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BASEBALL TEAM ADVANCES TO STATE



JHS BASEBALL STATE QUALIFIER: Johnston defeated Valley 12-4 to advance to the state tournament as the No. 1 seed. The team plays Iowa City Liberty at 11:30 a.m. Tuesday, July 18 in Iowa City. ■

JOHNSTON WEATHER FORECAST

TUES. HIGH 74 | LOW 63

Cloudy; t-storms early

**WED. HIGH 86 | LOW 64**

Partly sunny and humid

**THURS. HIGH 85 | LOW 60**

Hazy sun; breezy

**FRI. HIGH 83 | LOW 60**

Hazy sun; p.m. t-storms

**SAT. HIGH 85 | LOW 62**

Mostly sunny pleasant



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FROM THE PUBLISHER

DIDN'T OWN MUCH; DIDN'T OWE MUCH

Read the above headline again. Those six words explain the lifestyle of many families from just a few generations ago.

My mother was born in 1935, in the midst of the Great Depression. Most of us can't imagine the doom and demise of that time. Those who lived it learned to get by on little of nothing.

My grandparents lived humble lives. They didn't drive expensive cars or wear fancy clothes. In fact, to my knowledge, they never owned a home. I don't know how much the Great Depression impacted them, because they certainly never talked about it. They just made do, and they didn't buy things unless they absolutely needed them. They certainly were not alone.

Today, many who are also clearly struggling financially still seem to find ways to buy flat-screen TVs, purchase smart phone plans, have their nails done, and get their seventh tattoo. Some who do borrow money play the victim card in hopes that it

will be forgiven. Most of our grandparents and great-grandparents would cringe at even the discussion of the handouts now ranging from the forgiveness of PPP loans to erasing of college debt.

My mother never had a credit card. She thought they were a tool of the devil, as she saw too many people get buried financially by choosing not to live within their financial means. When I was in college, I received an application in the mail for a credit card from a gas station. It seemed like a good idea to me, so I applied and received it. I paid it off each month, but I never wanted Mom to know about it. Of course, she did not approve. The only debt my mother ever had was her home mortgage. She didn't buy things unless she could pay cash for them. There was no other option, in her mind.

A few decades later, while at an



out-of-town family wedding, Mom realized that a credit card had become a necessity for purchases like hotel rooms. So, she talked with me about it, and I encouraged her to apply for one. To my dismay, she was denied because she did not have any credit history. This elderly woman with no debt, who had never written a bad check in her life, was denied a credit card. I had to co-sign the application for my mother to be approved, which I did. I understand that the credit card companies don't profit as much from those who pay their debts each month, but this still says something about the society we now live in.

As such, a better mantra for today may be: Don't own much; do owe a lot.

Have a great week, and thanks for reading. ■

Shane Goodman

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SEEN IN JOHNSTON

THE JOHNSTON SUMMER SERIES VENDOR FAIR SUPPORTING JOHNSTON PARTNERSHIP WAS BROUGHT TO THE PUBLIC BY HEALTH INSURANCE ADVISOR, LLC AND SPONSORED BY CAJUN BELLE.



Andrea Cook and Kit Mihalik



Jodi Rusch, Carley Shepherd and Missy Shepherd



Bethany Wilson, Lucy and Janis Van Ahn



Quinnlyn Schulte and Kelly Schulte



Ronda DeMoss



Jill Trobaugh



Emilie Ball

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 toilet paper, toothpaste, body soap, dish soap, laundry detergent, shampoo and deodorant. 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 (washable) 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. The goal is to collect enough school supplies to fill 400 backpacks for Johnston students in need. ■

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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JOHNSTON BACK TO SCHOOL HEALTH & RESOURCE CLINIC

Families of JCSD students that need help are invited to attend this free back to

school event Aug. 8, 3-7 p.m. at the middle school to help ensure their children are ready to start school in August.

Volunteers and staff will be available to help families register for school, complete necessary paperwork and connect with area resources. Vision checks, physicals and dental checks are included. For more information, contact Johnston Community Education at 515-278-0552 or the Johnston Partnership at 800-868-1357. ■


JOHNSTON LIBRARY

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

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.

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



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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. ■



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 22, July 29 and Aug. 5. ■

FREE LUNCHES SPONSORED BY SCHOOL DISTRICT

Free lunches are provided Monday through Friday through Aug. 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 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. ■

FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

MICHAEL LARRY MCCLOUD

Michael Larry McCloud, 83, died on July 5, 2023, in Johnston. A celebration of life was held on Tuesday, July 11 at the Hyperion Field Club in Johnston.

Mike was born in 1939 in Des Moines. He received his undergraduate degree from Drake University and his master of science from Colorado State University. He joined the Navy at age 17 and served three years. He joined the Air Force in 1964. During his military career, he was awarded 20 medals including the Bronze Star, Meritorious Service Medal, Air Force Commendation Medal and the Vietnam Service Medal. He retired after 19 years, achieving the rank of lieutenant colonel. He retired to Lake Havasu City, Arizona, and was a devoted educator for 15 years. He returned to the Des Moines area in 1999 and later married his high school sweetheart, Kathy McCloud.

He enjoyed boating, being near the ocean, classic and exotic cars, riding his Harley at the Sturgis Rally each year, and traveling with his wife, Kathy. He was a lifelong learner of philosophy and had a passion for sharing his knowledge.

Mike was preceded in death by his father, Clarence, and his mother, Mary. He is survived by his wife, Kathy; his brother, Craig (Martha) McCloud; three daughters, Mary (Jon) Barnette, Michelle (Joe) Rivera and Jennifer Geis; six grandchildren: Natalie, Jonny, Corinna, Melissa, Jake and Jaren; and seven great-grandchildren.

Online condolences are welcome at www.IlesCares.com. ■



KURT WAYNE VAN VELDHUIZEN

Kurt Wayne Van Veldhuizen was born on June 18, 1983, to Dan and Laurie (Horstman) Van Veldhuizen in Sheldon. He grew up on a farm outside of Primghar. He graduated from Hartley Melvin Sanborn High School and the University of Northern Iowa then earned his doctorate of chiropractic from Palmer College of Chiropractic in Davenport. Kurt opened a chiropractic practice in Johnston where he served for 14 years. He loved what he did, but more than anything, he enjoyed getting to know his patients who became family to him.

Kurt married Stephanie (Fox) on Oct. 9, 2015, in Santa Rosa, California. They enjoyed traveling and spending time with their families and friends. His children, Elyse, 4, and Jude, 1, were the light of his life. He will be remembered as a selfless, caring person. In his spare time, he enjoyed the outdoors hunting, hiking and fishing.

Kurt died on July 7, 2023, at the age of 40. His family trusts and believes that he is now at peace. He is survived by his wife, Stephanie of Johnston; two children, Elyse and Jude; his parents, Dan and Laurie Van Veldhuizen; siblings, Kayla (Tom) Conway, their children, Finn, Oliver and Lydia, and Leigha (Cody) Ginger; his grandmother, Jeane Van Veldhuizen; and many aunts, uncles, cousins, in-laws and friends. He was preceded in death by his brother, Travis; his grandmother, Elsie Horstman; his grandfathers Gene Van Veldhuizen and Irv Horstman; and great friend Will Nutter.

Memorials will be directed to Kurt's children's college education fund.

Visitation will be held on Monday, July 17, 2023, from 3- 5 p.m. at Caldwell Parrish Funeral Home and Crematory in Urbandale. A funeral service will follow at 5 p.m. at the funeral home. ■



EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**ON STAGE****CAROUSEL THEATRE OF INDIANOLA**

117 E. Salem Ave., Indianola,

www.carouseltheatre.org

July 28-30, Aug. 4-6: Disney's "The Little Mermaid"

DES MOINES PLAYHOUSE831 42nd St., Des Moines, www.dmplayhouse.com

July 14-30: "Little Shop of Horrors"

Sept. 8-24: "Once"

DES MOINES YOUNG ARTISTS' THEATREVarious venues, www.dmyat.org

Aug. 18-27: "Shrek: The Musical" at Stoner Theater

DMACC ANKENY THEATRE

Black Box Theatre,

Building 5, 2006 S. Ankeny Blvd., Ankeny

www.dmacc.edu/theatre/ankeny

July 25-30: "The 25th Annual Putnam County Spelling Bee"

URBANDALE COMMUNITY THEATRE

Urbandale High School Performing Arts Center,

7111 N.W. Aurora Ave., Urbandale

www.urbandaletheatre.com

July 22-30: "The Drowsy Chaperone"

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.

**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

THE WATER RIDE

Saturday, Aug. 26

Confluence Brewing Company

Start at Confluence Brewing Company and enjoy the Des Moines trails. Join in riding for a cause and help raise awareness and funds to support water and education projects in Ghana, Africa. Show up around 11 a.m. to sign in or register and get your Water Ride gear. Start riding your bicycle at noon from Confluence with riders throughout the community. Over the past 10 years, the money raised through various Water Ride events has helped fund three wells and the creation of TMP Academy, a primary school in Ghana. All proceeds from this event go directly to ensuring all students of TMP Academy have access to education when finances would otherwise be a barrier they are unable to get around. TMP Academy currently educates more than 150 kids. To date, more than \$45,000 has been raised. Official 2023 Water Ride stops are Confluence Brewing Co., 515 Brewing and Peace Tree Brewing DSM. The event link is www.facebook.com/events/278203251215477/?active_tab=discussion. ■

RECIPE

MAKE MORNINGS A BREEZE WITH TIME-SAVING BREAKFASTS

(Family Features) Make your mornings easier with delicious, better-for-you meals you can make ahead of time using simple ingredients like Success Boil-in-Bag Tri-Color Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just 10 minutes. You don't have to know how to pronounce quinoa to enjoy its light, nutty flavor packed with protein and all nine essential amino acids.

As a good source of fiber, it's a perfect solution composed of a medley of red, black and white quinoa that can make these Ham, Cheese and Zucchini Breakfast Cups a breeze. They're an ideal on-the-go solution for weekday breakfast bites that fit your busy schedule.

Cook up a batch as part of your Sunday meal prep and enjoy a week's worth of tasty, simple cups for the entire family. Once the combination of green onions, cheddar, ham, quinoa and more have been cooked and cooled, they can be refrigerated for up to one week. ■

HAM, CHEESE AND ZUCCHINI BREAKFAST CUPS

Prep time: 15 minutes

Cook time: 25 minutes

Servings: 12

- 1 bag Success Tri-Color Quinoa
- nonstick cooking spray
- 1 cup shredded cheddar cheese
- 1 cup shredded zucchini
- 1/2 cup diced ham
- 2 eggs
- 1/4 cup egg white
- 1/4 cup sliced green onion
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

Prepare quinoa according to package directions. Preheat oven to 350 F.



Coat 12-cup muffin tin with nonstick cooking spray.

In large bowl, combine shredded cheddar cheese, shredded zucchini, diced ham, eggs, egg white, sliced green onion, salt and black pepper. Mix well. Spoon batter into prepared muffin tin.

Bake 25 minutes. Cool 5 minutes then remove to wire rack to cool completely.



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FILM REVIEWS

By Michael C. Woody

'SPIDER-MAN: ACROSS THE SPIDER-VERSE'

In 2018 we were "Into the Spider-Verse," this year we are "Across the Spider-Verse" and in May of 2024 we will be "Beyond the Spider-Verse." So the 2023 chapter, "Across the Spider-Verse" is obviously the middle story in a trilogy. Knowing that makes it a lot easier to not completely understand everything that is going on in the film. This is Marvel Comics' multi-verse where different Spider-Men from a lot of universes collide in one. If you saw the first film, that makes sense. If you didn't, you need to catch up on these very well made films with well told stories. **Grade: B+**



"SPIDER-MAN: ACROSS THE SPIDER-VERSE"

'TRANSFORMERS: RISE OF THE BEASTS'

This is an entertaining and well-made movie that made almost no sense to me whatsoever. There was enough action and humor for two films, but maybe that's OK. My kids grew up with these Transformer things, so I'm not exactly the target audience, but I was mildly entertained. **Grade: B-**



"TRANSFORMERS: RISE OF THE BEASTS"

'THE FLASH'

While I will admit to growing up a comic book fan, the DC Universe (Superman, Batman and the Flash) held little appeal to me. On the movie side, I have liked many of the DC-based movies but admittedly had little interest in "The Flash." I was wrong on this one. What I found was an entertaining and well-told story with an almost perfect mix of action and humor and an impressive nod to the DC Universe toward the end of the film. It was 30 minutes too long, but I'd still recommend it. **Grade: B+ ■**



"THE FLASH"

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.



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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. ■

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, 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

- **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.
- **Monday, July 31:** Planning and Zoning Meeting, 7 p.m.
- **Thursday, Aug. 3:** Grow Solar Polk County - Power Hour, 5:30 p.m.
- **Monday, Aug. 7:** City Council Work Session, 6 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.

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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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