

# JOHNSTON Living Weekly

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## BELL WINS NATIONAL CHAMPIONSHIP

Jaida Bell of Johnston recently competed in the Track & Field Nationals at Eugene, Oregon, for the second year in a row and came home as the USATF Junior Olympics National Champion in the triple jump with a jump of 39'0.25. This tied her personal record jump, which broke the state record.

"What makes this story so special is that she might have become Iowa's first USATF Junior Olympics National Champion in triple jump," says Jeff Johannes, head coach for the Tornado Track Club, sprints, relays and horizontal jumps, in which Bell participates. "This event we do not have in our high school season. We are one of the few states that doesn't give our high school athletes a chance to learn it, so when we have an opportunity to do this event in the summer, we are usually at least three



Jaida Bell bites the gold medal she won in the triple jump at the Track & Field Nationals at Eugene, Oregon

to four months behind the rest of the country in practicing it."

This was Bell's first year

participating in summer track and competing for Tornado Track Club. In three weeks, she broke the state record by more than four feet, making her Iowa's all-time triple jump leader, said Johannes.

"It was exciting to see her step up when a girl had passed her in the first round of prelim jumps," says Johannes. "This was new territory for her to see someone out-jump her. She looked in the stands at me and said, 'Oh, no, you are not going to take this away from me.' She gave everything she had in the second jump to take first overall."

Bell also competed in the 100m and finished in 12.71 to improve on her ranking.

Previously, Bell won a bronze medal at the AAU Junior Olympic

**BELL, CONTINUED ON BACK**

### JOHNSTON WEATHER FORECAST

**TUES. HIGH 74 | LOW 48**

Times of clouds and sun



**WED. HIGH 75 | LOW 51**

Nice with plenty of sun



**THURS. HIGH 77 | LOW 53**

Sunny and nice



**FRI. HIGH 80 | LOW 55**

Sunny to partly cloudy



**SAT. HIGH 76 | LOW 54**

Nice with plenty of sun



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FROM THE PUBLISHER

# THANK YOU FOR BEING A FRIEND

The above words are the name of a hit song recorded by Andrew Gold in 1978. Those of you familiar with the song likely know it because of the cover by Cynthia Fee that was the theme song of the NBC sitcom "The Golden Girls." In fact, you are likely singing along now.

But what exactly does it mean to be a friend? I recently heard Father Ray Higgins offer a version of the following story as part of his sermon. I had not heard the story before, and I was touched so much by it that I wanted to pass it along to each of you. Here it is.

*Two soldiers were great friends. One evening, one soldier comes back to the trench but finds that his friend had not returned. Many soldiers had been killed on the front. He became worried that his*

*friend was one of them.*

*He asked about his friend, and another soldier said, "We don't know if he was*

*killed, but he was wounded so badly it was impossible for him to come to the trench. By now, he must be dead."*

*The day was turning to night, and the enemy was still firing madly, but the soldier wanted to search for his friend.*

*His commanding officer said, "No, that would be foolish," but he disregarded his officer and left the trench. It was dark, and there were thousands of corpses all around. He searched diligently, and in the middle of the night, he returned — dragging his friend's dead body on his back.*



*He, himself, was now mortally wounded and could not survive.*

*His commanding officer approached him and said, "I told you not to be foolish! It was not worth it. Your friend is dead, and you are dying!"*

*The dying man opened his eyes and said, "But it was worth it — because when I went there, he looked at me and said, 'I knew you would come.'" "*

If that story doesn't make you think about how much you are willing to do for a friend, then I don't know what will.

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  
www.iowalivingmagazines.com



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## FUNERAL NOTICES

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

### HAROLD RAY BERGMAN

Harold Ray Bergman died on Sept. 3, 2023, at Edencrest of Green Meadows in Johnston. His funeral was Saturday, Sept. 9, at The Bridge in Johnston. Interment was Monday, Sept. 11, at Oak Hill Cemetery in Parkersburg.

Harold was born on Sept. 25, 1924, on a farm home near Stout. He graduated from Parkersburg High School in 1942. He was deferred during World War II to farm with his father and three uncles and was eventually drafted in 1945. As an occupation troop in the Army Ordnance Corps, he reached the rank of staff sergeant, serving a total of two years in France, Germany and Austria. In 2009, he was on an Honor Flight with fellow veterans to Washington, D.C.

In 1946, he resumed his education at the University of Iowa and finished in August of 1950 with a degree in mathematics and a teaching certification. On Aug. 21, 1950, he married Frances Jean Kalkwarf, daughter of Henry and Elizabeth (Mulder) Kalkwarf, in Parkersburg. He taught for a brief time then became a field manager for the Iowa Farm Bureau, for which he worked for 37.5 years in numerous locations. He retired in 1989, and the couple moved to Des Moines.

An avid cyclist throughout his life, he competed in the Senior Games Time Trial in 2004. He was a member of Reformed Churches of America, served as an elder, was on several committees and sang in the church choir. He was also a member of the American Legion and the Audubon Lions Club. During his retirement years, he was a volunteer tutor and a member and president of the Golden K. Kiwanis Chapter in 2000-2001.

He and Frances were the parents of three sons: Michael and Ellen (Brandt) Bergman, Timothy and Kenna (Taylor) Bergman and Philip and Donna (Der) Bergman. He has four grandsons: Alex and Brandt (Michelle Kuei) and Brett and Kenny. Harold also claims foreign exchange students Bassam Mourad of Brazil and Anne (Moitry) Vacant of France as their American Field Service children. Harold is survived by siblings Marlyn, Mid, Mary Ann (Larry) Jansen, and Jim (Jan). He was preceded in death by his wife, Frances; a sister who died in infancy; brother, Bob; brothers-in-law John Bode, John DeGroot, Johnny Kalkwarf and Harold Kalkwarf; and sisters-in-law Bonnie Bergman, Eunice Kalkwarf and Dorothy Kalkwarf. ■



## BACKPOCKET'S OKTOBERFEST ON THE YARD

Enjoy live music, beer mile run, yard games, Hawktoberfest Beer and Clonefest Beer and game watching at Backpocket's Oktoberfest on Sept. 15, 4-10 p.m., and Sept. 16, 11 a.m. to 10 p.m. Backpocket Pin & Pixel is located at 6205 Merle Hay Road, Johnston. ■

## JOHNSTON HOMECOMING PARADE IS SEPT. 21

The Johnston Community School District's homecoming parade will be held on Thursday, Sept. 21, 6 p.m. To ensure the community's safety, Pioneer Parkway's northbound lane will be closed from 4-8 p.m. from Greendale Road to N.W. 62nd Avenue. The entrance into Hy-Vee along Greendale Road will be closed with limited access during staging until the parade route has gone by. Pioneer Parkway will remain open going southbound. ■

## 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 Rocio Valea. Dates are Sept. 16, Sept. 23, Oct. 7 and Oct. 14. ■

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## 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). ■

## ISU ATHLETIC DIRECTOR POLLARD TO SPEAK

Confused about the realignment of college conferences? Curious about the impact of Name Image and Likeness (NIL)? Wondering about the status of the CyTown Venue? Then you need to be here. Johnston Rotary Club is pleased to present Jamie Pollard, ISU athletic director, at 7 a.m., Tuesday, Sept. 26, at Hyperion Field Club, 7390 N.W. Beaver Drive, Johnston. Breakfast will be provided. If you would like to attend, contact either Brook Skram, [bskram@welgaardcpa.com](mailto:bskram@welgaardcpa.com), or Ty Wies, [Ty.Weis@comchoicecu.org](mailto:Ty.Weis@comchoicecu.org), to reserve your spot. ■

## 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” ■

## CITY MEETINGS

- **Monday, Sept. 18:** City Council Work Session, 6 p.m. and 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 younger than 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, **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**NAMIWALKS IOWA****Saturday, Sept. 30****Terra Park, Johnston**

The public is invited to join one of the biggest mental health awareness events in the state. Register yourself, your family, your book club, your workplace, your church group, and any loved ones who are passionate about mental healthcare for this fun and empowering event. Registration is free and easy. Kids, families and well-behaved dogs are welcome. You'll hear from moving speakers, meet amazing people, engage with vendors to learn more about services and supports in Iowa, and walk either a 1K or 5K around beautiful Terra Park Lake. Register at [www.namiwalks.org](http://www.namiwalks.org).

**HARMONY CENTRAL CHORUS OF DES MOINES CONCERT****Sept. 30, 3 p.m.****First Baptist Church of Greater Des Moines,  
8250 N.W. 62nd Ave., Johnston**

Harmony Central Chorus of Des Moines, a four-part a capella harmony chorus, will present a concert. Tickets are \$20 per adult and \$15 per student and may be purchased at the door.

**MARINE BAND TO PERFORM IN URBANDALE****Thursday, Oct. 12, 7:30 p.m.****Urbandale High School Performing Arts Center,  
7111 N.W. Aurora Ave., Urbandale**

For the first time in five years, "The President's Own" United States Marine Band returns to the Midwest on tour, performing a free concert in Urbandale. Organizers from Urbandale High School have helped bring the ensemble from the nation's capital to Urbandale for this community event.

For full details and free tickets (limit four), visit [www.marineband.marines.mil/Tour](http://www.marineband.marines.mil/Tour). Seating is



United States Marine Band

general admission and ticket holders must be seated by 7:15 p.m.; remaining seats will be released to the standby line at that time.

Marine Band Director Col. Jason K. Fettig has programmed musical selections in the style of the band's 17th Director John Philip Sousa, who initiated the concert tour tradition in 1891. Concertgoers can expect a mix of works including traditional band repertoire, Sousa marches, contemporary compositions, vocal and instrumental solos and a patriotic salute to the Armed Forces.

**VINYL MARKET ON THE PATIO****Sunday, Sept. 24, noon to 4 p.m.****Big Grove Brewery, 555 17th St., Des Moines**

Join the Vinyl Market on the Patio with Bog's Vinyl, No Skip Records, Vinyl Cup, ZZZ Records, Me Records and JK Music. Event is free to attend and will be held rain or shine.

**ONE MILLION STEPS FOR OCD WALK****Oct. 14, 9:30 a.m.****Gray's Lake, 2101 Fleur Drive, Des Moines**

OCDIowa announces the Des Moines One Million Steps for OCD Walk will take place this October. Co-hosted by the International OCD Foundation, the One Million Steps for OCD Walk is the nation's largest grassroots awareness-building and fundraising campaign to highlight obsessive compulsive disorder (OCD) and related disorders. To learn more, visit [ocdiowa.org](http://ocdiowa.org) or [www.iocdf.org](http://www.iocdf.org). ■

## RECIPE

# SIMPLIFY SCHOOL NIGHTS WITH EASY, CHEESY MEALS

*(Family Features)* Putting a delicious, kid-friendly meal on the table in an hour or less is goal No. 1 for many families. When the hectic schedules of back-to-school season are in full effect, saving some precious time in the kitchen can make all the difference.

Take a homework timeout and bring loved ones running to the dining room for family favorites like Sweet Heat Pickled Beet Grilled Cheese. This modern take on a childhood classic pairs sourdough bread with brie cheese, a spicy-sweet hit of hot honey and juicy Aunt Nellie's Diced Pickled Beets. ■

## SWEET HEAT PICKLED BEET GRILLED CHEESE

*Recipe courtesy of MacKenzie Smith of "Grilled Cheese Social"*

**Prep time: 5 minutes**

**Cook time: 12 minutes**

**Yield: 2 sandwiches**

- 4 slices (3 ounces each) sourdough bread
- 2 tablespoons hot honey
- 1 small wheel (8 ounces) brie, at room temperature, cut into thin strips
- 8 ounces Aunt Nellie's Diced Pickled Beets (1/2 jar or 2 individual diced pickled beet cups)
- 2 tablespoons fresh basil, cut into thin strips
- 2 tablespoons unsalted butter
- 1/2 teaspoon garlic salt, or to taste

### Directions

Place two bread slices on cutting board. Drizzle with hot honey then add 4 ounces brie evenly across bread.

Drain beets and pat dry. Add evenly on top of brie followed by basil and remaining brie.

Spread 1 tablespoon butter on one side of remaining bread slices. Sprinkle with 1/4 teaspoon garlic salt. Place top piece of bread on each sandwich.



Heat cast-iron or frying pan over medium-low heat then add sandwiches butter sides down. Butter top sides and add remaining garlic salt.

Cook about 5 minutes on each side, or until bread is golden brown and cheese has melted, flipping halfway through.

Once sandwiches have cooked on both sides, remove from heat and serve.

**BELL, FROM FRONT**

Games at Drake Stadium with a personal record jump of 39'3. "Unfortunately, she only got two jumps in before she pulled her quad," says Johannes. "So, in two months of learning this event, she became National Champion and two-time All American."

With two more years of competing with Tornado Track Club, "the sky is the limit" for Bell, says Johannes.

## OTHER RESULTS FOR TORNADO TRACK CLUB MEMBERS

### AAU JUNIOR OLYMPIC GAMES

- Jeremiah Armstrong of Johnston, 10th place, long jump. He was also Iowa High School State Runner Up Champion behind Abu Sama in May when he jumped 22'3.75 as a freshman.
- Alijah Armstrong of Johnston, 17th place in triple jump and 19th place in long jump. Earlier in the year, he had jumped 43'2 in the triple jump. Next year he is looking to break the state record that is 42'4.
- Steve Tour of Johnston, Renzo Saenz of Perry, Kolby Dinh of Johnston and Jeremiah Armstrong competed in the 4x100m relay and took 22nd place with a PR time

43.90.

- Also competing were Eden Cameron of Altoona, Jalen Morris of Johnston, Uriah Allen of Valley, Tony Paye of Johnston, Obed Kabamba of Johnston and Vincent "Isaiah" Kelly of Johnston.

**CORNHUSKER GAMES**

*(National Qualifier to the State Games of America, which will be held in San Diego next year).*

- Keira Johannes of Johnston qualified in three events: long jump with a gold medal and bronze medals in both the 100m and 200m.
- Vincent "Isaiah" Kelly qualified in the 400m and 200m with silver medals.
- Trinity Cameron of Altoona qualified in the triple jump with a gold medal and long jump with a bronze medal.
- Jaxton Meksay of Waukee qualified in the long jump with a bronze medal.
- Johnny Nguyen of Johnston got a bronze medal in the 200m.
- Jaida Bell in the 100m grabbed the gold medal.

**OTHER ACHIEVEMENTS**

- Renzo Saenz, a sophomore from Perry, broke the 100m State Record at the USATF State of Iowa Championships with 10.80. ■

**CLASSIFIED ADS**

**FOR SALE:** Small antiques, old school desk, glassware, old projector, 70-year-old bike, Duncan table/hutch, porcelain dolls, antique 3-wheel horse, tricycle. Call 515-249-8664.

**LOOKING TO BUY VINYL RECORDS:** Paying cash for 60's-90's rock and jazz and blues. Please call Brian at 515-326-5033.

**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.

**BISHOP DRUMM GUILD GARAGE SALE:** 10:30 am to 12:30 pm every Thursday until September 28. Located on the campus at 5837 Winwood Dr. Johnston, behind McAuley Terr. Bag sale on clothes, big mark down on Christmas. Lots of décor, puzzles, small tables, lamps, and other household items.

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