

# GOODWILL HOSTS CUSTOMER APPRECIATION EVENT

On Wednesday, May 24, Goodwill of Central Iowa hosted its first Community Appreciation Event at its Headquarters and Training Center in Johnston. More than 200 central Iowans attended the event for facility tours, local food trucks, games, prizes, thrifting and music from Star 102.5.

Event attendees were given a behind-the-scenes look at Goodwill where they were able to track the life cycle of a donation. From donation door, to sales floor, to outlet bin, and through the recycling and salvage processes, Goodwill of Central Iowa diverted more than 17 million pounds of household items and clothing from local landfills in 2022 alone. By offering the opportunity to extend product life cycles, Goodwill of Central Iowa is effectively maximizing the impact of each donation while decreasing the



The public tours the Goodwill of Central Iowa Headquarters and Training Center in Johnston.

community's burden on local waste removal.

As a social enterprise, Goodwill of Central Iowa relies on the support and partnership of the central Iowa community to fulfill its mission of making purposeful employment possible for all. When

Iowans shop in Goodwill stores, donate their gently used items, or make a financial contribution to the organization, programs designed to inspire confidence and strengthen abilities for those facing barriers to

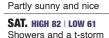
**GOODWILL, CONTINUED ON BACK** 

### WEATHER FORECAST

TUES. HIGH 86 | LOW 65 Cloudy







FRI. HIGH 83 | LOW 61

THURS. HIGH 81 | LOW 58

Nice with sun and clouds

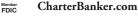








5526 N.W. 86th St., Johnston • 331-2265





FROM THE PUBLISHER

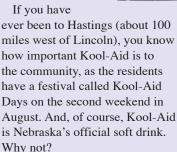
# **'OH, YEAH!'**

The two words in this headline conjure an image of a glass pitcher with a smiley face for generations of kids who grew mixing packets of powder, sugar and water together for a tasty drink to "wipe out thirst." Some of you still have the containers you made this stuff in with the stains on the plastic to prove it.

Yes, I am referencing Kool-Aid and the ever-popular Kool-Aid Man. Kool-Aid still exists as a brand of flavored drink mix and is now owned by Kraft Heinz, but it certainly doesn't have the allure it had decades prior.

Edwin Perkins of Hastings,
Nebraska, invented the powder
form of Kool-Aid in 1927 when
trying to improve on a liquid
concentrate called Fruit Smack.
Like most all great inventors,
his experiments started in his
mother's kitchen. Perkins was
attempting to create a powder
version of Fruit Smack that would
be easier — and less expensive
— to ship. Once he devised a
solution, he moved production

to Chicago. This success sparked the interest of large companies, and Kool-Aid was sold to General Foods.



The original six flavors of Kool-Aid were cherry, grape, lemon-lime, orange, raspberry and strawberry. I preferred grape or strawberry, but they were all fantastic. Singles flavors were later introduced including black cherry, tropical punch, lemonade, pink lemonade, cherry, watermelon, orange and summer punch. Again, how could you go wrong?

General Foods introduced The Kool-Aid Man and the ingenious

marketing shortly after acquiring the brand in the 1950s. You may remember the Kool-Aid Man crashing through walls and fences and then making a batch of Kool-Aid for kids while shouting, "Oh, yeah!" I had a ring-neck Kool-Aid T-shirt with this image and slogan on it as a kid. I wore it out.

Kool-Aid is now available in liquid drops, but it just isn't the same. There was something about being a kid and standing on a chair at the kitchen counter, measuring the Kool-Aid powder and mixing it up with a wooden spoon that just can't be replicated with any type of drops. Yes, this is a job for Kool-Aid. "Hey, Kool-Aid!"

What are your Kool-Aid memories? Send me a note and let me know.

Have a terrific Tuesday, and thanks for reading. ■

#### **Shane Goodman**

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

Living Weekly

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 LIONS CLUB TENT OFFERS SERVICES

There is something new for Green Days at the Johnston Lions Club tent on Thursday, June 15, 5-8 p.m., and Saturday, June 17, 1-4 p.m.

When you come to celebrate Green Days, bring your old eyeglasses and hearing aids to the Johnston Lions Club tent. They will recycle them.

They will also have the makings for kindness kits. The CDC has declared that loneliness is at an epidemic level. Do you know someone who could be lonely, sad or not feeling well? Come to the Johnston Lions Club tent and create a kindness kit. Bring the kids and select items to put into an eyeglass case that will encourage interaction and a feeling of connectivity. Teach kindness and empathy.

Diabetes testing will be offered during the Saturday hours. One of the missions of the Johnston Lions Club is blindness prevention. Diabetes can lead to diabetic retinopathy, which is one of the leading causes of blindness. For this reason, the Johnston Lions Club invited Iowa Diabetes to come to Johnston Green Days to offer diabetes testing. A single drop of blood is used, and, within a few minutes, a person can know whether they have diabetes or not. The A1c test shows the average of blood sugar in your body for over a period of the past three months. A result of less than 5.7 is normal. Greater than 6.5 would be a sign to get checked by your doctor. An early diagnosis could save your eyes from further damage.

# **GREEN DAYS QUILT AUCTION**

The Crown Point Senior Center "Sewcial" group will be raffling off a handmade quilt (84 inches by 76 inches) to benefit the Johnston Partnership food pantry. View the quilt and purchase a raffle ticket June 1-16 at 6300 Pioneer Parkway from 9 a.m. to 2 p.m., Monday - Friday. Tickets are \$5 each or \$20 for five. Help the group raise funds to fight hunger by purchasing tickets for this one-of-a-kind piece.

#### **ALUMNI NIGHT AT JOHNSTON GREEN DAYS**

Johnston Green Days, the annual community celebration held each June, will be hosting an All-Alumni Reunion on Saturday, June 17, and all Johnston High School alumni and families are welcome. Organizers will have a table from 5-9 p.m. inside the beer garden for alumni to check-in and grab a name tag before mingling with fellow alums. The party continues until midnight at Terra Park with live music, cold drinks and fireworks. Organizers will also have old JHS yearbooks, a selfie station, and Alumni apparel available for purchase.

### FLAG RETIREMENT CEREMONY

Boy Scout Troop 44 will hold a flag retirement ceremony on Flag Day, June 14, beginning at 7 p.m. at the Grimes Public Works facility, 1700 S.E. Destination Drive, in Grimes. A record number of worn flags will be appropriately destroyed. The public is invited to attend this event and needs to bring a folding chair, as there is no seating available. Retired flags may be brought to the box at the rear of the Johnston Fire Station building on Merle Hay Road at any time.

## 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 signup. 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 the website. For more information or to register for events, call 515-278-5233 or visit online at www.johnstonlibrary. com.

# JOHNSTON PARTNERSHIP'S CURRENT NEEDS

The Johnston Partnership provides food and personal hygiene products to those in need. Currently, the organization is in most need of frozen foods, shampoo, dish soap and laundry detergent. 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. ■

# JOHNSTON PARTNERSHIP TOURS

On Saturday, June 17, after normal food pantry/ clothing closet hours and after the parade, Johnston Partnership, 5870 Merle Hay Road, Suite C, will be serving free lemonade and popcorn outside the entrance to the Partnership. Friends, family and community members will have a chance to take tours of the food pantry and clothing closet from 2-4 p.m.

# THE YARD SUMMER CONCERT SERIES

The Yard Summer Concert Series, presented by The Cork 50131, brings musical acts from across the United States, including Nashville and Los Angeles, to the Yard, 6245 Merle Hay Road, Johnston. All three concerts will begin at 7 p.m. Mark your calendars and enjoy the free show. Concerts are:

- Friday, June 23 90s Rock Show
- Saturday, July 22 Jay Allen
- Saturday, Aug. 26 TBA ■

# **JOHNSTON LIBRARY**

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

#### **PROGRAMS FOR KIDS**

JPL has excellent weekly library programs for kids of all different age groups. Preschoolers can enjoy Story Time Together on Mondays at 9:30 a.m. or 10 a.m. and a host of outdoor programs this summer including Wacky Water Play every Wednesday beginning June 7 through July 12 from 10-11 a.m. and Bubble Party! on Tuesday, June 20, from 10:30-11:15 a.m. Outdoor programs will happen on the JPL outdoor patio, weather permitting.

Bring the littlest kiddies to baby programming on Thursdays. Play, Baby, Play happens every Thursday beginning June 8 through July 13 from 10-11 a.m. June 9, the Blank Park Zoo will be at JPL for a Zoo to You program, and, on Tuesday, June 27, Tippi Toes Dance Program will be at JPL for two sessions of a high-energy dance class. Registration is required for Tippi Toes classes. And, this is just the tip of the iceberg for kids' programs in June. Visit johnstonlibrary.com/kids for more info about the Summer Reading Program for kids.

#### **PROGRAMS FOR TEENS**

Tuesdays are all about teens at JPL this summer. Teen Summer Reading kicks off with a bang with the Totally Rad Retro Decades Kickoff Teen Party on Tuesday, June 6. Make sure to keep your eye on the calendar for amazing Tuesday programs for teens, starting with the Happy Little Paint Along Teen Party on Tuesday, June 13. The fun continues on Tuesday, June 20, when teens test their tastebuds at the Teen Taste Test Challenge: Snack Food Edition. Next, engage your teens in some STEAM building with the Teen Tuesday LEGO Build Battle Tournament on Tuesday, June 27. Registration for all Teen Tuesday programs opens up seven days before the event. Information and event registration is available at www. johnstonlibrary.com/teens.

#### PROGRAMS FOR ADULTS

On Saturday, June 10, Kathy and Ed from Birds and Bees Urban Farm in Des Moines will be at JPL to talk about raising your own backyard chickens. Not into chickens? How about wine? Join JPL librarians and Cork 50131 for Summer Wine and Book Pairings on Saturday, June 17. There are even more programs for adults to love in June. Try out an Adult Drum Circle on Monday, June 17, or stop in to talk books with fellow readers at the Ultimate Reading Challenge Meet-Up on Saturday, June 24.

More information and registration for all events can be found online at johnstonlibrary.com or by calling the library at 515-278-5233. ■

# **BREAKFAST BEFORE BUSINESS**

THE JOHNSTON CHAMBER BREAKFAST BEFORE BUSINESS WAS HELD AT ALLEGRA MARKETING, URBANDALE, ON MAY 18.



Maura Saltzman and Jenny Harmeyer



Sharon Vickery and Christy Cline



Thomas Lashier and Mike Charlie



Kevin McGuire and Brenda Ballard









## THURSDAY, JUNE 15™

Jammin' in Johnston a Business Expo 5:00pm-8:00pm..... 5:00pm -7:30pm Johnston Public Library Foundation Book Bike, free children's books, and two story times 5:00pm - 8:00pm . . . . The Lions Club Kindness Kits / Eyeglass and hearing aid recycling 5:00pm - 8:00pm . . . . Johnston Partnership "Fill the Truck" with non-perishable food and personal items 5:00pm-10:00pm..... Food Vendors Open 5:00pm-10:00pm..... Beverage Garden Open 5:00pm-10:00pm..... Carnival 5:00pm-10:00pm..... John Deere Equipment Display 5:30pm-9:30pm..... Live Band: Mike Aceto 6:00pm . . . . . Presentation of JCSD Art Winners 6:30pm-7:30pm...... Light the Night for Sight Walk Registration 7:30pm..... Light the Night for Sight Walk Begins

### FRIDAY, JUNE 16TH

4:00pm-6:00pm ..... Car & Truck Show Registration 5:00pm-11:00pm . . . . . Food Vendors Open 5:00pm-11:00pm..... John Deere Equipment Display 5:00pm-11:00pm..... Beverage Garden 6:00pm-10:00pm . . . . Carnival 5:00pm - 8:00pm . . . . . Johnston Partnership "Fill the Truck" with non-perishable food and personal items 5:30pm-8:00pm..... Live Band: Slipstream 8:00pm ..... Car & Truck Show Awards 8:00pm-8:30pm..... Crowning of the King and Queen of Green Sponsored by Big Green Umbrella Media 8:15pm-8:30pm...... Tapping of the Green Keg - FREE UNTIL GONE! Sponsored by Big Green Umbrella Media 8:30pm-11:30pm . . . . . Live Band: Damon Dotson Music

All Day ..... Johnston Arts Council Terra Park Art Walk (at Terra Parks for six weeks)



## CARNIVAL **June 15-18**

Unlimited ride wristbands

\$25/session

(2 sessions on Saturday: 11am-4pm & 5-10pm)





# A BUSINESS EXPO

THURSDAY, JUNE 15 • 5-8PM



# SATURDAY, JUNE 17TH

Johnston Kiwanis Pancake Breakfast at Terra Park

FREE will offering

8:00am-9:30am..... Johnston Green Days Nature Walk at Terra Park

10:00am-11:00am . . . . Parade along Pioneer Parkway 11:00am-11:00pm . . . . John Deere Equipment Display 11:00am-10:00pm . . . . Carnival (closed 4:00-5:00pm)

11:00am-11:00pm . . . . Food Vendors Open 12:00pm-11:00pm . . . . Beverage Garden 12:00pm..... Bags Tournament

12:00pm-4:00pm..... Catch Fishing Tips with Johnston Park & Recreation

12:00pm - 6:00pm..... Johnston Partnership "Fill the Truck" with

non-perishable food and personal items

1:00pm-3:00pm..... Live Band: School of Rock

1:00pm - 4:00pm . . . . The Lions Club Kindness Kits / Eyeglass and

hearing aid recycling / Diabetes testing 1:00pm-4:00pm..... Public Safety and Camp Dodge Display

1:00pm-4:00pm...... Smokin' Heroes Smoked Meat Competition and Tasting

5:00pm - 9:00pm . . . . Johnston Alumni Night

5:00pm-5:30pm...... JPEAR/Mayor Proclamation for Juneteenth

5:30pm-8:00pm..... Live Band: Recoil

8:30pm-11:30pm . . . . . Live Band: Monkey, Monkey, Monkey After dark . . . . . . Fireworks (during band intermission) Presented by Blazing Glory Fireworks of Johnston

# **SUNDAY, JUNE 18**

1:00pm-5:00pm..... John Deere Equipment Display 1:00pm-5:00pm..... Carnival

\*\*This schedule is tentative and subject to change at any time without notice. Scan the QR Code for the schedule online\*\*









### EVENTS IN THE AREA EMAIL YOUR EVENT INFORMATION TO TAMMY@IOWALIVINGMAGAZINES.COM

# CAMP DODGE SUMMER CONCERT SERIES

Camp Dodge

Various dates

These free concerts are held Thursdays in June from 7-9 p.m. at the Pool Complex at Camp Dodge. Food trucks will be serving starting at 6 p.m. Entertainment on June 8 is Standing Hampton, along with a car show; June 22, Pianopalooza Dueling Pianos; and June 29, 34th Army Band will perform for Alumni Night.



#### **MUSIC UNDER THE STARS**

Music Under the Stars, one of the oldest musical traditions in Central Iowa, begins its 76th season June 11 with a free concert featuring the Des Moines Metro Concert Band and the Big Band exploring the theme "As Summer Was Just Beginning." The season includes six free concerts.

**June 11**, West Capitol Mall, "As Summer Was Just Beginning," Vocals: Gina Gedler

June 18, West Capitol Mall, Drake Night/Juneteenth Celebration, Vocals: Tina Haase-Findlay

June 25, West Capitol Mall, "76 Trombones," Guest Artist: Dr. Tony Baker, trombone. Vocals: Kellie Kramer

**July 2**, West Capitol Mall, "Stars and Stripes and Sousa," Vocals: Napoleon Douglas

July 9, Lauridsen Amphitheater at Water Works Park, "Musical Madness," Vocals: Max Wellman

July 16, Lauridsen Amphitheater at Water Works Park, "Down on Bourbon Street" featuring NOLA. Vocals: Abbie

#### Sawyer

Program details may be found at the Music Under the Stars website at www.musicunderthestars.org.

#### JUNETEENTH WEEK

Various locations

June 19-23

Juneteenth week will have several events across several locations in the metro; iowajuneteenth.org

#### **CAJUN FEST**

Cowles Commons, 221 Walnut St., Des Moines June 17

Cajun delights make their way into downtown Des Moines with a spicy food contest, mask making, costume contest, live music and all the Cajun food your heart desires. www.cajunfestiowa.com/cajun-fest-2023

# SCIENCE IOWA'S SCIENCE FESTIVAL TRAIL

Raccoon River Park, 2500 Grand Ave., West Des Moines June 18

Non-profit Science Iowa's Science Festival Trail returns on Father's Day 1-4 p.m. The free, family-friendly event will host stations designed to help Iowans have fun while learning about science. https://iowascienceinterface.com

#### **DES MOINES ARTS FESTIVAL**

Pappajohn Sculpture Park, 1330 Grand Ave, Des Moines June 23-25

The Des Moines Arts Festival will host 190 of the nation's top artists in a beautiful urban street setting surrounding the John and Mary Pappajohn Sculpture Park and the Krause Gateway Center. The event will feature live music, food vendors and critically acclaimed art. The outdoor festival celebrating arts and culture attracts more than 200,000 people each year. www.desmoinesartsfestival. org

RECIPE

# A MAIN COURSE THAT EASILY PAIRS WITH OTHER BRUNCH FAVORITES

(Family Features) If you need a brunch dish that feeds a crowd, put this Hearty Bacon and Egg Breakfast on the menu. Ready in 35 minutes, it can satisfy cravings for a group of up to 12 as a main course that easily pairs with other morning favorites.

As an ideal complement to the eggs, bacon and cheese, Minute Rice & Quinoa can make this family-style recipe a breeze. In just 10 minutes, the tasty blend of brown rice, red rice, wild rice and quinoa cooks up light and fluffy for a slightly chewy, nutty flavor. It's also a dependable replacement for oatmeal in other breakfast dishes so you can complete your mission to make meals quick and enjoyable. Not to mention, the bag is BPA-free and recyclable via store drop-off in most communities, while the carton is recyclable curbside.

# HEARTY BACON AND EGG BREAKFAST

Prep time: 5 minutes Cook time: 30 minutes Servings: 12

- Nonstick cooking spray
- 1 1/2 bags Minute Rice & Quinoa
- 9 eggs, lightly beaten
- 5 bacon slices, cooked and crumbled
- 3/4 cup shredded cheddar cheese
- 1/2 teaspoon salt
- black pepper, to taste

#### Directions:

Preheat oven to 325 F. Coat 12-cup muffin pan with nonstick cooking spray.

Prepare rice and quinoa according to package directions. In medium bowl, combine rice and quinoa, eggs, bacon, cheese, salt and pepper, to taste.



Divide batter between prepared cups and bake 18-20 minutes, or until eggs are just set.



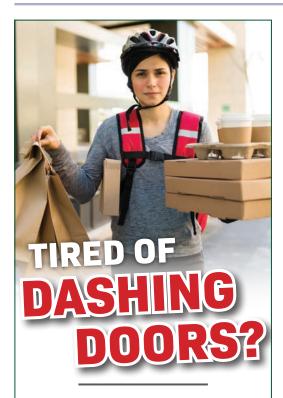
FARM BUREAU FINANCIAL SERVICES

Timothy Osborne 515.381.7229





INDEPENDENT LIVING • ASSISTED LIVING CLOSER CARE • MEMORY CARE



# We are seeking delivery drivers!

- Compensated weekly on a per stop basis
- Must provide proof of insurance, valid driver's license, and a reliable vehicle
- Driver must be able to lift 20 pounds to waist height
- Must be able to communicate clearly and be honest & dependable.



Contact Mike Chiston at mike@dmcityview.com for more information.

# **SMOKIN' HEROES**

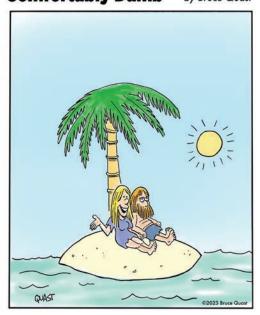
Join the heroes of police, fire and military to enjoy smoked meats at Smokin' Heroes, June 17, during Green Days at 6400 Pioneer Parkway. The money raised will help send Johnston students to Kosovo as part of their camp in Peja. The heroes will be smoking the meats from 5 a.m. to 1 p.m. From 1-4 p.m., the public can taste the meat and vote on their favorite. The winner will receive a coveted Smokin' Heroes belt.

#### FLAG RETIREMENT CEREMONY

Boy Scout Troop 44 will hold a flag retirement ceremony on Flag Day, June 14, beginning at 7 p.m. at the Grimes Public Works facility, 1700 S.E. Destination Drive, in Grimes. A record number of worn flags will be appropriately destroyed. The public is invited to attend this event and need to bring a folding chair, as there is no seating available. Tired flags may be brought to the box at the rear of the Johnston Fire Station building on Merle Hay Road at any time.

### **Comfortably Dumb**

by Bruce Quast



"At least we're close to the beach!"

# **OUR TRAVELING COCKTAIL PARTY IS BACK!**



### **FARMERS MARKET HAS BEGUN**

The Farmers Market will be held Tuesdays, 5-8 p.m. through Sept. 26 on the north side of Johnston City Hall, 6245 Merle Hay Road. Shop for fresh produce and homemade products while being entertained by live music. For more information, visit www.cityofjohnston.com/farmersmarket.

#### MONTHLY MOVIES AFTER THE FARMERS MARKET

A movie will be shown once a month following the Farmers Market on the north side of Johnston City Hall, 6245 Merle Hay Road. Movies begin at dusk, around 8:30 p.m. Bring your lawn chair and blanket and enjoy the free show. Dates and movies are:

- Tuesday, June 27 "Encanto"
- Tuesday, July 25 "Top Gun Maverick"
- Tuesday, Aug. 15 "The Mario Bros."
- Tuesday, Sept. 26 "American Underdog" ■

#### MONTHLY MUSIC AFTER THE FARMERS MARKET

Live music will be featured once a month following the Farmers Market on the north side of Johnston City Hall, 6245 Merle Hay Road. Concerts start at 7:30 p.m. on the stage just west of Johnston City Hall. Bring your lawn chair and blanket and enjoy the free music. Dates and entertainment are:

- Tuesday, June 6 Bruce Day
- Tuesday, July 11 Orphan Annie
- Tuesday, Aug. 1 The Savage Freds
- Tuesday, Sept. 12 The Sons of Gladys Kravitz

#### UPCOMING CITY MEETINGS AND CLOSURES

Thursday, June 15: Library Board meeting, 5:30 p.m.

Thursday, June 15: Board of Adjustment meeting, 6:30 p.m.

Monday, June 19: City Council work session, 6 p.m.

Monday, June 19: City Council meeting, 7 p.m. ■

#### **GOODWILL, FROM FRONT**

employment are made possible.

Through programs such as Retail Skills Training, Warehouse Skills Training, and Supported Employment, Goodwill of Central Iowa is giving individuals the tools and resources to experience greater independence through the power of employment. By working side-byside and celebrating each individual's strengths and experiences, Goodwill is helping Iowans redefine inclusion in the workplace.

To learn more about the programs and services Goodwill of Central Iowa offers, visit www.DMGoodwill. org or find them on Facebook and Instagram at @DMGoodwill.

#### **CLASSIFIED ADS**

#### **BISHOP DRUMM GUILD GARAGE SALE:**

Open from 8:30 am to 12:30 pm every Thursday until September 28. Located on the campus at 5837 Winwood Dr. Johnston, behind McAuley Terr. Grandfather Clock \$95, clothes, books, and household items.

FOR SALE: 1996 Ford F-150. De Soto Asking \$5.600. Call 515-974-9203.

FOR SALE: Nice TV stand cabinet for sale. Lots of space above and below the TV area. \$75. Call or text 515-238-3198 and I can send photos.

#### **LOOKING TO BUY VINYL RECORDS: Pay**ing cash for 60's-90's rock and jazz and blues.

Please call Brian at 515-326-5033.

**WANTED:** Electronics, stereo receivers, quitar 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.

FOR SALE: Softball/Baseball Pitching/Hitting net. \$25. Call/Text 515-238-3198.

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

LIST 50 WORDS OR LESS FOR FREE.

#### SIGN UP TO RECEIVE THE DIGITAL EDITION **OF JOHNSTON LIVING MAGAZINE FREE!**

Scan the code below, or visit www.iowalivingmagazines.com.

