

JOHNSTON Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED

AN ACT OF PURE KINDNESS JOHNSTON FAMILY WORKING TO ENSURE LOCALS HAVE NECESSITIES

BY DARREN TROMBLAY

PureKindness Foundation is a nonprofit founded by two youngsters from Johnston whose mission is simple: to help.

Millie and Krish Sethi have been collecting, packing and delivering first aid kits to families in need across central Iowa to ensure that people have the essentials in case of an emergency.

In just one year, the brother and sister team has distributed more than 700 first aid kits to families across the Des Moines area, Ames, Iowa City and Marshalltown.

Each kit includes items such as assorted bandages, antiseptics, gauze, gloves and icepacks. After packing, the kits are delivered to those who need them most.

With the help of their mother and foundation director, Ramandeep Kaur; and their father, Amit Sethi; Millie, 17, and Krish, 11, are making a difference, one day at a









Millie and Krish Sethi are the founders of the PureKindness Foundation.

time.

Their efforts are strengthened through partnerships with organizations such as Child, Adolescent, and Parent Support (CAPS); Des Moines Refugee Support; IC Compassion;

International Rescue Committee (IRC); Johnston Partnership; Lutheran Services in Iowa; MATTER; and West Des Moines Human Services. The foundation

SETHI, ON BACK

<p>JOHNSTON WEATHER FORECAST</p> <p>WED. HIGH 5 LOW -9 Decreasing clouds and cold </p> <p>THURS. HIGH 13 LOW -5 Cold with plenty of sunshine </p>	<p>FRI. HIGH 20 LOW 10 Mostly cloudy and cold </p> <p>SAT. HIGH 30 LOW 23 Mostly cloudy and not as cold </p> <p>SUN. HIGH 41 LOW 30 Partly sunny and not as cold </p>	<p>CHARTER BANK</p> <p><i>Chart Your Success With Us!</i></p> <p>5526 N.W. 86th St., Johnston • 331-2265</p> <p>Member FDIC CharterBanker.com </p>
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FROM THE PUBLISHER

A SIMPLE, SHORT-SLEEVE T-SHIRT

It was a simple, short-sleeve T-shirt. One color. Three words on it — Algona Little League.

It was what I and all the other kids wore to each of our Little League games. Each team had a different color, of course, but the uniform didn't get any more complicated than that. Yes, we each had a baseball mitt, too, but no cleats. No pants. No jerseys. No hats. No batting gloves. Just a T-shirt. And the cost of it was included in the modest participation fee.

Today, the cost to play in organized youth sports is out of the park. And, maybe as a result, fewer American kids are playing sports. This is detailed in a recent column by Hanna Skandera entitled, "No kid should be priced out of playing sports." She wrote how the importance of reversing this trend cannot be overstated.

"Youth sports are not just games; they are a critical component of childhood development. Simply put, the well-being of our nation hinges, in part, on our investments in youth sports today."

She noted how youth sports are becoming steadily more privatized, quoting how "pay-to-play" youth sports is a \$30- to \$40-billion dollar industry and that American families spend an average of almost \$900 annually per child to participate in organized sports.

She also points out the growing socio-economic gap in sports participation, stating, while more than two in three kids from wealthier families are playing sports, only about one in three from the poorest families get the same opportunity.

"Sports teach teamwork, discipline, perseverance and resilience — traits that are essential both on and off the field," she wrote. "For many kids from challenging family situations, sports offer a sense of belonging and purpose and put them on the path to a more stable future."

But, in the big picture, do sports really matter?



"Participation in sports has been linked to better academic performance, higher self-esteem, and a greater likelihood of college attendance," she wrote. "Studies show that 66% of students who earn all A's play organized sports compared to just 24% of students with mostly D's and F's."

Skandera stated how kids who play sports have higher lifetime earnings and have vastly lower rates of depression, obesity and other serious health conditions. She says investing in youth sports is a matter of public health and national pride. She may be right, and it may start by getting back to the simpleness of sports. Parents should not have to spend hundreds of dollars to equip their child to play in a sport. A simple T-shirt will do just fine.

Have a great week, and thanks for reading. ■

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FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

CHARLES O'HOLLEARN

Charles O'Hollearn, 85, died at home on Feb. 9, 2025. Charles was born Dec. 5, 1939, in Lawler. Following high school, Charles served honorably in the U.S. Army. A successful salesman and manager, Charles had a long career working at Jim Hawk Truck Trailers. He enjoyed reading and spending time with his family and friends.



Charles is survived by his wife, Susan; children, Joseph, Thomas and Daniel; grandchildren, Zachary, Bradley and Kayla; great-grandchildren, Hunter, Kyler, Bella and Wrenley; his siblings, Janet, Robert, Brian and Mike; and his two little doggies, Dolly and Toby. He was preceded in death by his parents; son, David; brother, Don; and many former doggy friends.

Per his wishes, there will not be a service. In lieu of flowers, memorials are suggested to a charity of your choice. Visit www.IlesFuneralHomes.com to express condolences. ■

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. ■

IOWA GOLD STAR MILITARY MUSEUM PROGRAMS

Saturday, March 1, 11 a.m.: The Iowa Gold Star Military Museum Presents Author Enfys McMurry, who will be discussing her book, "Disaster at 39,000: How Small-Town America Came Together at a Time of Crisis." In May 1962, a plane fell from the sky over the heartland of America — Centerville and Unionville, Missouri, shaking the confidence of airline passengers nationwide. McMurry will discuss her extensive research and the minute-by-minute account of the final moments of Continental Airlines Flight 11. Books will be available for signing by the author. ■

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. ■

UPCOMING PUBLIC MEETINGS

- **Tuesday, Feb. 18:** City Council Work Session, 6 p.m.
- **Tuesday, Feb. 18:** City Council Meeting, 7 p.m.
- **Wednesday, Feb. 19:** Senior Advisory Board Meeting, 5 p.m.
- **Thursday, Feb. 20:** Library Board Meeting, 5:30 p.m.
- **Thursday, Feb. 20:** Board of Adjustment Meeting, 6:30 p.m. ■

JOHNSTON PARTNERSHIP NEEDS

The Johnston Partnership provides food and personal hygiene products to those in need, as well as children's seasonal clothing. Their current needs at the pantry are dry black beans, applesauce cups, pet food and winter coats (all ages/all sizes).

Donations can be dropped off at 5870 Merle Hay Road, Suite C, Johnston, during open hours. For more information, visit <https://johnstonpartnership.org/donate/>. ■

CHAMBER AFTER HOURS

JOHNSTON CHAMBER AFTER HOURS WAS HELD FEB. 5 AT MCDIVOT'S INDOOR SPORTS PUB, GRIMES.



Maria Jordan, Samantha Winebrenner and Brenda Ballard



Dale De Jong, Thomas Edwards and Dan Fitzgerald



Ryan Rohlf and Kyle Pieper



Lindsey Viet and Paula Bierle



Sharm Sisler and Kevin McGuire

TECKLENBURG NAMED COACH OF THE YEAR



Johnston boys head wrestling coach Aaron Tecklenburg was named the 2024-25 Class 3A Coach of the Year by the Iowa Wrestling and Coaches Officials Association (IWCOA). ■

LIKE CHOCOLATE? LIKE CHOCOLATE DRINKS? THEN YOU'LL LOVE THIS EVENT!



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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**ELKS ANNUAL ST. PATRICK'S DAY CELEBRATION**

Saturday, March 15, 5:30 p.m.

West Des Moines Elks No. 2752

2060 N.W. 94th St., Clive

The Elks Annual St. Patrick's Day Celebration will begin with the Foy School of Irish Dancers performing at 5:45 p.m. They will perform for about 20 minutes, followed by the Elks' famous St. Paddy's Day corn beef and cabbage with Irish potatoes meal for \$12 per serving.

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.

COVERED BRIDGES WINERY EVENTS

2207 1700th Trail, Winterset

coveredbridgeswinery.com

See website for tickets and any last minute changes.

- **Feb. 22:** Blues & BBQ, Central Iowa Blues Society Benefit Dinner
- **Feb. 28:** Bourbon Barrel Release Party
- **March 1:** Music at the Winery, Looking 4 Luke, 6:30-9:30 p.m., \$5 cover
- **March 9:** Sunday Music at the Winery, 2-4 p.m., no cover charge, Jesse and the Medicine Men

BATTLE OF THE BAGS

Feb. 22, 11 a.m. to 3 p.m.

Izaak Walton League

4343 George Flagg Parkway, Des Moines

pcaiowa.org

The Annual Battle of the Bags is back. Grab a friend and some great food and toss bags to compete

for bragging rights, prizes — and, most importantly, to benefit kids in Iowa. Teams of two will battle in a bags tournament while supporting Prevent Child Abuse Iowa's mission of providing safe and happy childhoods for Iowa's kids. Must register to enter at <https://buy.stripe.com/280bJD28y3Fp51ScN3>.

VENDOR MARKETS

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.

- **March 21:** Matt Woods, roots/blues
- **April 25:** Allegra Hernandez, rock
- **May 9:** Abbie Sawyer, folk/americana

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. ■

RECIPE

BREAKFAST INSPIRED BY MAKE-A-WISH KIDS

(Family Features) Whether your brunch favorites include pastries and pancakes or fruits and French toast, enjoying a meal together is a heartwarming way to start the day.

Now, you can savor all your favorite flavors inspired by wish kids. This Peanut Butter and Apple breakfast recipe is made with the freshness and irresistibly soft texture of Butterbread from Nature's Own, which partnered with Make-A-Wish on a \$500,000 donation to highlight and support wish kids through 2026.

Since 1980, the global nonprofit has granted more than 375,000 wishes in the U.S. to children with critical illnesses, helping them build the strength and hope needed to fight their illnesses. Granted wishes can be life-changing, bringing a sense of normalcy to families that can impact entire communities.

To celebrate the partnership, the Slice of Hope Campaign was launched, introducing in-store displays as well as a digital "Well Wish Wall" where shoppers can submit their well wishes for kids to see.

Special-edition bread loaf packaging also highlights the collaboration by sharing inspiring stories from three wish kids: Addison, who fulfilled her dream of experiencing the wonders of Pearl Harbor; Aden, who ventured out for an epic fishing trip; and Joanna, born with an adventurous spirit that wouldn't rest until she learned to surf the breathtaking shores of Hawaii.

"We are truly honored to partner with Make-A-Wish on this meaningful two-year journey, committing to help grant life-changing wishes," said Krystle Farlow, senior director of brand management for Nature's Own. "Together, we hope to continue to inspire and spread goodness, one wish at a time." ■

PEANUT BUTTER AND APPLE

Total time: 10 minutes

Servings: 1

Ingredients:

- 2 tablespoons peanut butter
- 1 slice Nature's Own Butterbread
- 1/2 apple, thinly sliced
- 1 teaspoon honey

Directions:

Spread peanut butter on one side of bread.

Arrange apple slices on top of peanut butter.

Drizzle honey over apple slices.

**IOWA GOLD STAR MILITARY MUSEUM**

515-252-4531

HOURS:

SUNDAY: CLOSED
MONDAY: CLOSED
TUES. - FRI.: 9AM - 3PM
SATURDAY: 10AM - 2PM

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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. ■

DSF SPRING AUCTION UPCOMING

The Dragon Scholarship Fund's annual Spring Auction is just around the corner, taking place from March 2-8. This key fundraising event is vital in supporting scholarships for Johnston High School seniors, helping them pursue their future goals.

This year's auction will feature more than \$20,000 in community donations, including items and experiences from dining; entertainment, concerts and theater; sports tickets, memorabilia and activities; to health and beauty. Click on the QR code to register as a bidder. New items will be added up until the opening day of the auction. Registering now ensures you will be informed once the site is open for bidding on all items. For more information, visit www.dragonsf.org. ■



SETHI, FROM FRONT

sources its supplies from local businesses, community donations and charitable partners.

The kits are available at the aforementioned sites, as well as local food pantries.

Those interested can help by contributing a monetary donation to support their efforts, or via Amazon

Wish List to order supplies to ensure they receive exactly what's needed.

For more information or to get involved, visit Instagram (@purekindnessfoundation) or Facebook (<https://www.facebook.com/purekindnessfoundation/>).

See the full story in the March Johnston Living magazine, mailed to homes on March 6. ■

CLASSIFIED ADS

FOR SALE: Sturdy vintage oak parlor table with glass ball and claw feet. Photos and details can be found on the Des Moines Craigs List (desmoinescraigslist.org) under "Antiques". Table is in great condition, just needs some minor refinishing. Bargain priced at \$135. Call 515-770-2307. No texts please.

SERVICE: Quality home cleaning by insured individual. Call 515.675.8144.

FOR SALE: Two older-model gun cabinets with drawer storage. You haul. Call 515-993-5202 and make offer.

FOR SALE: 26 glass aquariums with lights. Various sizes. Some heavy wood stands available also. You haul. Best Offer Good start up for a fish store 515-993-5202

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

SEND IN YOUR FREE CLASSIFIED AD BY MONDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM

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JOHNSTON FEBRUARY 2025

Living

A Special BOND

Local grandparents share why living close to their grandkids is so important to them.

Meet Marilyn Whitney EDUCATION

Johnston Climate Change Committee makes impact COMUNITY

Italian crusted salmon with creamy truffle Caesar salad RECIPES

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JOKE OF THE WEEK

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