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## CCC REOPENS IMPROVED FACILITY

Children's Cancer Connection (CCC) held its grand opening at the Jeff and Deb Hansen Home for Hope in Johnston on Thursday, June 22, after three months of complete interior renovations. The Johnston Chamber of Commerce and Urbandale Chamber of Commerce co-hosted the ribbon-cutting ceremony.

"When we purchased this facility in December 2021, we did so with ADA-accessibility, better building flow for programs, green space and adequate parking in mind," said Children's Cancer Connection CEO Jennifer Hines. "Now what was once an insurance office building has been transformed into a bright, safe and inviting place at which CCC families can connect and engage for years to come."

The main facility improvements



included ADA-accessible bathroom upgrades, a kitchenette renovation, an overhaul of the multi-purpose space, an addition of a separate Teen Room (in honor of The Sparkle Run and Erin Moomey) and a conference room remodel. New office cubicles,

updated ceiling tiles, energy-efficient LED lighting and signage were also part of the project.

The Deb and Jeff Hansen Foundation provided the lead gift for

CCC, CONTINUED ON BACK

### JOHNSTON WEATHER FORECAST

**TUES. HIGH 85 | LOW 65**

Mostly sunny



**WED. HIGH 88 | LOW 69**

Intervals of clouds and sun



**THURS. HIGH 90 | LOW 70**

Intervals of clouds and sun



**FRI. HIGH 85 | LOW 64**

Times of clouds and sun



**SAT. HIGH 84 | LOW 63**

Mostly sunny with a t-storm



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FROM THE PUBLISHER

# SCRATCH AND SNIFF?

County fairs are just around the corner in many parts of Iowa. These are times when people of all ages show their livestock, fruits, vegetables, and their projects of all kinds, and they are judged on their accomplishments. Great life lessons are learned by seeing a project through from beginning to end and being responsible for the day-to-day tasks in making that happen. This is ever apparent in our county fairs.

I was born and raised in a rural Iowa community, but I lived in town. In my teenage years, I worked on area farms, but I never spent much time really learning about the rural way of life, at least not the bigger picture. As such, the county fair — to me — was about demolition derbies, cotton candy, bumper cars and trying to win stuffed animals in the ring toss game. I knew there were farm animals there, as I could hear them and smell them, but I never really understood why. Most of my childhood friends who also grew

up in town were in the same boat.

For the farm kids, this was a different story, as this was their Super Bowl. The competitions were important to them, especially for those contesting in the major livestock categories. Those trophies mattered then, and they still do today.

The unfortunate reality is that fewer and fewer farms exist in Iowa, and, as a result, fewer and fewer kids are participating in FFA and 4-H. Even so, few things define Iowa life like county fairs and, yes, the Iowa State Fair.

Whether you grew up on a farm, in a rural community, or in Iowa's metro areas, you can likely identify with the happenings of these fairs. If not, you have been missing out, especially with the smells and scents.

Several years ago, we published an Iowa State Fair "scratch and sniff" issue in CITYVIEW



magazine with small circles on photos of things like corn dogs, lemonade, cotton candy, various foods on a stick, and livestock. We encouraged people to scratch the spot and give it a whiff. Of course, this was a farce, but it didn't stop readers from scratching, sniffing and sharing with others. It was amusing to watch as people really thought they could smell the photographed items.

Well, you don't have to scratch and sniff, as you can attend county fairs in person and give your olfactory the real deal. I make it a point to do so each year, and I now take time to divert from the midway and visit the livestock barns, too. And I enjoy every minute. I hope you will join me.

Have a great week, and thanks for reading. ■

**Shane Goodman**  
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Members of the Suburban Des Moines Junior Women met May 17. Front row: Dr. Mary Richards, Dr. Eileen May, Bobbi Segura, Nancy Lundstrom, Shari Hawk, Dianne Banning; back row: Wanda Snyder, Marie Graff, Audrey West, Wendy Tack, Marcia Flaugh and Margo Lierman. Roses courtesy of Dr. Mary Richards.

## SDMJW CELEBRATES 52 YEARS

The members of the Suburban Des Moines Junior Women (SDMJW) donned their fascinators gifted by Nancy as they celebrated their 52 years of friendship and service on May 17, 2023, at Hyperion Field Club.

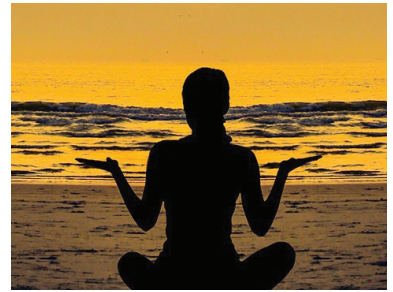
Chairwoman Shari Hawk lead the reading of The Collect, and Wanda Snyder offered her heartfelt blessing prior to the luncheon. Members continue their servant leadership in Women Lead Change, Cemetery Preservation boards (Highland Memorial Gardens and SAPIC), Child and Adolescent Brain and Mental Health Awareness, Iowa Barn Foundation, Friendship Force and their churches.

The SDMJW Ambassadors traveled to the Mediterranean, Alaska, United Kingdom, USS Iowa, Reagan Ranch, Arizona, Illinois, Missouri, Florida and Alabama. Shari Hawk and Margo Lierman were celebrated for their 50-year graduation from nursing school and their nursing careers in the Des Moines area. RAGBRAI rider Audrey West is published in "Our Iowa" magazine about her experiences and Iowans' hospitality. Bobbi Segura is chair organizer of the Women Lead Change October conference in Des Moines.

Another fascinating time will be May 2024 when SDMJW celebrate with Shari Hawk as the chair assisted by Wendy Tack. Contact Mary Richards at [mrichards@netins.net](mailto:mrichards@netins.net) for information about SDMJW including the Ankeny, Johnston, Indianola, Des Moines, Saylorville, Polk City and Jamaica communities. ■

## 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. ■



## 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:

- **Saturday, July 22** – Jay Allen
- **Saturday, Aug. 26** – TBA ■



## 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. ■



Gov. Kim Reynolds signed a proclamation declaring May 2023 (and all year) Child and Adolescent Brain and Mental Health Awareness month. Dr. Mary Richards presented Four Oaks youth artwork with messages to Gov. Reynolds.

# PROCLAMATION NOTES MENTAL HEALTH AWARENESS

Gov. Kim Reynolds signed a proclamation declaring May 2023 Child and Adolescent Brain and Mental Health Awareness Month. Dr. Mary Richards presented Four Oaks youth artwork with messages to Gov. Reynolds. The tradition of a party celebrated the youth's achievements during the year. Dr. Richards emphasized funding for future therapists and the thoughts of professionals about the age of consent within existing law. Our adolescents may perform well on higher education examinations; however, their brain is not fully developed until they reach the age of 25 or 26, Dr. Richards says.

"Our youngsters process information within the emotion of the amygdala as the judgment and consequential actions while the prefrontal cortex is developing. Whereas, adults think in rational terms of good judgment and consequences within a developed prefrontal cortex. Significant adults may help our youth by assisting them in looking at consequences with fact when acting upon impulsive behaviors beyond this minute," she says. "Adults may connect with our youth by asking if they want the person to just listen or to listen and offer suggestions when they come with a problem. Being involved in the child's activities, affirming his or her interests, and modeling a healthy diet, sleep pattern, how to love and be loved creates a safe space when we help our youth find purpose in life and the 'who am I' journey." ■



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## SEEN IN JOHNSTON

**THE JOHNSTON CHAMBER  
BREAKFAST BEFORE  
BUSINESS WAS HELD JUNE 8  
AT JOHNSTON CITY HALL.**



Jamie Lewton and Paula Bierle



Brenda Ballard and David  
Wilwerding



Suresh Reddy and Mayor Paula  
Dierenfeld

## 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](http://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 Freds
- **Tuesday, Sept. 12** – The Sons of Gladys Kravitz ■

### UPCOMING CITY MEETINGS AND CLOSURES

- **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 ■



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## EVENTS IN THE AREA

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Urbandale Fourth of July



## URBANDALE FOURTH OF JULY

*For complete information, visit [urbandale4thofjuly.org](http://urbandale4thofjuly.org).*

The Urbandale Fourth of July festivities, held at Lions Park, 72nd Street and Aurora Avenue, begin on July 2, a Sunday, and extend through the long weekend with Monday, July 3, and Tuesday, July 4.

**Highlights include:**

- The carnival, midway and all vendors open at noon each day on July 2-4.
- This year, the celebration will feature music from Jana West (formerly of Abby Normal) and Restospect in the afternoon on July 2 and Swing Crew that evening. Then, on July 3, the celebration features Kelsie James, a local Urbandale talent, in the afternoon, and Standing Hampton that evening.
- Kids activities will be in Lions Park, 72nd Street and Aurora Avenue, on July 2 and 3 from 4-7 p.m.
- The Entertainment/Beverage Garden will be open July 2 and 3. Each night will feature a DJ and live entertainment.
- The William Courtney 5K Fun Run on July 4 runs through the heart of Urbandale. This timed race starts at 7:30 a.m. on 86th Street in front of the library and takes runners through a tour of the community's bike paths, ending along the path behind the Library. The race is followed up by the Chuck Silvey Kid's Mile and Gary Page Tot Trot, where kids can show off their running

skills with the chance to earn medals and prizes.

- The 2-mile-long parade on July 4 begins at 10 a.m. at the Old City Hall on 70th Street then goes north to Aurora Avenue, finishing at 82nd and Aurora.
- Tuesday, July 4, the Urbandale Community Band will play from 5-6 pm.
- Urbandale's Fourth of July fireworks show signifies the end of the three-day event. The fireworks will be shot from Walker Johnston Park.

## WAUKEE CELEBRATION OF INDEPENDENCE

Celebrate in Waukee Monday and Tuesday, July 3-4, at Centennial Park Open Air Shelter, 1255 Warrior Lane. The parade is on Tuesday at 10:30 a.m. 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.

## URBANDALE SUMMER PERFORMANCE SERIES

Enjoy free concerts in different parks. All ages are welcome. Bring a blanket or lawn chair. The concert on Tuesday, July 11 at 6:30 p.m. will feature Opus Taylor at the large Walnut Creek Regional Park Open Shelter, 4100 Walnut Creek Park Road (just south of Aurora, one block west of 147th Street). Black Dirt Ramblers will perform on Tuesday, Aug. 8, at 6:30 p.m. at Charles Gabus Memorial Tree Park in Urbandale.

## SUMMER STIR

**Friday, July 21, 5-9 p.m., Historic East Village**

Join CITYVIEW's traveling cocktail party. Visit many great establishments in the early evening and sample their signature Summer Stir drinks. For only \$25 (prepaid online, visit [summerstirs.dmcityview.com](http://summerstirs.dmcityview.com)), participants will receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$30. All of the establishments will be within walking distance. ■



## RECIPE

# MAKE FAMILY MEALS SPECIAL WITH A FRESH, HOMEMADE DISH

*(Family Features)* Nothing makes family time special quite like a homemade meal, especially one made with locally sourced ingredients that are as fresh and flavorful as they are thoughtfully prepared.

Whether your gatherings with loved ones take place in the family kitchen, on the patio or at a picnic area, this asparagus, bacon and egg salad makes for a perfect brunch or appetizer that leans on local ingredients like Michigan asparagus, which takes just about three days to get from the field to your table. Grown by more than 100 family farmers, it can be found in your local store at one to four days old, compared to 10-20 days old for imported asparagus.

As a nutrient-dense, low-calorie vegetable with no fat, no cholesterol and little sodium, it's also easy to prepare — just don't overcook it. Look for thicker spears at the store, as they tend to have greater texture and more flavor and tenderness because the fiber is less concentrated. ■

## ASPARAGUS, BACON AND EGG SALAD

*Recipe courtesy of Ashley from "Cheesecurd in Paradise" on behalf of the Michigan Asparagus Advisory Board*

- bacon slices
- 1 pound fresh Michigan asparagus, ends trimmed
- 1/3 cup olive oil
- 2 tablespoons champagne vinegar
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 4 hard-boiled eggs, peeled and quartered
- 2/3 cup halved cherry tomatoes
- 1/4 cup sliced green onion

### Directions:

In skillet, cook bacon until crisp. Remove from pan. Set aside.



Cut asparagus into four pieces. Add asparagus to same skillet used to cook bacon. Cook until fork tender, about 4 minutes, depending on thickness of asparagus.

While asparagus cooks, prepare dressing. Whisk oil, vinegar, honey, mustard, salt and pepper. Set aside.

Chop bacon.

Remove asparagus from pan and place on platter. Top with chopped bacon, eggs, tomatoes and green onion. Pour dressing over top.

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# KING AND QUEEN OF GREEN



Dan Hudson and Mary Jane Paez were crowned 2023 King and Queen of Green on Friday, June 16, at Green Days.

## CCC, FROM FRONT

the facility renovations. The Hansen Family and Iowa Select Farms staff helped cut the ribbon during Thursday's event.

"We are ecstatic and proud to be part of the renovations completed at the Jeff and Deb Hansen Home for Hope. The results are above and beyond what we even expected," said Iowa Select Farms Communications Director Jen Sorenson. "The Deb and Jeff Hansen Foundation is a long-time CCC supporter. It is an honor to help create this incredible space for

families to enjoy and utilize."

Other key building project donors include: Polk County Board of Supervisors, The MidWestOne Bank Foundation, Care Camps, Cardinals Care and ITA Group.

CCC also opened its new on-site Variety Star Playground to CCC families Friday, June 23.

The Deb and Jeff Hansen Foundation also announced a surprise pledge of \$150,000 toward the renovation and playground project. This gift, along with other pending donor support, will help the project come to completion this fall. ■

## CLASSIFIED ADS

**FOR SALE:** Brown Lift chair. Used less than 4 yrs old. Can send pics. asking \$400. Text 515-249-3143.

**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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