

JOHNSTON Living Weekly

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SEEN IN JOHNSTON

JOHNSTON GIRLS WRESTLING SENIOR NIGHT WAS HELD JAN. 15.



Athletic and Activities Director Heather Semelmacher, Nancy Ibeling, Huda Anglo, Samuel Musa and Coach Tim Franklin



Athletic and Activities Director Heather Semelmacher, Michelle Kruse, Sydney Jackson, Jason Kruse and Coach Tim Franklin

JOHNSTON WEATHER FORECAST

TUES. HIGH 56 | LOW 39
Sunny to partly cloudy



WED. HIGH 58 | LOW 45
Mostly cloudy; breezy



THURS. HIGH 62 | LOW 34
Mainly cloudy and windy



FRI. HIGH 46 | LOW 27
Times of clouds and sun



SAT. HIGH 40 | LOW 26
Mostly cloudy



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FROM THE PUBLISHER

JUST VISITING

People don't talk anymore. Have you heard that? It's often true, at least compared to what some of us are used to. The difference seems to be mostly generational. If an older person has something to say, look for it to be face to face. If a younger person does, expect a text message. A middle-aged person? Flip a coin, as you could get either one — or both.

When my father was alive, he would enjoy what he called "visiting." On Sundays after church, we would walk down to the neighbors, and they would have coffee and talk. Nothing too serious. No politics or religion or gossip. Just visiting.

If a pancake breakfast was being held in town, we were there. Not so much for the food, but for the visiting.

On Sunday afternoons, we would go see his brothers or his sister or their family members, usually unannounced. Or we would stop by to see some longtime family friends. More visiting.

As a young boy, I didn't especially enjoy those times, unless the folks we were visiting had kids my age. But

I learned to respect these instances because they were important to Dad, and I could see that this "visiting" made everyone smile.

Dad was a small business owner, and his customers would sometimes invite him to their homes for supper. They were kind enough to invite me, too. Dad would eat most anything and was appreciative. I was like most kids and didn't have much interest in a wide range of foods. One night when Dad told me oyster stew was to be served, he could see my apprehension. "Just be respectful and try it and tell them it was good," he told me on the drive there. "And I will get you something to eat later." I did the best I could, but I likely wasn't very convincing.

Dad's visiting led to lots of friendships — and lots of invitations to weddings and graduations and the like. He had a strong opinion that, if someone thought enough of him to invite him, then he should attend. And



he did. Funerals, too. I often tagged along with him, and I learned a great deal from him in doing so. He wasn't a man who delivered great speeches or wrote inspiring words. He did something much more important; he showed up. Visiting.

Sometime through the years, we lost the art of this. Now we "visit" by posting photos on social media or sending text messages from our phones. Most of us would agree it certainly isn't the same. A younger generation doesn't have anything to compare it to, though. Digital communication is all they know. One has to wonder if this will come full circle, or if face-to-face communication will continue to diminish. It's a great discussion that seems to be worth a visit.

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

SEEN IN JOHNSTON

JOHNSTON BOYS WRESTLING SENIOR NIGHT WAS HELD JAN. 11.



Athletic and Activities Director Heather Semelmacher; Andrea, Collin and Troy Hodapp; and Coach Aaron Tecklenburg



Athletic and Activities Director Heather Semelmacher; Bill, Jeannine and Braden Blackorby; and Coach Aaron Tecklenburg



Athletic and Activities Director Heather Semelmacher; Lindsey, Carson and Chad Cornwell; and Coach Aaron Tecklenburg



Athletic and Activities Director Heather Semelmacher; Jameson Lux and Allisson Furman; and Coach Aaron Tecklenburg



Athletic and Activities Director Heather Semelmacher; Elizabeth Pouliot and her mother; and Coach Aaron Tecklenburg



Athletic and Activities Director Heather Semelmacher; Raven Parizek and family; and Coach Aaron Tecklenburg



Athletic & Activities Director Heather Semelmacher, Shalome Ndatsinze, Usher Hirwa, Coach Aaron Tecklenburg



Athletic and Activities Director Heather Semelmacher; Stanley Togba; Coach Zach Thompson; and Coach Aaron Tecklenburg



Athletic and Activities Director Heather Semelmacher; Dave Gross, Kelly Brown Gross, Carson Brown, Kristy Brown and Richard Brown; and Coach Aaron Tecklenburg ■

UPCOMING EVENTS AT JOHNSTON TOWN CENTER

The City of Johnston and the Johnston Town Center are hosting family-friendly events throughout the year. Mark your calendars to ensure you don't miss out on these exciting events. For more information about the City of Johnston events, visit www.cityofjohnston.com and view the calendar. For information about the events at Johnston Town Center, visit johnstontowncenter.com.

- **Thursday, April 18 through Saturday, April 20:** Tree branch cleanup, Johnston Public Works, times vary based on the day.
- **Tuesday, April 9:** Annual tree sale, online only, beginning at 8 a.m.
- **Saturday, April 13:** Kite Building Workshop, 2-4 p.m.
- **Tuesday, June 4 – Tuesday, Sept. 24:** Farmers Market, 4-7 p.m. (NOTE: Farmers Market days were listed incorrectly in the city's newsletter in Johnston Living magazine February issue but are correct here.)
- **Monday, April 15 and Tuesday, April 16:** Spring cleanup west of N.W. 86th Street is Monday, April 15 and East of N.W. 86th Street is Tuesday, April 16
- **Saturday, May 4:** Kites on the Green, 10 a.m. to 5 p.m. ■

PRESIDENTS' DAY SCHEDULE

Johnston city offices, including the library, will be closed on Monday, Feb. 19, for Presidents' Day. Trash and recycling pickup days are not affected by this holiday. The regularly scheduled Johnston City Council work session (6 p.m.) and meeting (7 p.m.) will take place on Tuesday, Feb. 20. Visit www.cityofjohnston.com/831 to view the agendas. ■



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JOHNSTON PARTNERSHIP'S CURRENT NEEDS

The Johnston Partnership provides food and personal hygiene products to those in need. Current needs are winter coats, dish soap, deodorant, shampoo, conditioner and lotion. The Johnston Partnership has gone through 900 winter coats and still have families in need. People can feel free to bring us new or good used condition winter coats of all sizes, and they will go to people who haven't gotten one yet this season. 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. ■

COMMUNITY GREETINGS

Johnston Community Greetings would like to welcome anyone new to Johnston with a welcome bag including discounts at local businesses and city information. Contact Missy Shepherd by phone, text or email at 515-991-5014 or mshepherdgreetings@gmail.com. ■

CITY SCHEDULE

- **Monday, Feb. 12:** Planning and Zoning Meeting, 7 p.m.
- **Thursday, Feb. 15:** Library Board Meeting, 5:30 p.m.
- **Thursday, Feb. 15:** Board of Adjustment Meeting, 6:30 p.m.
- **Monday, Feb. 19:** City Offices and Library closed for Presidents' Day ■

ATTENTION SALES PROFESSIONALS!

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CITYVIEW



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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

The Peking Acrobats

DES MOINES PERFORMING ARTS PRODUCTIONS

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

Feb. 15: Capital City Pride Presents: Brea Baker

Feb. 17: The Peking Acrobats

Feb. 20: Les Ballets Trockadero de Monte Carlo

Feb. 27 through March 3: “Les Misérables”

Feb. 27 through March 17: “Dixie’s Never Wear a Tube Top While Riding a Mechanical Bull”

IOWA WILD HOME GAMES

Wells Fargo Arena, 233 Center St., Des Moines
iowawild.com

Feb. 10 at 6 p.m. vs. Tucson

Feb. 19 at 5 p.m. vs. Rockford

Feb. 21 at 7 p.m. vs. Rockford

IOWA BEEF EXPO

Feb. 10-18

3000 E. Grand Ave., Des Moines

iowastatefairgrounds.org

An entire week of beef packed into the Iowa State Fairgrounds. Parades, shows, sales and banquets, all in the name of Iowa beef.

CHINESE NEW YEAR

Feb. 11

Jester Park Nature Center, 12130 N.W. 128th St., Granger

jesterparknaturecenter.com

Celebrate Chinese New Year at Jester Park Nature Center. Registration is required. Those who attend will learn about the history of the Chinese New Year and similarities between Chinese zodiac and western astrology. Shadow Fist Kung Fu will perform a live lion dance and kung fu demonstration.

WINTER BLUES FEST

Feb. 9-10

Downtown Des Moines Marriott, 700 Grand Ave., Des Moines

Cibs.org

Get out of the cold and into the rhythm of the 2024 Winter Blues Fest. Between the two nights of blues music, there will be 20 acts for your listening pleasure.

YMCA RED FLANNEL RUN

Feb. 17

501 Grand Ave., Des Moines

Dmymca.org

The Red Flannel Run is great for a fun freezing run. After starting 35 years ago when two single guys didn’t have Valentine’s Day dates, it is credited with being the longest consecutively produced race in the Des Moines area.

CITYVIEW CHOCOLATE WALK

Friday, Feb. 23, 5-9 p.m.

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? Then you’ll love this event. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. A shuttle bus from Majestic Limousine will be providing transportation to each location, although most are only a short walk away. For a link to purchase tickets, visit <https://chocolatewalk.dmcityview.com>. ■

RECIPE

A VALENTINE'S RECIPE YOU'LL LOVE TO SHARE

(Family Features) If the way to your loved one's heart is through the stomach, there's no better way to start off this Valentine's Day than with a homemade breakfast prepared with love.

Show your affection with a plate of these colorful Cocoa-Kissed Red Velvet Pancakes featuring rich 100 percent cocoa, buttermilk and fresh berries. Heart-shaped cookie cutters lend a special touch to these fluffy, flavorful pancakes. Add sweet garnishes like powdered sugar and berries for a sensational way to say, "I love you." ■

COCOA-KISSED RED VELVET PANCAKES

Recipe courtesy of Nestlé

Servings: 10 pancakes

- 1 cup all-purpose flour
- 1/4 cup granulated sugar
- 3 tablespoons Nestlé Toll House Baking Cocoa
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 large egg
- 1 cup reduced-fat buttermilk or low-fat milk
- 2 tablespoons unsalted butter, melted
- 1 1/2 teaspoons vanilla extract
- 1 teaspoon red food coloring
- heart-shaped pancake cutters or cookie cutters (optional)
- butter, for garnish (optional)
- powdered sugar, for garnish (optional)
- maple syrup, for garnish (optional)
- fresh berries, for garnish (optional)

Directions:

In large bowl, combine flour, sugar, baking cocoa, baking



powder, baking soda and salt; stir well.

In separate large bowl, whisk together egg, buttermilk, unsalted butter, vanilla extract and food coloring. Add to flour mixture; stir to combine. Allow mixture to sit 5 minutes.

Heat nonstick skillet or griddle over medium heat. Brush with oil or butter. Add about 1/4 cup batter

to skillet. Cook about 2 minutes, or until bubbles start to form on top. Flip and cook 1-2 minutes, or until bottom is lightly browned. Serve immediately with butter, powdered sugar, syrup and berries, if desired.

Tip: If using pancake or cookie cutters, be sure to coat with oil so pancakes don't stick. Place cutters in skillet and pour batter into cutters. Remove cutters before flipping.

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. ■

BEND AND BRUNCH

The public is invited to Bend and Brunch with Power Life Yoga and Backpack Pin & Pixel on Sunday, Feb. 11. Enjoy a morning full of fitness, food and fun. See the Facebook event link at <https://fb.me/e/39QH3kqIA>. Class starts at 10 a.m. Following class, fill up on a variety of yummy items any yogi would approve. Several brunch favorites, including gluten-free and vegan options, will be available. A special blood orange margarita will be included in the ticket price and plenty of non-alcoholic options will also be available. To purchase tickets visit tinyurl.com/brunchandbend. ■

VALENTINE'S BINGO NIGHT

The Dragon Scholarship Fund is hosting Valentine's Bingo Night as a fundraiser on Feb. 13 at Johnston High School. Use the cafeteria entrance, door 2. Doors open at 5:45 p.m. and the event begins at 6:30 p.m. Cash prizes and progressive jackpots will be included. Cost is \$5 per card. All ages are welcome and concessions will be available. ■

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FOR SALE: MTD 2-stage Snowblower, 5 hp, 28 inches wide, runs great, everything works great and has good scraper. Asking \$290. Call 515-707-2087.

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