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SEEN IN JOHNSTON



KIWANIS LUNCHEON HELD: The Johnston Kiwanis Luncheon was held April 2 with guest speaker Blake Boldon, the Franklin P Johnston Director of the Drake Relays. Pictured are Barb Allen, Boldon, Jim Sanders and Polk Davison. ■

JOHNSTON WEATHER FORECAST

WED. HIGH 62 | LOW 44
Mostly cloudy and breezy



THURS. HIGH 51 | LOW 37
Thick cloud cover and cooler



FRI. HIGH 58 | LOW 36
Mostly cloudy and breezy



SAT. HIGH 53 | LOW 32
Mostly cloudy and cool



SUN. HIGH 57 | LOW 38
Mostly cloudy



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FROM THE PUBLISHER

GLOOM, DESPAIR AND AGONY ON ME

“If it weren’t for bad luck, I’d have no luck at all.” Those are the words from a song in an ongoing skit from the TV variety show “Hee Haw” that I recall from my youth. “Gloom, despair and agony on me.” If you remember the show, you are singing along. If not, be patient.

Some people think other folks have all the luck, and they don’t hesitate to state this repeatedly. They play the “victim” role, expecting the worst to happen to them over and over and over. And, quite often, it does.

I am convinced that self-fulfilling prophecies — a prediction that comes true, at least in part, as a result of a person’s belief or expectation that the said prediction would come true — are real.

Successful athletes envision themselves scoring that touchdown, hitting that homerun or making that three-pointer. They refuse to see themselves failing. That same confidence, that self-fulfilling prophecy, works in our personal lives, too. When we envision losing that weight, getting that promotion,

or finding that ideal mate, those things tend to happen more often.

I am not a gambler, and my father wasn’t either, but we did play a lot of board games together. When rolling the dice, he would call out the numbers he wanted, and he would often get them. “You have to talk to the dice,” he would tell me. My siblings and I thought he was lucky, but there had to be more to it than that.

I am convinced that much of this “luck” comes from internal confidence, but can positive comments and high expectations from others result in more success or “luck,” too? The Pygmalion Effect says yes. This psychological phenomenon states that high expectations lead to improved performance in a given area, and low expectations lead to worse performance. Psychologists Robert Rosenthal and Lenore Jacobson present this view in their book



“Pygmalion in the Classroom,” noting how teachers’ expectations of their students affect the students’ performance both positively and negatively.

Most of us would agree with this, as we have seen these effects of positive reinforcement. But what about the person who still chooses to be a victim? Gloom. Despair. Agony.

I recall a time as a child when we were having a family dispute. I told my sister that I just wanted “a normal family.” She told me there was no such thing. She was right. Everyone has issues. Some people choose to dwell on their problems and repeatedly tell others about them. Others put their best foot forward, smile and “talk to the dice.” Which one will you be today?

Have a great week, and thanks for reading. ■

Shane Goodman
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Living Weekly

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MUSEUM MEMBERSHIP MEETING AND OPEN HOUSE

The Johnston (Station) Historical Society (JSHS) 2024 annual membership meeting and open house will be held on Wednesday, April 24, from 6-8 p.m. at the Simpson Barn in the Johnston Commons. Come and share in a potluck supper and see the local history artifacts in the 1936 Simpson Barn and the adjacent 1902 Simpson House Museum. Tours will be given, and drinks and the main dish will be served. You are encouraged to bring a dessert or a side dish. Plates and tableware will be provided. The Simpson House and Barn are in the Johnston Commons at 6161 Northglenn Drive, next to the Johnston Library. RSVP by leaving a message with JSHS at 515-608-5730 or e-mail johnstonhistoricalsociety@gmail.com.

The Johnston (Station) Historical Society is a 501(c)3 nonprofit dedicated to discovering, preserving and presenting the history of the Johnston area. Consider supporting the Society by becoming a member, a volunteer, a benefactor or donating Johnston-related historical items. ■

ELECTRONICS RECYCLING DAY

Electronic Asset Security is partnering with the City of Johnston to provide electronics recycling on Saturday, April 20, 10 a.m. to 2 p.m. in the city hall parking lot. This is an opportunity to get rid of old televisions, radios, monitors, printers, phones, etc. This will help ensure these items stay out of the landfill. Visit www.electronicassetsecurity.com/events/spring-2024-johnston-electronics-recycling-event for more information. ■

JOHNSTON PARTNERSHIP NEEDS

The Johnston Partnership provides food and personal hygiene products to those in need. In March, they continued to break records by serving 574 families in the food pantry, which means they are going through a lot of personal items. Their biggest needs currently are: toilet paper, shampoo, deodorant, toothpaste, dish soap and laundry 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. Currently they pack 220 food bags each week to go home with students. They can use fruit cups, macaroni and cheese, Ramen noodles, granola bars, individual shelf-stable milk and individual peanut butter. ■

KITES ON THE GREEN FESTIVAL

Mark your calendars for Saturday, May 4, 10 a.m. to 5 p.m. at Johnston Commons Park near the library and get set for a day filled with free, family-friendly activities and fun. New activities and performances have been added this year, including a magic show and balloon animals with Jonathan May, stilt walking and mesmerizing sway pole performances by Laura Ernst with Kinetic Entertainment, two obstacle bounce houses and many more fun, free activities for your family. More information and a schedule of all the activities can be found by visiting www.cityofjohnston.com/kitesonthegreen. ■

CITY CALENDAR

- **Thursday, April 18:** Library Board Meeting, 5:30 p.m.
- **Thursday, April 18:** Board of Adjustment Meeting, 6:30 p.m.
- **Wednesday, April 24:** Park Board Meeting, 6:30 p.m.
- **Monday, April 29:** Planning and Zoning Meeting, 7 p.m.
- **Monday, May 6:** City Council Work Session, 6 p.m.
- **Monday, May 6:** City Council Meeting, 7 p.m.
- **Monday, May 13:** Planning and Zoning Meeting, 7 p.m. ■

MAYOR'S BIKE RIDE

Join Mayor Paula Dierenfeld for the annual Mayor's Bike Ride on Thursday, May 9, at Terra Park, 6400 Pioneer Parkway near Corteva. Mayor Dierenfeld will provide comments around 11:30 a.m., and the ride will take off shortly after. A free lunch will be provided for riders at the large shelter at Terra Park. Visit www.cityofjohnston.com/DocumentCenter/View/12699/2024-Mayors-Bike-Ride to view the map of the route. Stay tuned for more details. ■

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. ■

SPLASH PAD OPENS MAY 25

The splash pad at the Johnston Town Center, 6245 Merle Hay Road, just west of Johnston City Hall, will open Saturday, May 25, at 10 a.m. Hours will be 10 a.m. to 8 p.m. Visit www.cityofjohnston.com/1183/Splash-Pad-at-the-Town-Center for more information. ■

TREE BRANCH AND TIRE DROP OFF

Johnston residents can drop off branches, limbs and passenger vehicle tires at the Public Works Facility, 6400 N.W. Beaver Drive, at no cost on April 18-20. Hours are: Thursday, April 18, 8 a.m. to 8 p.m.; Friday, April 19, 8 a.m. to 3:30 p.m.; and Saturday, April 20, 8 a.m. to noon.

Participants must present ID for proof of residency. Branches cannot be larger than 18 inches in diameter. Only residential passenger and truck tires will be accepted. Each household will be allowed to deposit a maximum of five scrap tires (off rims).

The city will not accept scrap tires generated from any business, semi tires, farm or tractor tires, solid tires or tires containing hazardous materials. ■

TUNES OF TWILIGHT SERIES AT THE YARD

After the the Farmers Market, enjoy live music in The Yard, 6245 Merle Hay Road, on Thursdays, July 18 (featuring the duo Snacks), Aug. 8 (featuring the all-female quartet June Bugs) and Sept. 12 (featuring The Sons of Gladys Kravits). The concerts will be from 7:30-9:30 p.m. More information is available by visiting www.cityofjohnston.com/1439/Tunes-at-Twilight-Series. ■

FREE SHRED DAY APRIL 27

Get rid of your old confidential documents in a safe and secure way at Johnston Public Library's free Shred Day on Saturday, April 27, 9 a.m. to noon in the library parking lot. THE SHRED IT company will be there with three of their mobile document-shredding vehicles. Limit material to be shredded to three disposable boxes or containers per household. Visit <https://johnston.librarycalendar.com/event/free-shred-day-6723> for more information. ■

2024 MOVIES IN THE YARD

Mark your calendars for an unforgettable lineup of outdoor Movies on the Yard this summer at Johnston Town Center, 6245 Merle Hay Road. The lineup includes: Thursday, May 16: "Barbie"; Friday, June 21: "Kung Fu Panda 4"; Thursday, Aug. 15: "Guardians of the Galaxy Vol. 3"; Thursday, Sept. 19: "Wonka." All screenings begin at dusk. Bring your blankets, lawn chairs and loved ones for an evening of free entertainment. ■

FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

ELIZABETH MAY ALBRECHT

Elizabeth May Albrecht, known as “Liz” and “Nana,” 87, died in her home in Johnston on April 10, 2024. She was born on Aug. 26, 1936, in Yankton, South Dakota. Liz attended Yankton College and Iowa State University where she received her bachelor’s degree in home economics/child development. At Iowa State, she was a member of the Chi Omega Sorority and Iowa State NAIAD Synchronized Swimming Club.

She taught in Boone. After her 17-year teaching career, Liz moved to the Des Moines area and received her master’s degree in vocational rehabilitation from Drake University in 1983 and shortly after began her career at Intracorp/Cigna as an area manager until her retirement. After retirement she served as an expert witness for Social Security Disability for many years.

Liz was a lifelong swimmer, taught Red Cross Swimming lessons, and participated in water exercise groups. Liz, along with her husband, Lynn, enjoyed spending their winters in Florida, trips to Canada, boating at Lake Okoboji, Saylorville, and Big Creek as well as spending time with family and friends and sharing memories of her past. She served as Iowa local chapter lead of the National Alopecia Foundation and volunteered at the ARL in Des Moines.

Liz was preceded in death by her husband, Lorenz Lynn Albrecht, and brother, Robert L. Perry. She is survived by her children, Becky Wilson (Kevin), Jon Barstad (Kat), Perry Barstad (Carrie) and Sue Thompson (Brent); her grandchildren, Hali Woods, Nick Thompson, Grant Thompson, Owen Barstad and Liv Barstad; her great grandchildren, Damien, Armani, and Desi, and her beloved dog, Eddie.

A celebration of life will be announced at a later date. Online condolences are welcome at www.IlesCares.com. Arrangements by Iles Westover Chapel. ■



JOHNSTON 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. ■

FAMILY FEST

The Johnston Town Center, 6245 Merle Hay Road, has plenty of fun in store for you during Family Fest, Saturday, June 1, 11 a.m. to 2 p.m. Come check out the alpacas; enjoy dance performances, circus arts and aerial arts performances; paint a bath bomb; and enjoy spin art, the splash pad and much more. Visit www.cityofjohnston.com/1437/Family-Fest to view the schedule of activities and performances. ■

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andrea@iowalivingmagazines.com

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Drake Relays

DRAKE RELAYS

April 24-27

Drake Stadium, 2719 Forest Ave., Des Moines

godrakebulldogs.com

The Drake Relays draw premier track and field athletes from around the country and some of the best in-state high school track athletes to Des Moines.

DRESS FOR SUCCESS POP-UP SALE

April 24-28

Valley West Mall,

1551 Valley W. Drive, West Des Moines

desmoines.dressforsuccess.org

Dress for Success collects clothing donations that are then sorted for interview or on-the-job appropriateness (those are then available for Dress for Success clients to have as they get into the workforce) and those items that aren't useful for those purposes are saved and sold at the annual Pop-up Sale.

MICHAEL JEFREY STEVENS AND CHRISTIAN HOWES

Sunday, May 5, 2 p.m.

Caspé Terrace, 33158 Ute Ave., Waukee

Over the past 40 years pianist/composer Michael Jeffrey Stevens has been associated with some of the most important figures in modern jazz. Ranked among the top violinists in jazz, Christian Howes has demonstrated his virtuosity and creativity on numerous recordings since the early 2000s. As

evidenced by their 2023 release, "Precipice," when you combine these two improvisers, you end up with pure beauty and joy in every note. Tickets for Jazz at Caspé Terrace concerts are \$30 each and can be ordered by calling 515-279-6452 or emailing abegold1951@gmail.com. You can also purchase tickets at jazzatcaspe.weebly.com. Seating is limited to 130 so reservations are encouraged. Caspé Terrace is owned and operated by the Jewish Federation of Greater Des Moines.

CENTRAL IOWA WIND ENSEMBLE PRESENTS 'LOLLIPOPS & POSIES'

Sunday, May 5, 3 p.m.

Franklin Events Center,

4801 Franklin Ave., Des Moines

Step into a world of musical brilliance and artistic triumph with the Central Iowa Wind Ensemble's grand season finale concert, "Lollipops and Posies." Get ready to be mesmerized by an enchanting afternoon filled with captivating melodies, exhilarating performances, and a celebration of talent that will leave you in awe. The concert features the iconic band piece "Lincolnshire Posy" by Percy Grainger and a selection of familiar popular themes from movies and Broadway. Admission is free but tickets are required and are available at www.ciwe.org.

MOTHER'S DAY BREAKFAST BUFFET AND BAKE SALE

Sunday, May 12, 8 a.m. until noon

West Des Moines Elks Lodge,

2060 N.W. 94th St., Clive

Enjoy a delicious Mother's Day breakfast which 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 for \$10—children under 10 just \$5. Enjoy a bloody mary or mimosa for \$3.50. Proceeds support the Elks' Hoop Shoot Program, other youth activities and veteran activities. ■

RECIPE

MAKE MOM'S DAY EXTRA SPECIAL

(Family Features) Don't let Mother's Day pass by as just another day on the calendar. Make this year's celebration a true ode to the moms in your life with some extra special touches at breakfast and beyond.

Give Her the Day Off: Whether she's the culinary expert of the home or cooking is usually a team effort, make sure her morning is one of rest and relaxation while you handle kitchen duties from prep to cleanup. These Bacon-Wrapped Egg Muffins are easily customizable to suit your family's favorite tastes with nearly endless possibilities. Just make sure to place a foil-lined cookie sheet under the muffin tin to make cleanup a breeze. ■

BACON-WRAPPED EGG MUFFINS

Recipe courtesy of "Cookin' Savvy"

Ingredients:

- 1 pound regular-sliced bacon (not thick-sliced)
- 10 eggs
- 1/2 cup shredded cheese
- 1/3 cup half-and-half or milk
- 1 tablespoon garlic pepper
- 1/3 cup chopped fresh or frozen spinach

Directions

Preheat oven to 400 F.

Using muffin tin, wrap bacon around inside of each muffin hole. In bowl, whisk eggs, cheese, half-and-half, garlic pepper and spinach. Pour into each hole, filling about halfway to avoid overflowing while cooking. Cook 40 minutes, or until eggs are golden.



Tips: Place muffin tin on cookie sheet lined with aluminum foil to catch grease and make cleanup easier. If you want bacon taste without lining muffin holes, mix fried bacon pieces into eggs.

Substitutions: Line each hole with hashbrowns then add egg mixture. Use broccoli instead of spinach, if desired.

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Kites on the Green
No Parking Zones

April 2024



PARKING RESTRICTIONS FOR KITES ON THE GREEN

For the safety of attendees at Kites on the Green and to ensure efficient traffic flow and access for emergency services such as a fire engine, parking restrictions will be in place along the roadway adjacent to the library. Areas marked on the map in red indicate areas where parking will not be permitted on one side of the street. However, parking will be available on both sides of the street beyond the small island within the roadway. Extra event parking will be available at Johnson Brothers of Iowa, 6600 Merle Hay Road (just south of Kum & Go). ■

ANNIVERSARY PARTY

Backpocket Pin & Pixel is celebrating its one-year anniversary (three months late) with a party on April 26. Enjoy all-day specials on food and drinks, free duckpin bowling, raffles and giveaways, polaroid photo fun and more. Live music from Ted Stockton will be featured from 6-9 p.m., and you can paint your own Backpocket mini ceramic beer stein (with purchase). To save your stein, visit <https://tinyurl.com/MiniStein>. All ages are welcome until live music stops at 9 p.m. More information is available on the Facebook event Link: <https://fb.me/e/zRUNVjm33>. ■

CLASSIFIED ADS

HELP WANTED: Looking for a handyman or carpenter to tear an old fence down and rebuild in Van Meter. We have the material and have started work but would rather pay someone to do it. It is wood covered with chicken wire, attached to railroad ties. If interested please call 515-321-0301.

FOR SALE: Old rolltop antique desk for sale. Call 515-249-8664.

FOR SALE: Vertical cloth blind. Light gray color. 40" x 36" in like-new condition. Call 515-321-0301.

GOLF CLUBS FOR SALE: Adult and kid's sets. Photos and descriptions can be viewed by accessing the Des Moines Craig's List on the internet. Enter GOLF JOHNSTON and INTEREST! in the search box and reply to any sets that interest you.

FOR SALE: Nice bunk beds. Solid built. \$175. Call or text 515-238-3198 and I can send photos.

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

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

BICYCLES WANTED: Any condition is ok. For parts or repair. Will pick them up. Phone 515-238-3343.

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