 and Tuesday, Jan. 3.

For more information on what is accepted during the Compost It! season, visit www.mwatoday.com.



FREE SHRED DAY ON SEPT. 10

Get rid of your old confidential documents safely and securely at Johnston Public Library's free Shred Day on Saturday, Sept. 10, from 9 a.m. to noon. The Shredder company will be in the library parking lot for on-site document destruction with three of their mobile document-shredding vehicles. The Shredder is AAA certified by the National Association for Information Destruction.

Please limit material to be shredded to three (3) disposable boxes or containers per household. To expedite shredding, traffic will route from Merle Hay Road past the library onto Morningside Drive and enter the west parking lot by the Simpson Barn. Please stay in your vehicle and a volunteer will collect your boxes. No registration is necessary. This event is sponsored by AARP.

EVENTS AT THE JOHNSTON TOWN CENTER

The Johnston Town Center is hosting events this fall and winter. To learn more about the events and the dates to add to your calendar, visit www.johnstontowncenter.com/events.

For more more information about the city, please call 515.278.2344

Raise & shine, it's pancake time.



Join us for a pancake
breakfast to raise funds
for the Alzheimer's
Association. Donations

are being requested with all proceeds going
to the Alzheimer's Association.

Thursday, September 29, 7:30 - 9 a.m.

McAuley Terrace

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COMMUNITY

BIKE repair stations an asset to trails

City, Eagle Scout, Rotary Club contribute to stations.



Russ Ostrander, Johnston Pack 29, donated a repair station for his Eagle Scout Project.

Summer is a busy time of year for families in Johnston, and the City wants to ensure the safety of those cycling. With more than 45 miles of trails, the City wanted to ensure cyclists have a place to repair their bikes should the need arise.

There are five bike repair stations in Johnston.

- Terra Park on the north side of the large shelter (near the women's restroom)
- Crown Point Community Center on the north side of the building (along the sidewalk)
- Ray Schleih's Park just east of the playground equipment (along the trail)
- Low Clarkson Park water trail access on the south side of Beaver Creek (near the water trails entrance)
- N.W. 70th Avenue water trail access on the south side of the trail (near the emergency call station)

A few of the bike repair stations have a special meaning to the parks.

Ray Schleih's Bike Repair Station

Russ Ostrander installed the repair station at Ray Schleih's Park as part of his Eagle Scout Project. He is a former Scout with Johnston Pack 29. Russ wanted to add this station to the park because it was close to his home and the first true stopping point as bikers ride over the Trestle to Trestle Bridge. Russ recognized how many bikers used this path daily, so he wanted to ensure cyclists had the proper tools to fix their bikes.

COMMUNITY

Russ worked with the Johnston Parks Department to install the repair station. He thanks the Johnston residents who supported his project by purchasing greenery or donating funds to help buy the bike repair station and concrete for his Eagle project. Russ is a senior at Johnston High School this school year and is enrolled in the Iowa National Guard.

Crown Point Community Center Bike Repair Station

In 2017, members of the Rotary Club of Johnston put the finishing touches on the bike repair station as a community service project. The station allows cyclists to inflate a tire, repair a flat or make repairs and adjustments to their bike. Funds for the project were provided through a grant from the Rotary Foundation, matching funds raised by members of the Rotary Club of Johnston, and community fundraising efforts.

If cyclists stop by the station and are unsure how to use it, they can scan the QR code or visit www.dero.com/bike-repair to view a list of the common repairs. ■



Johnston Rotary members helped install the bike repair station.

Start your morning off right with an update from

the daily umbrella

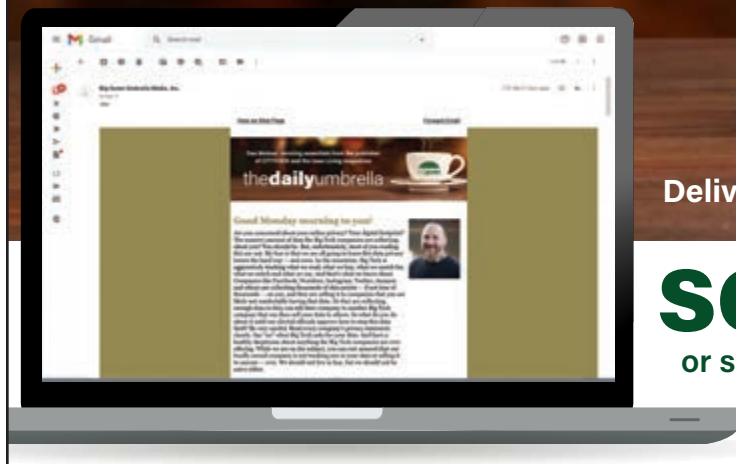
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EVENTS IN THE AREA

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Johnston Community School Foundation Golf Outing

Monday, Sept. 19

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

The public is invited to join the Johnston Community School Foundation for its 23rd Annual Golf Outing. Lunch will be provided at 11 a.m., with a shotgun start at noon. Proceeds from the golf outing support the work of the Johnston Community School Foundation, including providing grants for educators in support of students and schools. Help fulfill classroom grants in the 2022-23 school year. Register online at www.wearejohnston.com/register-golf-outing or email aprilwilson@jcsfoundation.org.

First Baptist Church 20th anniversary

Sunday, Sept. 11, 11 a.m. program
First Baptist Church, 8259 N.W. 62nd Ave., Johnston

The First Baptist Church of Greater Des Moines will celebrate the 20th anniversary of the opening of its church building in Johnston in a special program following the morning worship service on Sunday, Sept. 11. The program will include remarks by Johnston Mayor Paula Dierenfeld; Jack Sullivan, a board member of the Green Meadows West Homeowners Association; and members who were involved in the building project and attended the first worship service in the landmark New England-style structure on Sunday May 5, 2002. The program will also pay tribute to the late Tim Olson, the architect who designed the church. Following the 11 a.m. program, a lunch will be provided. Reservations for the lunch are required and can be made by calling the Church office, 515-243-8161, or by sending an e-mail to office@fbcdsm.org.



Wine & Whiskey Walk

Friday, Sept. 23, 5-9 p.m.

West Glen Town Center, West Des Moines

CITYVIEW's Wine & Whiskey Walk returns. Pre-ordered tickets are \$20 (\$30 at the door). The price includes 10 sample drinks. Visit participating businesses and enjoy their offerings. For more information and tickets, visit <https://whiskeywalk.dmcityview.com>.

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Renaissance Faire

Sept. 3-5, 10-11 and 17-18
Sleepy Hollow, 4051 Dean Ave., Des Moines

Travel back a few centuries at Sleepy Hollow's Renaissance Faire, held annually the first three weekends of September. Explore 18 acres that include a quaint English village, picturesque landscapes, two castles, 30 merchant shops, eight stages of entertainment, a joust arena, blacksmith's forge and pirates' cove. Costumes are optional but encouraged. Grounds are open 10 a.m. to 6 p.m., rain or shine. Admission covers the entire weekend. Purchase tickets and find information, including each weekend's theme, at sleepyhollowrenfaire.com.

Summer Concert Series

Sept. 13, 6-8 p.m.

The Iowa Arboretum & Gardens, 1875 Peach Ave., Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at the event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be Diva and the Deacons featuring Tina Haase Findlay, with food by Smokin' Big Dawgs. The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit www.iowarboratum.org or contact Event Specialist Amber Schmidt at amber@iowarboratum.org or 515-795-3216.

EVENTS IN THE AREA

Be sure to check for cancellations

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



Movie Nights

Sept. 22, 7:30 p.m.
and Oct. 8, 7 p.m.
The Yard at Johnston
Town Center

The Sept. 22 movie will be Disney's "Lightyear," brought to you by the JHS Student Council. On Oct. 8, "Ghostbusters: Answer the Call" (2016) will be featured.

Johnston Homecoming Parade

Thursday, Sept. 22, 6-7:30 p.m.

The Johnston Community School District's homecoming parade will be held on Sept. 22. To ensure the community's safety, the northbound lane of Pioneer Parkway will be closed from 4-8 p.m. from Greendale Road (beginning of the parade route) to N.W. 62nd Ave., where the parade route turns east and ends at the middle school. Staging is along Greendale Road, so the entrance into Hy-Vee along Greendale Road will be closed with limited access during staging until the parade route has gone by. Pioneer Parkway will remain open going southbound. Columbine Drive will be closed, but Public Works crews will be present to ensure people can get access as needed. As the parade travels across N.W. 62nd Avenue into the Johnston Middle School parking lot, the east and westbound lanes will be closed to through traffic.



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.

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VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 26	7:15PM	Cedar Falls	UNI-Dome,
Sep 2	7:00PM	Urbandale	Johnston High School
Sep 9	7:00PM	Dallas Center-Grimes	Johnston High School
Sep 23	7:00PM	Waukee	Johnston High School
Oct 6	7:00PM	Sioux City North	Olsen Stadium, Morningside College
Oct 14	7:00PM	Kennedy	Johnston High School
Oct 21	7:00PM	Ames	Ames High School



Photo by Noah Gilbert

VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 25	5:00PM	Multiple Schools	Johnston High School
Aug 30	7:30PM	Waukee Northwest	Johnston High School
Sep 3	9:00AM	Multiple Schools	Cedar Rapids Washington High School
Sep 8	7:30PM	WDM Valley	Johnston High School
Sep 13	7:30PM	Urbandale	Johnston High School
Sep 17	9:00AM	Multiple Schools	Ballard High School
Oct 1	8:00AM	Multiple Schools	Urbandale High School
Oct 8	9:00AM	Multiple Schools	Prairie High School
Oct 11	7:30PM	Southeast Polk	Johnston High School
Oct 15	8:30AM	Multiple Schools	Johnston High School



Photo by Miya Long

GIRLS VARSITY SWIMMING

DATE	TIME	OPPONENT	LOCATION
Sep 13	5:30PM	WDM Valley	Summit Middle School
Sep 17	9:30AM	Multiple Schools	Marshalltown High School
Sep 20	5:30PM	Waukee/NW Swimming	Summit Middle School
Sep 24	9:00AM	Multiple Schools	Cedar Rapids Kennedy High School
Oct 1	TBD	Ames	Ames High School
Oct 8	8:30AM	Multiple Schools	Summit Middle School



Photo by Marcy Swalley

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Photo by Keke Patterson

GIRLS VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 27	6:45PM	Multiple Schools	Johnston High School
Sep 1	5:10PM	Iowa State University	Iowa State University Cross Country Course
Sep 3	TBD	Bedford	Crow Creek Park
Sep 8	TBD	Marshalltown	Marshalltown Community College
Sep 15	7:00PM	TBA	Johnston High School
Sep 23	TBD	TBA	Les Bolstad Golf Course - St. Paul, MN
Oct 1	TBD	TBD	Wartburg College
Oct 6	TBD	Fort Dodge	Lakeside Municipal Golf Course
Oct. 12	5:30PM	CIML Conference Meet	Johnston High School



Photo by Lexy Urban

BOYS VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 27	7:30PM	Multiple Schools	Johnston High School
Sep 3	TBD	Pleasant Valley	Pleasant Valley High School
Sep 8	TBD	Marshalltown	Marshalltown Community College
Sep 15	7:00PM	TBA	Johnston High School
Sep 23	TBD	University of Minnesota	Les Bolstad Golf Course
Oct 1	TBD	Wartburg College	Wartburg College
Oct 6	TBD	Fort Dodge	Lakeside Municipal Golf Course
Oct. 12	5:00PM	CIML Conference Meet	Johnston High School



Photo by Miya Long

BOYS VARSITY GOLF

DATE	TIME	OPPONENT	LOCATION
Aug 15	9:00AM	Multiple Schools	Blue Top Ridge Golf Course, Riverside
Aug 17	9:00AM	Multiple Schools	Glynns Creek Golf Course
Aug 18	1:00PM	Multiple Schools	Eagle Ridge Golf Course Galena Territories
Aug 22	8:00AM	Multiple Schools	Jester Park Golf Course
Aug 24	9:00AM	Multiple Schools	Jester Park Golf Course
Sep 12	10:00AM	Multiple Schools	Veenker Memorial Golf Course
Sep 19	10:00AM	Multiple Schools	Willow Creek Golf Course
Sep 22	8:00AM	Ankeny High School	Jester Park Golf Course

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WINNING in life

Johnston's Murray returns from Miss Amazing Pageant.

Johnston's Eilise Murray is a winner in life.

Murray, a 27-year-old special needs woman with a heartwarming smile and "everyone is a friend" outlook on life, is known around town as the unofficial Johnston "super fan" for her never-ending support of Dragon athletics.

She's also a queen, having won the Iowa Miss Amazing Pageant, which earned her and her mother, Rebecca Murray, a trip to Nashville, Tennessee, recently for the National Miss Amazing Pageant.

It was a trip for the ages, her mother said.

"The pageant isn't about outward beauty but inward beauty," Rebecca says. "Many of the girls are involved with various charities and legislative issues for special needs people. Eilise did not win, but she was recognized for her time volunteering and support of the Johnston sports programs."

Eilise was happy to have the opportunity to represent Iowa, meet new friends and make memories, her mother says.

"That is the wonderful thing about the special needs community: They truly are happy for others' achievements and celebrate each other," Rebecca says.

Eilise attends as many Johnston high school athletic competitions as she can while back home in Johnston where she has resided for the past eight years. She extends her giving heart even further at the events in her adopted hometown by passing out her jewelry to fans while leading cheers.

"She brings a smile to the faces in the crowd and everywhere we go," Rebecca says.

Eilise was born and raised in Pittsburg, California, where she lived with Rebecca and her father, Brendan Murray, and two older brothers, Niall and Liam. Tragedy struck the family when Brendan, a cardiovascular technologist at Children's Hospital of Oakland, California, died of a sudden brain hemorrhage. Two years later, Eilise and Rebecca moved to Johnston.

With a new lease on life in a new setting, Eilise flourished. She was the star of the school play her first year and was the manager of the softball team in 2015 and 2016. She also became involved with the Special Olympics through Link Associates and Train to Inspire's program, which helps disabled people stay physically active.

All this while holding a job. One day, while she and her mother were eating at the Johnston McDonald's, Eilise saw a sign which said, "Now Hiring!"

"She asked me if it would be OK if she applied for a job, and the rest is history," Rebecca says. "She has worked there for over six years now and was recently promoted to Crew Trainer. It gives her a sense of purpose, and customers love her."

Through it all, Eilise has been the force that has kept her moving forward, Rebecca says.

"She is the light of my life, and I am



Eilise Murray recently took part in the National Miss Amazing Pageant in Nashville, Tennessee.

thankful that she is my daughter," she says. "She will always be my Miss Amazing. No one would ever ask for a child with special needs, but if you are blessed to have one, they will teach you more about life than you could ever imagine." ■

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PREPARING for the loss of a spouse

Preparing for the loss of a spouse is not the fun part of retirement planning. It's much more exciting to discuss developing an income plan that allows you to take that trip to Europe, spend winters in Arizona or start a new hobby. I get it, but as retirement planners, we feel that it's our responsibility to help you plan for all the aspects of retirement.

You've probably seen first-hand the burden a spouse is left with when spousal succession plans are not in place or how families can be torn apart when someone's wishes are not clear. Having a plan will take one more thing off the remaining spouse's plate as they grieve the loss of their loved one.

We found that many people don't know how to get started, so we developed a Spousal Succession Plan Checklist. This checklist covers some of the decisions you can make now to help you get organized and some of the things you will have to do when your spouse passes.

Each retirement plan we help families and individuals create follows six guiding components: lifestyle, income, tax, investment, health care and legacy. The checklist includes action steps within each of these components.

For example, the lifestyle portion of the checklist helps you compile important information that the remaining spouse will need, such as how



to contact your CPA, attorney and insurance agent. You also want to help avoid a technology nightmare by ensuring you both know important accounts' passwords.

The investment portion of the checklist includes things you will have to do when your spouse passes, such as change titles on accounts like checking or savings, credit cards and your mortgage. You may also have to call your spouse's insurance company and file a claim.

We are often one of the first phone calls that the families we work with make when a loved one passes. They are tough conversations but necessary ones as we work to help them execute their spousal succession plan. It's a privilege to help ease their burden and know that the wishes of their loved one are being fulfilled because they made some of these decisions together when we first started putting together their comprehensive retirement plan.

You can download the Spousal Succession Plan Checklist by going to SuccessionChecklist.com. By having open and honest conversations with your partner regarding each of the outlined points, you'll be well on your way to having a purposeful plan that your spouse can turn to in one of life's most stressful and emotional moments. ■

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

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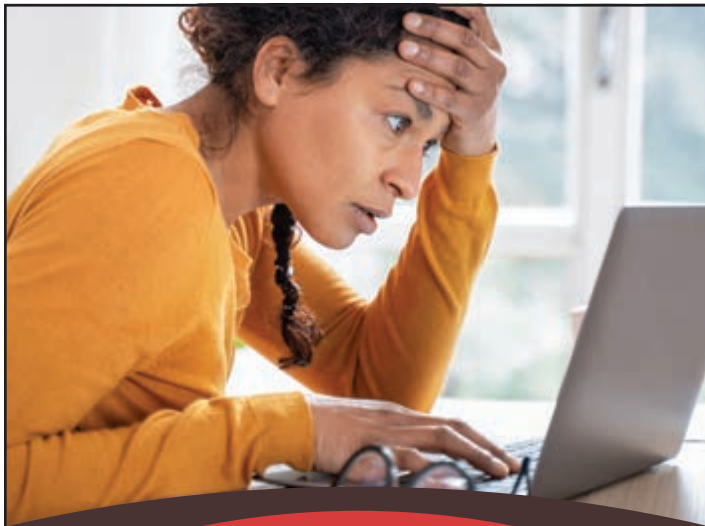
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BOOK REVIEWS

Courtesy of Beaverdale Books

'Babel, or The Necessity of Violence: An Arcane History of the Oxford Translators' Revolution'

R. F. Kuang's Poppy War Trilogy lives rent-free in my head years after I read it, so I picked up her newest book with buckets of anticipation and high expectations. Lucky for me, "Babel" more than met every bar I set.

Set in the world of a subtly fantastical academia, this is an alternate history with deep ties to the real world. For all, it's a magic-filled fantasy. While this book has a wildly different setting and tone, it is soaked with a familiar thread of dread and realism that echoes her first books.

Robin Swift immigrated to London in 1828 after losing his parents in his native China. Taken under the wing of a shadowy professor, he's soon enraptured with the world of Oxford — high academics and mysterious magic that make the British Empire incredibly wealthy. The extent of their colonial efforts is seemingly endless as a result. Soon, though, an unjustified war against Robin's homeland calls everything he's been working on into question and upends his life in profound ways.

If you've never read a R.F. Kuang novel, prepare yourself to confront the dark side of humanity in ways both profound and intense, all while being highly entertained. ■ — *Review by Julie Goodrich*



By R.F. Kuang
8/23/22
560 pages
\$27.99
Harper Voyager

'The Book Eaters'

Do you remember the first time you discovered "real" fairy tales? The dark and deliciously brutal versions of "Cinderella," "Snow White" and "Hansel and Gretel" were nothing like the sweet, fluffy stories we were told as children. It seemed like a secret, exciting new world. That's what this book feels like: a decadent, gothic horror fable filled with monsters and magic and a moral that has less to do with obedience and more with how humanity can be both beautiful and, frankly, appalling.

Devon is raised in an isolated family that places no value on women. The family are book eaters — magical folk who can physically eat a book and retain the information therein. Devon, however, is limited to boring, moralistic meals — for her future is set. She will be sold off as a wife to create more book eaters — no matter what she wants.

When her son is born with a rare family curse, everything suddenly changes and Devon is forced to flee to protect him. Now left to her own strength, she will discover the true meaning of family and what it means to be a monster.

Full of gorgeously haunted prose and stark characters, this is a lovely, sad tale that will stick in your mind — however you consume it. ■

— *Review by Julie Goodrich*



By Sunyi Dean
8/2/22
304 pages
\$26.99
Tor Books

HEALTH

By Dr. Amy Petersen

TIME for the flu vaccine

Now is the time to schedule your flu vaccine. Flu season runs from October to May and causes symptoms of fever, chills, cough, body aches and headaches. Every flu season is different, and we know flu vaccines can vary in how well they work. However, receiving a flu vaccine every year offers the best available protection and has been shown to reduce illnesses, hospitalizations and deaths from the flu.



The CDC recommends everyone 6 months of age and older receive a flu vaccine each year, ideally by the end of October. Flu vaccination is especially important for people who are at high risk of developing serious complications from the flu including:

- Children younger than 5 years of age: About 80% of reported child deaths occur in children who have not been fully vaccinated. A flu vaccine can be lifesaving for children.
- Pregnant women: Flu vaccine during pregnancy helps protect the mother from the flu and protects the baby for several months after birth.
- Adults 65 and older: Most influenza-related hospitalizations and deaths occur in this age group.
- People with chronic medical conditions such as heart disease, diabetes and asthma.

Talk to your primary care provider to schedule your flu vaccine. Remember, it not only protects you but can help protect those around you. ■

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

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HEALTH

By Dr. Mallori Phillips

CADILLAC or Lincoln?

Uncle Earl once told me, "I went through an eye surgery and traded my Cadillac for a Lincoln!" He always said crazy things. I'm more of a Chevy girl myself, so it didn't sound like an upgrade to me. Truth be told, I didn't understand the joke until optometry school, and I'd like to shed some light on the subject for you.



Cataracts occur within the natural lens of the eye, which sits behind the iris. When we're born, the lens is crystal clear. Over time, the lens yellows and hardens. Formation of cataracts is inevitable; nearly everyone develops one if they live long enough. As cataracts worsen, light scatters, which induces glare and makes reading more difficult. Cataracts (Cadillacs) are treated with surgical removal of the natural lens, which is then replaced by lens implants (Lincolns). In most cases, patients are told they have the beginnings of cataracts between the ages of 60 and 70 years old. In rare instances, infants can be diagnosed with cataracts shortly following birth.

Visit with your local eye doctor about your risk of developing cataracts. They might not be able to satisfy your vehicle dreams, but they can certainly evaluate your need for an upgraded lens! ■

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

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WELLNESS

By Caitlyn Ferin, LD, RD

MAKING packing lunches easier

When the school year starts, it can be hard to get into a routine of packing lunches every day. A good lunch will provide carbohydrates, protein, fiber and some healthy fat. Here are some tips to help make packing lunches easier:



- **Plan ahead.** The night before, decide what you will pack for lunch the next day to save time in the morning. Get non-refrigerated items out and on the counter or go ahead and toss them in the lunchbox so they are ready to go. Freezing pre-made peanut butter and jelly sandwiches, individual pasta portions, or other favorites can be a great way to save time in the mornings.

- **Use leftovers.** If you have leftovers from dinner, pack them for lunch instead of cooking something new. Leftover pizza was always a favorite in our house.

- **Get creative.** Turn your peanut butter sandwich into a roll up by switching bread for a tortilla. Try putting fruit on toothpicks for a fun new way to eat it. Cookie cutters can be a great way to add some fun into your daily sandwiches, too.

- **Individually packaged items are a great timesaver.** Applesauce, peaches, pears, corn, carrots and peas all come in individual containers and are super easy and convenient for little ones. Make sure you practice opening these items — your teachers will thank you.

- **Keep an icepack in the freezer ready to go** for perishable items like meats and cheeses. You can also freeze your juice box and/or yogurt to help keep the lunch box contents cool. A frozen sponge in a baggie can double as an ice pack and a clean up tool for messy hands and faces.

- **Don't be afraid of snacks.** Snacks can help kids keep their energy up, make up for skimpy or skipped breakfasts, and provide fuel before after-school sports or other activities. Adding healthy snacks between meals can increase focus and performance. Children are able to comprehend and retain information presented in the classroom at a higher rate when their bodies are fueled consistently, according to the American Dietetic Association.

Here are some of my favorite snacks that can easily double as lunch box additions:

- Low-fat microwave popcorn tossed with Parmesan cheese
- Trail mix — whole-grain cereal, raisins or dried cranberries, sunflower seeds and chopped nuts, even chocolate chips or M&Ms
- Mini, whole-grain bagel or sandwich thin spread with low-fat cream cheese or peanut butter
- Ants on a log: Spread peanut butter on celery sticks and top with raisins
- Whole-grain pita or carrots and hummus
- Whole-wheat crackers, such as Triscuits, with cheese cubes
- Yogurt topped with berries and/or granola
- Whole-wheat tortilla filled with cheese and salsa and heated in microwave
- One half banana and one tablespoon peanut butter placed and rolled in whole-wheat tortilla. ■

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

PREPARING your home to sell

Selling your home may feel overwhelming, but it doesn't have to be complicated. You can make a great impression with buyers and get your house into shape and ready to sell in no time. By putting in a little effort before you list your home, you can save yourself hours of time and avoid pitfalls down the road.



Wondering how to get your house ready to sell? First, before you list your home, it's smart to connect with your Realtor. They can help you check all the boxes to help sell your home quickly.

Chances are, you have projects that have been sitting on your to-do list for a while. As you're getting your home ready to sell, it's important to complete these tasks. A few examples would be cleaning, decluttering, fix a leaky faucet, fix loose door handles, fix squeaky door or floor, change out lightbulbs, fix trip hazard in driveway, paint touch-ups, carpet cleaning, and more.

If your house isn't clean and attractive, it could turn off buyers or deflate your home's final sale price. That's why it is essential to give the entire house a thorough cleaning as you get it ready to sell. Tackle one room at a time to make it manageable.

As you deep clean, be sure to pay special attention to the hotspots that tend to get a lot of eyeballs during showings. That includes carpets, windows, kitchens, bathrooms, doors, walls and baseboards.

Consider renting a storage unit. Clean out your pantry and kitchen cabinets. Clean and organize your closets, clear floors, store away less-used items and clean up your storage area.

It is important to remove clutter and put away personal items. Selling your home is a great excuse to declutter. Less is more when it comes to selling a home. Do a clean sweep of all counters, windowsills, tables and other visible areas. Buyers don't want to see all your stuff. They want to see clean and fresh to imagine themselves living there. Try to imagine seeing your home for the first time from a potential buyer's perspective. Walk through each room and criticize them from a neutral point of view. Then set aside three boxes of what you do not wish to keep: toss, donate and sell. You might even want to consider getting a professional home inspection before listing to make sure there are no surprises in closing.

So, the major things you want to take care of are cleaning, decluttering, paint touch up, shampoo carpets, work on your curb appeal, check lightbulbs, clean your deck, freshen up the interior so it looks and smells great.

Even if you aren't selling, these things are good to do on an annual basis to keep up with the maintenance of your home, so that, when you do choose to move, you have a head start on being prepared. ■

Information provided by Joleen Roskamp, ABR, MRP, SFR, SRES, RE/MAX Precision, 8705 Chambery Blvd., Johnston, 515-505-4769, www.liveloveiowa.com. Licensed in the state of Iowa. Accredited Buyers Representative. Military Relocation Professional. Short Sales and Foreclosure Certified.

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BEFORE YOU GO

By Jan Shawver

WHAT do you say?

When someone dies, it can be awkward or uncomfortable to talk to the grieving family or friend, especially if you have never been around death before. What do you say or do?



- Don't be afraid to talk about their loved one by name. Saying their name is not going to upset the family — it shows you care. Sometimes just hearing their loved one's name can be comforting.
- If you have a special memory of time spent with the deceased, share it briefly.
- Don't be afraid of tears (theirs or yours). Someone has died; tears are a natural form of grieving and should not be squelched.
- If you don't know what to say, a squeeze of a hand or a hug speaks volumes.

As time goes on following a death, do not isolate the grieving family member. Spend time with them: give a phone call to see how they are doing, meet them for coffee, let them talk about their loved one. Often, they are lonely and appreciate your company. If they refuse your gesture, don't write them off. Try again in a few days or weeks. They may have just needed to be alone that particular day.

Grief is not a disease. The strength they draw from your company will help them navigate these difficult days. ■

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 Ellie McDonald

WITH CHANGE comes growth

Summer is winding down, and a new season of life is beginning for everyone in some capacity. Fall time is full of new things — whether that be a new school, new grade, new job, new schedule, new assignments, or simply just a new routine to adjust to. In the midst of the busy, it is important to check in on your mental health as the new season begins. Checking in often allows for feelings of burnout and being overwhelmed to be addressed early.



Positive mental health routines can be incorporated into your life in small and easy ways, such as going on a walk and enjoying the beautiful leaves changing colors, spending quality and uninterrupted time with those you love the most, trying out a new hobby or interest you feel you would enjoy, talking to a friend or family member you trust when feeling in a slump, and lastly, seeking help if you feel called to do so. While these tasks may seem small, if practiced daily, they can lead to substantial growth for your mental well-being. The activities listed may not be for everyone, but self care takes many forms. I encourage you to explore different options until you find what works best for you.

Change can be overwhelming and oftentimes scary, but, with change, comes growth. It is important to remember to fill your own cup in the midst of it all and help those around you to do the same. ■

Information provided by Ellie McDonald, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, mcdonald@sstherapyandconsulting.com.

HAWKE, Thor, Minions, Crawdads and more

A mix of summer film reviews from the big screen and streaming services

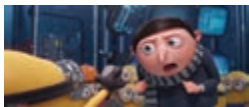
The summer slowdown has hit. Most, maybe all, of the biggest releases have hit the theaters, and now we go into a period of fewer new releases and smaller movies.

Late summer just doesn't have the number of releases (or theater-goers) to justify more releases. This might also be exacerbated, to an extent, by the streaming services buying content that could/would have run in theaters. Regardless, you'll get a little of both here this month.

"The Black Phone" (waiting for a run on the streaming services) And now for the long-delayed and much anticipated review of the Ethan Hawke film "The Black Phone." Creepy it is; great it ain't! Kids are disappearing mysteriously in a small town, and one finally finds a way to maybe escape the clutches of the evil man. While the film has a few moments, they are too few and too far between. I hate to be so negative, so to end the review on a high note... the movie poster was really disturbing. **Grade: C-**



"Minions: The Rise of Gru" (STILL in theaters) This super popular and consistently funny animated series started with Steve Carell playing an evil genius, or a guy who wanted to be an evil genius, in "Despicable Me." Carell was great fun, but these little yellow minion things took over the film, and, finally, the new movie is titled, simply "Minions." I saw this with a theater full of kids and families, and they loved it... and so did I. This is the story of Carell's character and how he came to be such an evil genius. The plot is good enough to support a lean 90 minutes, and these minions are an absolute hoot. This is the best family movie of the summer. **Grade: A**



"Thor: Love and Thunder" (in theaters) The last movie, "Thor: Ragnarok," took a complete U-turn from the previous two movies and turned in a flat-out hilarious comedy. In spite of the odd title, "Ragnarok" brought in

audiences from far and wide and entertained them well. This sequel tries to take it one more step and fails miserably. The characters don't work. Bringing Natalie Portman back was an error but, offering a cameo to a very fat and out of shape Russell Crowe was the fatal flaw. It was laughably bad, and he should have known better. **Grade: D**



"Where the Crawdads Sing" (in theaters) The early reviews of this film adaptation of a beloved book were unkind, to say the least. That being said, when you are married to a librarian, as I am, you go to see every "film adaptation of a beloved book." I'm in a quandary over those early reviews. OK, it is not "To Kill A Mockingbird," but both of us found it to be an entertaining and enjoyable movie. Daisy Edgar Jones plays the young woman accused of a heinous crime, and David Strathairn, as her southern gentleman attorney, is fabulous. **Grade: B+/A-**



"The Gray Man" (in theaters and Netflix) Ryan Gosling plays a CIA agent who is brought in to kill a bad man. Things go awry, and they lead to one of the most entertaining over-the-top action movies I have seen in a while. I would have given it a higher grade if Chris Evans (Captain America, for God's sake) wasn't such a bad, bad guy. Billy Bob Thornton has a key role, and it is great to see him on screen again. **Grade: A-**



"Nope" (in theaters) Writer/director Jordan Peele gave us a much heralded debut several years ago in a film titled "Get Out." I found the film to be racist and didn't love it. His next film, "US," made more sense... until it didn't.



"Nope" is his third film, and he has still not clicked on all cylinders. There is something in the sky above a Western horse-training ranch. That story is intertwined with one about a tragedy in a TV studio, plus a couple more. "Nope" offers a few truly horror-filled scenes, but it lacks the cohesive storyline to pull them together and raise the movie to possible greatness. **Grade: B-**

"Vengeance" (in theaters)

Sue and I never watched "The Office" (either version), so I have no knowledge of B.J. Novak. What



I can tell you is that he has turned in one hell of a great first movie. He writes, directs and stars in the story about a big-city womanizer who gets the call from the family of his "girlfriend" letting him know she has died. He has to ask for a picture since he has no remembrance of her at all. He is pushed and pulled and finally agrees to attend the Texas funeral, and that's where the mystery begins. In the screening I attended, the film was greeted with raucous applause at the end. "Vengeance" is a real sleeper. **Grade: A-**

"DC's League of Super Pets" (in theaters)

With great family films like "Minions" in the theaters, I have no idea how this got a theatrical release.



This should have ended up on Netflix or some other service where people don't have to drag a family to a movie theater. My recommendation is to wait for it to hit those services and save yourself the mental drain of seeing it in a theater. I would say it is a waste of talent, but from what I could tell, there wasn't any talent involved. **Grade: C ■**

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.

THE BENEFITS of laughter on the body

It's true: Laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others and keeps you grounded, focused and alert. It also helps you release anger and forgive sooner.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness — and even add years to your life.

• **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress,



leaving your muscles relaxed for up to 45 minutes after. Talk about an easy way to alleviate stress.

• **Laughter boosts the immune system.**

Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

• **Laughter triggers the release of endorphins, the body's natural feel-good chemicals.** Endorphins promote an overall sense of well-being and can even temporarily relieve pain. Just by laughing, you can help ease chronic pain and make yourself feel good all over.

• **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

• **Laughter burns calories.** OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories — which could be enough to lose three or four pounds over the course of a year. Not only does it burn

calories, laughter can help you tone your abs. As you laugh, your muscles are expanding and contracting. So make getting a toned tummy more enjoyable by laughing.

• **Laughter lightens anger's heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

• **Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer. Studies have even shown a reduction of blood pressure after a good laugh.

As you can see here, laughter can increase your overall sense of well-being. So smile, laugh and live longer and healthier. ■

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

MEET OUR NEW DIRECTOR, ALEX MCGREGOR!

"I am extremely proud to be introducing myself as the Director of Edencrest at Green Meadows. I started as out as a CNA 9 years ago as my very first job and received my RN from Mercy College of Health Sciences. Before Edencrest, I was the Director for a home health agency.

Outside of work I enjoy going to concerts and music festivals. You may also find me biking, hiking, or kayaking the Raccoon River. I am an avid sports fan and I attend many events when I can. I find great joy in the simple parts of life.

I grew up on an acreage around Algona, and now I currently reside in Guthrie Center with my fiancé, Lexi with our two dogs."



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MEMBER benefits and events

It's back to school time, and that means end of summer for most of us. I love the summer months, but I look forward to getting back to a routine and having a standard schedule. It also means busier times with activities and events. The Chamber is no different. We still have many opportunities to get involved and hope to see you at future meetings.

The Chamber had a busy summer as well with our monthly Breakfast Before Business, Business After Hours, Luncheons, and welcoming many new businesses as well as our major events. We look forward to enjoying one more with you at our Annual Golf Outing at Beaver Creek on Sept. 9. Thank you to our sponsors, volunteers and participants who help us throughout the year. Without you, they wouldn't be a success.

If you're interested in being more involved in our events, it's never too late to reach out. Did you know, as a new member, you can host a ribbon cutting for free? We will add your event to our calendar, invite members and provide the ribbon. This is a great way to promote your business and bring the community to your front door. Contact Sam for more information.

We also offer many member benefits for our local businesses to take advantage of. Some of these include:

- Breakfast Before Business and Business After Hours: At these events, host sponsors showcase their place of business to members and the public. Participants will know where you are and what you do and can network with others in the community.
- Sponsorship opportunities: There are many different events and options for sponsoring events. As a sponsor, you gain visibility and exposure for your business. Our events include Green Days, Annual Golf Outing, Educator's Appreciation Event, Jammin' in Johnston a Business Expo as well as our Luncheons.

Many businesses have taken advantage of being Chamber members. We want to welcome them and recognize them for being active members of our community. Thank you: Sign Gypsies 80/35, Concrete Craft of Des Moines, Danny Mielneczek - COUNTRY Financial, Happi Lao Foods, Elite Insurance Solutions, Superstorm Restoration, JLL, Rock's Canteen, Big Mama's Bistro, The dsmSOLD Team at Keller Williams Legacy Group, and LifeServe Blood Center. Be sure to stop by or check out these companies and what they have to offer.

Upcoming events:

- Business After Hours - Lashier Graphics & Signs, Thursday, Sept. 8 at 5 p.m.
- Johnston Chamber Annual Golf Outing, Friday, Sept. 9 with 10 a.m. shotgun start
- Breakfast Before Business - Merle Hay Funeral Home, Tuesday, Sept. 13 at 7:30 a.m.
- Johnston Chamber Monthly Luncheon - Open networking luncheon, Thursday, Sept. 22 at 11:30 a.m.
- Business After Hours - McAuley Terrace Senior Living Apartments, Thursday, Oct. 6 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



JP Pearson and Tyler McCormick at the Johnston Chamber Luncheon held at Greenbriar on July 28.



Jamie Lewton and Mandi Towler at the Johnston Chamber Luncheon held at Greenbriar on July 28.



Allan Graham and Paula Bierle at the Johnston Chamber Luncheon held at Greenbriar on July 28.



Emily Hyde and Shelley Smith at the Johnston Chamber Luncheon held at Greenbriar on July 28.



Mindy Williamson and Samantha Winebrenner at the Johnston Chamber Luncheon held at Greenbriar on July 28.



Marla Bundy and Elyse Schooley at the Johnston Chamber Luncheon held at Greenbriar on July 28.



Sharon Vickery and Scott Wendl at the Johnston Chamber Luncheon held at Greenbriar on July 28.



Jim Sanders and Nick Reuter at the Johnston Chamber Luncheon held at Greenbriar on July 28.



Jim Clark and Zach Grandon at the Johnston Chamber Breakfast Before Business held Aug. 9 at the Johnston Public Safety Building.



Jamie Lewton and Scott Kundel at the Johnston Chamber Breakfast Before Business held Aug. 9 at the Johnston Public Safety Building.



Jim Sanders, John Brown and Shelly Brown at the Johnston Chamber Breakfast Before Business held Aug. 9 at the Johnston Public Safety Building.



Rhonda Martin and Matt Greiner at the Johnston Chamber Breakfast Before Business held Aug. 9 at the Johnston Public Safety Building.

OUT & ABOUT



Myrna Peterson, Cheryl Halstead and Jeanne Altman enjoying the farmers market at Bishop Drumm on Aug. 9.



Shirley Kelley holding a baby pig for the first time at Bishop Drumm on Aug. 9.



Carol Hazel holding a bunny named Chocolate Chip at Bishop Drumm on Aug. 9.



Jerry Miller trying out a dessert on a stick at Bishop Drumm on Aug. 9.



Brenda Ballard with "the world's smallest butter cow" at Bishop Drumm on Aug. 9.



Clyde Bradford being kissed by a piglet at Bishop Drumm on Aug. 9.



Tony Jones, Reyna Myott and Eric Smith at the Johnston Chamber After Hours held at Grinnell State Bank on Aug. 4.



Derek Furrow, Emily Furrow and Glenn Waterhouse at the Johnston Chamber After Hours held at Grinnell State Bank on Aug. 4.



Brenda Ballard and Kelli Vorrath at the Johnston Chamber Breakfast Before Business held Aug. 9 at the Johnston Public Safety Building.



Samantha Winebrenner and Brenda Ballard at the Johnston Chamber After Hours held at Grinnell State Bank on Aug. 4.



Tim Seils and Scott Kundel at the Johnston Chamber After Hours held at Grinnell State Bank on Aug. 4.

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