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STATE CHAMPIONS

WINNING TRADITION CONTINUES FOR JHS GIRLS CROSS COUNTRY

Winning has become part of the expectations for the Johnston High School Girls Cross Country team, which finished the season undefeated against in-state competition (138-1 overall). On Friday, Oct. 27 — a day on which the temperatures stayed in the low 40s with a windchill in the low 30s — the Dragons secured their sixth IGHSAU Class 4A State Championship in the past decade. The Dragons were led by senior Olivia Verde, who finished as the individual runner up (17:50.7 for 5K) for the second consecutive year and capped an unprecedented career for the Dragons. Her time puts her at No. 6 on the All Time list of individual performances across all classes at the IGHSAU State Meet.

Verde was joined by a stellar set of teammates, led by freshman Grace Beasley finishing in 20th overall (18:50.1). Finishing just behind



Beasley were fellow freshmen Ele Wharton (27th - 18:59.1) and Payton Crabb (32nd - 19:08.2). Beasley and Wharton were the second and third overall freshmen finishers behind Piper Messerly of Dallas Center - Grimes, who finished sixth overall in 18:10.9 for the third-place Mustangs.

Already State Meet veterans as

sophomores, Alyx Woodley (34th - 19:10.7) and Audrey Dummermuth (47th - 19:22.4) were also integral to the Dragon's championship finish. And making her State Meet debut as a junior was Marissa Pewe (51st - 19:25.8), buoyed by her Drake Relays

STATE, CONTINUED ON BACK

JOHNSTON WEATHER FORECAST

TUES. HIGH 62 | LOW 46

Periods of clouds and sun


WED. HIGH 60 | LOW 36

Periods of clouds and sun


THURS. HIGH 54 | LOW 33

Periods of clouds and sun


FRI. HIGH 51 | LOW 28

Plenty of sunshine


SAT. HIGH 51 | LOW 35

Periods of clouds and sun



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FROM THE PUBLISHER

IN THE MOOD

To be truly successful in working with others to accomplish great things, one has to be able to identify moods. I'm convinced of that.

Anxious. Alert. Calm. Passionate. Nervous. Agitated. Angry. Cold. Sometimes the signals jump out at you like a Halloween cat. Other times, they are subdued.

In the 1970s, we thought we had a solution — mood rings. And whether you liked them or not back then, they are making a comeback right now, according to a recent Fox News report.

Not familiar with mood rings? They were a fashion fad of the 1970s, supposedly invented in New York by Josh Reynolds and Maris Ambats, although some say Marvin Wernick developed the mood ring a decade earlier. Regardless, these rings contain liquid crystals that are temperature-sensitive and, we are told, can identify the

mood of the ring-wearers based on the corresponding colors they create. You may have heard the phrase “wearing your heart on your sleeve.” They are kind of like that.

Basically, as the body temperature of the person wearing the ring changes, the color of the crystal in the ring also changes. And, supposedly, each color represents a different mood, although science doesn't back any such claim. Even so, that is part of the fun. The colors and combinations vary by the mood ring manufacturer, but most have similar matches. If your ring color is red, you are said to be agitated, anxious or angry. If it is blue, you are calm or comfortable. If it is orange, you are unsettled or anxious. If it is green, you are alert or aware. And if it is black, you are



cold (or dead) — or the ring is broken.

We had a bunch of mood rings in my childhood home, as I had siblings who were teenagers during the 1970s. Mom loved them, too. And they even made their way into my elementary classroom. Yes, mood rings were all the rage 50 years ago. And now they — and other related emotion-telling accessories including necklaces and earrings — are hot again.

The Financial Times says, “The jewelry is brimming with nostalgia and the current cultural movement of being more open about feelings.” Well, there is no denying that.

Have a great week, and thanks for reading. ■

Shane Goodman

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ANNUAL PET BLESSING HELD

In honor of St. Francis of Assisi's love for all creatures, Bishop Drumm held its annual Blessing of the Animals Ceremony on Oct. 3. Residents, staff and the general public brought their pets to this special event to be blessed by Fr. Dennis Lewandowski.



Leo and Sparky



Pat and HoneyBee



HoneyBee is blessed



Sister Roselia and Sister Maria



Tiff's dog is blessed



Angie's dog is blessed

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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. ■

44TH ANNUAL JHS MADRIGAL

The Johnston High School Madrigal will be held Nov. 29 and Nov. 30 at 7 p.m. at the Johnston High School Auditorium. For ticket information, go to Johnston High School Vocal Parent website: <https://sites.google.com/view/jhsvocalmusic/madrigal>. ■

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. ■

LARABY NAMED ECONOMIC DEVELOPMENT DIRECTOR

The City of Johnston announced the appointment of Joshua Laraby as its new economic development director. Laraby has a wealth of experience and a proven track record in fostering economic growth and development, having served as the executive director of the Grow Fairfield Economic Development Association in Fairfield for more than seven years.



"Josh's experience will be crucial in fostering partnerships and securing investments for our community," said Mayor Paula Dierenfeld. "With his leadership, we aim to continue strong economic growth and add businesses that fit the needs of our community."

During his time in Fairfield, Laraby played a crucial role in leading a comprehensive strategy for economic development. He successfully promoted various aspects of economic growth, including attracting new businesses, retaining existing ones, and facilitating the development of commercial, industrial and residential land. His achievements include the orchestration of nationally recognized economic development initiatives and securing more than \$15 million in development incentives. His efforts led to the cultivation of more than \$52 million in new business investments, showcasing his ability to drive economic growth and prosperity.

Laraby is an active member of the Professional Developers of Iowa (PDI) and serves on its board of directors.

"I'm thrilled to work with a skilled team of leaders and contribute towards a community that is committed to setting strategic examples of excellence," he said. "Johnston has a lot to be proud of and endless opportunities for growth." ■

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. ■

HOLIDAYS AT THE TOWN CENTER

Enjoy Holidays at the Town Center on Saturday, Dec. 2, 4-6 p.m. Festivities include a tree lighting, free ice skating, cookie decorating, Santa and his reindeer, light show by Backpocket and the JTC businesses handing out samples or unique beverages. Businesses wishing to provide an activity should contact the chamber by Nov. 22.

Santa will arrive by hay rack ride at 4 p.m., followed by hay rack rides around City Hall. The tree lighting is at 5 p.m. under the arch by the new businesses. Unaccompanied Minors will perform on the stage at 5:30 p.m. Activities held during the event include cookie decorating by NorthPoint Church, Santa and two reindeer on The Yard, free ice skating, a light show set to music after the tree lighting, and more offerings from businesses. ■

JOHNSTON PARTNERSHIP'S CURRENT NEEDS

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

This week's greatest need is winter coats. Also needed are toilet paper, toothpaste, shampoo, laundry detergent and dish soap. 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 providing 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. ■

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EVENTS IN THE AREA

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FESTIVAL OF TREES & LIGHTS. Photo courtesy of Christopher Maharry



DES MOINES TURKEY TROT. Photo courtesy of Archi Trujillo

LIVE MUSIC WEDNESDAYS**Historic East Village, AC Hotel, 401 E. Grand Ave.,
Des Moines**<https://therepublicongrand.com>**Nov. 15, 22, 29**

Catch live music performances every Wednesday through December for free from 6-8 p.m. Performers listed in order of date are Andrew Hoyt, Tony Bohnenkamp and Brian Herrin.

HOLIDAY BOUTIQUE**730 Third St., Des Moines**www.iowaeventscenter.com/events/detail/des-moines-holiday-boutique-5**Nov. 10-12**

The sixth annual holiday shopping experience returns to the Iowa Events Center for a weekend of gift-buying fun. More than 200 companies will be in attendance to offer shoppers a wide range of holiday home decor, gifts for children and adults, food and more.

GREATER DES MOINES EXHIBITED**Polk County Heritage Gallery, 111 Court Ave., Des Moines**<http://www.polkcountyheritagegallery.org>**Nov. 16 through Jan. 3**

Des Moines' best artists return to display the highest quality artwork the city has to offer. The annual show features artists' work that was blindly juried by Edgard Camacho.

DES MOINES TURKEY TROT**Starting on Court Avenue, Des Moines**<https://desmoines-turkeytrot.com>**Nov. 23**

Voted "Top Trot" in Iowa years in a row by Runner's World Magazine, the 5k plus 5-mile race takes over Des Moines on Thanksgiving starting at 9 a.m.

FESTIVAL OF TREES & LIGHTS**Iowa Events Center, 833 Fifth Ave., Des Moines**<https://unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights>**Nov. 24-26**

Experience expertly decorated trees, local music, dance groups and a visit from Santa himself, all in the name of supporting Blank Children's Hospital. From 11 a.m. to 7 p.m. Friday and Saturday, 11 a.m. to 5 p.m. on Sunday.

CHRISTKINDLMARKET**Principal Park, 1 Line Drive, Des Moines**www.christkindlmarketdsm.com**Nov 30 through Dec. 3**

Regional vendors with old-world, hand-crafted products at wooden vendor stalls, as well as lively performances of polka music, traditional dance and choirs in Yuletide Hall. Participate in children's activities or sip Glühwein (warm, mulled wine) and savor European beer. ■

RECIPE

SAVVY STEPS TOWARD GROCERY STORE SAVINGS

(Family Features) Whether you live alone or have multiple mouths to feed each day, grocery bills can add up. It's an inevitable expense for everyone, but there are tried-and-true ways to limit your spending and put money back in your pocket.

Stick to your list: It may sound obvious, but avoiding impulse purchases is one of the easiest ways to save at the store. Creating a menu and buying only what you need keeps the bill lower and helps limit food waste at home.

Shop for seasonal produce: While it's easy to get caught up buying specific items for specific recipes, remember to keep seasonality in mind. Oftentimes, in-season produce is more readily available and, therefore, cheaper. Enjoy seasonal classics like apple pies, crumbles and tarts, and consider adding this Baked Apples with Coconut and Crumble Topping recipe to your dessert rotation.

Stretch your meals at home: While it may not show a direct impact on your receipt, taking recipes further at home can limit how often you head to the store. For example, leftovers from one evening's rotisserie chicken dinner can be repurposed for the following day's lunches. Or you can turn steak night scraps into a memorable weekend steak-and-egg brunch. When you cook a large meal for guests, don't let all the extra food go to waste; freeze portions separately then enjoy them later as a family dinner. ■

BAKED APPLES WITH COCONUT AND CRUMBLE TOPPING

Servings: 8

- 6 Envy Apples
- 3/4 cup dark chocolate
- 1/2 cup chopped roasted hazelnuts
- 1 cup instant or rolled oats
- 1/2 cup dried coconut
- 2 tablespoons flour
- 1/3 cup butter
- 2 tablespoons brown sugar
- maple syrup or honey, for serving

Directions:

Core apples then score skin around apple a few times. Cut small slice from top and bottom to make apple more stable and give room for crumble topping.

Finely chop chocolate and combine with hazelnuts. Arrange apple slices in lined baking dish.

Fill center of each apple generously with chocolate and hazelnut mixture (reserve about 2 tablespoons for



topping).

Preheat oven to 350 F.

Combine oats, coconut, flour, butter and brown sugar; mix well.

Top each apple generously with crumble mixture, creating small mound on top of each apple; sprinkle with reserved chocolate and hazelnut mixture.

Bake apples 20-25 minutes, or until crumble is golden and apples start to soften.

Serve with drizzle of maple syrup or honey.

SEEN IN JOHNSTON



WOOF PACK GROUNDBREAKING: A groundbreaking was held for the Woof Pack Resort & Spa, 5700 West Parkway, Johnston, on Oct. 19. Participating were Ed Predl, Nate Lesley, Wayne Lesley, Rachel Lesley, Heather Lesley, Ajla Kavazovic, Jane Angstman and Ethan Brown. Photo by Keely Sandquist ■

BREAKFAST WITH SANTA

Johnston American Legion Auxiliary, Unit 728, and the Johnston Lions Club are holding Breakfast With Santa on Saturday, Dec. 9, 9 a.m. to noon at the Lions Club, 6501 Merle Hay Road. The event features a pancake breakfast, games and activities, and Santa's reading of "The Night Before Christmas." This is a freewill donation event. ■

STATE, FROM FRONT

4 x 800 Championship from this past spring.

The Dragons will become the "Dragoons" as they seek to earn one of two coveted all-expenses paid

trips to the Nike National Meet in Portland, Oregon, as they compete in the seven state (Iowa, Kansas, Minnesota, Nebraska, North Dakota, South Dakota, Wisconsin) Nike Heartland Regional in Sioux Falls, South Dakota, on Sunday, Nov. 12. ■

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HELP WANTED: St. Paul Presbyterian Church of Johnston, IA is looking for a dependable, mature, caring, and experienced child care provider. Must be 16 years or older. Hours: Sundays from 9 to 10:30 a.m. & Wednesdays from 6:45-8:15pm. Starting pay is \$18/hr. Full description: <https://shorturl.at/qvBRS>. Contact 515-257-3024 or office.sptualpres@gmail.com .

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Cran-raspberry quinoa pudding trifle
RECIPE

