

JOHNSTON *Living Weekly*

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SEEN IN JOHNSTON

THE JOHNSTON CHAMBER OF COMMERCE HELD ITS ANNUAL DINNER FEB. 10 AT THE HILTON GARDEN INN.



Johnston Chamber 2021 President Shane Goodman presents the business of the year award to Shorte's BBQ. Pictured are Chris Elyea, Josh Barnett, Shane Goodman, Bryan Easter and Morgan Scholl.



Allan Graham, 2022 chamber president, presents outgoing president Shane Goodman a plaque of appreciation.



Ambassador of the Year is Sharon Vickery with Edward Jones.



Citizen of the Year is Jim Sanders, city administrator for the City of Johnston.

JOHNSTON WEATHER FORECAST

TUESDAY HIGH 51 | LOW 38
Mostly sunny and mild



WEDNESDAY HIGH 38 | LOW 12
Colder, snow in the p.m.



THURSDAY HIGH 20 | LOW 9
Colder with some sun



FRIDAY HIGH 45 | LOW 17
Mild, breezy in the p.m.



SATURDAY HIGH 38 | LOW 27
Plenty of sunshine




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FROM THE PUBLISHER

MEET GEORGE JETSON

I saw a cartoon the other day illustrating a family driving in a car with the mother in the passenger seat looking at her phone and stating to all, “The blender just texted — we forgot to turn off the stove.”

Sound familiar? We may not be there yet, but we are close.

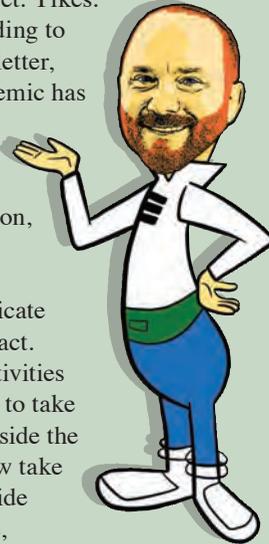
A telecommunications company mailed me a newsletter recently with an article that referenced a 2021 survey from Deloitte indicating that the average U.S. household now has 25 connected devices, up from 11 in the 2019 survey.

“Impossible,” I said.

Then I started adding them up. My cell phone. My wife’s cell phone. Two iPads. Two Apple watches. Two laptops. A home computer. Two Apple TVs. A Firestick. A Ring doorbell. A Nest thermostat. A MyQ garage door opener. Three Amazon Echos. Two wireless headphone sets. That brings me to 20, and

I haven’t counted in the kids’ devices yet. Yikes.

According to the newsletter, the pandemic has played a big part in this progression, changing how we communicate and interact. Many activities that used to take place outside the home now take place inside the home, redefining “homework.”



Here are a few other surprising findings from the Deloitte report:

- More than half of U.S. adults had virtual doctor visits, and 82 percent were satisfied with the experience.
- More than half of U.S.

households have a smartwatch or fitness tracker.

- During the pandemic, 70 percent of consumers started mobile ordering or other smartphone-based retail and expect to continue to do so.
- Two-thirds of U.S. household have some type of smart home devices.
- Thirty-one percent of Americans admit to feeling overwhelmed by the number of devices and subscriptions they need to manage.

Ready or not, the future is here. Meet George Jetson.

Have a great week, and thanks for reading. ■

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GROVE SPEAKS ABOUT MANAGING WORKPLACE STRESS

The Johnston Rotary Club speaker on Feb. 8 was David Grove, PhD, owner and manager of Compass Clinical Associates of Urbandale. The firm employs approximately 50 people. Management recognized early on the signs of workforce pressures caused by the threat from COVID-19 both at work as well as at employees' homes. By recognizing common warning signs of stress, management was able to identify changes in mental health in the workplace due to the pandemic that started in 2019. Symptoms of anxiety and depression were recognized and measured. One-on-one employee communication allowed the firm to make managing stress a priority. They made resilience their priority and defined "being resilient" as the process of being able to adapt well and bounce back quickly in times of stress. More information can be found at: <https://www.compassclinicalassociates.com/>. ■



VOLUNTEERS SOUGHT FOR JOHNSTON KITES ON THE GREEN

Come help at the annual kite festival, which includes public kite flying, professional kite flyers demonstrations, kids kite building, music and more. Lots of help is needed to make this event, set for Saturday, May 7, successful. Multiple shifts are available. Among other things, volunteers may be asked to help kids/families build kites, assist at special activities, staff information or donation booths, etc. Johnston Kites on the Green is organized by the City of Johnston and the Johnston Public Library Foundation, which is an organization eligible to receive tax-deductible charitable contributions. For more information, contact city hall, 515-278-2344. ■

JHS SPORTS SCHEDULES

Tuesday, Feb. 15

- 10 a.m. **Bowling:** Girls Varsity/Boys Varsity State Qualifying @ Maple Lanes
6:30 p.m. **Basketball:** Boys Varsity @ Des Moines Hoover

Wednesday, Feb. 16

- 9 a.m. **Wrestling:** Varsity State Tournament @ Wells Fargo Arena

Friday, Feb. 18

- 7:45 p.m. **Basketball:** Boys Varsity vs. Ames

Saturday, Feb. 19

- 7 p.m. **Basketball:** Girls Varsity Regional Tournament vs. Council Bluffs Thomas Jefferson

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Contact Andrea Hodapp at andrea@iowalivingmagazines.com

<https://team1sports.com/johnston/>
Check out Johnston's live-stream.

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Meet with Jensen
10:00am
Kids of love in February
10:00am
Cuban chicken with salsa fresca
11:00am

ICCC HONORS LISTS RELEASED

Iowa Central Community College released its honors lists for the fall 2021 semester. Included from Johnston were **Summer Williams** on the President's List and **Milly Upadhyay** on the Dean's List. ■

PLAY-DOH POWER

On Tuesday, Feb. 22, join others at the library for Play-Doh Power. A variety of Play-Doh, tools, and mats will be available during the Play-Doh Power program, as well as information for parents on the benefits of using Play-Doh during regular play time. Perfect for ages 2-5, but all ages are welcome. For more information, visit johnstonlibrary.com/kids. ■

Happy President's Day!



Sharon H Vickery
Financial Advisor

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SPIRIT OF CHANDY SCHOLARSHIP OFFERED

For the ninth year, Bank Iowa is offering graduating high school seniors in the Des Moines area an opportunity to apply for the Spirit of Chandy Scholarship. Bank Iowa annually awards up to 20 \$500 scholarships to commendable high school students across the state.

The scholarship is a tribute to Bank Iowa co-founder Harry Barr's daughter, Chandy Barr Clanton, who passed away in 2009 at the age of 36 while piloting her aerobatic plane during a training flight. Clanton was a successful businesswoman, competitive athlete, talented pilot and a beloved mother of two sons.

"Chandy's zest for life and her drive to be the very best is a great example for students, especially to high school seniors looking to take the next step in their education," said Bank Iowa President and CEO Jim Plagge. "Bank Iowa is honored to provide Iowa students with an opportunity to get to learn about Chandy through her work and passions, as well as support to students across the state."

The application deadline is March 25, and recipients will be announced in May. To apply for the scholarship, visit <https://www.bankiowa.bank/about-us/spirit-of-chandy-scholarship> ■

FUNDRAISING FOR DRAGON SCHOLARSHIP FUND

The Dragon Scholarship Fund Virtual Auction is open for viewing. Bidding will open Feb. 26 and continue until Saturday, March 6. Registration is free and 100% of the proceeds from the auction will be used to fund scholarships for Johnston graduating seniors.

Established in 1987, DSF is a 501(3)(c) organization and has provided almost \$2 million in scholarships to graduating seniors.

You can set up your account now by going online to <https://dragonsf2022.ggo.bid/bidding/package-browse> and clicking the "Get Started" button at the top of the page to register. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

VARIOUS SHOWS

February dates

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

A variety of performances are on tap for February at Hoyt Sherman Place. For details, visit www.hoytsherman.org.

Feb. 15: “Des Moines Storytellers Project: Love” at 7 p.m.

Feb. 16: “An Evening With Bruce Dickinson” at 7:30 p.m.

Feb. 18: “The Mavericks: ‘En Español’ World Tour” at 7:30 p.m.

Feb. 19: “Yola: Stand For Myself Tour” at 8 p.m.

Feb. 24: “Ashley McBryde - This Town Talks Tour” at 8 p.m.



ON STAGE

February dates

Enjoy one of the local theater productions currently showing in the area.

• **“Long Day’s Journey into Night”** — Iowa Stage Theatre Company presents this play about addiction and the resulting family dysfunction now through Feb. 20 at the Stoner Theater, 221 Walnut St., Des Moines. www.iowastage.org

• **“The Revolutionists”** — Tallgrass Theatre Company, 2019 Grand Ave., West Des Moines, presents this play about four beautiful, tough women who lose their heads in an irreverent, girl-powered comedy. Playing now through Feb. 20. www.tallgrasstheater.org

• **“Agatha Christie’s Murder on the Orient Express”** — The show runs now through Feb. 20 at the

Des Moines Community Playhouse, 831 42nd St., Des Moines. It’s winter 1934, and, when the Orient Express luxury train is stopped in the snow, a passenger is found dead in his locked compartment. Fortunately, the famous detective Hercule Poirot is also aboard to solve the case before the killer strikes again. www.dmplayhouse.com

CITYVIEW CHOCOLATE WALK

Friday, Feb. 25, 5-9 p.m.

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? They you’ll love this event. CITYVIEW and West Glen Town Center once again present the Chocolate Walk. For a ticket price of \$20 (\$30 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. Find the registration link at <https://chocolatewalk.dmcityview.com>.

BLUE RIBBON BACON FESTIVAL

Saturday, Feb. 26

Horizon Events Center in Clive

After a year off, the bacon fellowship will resume, according to the Blue Ribbon Bacon Festival’s website. The \$50 general admission ticket includes live entertainment, 12 bacon-inspired dishes, one beverage and all the bacon you can eat. The theme will be “Bacon Gras” and feature bacon-infused Cajun dishes along with: Bacon Bourbon Street – Mardi Gras Beads, street performers, local musical acts, pro wrestling, Iowa’s top pop-punk group The Eugene Levy Band, Silent Club Sizzle, main-stage music from Tyler Richton & The High Bank Boys, Not Quite Brothers and BYOBrass, and you won’t want to miss the popular bacon-eating contest at 3 p.m. Tickets for the event will be limited to 5,000. For more information, visit blueribbonbaconfestival.com. ■

RECIPE

FRESH, HEALTHY FAMILY MEALS

RECIPES TO HELP BOOST IRON LEVELS, AID PLASMA DONATION RECOVERY



(Family Features) Chef Nate Appleman knows how important it is to serve healthy meals to your family — ones they actually want to eat. Before having his first child, he transformed his eating and exercise habits and lost 85 pounds to get on a healthier path.

Now, he's cooking meals for his family, including 14-year-old Oliver who was diagnosed with Kawasaki Disease as a toddler — an inflammation of the blood vessels that can cause damage to coronary arteries — as a healthy lifestyle is important to help manage the disease. Since Oliver's diagnosis, Appleman made it his personal mission to create awareness of Kawasaki Disease and for the critical need for plasma donations that many people with the disease rely on for treatment, which is why he partnered with Abbott to bring attention to the need for plasma donations.

Donating plasma is a safe and relatively easy process. Since plasma is replaced in the body within about 24 hours, it can be donated up to twice per week. With a donation that typically takes between 1-3 hours, you can make a lasting impact by providing lifesaving medicine for patients like Oliver.

It's a good idea to fuel up with iron-rich foods before and after donating, so Appleman created fresh, nutritious recipes he loves to serve his family.

Learn where you can donate at bethel.donor.abbott. ■

MARINATED SKIRT STEAK

Recipe courtesy of chef Nate Appleman on behalf of Abbott

Vinaigrette:

- 1/4 cup oil
- 1/4 cup fish sauce
- 1/4 cup rice wine vinegar
- 1/4 cup water
- 2 tablespoons raw sugar
- 1 cup chopped fresh cilantro
- 1 lime, juice only
- 1 clove garlic, minced
- 1 small Thai bird chile or serrano chile, chopped
- 1/4 head finely shaved green cabbage
- 1/4 head finely shaved purple cabbage
- 2 carrots, thinly julienned

Skirt steak:

- 1 1/2 pounds trimmed skirt steak
- 1/2 cup coconut milk
- 3 cloves garlic, minced
- 2 tablespoons lime juice
- 1/4 cup chopped fresh cilantro
- 2 tablespoons sriracha
- salt, to taste
- 3 cups cooked brown rice
- 1/2 cup crushed peanuts
- 1 lime, quartered, for garnish

To make vinaigrette: In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

To make skirt steak: Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.

Heat grill to high.

Grill 3-4 minutes each side until medium rare.

Let rest 3 minutes.

Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.

FILM REVIEWS

By Michael C. Woody

'AFTER LIFE'

Season 3 of this heartwarming and heartbreaking series about a man who loses his wife to cancer is outstanding. Ricky Gervais, of all people, is behind this excellent series. Raunchy language alert but so full of heart and love.

Grade: A-



"AFTER LIFE"

'ENCOUNTER'

What starts as a compelling sci-fi story about an ex-military dad protecting his two sons spins on a dime and turns into a whole different movie. Riz Ahmed turns in great performances.

Grade: B-



"ENCOUNTER"

'PARALLEL MOTHERS'

This is the first of two art films on this month's list. Penelope Cruz plays a successful adult who finds herself pregnant with no support from the father. Along this road, she meets a young woman in the same position, and the two strike up an interesting friendship. It's not a perfect film, but there is still much to like.

Grade: B



"PARALLEL MOTHERS"

'SCREAM'

I guess "Scream 5" didn't seem like a great title, so simply "Scream." Many faces from previous incarnations reappear as the town is once again terrorized by a creepy man.

Grade: C+



"SCREAM"

'SWAN SONG'

If you love Mahershala Ali ("Green Book"), you are in for a treat as here he plays two characters. A man who has a terminal illness finds a company (headed by Glenn Close) that will make an exact copy of him and insert this duplicate into the life of his son and wife... without them knowing. All fun and games until something goes awry.

Grade: B+



"SWAN SONG"

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



JOHNSTON'S TAXABLE VALUATION INCREASES BY \$87.4 MILLION IN 2021

In 2021, the City of Johnston had a substantial year of growth with \$87.4 million in new taxable valuation. This includes 199 new residential units, of which 120 were single-family residential units — the highest total since 2015. Five commercial projects accounted for \$17.3 million in new valuation and included the first two commercial buildings within the Johnston Town Center.

“With a strong mix of residential and commercial projects, 2021 proved to be a tremendous year of growth for Johnston,” said Community Development Director David Wilwerding. “The foundation is formed for this growth to continue into 2022 and beyond. These growth areas include the Johnston Town Center, Merle Hay Road Gateway and the Northwest Annexation.”

As part of the 2021 Community Development Annual Report, Wilwerding predicts the following for 2022:

- Increase in permits for single-family residential and townhome/villa development due to new and pending developments.
- In partnership with Hansen Companies, construction of the first phases of the Johnston Town Center, including the occupancy of the first commercial structures, will continue.
- The long-planned vision for Merle Hay Road will begin to rapidly advance with construction at the Johnston Town Center, Ignit, and development of the former Heard Gardens property, spurring growth elsewhere along the corridor. ■

CLASSIFIED ADS

HOUSE CLEANER WANTED: Needed ASAP. Small townhome in Johnston. Needed 1 to 2 times a week for 2 hours each. Will pay \$50/2hrs. Call Joe at 515-278-2296.

FARM FRESH EGGS: \$3.00 text or call Don @ 515-554-8864. Pick up in Grimes.

STAFF REPORTER: We are currently seeking a seasoned news and feature writer to cover the people, places and events of central Iowa in Des Moines' most established news, arts and entertainment magazine. Qualified candidates should have experience in news coverage and feature writing with basic photography and copy editing skills. Basic hours are Monday through Friday, 8:30 a.m. to 5 p.m. with occasional evening or weekend needs. This is a full-time position with company benefits. Applicants currently residing in central Iowa will be preferred. Please send resume and writing samples to Shane Goodman, publisher, at shane@dmcityview.com or mail to Big Green Umbrella Media, 8101 Birchwood Court, Suite D, Johnston, IA 50131

LOOKING TO BUY: Vinyl Records. Will pay cash for your 60s, 70s and 80s rock as well as jazz and blues. Please call Brian at 515-326-5033.

FOR SALE: Three wheel double baby/toddler Stroller. \$35. Call or text for photos. 515-238-3198.

FOR SALE: 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disk CD player/DVD. 213,000 miles. Asking \$750.00. Call 515-238-3198. Located 5 miles from Grimes.

BABY BED FOR SALE: Has changing table on one end, 5 drawers for storage. Well Built. Needs a home to put it to use. Call 515-238-3198.

BUNK BEDS FOR SALE: Twin bottom/single top. Really nice. \$200.00 takes them away to a usable home. Text or call 515-238-3198 and I can return photos for viewing.

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JOKE OF THE WEEK



What do you call a belt made of watches?
A waist of time!!!