

JOHNSTON *Living Weekly*

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WIND SYMPHONY RUNNER-UP AT BAND FESTIVAL



The Johnston Wind Symphony was selected as the class 4A Best in Class runner-up at the Adventureland Band Festival. Selections performed included "Grace" by Brian Balmages and "Chester" by William Schuman.

JOHNSTON WEATHER FORECAST

TUES. HIGH 62 | LOW 36
Mostly sunny and breezy



WED. HIGH 69 | LOW 45
Mostly sunny and mild



THURS. HIGH 69 | LOW 53
Mostly sunny and pleasant



FRI. HIGH 67 | LOW 53
Clearing and breezy



SAT. HIGH 72 | LOW 56
Breezy with periods of sun



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FROM THE PUBLISHER

DIGGING UP DANDELIONS

Dandelions and kids go hand in hand. Yellow stains and all.

Most of us can remember being a child and playing in the green grass of spring about this time of year. And most of us can recall our first sight of those bright yellow “flowers” in the grass, and how we proudly picked them and gave them to our mothers. Our mothers then politely thanked us and discreetly tossed them in the garbage while we weren’t looking. Sound familiar?

The era doesn’t seem to matter, as that scenario played out almost exactly as I stated above for generations. What has changed is how we deal with the dandelions and other weeds today.

I thought topping off all those dandelions in the lawn with the mower blade would suffice in the weed management plan. Mom disagreed.

She never put fertilizer or weed killer on the lawn. The rain and sun

were the fertilizer, and I was the weed killer. Mom would send me out with a garden trowel to hand-dig each dandelion in the yard — and she would inspect each one to be sure I got the entire root. Oddly, it was a task I looked forward to. It sure beat staining the deck or doing the dishes.

That dandelion-removal process did make mowing more challenging, though, as the cut dandelions allowed me to see the mower’s path. Without them, I had to guess on what I mowed and what I didn’t, as the dry summer months didn’t make for a lush lawn. I mowed more dead grass and dirt than anything green, but I still mowed because that’s what Mom demanded. I tried to debate the need for mowing with her from time to time, but I never seemed to win that argument. In fact, it usually ended



with me having an additional task, like using those awful hand-trimming sheers to edge. So I learned to dig out dandelions by hand, mow dead grass and dirt, and shut my mouth.

Back to those yellow dandelions stains. Do you remember how they never seemed to wash off your fingers, no matter how hard you scrubbed? But yellow fingers were OK. In fact, they were a colorful symbol of being a kid, as were the green grass stains on your jeans and the black grease spots from your bicycle chain on your socks. Getting dirty was just part of the growing-up process.

Don’t you miss those days?

Thanks for reading, and have a great week. ■



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SEEN IN JOHNSTON



Johnston Chamber of Commerce held a ribbon cutting for Cajun Belle, 5460 Merle Hay Road Suite A, Johnston, on May 2.



Sharon Vickery and Jason Parkin



Paula Bierle and Marla Bundy



Brenda Ballard and Nicole Berger

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**2023 MEMORIAL DAY
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MONDAY, MAY 29th
MUSEUM LOCATED AT CAMP DODGE

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Free military style breakfast 6-9AM or until gone!
Memorial Day Hours: 5am-1pm **FREE ADMISSION**

Iowa Gold Star Military Museum
7105 NW 70th Ave, Johnston | (515) 252-4531

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VIETNAM LIVING HISTORY EVENT

The Iowa Gold Star Military Museum will host a Vietnam Living History event featuring displays of Vietnam gear and equipment, a CH-47 helicopter flyover, Vietnam War-era military vehicles, military police patrol boat, and museum tours. The event is June 3, 9 a.m. to 5 p.m., and June 4, 9 a.m. to 1 p.m., at the museum, located at 7015 N.W. 70th Ave., Johnston. ■

JOHNSTON PARTNERSHIP'S CURRENT NEEDS

The Johnston Partnership provides personal hygiene products to those in need. Currently, the organization is in most need of frozen foods (fruit, vegetables, meals), lotion, shampoo and conditioner. 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. ■

MAYOR'S BIKE RIDE

Join Mayor Paula Dierenfeld for the annual Mayor's Bike Ride, a fun ride on Johnston's trails on Saturday, May 13. Interested participants can begin gathering at 11:30 a.m. in the parking lot just east of City Hall. Bicycle riders will depart around noon. The ride begins at City Hall, located at 6221 Merle Hay Road, and will end at the large shelter at Terra Park with a free lunch for participants. ■

JOHNSTON LIBRARY

6700 Merle Hay Road • 515-278-5233 • www.johnstonlibrary.com

KIDS AND FAMILY EVENTS

Have some little people in your life? Check out Terrific Tuesday programming in May. Terrific Tuesday programs are from 10:30-11:30 a.m. in the Youth Services area of JPL and do not require registration.

Tuesday, May 16 is for Play-Doh Power. A variety of Play-Doh, tools and mats will be available during this program as well as information for parents on the benefits of using Play-Doh during regular play time.

Rhythm and Rhymes finishes out Terrific Tuesday programming on May 23. Rhythm and Rhymes is a passive, musical play time for children and their caregivers to explore sounds through instruments, toys and other materials.

ADULT EVENTS

Searching for employment or learning a new skill can be a job itself. It's OK to ask for help. Johnston Public Library's Help Desk program provides training and support for teens and adults as they face new learning, employment, or technology-related challenges. JPL Help Desk staff can provide guidance with tech-related tasks, job search and resume help, and can connect individuals to resources. Help Desk appointments are educational in nature and individuals should have a clear goal in mind of what they would like to learn during their session. Call JPL at 515-278-5233x3 for more information and to schedule an appointment.

Feeling crafty? Get your craft on with us at the JPL Craft Workshop for Adults on Saturday, May 20 at 10:30 a.m. This month, Lori and Riddhi will be showing you how to create pressed botanical prints that have a beautiful vintage Victorian aesthetic. Registration is required for this free, in-person crafting class. Adults, leave the kids at home for this one; this crafting time is just for you.

SUMMER READING FOR EVERYONE

Join JPL from May 30 to July 31 for a summer filled with fun. The Summer Discovery Library Program is for everyone: there is no age limit, no cost and no sign-up. Participants can win prizes by reading or listening to books and participating in activities and events. Reading and activity logs for all ages will be available for pick up beginning May 30 or can be downloaded and printed from our website. For more information about the Summer Discovery Library Program, visit johnstonlibrary.com ■

SEEN IN JOHNSTON



ABOVE: Johnston Chamber of Commerce held a ribbon cutting for Furrow Family Dentistry, 5965 Merle Hay Road Suite A, Johnston, on April 27. **RIGHT:** Allan Graham presents Emily Furrow and Derek Furrow with a plaque at the event. ■



COME MEET THE LION SCOUTS PACK 244

Those interesting in learning more about Cub Scouts are invited to this event on Saturday, May 13, 3-5 p.m. at Beaver Creek Elementary Pavilion. Meet the Lion Scout Den from Beaver Creek, learn about Cub Scouts and future events, and have fun. The event will include a Mother's Day Gift Workshop for children kindergarten and younger to decorate a provided flower pot with a flower for free. For more information, visit Facebook: CubScoutPack244Johnston. ■

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EVENTS IN THE AREA

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Des Moines Regional Sports Card Show

May 14: Des Moines Regional Sports Card Show. The rarest cards and collections on display at Hilton Garden Inn West Des Moines, 205 South 64th St. #8623, West Des Moines; www.facebook.com/groups/IowaCardShows

May 19: Sip and Stroll with a glass of wine through the Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

May 20-21: Spring Fling Sleepy Hollow Renaissance Faire. A weekend in the past at Iowa's only permanent renaissance village will see events of old such as jousting, circus acts and live music. 4051 Dean Ave., Des Moines; www.sleepyhollowrenfaire.com/#/select

May 20 – Sept. 24: Brewery Running Series: A series of 5k runs that spread across central Iowa at several breweries, including Coralville on May 20, Newton on June 10, Decorah on June 17, Clive on Aug. 26, Des Moines on Sept. 17 and Ankeny on Sept. 24. www.breweryrunningseries.com

May 21: Valley Junction Arts Festival will be held in the 100-200 Blocks of Fifth Street, West Des Moines. The Valley Junction Art Committee has helped give the public the opportunity to meet, interact with and purchase original work by more than 50 artists.

June 4: 13th Annual Garden Art Show starts at

noon, 4320 Franklin Ave., Des Moines. Mature shade trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, metal, glass beads, mosaics and sculpture.

MAY MUSICAL EVENTS

May 12: Yoke Lore at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

May 14: Psychostick & Bit Brigade at 7 p.m. Leftys Live Music 2307 University Ave., Des Moines; www.leftyslivemusic.com

May 16: Martin Sexton & KT Tunstall at 7:30 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org

May 16: Giovannie & The Hired Guns at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

May 17: Loudness at 7 p.m. Leftys Live Music 2307 University Ave., Des Moines; www.leftyslivemusic.com

May 18: EmceeTv Presents One Night with Joey Cool at 5 p.m. Leftys Live Music 2307 University Ave., Des Moines; www.leftyslivemusic.com

May 18: Brian Herrin Band at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

May 19: The Nadas at 8 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

May 19-20: Greenbelt Music Festival in Clive just off the Greenbelt Trail will feature headliners Jameson Rodgers and The Infamous Stringdusters to kick off warm weather returning to the state.

May 21: An Evening with Machine Head at 8 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

May 21: COLD Year of the Spider 20th anniversary tour at 7 p.m. Leftys Live Music 2307 University Ave.,

RECIPE

A TASTY MEAL FOR A HEART-HEALTHY SUMMER

(Family Features) As you plan your summer fun, think also about adopting healthy habits that can help keep your blood pressure under control. When your blood pressure is consistently high — a condition called hypertension — blood flows through arteries at higher-than-normal pressures. This can cause serious health problems not just for your heart, but also for your blood vessels, kidneys, eyes and brain.

Following a heart-healthy eating plan, such as the Dietary Approaches to Stop Hypertension (DASH), which emphasizes vegetables, fruits, whole grains, fish, poultry, beans, nuts, low-fat dairy and healthy oils, can help keep your blood pressure in a healthy range. Developed through research by the National Heart, Lung, and Blood Institute (NHLBI), DASH focuses on reducing sodium and limiting foods that are high in saturated fat, including fatty meats, full-fat dairy and tropical oils.

Get your summer off to a heart-healthy start by talking to your health care provider about your blood pressure numbers and what they mean. ■

HAWAIIAN HULI HULI CHICKEN

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

Sauce:

- 2 tablespoons ketchup
- 2 tablespoons light soy sauce
- 2 tablespoons honey
- 2 teaspoons orange juice
- 1 teaspoon garlic (about 1 clove), minced
- 1 teaspoon ginger, minced
- 12 ounces boneless, skinless chicken breast (about 2 large breasts), cut into 1-inch cubes (about 24 cubes)
- 1 cup fresh pineapple, diced (about 24 pieces)
- 8 wooden skewers (6 inches each), soaked in water

To make sauce:

Combine ketchup, soy sauce, honey, orange juice, garlic and ginger; mix well. Separate into two bowls and set aside.

Directions:

Preheat grill to medium-high heat. Preheat oven to



350 F.

Alternately thread three chicken cubes and three pineapple chunks on each skewer.

Grill skewers 3-5 minutes on each side. Brush or spoon sauce from one bowl onto chicken and pineapple every other minute. Discard remaining sauce from first bowl.

To prevent chicken from drying out, finish cooking to minimum internal temperature of 165 F in oven. Using clean brush or spoon, coat with sauce from remaining bowl before serving.

FAMILY FEST IS JUNE 2

Family Fest will be held at the Johnston Town Center on Saturday, June 3, from 11 a.m. to 2 p.m. Activities include splash pad, bingo, shuffleboard, face painting, balloon artist, and more. Food trucks will be present at the event for you to enjoy the afternoon. This event is free to attendees. More information at www.johnstontowncenter.com/events. ■

GOLF OUTING FUNDRAISER

The Dragon Scholarship Fund Golf Outing Fundraiser four-person best shot will be Monday, June 19 with a 9 a.m. shotgun start at Jester Park Golf Course. Proceeds support Johnston seniors in their post high school education. Cost, which includes 18 hole green fees and cart, are \$400 per foursome and \$200 per twosome. Register and pay by June 5 at bit.ly/DSFgolfouting2023. ■



TREES FOR KIDS PLANTING EVENT

Join the Johnston Parks Department and the Iowa Department of Natural Resources Saturday, May 9 at 9 a.m., for a Trees for Kids planting event. The planting will take place at Johnston Commons Park, 6700 Merle Hay Road. The trees will be planted as part of the Johnston Commons Park Improvement Project and will be planted around the new shelter/restroom. Please bring your own gloves, and closed-toed shoes are required.

The Trees for Kids program aims to educate children, teenagers and young adults about the importance of trees and their myriad benefits, as well as to offer hands-on planting and maintenance experience. The program requires youth involvement in planting, mulching, and initial watering. A demonstration on proper planting, mulching and watering will be provided at the beginning of the event. ■

IOWA GOLD STAR MILITARY MUSEUM

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

FOR SALE: Nice bunk beds. Solid built. \$175. Call or text 515-238-3198 and I can send photos.

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JOHNSTON *Living* MAGAZINE MAY 2023

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