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# CLUB NEWS



**WOMEN'S SOCIAL CONNECTION:** The Johnston Women's Social Connection hosted an ice cream and dessert social at the Ellipsis boys home (on Merle Hay and Beaver) on Aug. 15. Senior women interested in joining this fun group can contact Sue at 515-494-2228. ■

## JOHNSTON WEATHER FORECAST

**TUES. HIGH 92 | LOW 64**  
Mostly sunny and hot



**WED. HIGH 86 | LOW 65**  
Partial sunshine; t-storms



**THURS. HIGH 91 | LOW 66**  
Cloudy; morning t-storms



**FRI. HIGH 94 | LOW 65**  
Plenty of sun



**SAT. HIGH 90 | LOW 66**  
Plenty of sun



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FROM THE PUBLISHER

# THE AGE YOU STOP FEELING YOUNG

Do you ever wonder what the age was when you stopped feeling young? Maybe it was so long ago that you can't remember. Or maybe you haven't reached it yet.

Local fitness guru LeMar Koethe, who launched 7 Flags Fitness Center in Clive in the early 1990s, told me frequently that age was only a number, and that how you take care of your body determines your real age. LeMar was right, at least partially. One also needs to take care of the mind and soul, at least from my perspective. And, even then, the aging process continues.

Veteran newsman Michael Gartner tells me he was invigorated by working with young people, and that connection is what he misses the most in his retirement. I agree with him as well, although I have learned that, as much as I enjoy working with younger people, I equally enjoy living by older people.

Clare Ansberry writes the Turning Points column for The Wall Street Journal. In her May

5 contribution, she addressed the "when you stop feeling young" subject, pointing out how Millennials are now starting to feel old. She shared how the average age when Americans stop feeling young, according to a study by Worldwide Independent Network of Market Research, is 43. She also shared findings from Found, a weight-management company, that say the ripe age of 42 is when the average American starts noticing physical signs of aging, including achy joints and gray hair.

As many of you may agree, whether you feel old or not primarily depends on the people you are around, kind of like how you may feel overweight or not depending on the size of those who surround you. I remember, not too long ago, frequently being the youngest person in the room. No more.

As interesting as the question of



what age Americans stop feeling young is, the equally interesting question is at what age Americans start feeling old. And, yes, the ages are different. According again to the Worldwide Independent Network of Market Research, the "feeling old" age is 52. Well, that age has slipped by, too, much like my vision and hearing. But my sense of smell still works great, which is evident by the prevailing scent of Bengay.

When my wife was asked through the years by other moms what the best stage of parenting was, she would often say, "The current stage." That answer continues through adulthood, regardless of what any study might say.

Happy aging, Millennials!

Have a great week, and thanks for reading. ■

**Shane Goodman**  
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JOHNSTON  
*Living Weekly*

A publication of Big Green Umbrella Media, Inc.  
8101 Birchwood Court, Suite, D, Johnston, IA 50131  
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## FUNERAL NOTICES

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

### KRISTINA LYNN (SELANDER) GALLE

Kristina Lynn (Selander) Galle died at her home in Johnston surrounded by her family on Aug. 27, 2023, from an inoperable brain stem tumor that ravaged her body but not her mind. Kristina was born in Des Moines on April 20, 1979, to Thomas Selander and Linda Krypel.

Friends and family described her as quiet, a bit shy, creative, smart, funny and very kind. She always seemed to have a beautiful smile for everyone. However, her shy, quiet personality disappeared when she was around her best friends who loved divulging stories of her antics in college and beyond.

As a child, she won several city-wide awards for her art and an invention. Kristina graduated from Hoover High School and studied graphic communications at the University of Northern Iowa. After graduating UNI, jobs in the art world were difficult to find, and Kristina had become interested in a pharmacy career. She then attended Drake University, College of Pharmacy. She graduated with her Doctor of Pharmacy degree in 2008 and worked as a pharmacist at Walgreens near Drake until her illness.

She met and fell deeply in love with Jason Galle. They were married on Dec. 30, 2006. Kristina accepted Jason's young son, Jordan, as her own and was blessed to give birth to Ian in 2013. Kristina adored being a mom, and Jason, Jordan and Ian became the loving center of her world. She turned her artistic abilities toward photography and crafting and especially enjoyed gardening.

Kristina was preceded in death by her maternal grandparents, Leonard Krypel and Irene and Chris Xigogianis; her paternal grandfather, Donald Selander; and her stepfather, Lon Larson. Her much-loved Pomeranian, Rhino, also recently preceded her in death. She is survived by her husband, Jason Galle; her son, Ian Galle; stepson, Jordan Galle; mother, Linda Krypel; father, Thomas Selander; stepmother, Becky Selander; brother, Eric Selander; stepbrothers, Chris and Brett Larson; grandmother, Dorothy Selander; mother-in-law, Sandy Galle; best friends, Cindy Gronert Palmer, Kari Berven and Megan Camarata; along with many aunts, uncles and cousins.

In lieu of flowers, donations can be made to First Unitarian Church or Grace Lutheran Church, both in Des Moines.

Visitation will be held Friday, Sept. 8 from 5-8 p.m. at Iles Westover Chapel, 6337 Hickman Road in Des Moines. A celebration of life service will be held Saturday, Sept. 9 at 11 a.m. at Grace Lutheran Church, 5201 Urbandale Ave. in Des Moines. Online condolences may be expressed at [www.IlesCares.com](http://www.IlesCares.com). Arrangements are by Iles Westover Chapel. ■



## 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 baby food and formula, baby wipes, dish soap and toilet paper. 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. ■

## YOGA BY THE LAKE

The public is invited to more Yoga by the Lake this fall. 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. City recreation is partnering with IGNIT to offer each session taught by certified yoga instructor Rocío Valea. Dates are Sept. 9, Sept. 16, Sept. 23, Oct. 7 and Oct. 14. ■

## SUMMER SERIES YOGA

Summer Series Yoga is held Tuesdays, 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. ■



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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.

- **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.

- **Tuesday, Sept. 12** – The Sons of Gladys Kravitz ■

## CITY MEETINGS

- **Monday, Sept. 11:** Planning and Zoning Meeting, 7 p.m.
- **Monday, Sept. 18:** City Council Work Session, 6 p.m.
- **Monday, Sept. 18:** City Council Meeting, 7 p.m. ■

## HISTORY OF JOHNSTON PROGRAMS

**Various dates; Johnston Public Library, 6700 Merle Hay Road**

Johnston Station Historical Society and Johnston Public Library have partnered on a History of Johnston program that will include a series of presentations at the Johnston Public Library.

On Sunday, Sept. 17, 1:30-2:30 p.m., learn about Johnston from prehistoric times to the 19th century. Matthew Mikles will discuss the topography, geology and ecology of the area, Wisconsin glacier receding, and creation of the Des Moines River. John Brown will then speak about the history of Native Americans in the area. Mary Jane Paez and Larry Madole will cover early settlers, their lives, difficulties and accomplishments, and the pioneer cemeteries found in Johnston.

On Sunday, Oct. 15, 1:30-2:30 p.m., learn about Johnston in the 20th century. Topics will include: Hyperion Field and Motor Club, Camp Dodge, the Inter-Urban and school consolidation presented by AJ Simpson; Henry Wallace and Pioneer Hi-Bred, presented by Tom Leffler; Ben Dewey and the Johnston Lions Club, presented by Mary Jane Paez; the incorporation of Johnston by John Brown, Saylorville Dam by AJ Simpson; and Green Meadows by Mary Jane Paez.

On Sunday, Nov. 12, 1:30-2:30 p.m. hear the story of the city, from the start of the city, presented by John Brown, to growing pains by Don Coates, to the growth and accomplishments of the City by Mayor Paula Dierenfeld. ■

## KIWANIS MINI GOLF FUNDRAISER

**Saturday, Sept. 30, 9 a.m. to 1 p.m.**

**Puttmasters at the Pines, 2977 N.W. 66th Ave.**

Join the Johnston Kiwanis for the first-ever Mini Golf Fundraiser. Bring the whole family for fun, food and a great cause. Proceeds will support scholarships for high school seniors, books for third-grade classes, sponsoring a Kiwanis Miracle League team, and supporting Mentor Iowa. In addition, half of the mini golf fees will be donated to support the Fisher Lake Wildlife Preserve. Pancakes will be served from 9-11 a.m. and hamburgers and hot dogs from 11 a.m. to 1 p.m. Prizes will be given for hole-in-one shots. Registration is \$9 for mini golf only, \$8 for meal only, \$15 for combination and \$50 for foursome golf and meal with additional family members \$12.50. Children under 3 play and eat for free. ■



## JOHNSTON LIBRARY

6700 Merle Hay Road • 515-278-5233 • [www.johnstonlibrary.com](http://www.johnstonlibrary.com)

Fall feels like the start of things. School is back in session, new colors are popping up on trees, and sweaters are slowly making it back into the rotation. Here's what's new at Johnston Public Library this September:

**JPL Story Hours are back.** Don't miss out on stories, songs, crafts, puppet friends and more pre-literacy activities for little ones. Story Time Together is geared towards kids ages 18 months through pre-school age with their caregivers and is every Monday at 10 a.m. or 10:30 a.m. Bouncing Babies is perfect for ages 6-18 months and is every Thursday from 11-11:30 a.m. No registration is required for these free story times.

September is also full of special events your kids will love including **Story Time with DART** on Sept. 12, **Rhythm & Rhymes** on Sept. 19, **JPL K-5 LEGO Club** on the second Monday of the month beginning Sept. 11, **Read Me a Book Club** on the third Monday of the month beginning Sept. 18, and Ramp & Roll on Sept. 25. And guess what? That's not even all of it. More information and event registration for all children's programming is available at [johnstonlibrary.com/kids](http://johnstonlibrary.com/kids).

**September is National Hunger Action Month.** Take action! Help those in need in our community by dropping off non-perishable food items and personal health items at Johnston Public Library. At this time, the greatest need in the Johnston community is for personal health items, including toilet paper, shampoo, deodorant, Kleenex, laundry soap and soap/body wash, but healthy nonperishable food items are always welcome. All donated items will be distributed through the Johnston Partnership Food Pantry.

Currently, more than 55 million people worldwide are living with dementia, including more than 6 million

Americans. In collaboration with experts in the field, the Alzheimer's Association has created a list of warning signs to help people identify symptoms that may be related to Alzheimer's or another dementia. Join Marcia Dicks, volunteer community educator for Alzheimer's Association of Iowa, on Wednesday, Sept. 13 at 11:30 a.m. for a **JPL Lunch and Learn: 10 Warning Signs of Alzheimer's**. This presentation will be full of science-based information about common signs of dementia. Registration is appreciated for this free event.

Did you know that JPL has a year-long **Ultimate Reading Challenge** open to adults 18-plus? To complete the challenge, you need to read at least 18 books by the end of 2023 that fit into one of the many categories in the JPL Ultimate Reading Challenge Book Log. Read even more books to earn up to five prize entries. And don't miss the Monthly Bonus Categories and the final Meet-Up Party to earn additional entries for the grand prize drawing. Questions about the challenge? Call the library or email staff at [info@johnstonlibrary.org](mailto:info@johnstonlibrary.org).

Once you're signed up for the Ultimate Reading Challenge, come to JPL on Saturday, Sept. 23 at 3 p.m. to join other participants for an afternoon of food, drink and literary fun at the **Ultimate Reading Challenge Meet-Up!** Meet other JPL Challenge participants, discover new titles to add to your "to be read" list, and chat with others about that thriller or romance you just read. You'll earn one entry to the grand prize for each Meet-Up Event you attend. Registration is not required but is appreciated. More information about JPL events and resources can be found at [www.johnstonlibrary.com](http://www.johnstonlibrary.com) or by giving the library a call at 515-278-5233. ■



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## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM**WALK TO CURE ARTHRITIS****Saturday, Sept. 16, 9 a.m.****Principal Park, Des Moines**

Mark your calendars for this family-friendly fundraising event that supports The Arthritis Foundation, which marks 75 years of progress, supporting millions of adults and children living with arthritis. The Walk to Cure Arthritis celebrates those battling arthritis while raising money to support the elimination of this disease. Consider forming a team with friends and family or through your workplace or register individually. Volunteers and sponsors are needed.

To register, visit the event webpage, [www.walktocurearthritis.org/iowa](http://www.walktocurearthritis.org/iowa). To volunteer or learn about sponsorship or vendor opportunities, contact Sally Stalnaker at 402-262-0144 or [ssalnaker@arthritis.org](mailto:ssalnaker@arthritis.org).

**HALFWAY TO ST. PAT'S CAR SHOW****Sunday, Sept. 17****Mugsy's Pizza House,****1225 Copper Creek Drive, Pleasant Hill**

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com).

**OKTOBERFEST****Sept. 22-23****Lauridsen Amphitheater,****Water Works Park, 2251 George Flagg Parkway**

Oktoberfest returns for the 18th year with all your favorite authentic celebrations including a huge selection of German and craft beers, delicious German food, beer puppeteer, live music, bier maiden and stein holding competitions, a silent disco featuring 11 DJs over three days, and much more. [www.oktoberfestdsm.com](http://www.oktoberfestdsm.com).



Oktoberfest.

**LOG CABIN DAYS FESTIVAL****Sept. 23****Warren County Fairgrounds,****1400 W. Second Ave., Indianola**

The annual festival brings you in for a taste of Indianola history that will include craft booths, quilt exhibit, an antique car show and classic car show at the Warren County Fairgrounds.

**LATINO HERITAGE FESTIVAL****Sept. 23-24****Western Gateway Park, 100 Grand Ave., Des Moines**

Latino Heritage Festival presents a taste of Latin America with more than 20 food vendors and tons of live music over the weekend at Western Gateway Park, 100 Grand Ave., Des Moines. [www.latinoheritagefestival.org](http://www.latinoheritagefestival.org).

**QUILT SHOW****Sept. 21-23****4-H Building, Iowa State Fairgrounds**

The "Quilting in the Key of Life" Quilt Show by the Des Moines Area Quilters Guild will be held at the Iowa State Fairgrounds. Hours for Thursday and Friday, Sept. 21-22, are 9 a.m. to 6 p.m. Hours on Saturday, Sept. 23, are 9 a.m. to 5 p.m. Admission is \$10. More than 500 quilts will be on display, with dozens of vendors, a colorful raffle quilt and several special exhibits. For more information, visit [dmaqg.org](http://dmaqg.org) or follow Des Moines Area Quilters Guild on Facebook. ■

## RECIPE

# BREAKING BETTER-FOR-YOU BREAD

*(Family Features)* For many looking to make healthy dietary changes, weight loss is a primary concern. Because the Dietary Guidelines for Americans recommend 45-65% of daily calories come from carbohydrates, an eating plan like the ketogenic diet (or keto, for short), which involves consuming a low amount of carbs and replacing them with healthy fats, can be a popular choice for achieving weight loss goals.

Replacing carb intake with fat can put your body in a metabolic state called ketosis, which makes you more efficient at burning fat for energy. The keto diet can also help reduce blood sugar and insulin levels and lower risk for certain diseases.

Those following the keto eating plan typically significantly reduce or avoid consuming bread, pasta, rice and baked goods, which are all traditionally high in carbohydrates. However, Toufayan Bakeries introduced a line of keto-friendly wraps, pitas and flatbreads that are high in fiber and protein while containing no sugar and being lower in carbs than traditional bread.

Try serving these satisfyingly light solutions as the base ingredients in this delicious recipe for a Keto Egg and Sausage Flatbread from chef George Duran. ■

## KETO EGG AND SAUSAGE FLATBREAD

**Yield: 1 flatbread**

- 1 Toufayan Keto Flatbread
- 1/4 cup shredded mozzarella cheese
- 2 cooked sausage links (approximately 2 ounces each), cut into pieces
- 1/4 cup thinly sliced red bell pepper
- 1 large egg
- 1 tablespoon fresh chives
- salt, to taste
- pepper, to taste

### Directions

Preheat oven to broil.

On foil-lined baking sheet, place flatbread and top with mozzarella cheese; add sausage pieces and bell pepper.



Crack egg in center of flatbread and broil 5-8 minutes, or until egg is cooked to desired firmness.

Remove from oven and top with chives.

Season with salt and pepper, to taste, and serve.

### Nutritional information per serving (1 flatbread):

435 calories; 29.1 g protein; 25.6 g fat; 8.6 net carbs.

# SEEN IN JOHNSTON

THE JOHNSTON CHAMBER ANNUAL GOLF OUTING  
WAS HELD AT HYPERION FIELD CLUB ON AUG. 21.



Dan Fitzgerald, Scott Vanzee, Brad Blackman, Aldrich Cabildo



Tyson Handsaker, Taylor Fondell, Tate Handsaker and Drew Albers



Rebecca Ziller, James Walford, Jay Mathes and Phil Andeberg



Trevor Huisman, Matthew Small, David Ogg and Nathan Deutmeyer

## SIGN UP FOR EMERGENCY ALERTS

The City of Johnston uses CivicReady to send emergency alerts and other notifications. Subscribers can register to receive emergency alerts via phone call, text message, and/or email. Non-emergency messages will be sent by text and/or email. Sign up at <https://public.alertsense.com/signup/?regionID=1615>. ■



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## CLASSIFIED ADS

**FOR SALE:** 2006 Chevrolet Silverado truck 4x4, V8, crew cab, 148,000 miles, great condition. Call 641-757-0731

**FOR SALE:** GE electric glass top oven range. Double oven, air fry, conv. bake, warming burner, self & steam clean, 8 months old. \$90. Call 515-745-5002.

**FOR SALE:** Softball/Baseball Pitching/Hitting net. \$20. Call/Text 515-238-3198.

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

**FOR SALE:** 2 tents — a 3-man and a 4-man Eddie Bauer. 3 adult sleeping bags — 2 heavy weight and 1 medium weight. Large dry bags. Coleman 2-burner camping stove. Best Offer. ALSO 13 1/2-foot WE-NO-NAH single-person canoe. Phone 515-480-8299.

**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.

**BICYCLES WANTED:** Any condition is ok. For parts or repair. Will pick them up. Phone 515-238-3343.

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