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SEEN IN JOHNSTON



GRANT AWARDED FOR VISION SCREENER: School nurses received a \$7,360 grant from the Johnston Community School Foundation for a second vision screener to share among all school buildings. The Johnston Lions Club contributed \$1,000 for the project, while Advanced Eye Care Center PC donated \$500. ■

JOHNSTON WEATHER FORECAST

WED. HIGH 32 | LOW 16
Not as cold; snow and flurries

THURS. HIGH 28 | LOW 12
Low clouds

FRI. HIGH 33 | LOW 24
Some sun, then turning cloudy

SAT. HIGH 40 | LOW 18
Cloudy

SUN. HIGH 37 | LOW 22
Mostly cloudy

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FROM THE PUBLISHER

TRIED AND TRUE COLD REMEDIES

Have you had a bout of the wintertime sniffles yet? Or something worse? If not, you likely will. When you do get sick, do you have any tried-and-true-remedies you rely on? Most of us have some that were handed down by our parents or grandparents that we think make a difference — or at least make us feel a bit better while the sickness works its way out of our bodies.

Eating **chicken noodle soup** has been a common practice for centuries. Generations from virtually every culture swear by the benefits. The warmth of the broth. The rich, savory flavors of the chicken, vegetables and noodles. Campbell’s was right. Soup is good food.

How about **hot tea**? There is something about sipping this stuff when I am sick that is irreplaceable. It relieves stuffiness. It soothes my sore throat. And that heat just feels good.

My go-to when I am really sick is the **blue liquid nighttime**

cold medicine.

It feels warm going down, and it knocks me out. I just can’t take it too late at night, or I am worthless the next morning.

A **hot bath** also feels great when my body aches. Getting undressed and into the tub isn’t enticing when I am sick, but once I am soaking, the relaxation arrives. Getting out isn’t fun either, but it is all worth it.

I can deal with most parts of being sick, but the sinus pressure is the worst. I realize **nasal spray** can be a challenge to wean from, but it sure provides instant relief. **Neti pots** and similar devices help me somewhat, too — as does a **humidifier**.

Orange juice isn’t just for breakfast anymore. Some people swear by loading up on the natural vitamin C when they feel a cold coming on. And it tastes good. Why not?

In my father’s day, most everyone seemed to rely on



taking **two aspirin** to cure everything. Dad had a little tin of Bayer aspirin in his pocket at all times, just in case.

When I was really sick as a child, Dad would put **vapor rub** on a hand towel and wrap it around my neck. It seemed to do the trick, or at least it smelled and felt like it was doing something. I still rely on it from time to time.

The best remedy for me, though, is **sleep**. When I am tired, my body lets me know. And some good, old-fashioned rest seems to be the best medicine.

Surely you have some other cold remedies that make you feel better. Send me a note and let me know.

Have a great week, and thanks for reading. ■

Shane Goodman
 President and
 Publisher
 Big Green Umbrella Media
 shane@dmcityview.com
 515-953-4822, ext. 305



A publication of Big Green Umbrella Media, Inc.
 8101 Birchwood Court, Suite, D, Johnston, IA 50131
 www.iowalivingmagazines.com



News contact
 Tammy Pearson
 515-953-4822, ext. 302
 tammy@iowalivingmagazines.com



Advertising contact
 Andrea Hodapp
 515-953-4822, ext. 322
 andrea@iowalivingmagazines.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.

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. ■

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) non-profit 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 March 2-8, 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>.

So far, more than \$20,000 in community donations have been received. The auction will include items and experiences from dining, entertainment, concerts, theater, sports, memorabilia, activities, health and beauty. Register now to be a bidder. For more information, visit www.dragonsf.org. ■

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

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Dan Fitzgerald and Madeline Ward



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Samantha Winebrenner and Justin Russell

OURS HELD

JOHNSTON CHAMBER AFTER HOURS, SPONSORED BY ET CAPITOL, WAS HELD JAN. 8 AT WINESTYLES.



Jenni Buchanan, Paula Bierle and Julia Bradshaw



Annie Mielke and Jared Shields ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

BONDU CHOWDER RIDE

Feb. 22, 10:30 a.m.

101 Main St. S.E., Bondurant

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (Approximately 10 miles) on Saturday, Feb. 22. Check-in at 10:30 a.m. at Reclaimed Rails Brewing Company before the ride starts at 11 a.m.

VENDOR MARKETS

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.

DMPA CONCERT SERIES

Various dates, 7 p.m.

Temple Theater, 1011 Locust St., Des Moines

Des Moines Performing Arts (DMPA) is excited to announce a new concert series. "Made in the Midwest" highlights the artistry of local musicians in the intimate Temple Theater. Celebrating the talents of independent artists from across our region, guests will enjoy a unique experience where the musicians take center stage in a venue known for its unparalleled acoustic quality.

The series will kick off with five artists just announced.

- **Feb. 14:** Brad & Kate, Pop/Folk
- **Feb. 15:** The Finesse, soul/pop
- **March 21:** Matt Woods, roots/blues
- **April 25:** Allegra Hernandez, rock
- **May 9:** Abbie Sawyer, folk/americana

The Finesse and Abbie Sawyer will be performing songs from their latest album releases, giving audiences

the chance to hear their new music live for the first time. Tickets are on sale now starting at \$20/show. You can purchase tickets by visiting DMPA.org, calling 515-246-2300, or stopping by the Civic Center Ticket Office at 221 Walnut St. You can also purchase tickets night of at the Temple Theater Ticket Office, 1011 Locust St., starting two hours before a performance.

2025 DIG SYMPOSIUM

March 1

FFA Enrichment Center on the DMACC campus in Ankeny

The 2025 Dig Into Gardening (DIG) Symposium is coming up. Cost is \$85 per person. The symposium will provide attendees research-based gardening and horticulture techniques and best practices, all centered on the theme of "Gardening for Change." This day-long event is open to the public and presented in partnership with the Polk County Master Gardeners and Iowa State University (ISU) Extension and Outreach in Polk County. The DIG Symposium will feature keynote addresses, breakout sessions, and an expansive exhibitor hall. A broad range of experts, including local Master Gardener volunteers, ISU specialists and educators, and other local professionals, will be on hand to offer insight and expertise. Lunch is provided. To learn more about the symposium or to become an exhibitor, visit <https://polkcountymastergardeners.org/DIG-Symposium>.

DES MOINES COMMUNITY ORCHESTRA CONCERTS

The Des Moines Community Orchestra has announced its concert dates for the 2024/2025 concert season. Admission is free. Concerts start at 2 p.m. with pre-concert talks at 1 p.m. For more information, visit desmoinescommunityorchestra.org. Concerts are:

- **Sunday, Feb. 23:** Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- **Sunday, May 11:** Spring Concert, Carl's Favorite Finales, Sheslow Auditorium. ■

RECIPE

SIMPLIFY FAMILY DINNER WITH A ONE-POT SOUP

(*Culinary.net*) After a busy season of groups and gatherings, sometimes a new year calls for easy, filling meals you can enjoy with your nearest and dearest. Warm, hearty Meatball Tortellini Soup can do just that as a delicious one-pot solution. Visit *Culinary.net* to find more warming winter recipes. ■

MEATBALL TORTELLINI SOUP

Recipe courtesy of "Cookin' Savvy"

Servings: 6-8

Ingredients:

- 4 cups beef broth
- 1 can (14 ounces) diced tomatoes
- 16 ounces frozen meatballs
- 19 ounces tortellini
- 6 ounces frozen spinach
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon Italian seasoning
- 3/4 cup Parmesan cheese, plus additional for serving, divided
- salt, to taste
- pepper, to taste
- 1/4 cup heavy cream
- bread, for serving

Directions:

In Dutch oven, pour in beef broth and diced tomatoes. Fill empty diced tomatoes can with water and add to pot. Stir in meatballs, tortellini and spinach. Cook over



medium heat then add onion powder, garlic powder, Italian seasoning and 3/4 cup Parmesan cheese. Add salt and pepper, to taste.

Cook 25 minutes, stirring occasionally. Add heavy cream and cook 5 minutes.

Serve with bread and additional Parmesan cheese.

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TERRA LAKE STOCKED WITH RAINBOW TROUT

The Iowa Department of Natural Resources (DNR) released 3,700 rainbow trout Jan. 16 at Lake Petocka in Bondurant, Triumph Park West and East in Waukee, and Terra Lake in Johnston.

“We decided to stock trout earlier so anglers could take advantage of favorable ice conditions,” Ben Dodd, Iowa DNR fisheries biologist said.

The winter community trout stockings at these Central Iowa community lakes were previously scheduled for Feb. 1 and Feb. 4.

Anglers 16 years and older must have a valid fishing license and pay the trout fee to fish for or possess trout. The daily limit is five trout per licensed angler with a possession limit of 10. Children age 15 or younger can fish for trout with a properly licensed adult, but, together, they can only keep one daily limit. Children can pay the trout fee, allowing them to keep their own daily limit. ■

VALENTINES FOR PUPS

Celebrate Valentine’s Day with your pup, and the adoptable dogs from Hope Animal Rescue of Iowa will receive your love as well. The entire month of February you can purchase a Valentine for your dog from Woof Pack Resort & Spa in Johnston, and the proceeds will go to Hope Animal Rescue of Iowa. The Valentine includes home-made Valentine treat from Em’s Homemade Dog Treats, Valentine tennis ball and Valentine bandana. Price is \$10. Support this local rescue by purchasing your pup a special Valentine. Contact 515-416-4255 or info@woofpackresort.com. ■

POLK COUNTY CONSERVATION

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

STORY TELLEBRATION

Wednesdays at 10 a.m.

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. ■



CLASSIFIED ADS

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

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