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STATE CHAMPIONS

JOHNSTON MIDDLE SCHOOL BOYS CAPTURE TITLE AT WASHBURN CLASSIC.

BY DARREN TROMBLAY

The Johnston eighth-grade boys cross country team closed out a strong 2023 season by capturing the Class 4A team title of the Washburn Classic Middle School State Cross Country Meet on Oct. 14 at Ankeny Centennial.

The young Dragons, competing in a 191-runner field with some of the best harriers in the state, edged out the Davenport Flyers, 112-118, to take the crown. Dallas Center-Grimes was third with 126.

Last year, the team took first in the conference meet then finished second at the Washburn Classic. This year, the team won the conference title once again and headed back to Ankeny for another shot. Coach Pat Mattingly said he knew going in that the team had a chance based on the previous season's outcome.

"We talked about that goal



(winning state) all year long and had kind of kept it in our back pocket and talked about how to make that happen," he said.

Consistency was the name of the game for the Dragons. Although the team didn't have any Top 10 finishers, it did feature three members in the top 24, led by Blake

Williams, who finished 13th in 11 minutes, 37.4 seconds. Tiger Heikes was right behind him in 14th with a time of 11:39.2. Zach Wessling took 24th in 11:55.3 for the Dragons, followed by Andrew Coles in 32nd in 12:03.9. Robert Widtfeldt rounded out the scoring for Johnston with a

STATE, CONTINUED ON BACK

JOHNSTON WEATHER FORECAST

TUES. HIGH 68 | LOW 50
Mostly sunny



WED. HIGH 68 | LOW 50
Some sun, then turning cloudy



THURS. HIGH 62 | LOW 44
Mostly cloudy; breezy



FRI. HIGH 69 | LOW 46
Sunny and nice



SAT. HIGH 67 | LOW 43
Sunny and windy



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FROM THE PUBLISHER

WHAT'S THAT THING FOR?

A younger person was in our office the other day and pointed at a telephone jack, asking me, "What's that thing for?" I explained to her how telephones need to plug into those jacks to operate.

She replied, "Why? My phone doesn't need one of those."

"Exactly," I said while changing the subject quickly.

Her comments made me start noticing all of the unused telephone jacks that are in homes and businesses. Yes, we have an office phone system that requires hard wires, and, yes, it works just fine. At least I think so. To be honest, we don't get many in-bound phone calls on it anymore, and most of our staff use their cell phones to make out-bound calls.

I was also talking with a few employees the other day about faxing. The response was, "We have a fax machine?"

"Well, kind of," I replied. "It is part of the copier."

I was then asked, "What's our fax number?" I had to think about it, but I did recall it, eventually. I am just not sure when it was last used.

Like many of you, Jolene and I no longer have a home phone number. As such, we no longer have standard phones. I was looking for one the other day to test some lines at our office and realized I didn't have one. I asked the staff if any of them had one at home that I could borrow. None did.

Back to those phone jacks. We covered an abandoned one in our home with a photo, and I bought a blank wall plate to put over another one. Someday, when the walls are torn down, a young construction worker will wonder what all those



wires were for.

If I would have told you 25 years ago that you would not have a standard telephone and that most offices would not have fax machines, you would have never believed me. How could devices that were so instrumental in our daily activities no longer be needed? Then I thought of my cassette player, my beeper, our VCR, overhead projectors, typewriters and film cameras. The list could go on and on, and so can our memories of how important they once were.

Exactly.

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



JOHNSTON
Living Weekly

A publication of Big Green Umbrella Media, Inc.
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

SEEN IN JOHNSTON



RIBBON CUTTING HELD FOR NEW COURTS: A ribbon cutting was held for the new tennis and pickleball courts south of Crown Point Community Center, 6300 Pioneer Parkway, on Oct. 16. The four pickleball courts and two tennis courts replace two tennis courts installed in 1978. The new courts are part of Phase I of the Crown Point renovation. ■

FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

JANET JENKINS PRIDEAUX

Janet Jenkins Prideaux, 87, of Johnston, died on Oct. 11, 2023, at Ramsey Village. Visitation was Oct. 20 at Iles Westover Funeral Home. Funeral service was Oct. 21 at First Baptist Church of Greater Des Moines in Johnston. Interment was at Oak Grove Cemetery, Missouri Valley.



Janet was born Aug. 8, 1936, in Council Bluffs. She was a member of the 1954 graduating class of Thomas Jefferson High School in Council Bluffs and a 1958 graduate of Iowa State Teachers College (UNI). She earned her master's degree in deaf education at the University of Nebraska at Omaha. Janet was a teacher of the deaf for 38 years, teaching at the Iowa School for the Deaf (Council Bluffs), Hope Haven School (Rock Valley), Crippled Children's Hospital and School (Sioux Falls, South Dakota), and Des Moines Public Schools. She volunteered at church, at the VA Hospital and for Heifer International.

She met Kenneth Prideaux at church, and they were married in 1964. Janet was preceded in death by her parents; her husband, Kenneth; and her daughter, Amy Prideaux. She is survived by her sons, Todd (Jodi) Prideaux and Corey (Amy "Brem" Bremers) Prideaux; her daughter, Michelle Prideaux; her granddaughters, Ashlea Prideaux, Rachel Prideaux and Hannah Prideaux; her grandsons, Trenton Prideaux, Micah Prideaux and Donovan Prideaux; and her great-grandson, Isaac Prideaux.

Memorial contributions may be directed to the Iowa School for the Deaf. ■

CITY MEETINGS

- **Wednesday, Oct. 25:** Park Advisory Board Meeting, 6:30 p.m.
- **Monday, Oct. 30:** Planning and Zoning Meeting, 7 p.m. ■

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LIONS CLUB TRUNK OR TREAT

Join the Lions Club Oct. 30, 5-7 p.m. for a family-friendly trick-or-treating event at Johnston Lions Club, 6501 Merle Hay Road. Stop by to see the kid-themed trunks and get some sweet treats from community partners. ■

BELGIAN WAFFLES FUNDRAISER

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, Saturday, Nov. 4, 8-11 a.m. at Johnston High School Commons. Cost is \$10 per person in advance and \$12 per person at the door. Kids younger than 5 eat free. Tickets are available online. Scan the QR code for the link. ■



JOKE OF THE WEEK



*I only know
25 letters of the
alphabet...
I don't know Y!*

TREE BRANCH AND LIMB DROP OFF

The City of Johnston provides residents an opportunity to get rid of branches and limbs each fall. Residents can drop these off, at no cost, at the Public Works Facility, located at 6400 N.W. Beaver Drive, between Nov. 16-18. There is no fee; however, participants are asked to bring ID for proof of residency. Drop-off hours are Thursday, Nov. 16, 7 a.m. to 6 p.m.; Friday, Nov. 17, 7 a.m. to 3:30 p.m.; and Saturday, Nov. 18, 7 a.m. to noon.

Branches should not be larger than 18 inches in diameter. Larger sizes will not be accepted because of their inability to be recycled through the chipper. Residents are asked to have the end cut off their branches stacked at the end of their vehicles for easy removal. Items such as ropes, chains, wire and fence posts can cause damage to the equipment and injure City staff if pulled into the chipper. ■

JOHNSTON PARTNERSHIP'S CURRENT NEEDS

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

This week's greatest needs are baby food, baby wipes, deodorant, shampoo and toothpaste. 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.

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. ■

JOHNSTON KIWANIS PANCAKE BREAKFAST

Enjoy all-you-can-eat pancakes at the Kiwanis Pancake Breakfast Oct. 28, 7:30-11 a.m., at Johnston Middle School, 6501 N.W. 62nd Ave. Tickets are \$7 in advance or \$8 at the door. For advance tickets, email johnstonkiwanis@gmail.com or pay via Venmo @Johnston-Kiwanis and pick up tickets at the event. Serving will be in the cafeteria. Enter the northwest side of building at door 6. ■

CURBSIDE YARD WASTE COLLECTION END DATE

The fall season is here, which means it's time to start raking up the leaves and dealing with yard waste. As a reminder, the Compost It! program's curbside collection of yard waste will end on Nov. 20 and 21 on your regular collection day.

To have your yard waste collected until the end of the season, be sure to tag it, bag it or wheel it. ■

SEEN IN JOHNSTON



RIBBON CUTTING HELD AT ASD: A Johnston Chamber ribbon cutting was held at Adventures in Social Development, 8101 Birchwood Court, Suite B, Johnston, on Oct. 19. ■

HALLOWEEN BINGO

The public is invited to Halloween Bingo, a fundraiser for the Dragon Scholarship Fund, on Oct. 31 at 6 p.m. at Johnston High School. Costumes are encouraged. Doors open at 5:30 p.m. and cards are \$5. Concessions are available at this fun event for all ages. ■

ASD HALLOWEEN HOEDOWN FUNDRAISER

Oct. 26, 5:30-8:30 p.m.

The Simpson Barn, 6169 Northglenn Drive, Johnston

Enjoy games, food, prizes, crafts and music at the Adventures in Social Development (ASD) event. Donations are needed for the fundraiser, including gift cards or baskets and bags of candy for game prizes. Donations are also needed for the facility, including tables, end tables, chairs, desks and couch.

Scan the QR code to register.

Social Skills Classes and Drama troupes start Nov. 2.

Learn more at www.adventuresinsocialdevelopment.org ■



KIWANIS NOVEMBER LUNCH MEETING

The Kiwanis of Johnston invite the public to their November lunch meeting on Tuesday, Nov. 7, 11:30 a.m. at Cozy Cafe in Johnston. The speaker will be Damonte Stogner, founder and CEO of Coffee For a Cause. Non-members are always welcome. RSVP to: Barb Allen, 515-577-2194 or bjallen713@gmail.com. ■

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>. ■



HISTORY OF JOHNSTON PROGRAM

Johnston Station Historical Society and Johnston Public Library have partnered on a History of Johnston program that included a series of presentations. The final session of the series is Sunday, Nov. 12, 1:30-2:30 p.m., at the Johnston Public Library, 6700 Merle Hay Road. 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. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**OCT. 28-29: Des Moines Comic and Toy Show.**

This Halloween-themed event starts at 10 a.m. at Merle Hay Mall, 3800 Merle Hay Road, Des Moines.

OCT. 28: Trick or Trees. Family-friendly fall festival at the Botanical Garden. Costumes encouraged. From 10 a.m. to 5 p.m. at the Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; dmbotanicalgarden.com.

NOV. 1: Des Moines Dash Scavenger Hunt. A nontraditional scavenger hunt that will take you around the city. 505 E. Grand Ave., No. 104, Des Moines; crazydash.com/Locations/Des-Moines-IA.

NOV. 1: Paint and Sip. Make your attempt at painting a "Harvest Moon," accompanied by beverages. Starting at 6 p.m. at Reclaimed Rails, 101 Main St., S.E., Bondurant; reclaimedrailsbrewing.com.

NOV. 1: Live Music Wednesdays. Presented by Republic on Grand. Take in live musical performances every Wednesday through December for free. From 6-8 p.m. in the Historic East Village, AC Hotel, 401 E. Grand Ave., Des Moines; therepublicongrand.com.

NOV. 2: Trivia Night at Paws & Pints. Bring your furry friends and your trivia knowledge, starting at 6 p.m. at 6218 Willowmere Drive, Des Moines; pawsandpintsdsm.com.

NOV. 4: Live Jazz at The Continental in the Historic East Village. From 8-11 a.m. at 407 E. Fifth St., Des Moines; ongrand0.wixsite.com/the-continental.

NOV. 4: Nurse Blake is back on the road for his stand-up comedy tour. From 8-10:30 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org.

NOV. 4-5: Pumpkin Destruction. Normally pumpkins are put on a pedestal during the fall months, but not at Center Grove Orchard. From 9 a.m. to 7 p.m. at 32835 610th Ave., Cambridge; centergroveorchard.com.

NOV. 11: Living History Farms race. Run for 5 miles and see 300 years of history. Beginning at 9 a.m. at 11121 Hickman Road, Urbandale; lhf.org.

NOV. 12: Jazz at Caspe Terrace by Sparks. From 2-4:30 p.m. at 33158 Ute Ave., Waukee; jewishdesmoines.org/our-community/caspe-terrace.

NOV. 15: Roomful of Teeth. The Grammy-winning octet performs 7:30- 9:30 p.m. at the Sheslow Auditorium, 2507 University Ave., Des Moines; calendar.drake.edu/sheslow_auditorium.

NOV. 18: Fall into Wine and Art. Fall-themed arts and crafts show. From 11 a.m. to 3 p.m. at Summerset Winery, 15101 Fairfax St., Indianola; summersetwine.com.

NOV. 19: Fall Makers Market. Local vendors, crafters, artisans and more will be available for your shopping needs right before the holidays, from 11 a.m. to 4 p.m. Jester Park Nature Center, 12130 N.W. 128th St., Granger; www.jesterparknaturecenter.com/calendar-events/fall-makers-market.

NOV. 22: A Night Under the Lights. Waukee's second annual light parade, with activities, local food vendors and entertainment. From 6-9 p.m. at Centennial Park, Waukee; <https://fb.me/e/3nnUYFKhy>. ■

RECIPE

WARM COLD-WEATHER MEALS

(*Culinary.net*) When the winds howl and the chill of changing seasons brings a crispness to the air, one way to warm up from the inside out is with favorite foods. Filling up on comforting recipes like hearty soups and stews can be the solution you need to fight off cold temperatures.

Consider quick and easy ingredients that add a little warmth to your plate as the cravings for comfort kick in.

If you're craving a meal that's big on flavor but short on prep time, it's hard to top the classic comfort food combo of chicken and rice. This Parmesan chicken and rice with spinach and artichoke starts with the homestyle taste of fully cooked Minute Chicken & Herb Seasoned Rice Cups with carrots, onion and garlic. The BPA-free cups offer a quick and flavorful option for an on-the-go power-up loaded with chicken, vegetables and herbs paired with hearty rice. Ready in only 1 minute, you can enjoy the flavored rice right out of the cup or prepare it as part of this 5-minute recipe on a busy weeknight. ■

PARMESAN CHICKEN AND RICE WITH SPINACH AND ARTICHOKE

Prep time: 5 minutes

Cook time: 5 minutes

Servings: 1

- 1 Minute Chicken & Herb Seasoned Rice Cup
- 1 tablespoon olive oil
- 1 cup spinach, stems removed
- 2 ounces chicken, cooked and shredded
- 1/4 cup canned artichokes, drained and quartered
- 1/4 cup shredded Parmesan cheese

Directions:

- Heat rice according to package directions.
- In medium saute pan over medium heat, heat olive oil. Add spinach and sauté 1 minute.
- Add chicken and artichokes; sauté 2 minutes,



or until heated through.

- Add cheese and rice; stir to combine until heated through.

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STATE, FROM FRONT

39th-place finish in 12:07.1.

"We had some kids who really stepped up," Mattingly said. "They were a team. Our spread was 59 seconds from first to fifth, which is the reason we won. We were a team. We knew all along that we could win it. It was just a matter of us putting things together and doing it."

Not counting toward the team score were Patrick Hoss (46th, 12:16.6), Evan Grodahl (53rd, 12:24.7), Drake May (55th, 12:25.1), Ethan Pete (63rd, 12:30.3), Michael Israel (115th, 13:22.6), Aiden Clark (130th, 13:47.9), Kaden Wilson (131st, 13:48.2), Ian Hays (180th, 15:47.2) and Trenton Brewer (181st, 15:52.9).

The eighth graders got some unexpected support from Johnston varsity cross country members, who showed up to root the young Dragons on. That didn't go unnoticed by Mattingly.

"It's great to see them supporting the team," Mattingly said of the varsity members. "I actually found out through them that we had won the state title. They were watching

the scoring on their phones. It was very special. Cross country is always a family atmosphere." ■

Final Team Scoring

1. Johnston Middle School.....	112
2. Davenport Flyers.....	118
3. Dallas Center-Grimes.....	126
4. Iowa City SE.....	163
5. Ankeny Southview.....	168
6. Pleasant Valley.....	180
7. Iowa City Northwest.....	190
8. Bettendorf.....	191
9. Linn-Mar.....	214
10. Des Moines Roosevelt.....	246
11. Dowling.....	264
12. Ames.....	272
13. Cedar Rapids Prairie.....	304
14. Cedar Falls.....	346
15. West Des Moines Valley...	372
16. Mason City-Adams.....	387
17. Norwalk.....	397
18. Ankeny Centennial.....	512

Johnston Individual Results

11. Blake Williams, 8.....	11:37.4
12. Tiger Heikes, 8.....	11:39.2
22. Zach Wessling, 8.....	11:55.3
30. Andrew Coles, 8.....	12:03.9
37. Robert Wittdfeldt, 8.....	12:07.1
44. Patrick Hoss, 8.....	12:16.6
50. Evan Grodahl, 8.....	12:24.7

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