

# JOHNSTON Living Weekly

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## SEEN IN JOHNSTON

**BISHOP DRUMM'S PANCAKE BREAKFAST, AN ALZHEIMER'S ASSOCIATION FUNDRAISER, WAS HELD JUNE 22.**



Shirley Kelley, Mayor Paula Dierenfeld and Arlene Sweeney



Jacob Green and Becky Montgomery



Paula Bierle and Brianne Fitzgerald



Keli Robinson, Brenda Ballard and Debbie Moon-Davis

### 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

# YOU CAN TELL A LOT ABOUT PEOPLE BY THEIR T-SHIRTS

Think about the T-shirts you have accumulated through the years and what they say about you. This wasn't true with my father or grandfathers. The only T-shirts they had were plain white Fruit of the Looms, and few people saw them, as their T-shirts were simply undergarments. About a century ago, that began to change. Here's a little history.

The U.S. Navy first issued T-shirts as undergarments for uniforms in 1913. In casual situations, sailors and marines began to remove their uniform jackets and wear only the undershirts. Not long after that, T-shirts became popular layers of clothing for workers. By the time the Great Depression rolled in, the T-shirt was the go-to garment that was worn while doing farm or ranch chores. And then along came Marlon Brando and the movie "A Streetcar Named Desire," making T-shirts fashionable as standalone

outerwear garments. Need I mention Arthur Fonzarelli?

During the rebellious 1960s, printed T-shirts started to surface as part of self-expression and protests, as well as with company advertising and as souvenirs. This continued for several decades, becoming more "in your face" each year. Remember "Frankie Says Relax"? Today, revenue from T-shirts sales is expected to top \$5.28 billion in the United States alone. Yes, with a B.

Did you know that a T-shirt is named so because the shape of the shirt is in the letter "T"? It's true. And the word "T-shirt" became part of American English by the 1920s and started appearing in the Merriam-Webster Dictionary about that time, too.

Now back to what your T-shirts say about you. Your favorite sports



teams. The events you have gone to. The employers you worked for. The schools you attended. The places you visited. Your favorite bands. TV shows. Movies. And you thought you were a private person?

Your dresser drawer may say more about you than the data Facebook collects. But, of course, you know what's in your dresser. On Facebook's servers? Good luck.

T-shirts today are printed with all types of catch phrases, popular quotes and even vulgarities. And people seem to wear them proudly. Will that trend change soon and see T-shirts going back to simply being plain white undergarments?

Don't bet your shirt on it.

Have a great week, and thanks for reading. ■



## Shane Goodman

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# MAYOR'S RUN FOR THE TRAILS

Saturday, Aug. 12, is the Mayor's Run for the Trails + Kids Fun Run at Terra Park. The 5K walk and Kids Fun Run race start at 8 a.m. followed by the 5K run at 8:15 a.m. The registration fee includes a T-shirt. If you register after July 30, your shirt size is not guaranteed. The race is chip-timed and prizes will be awarded to the top runners in each age group. For more information and to register, visit [www.cityofjohnston.com/Mayors5kRun](http://www.cityofjohnston.com/Mayors5kRun). ■

# SUNDAE IN THE PARK

The public is invited to the 2023 Sundae in the Park event on Sunday, Aug. 6, from 6-8 p.m. at Johnston Commons Park. Enjoy a free ice cream sundae and meet with city and school officials. Families will have the opportunity to:

- Climb in a Johnston Public Works snowplow
- Explore a Johnston-Grimes Metropolitan Fire Department fire engine and talk with firefighters
- Climb shotgun in a Johnston Police squad car and talk with police officers about their jobs
- Listen to live music
- Learn about programs available within the Johnston Community School District
- Explore a Johnston school bus
- Check out the Johnston Library's book bike
- Attend the Johnston Historical Society's Open House. The 1902 Simpson House Museum next to the Johnston Library and the Simpson Barn will be open. ■

# LIONS CLUB FUNDRAISER

The Lions Club will be having a fundraiser July 26, 5-9 p.m. at Pizza Ranch, 4954 86th St., Urbandale. Enjoy pizza while supporting Johnston Lions Club's Homeless Veterans project of providing essentials to veterans as they transition from homelessness. Present the copy of coupons at your visit, or go to the Johnston Lions Club website. ■

# 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 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. ■

# SUMMER SERIES YOGA

Summer Series Yoga is held Tuesdays, July 12 and 25, Aug. 8 and 22, and Sept. 5 and 12, from 6-7 p.m. at The Lawn, 5870 Merle Hay Road. The event is free. A suggested \$5 donation goes directly to the food pantry. ■

## 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 bar soap, hand soap, dish soap, laundry detergent, shampoo and summer children's clothing sizes 2T and larger. 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](http://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](mailto: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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## JOHNSTON PUBLIC LIBRARY EVENTS

**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](http://johnstonlibrary.com).

Teen librarian Jessica has an amazing schedule lined up for kids entering grades 6-12. Information and event registration is available at [www.johnstonlibrary.com/teens](http://www.johnstonlibrary.com/teens). Friday, July 14 is a movie day in the JPL Teen Space. For this Friday Flicks, Jessica will be showing "Shrek" from 3-4:30 p.m. Have a techie teen? Don't miss out on Teen Tech: Robotics and Programming with LEGOS on Monday, July 17. Then, have your teen catch the beat at the JPL Teen Drum Circle on Wednesday, July 19. Registration for all Teen Tuesday programs opens up seven days before the event.

Rachel Vakulich, 2023 Iowa Honey Queen, will stop by on July 29 to teach the basics in Beekeeping 101. Not an outdoorsy person? How about journaling? Join JPL for Bullet Journaling with Linda Tong on Saturday, July 15. There are even more programs for adults to love in July. Try out an Adult Drum Circle on Monday, July 17. It's a great chance to challenge the little gray cells and have fun at the same time. Registration and more information for all events can be found online at [johnstonlibrary.com](http://johnstonlibrary.com) or by calling the library at 515-278-5233. ■

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[tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) or call 515-953-4822, ext. 302

## FUNERAL NOTICE

*Funeral notices can be emailed to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)*

### FRANCES JEAN BERGMAN

Frances Jean Bergman was born on Jan. 18, 1929, on a farm east of Parkersburg. She graduated from Parkersburg schools in 1947. Frances married Harold Ray Bergman in Parkersburg in 1950. She worked at a variety of jobs over the years. In 1989, she retired from her final employment at the Audubon County Clerk of Court office where she was deputy clerk. Frances was the first woman elected to the Audubon city council. She helped Harold with his job with Farm Bureau, attending meetings and hosting many events in her home.



Frances and Harold have three children, Mike (Ellen), Tim (Kenna) and Phil (Donna); four grandsons, Alex, Brandt (Michelle), Brett and Kenny. She was loving, caring and very involved with her children, their spouses and her grandchildren.

Frances and Harold hosted two foreign exchange students: Bassam Abou Murad (1971-1972) from Brazil and Ann Moitry Vacant from France (1980-1981) who continued to visit Harold and Frances regularly. She was a member of Meredith Drive Reformed Church and supporter of a mental health support group that had broad attendance. Frances also was a trained volunteer at hospice and spent many hours comforting others.

She was preceded in death by her parents; older brothers, Johnny and Harold Kalkwarf; sisters-in-law, Eunice and Dorothy Kalkwarf and Bonnie Bergman; and brothers-in-law, Robert Bergman, John Bode and John DeGroot.

Frances is survived by husband, Harold, her sons and their spouses, her grandchildren, several brother- and sisters-in-law, and many nieces and nephews.

Frances died on July 4, 2023, at Edencrest at Green Meadows in Johnston. Her funeral was July 8 at The Bridge in Johnston. Interment was at Oak Hill Cemetery in Parkersburg. ■

## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM**BONDU 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.

**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 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](http://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](http://cityofclive.com/parkandrecreation/programs_and_events/clive_festival.php)

**National Balloon Classic****NATIONAL BALLOON CLASSIC**

July 28 - Aug. 5

Memorial Balloon Field, 15335 Jewell St., Indianola

National Balloon Classic takes your eyes to the skies as pilots suspend more than 100 hot air balloons for competition. The event also features live music, food vendors, balloon rides, fireworks and more. [www.nationalballoonclassic.com](http://www.nationalballoonclassic.com)

**ZOO BREW**

July 26

Blank Park Zoo

Experience the zoo after dark while taking in some favorite local adult beverages alongside live music. Stark Raving Madge will perform 1970s Rock.

**RIVER RUCKUS**

July 27-29

408 West State St., Guthrie Center

This country music festival marks the event's 15th anniversary featuring acts such as HARDY, Riley Green, Chase Rice and 10 others. For a full schedule, visit [www.guthriesriverruckus.com](http://www.guthriesriverruckus.com). ■

## 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.

From an enjoyable crunch to comforting creaminess and a satisfying chew, pecans deliver a perfect bite and texture. These Grilled Pork Chops with Peach Pecan Salsa, for example, are loaded with fresh flavors for an easy, nutritious warm-weather meal.

Taste is just the beginning — pecans also pack a nutritious punch with a unique mix of health-promoting nutrients and bioactive compounds. 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. ■

## GRILLED PORK CHOPS WITH PEACH PECAN SALSA

**Cook time: 25 minutes**

**Servings: 4**

- 4 boneless pork loin chops (each 1-inch thick)
- 3/4 teaspoon, plus 1/8 teaspoon, kosher salt, divided
- freshly ground black pepper, to taste
- 2 medium peaches, diced
- 2/3 cup raw pecan pieces
- 2 tablespoons red onion, diced
- 2 tablespoons chopped fresh basil
- 1 teaspoon minced jalapeno pepper
- 2 teaspoons lime juice

### Directions:

Season pork chops with 3/4 teaspoon salt and black pepper, to taste.

Heat grill or grill pan to medium-high heat.

Grill pork chops until browned, about 5 minutes. Flip and



cook 5-6 minutes until food thermometer inserted in center registers 135 F.

Transfer to plate and rest at least 5 minutes until internal temperature rises to 145-160 F.

Gently stir peaches, pecans, onion, basil, jalapeno, lime juice and remaining salt.

Add salsa on top of each pork chop with remaining salsa on side.



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# 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](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, 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 ■

## UPCOMING CITY MEETINGS

- **Monday, July 17:** City Council Work Session, 6 p.m.
- **Monday, July 17:** City Council Meeting, 7 p.m.
- **Thursday, July 20:** Library Board meeting, 5:30 p.m.
- **Thursday, July 20:** Board of Adjustment meeting, 6:30 p.m.
- **Tuesday, July 25:** Tree Board Meeting, 5:30 p.m.
- **Tuesday, July 25:** Park Advisory Board Meeting, 6:30 p.m.

## 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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