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AUGUST 2026

Living

MAGAZINE

Capturing the **MOMENT**

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WELCOME

WHY great photos still matter

Not too many years ago, taking a photograph required commitment. First, you needed a camera. Then you bought film. You carefully rationed your 24 or 36 exposures because every click of the shutter cost money. There was no preview screen, no delete button and certainly no filter that could make you look 20 years younger. After finishing the roll, you dropped it off to be developed and waited a few days to find out whether you had captured a masterpiece or 36 blurry pictures of your thumb.



Today? We take photos of our lunch before we eat it, our pets while they sleep and our kids doing things we have already photographed 1,000 times.

The numbers are staggering. Researchers estimate that nearly 1.95 trillion photos will be taken around the world this year. That works out to about 5.3 billion every day or nearly 62,000 every second. The average American snaps around 20 photos a day. Twenty!

Smartphones now account for about 94% of all photos taken. The old phrase "Kodak moment" has quietly disappeared, replaced with "Hang on, I need to get this for Instagram."

The best photographers are not defined by the camera hanging around their neck. They are defined by their eye. They notice the light everyone else ignores. They wait for the perfect expression, the perfect angle or the split second when an ordinary scene becomes unforgettable. They are storytellers who happen to use a camera instead of a keyboard.

So, yes, keep taking photos. Someday your grandchildren may enjoy scrolling through 4,000 pictures of your dog. But before you tap the shutter again, remember that the most memorable photographs are not measured by quantity. They are measured by the moments that make us stop, smile and look just a little longer.

Have a great month, and thanks for reading. ■

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Capturing the **MOMENT**

Local photographers
find beauty in
everyday life and
unexpected places.

By Ashley Rullestad

For some, photography is a way to preserve memories. Others find it a creative outlet or even an adventure into the unknown. For three local photographers, it is all of that and more. From capturing everyday moments to embracing the beauty of the ordinary, each has found a unique perspective through the lens.

Emily Osweiler captures stunning
photos with her iPhone.
Photo by Todd Rullestad



Mindi Terrell enjoyed taking photos of her kids and now has expanded into nature photography.

Memories and authenticity

Mindi Terrell first ventured into photography because of her kids.

"I wanted to be able to take good photos of them and our lives without paying someone to do it," she says.

She connected with a friend who was a photographer, and the two would visit during lunch breaks and weekends about camera settings then take photos at events they attended. Terrell learned a great deal from her friend and chose Nikon equipment as a result. Sharing lenses and using similar camera settings made the process even easier.

Now, she likes to take photos almost anywhere with parks being one of her favorite places. She enjoys capturing the "little things and moments," she says.

"Maybe it is glimmers and authenticity that draw my attention," she says. "People genuinely smiling and having a good time. Currently I love nature photos the most, though."

Her advice for budding photographers is simple: Learn your settings in manual mode, be patient with yourself and always look for the little moments. After all, you are capturing memories, she says.



Seeing the world

Emily Osweiler took on a photo-of-the-day challenge in 2022, and it quickly trained her brain to look for one meaningful image each day instead of rushing past everything.

"I posted all of these on Facebook for a year," she says. "Photography helps me notice what I would otherwise miss. I am drawn to light-breaking-through moments and ordinary things like cracked sidewalks, changing skies, worn buildings. I love the beauty in the ordinary vibe."

For Osweiler, photography is about noticing and sitting with a moment before ever picking up her phone to snap a shot. She says she spends more time paying attention than taking pictures. Sharing the photo is simply the next step — a way of saying, "I saw this, and it mattered."

"There are a lot of ways people find joy. For me, it's through awe and gratitude, and taking a picture and sharing it are both part of the same practice," she says. "Most of my photos happen on walks, just with my iPhone."

Osweiler gravitates toward nature, including plants, animals and outdoor scenes. Photographing people can be trickier, so she prefers subjects that allow her to take her time



Photo by Mindi Terrell



Photo by Emily Osweiler

with lighting and composition. Rather than planning shots, she often walks and captures whatever draws her attention.

She says she is fine with using her phone for photos and has no plans to upgrade her equipment. Photography remains a creative hobby she enjoys. For Christmas, she printed several of her photos as greeting cards and gifted sets to friends and family.

"After thousands of photos, I've realized the hobby hasn't just changed what I see through the lens... it's changed how I see the world," she says.



Emily Osweiler takes photos of the day to day with her iPhone camera.

Abandoned places a favorite

Scott Mattis and his wife, Meredith, are both amateur photographers. He has dabbled in wildlife and sports photography, while she has explored portrait photography of family members. However, together, their shared passion is photographing abandoned buildings and ghost towns — something that has been central to their relationship.

“We have both always been into photography going all the way back to high school,” Scott Mattis says. “We were also both into exploring abandoned stuff individually. It just happened that we found each other and discovered the mutual hobby. Our third date was exploring some stuff around town and then driving to Lineville at 10 o’clock at night to explore a house I knew of.”

Since then, the couple has taken adventurous photography trips across the country and even rented an old prison for a day to explore and photograph. Their travels have included EPA Superfund sites, abandoned mining towns and mills, old military depots, missile silos, the Missouri State Penitentiary and countless schools, houses, nursing homes and hospitals across Iowa, Missouri, Illinois, Kansas, Oklahoma, Indiana, Colorado, Montana, Arizona and New Mexico.

“I remember taking photos of abandoned buildings around town as a high school kid. I



Scott and Meredith Mattis shoot photos of abandoned buildings and ghost towns.



Photo by Scott and Meredith Mattis

just thought it was cool to document them,” Mattis says. “I think I like the mystery of it and the adventure.”

Mattis uses Facebook groups, news articles, online resources and ghost town books to scout locations. Some of their most memorable locations include Gilman, Colorado, and Picher, Oklahoma — two well-known abandoned mining towns evacuated due to severe environmental and health hazards.

“As a child of the Cold War, there is kind of a mythical quality to them,” Matthis says. “They took a lot of research to locate, and we had to try several before we found one we could

actually get to. It’s hard to pick out a best or favorite subject. There have been so many that made us feel like kids in a candy store. The Missouri State Pen was quite the experience with all of the cell blocks, solitary, death row and the gas chamber. It is sometimes a wild ride, and you never know what you might discover.”

Whether it’s capturing fleeting family moments, finding beauty in the everyday or exploring forgotten places, these photographers share a common thread: a desire to see the world differently. Through their lenses, ordinary scenes become meaningful, and hidden stories come to life — one photo at a time. ■



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HOW-TO GUIDE



HOW TO DECIDE IF AN INDEPENDENT SENIOR COOPERATIVE IS RIGHT FOR YOU

In Central Iowa, an independent senior cooperative offers an ideal mix of homeownership, vibrant community and low-maintenance living. Deciding if this unique model aligns with your retirement goals involves looking closely at your finances, lifestyle preferences and location priorities.

EVALUATE FINANCIAL GOALS AND THE EQUITY GROWTH STRUCTURE

Unlike standard real estate, senior cooperatives are member-owned corporations designed for long-term affordability. You purchase a share in the cooperative rather than buying a specific piece of property.

Equity growth: Your share appreciates at a limited, fixed annual rate. This protects the community from dramatic market swings and ensures it remains affordable for future members.

Simplified expenses: Members pay one predictable monthly fee. In Central Iowa communities, this fee typically bundles

property taxes, building insurance, master mortgage payments and extensive utilities like internet, water, trash and snow removal.

Tax benefits: Shareholders enjoy the same tax deductions as traditional homeowners, such as the Homestead Tax Credit for members age 65 years and older and deducting their portion of real estate taxes and mortgage interest.

ASSESS YOUR DESIRE FOR COMMUNITY AND SHARED GOVERNANCE

Cooperatives are democratic institutions. Deciding if this model fits depends heavily on your willingness to engage with neighbors.

Democratic control: You vote on building budgets, community rules, and choose a resident board of directors. You must be comfortable working collaboratively with peers to run the building.

Active socialization: Central Iowa coops feature rich shared spaces, including woodworking shops, garden plots and heated underground garages with car wash bays. It

is an excellent match if you value potlucks, committee work and group activities.

Maintenance relief: The cooperative handles both internal and external upkeep, from mowing to appliance repairs. This provides a hands-off lifestyle while preserving ownership rights.

CENTRAL IOWA LOCATIONS AND HEALTH NEEDS

Independent living focus: Coops do not provide assisted living, medical staff or dining halls. You must be able to live independently or coordinate your own private home health or care needs.

Neighborhood fits: Iowa is home to excellent coops across the state. Most major cities from Davenport to Cedar Rapids and Des Moines to Sioux City are home to independent senior cooperatives. Consider if you want to be near family or friends, walk trails or stay close to the urban energy near top-tier hospitals, universities and dining options when making decisions. ■

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HOW TO CHOOSE AN AUTO REPAIR SHOP

A reality of auto ownership is that, at some point, it will need repairs and upkeep. Some new car owners may naturally gravitate toward their dealers to follow scheduled maintenance to keep their vehicle in top shape. Older cars will likely need more attention. That is why it pays to develop a relationship with a qualified, reliable and professional auto repair shop.

Developing a relationship with a knowledgeable mechanic early on in your vehicle's life can prove invaluable. Talented, honest mechanics can extend the life of your car and help you avoid costly repairs.

Even if your car is new, at some point it will need tires, oil changes or even a new engine. If you have a relationship with a good auto repair shop, you won't sweat it when these things come up. If you have not had a regular mechanic in recent years, now is the time to find one.

HERE ARE A FEW POINTS TO CONSIDER

- Less than 40% of new customers in auto shops are walk-ins. That means word of mouth is still king in the industry. Find a shop that gets rave reviews from family and friends, and you will be in good hands.

- The Better Business Bureau can inform you about the repair shop's performance and reliability.

- If you travel often, consider a shop that offers a national warranty.

- Ask about the shop's range of services. They will need the latest technology to diagnose problems with newer cars. For example, can your prospective shop handle brake systems, electrical components and warranty repairs? Does the shop provide a loaner or shuttle service while your car is being repaired?

- Look around the shop. Is the equipment in good condition? Is it clean, well-lit and organized?

- Look for brand names and proper

certification. Does the auto repair shop use brand-name parts? These parts are engineered to meet the manufacturer's specifications and will likely come with a warranty.

- Are the auto technicians certified by the National Institute of Automotive Science Excellence? Is the shop approved by the American Automobile Association? If so, this indicates a customer approval rating of 90% or higher and the ability to adequately perform the services advertised.

Do not pick a shop based on cost; poor repair work will mean higher costs in the long run. You will also want to ask about the shop's warranty policy. Imagine spending hundreds on a repair only to learn the work isn't guaranteed.

Once you have found a shop you trust, establish a good working relationship, and try to use the shop for all your automotive needs. Your mechanic will come to know you as a dependable customer and be sure to provide you with the highest level of service. ■

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HOW TO CHOOSE AN EFFECTIVE SUCCESS COACH

Choosing the right support for a student can feel overwhelming, especially with so many options available.

Understanding what a success coach is — and how that role differs from a tutor or life coach — can help families make a more informed decision.

A success coach works with students to develop the skills they need to manage school and life more effectively. Rather than focusing only on academic content, a success coach helps students build systems for organization, time management, goal setting and self-regulation. The goal is to help students become more independent, confident and capable of handling increasing responsibilities.

This is different from a tutor, whose primary role is to support understanding of specific academic subjects. Tutors focus on content — such as math, reading, or science — and help students improve grades or comprehension

in those areas. While tutoring can be valuable, it typically does not address the underlying habits or skills that impact overall performance.

A life coach, on the other hand, usually works more broadly on personal growth, mindset and long-term goals. Life coaching often focuses on areas such as relationships, confidence or future planning. While these areas can overlap with student needs, life coaching is not typically tailored to the specific demands of school environments like managing assignments, deadlines and academic routines.

When choosing a success coach, it is important to look for someone who understands both the academic and developmental needs of students. Middle and high school years are a time of significant change, and students benefit from guidance that is practical, structured and age-appropriate.

HERE ARE A FEW KEY THINGS TO CONSIDER:

- Look for a coach who teaches systems and strategies, not just gives advice.
- Ask how they help students build independence over time.
- Make sure their approach includes skills related to executive functioning and self-regulation.
- Consider whether they provide tools students can use outside of sessions.
- Look for someone who connects well with your child and creates a supportive environment.
- It's also helpful to involve the student in the decision-making process. A strong coach-student relationship is essential, and students are more likely to engage when they feel comfortable and understood.

Ultimately, the right success coach does more than help students stay on track in the moment. They equip them with skills they can use for years to come. By focusing on habits, systems and self-management, success coaching supports lasting growth that extends far beyond the classroom. ■

GIVING TOOLS TO STUDENTS TO SUCCEED IN EDUCATION

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- **Online Curricular Recourses**



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SHOULD I wait?

A closer look at what waiting really costs

Just about every week, someone asks me a version of the same question. Should I wait? Wait for the new housing law from Washington to work? Wait for interest rates to come down? Wait for prices to soften? Wait for the market to feel like it used to? It is a fair question and, for many families, waiting is the right answer. But it is not free, and once you run the numbers, the cost is bigger than you think. Congress passed the 21st Century ROAD to Housing Act in July. It aims to build more homes by streamlining permitting, encouraging zoning reform and capping purchases by big investors. Nationally, that will probably help, slowly, over years. Around here, it will not do much. Central Iowa never had a Wall Street buying problem, and our costs and zoning are not what the law is trying to fix. As with a lot of federal programs, they sound good in the headlines, but, when the rubber hits the road, there's no help there. Interest rates matter more than most people realize. On a \$450,000 house, a one-point drop saves about \$235 per month. That is real money. But, when rates fall, sidelined buyers jump back in at once. The rush pushes prices up, and the savings often disappear into a higher price. Price is the smaller lever. At today's rates, every \$10,000 change in price only moves the monthly payment by about \$60 to \$80. Prices would have to fall a long way to change what you can afford. In Central Iowa, they are not going to.

Here is what most people miss: Realtor.com ranked Iowa second in the country for affordability and homebuilding this year. Iowa's median home price is about \$282,000, well below the national number. According to Les Sulgrove's Des Moines Market Values, home values in Central Iowa are up more than 40% since 2020. It may not feel that way, but if you own a home here, you are doing well. Even if appreciation slows to a modest 3% per year, a \$400,000 home gains about \$12,000 in a year. Three years of waiting is \$36,000 in appreciation you would have earned on a home you already own or paid to a seller on one you did not. None of this is telling you what to do. If your situation says stay put, stay put. But if you are still waiting, ask yourself: What has you thinking about moving? Is there a strong enough reason behind the desire? And what is the wait actually costing you? In Central Iowa, that wait is expensive. ■

Information provided by Tom Miller, Realtor®, Serving the Des Moines Metro Area, cell: 515-729-2362, www.tomsellsmyhome.com. Licensed in Iowa as Thomas R. Miller, eXp Realty, LLC, 5550 Wild Rose Lane, Suite 400, West Des Moines, IA 50266. Equal Housing Opportunity.



JOHNSTON PUBLIC Library News: A garden of opportunities

As summer winds down and the school year begins, veg out with a book, game, puzzle or program at the library. Read on for more details.

If you are feeling inspired by all the flowers in bloom, join us for **Homemade-ish: Felt**

Flower Bookmarks on Saturday, Aug. 15, at 10:30 a.m. and create a handmade bookmark you can enjoy all year long. Using felt and other provided supplies, you will craft a beautiful bookmark perfect for keeping your place in your current read. Registration is required.

Have you been participating in JPL's Ultimate Reading Challenge and want to exchange opinions, suggestions and even books? Then drop by the **Ultimate Reading Challenge Meet-Up: Leather Stamping** any time between 6 and 8 p.m. on Wednesday, Aug. 19. In addition to socializing with other readers, you can stamp a design onto a leather bookmark or keychain or bring a leather item of your choice to personalize. You can also bring any books you are ready to pass along and take home something new to read.

Take a break from the heat and back-to-school rush and sign up for the **Adult Puzzle Competition** on Saturday, Aug. 22, from 10:30 a.m. to noon. Teams will race to complete a 500-piece puzzle in 90 minutes. The first to finish wins a prize, but all teams will go home with a puzzle perfect for library lovers. Register your team of family and friends ages 16 and older to join the fun.

Library programming for kids and teens will take a break in August while staff prepare for fall programming that will kick off in September. The teen space, youth computer lounge and play areas for kids will remain open as usual.

After a summer of cultivating knowledge through books, adventures and activities, many patrons reaped the rewards of the Summer Reading Challenge. The Johnston Public Library Foundation helps fund programs such as summer reading, along with other special projects, collections, services and resources. You can plant seeds for the future of the foundation and the library through monetary gifts or by purchasing JPL swag, including T-shirts from RAYGUN. Visit www.johnstonlibrary.com/ foundation for more information about supporting the foundation and to check out library merchandise.

More information about all events and resources at the Johnston Public Library can be found online at www.johnstonlibrary.com or by calling 515-278-5233. ■

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Connections (Adults)

7:15-8:00

Confirmation (6th-8th)

7:15-8:00

ABIDE (HS Youth)

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Make your voice be heard and cast your votes in the 2026 Northwest Metro Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Johnston, Grimes/Dallas Center, Clive and Urbandale October editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSSES AUG. 28, 2026.

See rules and vote at www.iowalivingmagazines.com/residentpoll. One vote per resident, please.

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FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership
- Auto Parts Store

COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
- Chiropractic Office
- Vision Care
- Health Club or Gym
- Pharmacy

HEALTH/BEAUTY

- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- Tumbling Studio

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- Dog Groomer
- Pet Care
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- Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
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GIVE THE wedge salad a try

Salads seem to take center stage once summer arrives. Backyard barbecues, family picnics, neighborhood potlucks — there's always room on the table for a crisp garden salad, creamy potato salad, colorful pasta salad or sweet fruit salad. They are cool, refreshing, easy to prepare and perfect for those hot Iowa days when no one wants a heavy meal.

Our family loves salads. While planning an upcoming family dinner, my daughter, Samantha, put in her request for a wedge salad — her favorite. Until now, the wedge had been one of those dishes I only ordered at restaurants rather than made at home. I figured it was finally time to change that, and I'm glad I did.

If you have never had a wedge salad, you are in for a treat. A crisp head of iceberg lettuce is cut into four wedges and topped with creamy blue cheese ranch dressing, crispy bacon, juicy tomatoes, blue cheese crumbles and a drizzle of balsamic reduction. It is simple, beautiful and packed with flavor. Of course, you can vary this recipe by adding red onion, corn or avocado. The prep work can definitely be done in advance, freeing up time to spend with guests. Want to make this a meal? Simply add grilled chicken or shrimp. Enjoy! ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.



The wedge salad

SALAD:

- Small head iceberg lettuce cut into 4-6 wedges
- 6-8 slices bacon, cooked and crumbled
- 2 Roma tomatoes, chopped
- Optional toppings: 1/4 red onion chopped, 1/4 cup corn or 1/4 cup avocado chopped
- Blue cheese ranch dressing
- Balsamic reduction

BLUE CHEESE RANCH DRESSING:

- 1/2 cup sour cream (or substitute Greek yogurt mixed with 1/4 tsp sugar)
- 1/2 cup real mayonnaise
- 1/3 cup blue cheese crumbles + more for topping
- 1 tablespoon lemon juice
- 3 tsp fresh parsley, chopped (or 1 tsp dried)
- 3 tsp fresh chives, chopped (or 1 tsp dried)
- 1/2 tsp dried dill
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 3 tbsp milk (add more or less dependent on how thick you like it)



DRESSING (this can be made several days in advance):

- Whisk all the dressing ingredients together, except milk, until combined.
- Mix in milk to desired consistency.
- Chill 30-60 minutes prior to serving.

TO SERVE:

- Place wedges on individual plates. Try to pull open the wedge a little so your dressing and toppings nest into the crevices a little.
- Pour blue cheese ranch over each wedge and finish with tomatoes, bacon and extra blue cheese crumbles plus any additional toppings of choice.
- Drizzle with balsamic reduction.

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BACK TO school means health checkups

As families prepare for a new school year, back-to-school readiness involves much more than purchasing supplies and new clothes. Ensuring that children are healthy and ready to learn is equally important. Three essential components of school readiness are keeping immunizations up to date, scheduling comprehensive eye examinations and maintaining regular dental care. Addressing these health needs before school begins can help children stay healthy, reduce absences, and improve their ability to succeed in the classroom.



Immunizations are one of the most effective ways to protect children from serious infectious diseases. Schools typically require students to receive certain vaccinations before attending classes to help prevent outbreaks of illnesses such as measles, mumps, rubella, chickenpox, whooping cough and polio. Parents should review their child's immunization records well before the first day of school and consult their healthcare provider to determine whether any vaccines or booster doses are needed. Staying current with recommended immunizations not only protects individual children but also helps safeguard classmates and the broader community through increased immunity.

Good vision is another critical factor in academic success. Many learning activities, including reading, writing, using computers and viewing classroom presentations, depend on clear eyesight. Children may not realize they have a vision problem because they assume everyone sees the way they do. Signs such as squinting, frequent headaches, sitting very close to screens, rubbing the eyes or struggling with reading may indicate an underlying vision issue. A comprehensive eye examination by an optometrist or ophthalmologist can detect problems such as nearsightedness, farsightedness, astigmatism, lazy eye and eye coordination disorders. Early detection and treatment can significantly improve classroom performance, confidence and overall quality of life.

Dental health is equally important for children's well-being and school performance. Tooth pain, untreated cavities and gum disease can make it difficult for children to concentrate, eat nutritious foods and participate fully in school activities. Regular dental examinations and professional cleanings help identify problems before they become serious. Parents should encourage children to brush their teeth twice daily with fluoride toothpaste, floss every day and limit sugary snacks and beverages. Establishing healthy oral hygiene habits at a young age promotes lifelong dental health.

Preparing children for school means caring for their overall health as well as their education. Scheduling medical, eye and dental appointments during the summer can help families avoid the rush once school begins. By ensuring immunizations are current, vision is clear and teeth are healthy, parents give their children the best opportunity to start the school year feeling confident, comfortable and ready to learn. ■

Information provided by Janis Van Ahn, Health Insurance Advisor LLC, 5870 Merle Hay Road, Suite A, Johnston, 515-225-9994, jvanahn@health-insadvisor.com. At Health Insurance Advisor, we can assist with understanding benefits and finding lines of coverage that will be of value to families.

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Tunes at Twilight Features Suede & Sons of Gladys Kravitz Double Bill

Popular local bands Suede and Sons of Gladys Kravitz will headline Tunes at Twilight on Thursday, August 13. Suede delivers a high-octane blend of pop, rock and country hits.



Sons of Gladys Kravitz perform high-energy classic rock songs. The concert series is held at The Yard and is free to attend.

Scan to learn more

Race to Movies on the Yard for Cars 3

Buckle up for Cars 3 on August 20 at The Yard at 6:30 p.m. Bring chairs or blankets and enjoy the PG-rated comedy-adventure film from Pixar. In the third installment of the Cars film series, veteran racer Lightning McQueen must prove he's still competitive against the next generation of advanced racers. Join us for a free screening of Cars 3 for Movies on the Yard.



Scan to learn more

Not Quite Brothers Rock Summer Concert Series

Get ready for classic rock anthem covers with Not Quite Brothers. This high energy Iowa band plays a blend of popular rock and country hits that keeps crowds on their feet. The free concert runs from 7 to 10 p.m. on Saturday, August 29 at The Yard. Coolers are not allowed, but The Cork will be selling beer, wine and seltzers. Drink tickets are \$76 each or four for \$242. Water will also be sold during the event.



Scan to learn more



CITY NEWSLETTER

AUGUST 2026

Birdwatching with Polk County Conservation

Whether you're looking for the Smith's Longspur, Eurasian Tree Sparrow or the Dickcissel, you can't forget about the basics. Join us on Thursday, Aug. 13, from Noon to 1 p.m. at the Great Hall at the Crown Point Community Center to learn the basic identification skills, listening techniques and binocular tips to become a great birder! Residents 55+ are invited to join Polk County Conservation experts as they host a guided birdwatching program that invites all experience levels to



explore local habitats and discover the diversity of birds in our area! There is no cost to attend, but registration is required.

Scan to learn more

Bird Watching
THUS AUG 13
12-1 PM | FREE

RipRoar Youth Triathlon Comes to Johnston

Young athletes are encouraged to compete in the RipRoar Youth Triathlon Series on Saturday, August 15 at 8 a.m. at Terra Lake Park.



Athletes 6-15 years old, as of December 31, 2026, of all backgrounds and abilities can complete a course of swimming, biking, and running at age-appropriate distances.

Scan to learn more

RIPROAR
THE NEXT GENERATION OF TRIATHLON
SATURDAY, AUGUST 15 • TERRA PARK

Movement Mondays with Johnston Parks and Rec

Whether you like to work on flexibility or get your exercise with some tunes, the Johnston Parks and Rec department has you covered. Sign up for Yoga or Zumba classes every Monday in August at the Simpson Barn. Yoga meets from 5:30 to 6:15 p.m. and Zumba follows from 6:30 to 7:15 p.m. The cost for either is \$20.



Scan to learn more about yoga



Scan to learn more about Zumba

NEW CLASS TIMES! SUMMER 2026



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MONDAYS 5:30 - 6:15 PM	JULY	\$16
INSTRUCTOR: NATALIE KUEKER	AUG	\$20
LOCATION: SIMPSON BARN	SEPT	\$12

Zumba (16+)

MONDAYS 6:30 - 7:15 PM	JULY	\$16
INSTRUCTOR: NATALIE KUEKER	AUG	\$20
LOCATION: SIMPSON BARN	SEPT	\$12



TAKE OUR POLL

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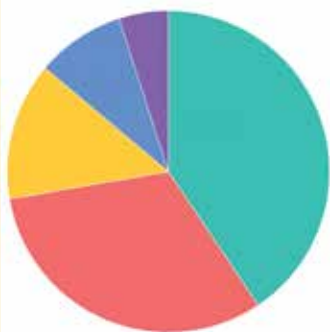
1. Your kids
2. Your pets
3. Your friends
4. Your partner
5. Other

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RESULTS FROM JULY POLL: What was your favorite playground equipment as a child?



Swings.....	41%
Merry Go Round	32%
See Saw	14%
Monkey Bars	9%
Slide	5%

IOWA
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LOOKING BACK

The August 2011 Johnston Living magazine featured the story, "What's new in school? Preparations begin for a new school year." The cover photo was of Abby Foutch, 13, and Biz Foutch, 12, who were getting ready for the start of school. Also pictured were Lawson Elementary Principal Trisha Lenarz-Garmoe, Dean of Students Ken Turnis and Johnston High School Principal Brent Riessen. ■



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FOR girls only

New wrestling club looking to give girls a safe space



The North Metro Girls Wrestling Club held its first practice June 9 at Johnston High School.

A group of parents has launched a free, girls-only wrestling club in central Iowa with the hope of creating a space where young athletes can learn the sport with female coaches and training partners.

The North Metro Girls Wrestling Club held its first practice June 9 at Johnston High School. Organizers say the program fills a key gap in the traditionally male-dominated sport.

"We noticed that girls needed a place to practice where they could be guaranteed another girl partner and have female coaches," Rachel Spah,

North Metro Girls Wrestling Club member, says. "We wanted parents to feel comfortable with their daughters trying wrestling without the burden of club fees."

The club operates under the motto "Practice with girls. Coached by girls. Built for girls," and is open to all girls in Iowa from kindergarten through 12th grade at no cost, requiring only an AAU or USA Wrestling membership.

In its first month, 18 girls from across the Des Moines metro area have joined, including participants from Johnston, Urbandale, Boone and Des Moines. High school wrestlers from the North Metro-Johnston co-op — which includes Johnston, Urbandale and Des Moines Christian schools — assist with coaching. Practices are held twice a week for 90 minutes. Sessions begin with a warmup, followed by technical drilling on specific moves, live sparring and a cooldown.

Club leaders emphasize mentorship, with older, more experienced wrestlers guiding beginners. Coaches Huda Anglo and Delanie Bushing lead the program, supported by high school assistants.

"Our goal is to provide a safe space for girls to try wrestling and to offer high-level instruction without the pressure of club dues," Spah says.

The club encourages a supportive culture both on and off the mat.

"We hope to build a culture where older and more experienced wrestlers mentor our beginner athletes," Spah adds. "Ultimately, we want to empower our wrestlers to be strong female role models on and off the mat."

Long-term plans include year-round practices focusing on both folkstyle and freestyle wrestling, with continued emphasis on fundamentals and mentorship from kindergarten through high school. Spah says the long-term goal is to expand the program and sustain it through sponsorships to cover operational costs, as well as further supporting the athletes.

For more information or to support the club, interested families and potential sponsors can visit the NMGWC Facebook or Instagram pages (@northmetrogirlswrestlingclub), the website (<https://northmetrogwc.wixsite.com/nwgc>), or email northmetrogwc@gmail.com.



WHERE IS IT?

WHERE is it?



Welcome to our newest feature. Each month will include a new "Where is it?" photo along with the answer to where the previous month's photo was taken. Do you recognize this closeup of a site in Johnston?

Email your guess to tammy@iowalivingmagazines.com with the subject line "Johnston Where Is It." Include your name.

Photos for future issues may also be submitted. ■

WHY your customer is not everyone — but it is almost everyone

One of the first lessons in marketing is that you cannot be everything to everybody. It is good advice. It is also one of the easiest marketing rules to misunderstand.

Business owners are constantly told to identify their target audience. They are encouraged to determine the age, income, hobbies, education and buying habits of their ideal customer. Some marketing experts even suggest giving this imaginary customer a name, a favorite coffee order and a preferred streaming service.

That is all well and good, but there is a catch. Most businesses do not survive by serving only one type of customer.

The local hardware store certainly has its core audience of homeowners and contractors, but it also sells paint to first-time apartment renters, birdseed to retirees, extension cords to college students and batteries to anyone whose television remote suddenly stopped working during the big game.



The same is true for restaurants, banks, insurance agencies, grocery stores and retailers. They may have a primary audience, but they also serve plenty of customers who do not fit neatly into a carefully crafted marketing profile.

That is why successful marketing requires two different approaches.

Targeted marketing allows businesses to speak directly to the customers who are most likely to buy. A sporting goods store might advertise youth baseball equipment in the spring. A garden center may focus on flower enthusiasts in April and vegetable gardeners in May. Those campaigns are specific, timely and effective. But businesses should not forget the value of mass marketing.

Your billboard, community sponsorship, print ad, radio commercial or social media presence reminds everyone that your business exists. It builds familiarity and trust, even among people who are not shopping today. Months later, when they suddenly need your product or service, they remember your name.

Think of it like casting a fishing line. Targeted marketing is dropping the lure exactly where you believe the fish are biting. Mass

marketing is stocking the entire pond with your brand so there are fish everywhere.

The smartest businesses do both. They invest in campaigns aimed at their best prospects while continuing to maintain broad visibility throughout the community. They understand that today's unlikely customer may become tomorrow's loyal one. Life changes. People move, get married, have children, retire, buy homes and change careers. Customers who were never part of your "ideal audience" suddenly become perfect customers.

So, know your target audience. Study it. Understand it. Speak directly to it. Just do not become so focused on one bull's-eye that you forget there is an entire target surrounding it. Marketing works best when you hit the center while still making sure everyone else sees your name on the board. ■

Information provided by Andrea Hodapp, Advertising Account Executive, Big Green Umbrella Media, 8101 Birchwood Court, Suite D, Johnston, Iowa 50131, 515-883-0523, andrea@iowalivingmagazines.com.

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GOOD NEIGHBOR By Lindsey Giardino

LARSEN shares her passion for the game

Volunteers power Comet Volleyball Club.

For Brittany Larsen, being part of the Comet Volleyball Club is an opportunity to coach both of her daughters while during her lifelong passion for the sport.

"It has been very memorable teaching them volleyball skills and seeing their excitement and skill level develop over the years," she says. The club is a youth volleyball program for North Polk athletes in fourth through eighth grade. It offers skill sessions in the fall for fourth through sixth-grade athletes, focusing on fundamental techniques. Athletes can also choose to play competitively with their grade level during the winter season.

The Comet Volleyball Club partners with North Polk High School staff, giving athletes opportunities to attend camps and open gyms in the summer.

Coaching for the club allows Larsen to share her experience and love of the game.

"I grew up watching my mom coach, and then I played competitively

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Natalie St. John presents Brittany Larsen with the Good Neighbor certificate.

for years, so being actively involved in the sport in some capacity brings me a lot of joy," Larsen says. "I hope to use my knowledge to help develop skills and excitement for the North Polk volleyball program."

One of Larsen's favorite moments as a volunteer coach comes in the fall, when the Comet Volleyball Club hosts Youth Night during a home high school match.

Attendees collect posters, create locker room signs, form a tunnel for the team and cheer on the high school players. "It is a great way for young athletes to gain excitement and envision their future in volleyball," Larsen says. "We have seen many athletes attend events over the years, and it has been rewarding to watch their growth. Volleyball is a challenging sport to learn, so seeing athletes work hard and improve year to year is exciting."

Another highlight of volunteering has been the friendships formed along the way. Larsen enjoys watching athletes connect with new teammates and bond over a shared interest. "As an adult volunteer, we have developed friendships as well through coaching with other volunteers and working with a variety of teams and families," she adds.

Larsen is one of many parent volunteers who make the Comet Volleyball Club possible. This past season, 160 athletes participated, forming 16 teams. In total, 32 volunteer coaches dedicated time to planning practices, attending clinics and coaching weekend tournaments. The club also hosted a two-day home tournament where parent volunteers coached, set up and tore down equipment, and operated the concession stand.

"The Comet Volleyball Club would not be successful without the support and commitment of these parent volunteers," Larsen says. "We are very fortunate to be part of a community with volunteers dedicated to providing positive experiences for young athletes." ■

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**INVESTMENT**

By Tim Hanstad

DEBUNKING 5 common Social Security myths

Social Security is often one of the most important income sources in retirement. Yet widespread myths about how it works can lead to confusion, unnecessary worry and poor planning decisions. Here is the truth behind five of the most common misconceptions.



Myth 1: Social Security is going broke. You've probably heard this one, but the full picture is more nuanced. According to the 2026 Social Security Board of Trustees Report, if Congress does nothing, the program would need to reduce benefits starting in 2032, paying roughly 78 cents for every dollar owed.

But that's just one scenario. Congress could raise the combined payroll tax from 12.4% to 16.65%, which the trustees estimate would secure full benefits through 2100. Other options include eliminating the earnings cap subject to payroll tax or adjusting retirement ages. Lawmakers have tools to address this.

Myth 2: Social Security will cover all your retirement needs. Think of Social Security as a financial foundation, not the full building. According to the Social Security Administration, benefits replace only about 40% of pre-retirement income for a median earner. That means you will likely need to account for most of your retirement income yourself. Building a strong personal savings strategy now can help close that gap.

Myth 3: You lose benefits permanently if you keep working. Not true. Social Security does have an "earnings test" that can temporarily reduce benefits for people who claim early and keep working. If your earnings exceed a set annual cap, which changes each year, Social Security will withhold a portion of your benefits. But, once you reach full retirement age, the Social Security Administration adjusts your monthly check higher to repay those withheld amounts over time.

Myth 4: An ex-spouse's benefits come out of your own. If you were married for at least 10 years and are currently unmarried, your former spouse may be eligible to collect on your earnings record, or you may be able to collect on theirs. Divorced spouse benefits can be up to 50% of the other person's full retirement benefit. But those payments don't affect yours. Your monthly benefit is not reduced by anything paid to an ex-spouse or even a current spouse.

Myth 5: Social Security benefits are no longer taxed. Recent legislation caused some confusion here. The One Big Beautiful Bill Act did not eliminate taxes on Social Security benefits. If your combined income exceeds certain thresholds, you will still owe taxes on a portion of your benefits.

The law also created a temporary deduction (available through 2028) for people 65 and older. Eligible taxpayers can deduct \$6,000 per qualifying filer if their modified adjusted gross income is \$75,000 or less for singles or \$150,000 for couples. The deduction phases out at \$175,000 for singles and \$250,000 for joint filers.

The more you understand Social Security, the more control you have over your retirement outcome. Grounding your decisions in facts rather than assumptions can make a meaningful difference in your long-term financial security. ■

This article was written by Edward Jones for use by Tim Hanstad, your local Edward Jones Financial Advisor. Edward Jones and its financial advisors cannot provide tax advice. You should consult your qualified tax professional regarding your situation. Edward Jones, Member SIPC

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WHAT IS an executor of an estate?

The executor is the person named in a last will and testament who has the responsibility of finalizing a deceased person's estate. If you have been nominated as an executor, there are certain critical things you need to do.

Know your role

The executor's job is to carry out the decedent's wishes as outlined in the will. There is a reason the will writer named you. Your job is to ensure the estate is distributed correctly and that the decedent's affairs are wrapped up. You want to do it efficiently and appropriately, but you also want to honor the decedent's wishes.

Get ready to rumble

You will need to communicate with many people: heirs, beneficiaries, family members who may think they are entitled to money, creditors and more. Brace yourself for potential conflict. You have to manage the emotions and expectations of heirs. Some may resent your authority. Some may question why you were named executor. Some may be desperate for money and might not understand that the process takes time.



Get organized

You should take immediate steps to safeguard property. Secure the residence and take valuables to a safe place. Get all of the information you can on assets: bank records, investment information, life insurance policies, etc. Because being an executor is such an involved job, you should keep records of all of your work. Make a spreadsheet of assets and liabilities, keep meticulous records, and make a checklist of action items.

File the paperwork

Merely being named as the executor in a last will and testament isn't enough. You have to file the will with the probate court and obtain a court order and Letters of Appointment (Letters Testamentary) to be vested with the power to act on behalf of the estate. Make sure you go through the proper legal channels to guarantee you have the authority to carry out your role.

Hire an attorney

The process of probate is not one that can be navigated alone. You need to have legal representation and advice to ensure that you follow the law. There are statutes regarding notification of heirs, timelines for disposing of property and tax matters to handle. You don't have to do this job by yourself. Partner with an experienced probate attorney to help you. ■

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

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FAITH By Jill Alonzo

WHAT IS real success?

Parents, have you ever looked at your child and been in awe? You created a person! You see parts of yourself, parts of the other parent and parts that are unique to your child. They all come together in one incredible person. Of course, no child is perfect, but you see so much potential for who yours might become one day. As a loving parent, you sacrifice, support and provide opportunities for your child to grow and thrive in this world.



You're involved at school and help with homework. You facilitate participation in extracurricular activities like sports, music or STEAM. When the time comes, you assist with college applications. You do all you can to prepare your child to lead a successful life.

What if you're missing the most important thing? Real success isn't about academic achievement, being the star performer, owning lots of stuff or even having a prosperous life. Real success is following in the footsteps of Jesus and spending eternity in heaven.

As a parent, how are you sacrificing, supporting and providing opportunities for your child to grow and thrive in the world to come?

Your child needs morals and values to make life choices reflecting love, a solid spiritual foundation to sustain the weight of this world, and a nourishing relationship with Jesus. Lead your child forward to the future but prioritize what's most important: the formation of faith! ■

Information provided by Jill Alonzo, Director of Family Faith Formation, Saint Mary of Nazareth Catholic Church, 4600 Meredith Drive, Des Moines, 515-276-7589, jilla@stmarysdsdm.org.

PLAN AHEAD By Dave Cortner

FAIR time is a good time to pre-plan

August is here and it is fair time.

Many of us peruse the Varied Industries Building during our visit to the fair. Maybe we do it to escape the heat of summer or maybe we do it to gather information on products we may want to consider purchasing.

While you're in that mindset, why not visit the funeral home of your choice to learn more about your options for preplanning — and perhaps even prepaying — your funeral arrangements?

There are lots of options and many ways to help you address these important decisions — in advance. Additionally, prepaying your funeral expenses can help protect against future increased costs while making things much easier for your family during what is likely to be an emotional and stressful time.

Funeral homes are there to help. Their services will be needed one day. Why not plan ahead for the inevitable? No one ever regrets that their loved one has taken the time to plan ahead. It is a caring and loving thing to do, and the information is free. ■



Information provided by Dave Cortner, Hamilton's on Westtown Parkway, 3601 Westtown Parkway, West Des Moines, IA 50266, 515-697-3681.

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TO THE top

Sorrell and Ericson represent Climb Iowa at Nationals.

The USA Climbing Youth National Championships were held at the Olympic Training Center in Salt Lake City, Utah, June 26-July 3, and two local girls were among those competing.

Clara Sorrell of Johnston and Kaija Ericson of Norwalk represented the Climb Iowa team at the event, the pinnacle of youth climbing sports.

"It's been a long process for both of them, starting back in October and now ending at Nationals, but they love the sport so much that it's been so very rewarding," says Katie Sorrell, mother of Clara.

The season began last fall and saw both climbers compete in eight to 10 qualifying events in hopes of moving on to the next step — regionals. Seven states were part of Clara and Kaija's region, featuring the top 26 climbers from those states. From there, the top 13 advanced to divisionals in Indianapolis. The top six from that competition earned berths at nationals.

Both girls qualified, but in two different types of climbing. Kaija competes in bouldering, a sport in which climbers do not wear a harness but have a padded landing area below them, allowing them to compete safely. Sorrell competes in top rope, which sees roped climbers attempt to scale walls that can reach up to 65 feet in height.

The trip to nationals was a perfect reward for what has been a great career thus far.

The girls train at Climb Iowa in Grimes and downtown Des Moines in the East Village. Clara has been a member of the team for five years and Kaija even longer.

"This has been 'their' sport," Katie says. "They train three to four nights per week and love being part of the team, which is a big part of why they love it so much."

And that's not all these girls do. Kaija is an Eagle Scout, while Clara is a member of Johnston Show Choir, which involves a tremendous amount of preparation and practice as well.

But rock climbing? That's No. 1.

"Yes, it's definitely at the top," Katie laughs. "We're at the gym a lot."

For the Sorrell family, it all began when Clara was 7 or 8 and the family was on a cruise ship. On the ship was a small rock climbing wall. Atop that wall was a bell. You scale the wall, you get to ring the bell. And Clara did.

Six months later, the family, who had moved to Iowa in the meantime, asked Clara what she wanted to be involved in.

"She said, 'I want to rock climb, like I did on the cruise ship,'" Katie says. "We were like, 'Uhhh, we don't know anything about that.'"

But Clara wasn't joking. She wanted this. So the family learned of a local recreational team in which she could learn more about the sport. Shortly thereafter came her first competition. Her reaction said it all.

"She said, 'I love this,'" Katie recalls. "She then joined the team and began doing all the competitions."

Katie and John are tremendously proud of both girls.

"I love that they are both females and are so strong," Katie says. "I love that they are representing Iowa as females. Both of them work so hard and have so much joy climbing. I feel like there isn't much more I could ask as a parent. They found their 'thing.'" ■



Kaija Ericson of Norwalk and Clara Sorrell of Johnston competed at the USA Climbing Youth National Championships.

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HOME HEALTH

By Aimee Spores

IS IT TIME for palliative or hospice care?

As summer draws to a close, adult children may be reflecting on changes they noticed in their parents over the season. When serious illness is part of the picture, family members may wonder if it may be time to open a conversation about health, independence and support that could make life easier.



The terms "palliative care" and "hospice care" could be part of that conversation. Both focus on comfort and quality of life, but they serve people at different points.

Start with the person's goals. If your family is walking through this experience, ask yourself: Are symptoms making it difficult for your loved one to sleep, eat, move or enjoy time with others? Is treatment continuing, but the side effects or stress have become difficult to manage? Is your loved one wondering if comfort is more important than the treatment intended to cure the illness? The answers can guide a conversation with a health care provider.

Palliative care can begin earlier. Palliative care is specialized support for people living with a serious condition. It can begin at any stage of illness and may be provided while a person continues treatment intended to cure or control a condition.

Care is based on the individual's needs. It may include pain and symptom relief, medication support, counseling and emotional or spiritual care. Palliative care also can help individuals and families understand treatment choices and communicate their goals to the care team.

Services may be available at home or in a hospital, clinic or residential setting. Coverage varies by insurance plan, diagnosis, services and location.

Hospice care centers on comfort near the end of life. Hospice is intended for people with a life-limiting illness who have chosen to stop treatment aimed at curing the illness. Eligibility is based on a health care provider's determination that the person may have six months or fewer to live if the illness follows its expected course.

Hospice may include nursing, personal care, pain and symptom management, emotional and spiritual support, medical equipment and support for loved ones before and after a death. Care is provided wherever the person calls home, including a residence, community for older adults or family member's home. It also may be provided in a hospital or hospice center.

Coverage may come through Medicare, Medicaid or private insurance, depending on eligibility and plan rules.

A conversation can begin before a crisis. Families do not need to wait for an emergency to learn about their options. Asking questions before a crisis will decrease uncertainty and help ensure decisions reflect the individual's wishes.

A trusted health care provider can help determine whether palliative care, hospice care or support of another kind best fits the person's condition, priorities and needs. ■

Aimee Spores is director of WesleyLife Hospice and Palliative Care, which offers a broad network of end-of-life services and care throughout Central Iowa. Visit wesleylife.org/hospice or call 515-978-2777.

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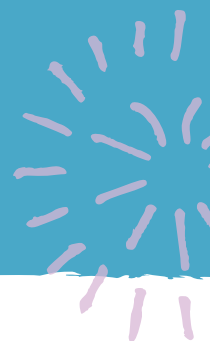
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EVENTS IN THE AREA

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

Upcoming in Johnston Living magazine

Home improvement: Have you undertaken a renovation that has transformed a room — or more — in your house? Whether you have modernized a bathroom or kitchen or given an entire story much needed updates that make you smile whenever you see the new look, we want to hear from you. Email tammy@iowalivingmagazines.com.

Tunes at Twilight Concert Series

Thursdays, Aug. 13 and Sept. 24
The Yard at Johnston Town Center,
6245 Merle Hay Road

Tunes at Twilight, presented by The Cork 50131, will be on select Thursday nights from 6:30-9 p.m. featuring two acts each night. Admission is free, and no tickets are required. Bands featured are: Aug. 13, Suede and Sons of Gladys Kravitz; and, Sept. 24, The Sheet and Damon Dotson.

First Baptist Church 175-Year celebration

First Baptist Church, 8250 N.W.
62nd Ave., Johnston

Join the First Baptist Church congregation in celebrating 175 years. Events include: August, date TBD, Bicycle Ride; Sept. 19, "The Gathering" Heritage Dinner; and, Sept. 29, a special worship celebrating 175 years of God's Blessing.

Movies on the Yard

Thursdays, Aug. 20 and Sept. 10
The Yard at Johnston Town Center, 6245 Merle Hay Road

Grab your blankets and lawn chairs and bring your favorite people along for a fun outdoor movie night. Movies on The Yard are free, so everyone in the community can join in on the summer fun. Movies will begin at 6:30 p.m. Featured are: Aug. 20, "Cars 3"; and Sept. 10, TBD.

Sounds of Summer Concert Series

Saturdays, Aug. 29 and Oct. 3,
7-10 p.m.

The Yard at Johnston Town Center, 6245 Merle Hay Road

Enjoy an exciting summer of music at The Yard Summer Concert Series presented by The Cork 50131. Admission is free, and no tickets are required. Featured are: Aug. 29, Not Quite Brothers; and, Oct. 3, Pork Tornadoes.

Johnston Farmers Market

Every Tuesday until Sept. 29, 4-7 p.m.
Johnston Town Center, 6221 Merle Hay Road

The 2026 Johnston Farmers Market is underway. Sales begin promptly at 4 p.m., and live performances from several local musicians truly make the market the place to be. ■



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HISTORIC windmill needs repairs

The Johnston (Station) Historical Society maintains the 1902 Simpson House museum and the nearby 1922 Aermotor windmill.

Aermotor windmills are iconic relics of agricultural history. These all-metal wind pumps are celebrated for their reliability, mathematical engineering, smooth pumping action and ability to lift water from deep underground wells.

Thomas O. Perry, a mechanical and civil engineer, conducted more than 5,000 scientific tests on 61 different experimental wind wheels in the 1880s. His best test wheel was a stamped metal design that was 87% more efficient than the common wooden wheels in use at the time.

The Aermotor windmill was introduced in 1888. Only 24 were sold the first year. The new “mathematical” windmill, as it was derisively called by competitors, embodied all the principles learned from those experiments. It also had back gearing, which allowed the wheel to make about three revolutions for each stroke, resulting in much greater lifting power and smoother pumping action. By 1892, Aermotor sold 20,000 windmills and was on its way to becoming the world’s dominant windmill manufacturer.

With its revolutionary mass production methods, by 1904 Aermotor was able to reduce the price of windmills to about one-sixth of the previous cost. In 1915, Aermotor introduced its auto-oiled windmill with an enclosed gear case, in which all the working parts were continuously bathed in a light lubricating oil. This design reduced maintenance to once a year rather than requiring weekly attention.

Johnston’s 1922 Aermotor windmill helps create a cohesive historical campus with the 1936 Simpson barn, the 1902 Simpson House museum and six historical markers in Johnston Commons City Park next to the Johnston Public Library. However, the 1922 Aermotor windmill needs repairs. The brake assembly that prevented damage from high winds was removed from the side of the windmill, creating damage to the gearbox and wheel arms.

The needed repairs include a refurbished gearbox; 12 refurbished 8-foot wheel arms; a new cypress service platform; and a new 8-foot furl lever assembly. The total cost for the repairs and installation, including crane service, is \$4,400.

The windmill was donated to JSHS by the Simpson family in 2001, and its ownership and maintenance are assigned to JSHS under an agreement with the city of Johnston. Under that agreement, the land on which the windmill is located is owned by the city and is part of Johnston Commons Park. City parks staff will assist in coordinating the windmill repairs.

The Johnston (Station) Historical Society is asking for donations to help repair this community historic resource. Donations can be made on the organization’s website at johnstoniowahistorical.org by selecting the “Support Us” page and then clicking “Donate Today” under Financial Support. Donors can choose one-time, quarterly, weekly or annual contributions and pay by credit card. JSHS also accepts PayPal using the email address johnstonhistoricalsociety@gmail.com.

The Johnston (Station) Historical Society is a 501(c)(3) nonprofit dedicated to discovering, preserving and presenting the history of the Johnston area. Founded in 1994, JSHS maintains the 1902 Simpson House museum at 6161 Northglenn Drive in Johnston. The museum is open for selected community events and on the second Sunday of each month from 2 to 4 p.m. ■



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The Johnston Chamber held a ribbon cutting for Des Moines Wellness Center, 5820 Winwood Drive, on July 1.



Mayor Paula Dierenfeld, Wesley Starlin and Ryan Rohlf at the Johnston Chamber ribbon cutting for Des Moines Wellness Center.



The Johnston Chamber held a ribbon cutting for Walnut Creek Psychiatry, 5408 N.W. 88th St., on July 16 during the business' fifth-anniversary celebration.



Mayor Paula Dierenfeld, Lorraine Chidester and Elizabeth VanGundy at the Johnston Chamber ribbon cutting for Walnut Creek Psychiatry.



Paula Bierle and Ryan Rohlf at the Johnston Chamber ribbon cutting for Walnut Creek Psychiatry.



Elisabeth Jeffords and Alaina Baldner at the Johnston Chamber ribbon cutting for Walnut Creek Psychiatry.



Ben Feick, Ruth Anne Feick and Chad Fye at the Johnston Chamber ribbon cutting for Walnut Creek Psychiatry.



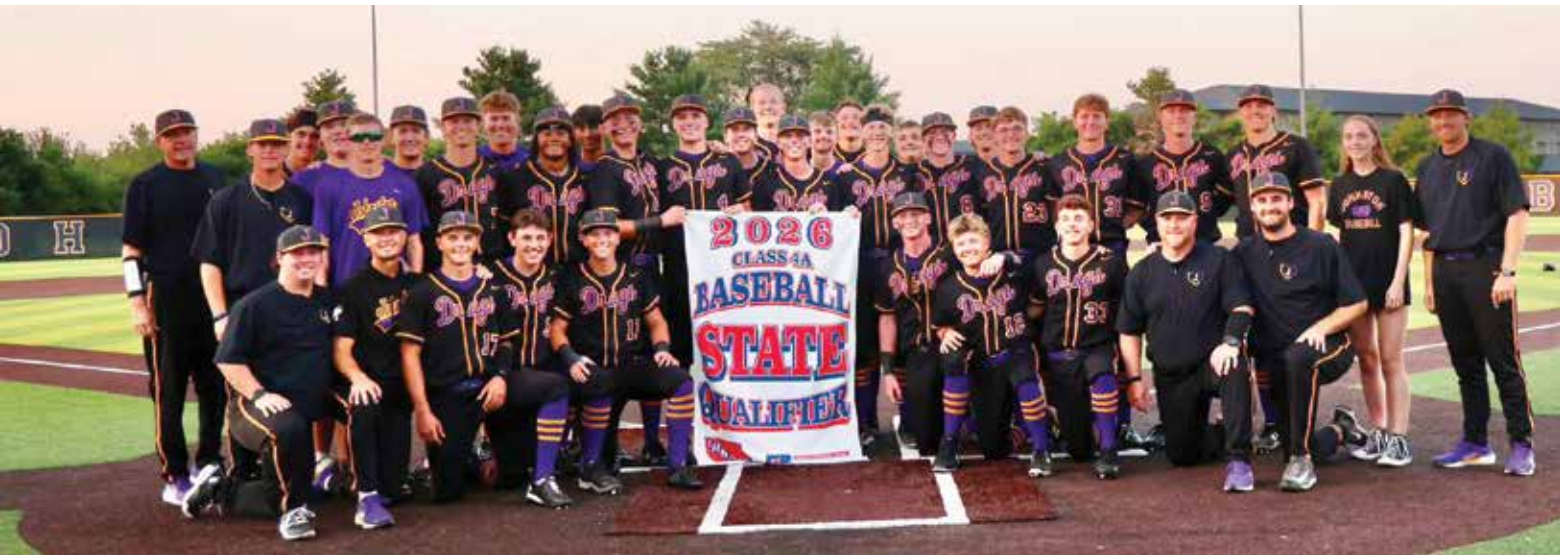
Josh Roberts and Hillary Chidester at the Johnston Chamber ribbon cutting for Walnut Creek Psychiatry.



Erin Fox-Hammel and Ajla Trnjanin at the Johnston Chamber ribbon cutting for Walnut Creek Psychiatry.



Brianne Behrends and Alea Larson at the Johnston Chamber ribbon cutting for Walnut Creek Psychiatry.



On July 15, the Johnston Dragons baseball team defeated Dowling, 2-1, in the substate championship and punched their ticket to the IHSAA State Baseball Tournament in Cedar Rapids. On July 21, they lost in the quarterfinals to Pleasant Valley, 6-4. Congratulations on a great season. Photo by JCSD Communications



Phyllis Hollinrake and Beth Cooper at the Bishop Drumm pancake breakfast on June 26. Proceeds went to the Central Iowa Alzheimer's Association.



Mayor Paula Dierenfeld and David Roederer at the Bishop Drumm pancake breakfast on June 26. Proceeds went to the Central Iowa Alzheimer's Association.



Rachel Reavis and Jenni Buchanan at the Bishop Drumm pancake breakfast on June 26. Proceeds went to the Central Iowa Alzheimer's Association.



Ardie Strawman, Shirley Kelley and Carey Boysen at the Bishop Drumm pancake breakfast on June 26. Proceeds went to the Central Iowa Alzheimer's Association.



Lori Baker and Shannon Giles at the Bishop Drumm pancake breakfast on June 26. Proceeds went to the Central Iowa Alzheimer's Association.



Lloyd Unverferth and Janet Holben at the Bishop Drumm pancake breakfast on June 26. Proceeds went to the Central Iowa Alzheimer's Association.

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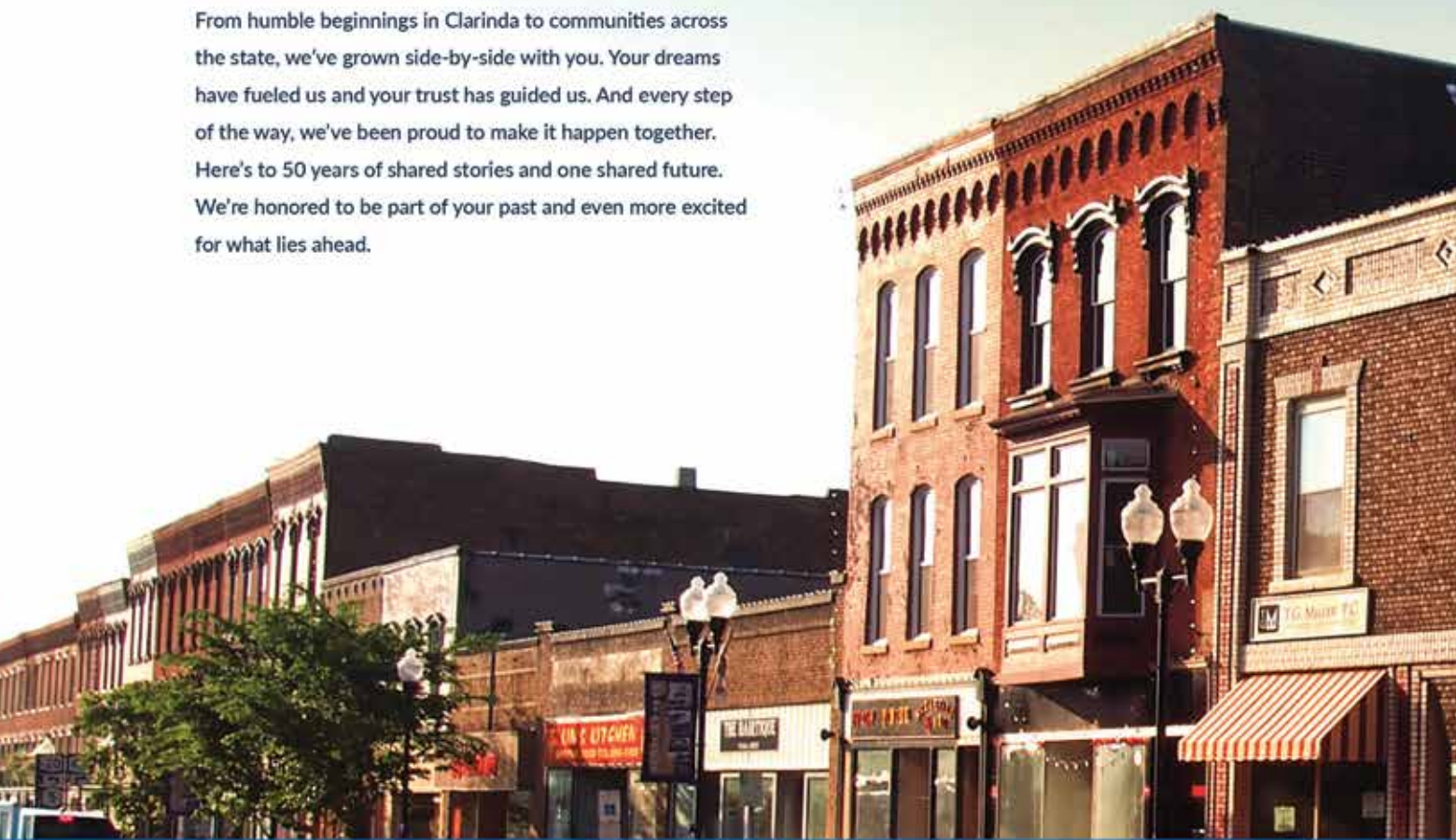




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THE JOHNSTON MARKET BRIEF | AUGUST 2026 | BY TOM MILLER

The \$22,000 question every Johnston seller answers without knowing it.

Across 176 Johnston resale home sales in 2026, the initial list price was the biggest lever a seller controlled. Miss it, and you paid twice, in time and in equity.

Price reduced before selling
61 days on market
\$22,100 under original ask

Priced right the first time
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99% of asking

Source: DMAAR MLS, all Johnston resale closed sales January through July 20th, 2026. Figures shown are medians.



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