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SEEN IN JOHNSTON

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The Johnston Homecoming Parade was held Sept. 21. Pictured is the varsity football team. ■

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

TOEING THE LINE

I wrote a column a few years ago about toenails. Yes, toenails. It wasn't a good column to read while eating oatmeal then, and it still isn't now, but it did generate a lot of reader response.

Don't worry. This column is safe — or at least safer.

The gist of the 2022 column was that, as I age, my toenails do, too — and not for the better. The overwhelming response I received from readers was to have a pedicure. My wife told me the same thing, as did my daughters and even some of my friends. Even so, I resisted — until recently.

The problem started a few years ago when my toenails invited their ugly cousin, the ingrown toenail, to the party. Despite my crafty trimming efforts, I could not get these dastardly daggers under control, and the foot pain was getting to

be a bit much.

A few weeks ago, my youngest daughter, Abby, lined up a pedicure for the both of us. It was good for her because she thought I would buy. Then I bailed on the appointment. Chickened out, you might say. I simply couldn't "toe the line."

Last week, my middle daughter, Samantha, went for another effort, suggesting that we go out for dinner together afterwards. That was more enticing, and the pain was worsening, so I agreed.

I had a pedicure once before, about 20 years ago in a small town in Nebraska by a teenage employee who I am fairly certain was on her maiden pedicuring voyage. It was not a positive experience. I set that memory aside and decided to give it another shot.



Soaking. Oiling. Massaging. Trimming. Buffing. It was heaven, especially after this professional pulled out an inch-long toenail sliver from the side of my toe. She exclaimed, "That must have been growing in there for years!"

Many of you know the story about Androcles and the lion, or some version of it. The tale goes that a man befriended a lion by pulling a thorn from its paw. I suddenly could relate. And from this point forward, I am a believer in — and will be a regular customer for — pedicures.

Live and learn.

Have a great week, and thanks for reading. ■

Shane Goodman
President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



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Living Weekly

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8101 Birchwood Court, Suite, D, Johnston, IA 50131
www.iowalivingmagazines.com



News contact
Tammy Pearson
515-953-4822, ext. 302
tammy@iowalivingmagazines.com



Advertising contact
Andrea Hodapp
515-953-4822, ext. 322
andrea@iowalivingmagazines.com

KITES ON THE GREEN RECEIVES SILVER CIRCLE AWARD

The annual Kites on the Green Festival has earned a Silver Circle Award at the 3CMA Savvy Awards. This recognition, presented during the 3CMA Annual Conference, celebrates outstanding local government achievements in communications, public-sector marketing and resident-government relationships.

“We are truly honored to receive a Silver Circle Award from the 3CMA Savvy Awards,” said Janet Wilwerding, communications manager. “This is a testament to the festival organizers’ dedication and passion, who have worked to create an event that unites the community.”

The 3CMA Savvy Awards showcase city and county professionals’ dedication and expertise to execute successful innovations in communications and marketing. In a fiercely competitive field of more than 875 entries spanning 38 diverse categories, the Kites on the Green Festival stood out as a shining example of excellence in community engagement. During the awards ceremony, 83 first-place Savvy Awards were presented, 85 second-place Silver Circle Awards and 82 third-place Awards of Excellence were also presented. This recognition comes as the festival marks its 10th anniversary, making it a special milestone for the event.

One of the judges remarked, “Wow! What an awesome event and a big task at hand, given this was the 10th anniversary. Very cohesive branding efforts for all marketing collateral. It sounds like the 10th anniversary of Kites on the Green was well received by residents and visitors! Great outreach to help get the word out.”

This Silver Circle Award recognizes the efforts of the festival organizers, volunteers and sponsors who have contributed to making Kites on the Green a cherished tradition in Johnston. This recognition inspires the festival organizers to continue promoting community unity, creativity and joy as colorful kites fill the Johnston sky. ■

DEWEY PARK IMPROVEMENTS PUBLIC MEETING

Tuesday, Oct. 3, 5:30 p.m.

Dewey Park Southwest Shelter

A public meeting will be held on Tuesday, Oct. 3, at 5:30 p.m. to review the final plans for the playground and to discuss additional future improvements to Dewey Park. Your input is invaluable in shaping the future of the city’s community space. An overview of the timeline for implementing the playground and future improvement projects will be provided. ■

KIWANIS OF JOHNSTON LUNCH MEETING

Tuesday, Oct. 3, 11:30 a.m.

Cozy Café, Johnston

The speaker at the Kiwanis Club’s meeting will be John Morrissey, chairman, president and volunteer coordinator for the all-volunteer run visual arts gallery in downtown Des Moines.

Polk County Heritage Gallery is a sustainable, nonprofit gallery.

Celebrating its 43rd year in 2023, the Polk County Heritage Gallery has a rich history of providing opportunities to Iowa artists. Housed in the 1908 Beaux Arts Post Office, now part of the Polk County Administrative Building, the Gallery is home to three competitive juried exhibits per year — in addition to a variety of shows by local artists.

The Gallery is 100% sustainable and fueled by hundreds of volunteer hours every year. Supporters work to keep the doors open, manage exhibitions, and hang work. They spent more than 1,300 volunteer hours in the Gallery and 150 estimated volunteer hours managing submissions and hanging shows.

The gallery sponsors opportunities year-around for Iowa artists to feature their work, including two juried exhibits, typically in the spring and fall. Follow them on Instagram and Facebook for updates about upcoming shows and submission opportunities.

If planning to attend the Kiwanis meeting, RSVP to Barb Allen at 515-577-2194 or bjallen713@gmail.com. Non-members are always welcome. Kiwanis of Johnston meets on the first Tuesday each month at Cozy Café at 11:30 a.m. and on the second and third Tuesdays at Crown Point Community Center at 7 a.m. ■

BELGIAN WAFFLES FUNDRAISER

Saturday, Nov. 4, 8-11 a.m.

Johnston High School

Commons

Enjoy an all-you-can-eat Belgian waffles breakfast with sausage links, flavored syrups, butter, non-dairy whipped topping, coffee and juice sponsored by the Johnston Band Parent Association. Cost is \$10 per person in advance and \$12 per person at the door. Kids younger than 5 eat free. Tickets are available at the Johnston Fareway on the mornings of Oct. 21 and Oct. 28 or online. Scan the QR code for the link. ■



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. ■



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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. ■

HISTORY OF JOHNSTON PROGRAMS

Sundays, Oct. 15 and Nov. 12, 1:30-2:30 p.m.

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, 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. ■

JOHNSTON PARTNERSHIP'S CURRENT NEEDS

The Johnston Partnership provides food and personal hygiene products to those in need. 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.

This week, and every third week of the month, they collect for the Friday Food bag program that serves food insecure students at all nine Johnston schools. They are currently doing about 200 bags per week. Their needs are: Ramen noodles, macaroni and cheese, granola bars, individual shelf stable milk, individual peanut butter and fruit cups. ■

SEEN IN JOHNSTON

THE JOHNSTON HOMECOMING PARADE WAS HELD SEPT. 21.



Dance team



JD and cheerleaders



Johnston Running Club



Marching band



Cross country



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EVENTS IN THE AREA

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TAMMY@IOWALIVINGMAGAZINES.COM**BENEFIT SHOW FOR MAUI****Oct. 8, 3-7 p.m.****xBk Live, 1159 24th St., Des Moines**

A show to benefit those affected by the fires on Maui will feature the local group Aloha Wind, led by Ilima Young-Dunn, and will include chants, music and more. Tickets are \$20 in advance and \$25 the day of the event. Proceeds will be going to the Hawaiian non-profit organization 'Aina Momona to help families affected by the wildfires.

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 (available starting Sept. 12, limit four), visit www.marineband.marines.mil/Tour. Seating is 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.

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



2023 Madison County Covered Bridge Festival

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 or www.iocdf.org.

2023 MADISON COUNTY COVERED BRIDGE FESTIVAL**Oct. 14-15, 9 a.m. to 5 p.m.**

The Madison County Covered Bridge Festival features family fun, including parade and tours of the namesake bridges. Vendors, demonstrations, kids zone, live entertainment, car show, quilt show, Madison County Historical Complex tours, and much more are sure to please crowds. Festival admission is \$3 or two for \$5 and free for children younger than 11. For more information, visit www.madisoncounty.com/covered-bridge-festival-2/. ■

RECIPE

TIPS FOR SUPPORTING YOUR IMMUNE SYSTEM

(Family Features) Catching a cold or getting the flu can happen any time of year, but the height of cold and flu season requires extra precaution. Flu activity often increases in the fall and peaks between December and January, according to the Centers for Disease Control and Prevention.

Staying completely healthy throughout cold and flu season can't be guaranteed, but, along with following guidance from your health care provider, dietary and lifestyle changes can help optimize your immune system and wellbeing.

EAT HEALTHFULLY

Eating a healthy diet is essential for optimizing your immune system. Many experts recommend consuming whole foods and plant foods like fruits, vegetables, nuts, seeds and legumes as well as whole grains. These foods contain beneficial plant compounds linked to health benefits in humans. Consider one prime example, fresh grapes, and how they may support immune health.

STAY HYDRATED

Drinking plenty of water is important for staying hydrated, which helps your immune system by keeping the body's defenses functioning properly. In addition to water, you can increase hydration by eating foods with high water content like Grapes from California, which contain about 82% water. ■

IMMUNE-BOOSTING GREEN GRAPE SMOOTHIE

Prep time: 5 minutes

Servings: 1

- 1 cup green Grapes from California, chilled
- 2 1/2 ounces baby spinach
- 1/3 cup plain low-fat Greek yogurt
- 1/4 cup fresh orange juice
- 1 cube (1/2 inch) peeled fresh ginger or 2 teaspoons prepared minced ginger
- 1 tablespoon walnut pieces

Directions:

In blender, blend grapes, spinach, yogurt, orange juice, ginger and walnuts until smooth, scraping down sides as needed.

Nutritional information per serving:

280 calories; 12 g protein; 46 g carbohydrates; 7 g fat (23% calories from fat); 1.5 g saturated fat (5% calories from saturated fat); 10 mg cholesterol; 110 mg sodium; 4 g fiber. —



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. ■

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 Oct. 7 and Oct. 14. ■

COMMUNITY TREE PLANTING

Saturday, Sept. 30, 9-10 a.m.

Johnston Commons Park Shelter, 6050 Morningside Drive

Get ready to embrace the beauty of fall. With the cooler temperatures hinting at the arrival of fall, City officials announce the City has been awarded another grant from the Iowa DNR for trees. To make up for the loss of the tree canopy due to the derecho and emerald ash borer, the City is organizing a fall tree planting event.

This event will also include winterizing the trees planted in the spring with the help of students through the Trees for Kids grant from the DNR. The City invites the students who participated in the spring planting, as well as new participants, to attend the community tree planting. The event will last approximately one hour. Bring gloves and avoid open-toed shoes.

Plans are to plant four additional trees, protect their trunks with wraps, and provide mulching and watering for the winter. There will also be a short program at the beginning of the event to discuss the importance of proper tree planting, winterization techniques, and offer tips on corrective pruning if needed. ■

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.

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