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SOCCER SWEEP



BOTH THE BOYS AND GIRLS SOCCER TEAMS ARE STATE CHAMPIONS: On June 3, 2023, at Cownie Soccer Complex, it was an exciting night for Johnston Soccer, as the Johnston Dragons Swept the 2023 State Soccer with the girls first defeating WDM Valley in a PK shootout and then the boys shortly after defeated Iowa City West, 3-2 in an overtime sudden death victory. Congratulations to both teams. GO DRAGONS!

JOHNSTON WEATHER FORECAST

TUES. HIGH 84 | LOW 59
Mostly sunny and pleasant



WED. HIGH 86 | LOW 63
Mostly sunny



THURS. HIGH 88 | LOW 67
Partly sunny



FRI. HIGH 80 | LOW 64
Morning thunderstorms



SAT. HIGH 82 | LOW 63
Periods of clouds and sun



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FROM THE PUBLISHER

THAT PERSON IS A PRO

You have likely said the words in the above headline about someone, and maybe someone has said those words about you. It is a compliment given only to those who have truly mastered their area of focus.

A professional at work. A professional at a hobby. A professional in dealing with certain types of situations or certain types of people. You get the idea.

But “professional” is not a label you give yourself; it’s a description you hope others will apply to you.

So says David Maister, a former Harvard Business School professor, writer and expert on business management practices. And he’s right.

Some people think — and even say — they are professionals, but they are usually nowhere close.

In fact, those folks are often the ones to stay clear of. Instead, I have learned to trust those who never hesitate to say, “I don’t know.”

I have written in the past about the 10,000-hour rule that Malcolm Gladwell popularized in his book “Outliers.” The basic idea is that it requires 10,000 hours of concentrated practice in order to possess what is considered a world-class skill in something. I believe this, as long as continual improvement is part of it.

Why? Because, despite the popular saying being drilled in our heads, practice does NOT make perfect. If you are doing something the wrong way over and over, you won’t ever perfect



it. I have long preferred the quote, “Perfect practice makes perfect,” or maybe stated even better, “Perfect practices makes a professional.”

So what is it that makes someone a professional? Precision? Accuracy? Efficiency? The way they speak? The way they act? The way they dress? A certain level of education or experience? How they treat others? Organizational skills? Accountability? Honesty? A positive attitude?

Or is it all about results?

What do you think? Shoot me a note and let me know.

Have a great week, and thanks for reading. ■

Shane Goodman

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ROTARY HOLDS CHARITY GOLF EVENT



Front Row, left to right: Brook Skram, Lu Ann White, Deb Bishop. Back Row, left to right: John Waldron, Mike Wunn, Gary Walljasper, Brad Lundquist, Greg Baker, Gene Nelsen and Neil Hyde.

The Second Annual Johnston Rotary charity golf event featured 144 golfers, generous sponsors, distinguished guests, and a picture-perfect day for golf. Played at Hyperion Field Club on Monday, June 12, Rotarians expect net proceeds to exceed the nearly \$10,000 raised in 2022. Funds will be used to support the club's primary 2023 beneficiaries: Ellipsis, The Johnston Partnership, ChildServe and Adaptive Sports Iowa, along with other Rotary Club charitable works.

The day kicked off with a luncheon from the grill and mingling with Iowa State's Cy, football great Chuck Long, and Cubbie Bear from the Iowa Cubs. Golfers picked up registration gift bags from our sponsors and the USO. Tesla provided electric vehicle test drives for all interested attendees and Lithia Motors displayed new Audis which included a hole-in-one prize. Mayor Paula Dierenfeld, Chuck Long from Adaptive Sports Iowa, Dr. Allen Stoye from the Bombers Entertainment District, and event chairman, Rotarian John Waldron, greeted the golfers with brief remarks prior to the noon shotgun start.

Following a beautiful afternoon of golf, the scorecards were tallied as golfers claimed nearly 100 raffle prizes



Left to right: Mayor Paula Dierenfeld; Chuck Long, CEO/ Executive Director Iowa Sports Foundation; event chairman, Rotarian John Waldron; and Dr. Allen Stoye, President Bombers Entertainment District.

and enjoyed pizza in the clubhouse. The Johnston Rotary Club meets at 7 a.m. Tuesday mornings at Hyperion Field Club and welcomes new members who enjoy fellowship, learning and service. Visit www.johnstonrotary.com for more information.

The Rotary Club International motto is "Service Above Self" and organizers said they are "delighted to serve our community with such a rewarding event." Mark your calendars now for the Third Annual Rotary J-Town Golf Championship on June 3, 2024. ■

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 personal items such as deodorant, lotion, dish soap, laundry detergent, toothpaste and shampoo/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. ■

JOHNSTON PARTNERSHIP COLLECTING SCHOOL SUPPLIES

The Johnston Partnership is collecting the following school supplies throughout the summer: 12-count colored pencils, 8-count thick markers, 24-count Crayons, 24-count sharpened pencils. 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. ■

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JOHNSTON LIBRARY

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SUMMER READING FOR EVERYONE

Join JPL now through 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 are available for pick up or can be downloaded and printed from the website. For more information about the Summer Discovery Library Program, visit 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 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 through July 13 from 10-11 a.m. 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. 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

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. ■



YOGA BY THE LAKE

The public is invited to another summer of Yoga by the Lake. Relax and unwind on Saturday mornings at the Terra Lake Amphitheater, 6300 Pioneer Parkway. Enjoy this free hour of outdoor yoga from 8-9 a.m. This year, the City is partnering with IGNIT to offer sessions taught by certified yoga instructor Rocio Valea. The 2023 Yoga by the Lake sessions are June 24, July 1, July 8, July 15, July 22, July 29 and Aug. 5. ■

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 ■

TRAFFIC STUDY OPEN HOUSE

Plan to attend an open house on Wednesday, June 28 at 5:30 p.m. at City Hall to learn more about traffic operations and safety analysis findings from the Citywide Traffic Study. During the meeting, potential short-term and long-term improvements for intersections identified during the public input process will be discussed. The involvement of city staff, officials, residents, and stakeholders will help determine the recommended improvements to include in the strategic implementation plan for Johnston traffic. ■

N.W. 107TH ST. OVERLAY PROJECT

The City of Grimes is managing an overlay project on N.W. 107th Street. The work begins on Monday, June 19. One lane of traffic will remain open throughout the project. A pilot car and flaggers will help guide traffic around construction. Residents along N.W. 107th Street will still have access to their driveways throughout the project except when work is being done directly in front of the homes. The City of Grimes will work with the contractor when the time comes to ensure limited disruptions. ■




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BUSINESS EXPO, JUNE 15, 2023 AT TERRA PARK — A great night for checking out local businesses, listening to live music with



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Jake Belay and Scott Wendl



Marty Jones and Marla Bundy



Jay Mathes and Jennifer Sayers



Connie Maser and Paula Bierle



Camille Arbegast and Molly Clampitt

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th Mike Aceto and eating, with a variety of food trucks to choose from!



Derek Trobaugh and John Denny



Tara Konecne and Darby Hayslett



Matt Ebeling



Nicole Moore Agan, Jess Van Roekel and Leah Nelson



Gabi Innes and Lori Waterbeck ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**DES MOINES ARTS FESTIVAL**

June 23-25

**Pappajohn Sculpture Park,
1330 Grand Ave, Des Moines**

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.

**WAUKEE FREEDOM 5K
FOURTH OF JULY**

Tuesday, July 4

The Freedom 5K is the sole fundraiser for Waukee Boy Scouts Troop 178. The 5K starts at 8:15 a.m., and a kids mile run starts at 7:45 a.m. The runs start and end at Lutheran Church of Hope Waukee. There will also be music, games, vendors and many door prizes. Those who register will receive a commemorative T-shirt. Register online at www.waukeetroop178.com. T-shirts will be sold for \$20 at the event to participants and non-participants.

**TWO-DAY CELEBRATION
OF INDEPENDENCE**

Monday and Tuesday, July 3-4

Centennial Park Open Air Shelter, 1255 Warrior Lane

Waukee will host an all-American celebration on July 3 and 4 in honor of Independence Day. Discounted armbands can be purchased online at Waukee.org/registration during the month of June. Armbands cost \$10 and are valid only for July 4. Local organizations and businesses can participate in the parade on Tuesday at 10:30 a.m. Advance registration required for the parade. Monday events include adult coed sand volleyball tournament, Movie in the Park "Top Gun: Maverick" (PG-13) and vendors. Tuesday is the parade, adult bags tournament, free ice cream social, inflatables, bingo, Des Moines Skydivers show, live performances by Riverside



Drive and Oreo Meatwagon and fireworks.

SCHOOLHOUSE STORYTIME

Second and fourth Tuesday from 10:30-11:30 a.m.

Bennett School Museum,**4001 Fuller Road, West Des Moines**

This event is geared for pre-K, kindergarten and first grade students to enjoy an hour of stories, games, music and fun, with a historical element. While the program is geared towards younger students, all ages are welcome. Registration is not required, and there is no charge, but free-will donations are gratefully accepted. Parents must stay with their child(ren) during this storytime, and do not bring food or drink. Dates are June 27, July 11, July 25, Aug. 15, Aug. 29, Sept. 12, Sept. 26.

LEPRECHAUN BAGS TOURNAMENT

July 15, noon

Sully's Irish Pub, 860 First St., West Des Moines

The Friendly Sons of St. Patrick are hosting a bags tournament to raise funds for the St. Patrick's Day Parade. Registration begins at 11 a.m. with play starting at noon. The fee is \$30 per two-person team, with advanced or beginner divisions. Prizes awarded and fun for all. Visit www.friendlysonsiowa.com for more information. ■

RECIPE

A SALTIER, EASY-TO-MAKE SNACK

(Family Features) Work, social commitments, kids' activities and the daily grind can take over schedules and wreak havoc on your opportunities to sit at the table for meals. As your calendar seems to fill up with meetings, family occasions and more, you might just find yourself skipping breakfast or lunch and opting for filling snacks instead.

In fact, according to the International Food Information Council's 2022 Food and Health Survey, 75% of Americans snack at least once per day, which means 2023 could become the year of the snack. Whether it's forgoing breakfast at home for a bite on the go or powering up with an afternoon morsel, one flavor favorite and nutritional powerhouse you can turn to is the pecan.

As pecans are used in an increasing number of snack innovations, they're being hailed as the fastest growing nut in new snack applications, according to Information Resources Inc. They're an ideal snack for punching up your routine with great taste, plant-based nutrition and an easy-to-pair profile.

If a salty treat is more your speed, consider this Salty Pecan Snack Mix for a grab-and-go breakfast as you head out the door or an easy way to keep hunger at bay in the afternoon. Because pecans pair with a variety of ingredients and flavors, they're a perfect partner for this combination of rolled oats, coconut, honey, cinnamon and more. ■

SALTY PECAN SNACK MIX

Recipe courtesy of Mallory Oniki and the American Pecan Promotion Board

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 15

- 2 cups rice squares cereal
- 1 cup rolled oats
- 1 cup unsweetened coconut
- 1/3 cup honey
- 1/4 cup coconut oil
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 cup butter
- 2 cups chopped pecans
- 1 cup oyster crackers

Directions:

Preheat oven to 350 F.

In bowl, add rice squares cereal, oats and unsweetened coconut.



In small saucepan over medium heat, add honey, coconut oil, cinnamon and salt. Stir until mixture starts to boil then pour over snack mix and stir until well combined.

Transfer to baking sheet and bake 8-10 minutes.

In saucepan over medium heat, add butter. Stir until butter browns then add chopped pecans and oyster crackers. Turn heat to low and stir while pecans roast.

Remove snack mix from oven and add brown butter pecan and cracker mixture; stir to combine.



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FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

SHARON LEE (FULTZ) MEISENHEIMER

Sharon Lee (Fultz) Meisenheimer, 81, of Johnston died June 9, 2023.

She is survived by two sons: Brent (wife Jody Gehl, daughter Ella) and Blake (wife Rebecca, daughters Zoe and Sadie). She was preceded in death by her husband, Bob, parents, and brother, Marlin.

Sharon was born on July 20, 1941, and raised on a farm near Pulaski by William Lloyd and Nellie Fultz. She graduated from Pulaski High School and attended Northeast Missouri State Teachers College on a teaching grant, graduating in 1963. She immediately began a teaching career that would take many forms and span seven decades.

She was married in 1969 and raised her family in Urbandale. She's remembered as patient wife and kind mother — one who frequently distributed her wisdom from behind a set of knitting needles or a sewing machine.

Sharon was a voracious reader and took tremendous joy in passing along the gift of literacy to children. This led to a professional focus in early elementary grades with stops in Clive, at Westminster Presbyterian Church, Holy Trinity Catholic School and Lucas Elementary (Capitol View). Following retirement, her classroom work pivoted to that of a volunteer reading coach.

In recent years she taught adult education in quilting and needlework. She was active in Des Moines Area Quilters' Guild and its offshoots. She taught sewing classes for immigrants and low-income mothers at Creative Visions as well as helped organize and participated in the Iowa State Fair Sew-In. An adoptee herself, Sharon took particular joy in creating and gifting quilts to welcome children to their forever families on Iowa Adoption Saturday.

Sharon's family requests memorials to Westminster Church or The American Heart Association. ■



FILM REVIEWS

By Michael C. Woody

'GUARDIANS OF THE GALAXY: VOL. 3'

I've taken a ton of anticipated grief for my review of this latest Marvel film. I'm tired of sitting through these super-long Marvel films that substitute really long (and boring) special effects for a strong story and honest to goodness character development. Disney/Marvel seems content to give us two good-to-very-good films, and then they turn on cruise control. The second "Black Panther" film was a mess, and a really long mess. The "Ant-Man and the Wasp" movie was a mess, a really bad mess. I've had enough. Call me a cranky old man if you want, but I'm guessing many of you didn't see them anyway. Don't bother. **Grade: D**



"GUARDIANS OF THE GALAXY: VOL. 3"

'HYPNOTIC'

This movie will confuse and disappoint many people. Viewers will wonder why Ben Affleck is in the film. I was heading in that direction but then realized that Robert Rodriguez wrote and directed the movie. A buddy of Quentin Tarantino, Rodriguez plays in the action/comic book genre, and this movie made much more sense to me after seeing his name in the credits. A great film? No. Worth seeing if you like these kind of movies? Heck yes! **Grade: B**



"HYPNOTIC"

'THE MOTHER'

With husband Ben Affleck in "Hypnotic," Jennifer Lopez takes on an action role in the Netflix movie "The Mother." She plays a woman living in hiding with a lot of really nasty guys trying to kill her. She ships her daughter off to a safe place, but when the bad guys turn their attention to the daughter, J Lo's character comes out of hiding for some serious butt-kicking action. A great movie it isn't, but it has moments and ends up being fairly entertaining. **Grade: B ■**



"THE MOTHER"

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.



FARMERS MARKET

The Farmers Market is 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, July 11** – Orphan Annie
- **Tuesday, Aug. 1** – The Savage Feds
- **Tuesday, Sept. 12** – The Sons of Gladys Kravitz ■

UPCOMING CITY MEETINGS AND CLOSURES

- **Monday, June 26:** Planning and Zoning Meeting, 7 p.m.
- **Tuesday, June 27:** Park Advisory Board Meeting, 6:30 p.m.
- **Wednesday, June 28:** Citywide Traffic Study, 5:30 p.m.
- **Monday, July 3:** City Council Work Session, 6 p.m.
- **Monday, July 3:** City Council Meeting, 7 p.m.
- **Tuesday, July 4:** City Office Buildings and Library closed for Independence Day ■

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: 1981 Ford F100 Truck. Blue/white Ran when I shut it off two years ago. For someone who wants to repair/restore. \$500 or make an offer to take it away. Call 515-238-3198.

LOOKING TO BUY VINYL RECORDS:

Paying cash for 60's-90's rock and jazz and blues. Please call Brian at 515-326-5033.

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

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