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SEEN IN JOHNSTON



2024 EDUCATOR RETIREES: The 2024 Johnston Chamber Educator Appreciation Event was held at Camp Dodge Freedom Center on May 8 with more than 350 teachers and staff attending this annual celebration. The 2024 retirees from the Johnston Community School District were recognized. Front row, from left: Richard Needham (seven years), Pam Needham (11 years), Barbara Thoms (15 years), Angie Mumma (24 years), Susan Chronister (seven years) and Superintendent Dr. Nikki Roorda; back row: Mark Tegels (20 years), Sue Cline (34 years), Cathy Robison (31 years), Diane Ross (26 years) and Rose Neal (two years). ■

JOHNSTON WEATHER FORECAST

WED. HIGH 72 | LOW 57
Some sun, then turning cloudy



THURS. HIGH 74 | LOW 53
Periods of rain



FRI. HIGH 74 | LOW 55
Warmer with clouds and sun



SAT. HIGH 80 | LOW 56
Mostly sunny



SUN. HIGH 81 | LOW 57
Plenty of sunshine



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FROM THE PUBLISHER

DO YOU TALK WITH YOUR HANDS?

I was recently watching two people I did not know having a conversation from afar. I could not hear what they were saying, but I could see their physical actions. One was standing calmly, hands by her side, making eye contact while she spoke and while she listened. The other had her hands and arms flailing, head moving side to side, feet fidgeting, eyes all over the place. Of all her actions, the hands and arms moving was the most noticeable, at least from a distance. It made me wonder, why do some folks “talk” with their hands while others don’t?

I did a bit of research, and the answer, maybe not surprisingly, seems to be based on who wrote the story and whether or not that person talks with his or her hands.

The first reference is from the Wu Tsai Neurosciences Institute at Stanford University, and it shared information on electrodes, brain patterns, motor cortex and neurons. I got lost in the first paragraph, but some of you may find it interesting. I am guessing very few of the

folks involved in the study do much talking with their hands.

The second was called “The Fascinating Science Behind ‘Talking’ With Your Hands,” and it said we all do it. This was clearly written by someone who does, which is noticeable by the renaming of the action to “gesturing.” It says gesturing helps you understand other people, acts as a “second language” and is a healthy part of child development. In short, it states that gestures help express thoughts more effectively, noting that the most popular TED Talks speakers used an average of 465 hand gestures, nearly twice as many as the least popular speakers. It also references research that found people who talk with their hands tend to be viewed as warm, agreeable and energetic, while those who are less animated are seen as logical, cold and analytical.

And finally, an article at



littlethings.com brings it “right down to Earth in a language that everybody here can easily understand.” Their piece is entitled “What ‘Talking With Your Hands’ Really Says About You,” and it says hand gestures make you easier to understand, indicate strong leadership skills, make you more likable, are a sign of intelligence, and help you to learn.

Now, I am not agreeing or disagreeing with any of these interpretations, but I do have a much simpler view. These who talk with their hands tend to talk a lot anyway, and those who don’t talk with their hands tend to be quieter and more reserved. What do you think? Do you talk with your hands? What does it say about you? Send me a note and let me know.

Have a great week, and thanks for reading. ■

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KITES ON THE GREEN

The 11th annual Kites on the Green Festival was a success with plenty of happy faces captured on camera. The sky was filled with giant and colorful kites, and families were entertained all afternoon. Photos courtesy of the City of Johnston. ■



JOHNSTON SUMMER SERIES

Formerly the Summer Yoga Series, this Summer Series has expanded with a broader range of activities as well as a vendor fair, all in support of the Johnston Partnership Food Pantry. The series will highlight and promote not only women-owned businesses, but many different local Johnston owned businesses. For more information and to register, visit www.johnstonsummerseries.com.

- **June 11, 6-7 p.m.**, Enneagram 101, at Erin Lego Coaching
- **June 25, 6-7 p.m.**, Fun Family Fitness, at The BAR Performance Gym;
- **July 9, 6-7 p.m.**, Social Drumming, at Adventures in Social Development
- **July 21, Vendor Fair**, 2-5 p.m.
- **Aug. 6, Aug. 20, Sept. 3, Sept. 17, TBD** ■

CITY CALENDAR

- **Wednesday, May 15:** Senior Board Meeting, 5 p.m.
- **Thursday, May 16:** Library Board Meeting, 5:30 p.m.
- **Thursday, May 16:** Board of Adjustment Meeting, 6:30 p.m.
- **Monday, May 20:** City Council Work Session, 6 p.m. ■

FARMERS MARKET

Johnston Farmers Market will be held on Tuesdays from 4-7 p.m. June 4 - Sept. 24 at the Johnston Town Center just north of City Hall, 6245 Merle Hay Road. Shop for fresh produce and homemade products while being entertained by live music. www.cityofjohnston.com/farmersmarket. ■

PANCAKE BREAKFAST

St. Mary of Nazareth Knights of Columbus is holding a pancake breakfast on Sunday, May 19 from 9 a.m. to 12:30 p.m. in the parish hall, 4600 Meredith Drive in Des Moines, for a freewill donation. Profits will go toward the church's ongoing support of Habitat for Humanity and two seminarians in the Des Moines Diocese, Adam Hanten and Andrew Robey. ■

FLAG RETIREMENT CEREMONY

Boy Scout Troop 44 of Johnston and Johnston-Grimes Metropolitan Fire District are sponsoring a Flag Retirement Ceremony Friday, June 14, 7 p.m., at the Grimes Public Works Facility, 1700 S.E. Destination Drive. The public is invited. Please bring a folding chair. ■

POTS & PINTS AT BACKPOCKET WITH SUNSHINE GARDENS

Plants and beer, a true match made in the garden. Backpocket, 6205 Merle Hay Road, Johnston, is hosting Pots & Pints on June 23. Sunshine Gardens will be joining in the taproom for a fun potting event. Tickets are \$35 and include all needed materials, instruction, a potted plant to take home, and a free drink of choice. For information and tickets, visit <https://www.facebook.com/events/1167005544472581/>. ■

FATHER'S DAY BBQ COMPETITION AND BAGS TOURNAMENT

Celebrate Dad with a BBQ Master competition at Backpocket, 6205 Merle Hay Road, Johnston, on Sunday, June 16 at noon. Bring your best BBQ to be judged on color, aroma, taste, tenderness and overall impression. Register in advance (\$25/person) and meat is limited to pork only. One person will be crowned BBQ Master and win a free mug club membership (worth \$100), an awesome custom BBQ tool set and epic bragging rights. There will also be a free bags tournament starting at 1 p.m. with a \$100 prize. Team registration is required. Sign up using the ticket link at <https://www.facebook.com/events/453439867208249/>. ■

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. ■

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. ■



JOHNSTON POLICE WELCOME OFFICER ZIRKELBACH

On May 6, Officer Zirkelbach was sworn in by Mayor Paula Dierenfeld during the City Council meeting. He was hired by the Johnston Police Department in December 2023 and has been attending the Iowa Law Enforcement Academy's Level 1 Basic Training Course at Camp Dodge since then. On April 19, he successfully completed his 600-plus hours of law enforcement training, finishing third in his class academically. Officer Zirkelbach was one of three recruits in his class who earned a place in the 300 Point Club for top physical fitness, which includes running 1.5 miles in less than nine minutes, doing 80 or more sit-ups in less than two minutes, and completing 20 or more uninterrupted pull-ups. He was also one of four recruits voted by his class into a formal leadership role.

Officer Zirkelbach grew up in central Iowa and received an associate's degree in law enforcement in 2009. He comes to the department with 10 years of experience in the insurance industry, working as an adjuster, a physical damage appraiser, and, most recently, five years as a special investigator. His dream to become a police officer dates back to his childhood, to follow in the footsteps of his late grandfather and two of his uncles, all of whom had successful careers in law enforcement as a school resource officer, a chief of police and a sheriff. ■

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. ■

JOHNSTON BASKETBALL CLUB 2024 TRYOUTS

The Johnston Basketball Club (JBC) girls and boys tryouts are scheduled on Sunday, Aug. 11, at Johnston High School Gym, 6500 N.W. 100th St. Grades eligible for tryouts are first through eighth (grade they will be attending in the fall of 2024). Check the JBC website (johnstonbasketballclub.com) to register for tryouts in July. Specific times for tryouts per grade will be on the website in August. ■

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. ■

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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

Spring Fling Renaissance Faire

SPRING FLING RENAISSANCE FAIRE

May 18-19

Sleepy Hollow Sports Park,
4051 Dean Ave., Des Moines

The Renaissance Faire at Sleepy Hollow returns. The park changes to immerse any and all comers into the olden days for a weekend full of fun. www.sleepyhollowrenfaire.com

34TH ANNUAL IOWA METAPHYSICAL FAIR

May 18-19

Iowa State Fairgrounds,
3000 E. Grand Ave., Des Moines

The Iowa Metaphysical Fair features services and goods related to spirituality, metaphysics and holistic health, with more than 100 booths, galleries, workshops and lectures. www.iametaphysicalfair.com

VALLEY JUNCTION ARTS FESTIVAL

May 19, 10 a.m. to 4 p.m.

100-200 Blocks of Fifth Street, West Des Moines
www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival

Live entertainment, art activities and artists' demonstrations. Refreshments will be available from several food vendors on the street, and several Valley Junction stores will be open during the festival.

CELEBRASIAN

May 24-25

Western Gateway Park,
1205 Locust St, Des Moineswww.iowaasianalliance.com

A weekend of Asian cuisine, music and entertainment. Vendors and performers will fill the area with an authentic celebration of Asian culture.

DES MOINES CON

May 31-June 2

Hy-Vee Hall at Iowa Events Center,
730 Third St., Des Moines

A celebration of all things nerdy. From Marvel to Star Wars to LEGOs and around the universe and back, this con has you covered.

VIETNAM WAR LIVING HISTORY EVENTSaturday, June 1, 9 a.m. to 5 p.m., and Sunday,
June 2, 9 a.m. to 1 p.m.Iowa Gold Star Military Museum,
7105 N.W. 70th Ave., Johnston

Discover what life was like for an American servicemember during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites, and see period military vehicles. Admission is free.

RACCOON RIVER PALOOZA

Saturday, June 8, 8 a.m. to 8 p.m.

Raccoon River Park, 2500 Grand Ave.,
West Des Moines

The Raccoon River Palooza will feature an array of activities and entertainment, including live music performances, cuisine from local food vendors, interactive games for all ages, and outdoor activities.

IOWA TAKE STEPS WALK

Saturday, June 22, 9 a.m.

Iowa State Capitol Grounds

The public is invited to join the Iowa Take Steps Walk to benefit the Crohn's and Colitis Foundation. The event starts at 9 a.m. to a ribbon cutting ceremony at 10 a.m. Learn more at cctakesteps.org. ■

RECIPE

SHOW OFF YOUR KITCHEN SKILLS

(Family Features) There's perhaps no better way to show off your kitchen skills than by working up a batch of Apple Ricotta Crepes, which require a soft touch to cook the light, silky batter to golden perfection. This rendition of the beloved thin pancakes calls for a ricotta spread and apple-cinnamon topping for a delightful pairing of savory and sweet.

Special occasions with those you love can be uplifted with the aroma and flavor Envy Apples that offer an invitation to savor small moments around the table. Available at Whole Foods and other major grocery stores, the craveable texture and crunch of this leading apple variety provides balanced sweetness as the ultimate apple experience for family gatherings. Along with their delicious flavor, the flesh remains whiter longer, even after cutting, slicing, dicing or cubing, so that homemade meals look as good as they taste. ■

APPLE RICOTTA CREPES

- 2-3 tablespoons sugar, or to taste

Crepes:

- 1 cup flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 cup whole milk
- 2 eggs
- 1 teaspoon vanilla
- butter, for cooking

Apple Topping:

- butter
- 2 tablespoons brown sugar
- Envy Apples, sliced or cubed
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- salt, to taste
- maple syrup

Ricotta Filling:

- 1 cup ricotta cheese
- 1 lemon, zest and juice only

Directions

To make crepes: In bowl, combine flour, sugar and salt. Add milk, eggs and vanilla then, using whisk, combine thoroughly. Mixture should be silky smooth. Refrigerate.

To make apple topping: In pan over medium heat, heat butter and brown sugar until bubbly and golden.

Add apples, cinnamon, nutmeg and salt, to taste; cook over medium-low heat until apples are soft. Turn off heat and finish with maple syrup.

To make ricotta filling: Combine ricotta, lemon zest, lemon juice and sugar, mix well and set aside.

In nonstick pan over medium-low heat, melt small amount of butter.

Add one ladle crepe batter, cook



until bubbles form, flip and cook until golden. Repeat with remaining batter. Stack crepes to keep warm and soft.

Spread ricotta

Using 1/3 measuring cup, spoon frittata mixture into oven-safe large skillet or 9-by-9-inch pan.

Bake 25-30 minutes, or until eggs are set.

Let cool slightly then serve.

IOWA GOLD STAR MILITARY MUSEUM
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HOURS:
SUNDAY: CLOSED
MONDAY: CLOSED
TUES. - FRI.: 9AM - 3PM
SATURDAY: 10AM - 2PM

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2024 MEMORIAL DAY

OBSERVANCE

MONDAY, MAY 27TH

MUSEUM LOCATED AT CAMP DODGE

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LIVE MUSIC | VENDORS

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Memorial Day Hours: 5am-1pm FREE ADMISSION



Iowa Gold Star Military Museum

7105 NW 70th Ave, Johnston | (515) 252-4531

Photo identification is required for adults (age 16 and older) to gain admittance to Camp Dodge (State Issued I.D.)