

JOHNSTON *Living Weekly*

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

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JOHNSTON POLICE DEPARTMENT WELCOMES NEW OFFICER

One new Johnston Police officer was sworn in by Mayor Paula Dierenfeld on Monday, Jan. 6, during the City Council meeting.

Officer Green graduated from a four-month Level I training course at the Iowa Law Enforcement Academy at Camp Dodge on Dec. 13 as part of the 318th Basic Class. During his time at the Iowa Law Enforcement Academy, he was awarded the Top Shooter title, which is given to the cadet who demonstrates the best marksmanship skills and achieves the highest qualification scores in his class — achieving a perfect score of 100%.

Officer Green earned an associate's degree in criminal justice from DMACC and completed an internship with the Johnston Police Department. This internship led him to apply for a position with the department, ultimately making him the department's top choice during



Officer Green, center, was sworn in by Mayor Dierenfeld with Police Chief McDaniel in attendance Jan. 6.

the spring recruitment process. His passion for service, commitment to improving his community, and desire for an active lifestyle have drawn him to a career in law

enforcement.

Officer Green said he is excited about working for the Johnston Police Department and meeting community members. ■

JOHNSTON WEATHER FORECAST

WED. HIGH 31 | LOW 24
Mostly sunny



THURS. HIGH 41 | LOW 25
Milder with plenty of sunshine



FRI. HIGH 40 | LOW 24
Cloudy in the a.m.; then sunny



SAT. HIGH 32 | LOW 11
Partly sunny and colder



SUN. HIGH 23 | LOW 10
Cold with a little snow at times



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FROM THE PUBLISHER

THE J IS FOR GENIUS

You can tell a lot about people by the coffee cups they use. And if they don't drink coffee, well, enough said. But, back to the coffee cups.

I normally like things all lined up, in order, all the same. So, a mix of colors, sizes and shapes of coffee cups presumably would drive a guy like me nuts, right? Wrong. I love it! It's kind of like our Christmas tree with ornaments from various people through the years. Coffee cups are a lifetime diary of sorts.

We have coffee cups with goofy dog sayings. Christmas quotes. Even grandma and grandpa mugs now.

Many of our coffee cups have logos for insurance agents, real estate agents and banks. They come from customers of ours, places we do business with and friends, mostly.

One of my favorites is a white cup with gold paint wearing off

of it and a giant "J" on the side. Presumably, this cup was purchased for my wife, Jolene, but I like to use it and tell people the J stands for genius.

When at work, I reach for a dark blue 114th Fighter Wing military cup that a past employee left behind. Right size. Right shape. Right message.

After watching me spill a cup or two of coffee, one of my daughters gave me a broad-based Yeti cup that won't knock over. So far, it has worked.

Meanwhile, I prefer ceramic cups, as I don't like my coffee to taste like plastic or metal. And Styrofoam? No thanks. But when I am drinking hot tea, I want a clear glass cup, especially the Dolly Parton-themed one a friend gave us.



Our modern world also necessitates two more coffee cup requirements, at least for me. The cup needs to fit under my single cup serving machine without my having to take the bottom tray out each time. And, for my morning commute, my cup needs to be Goldilocks style and fit properly in the cupholder in my truck. Not too loose that it rocks from side to side. Not too snug that I have to take both hands to get it out. Just right.

How about you? Do you have a coffee cup preference? And what does your choice say about you? Send me a note and let me know.

Have a great week, and thanks for reading. ■

Shane Goodman
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WINTER COATS NEEDED

The Johnston Partnership provides food and personal hygiene products to those in need, as well as children’s seasonal clothing. The Partnership has been extremely busy and has already distributed more than 850 winter coats. Many more are needed to make it through the cold months and keep all of our neighbors warm. With the drastic weather change, the largest current need is winter coats of any size (baby through adult) in good or new condition. The Partnership has worked through its storage and are putting out whatever comes in, and they are going quickly. The goal is to provide one coat per client per year.

Donations can be dropped off at 5870 Merle Hay Road, Suite C, Tuesdays from 9 a.m. to 1 p.m. and 4-6 p.m., and on Thursdays and Saturdays, 9 a.m. to 1 p.m.

Every third week of the month, they collect for the Friday food bag program that serves food insecure students at all nine Johnston schools. Currently they pack 220 food bags each week to go home with students. They can use fruit cups, macaroni and cheese, Ramen noodles, granola bars, individual shelf-stable milk and individual peanut butter. ■

70% of women will outlive men by 10-15 years
DOES YOUR HUSBAND HAVE ENOUGH LIFE INSURANCE?



TIMOTHY OSBORNE
515-333-7182

POLK COUNTY CONSERVATION

Visit polkcountyiowa.gov/conservation/events/ for information about upcoming programs offered by Polk County Conservation and for registration links.



STORY TELLEBRATION

Third Wednesdays at 10 a.m.

Jan. 15, It’s Snowing; Feb. 19, Owl Moon; March 19, Spring is Sprung; April 23, It’s Raining. Join volunteer storyteller Carmen Epstein for a fun, interactive tale tailored toward children ages 2 to 6 that explores the wonders of the outdoors. During each program, participants enjoy interactive stories and an activity. No registration required for this free event.

OLDER, WISER, LIVELIER, SENIORS - WINTER IS FOR THE BIRDS

Wednesday, Jan. 15, 1 p.m.

Easter Lake Athene North Shore Event Building

Join us as we learn about Iowa winter birds and how to feed them. Bird feeding offers people an opportunity to see birds at close range while providing hours of enjoyment. This free program is for ages 12 and older. No registration required.

WOMEN IN THE WOODS WITH WINE - WHAT’S IN YOUR WATERSHED

Tuesday, Jan. 21, 7 p.m.

Jester Park Nature Center

Registration deadline is Jan. 19. Cost is \$15. Like an umbrella, our buildings, paved surfaces, and compacted soils shed water instead of allowing it to naturally soak into the ground. This leads to flooding and water quality problems across the Des Moines metro and other urban areas in Iowa. This program will have you getting your hands wet as we explore our waterways. This program is for women ages 21 and older who are interested in getting outside. Become more comfortable and knowledgeable about the natural world as you unwind and have fun. ■

STAY UP TO DATE WITH WHAT IS HAPPENING IN JOHNSTON!

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CITYVIEW'S WINTER EVENT IS BACK!

FIRE & ICE

AN INTERACTIVE WINTER PUB CRAWL IN VALLEY JUNCTION

SATURDAY, JAN. 18 • 1-4 P.M.

**BREAK THE WINTER BLUES, GET OUT
AND HAVE FUN ON A SATURDAY
AFTERNOON IN VALLEY JUNCTION!**

**FOR \$25 TICKET PRICE*, YOU GET 10 TICKETS
TO SAMPLE WINTER SPECIALTY DRINKS!**

*\$35 AT THE DOOR



TICKETS AT FIRE-AND-ICE.DMCITYVIEW.COM

JOHNSTON LIBRARY NEWS

For information about all events and resources, visit www.johnstonlibrary.com or at 515-278-5233.

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

Ready to roll? Kids in grades 6-12 can step into a world of magic, monsters and mayhem at the **Teen Dungeons & Dragons Night** on Tuesday, Jan. 21 from 5-6:30 p.m. Brave heroes and cunning villains of all experience levels are welcome. Players can bring their own characters or use one of ours. Registration is required for this daring fantasy adventure, but, once registered, participants will automatically be registered for all subsequent meetings.

Calling all Pokémon trainers. Kids in grade 6 and up can join us for the ultimate **Teen Pokémon Club**, where we'll gather to talk all things Pokémon: the show, video games, trading card battles, and more. We'll have fun Pokémon-themed activities, too. Club members can bring their Pokémon cards or devices for battles and trades or just come to hang out. The first meeting of the year is Tuesday, Jan. 28 from 5-6 p.m. Registration is required.

Everyone walks through grief at some point in life. Develop skills for processing this grief through poetry and journaling during a 90-minute writing workshop: **Weep, Wail, and Write**. Claudine Cheatem designed this class to help people find the words to express their emotions. She offers creative writing prompts and a quick introduction to poetry to help you start a journal you can add to as you walk through your grief journey. Registration is required for this workshop on Saturday, Jan. 25 from 10:30 a.m. to 11:30 p.m. ■

LIONS HOLD OPEN HOUSE FOR VENUE

The Johnston Lions Club is here to make your next event unforgettable. Whether you're planning a business meeting, family gathering or special celebration, the Lions have the space for you. Join them on Sunday, Jan. 19 to learn more about renting the club's venue. Explore the space, get all your questions answered, and see how they can help make your event a success. For more information, email venueclub@gmail.com. ■

MOVIE MAKERS: FILMMAKING FOR KIDS

Lights! Camera! Action! Learn the basics of filmmaking in this three-part class for kids in grades 3-5 on Thursdays, January 16, 23 and 30 (note corrected dates), from 4:30 to 5:30 p.m. at Johnston Public Library, 6700 Merle Hay Road. By the end of the series, participants will have written, filmed and edited their own video. Register for Part 1: Screenwriting and be automatically registered for all three sessions. For more information and registration, visit www.johnstonlibrary.com. ■

COMMUNITY GREETINGS

Johnston Community Greetings would like to welcome anyone new to Johnston with a welcome bag including discounts at local businesses and city information. Contact Missy Shepherd by phone, text or email at 515-991-5014 or mshepherdgreetings@gmail.com. ■

FAMILY PUZZLE COMPETITION

Get your team together and sign up for the first library Family Puzzle Competition on Saturday, Jan. 18, from 2:30-4:30 p.m. at Johnston Public Library, 6700 Merle Hay Road. Teams will have two hours to complete a 500-piece puzzle. Teams who complete the puzzle in time get a prize. First team to complete it gets a grand prize. Register each participant (kids ages 9 and older and adults) with the same team name. Arrive early because the clock will start at exactly 2:30 p.m. Register at www.johnstonlibrary.com. ■

CITY HALL AND LIBRARY CLOSED FOR THE MLK HOLIDAY

Johnston City Hall and the Johnston Public Library will be closed on Monday, Jan. 20, to observe the Dr. Martin Luther King, Jr. holiday. Trash and recycling pickup days will remain the same. The Johnston City Council work session and meeting have been rescheduled to Tuesday, Jan. 21. ■

EVENTS IN THE AREAEMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**VENDOR MARKETS****Jan. 18, Feb. 15, March 15, April 19, 10 a.m. to 6 p.m.****Outlets of Des Moines****801 Bass Pro Drive N.W., Suite 315, Altoona**

Each show has a variety of vendors from Avon, Living Oils, Small Town Laser, Unicorn Clouds, MJ's Hometown Honey, 3D by LouAnn, Tupperware, Tastefully Simple, Good Vibrations Gems & Crystals, plus others. Come check out the vendors and buy local. If interested in being a vendor, email k2marketplacemagic@gmail.com for information.

PLAYHOUSE CLASSES OFFERED

Various dates

The Des Moines Playhouse**831 42nd St. Des Moines**

The Des Moines Playhouse offers classes year-round for ages 4 through adult. New this winter is an audition workshop for teens and adults. Registration is now open for spring break and spring classes and summer camps. Scholarships are available through the Jeanne Hopson Angel Fund. For class descriptions, registrations and more information, visit dmplayhouse.com/education/classes-and-camps.

The Audition Workshop Series for ages 14 through adult will be led by Playhouse artistic director Katy Merriman. Held each Saturday in February, sessions will focus on song selection, cold reads, dance auditions with "Waitress" choreographer Kent Zimmerman, and a master class with area directors. Students can sign up for one, two, three or all four sessions.

Spring classes, starting March 2, are focused on musical theatre for pre-K through grade 7.

Spring break finds students in grades 5-8 learning "Seussical Kids," a 35-minute version of the popular Broadway musical, with performances at the end of the week. Students in grades 3-4 will rehearse and perform a play while younger students will use favorite books to create scenes to share.

For more information on Playhouse educational

offerings, contact Robin Spahr, Playhouse education director, at rspahr@dmplayhouse.com, 515-974-5365.

CITYVIEW'S FIRE AND ICE**Saturday, Jan. 18, 1-4 p.m.****Historic Valley Junction Foundation****137 Fifth St., West Des Moines**

Join CITYVIEW's Fire and Ice, an interactive winter pub crawl in Historic Valley Junction. Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area. Tickets are \$25 in advance and \$35 at the door. For tickets, visit www.eventbrite.com/e/2025-cityview-fire-ice-a-winter-pub-crawl-tickets-1079964535999.

**SQUARE DANCE LESSONS****Sunday nights starting Jan. 19, 6:30 p.m.****Douglas Avenue Presbyterian Church****4601 Douglas Ave., Des Moines**

Ankeny Square Dance Club is sponsoring Square Dance Lessons. Cost is \$20 per person for the entire session accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-294-2624, or visit www.ankenysquares.com.

POLK COUNTY HERITAGE GALLERY EXHIBIT**Until Jan. 24****Polk County Administration Building****111 Court Ave., Des Moines**polkcountyheritagegallery.org

DSM Exhibited 2024 - Annual Juried Show is on display. ■

RECIPE

CONVENIENT BREAKFAST TO KICKSTART THE NEW YEAR

(Family Features) Starting the morning on the right foot can set the tone for a productive day. Even when crunched for time before work or school, eating a filling breakfast before heading out the door is an important part of setting yourself up for success.

Between work, kids and making it to that early morning workout session, finding time to prepare a quick and tasty meal can be a real challenge. For a flavorful and easy breakfast try something new and delicious with this One-Pot Rice Shakshuka. A dish with origins in the Middle East and Northern Africa, shakshuka is traditionally made with a base of tomatoes, vegetables and seasonings, such as cumin and paprika. Then eggs are cracked on top and cooked in the sauce.

This version takes it a step further with the addition of Minute Instant White Rice, which provides a heartier texture to keep you feeling satisfied longer. Simply precooked and dried — nothing added but convenience — you can enjoy its light, fluffy texture after just 5 minutes in the microwave or on the stove. Plus, it works for those with dietary restrictions, including gluten-free, vegan or vegetarian. ■

ONE-POT RICE SHAKSHUKA

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 6

Ingredients:

- 2 tablespoons olive oil
- 1 onion, diced
- 1 red bell pepper, seeded and diced
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1 can (28 ounces) diced tomatoes with garlic and herbs
- 2 cups water
- 1 1/2 cups Minute Instant White Rice
- 6 eggs
- 1 tablespoon finely chopped fresh parsley



Directions:

Heat oven to 400 F.
In high-sided, ovenproof skillet over medium heat, heat oil. Add onion, bell pepper, cumin and smoked paprika; saute 8-10

minutes until vegetables are tender.

Add tomatoes and water to skillet. Bring to boil. Stir in rice and reduce heat to low. Cover and cook 3-5 minutes, or until most water is absorbed.

Using spoon, create six small wells in rice mixture. Crack one egg into each well. Transfer skillet to oven; cook 12-15 minutes, or until rice is tender, egg whites are set and yolks are runny, or until cooked as desired.

Garnish shakshuka with parsley before serving.

Tip: For spicy eggs, stir 1 tablespoon harissa paste into rice mixture before adding eggs. Or serve shakshuka with hot sauce.

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HOURS:
SUNDAY: CLOSED
MONDAY: CLOSED
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SATURDAY: 10AM - 2PM

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SEEN IN JOHNSTON



CHAMBER AFTER HOURS: Colby Dawes, Ryan Rohlf and Tom Bogenski at the Jan. 8 Johnston Chamber After Hours at WineStyles, sponsored by ET Capitol.

DSF PLANS SPRING AUCTION

The Dragon Scholarship Fund (DSF) hosts an annual spring auction with the primary objective of raising funds to grant scholarships to Johnston High School graduating seniors. Established in 1987, DSF is a registered 501(c)(3) nonprofit organization that has disbursed more than \$2.2 million in scholarships to JHS graduating seniors.

The organization's goal is to give every JHS graduating senior a chance to earn a scholarship to help continue their education beyond high school. This program is unique in that the fund awards scholarships based on personal character and responsibility regardless of financial need, class rank, gender, race, creed or ability. The Dragon Scholarship Fund awarded more than \$99,000 in scholarship funds to 228 Class of 2024 graduates.

The group's annual auction is scheduled for the first week of March, and the community's support is requested. Contributions, whether in the form of an item, service or monetary donation, will help fulfill the mission and objectives of the Dragon Scholarship Fund. Donations of any size are requested by Jan. 31.

For information and to donate, visit <https://dragonsf.org>. ■

CLASSIFIED ADS

LOOKING TO BUY VINYL RECORDS: Paying cash for 60's-90's rock and jazz and blues. Please call Brian at 515-326-5033.

WANTED: Stereo & electronic radio stuff receivers speakers guitar amp etc. Any age or condition is OK. Call 515-238-3343.

BICYCLES WANTED: Any condition is ok. For parts or repair. Will pick them up. Phone 515-238-3343.

WANTED: Electronics, stereo receivers, guitar or amps, speakers, radios, etc. Any age or condition for parts or repair. Call 515-445-6023.

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