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SEEN IN JOHNSTON



A MEAL FOR MENTOR IOWA: The Johnston Kiwanis Club spent Sunday, Dec. 17, preparing and serving the meal at the annual Mentor Iowa Holiday Party. They have been providing the meal for more than 30 years now. They enjoy spending quality time with the mentors and mentees. The event is full of excitement, from games to crafts, and even a visit from Santa, who brings presents for everyone to take home. ■

JOHNSTON WEATHER FORECAST

TUES. HIGH 40 | LOW 25
Mostly sunny



WED. HIGH 37 | LOW 23
Partly sunny



THURS. HIGH 35 | LOW 25
Increasing clouds



FRI. HIGH 34 | LOW 24
Mostly cloudy



SAT. HIGH 37 | LOW 23
Mostly sunny



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WEEKLY NEWSLETTER,
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FROM THE PUBLISHER

GET A LOAD OF THIS!

Those five words were the marketing slogan for a concrete company in my hometown when I was a kid. The words were painted on the rotating mixer tank of the truck that my friends and I were so fascinated with. It helped that the truck drivers would almost always respond to our arm-pump requests by honking their horns. They smiled as much as we did.

Years later, I found myself getting up close and personal with concrete. As a young man, I worked for some great guys who taught me how to do concrete work. To be honest, they taught me how to push a wheel barrow full of concrete. If I had paid more attention, I might have learned how to frame and finish and could replace my own driveway now. But I was focused on other things back then. I did learn one steadfast rule, though: If I dumped a wheel barrow of concrete, I had to buy a case of beer for the crew after work. That one I learned quickly.

As much as I worked with

this construction material, I never truly knew the difference between concrete and cement. Like many of you, I thought the words were one and the same. For years, I believed that the wet stuff was cement, and the hard stuff was concrete. I thought wrong.

I now know that cement is actually an ingredient in concrete, kind of like milk being an ingredient in ice cream. Concrete is a mixture of cement, aggregate and water. The aggregate — such as sand, stone and gravel — makes up about 75% of concrete.

Cement is manufactured from a mix of iron, aluminum, silicon, calcium and other substances that are found in limestone, shells, chalk, clay, iron ore and silica sand. These “ingredients” are heated to a high temperature to create a rock-like substance that is ground into fine powder, which is



cement.

Now you know. Meanwhile, concrete is among the most widely used construction materials in both residential and commercial applications. It is strong and durable and practical and, as such, desirable.

Like most things in life, pouring concrete properly is a learned skill, even an art. Malcolm Gladwell’s 10,000 hours theory holds true, which is apparent by the three-year-old crumbling concrete in my driveway that was completed by some guys who thought anyone could pour concrete. Their work may have been faulty, but I hope they at least honked their horns and made the neighborhood kids smile.

Have a great week, and thanks for reading. ■



Shane Goodman

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JOHNSTON
Living Weekly

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SEEN IN JOHNSTON



Johnston Chamber of Commerce held a ribbon cutting for Wasabi at its new location, 8481 Birchwood Court, Johnston, on Dec. 19.



Annie Mielke and Jenni Buchanan



Ryan Anderson and Julia Bradshaw



Sharm Sisler and Phil Dunshee



Tom Cope and Bryan Burkhardt



Ryan Rohlf and Brenda Ballard



Scott Wendl and Lynn Ricke

KIWANIS OF JOHNSTON LUNCH MEETING

The Kiwanis of Johnston lunch meeting will be Tuesday, Jan. 9, 11:30 a.m. at Cozy Café in Johnston. Note the change of date due to the New Year holiday. Speakers will be Bob Mitchell and Caroline Peterson. Bob is past Kiwanis Nebraska/Iowa Governor and he holds a Permanent Professional teaching certificate from the Iowa Department of Education. Caroline Peterson is a retired teacher who also owned a kitchen store and cooking school in Sioux City and Sioux Falls. She is the leader of the newly created Building Lives through Reading group. She was living in Sioux Falls when she learned of Promising Futures, a group in Sioux Falls that was providing books to elementary students to promote reading, and she brought the idea to Des Moines.

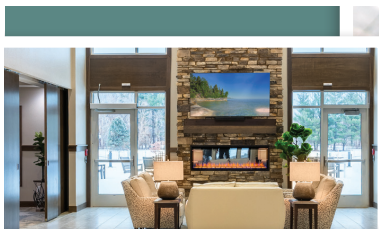
Did you know that 66% of students in DMPS elementary schools are not reaching third-grade reading proficiency level by the end of their third grade? This is an urgent problem that needs our help in correcting. Our

"Give a Book a Month" program is an attempt to make a difference.

The newly created Building Lives through Reading group is soliciting money to buy a book-a-month for students in K-5 in several of the DMPS elementary schools. As a recently approved participant through the District's Community Partners Program, we are designating Capitol View and Edmunds as 2023-24 school year recipients.

We have now distributed books to K-2 at Capitol View elementary and K-5 at Edmunds through December. We have five months of books yet to acquire and distribute for the remainder of the school year. By the end of the school year, we will have distributed 5,000 books to more than 550 students.

Please RSVP if you plan to attend. Non-members are always welcome. Barb Allen, Kiwanis Club of Johnston, 515-577-2194, Bjallen713@gmail.com. ■



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SEEN IN JOHNSTON

JOHNSTON CHAMBER BUSINESS AFTER HOURS WAS HELD AT CHRISTOPHER'S RARE COINS ON DEC. 7.



Andrea Hodapp and Paula Bierle



Joe Parrish and Jennifer Sayers



Kathy Mergen and Brenda Ballard

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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**IOWA STATE FAIR FLEA MARKET**

Jan. 6-7

3000 E. Grand Ave., Des Moineswww.iowastatefairgrounds.org/event-calendar

Find all sorts of goods from antiques, home decor, jewelry and everything in between. This flea market is held each month from January to June and September to December at the Varied Industries Building.

THE WINTER WONDERPALACE

Jan. 6

**Raccoon River Nature Lodge,
2202 Park Drive, West Des Moines**

The ninth installment of The Winter Wonderpalace allows you to take your little one on a magic winter adventure, where they get the chance to meet four storybook characters inside the Raccoon River Nature Lodge.

MIRACLE ON 86TH STREET

Through Jan. 8

**Charles Gabus Memorial Tree Park,
3600 86th St., Urbandale**

Bundle up this winter and stroll through the Charles Gabus Memorial Tree Park. The park features a large, custom-built train and larger-than-life ornamental displays. The park is lit with more than 50,000 holiday lights.

SQUARE DANCE LESSONS

Sunday nights starting Jan. 14, 6:30 p.m.

**Douglas Avenue Presbyterian Church,
4601 Douglas Ave., Des Moines**www.ankenysquares.com

Ankeny Square Dance Club is sponsoring Square Dance Lessons. Cost is \$20 per person for the entire session, accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one call at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-291-2624.



Wonder Palace Nature Lodge

CITYVIEW'S FIRE AND ICE

Jan. 20

**Historic Valley Junction,
137 Fifth St., West Des Moines**fire-and-ice.dmcityview.com

Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area.

MUSEUM OPEN**Urbandale Historical Society, 4010 70th St.**

The Olmsted-Urban House will be open for viewing the first Sunday of each month 2-4 p.m. for viewing. Members of the society will be there for guiding tours and showing the collection of things that might have been in Grandma's house. The Rolling Green school quilt made by the students and the painting given in memory of Pamela Powers are now at the Olmsted Urban House. These items can be viewed during the museum's monthly open house.

WAUKEE FAMILY FEST

Saturday, Jan. 20, 9 a.m. to noon

Lutheran Church of Hope - Waukee

This free, family-friendly event will help kids burn off some cabin fever energy. Check out Waukee area businesses, enjoy games and prizes and jump on inflatables. To become a vendor, visit waukee.org/familyfest. ■

RECIPE

SIMPLE, NUTRITIOUS MEALS TO MAKE MORE TIME FOR FAMILY

(Family Features) Making time for meals together shouldn't require spending all night in the kitchen. A simple-to-prepare ingredient like eggs can help you spend less time cooking and more time with family. ■

POACHED EGG TOSTADAS WITH AVOCADO-TOMATILLO SALSA

Servings: 4 (1 egg and 1/2 cup salsa per serving)

- 2 Nonstick cooking spray
- 4 corn tortillas (6 inches each)
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs

Salsa:

- 1 medium avocado, diced
- 1 medium Anaheim or poblano pepper, seeds and ribs discarded, diced
- 1 medium tomatillo, papery husk discarded, washed and diced
- 1/2 medium tomato, diced
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 medium garlic clove, minced
- 1/8 teaspoon salt

Directions:

Preheat oven to 400 F. Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray.



Arrange tortillas in single layer on foil. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas to prevent from filling with air. Bake 5-6 minutes on each side, or until golden brown. Transfer to serving plates.

In large skillet over high heat, bring water and vinegar to boil.

Once water is boiling, reduce heat and simmer. Break egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, avoiding eggs touching in water. Simmer 3-5 minutes, or until egg whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs. Place each egg on tostada.

To make salsa: In medium bowl, gently stir together avocado, pepper, tomatillo, tomato, red onion, cilantro, lime juice, garlic and salt. Serve with tostadas.

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TREE COLLECTION AND COMPOST IT!

Winter tree collection and Compost It! for residents living west of N.W. 86th Street in Johnston will be Jan. 2 and Jan. 8. For those living east of N.W. 86th Street, it will be held Jan. 3 and Jan. 9. ■

ONE BIG TABLE 2024 GALA AND AUCTION

Johnston Partnership for a Healthy Community will hold its One Big Table Gala and Auction annual fundraiser Feb. 22 at Hilton Garden Inn in Johnston. Tickets are now on sale and available online at <https://givebutter.com/cZQIKC>. Help fight hunger and give a gift that makes a difference in the community. ■

JOHNSTON PARTNERSHIP'S CURRENT NEEDS

The Johnston Partnership provides food and personal hygiene products to those in need. The biggest current need is winter coats. They have given away more than 600 and are in need of 600 more to make it through the winter months. The goal is to ensure each of their clients gets a warm winter coat. People can donate used coats of all sizes or shop their Amazon wishlist. Also needed are baby wipes, lotion, toothpaste, toothbrushes 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.

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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PARK MODEL FOR SALE: Time to move to the Reo Grand valley for the winter. 399 sq. ft. park model. Facing the lake. Newly updated winter home in a quiet RV resort. Contact Steve at 269-806-5611 or swrightjp743@aol.com.

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

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