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SEEN IN JOHNSTON



BAGS TOURNAMENT WINNERS: A Bags Tournament was sponsored by Johnston Community Education during Green Days. First place winners were the CIA Sliders team of Jesse Montgomery and Charlie Barr. In second place was the Key Lime Pie team of JJ Shaw and Collin Hodapp. Not pictured: 3rd place Winners: Bags Elite team of James Anderson & Dom Tornabane. ■

JOHNSTON WEATHER FORECAST

TUES. HIGH 91 | LOW 70

Very warm; clouds and sun

**WED. HIGH 83 | LOW 66**

Mostly cloudy and humid

**THURS. HIGH 79 | LOW 62**

Cloudy and humid

**FRI. HIGH 81 | LOW 62**

Very sunny and humid

**SAT. HIGH 80 | LOW 63**

Very cloudy and humid



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FROM THE PUBLISHER

'WELCOME BACK'

I have written many columns over the years but the one that garnered the most feedback was on the topic of iconic cars from TV and movies. I assumed it would be a hit, as when I broached the topic with a group of friends, the conversation went on for an hour. Let's see if this one hits home, too.

Which TV theme songs are the most memorable for you? Of course, the answers will likely be tied to the decade you grew up in — but not necessarily. Think about the TV theme songs that make you smile when you hear them. The ones that make you turn up the volume knob. The songs you know every word to. The instrumentals you hum along with. The serious ones. The silly ones. The sitcoms. The cartoons. The kid shows. Nothing is off limits. Here are a few of my favorites to get the conversation rolling.

"Welcome Back" was the theme song of the 1970s sitcom "Welcome Back, Kotter." It was written and recorded by John Sebastian, the former lead singer of Lovin' Spoonful. The song reached No. 1 on the Billboard Hot 100 chart in May of 1976.

Epstein. Barbarino. Washington.

Horshack. They all made me smile, and this song still does.

"Yeah, we tease him a lot 'cause we got him on the spot, welcome back."

"Meet George Jetson." You know the rest. "The Jetsons" originally aired in prime time from 1962 to 1963, but most of us know the cartoon show from its reruns via syndication. His boy, Elroy. Daughter, Judy. Jane, his wife. And who could forget Astro? The theme song was composed by Hoyt Curtin, a musical director for the Hanna-Barbera animation studio from its beginnings. The song even became a pop hit in 1986. "Jane, stop this crazy thing!"

"Not getting hassled, not getting hustled." "Good Times" aired for six seasons from 1974 to 1979. The Norman Lear production was television's first African American two-parent family sitcom. It was a spin-off of "Maude," which was a spin-off of "All in the Family." The gospel-styled theme song has lyrics that might be a challenge to



understand, but I still sing along with whatever I think the words are. "Keeping your head above water, making a wave when you can."

And my last one to whet your musical appetite is the theme from "The Rockford Files." The song is as iconic as the Pontiac Firebirds James Garner drove on the show. This 1975 instrumental by Mike Post features a blues harmonica solo, dobro guitar, an electric guitar solo heard in the bridges and a Minimoog synthesizer heard in the refrains. It spent four months on the charts and became a Top 10 hit in August of 1975 and even won a 1975 Grammy Award for Best Instrumental Arrangement.

These tunes may get the ball rolling, but I clearly missed other great TV theme songs. Send me a note and let me know which ones are memorable to you.

Have a great week, and thanks for reading. ■

Shane Goodman

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GREEN DAYS PARADE



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. ■

FREE LUNCHES SPONSORED BY SCHOOL DISTRICT

Free lunches are provided Monday through Friday through Aug. 4 (no meals July 3-4) at Sterling Point, 10509 Dorset Drive, Johnston from 11-11:30 a.m., and at St. James Lutheran Church, 5665 Merle Hay Road, Johnston, from 11:30 a.m. to 12:15 p.m. Wednesdays story time is held. The Summer Food Service Program is a federally-funded USDA program sponsored by JCSD. ■

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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. ■



JOHNSTON BASKETBALL CLUB 2023 TRYOUTS

Tryouts of the Johnston Basketball Club (girls and boys) will be Sunday, Aug. 20, at the Johnston High School Gym, 6500 N.W. 100th St. Youth entering grades first through eighth in fall 2023 may participate. Check the JBC website (johnstonbasketballclub.com) to register for tryouts. Specific times for tryouts per grade will be on the website in August. ■

VOLUNTEERS NEEDED FOR PRE-PHYSICAL SCREENINGS

Johnston Partnership and Johnston Community Education are in need of volunteers who would be able to do pre-physical screenings such as height, weight and blood pressure as well as help with traffic control in the physical area at the Back to School clinic on Aug. 8, 3-7 p.m. Split shifts are available. If you are a nurse, nursing student or nursing assistant who might be interested in helping, call 515-577-2194 or email bjallen713@gmail.com. ■

T-SHIRTS RAISE FUNDS FOR DRAGON SCHOLARSHIP FUND

Get your Johnston: One BIG Roundabout T-shirt while supplies last. All proceeds support the Dragon Scholarship Fund. The Dragon Scholarship Fund provides financial assistance to JHS seniors as they continue their education beyond high school. Order online at <https://jcsfoundation.ejoinme.org/roundabout>. ■

PIE AND ICE CREAM SOCIAL

Join the faith communities of Johnston for relaxing music by band Asphalt and Stained Glass on Sunday, Aug. 27, 2-4 p.m.. at the Simpson Barn, 6169 Northglenn Drive, Johnston. Tickets available at <https://givebutter.com/Y1vtFc>. ■

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FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

GERALD DALE MEINEKE

Gerald Dale Meineke, 96, died June 18, 2023, at MercyOne Medical Center in Des Moines. Visitation was held at Iles Westover Funeral Home in Des Moines on June 29. A funeral mass was held June 30 at St. Boniface Catholic Church in Waukee. A private burial service will be held at St. Mary's Cemetery, Williams.

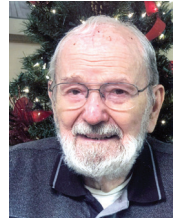
Gerald was born on Nov. 20, 1926, at home near Galt. He graduated from Dows High School in 1944 and continued to farm with his dad. He married Sadie Maubach on July 9, 1951. He served in the Air National Guard then returned to the Dows area and farm life. He served on the Dows Community School District Board of Education for 12 years. He and his wife were active in their church, St. Mary's. He taught religious education and was Confirmation sponsor for the boy who is now Father Rick Dagit, celebrant at Gerald's funeral Mass.

In 1971, health concerns necessitated a career change. The family moved from the farm, and Gerald worked in agricultural lending for the next 12 years. They lived in Dows, Iowa Falls, Webster City and Bella Vista before moving to Waukee in 2008. They joined St. Boniface Catholic Church and helped serve congregational meals in the Waukee area. In November of 2020, Gerald and Sadie moved to Martina Place Assisted living in Johnston.

He is survived by his wife, Sadie, of nearly 72 years; sons, Bernie (Sally) and John (Jo); daughter, Mary; daughter-in-law, Carolyn Meineke Cantu; grandchildren, Chris (Traci) Meineke, Scott (Breena) Meineke, Lindsey (Kris) Perret, Adam and Kirill Meineke, John (Paige) Gourley, Matt Gourley (Sophia Le), Nathan (Jill) Meineke, Daniel (Allie) Meineke, Ryan (Jules) Meineke, Preston (Jenny) Meineke, and Blake (Joelle) Meineke; 16 great-grandchildren; numerous nieces and nephews; and a large "family" of friends and caregivers at Martina Place Assisted Living and Bishop Drumm Care Center.

He was preceded in death by his sons, Steven and Mark; sisters, Bernice Meineke and Evelyn Schroder; niece, Darla Schroder; and nephew, Bill Schroder.

Donations are suggested to The Food Bank of Iowa in Gerald's memory. ■



HELEN LOUISE SHEPARD

Helen Louise Shepard, 88, died June 22, 2023, at Valley View Village. Her memorial service was Thursday, June 29, at Iles Westover Chapel.

Daughter of Frederick August and Barbara Rose (Schloss) Cook, Helen was born Feb. 25, 1935, in Rhodes. She has lived in the Des Moines area since 1947. Helen worked as a secretary at Firestone and later for Visiting Nurse Services. She was a member of Highland Park Christian Church. She enjoyed putting together jigsaw puzzles and was an avid animal lover, evidenced by her many beloved schnauzers.

Helen was preceded in death by her husband, Robert, four brothers and four sisters. She is survived by many nieces and nephews.

Memorial contributions may be given to Animal Rescue League of Iowa. ■



EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**BONDURANT BLUES & BREWS FESTIVAL****Saturday, July 15, 6:30-10 p.m.****Bondurant Regional Trailhead, 2 Main St. S.E.**

This is a family-friendly event at Bondurant's iconic regional trailhead in the heart of the Chichaqua Valley Trail system. The evening includes two Des Moines-based blues bands, so you are invited to bring your lawn chairs, blankets, friends and family. Enjoy food trucks, bounce houses, face painting, balloon animals, and ice-cold treats.

After the opening act, the home brew competition judges reveal the home brew winners. Bondurant's local Reclaimed Rails Brewing Company collects home brew submissions from all of Central Iowa. Pre-Register and drop off home brews before Monday, July 9, to participate. Register at <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eju037if81ff8756&oseq=&c=&ch=>.

Showcased along the Chichaqua Valley Trail is art from the Sidewalk Chalk Art Competition held earlier in the day. The public is encouraged to participate in a people's choice vote on the art showcased by Bondurant natives. This year's Sidewalk Chalk Art Prizes winners will be announced at 8:45 p.m.

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), 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.

ANKENY CHAMBER SUMMERFEST**July 7-9****The District at Prairie Trail, Ankeny**

This summer festival will contain plenty to fill up

Ankeny Chamber SummerFest

your post-fourth of July weekend with a grand parade, carnival rides, an entertainment garden and live music. ankenysummerfest.com

FOUR SEASONS FESTIVAL**July 14-15****Polk City Square**

There will be plenty to do at this year's Four Seasons Festival including a fun run, live music, parade, food and drink vendors, contests and fun for all ages. fourseasonsfestival.com

WAUKEE ARTS FESTIVAL**July 14-15****Centennial Park**

Enjoy one of the area's fastest-growing and most exciting summer events with more than 100 vendors and several concerts. Friday events begin at 5 p.m. with artist vendors, food trucks, beer garden and concert. The festival reopens Saturday, 10 a.m. to 10 p.m., with daytime music, art vendors, food trucks, beer garden, kids activities and concert. www.waukeeartsfestival.org

CLIVE FESTIVAL**July 21-22****East side of N.W. 114th Street, Clive**

Greenbelt Landing will have fun for everyone including "Thunder Over Clive" fireworks, live music, the popular Clive Fire Department Slip-N-Slide, a running festival, food trucks and more. cityofclive.com/parkandrecreation/programs_and_events/clive_festival.php ■

RECIPE

ELEVATE SUMMER ENTERTAINING WITH AN ENJOYABLE CRUNCH

(Family Features) As families and friends gather on patios and decks to enjoy the warmth of summer and meals fresh off the grill, many are searching for that perfect ingredient that can complement salads, appetizers, main courses, desserts and more.

This year, you can turn to pecans to elevate meals and give your guests something to rave about. Known for their rich, buttery consistency and naturally sweet taste, pecans have a longstanding tradition as a nut topping. They're sprinkled atop this Spiced Pecan Grilled Peach Salad with Goat Cheese for a refreshing seasonal salad with a nutty crunch. ■

SPICED PECAN GRILLED PEACH SALAD WITH GOAT CHEESE

Prep time: 5 minutes

Cook time: 50 minutes

Servings: 4

Spiced Pecans:

- 1 large egg white
- 3 tablespoons dark brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt
- 2 cups pecan halves

Salad:

- 1/4 cup, plus 2 teaspoons, extra-virgin olive oil or pecan oil, divided
- 1/4 cup white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/8 teaspoon kosher salt
- pepper, to taste
- 2 large peaches, halved and pits removed
- 6 cups mixed baby greens (such as arugula, spring mix and spinach)
- 4 ounces soft goat cheese

To make spiced pecans:

Preheat oven to 275 F. Line rimmed baking sheet with parchment paper and set aside.



In medium bowl, whisk egg white, brown sugar, cinnamon, cayenne pepper and salt until well combined. Fold in pecans and mix until evenly coated in mixture. Spread in single layer on prepared baking sheet.

Bake 45-50 minutes, stirring occasionally until pecans are fragrant and golden brown. Allow to cool completely.

To make salad:

Heat grill to medium-high heat.

In small bowl, whisk 1/4 cup olive oil, white wine vinegar, Dijon mustard, garlic powder, salt and pepper, to taste. Set aside.

Brush cut sides of peach halves with remaining olive oil and grill until grill lines appear and peaches become tender, 3-5 minutes. Remove peaches and cut into slices.

Divide greens among four plates. Top with grilled peach slices and goat cheese. Divide 1 cup spiced pecans evenly among salads and reserve remaining cup for snacking. Drizzle each salad with vinaigrette..

FARMERS MARKET

The Farmers Market is held Tuesdays, 5-8 p.m. through 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, 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 ■

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 ■



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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.

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