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STATE WRESTLING CHAMPION



Iowa High School State Wrestling Finals were held on Saturday, Feb. 17, at Wells Fargo Arena. Jacob Helgeson of Johnston is the state wrestling champion at 165. Jacob is now at two-time state champion. Teammates Colby Gibbons and Caden Leonard placed seventh at state. Photo by Dan Mennon ■

JOHNSTON WEATHER FORECAST

TUES. HIGH 69 | LOW 23

Intervals of clouds and sun

**WED. HIGH 36 | LOW 15**

A little morning snow

**THURS. HIGH 46 | LOW 26**

Mostly sunny and mild

**FRI. HIGH 59 | LOW 35**

Sunny

**SAT. HIGH 64 | LOW 44**

Plenty of sunshine



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FROM THE PUBLISHER

LIFE LESSONS FROM A WRESTLING COACH

I met some friends recently who were in town for the Iowa High School State Wrestling tournament. It is a reunion of sorts for wrestlers and fans around the state to congregate over food and drink and talk about the glory days. I look forward to it each year.

This year, I had the opportunity to meet a great man from my hometown of Algona. His name is Phil Bode. He was a state runner-up for the Bulldogs at 154 pounds in 1969. After high school, he accepted a scholarship to wrestle at Louisiana State University, and he decided to make the state his home from then on.

Phil accomplished what very few have for the sport of wrestling, launching or working with 10 wrestling programs in the state. Accolades about him could fill this column, but, instead, I am sharing three stories that will hit home regardless of your interest, or lack thereof, in wrestling.

Lesson No. 1: The 5-minute rule. Phil said he coined the 5-minute rule, and he has used it throughout his coaching career. He told his athletes that, when they won, they would be hoisted on

their teammates' shoulders, and they would all celebrate the victory... for 5 minutes. He also told his wrestlers that, when they would lose, he would give them time to reflect, scream, cry or do whatever they had to do to react to the loss... for 5 minutes. Then, win or lose, they would move on. That's great advice for all of us in addressing the challenges we face in our lives.

Lesson No. 2: Those who defeat you are not your enemies. Most all of us who competed in athletics distinctly remember our losses. Phil shared how he was defeated 11 times by Keith Abens of Humboldt, who went on to be a two-time All-American at Iowa State. "I learned that Keith was not my enemy; he was my motivator. Those losses inspired me to improve every day. Without that inspiration, I would not have achieved what I have done in my lifetime."

Lesson No. 3: Go all in. Phil wanted to start a wrestling program at a high school in Louisiana where he was hired to coach football, but the district would not fund the



purchase of a wrestling mat. After discussing with his wife, they decided to use their cars as collateral for a personal loan of \$4,000 to buy one. On Christmas Eve, Phil received a phone call that the truck with the mat on it was at the high school for delivery. When he went to unload it, the school principal showed up and asked why there was a wrestling mat in the gym, pointing out he didn't approve the purchase. "I bought it," Phil told him. "And here's the deal. If you like the job I do with this team, then the district can buy the mat from me in two years for \$4,000. If you don't like the job I have done, then I will leave and take the mat with me." The program thrived, and Phil's message moving forward was quite simple: "If you are not willing to put everything you have into something you truly believe in, then you are not all in."

Phil Bode was all in, and he still is. ■



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JOHNSTON
Living Weekly

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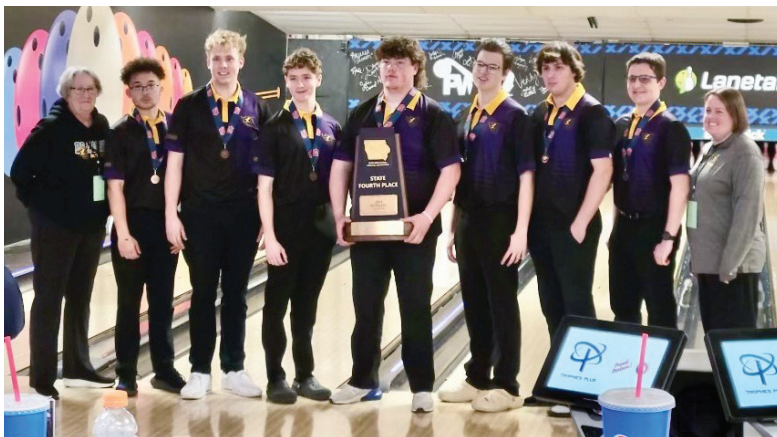
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FOURTH AT STATE



On Feb. 19, the JHS/DCG High School Bowling Club finished fourth in the state as a team at the 2024 Iowa High School Bowling Championships at Cadillac XBC in Waterloo. Zach Moorman of Johnston and Caden Klug of Dallas Center - Grimes tied for fifth in the individual portion of the event Feb. 20. Pictured are Coach Jackie Sapp, Keiden Cowell, Zach Moorman, Logan Brustkern, Caden Klug (DCG), Ryan Titus, Roman Boley (DCG), Alex Kehoe and Coach Kim Zenor. ■

BIKE TO BREWS: SINGLESPEED EDITION

Backpocket Pin & Pixel, 6205 Merle Hay Road, Suite 100, Johnston, will host Bike to Brews: SingleSpeed Edition on March 16. Riders will depart from Backpocket at 10:30 a.m. and enjoy a self-guided and self-paced 10-mile ride from Backpocket to SingleSpeed Brewing. The route should take about an hour, and there will be food and drink specials at both locations. No registration or ticket required. The Facebook event link is <https://fb.me/e/1O6MT8CcU>. ■

LIONS CLUB PANCAKE BREAKFAST

Saturday, April 20, the Johnston Lions Club is hosting its annual Pancake Breakfast at the Johnston Middle School cafeteria, 6501 N.W. 62nd Ave. Hours are 7-11 a.m., and the breakfast features pancakes (including gluten-free pancakes), sausage, scrambled eggs, juice and coffee. Tickets are \$8 at the door and kids 5 and younger are free. Proceeds will benefit the Lions Club service projects. ■

KIWANIS OF JOHNSTON LUNCH MEETING

The public is invited to the Kiwanis lunch meeting Tuesday, March 5, at Cozy Café in Johnston at 11:30 a.m. The speaker will be Annie Mielke from Adventures in Social Development. ASD provides performance-based programs for all ages and abilities. ASD is the only all-inclusive, arts-based nonprofit in Iowa providing direct social skills instruction within a safe environment. ASD provides multiple sessions throughout the year for a range of ages and abilities including drama troupes, small group social skills, drama exploration, music-making initiatives, and Friday evening social gatherings. ASD's facilitators also provide once-a-month social options for parents and training for allied professionals. ASD is located in Johnston.

RSVP to Barb Allen, 515-577-2194, Bjallen713@gmail.com. Kiwanis of Johnston meets on the first Tuesday of the month at Cozy Café at 11:30 a.m. and on the second and third Tuesdays at the Simpson Barn at 7 a.m. ■

SPRING CLEANUP

Spring Cleanup is less than two months away. It will begin on Monday, April 15 (if you live west of 86th Street) and Tuesday, April 16 (if you live east of 86th Street). Place your items on the curb by 6 a.m., depending upon which date is your designated trash collection day. ■

VOLUNTEERS SOUGHT FOR KITES ON THE GREEN

Volunteers are needed to help at Johnston Kites on the Green Saturday, May 4. The kite festival includes public kite flying, professional kite flyers demonstrations, kids kite building, music and more. Lots of help is needed to make this event successful, and multiple shifts are available. Among other things, volunteers may be asked to help kids/families build kites, assist at special activities, staff information or donation booths, etc. Johnston Kite's on the Green is organized by the City of Johnston and the Johnston Public Library Foundation, which can receive tax-deductible charitable contributions. Sign up for a volunteer spot at <https://signup.com/client/invitation2/secure/815951609/false#/invitation>. ■

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.
- **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.
- **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.) ■

DRAGON SCHOLARSHIP FUND AUCTION UNDERWAY

The 21st annual Dragon Scholarship Fund auction is the group's flagship fundraising event for the current year. This year's auction is being conducted exclusively online. It concludes on March 2. More than 100 packages are offered and have been gathered from the metro to as far away as Omaha and Kansas City. Visit www.dragonsf.org for the link to the auction and to view the packages. Visit dragonscholarshipfund on Facebook for previews of packages and more. ■

CITY SCHEDULE

- **Thursday, Feb. 28:** Park Board Meeting, 6:30 p.m.
- **Monday, March 4:** City Council Work Session, 6 p.m.
- **Monday, March 4:** City Council Meeting, 7 p.m.
- **Monday, March 11:** Planning and Zoning Meeting, 7 p.m.
- **Wednesday, March 13:** Senior Board Meeting, 5 p.m. ■

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. ■

JOHNSTON PUBLIC LIBRARY ACTIVITIES

Save the date for After-Hours Family Mini Golf on Friday, March 1, at JPL. Registration is underway. More information about all library programs is available at www.johnstonlibrary.com or by calling the Johnston Public Library at 515-278-5233. ■

ON TO STATE



Johnston Girls basketball punched their ticket to state again this year, defeating Sioux City East on Tuesday night, Feb. 20, at Johnston High School, 93-51. Johnston defeated West Des Moines Valley 60-31 at Wells Fargo Arena at 10 a.m. on Monday, Feb. 26 and will play again on Thursday, Feb. 29 at 10 a.m. Photo by Lynn Meadows. ■

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.

If you wish to subscribe to emergency alerts by SMS text message only, text your zip code to 38276. Sign up at <https://public.alertsense.com/signup/?regionID=1615>. ■

ATTENTION SALES PROFESSIONALS!

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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

Clive Boutique

CLIVE'S CRAFT, VENDOR AND BOUTIQUE SHOPPING EVENT

Saturday, March 9

2100 N.W. 100th St., Clive

www.horizoneventscenter.com/event/clives-craft-vendor-and-boutique-shopping-event

Shop at an estimated 150-plus in-home business booths to help get you ready for spring and summer.

ELKS PANCAKE BREAKFAST BUFFET, BAKE SALE AND THE EASTER BUNNY

Sunday, March 10, 8 a.m. to noon

West Des Moines Elks Lodge,

2060 N.W. 94th St., Clive

The Easter Bunny will be at the Elks breakfast to greet the children and have treats to share. The breakfast buffet includes: biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. Proceeds support the Elks Hoop Shoot Program, other youth activities and veteran support activities.

ALL IOWA AUTO SHOW

March 15-17

730 Third St., Des Moines

usatventures.com/expos/auto/iowa/#

The All Iowa Auto Show features dozens of manufacturers and auto dealers displaying brand new

makes and models under one roof.

ST. PATRICK'S DAY PARADE

March 16, noon

Grand Avenue, downtown Des Moines

www.friendlysonsiowa.com

The Friendly Sons of St. Patrick brings Des Moines its St. Patrick's Day parade, this year with a new route. The parade will proceed south on Robert D. Ray Drive to Grand Avenue and then west to Eighth Street with the parade officially ending at Eighth and Grand Avenue.

ELKS SPRING STYLE SHOW FUNDRAISER

Saturday, April 6 from 10 a.m. to 2:30 p.m.

West Des Moines Elks Lodge,

2060 N.W. 94th St., Clive

Go shopping and enjoy lunch at the Elks Spring Style Show Fundraiser. Many fabulous vendors and terrific door prizes are included. Cost is \$15 for admission and funds benefit the Elks' veterans projects. Fashion show starts at 11 a.m. with shopping and lunch to follow. A 50/50 raffle will also be held. Must be present to win prizes.

YOU CAN GROW ORCHIDS EVENTS

Saturday, April 13

Canoyer Garden Center,

3355 S.E. Gateway Drive, Grimes

The Central Iowa Orchid Society is hosting an orchid event, with an orchid display, culture information, orchid sale and orchid clinic in which experts will answer questions about your troubled orchid and even help to repot it. Follow them on: Central Iowa Orchid Society Facebook page.

DOMED AFTER DARK

Fridays, 6-10 p.m. through March

Des Moines Botanical Garden,

909 Robert D. Ray Drive, Des Moines

Enjoy the conservatory and gardeners show house which will be illuminated with unique and colorful lighting. Details at dmbotanicalgarden.com. ■

RECIPE

CELEBRATE ST. PAT'S WITH A TRADITIONAL IRISH DISH

(Family Features) If St. Patrick's Day inspires feelings of hearth and home rather than leprechauns and green beer, you can celebrate tradition with warm, filling meals that harken back to Irish heritage. Soups and stews are certain to conjure up some nostalgia while soft, delicious cake is a perfect way to honor tradition regardless of your ancestry.

This Irish Sláinte Stew offers a warm welcome to guests with your own way of toasting to the holiday – Sláinte is “cheers” in Gaelic. This hearty meal is perfect for a crowd with traditional stew meat slow-cooked in a Dutch oven with beef broth, spices, carrots, potatoes, herbs and an Irish draught beer. Serve alongside crusty bread that's ideal for soaking up each delicious drop.

If you're looking for additional ways to honor tradition this St. Patrick's Day, consider a few other cozy Irish dishes: boxty (potato pancakes, similar to latkes), boiled cabbage, Irish soda bread, shepherd's pie, corned beef and cabbage, potato soup, Irish coffee, colcannon (mashed potatoes and greens), coddle (typically including pork sausage, potatoes and onions) or seafood chowder.

To find more ways to celebrate St. Patrick's Day, visit [Culinary.net](https://culinary.net). ■

IRISH SLÁINTE STEW

- Oil, for drizzling
- 1 pound stew meat
- 1-2 pinches salt, plus additional to taste, divided
- 1-2 pinches pepper
- 3 tablespoons flour
- 48 ounces beef broth
- 1 cup carrots, diced
- 1 cup celery, diced
- 3 cups potatoes, diced
- 1/2 onion, diced
- 2 tablespoons garlic pepper
- 1 tablespoon dried thyme
- 1/2 tablespoon dried rosemary
- 1 tablespoon dried chives
- 1 bottle Irish draught beer of choice
- crusty bread, for serving

Directions:

In Dutch oven over medium heat, drizzle oil and brown stew meat with salt and pepper. Sprinkle flour over meat.



Add beef broth, carrots, celery, potatoes, onion, garlic pepper, thyme, rosemary and chives. Add Irish draught beer.

Bring to boil, stirring, 5 minutes. Simmer 2 hours, stirring occasionally.

Serve with crusty bread.

FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

JOHN FRANCIS DEPHILLIPS

John Francis DePhillips, 73, of Johnston, died after a battle with pancreatic cancer on Feb. 19, 2024, surrounded by his wife, children and grandchildren. John was born on July 26, 1950, in Des Moines. He grew up in West Des Moines in a strong, Catholic family where his faith and devotion continued to grow throughout his life. John attended Dowling Catholic High School and later earned a bachelor's degree from Briar Cliff University. He joined the United States Navy in 1969 and was proud to serve his country. He married Kathleen Duff at Sacred Heart Catholic Church in West Des Moines. John worked his entire career in the telephone industry, starting as an engineer and working his way into upper management.

He enjoyed traveling, playing golf, and shooting skeet and trap. He loved his cars, especially his Jeep, Corvette and T-Bird. His final years of life were spent enjoying his grandchildren and deepening his faith. John was a generous man and helped many people, but he often did so quietly and discreetly.

John is survived by his wife, Kathy; children, Elizabeth, Brian and Laurie; and grandchildren, Audrey, John, Lucy, Madelyn, Sienna, Gabriella and Mary Kate. He was preceded in death by his parents, Milo and Mary; brother, Paul; mother-in-law, Geraldine Duff; father-in-law, William Duff; and sister-in-law, Maureen Duff.

A Latin Funeral Mass was held Friday, Feb. 23, at St. Augustin's Catholic Church. Burial followed at the Iowa Veterans Cemetery with military honors. Memorials may be made to St. Anthony's Catholic School to be used for student tuition assistance. Online condolences may be expressed to the family at www.caldwellparrish.com. ■



CLASSIFIED ADS

FOR SALE: 2014 Toyota Corolla. This car is great on gas mileage and it's great for a school car for a teenager or anyone who wants good gas mileage. Color-silver with Black interior. All new tires and a new radiator. Must see. Call me if you have any questions or want to see it. Call 515-490-6921. Ask for Janet.

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.

FOR SALE: Vertical cloth blind 40" x 36" It is a very light gray color \$75. Text or call 515-321-0301.

WANTED: Stereo & electronic radio stuff receivers speakers guitar amp etc. Any age or condition is OK. Call 515-238-3343.

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