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## CROWN POINT COMMUNITY CENTER RENOVATIONS INCORPORATE SUSTAINABILITY INITIATIVES

On Tuesday, Jan. 2, the Johnston City Council approved the Crown Point Community Center bid with Munro Construction from Johnston. The low bid came in at \$4,649,500. Renovations of the building are expected to begin in mid-January with a series of sustainability initiatives to promote eco-friendly practices.

"We are excited to take a significant step toward promoting sustainable practices within our community and reducing our carbon footprint," said Mayor Paula Dierenfeld. "These initiatives will help us become more eco-friendly and reduce energy costs in the long run."

Sustainability initiatives that will be put into the renovations include:

- Solar panels on the roof, which will generate around 30-40% of the building's total electricity.
- A new, energy-efficient HVAC system.



- Upgraded energy-efficient lighting equipped with sensors to minimize waste.
- New, energy-efficient windows that provide more natural and bird-friendly light.
- More insulation.
- Energy and water-saving toilets, sinks and other fixtures.

The city is taking steps to make sustainability a priority by implementing eco-friendly initiatives while remodeling public buildings in the community. The Crown Point Community Center will

also undergo a remodel, requiring it to close temporarily starting Friday, Jan. 19. No reservations will be taken during 2024. Additionally, the senior community meal service will end on Jan. 19. However, those who rely on this service can still receive their meals in Northwest Des Moines or Grimes. Polk County is finalizing details on additional bussing to the Northwest Des Moines site.

For more information on the renovations, visit [www.cityofjohnston.com/1278](http://www.cityofjohnston.com/1278). ■

### JOHNSTON WEATHER FORECAST

**TUES. HIGH 31 | LOW 14**  
Snow



**WED. HIGH 28 | LOW 11**  
Mostly cloudy



**THURS. HIGH 20 | LOW 15**  
Mostly cloudy



**FRI. HIGH 20 | LOW 5**  
Breezy and cold



**SAT. HIGH 11 | LOW -5**  
Morning snow; breezy



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FROM THE PUBLISHER

## HOW MUCH DO YOU KNOW ABOUT JANUARY?

Welcome to a new year and another month of January. Think you have this month all figured out? I decided to test your knowledge today. Give it your best shot. The answers are at the end.

**1. Who is January named after?**

- a. Janus, the Roman god of doors and gates
- b. Jan Brady
- c. Jan Michael-Vincent
- d. Jan van Dommelen

**2. Which precious stone is associated with January birthdays?**

- a. Jasper
- b. Garnet
- c. Moonstone
- d. Pearl

**3. What is the flower symbol for January?**

- a. Rose
- b. Orchid
- c. Daisy
- d. Carnation

**4. Which two Zodiac signs fall in January?**

- a. Capricorn and Aquarius
- b. Leo and Virgo
- c. Taurus and Aries
- d. Gemini and Cancer

**5. On which date is Martin Luther King Jr. Day observed?**

- a. First Monday of January
- b. Second Monday of January
- c. Third Monday of January
- d. Fourth Monday of January

**6. Which famous Apple product was announced on Jan. 9, 2007?**

- a. iMac
- b. iPad
- c. Apple Watch
- d. iPhone

**7. Which U.S. president was born on Jan. 9, 1913?**

- a. Richard Nixon
- b. John F. Kennedy
- c. Lyndon Johnson
- d. George Washington

**8. What beverage was first sold in cans starting Jan. 24, 1935?**

- a. Soda
- b. Milk
- c. Prune juice
- d. Beer

**9. What historic event took place on Jan. 16, 1919, in the United States?**

- a. Prohibition began
- b. Declaration of Independence was signed
- c. The Louisiana Purchase occurred
- d. FDR's first fireside chat happened

*Answers: 1 = a; 2 = b; 3 = d; 4 = a; 5 = c; 6 = d; 7 = a; 8 = d; 9 = a*

Have a great week, and thanks for reading. ■

**Shane Goodman**

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## MAYOR RUNS 2,328 MILES FOR THE FOOD PANTRY

Mayor Paula Dierenfeld embarked on an inspiring journey on Dec. 31, fueled by the incredible generosity of the Johnston community. Determined to cover 2,328 miles, Mayor Dierenfeld has set an ambitious goal to complete this extraordinary challenge by fall. However, additional miles could be added if any checks arrive later because of the holidays.

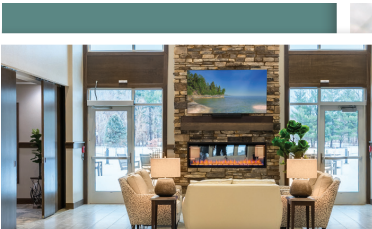
The “Mayor’s Run for Food” initiative kicked off on Dec. 1 with a unique challenge from Mayor Dierenfeld. For every bag of food or \$10 donated to the Johnston Partnership for a Healthy Community, she pledged to run one mile. The response has been incredible, with an outpouring of food and monetary contributions from the community.

This marks the 10th consecutive year of the Mayor’s Run for Food, and Mayor Dierenfeld has been a driving force in collecting support for the Johnston Partnership.

To date, more than \$78,000 has been raised through this annual initiative, showcasing the community’s commitment to making a positive impact.

In 2022, Mayor Dierenfeld covered an impressive 1,850 miles, demonstrating her dedication to the cause and motivating the community to contribute. The Mayor’s Run for Food has grown exponentially over the years, as illustrated by the increasing mile totals: 2014: 31 miles; 2015: 191 miles; 2016: 316 miles; 2017: 381 miles; 2018: 514 miles; 2019: 580 miles; 2020: 790 miles; 2021: 1,132 miles; 2022: 1,850 miles; 2023: 2,328 miles.

Mayor Dierenfeld sincerely thanks everyone who generously contributed to this year’s campaign. The support from the Johnston community has played a pivotal role in reaching this year’s goal and addressing the food insecurity needs within our community. ■



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## FUNERAL NOTICES

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

### JACK JOSEPH BARRON

Jack Joseph Barron, 74, Johnston, died unexpectedly on Dec. 31, 2023, at UnityPoint Methodist Medical Center, Des Moines. Visitation was Jan. 5 at Iles Westover Chapel. A rosary and vigil service followed. A Mass of Christian Burial was Jan. 6 at St. Pius X Catholic Church, Urbandale. Interment at Glendale Cemetery will be held at a later date.



Jack was born on Sept. 11, 1949, in Oak Park, Illinois, to parents, Frank and Bernice (Hewelt) Barron. He graduated from Lake Park High School, Medinah, Illinois, then continued his education at Drake University, Des Moines, graduating in 1971, with a major in music education. He was an accomplished musician. He began his teaching career as a high school band instructor with Belle Plaine High School. He also worked at Maquekota Valley in Delhi and Harmony High School before retiring from Van Buren County High School in 2010.

He enjoyed playing in many musical groups, including an Irish band, The Lowly Brass, The Tarnished Brass and the West Des Moines Community Band. For 25 years, while living in Ottumwa, he directed the Ottumwa Municipal Band. He enjoyed walking, bike riding and spending time with his family.

On Aug. 11, 1973, he married Cecilia Woolway at the Rose Garden in Des Moines. They raised their two children, Mark and Anne, in Ottumwa and, upon retirement in 2010, they moved to Johnston. Jack was a member of St. Pius X Catholic Church, where he directed the guitar group at mass. He was also a member of the Knights of Columbus.

Jack is survived by his wife, Cecilia; children, Mark (Valerie) Barron of Coralville and Anne Barron of Des Moines; grandson, Jayden Griffin of Des Moines; twin sister, Jill (David) Koerperick; mother-in-law, Janet Woolway; sisters and brothers-in-law, Mary (Rick) Carroll, Joan (Terry) Roberson, Beth (Mike) Benesh and John (Jackie) Woolway, as well as many nieces, nephews, cousins and their families. He was preceded in death by his parents, Frank and Bernice Barron, and his brother, Steven.

Memorial contributions may be directed to the Jack Barron Memorial Scholarship, St. Pius X Catholic School Music Dept. or to Dowling Catholic High School. Arrangements were handled by Iles Westover Chapel. ■

### BOB REECE WHITTEN

Bob Reece Whitten, 87, died on Jan. 2, 2024 at Edencrest in Johnston, where he resided for the last five years. Visitation was Jan. 8 at Iles Westover Chapel in Des Moines with a funeral service following. Interment was later in the day Jan. 8 at the Union Township Cemetery, Coon Rapids.



Bob was born on Dec. 28, 1936, in Coon Rapids to Leonard and Grace (Neal) Whitten. He moved to Des Moines in 1966 where he worked for more than 30 years at Anderson Erickson Dairy.

Bob is survived by his children, Mandy Whitten, Rachel Perry, Connie Dove, Don Bridgeman, Mary Davis and Mark Webster; seven grandchildren and 11 great grandchildren. He was preceded in death by parents; his wife, Betty; a son, Jay Whitten; and 10 siblings.

Online condolences are welcome at [www.IlesCares.com](http://www.IlesCares.com). Arrangements were by Iles Westover Chapel. ■



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

### AUDREY E. TESDELL FRY

Audrey E. Tesdell Fry, 101, died at her home on Dec. 27, 2023. She was born March 8, 1922, in Van Meter to Orie and Emma Thomas and raised in Carlisle. Audrey married Severt Tesdell and to that union two sons, Erik and Leif, were born. Severt died in 1996, and she later married William "Jack" Fry.

Audrey worked as a registered nurse at Iowa Lutheran Hospital as a floor nurse. She enjoyed playing basketball in high school and watching ever since. Audrey was an avid bridge player and enjoyed planting flowers every spring.

She is survived by her children, Erik Tesdell, Leif (Fiancé Jeanine Killion) Tesdell; grandchildren, Brandon Tesdell and Logan Tesdell; four great grandchildren; and nieces. She was preceded in death by her parents, husbands, Severt Tesdell and Jack Fry; and sister, Vivian.

A funeral service was held Jan. 2 at Iles Westover Chapel, Des Moines, with burial in Bethlehem Cemetery in Slater. Memorial contributions may be directed to St. Jude Children's Research Hospital. Online condolences may be expressed at [www.ilesCares.com](http://www.ilesCares.com). ■



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## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM**THEATER & DANCE****ACTORS, INC. - AMES COMMUNITY THEATER**

120 Abraham Drive, Ames

*actorsinc.org*

Jan. 25-27, Feb. 2-4: "Holmes &amp; Watson"

**ANKENY COMMUNITY THEATRE**

1932 S.W. Third St., Ankeny

*ankenycommunitytheatre.com*

Feb. 9-18: "The Odd Couple, Female Version"

**CLASS ACT PRODUCTIONS**

201 First Ave. S., Altoona

*captheatre.org*

Feb. 16-18, 23-25, March 1-3: "The Music Man Jr."

**DES MOINES PERFORMING ARTS**

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines

*dmpa.org*

Jan. 23-28: "Mamma Mia!"

Jan. 27: Havana Hop

Feb. 6-11: "Company"

Feb. 15: Capital City Pride Presents: Brea Baker

Feb. 17: The Peking Acrobats

**DES MOINES COMMUNITY PLAYHOUSE**

831 42nd St., Des Moines

*dmplayhouse.com*

Feb. 2-18: "Our Town"

**SIMPSON COLLEGE**

513 N D St., Indianola

*simpson.edu/academics/departments/departments-theatre-arts*

Feb. 16-18: "The Telephone &amp; The Medium"

**STEPHENS AUDITORIUM**

1900 Center Drive, Ames

*center.iastate.edu/events*

Jan. 30: "Jesus Christ Superstar"

Feb. 2-3: Barjché

Feb. 8: Langston Hughes Project

Feb. 29 through March 3: "Always Plenty of Light at the Starlight All Night Dinner"

**TALLGRASS THEATRE COMPANY**

2019 Grand Ave., Suite 100, West Des Moines

*tallgrasstheatre.org*

Feb. 2-18: "Equus"

**MUSIC****DES MOINES CIVIC CENTER**

Des Moines Civic Center, 221 Walnut St., Des Moines

*dmpa.org*

Feb. 23-24: Harry Potter and the Order of the Phoenix™ in concert

**DES MOINES SYMPHONY**

Des Moines Civic Center, 221 Walnut St., Des Moines

*dmsymphony.org*

Feb. 3-4: Discover Groundbreaking Innovation

**HOYT SHERMAN PLACE**

1501 Woodland Ave., Des Moines

*hoytsherman.org*

Feb. 6: Hélène Grimaud: Lauridsen Great Pianist Series at 7:30 p.m.

Feb. 9: Nickel Creek at 7:30 p.m.

Feb. 23: Postmodern Jukebox at 8 p.m.

Feb. 24: Marty Stuart and his Fabulous Superlatives at 7:30 p.m.

Feb. 29: Cat Power sings Dylan: The 1966 Royal Albert Hall concert at 7:30 p.m.

**WELLS FARGO ARENA**

Wells Fargo Arena, 223 Center St., Des Moines

*iowaeventscenter.com*

Jan. 25: Disturbed - Take Back Your Life tour with Falling In Reverse and Plush

Feb. 2: WINTER JAM 2024 ■

## RECIPE

# QUICK, EASY RECIPES TO ADD TO YOUR DINNER ROTATION

*(Family Features)* Making time for meals together can have a positive impact on the wellbeing of families, including children and adolescents. In fact, regular meals at home can help reduce stress and boost self-esteem, according to research published in “Canadian Family Physician.”

Mealtime conversations are also a perfect opportunity to connect with your loved ones. A study published in “New Directions for Child and Adolescent Development” showed these conversations help improve children’s vocabularies more than being read aloud to.

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

## POBLANO FRITTATA

**Servings: 4 (2 wedges per serving)**

- 4 large eggs
- 1/4 cup fat-free milk
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon olive oil
- 2 medium poblano peppers, seeds and ribs discarded, chopped
- 2 cups frozen whole-kernel corn, thawed
- 2 medium green onions, chopped
- 1/4 cup finely shredded Cotija cheese or crumbled queso fresco
- 1 medium tomato, chopped
- 1/4 cup fat-free sour cream

### Directions:

In medium bowl, whisk eggs, milk and cilantro.

In medium skillet over medium heat, heat oil, swirling to coat bottom of skillet. Cook poblano peppers 3 minutes, or until browning on edges, stirring frequently.

Stir in corn and green onion. Reduce heat to medium-low and carefully pour in egg mixture. Cook, covered, 10 minutes, or until mixture is just set on edges and still soft in center. Avoid overcooking. Remove from heat.

Sprinkle with cheese. Cut into eight wedges. Place



two wedges on each plate. Top with tomatoes and sour cream.

### Nutritional information per serving:

244 calories; 8.5 g total fat; 2.5 g saturated fat; 1.5 g polyunsaturated fat; 3 g monounsaturated fat; 192 mg cholesterol; 177 mg sodium; 27 g carbohydrates; 4 g fiber; 8 g total sugars; 13 g protein.

## TAYLOR SWIFT THEMED BINGO

Swifties unite! On Tuesday, Jan. 30, put all of that super-important Taylor Swift musical knowledge you have to good use while playing bingo at Backpocket Pin & Pixel, 6205 Merle Hay Road, Suite 110, Johnston. Prizes will be awarded. Get all your friends out and all your friendship bracelets on, cause this one is gonna be a blast. See the Facebook event link at <https://fb.me/e/3kZ2aCFVG>. ■

## 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. Current needs are shampoo and conditioner, dish soap, laundry soap and dog and cat food. 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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