

## STATE CHAMPIONS



The Johnston Boys Track & Field team won its first-ever Class 4A state championship at Drake Stadium with 84 points, beating Ankeny (80) and Iowa City High (77). The victory was highlighted by winning the final race of the meet to secure the state championship. Over the course of the three-day meet, numerous school records were broken, and the Dragons scored points (top-eight finish) in 12 of the 19 events. Photo from JCSD Facebook page.

### JOHNSTON WEATHER FORECAST

**TUES. HIGH 83 | LOW 59** Plenty of sunshine

WED. HIGH 82 | LOW 55 Mostly cloudy



FRI. HIGH 78 | LOW 53 Nice with plenty of sun SAT. HIGH 80 | LOW 57

THURS. HIGH 74 | LOW 50

Partly sunny and nice

Nice with plenty of sun



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FROM THE PUBLISHER

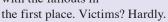
## **VICTIM OR VICTOR?**

The two words in the above headline sound much alike, but they have drastically different meanings. And, in many cases, we can choose which one we want to be.

To be clear, there are victims in this world — those who have truly been subjected to cruel and inhumane situations beyond their control. Those folks deserve our compassion and help, as well as the legal and financial support to fight back and regain their strength. Then there are those who claim to be victims when their coffee is too hot. Big difference.

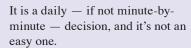
I have noticed, and maybe you have, too, that those who continually claim they are getting a raw deal at work are often the ones showing up late and leaving early. Those who complain about their grumpy neighbors don't attempt to understand that their stray pets, or loud stereos or unkept yard may be part of the problem. Those with the seemingly endless negative stories

about broken relationships with family and friends can't see that maybe their attitudes had something to do with the fallouts in



But what about the victors? Those who understand that few things of value in life are ever accomplished without putting in extra time and energy. Those who treat their neighbors, day in and day out, as they want to be treated and who choose to take care of God's green Earth and make it a better place for all. And those who may find it difficult to forget but make amazing efforts to forgive. Victors? Yes.

We all know people who choose to be victims and people who choose to be victors. You likely have visions of a few people in your mind when reading this. But we also need to look in the mirror. Looking back on my life, I know I have chosen, at various times, to be both the victim and the victor.



I knew and admired a wonderful man whose life was not a walk in the park, but he realized that his own decisions impacted his life as much or more than anyone else's. He once told me that he had to make up his mind whether he was going to be angry and bitter the rest of his life, or if he was going to make the best of every day and truly enjoy the remaining time he had enjoying his family and friends. He chose the latter and, because of it, he was the most positive person I have ever known and a true victor.

So, we have a choice to make. Which one will you choose to be today? The victim? Or the victor?

Have a great week, and thanks for reading. ■

#### **Shane Goodman**

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Living Weekly

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## JOHNSTON LIONS CLUB TENT OFFERS SERVICES

There is something new for Green Days at the Johnston Lions Club tent on Thursday, June 15, 5-8 p.m., and Saturday, June 17, 1-4 p.m.

When you come to celebrate Green Days, bring your old eyeglasses and hearing aids to the Johnston Lions Club tent. They will recycle them.

They will also have the makings for kindness kits. The CDC has declared that loneliness is at an epidemic level. Do you know someone who could be lonely, sad or not feeling well? Come to the Johnston Lions Club tent and create a kindness kit. Bring the kids and select items to put into an eyeglass case that will encourage interaction and a feeling of connectivity. Teach kindness and empathy.

Diabetes testing will be offered during the Saturday hours. One of the missions of the Johnston Lions Club is blindness prevention. Diabetes can lead to diabetic retinopathy, which is one of the leading causes of blindness. For this reason, the Johnston Lions Club invited Iowa Diabetes to come to Johnston Green Days to offer diabetes testing. A single drop of blood is used, and, within a few minutes, a person can know whether they have diabetes or not. The A1c test shows the average of blood sugar in your body for over a period of the past three months. A result of less than 5.7 is normal. Greater than 6.5 would be a sign to get checked by your doctor. An early diagnosis could save your eyes from further damage.

## **GREEN DAYS QUILT AUCTION**

The Crown Point Senior Center "Sewcial" group will be raffling off a handmade quilt (84-inches by 76-inches) to benefit the Johnston Partnership food pantry. View the quilt and purchase a raffle ticket June 1-16 at 6300 Pioneer Parkway from 9 a.m. to 2 p.m., Monday - Friday. Tickets are \$5 each or \$20 for five. Help the group raise funds to fight hunger by purchasing tickets for this one-of-a-kind piece.

#### **ALUMNI NIGHT AT JOHNSTON GREEN DAYS**

Johnston Green Days, the annual community celebration held each June, will be hosting an All-Alumni Reunion on Saturday, June 17, and all Johnston High School alumni and families are welcome. Organizers will have a table from 5-9 p.m. inside the beer garden for alumni to check-in and grab a name tag before mingling with fellow alums. The party continues until midnight at Terra Park with live music, cold drinks and fireworks. Organizers will also have old JHS yearbooks, a selfie station, and Alumni apparel available for purchase.

### FLAG RETIREMENT CEREMONY

Boy Scout Troop 44 will hold a flag retirement ceremony on Flag Day, June 14, beginning at 7 p.m. at the Grimes Public Works facility, 1700 S.E. Destination Drive, in Grimes. A record number of worn flags will be appropriately destroyed. The public is invited to attend this event and needs to bring a folding chair, as there is no seating available. Retired flags may be brought to the box at the rear of the Johnston Fire Station building on Merle Hay Road at any time.

### SUMMER READING FOR EVERYONE

Join JPL from May 30 to July 31 for a summer filled with fun. The Summer Discovery Library Program is for everyone: there is no age limit, no cost and no signup. Participants can win prizes by reading or listening to books and participating in activities and events. Reading and activity logs for all ages will be available for pick up beginning May 30 or can be downloaded and printed from the website. For more information or to register for events, call 515-278-5233 or visit online at www.johnstonlibrary. com.

# JOHNSTON PARTNERSHIP'S CURRENT NEEDS

The Johnston Partnership provides food and personal hygiene products to those in need. Currently, the organization is in most need of frozen foods, shampoo, dish soap and laundry detergent. 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.

## VIETNAM LIVING HISTORY EVENT

The Iowa Gold Star Military Museum will host a Vietnam Living History event featuring displays of Vietnam gear and equipment, a CH-47 helicopter flyover, Vietnam War-era military vehicles, military police patrol boat, and museum tours. The event is June 3, 9 a.m. to 5 p.m., and June 4, 9 a.m to 1 p.m., at the museum, located at 7015 N.W. 70th Ave., Johnston.

## THE YARD SUMMER CONCERT SERIES

The Yard Summer Concert Series, presented by The Cork 50131, brings musical acts from across the United States, including Nashville and Los Angeles, to the Yard, 6245 Merle Hay Road, Johnston. All three concerts will begin at 7 p.m. Mark your calendars and enjoy the free show. Concerts are:

- Friday, June 23 90s Rock Show
- Saturday, July 22 Jay Allen
- Saturday, Aug. 26 TBA ■

## **FUNERAL NOTICES**

Funeral notices can be emailed to tammy@iowalivingmagazines.com

#### RICHARD 'DICK' LEE THORNTON

Richard "Dick" Lee Thornton, 90, died on May 20, 2023. He was born March 3, 1933.

During the Korean War, he served in the Navy as a Seabee stationed in Guam. When he returned home from the Navy, Dick married his wife of 64 years, Marlys Ruth Anderson. They had four children: Mark Thornton (Jan), Dawn Thornton-Crow (Randy), Rick Thornton, and Amy Thornton-Zenner (Chad); and nine grandchildren: Danielle, Michelle, Sara, Marlyssa, Dylan, Brian, Lindsay, Calvin and Elle; and six great-grandchildren: Addie, Ava, Adrien, Saetia, Nash and Ford.

Dick completed his training as a plumber and steamfitter and dedicated years to commercial refrigeration. He was a Plumber and Steamfitters Local Union 33 member. He founded his own business, Marick Refrigeration. Alongside his sons, he built Marick into one of the largest commercial refrigeration providers in the Midwest.

He was a frequent travel companion to his sister Betty and her husband, Phil. Traveling was one of his greatest passions. On their 35th anniversary, Dick and Marlys visited Aruba, and, for 25 consecutive years, they returned every spring with family. In 1997, Marlys and Dick found a winter home in Las Vegas.

Services were held at Hamilton's on Westown Parkway in West Des Moines on Friday, May 26. Burial was at Colo Cemetery in Colo on Saturday, May 27.

## **FAMILY FEST IS JUNE 3**

Family Fest will be held at the Johnston Town Center, 6245 Merle Hay Road, on Saturday, June 3, from 11 a.m. to 2 p.m. Activities include splash pad, bingo, shuffleboard, face painting, balloon artist, three inflatable obstacle courses, spin art station and more. A magic show will be on the stage west of City Hall from 1:30-2 p.m. Food trucks will be present at the event for you to enjoy the afternoon. This event is free to attendees. More information and schedule for activities is available at www. johnstontowncenter.com/events.

## **FUNERAL NOTICES**

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#### **DENNIS 'DENNY' STOREY**

Dennis "Denny" Storey died May 18, 2023, at the Kavanagh House in Des Moines. Denny was born on Oct. 18, 1944, in Des Moines. He graduated from Johnston High School in 1963 then from Iowa State University, where he was a full scholarship letter winner football player and earned his degree in industrial engineering. He was married to Deborah Hall on June 17, 1966, and had three children: Scott, Jeff and Melissa.



He worked at John Deere, Gibbs-Cook, Ziegler Caterpillar, and eventually started his own heavy machinery business, D. Storey Inc. in 1988. He was member of NorthPoint Church in Johnston and, previously, Meredith Drive Reformed Church in Des Moines. He was also an active member of the Iowa State Letter Winner's Club.

He enjoyed his children's and grandchildren's activities. Denny and Deb enjoyed traveling.

Survivors include Deborah, his wife of nearly 57 years; his children, Scott (Kristi), Jeff, and Melissa (Dave) Gourley; grandsons, Drew, Jacob, Joel, Sam and Nick; siblings, Dave (Linda) and Kate Stall; one niece and three nephews and their families. He was preceded in death by his parents and mother-in-law, Phyllis Hall.

Celebration of life services will take place on June 1 at 11 a.m. at NorthPoint Church in Johnston. The family will greet guests at 10 a.m. A private graveside service will be held at Highland Memorial Gardens.

Memorial contributions may be made to NorthPoint Church.

#### **CLEO ROSE LORD**

Cleo Rose Lord, 97, died May 23, 2023, at Bishop Drumm Retirement Center in Johnston. Cleo was born on Aug. 20, 1925. She worked as a civilian for the FBI in Washington, D.C., and for the Navy as a secretary in San Diego, California, where she met Charles Lord. Charles and Cleo were married in 1946 and made their home in Des Moines, where they raised their five children.



Cleo worked for Sears for more than 20 years and was a member of St. Pius X Catholic Church in Urbandale, where she was involved with the Altar and Rosary Society and helped with many funeral dinners.

Cleo is survived by a daughter, Teri (Ron) Vanden Brink; sons, Curt (Jamie) Lord, Mike (Carol) Lord and Todd (Stephanie) Lord; 11 grandchildren; five great-grandchildren; four great-grandchildren; a sister, Lorna Pick; and numerous nieces, nephews and their families. She was preceded in death by her parents; her husband, Charles; her daughter and son-in-law, Kathy (Fred) Coffin and six siblings.

Cremation rites have been accorded and private interment will be at Iowa Veterans Cemetery. Online condolences are welcome at www.IlesCares.com. ■







## SEEN IN JOHNSTON

**MEADOWVIEW OF JOHNSTON'S ONE-YEAR ANNIVERSARY OPEN HOUSE WAS HELD ON MAY 23.** 



Amy Auen and Nancy Crimmins



Kathy Langos and Debbie Nizzi



Jerry Stokes and Staci Fjelland



Della Goeser Kenkel and Bette Fetterman



### FILM REVIEWS By Michael C. Woody

#### **'SUPER MARIO BROTHERS'**

Huge month in the theaters for those less than 3 foot tall. "Super Mario Brothers" opened in early May and has dominated the box office every week since. As I write this, the movie has made \$434 million dollars. If only it had been good. The film wasn't made for me, so I'll give it a pass this time. Obviously, its target audience loved it. **Grade: C+** 

#### 'GUY RITCHIE'S THE COVENANT'

With "Operation Fortune" a couple of months ago, "Guy Ritchie" has turned in two of the most enjoyable movies of the year to date. This one follows an American soldier in Afghanistan who is injured and flown home to recuperate. When he finds that his former Afghan translator is in hiding and being hunted, he takes it upon himself to go back and save him. Jake Gyllenhaal brilliantly plays this soldier, and the movie is really emotional and entertaining. It is a really strong story about two men thrown together by fate. **Grade: A-**

#### **'PAINT'**

Owen Wilson plays Carl Nargle, Vermont's No. 1 public television painter. Think Bob Ross, but you will see why his estate probably squashed that idea. The highlight of the film (and there are only a few) is seeing Wilson in the Ross afro. After that, the movie slides downhill fast. Wilson plays this character as a serial philanderer and not a very bright man. I think this could have been really good, but it's not even close. **Grade:** C-

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.





"SUPER MARIO BROTHERS"



"GUY RITCHIE'S THE COVENANT"



'PAINT'

### EVENTS IN THE AREA EMAIL YOUR EVENT INFORMATION TO TAMMY @IOWALIVING MAGAZINES.COM



Des Moines Con. Photo by Nick Burch

#### **GREEK FOOD FAIR FESTIVAL**

Greek Orthodox Church of St. George, 1110 35th St., Des Moines

**June 2-4** 

An inclusive weekend showcasing the culture Greece has to offer. stgeorge.ia.goarch.org

#### **IOWA CRAFT BREW FESTIVAL**

Lauridsen Amphitheater at Water Works Park, 2201 George Flagg Parkway, Des Moines June 3

A day filled with unlimited samples of various craft beers including live music and local food vendors. iowacraftbrewfestival.com

#### **DES MOINES CON**

Hy-Vee Hall, 730 Fourth St., Des Moines June 3-4

Celebrating comics, film, art and all things nerdy featuring guests such as voice actors Tom Kenny, Sarah Natochenny, former pro wrestlers Kevin Nash and Sean Waltman and many more. desmoinescon.com

#### **SUMMER STIR**

Downtown Des Moines June 9

Hosted by CITYVIEW, the traveling cocktail party returns to various establishments in downtown Des Moines. Sample 10 tasty summer cocktails for only \$25

(\$30 day of event). https://summerstirs.dmcityview.com

#### **SPRING SPIRIT SEEKERS FAIR**

414 31st St., Des Moines

June 10

Vendors feature healing arts, intuitive readers, activities for children and more. Step into a sample of central Iowa's spiritual community at this free event. You can also bring canned goods and nonperishables to donate to the DMARC food pantry. www.unitydesmoines.com

#### THE 44TH CAPITAL CITY PRIDEFEST

June 9-11

PrideFest marches into the Historic East Village with a parade alongside a celebration of pride in the Iowa capital. www.capitalcitypride.org/pride-fest

#### **DES MOINES LATINO FILM FESTIVAL**

June 13-17

The film festival returns to Valley Junction's Railroad Park for its third year to celebrate Latino culture. www. latinocenterofiowa.org

#### **CAJUN FEST**

Cowles Commons, 221 Walnut St., Des Moines June 17

Cajun delights make their way into downtown Des Moines with a spicy food contest, mask making, costume contest, live music and all the Cajun food your heart desires. www.cajunfestiowa.com/cajun-fest-2023



Cajun Fest. Photo by Anna Rohrs

RECIPE

# BREAK OUT BRUNCH FAVORITES FOR SPRING CELEBRATIONS

(Family Features) Deck your kitchen, dining room or patio with bright decor and fun, festive springtime frills — brunch season is here. Whether your weekend morning meal is shared with that special someone or friends, family and neighbors, warm, sunny days can bring out the best of brunch.

Impress your loved one with these Mini Banana Rice Pancakes for two, a healthy and satisfying meal made with Minute Brown Rice & Quinoa Cups. This recipe allows for more moments together at the table because the wholegrain combination is ready in just 1 minute and prep time is minimal.

#### MINI BANANA RICE PANCAKES

Prep time: 15 minutes Cook time: 20 minutes

Servings: 2

- 1 cup Minute Brown Rice & Quinoa
- 1 1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup milk
- 2 teaspoons freshly squeezed lemon juice
- · 2 bananas, divided
- 1 egg, beaten
- · 1/4 cup pure maple syrup, divided
- · 4 teaspoons butter, melted
- 2 tablespoons vegetable oil, divided
- 1/8 teaspoon ground cinnamon

#### **Directions:**

Heat rice and quinoa according to package directions. In large bowl, whisk flour, baking powder, baking soda and salt.

In medium bowl, whisk milk and lemon juice. Let stand 5 minutes.



Mash 1/2 banana. Transfer to milk mixture. Add egg and 1 teaspoon maple syrup; stir to combine. Stir in melted butter.

Pour milk mixture over flour mixture. Whisk just until combined; do not overmix. Fold in rice and quinoa. Let batter rest 10-15 minutes.

Preheat large nonstick skillet over medium heat; brush with 1 teaspoon oil. Once skillet is hot, reduce heat to medium-low. In batches, adding oil as necessary, scoop 1 tablespoon batter per pancake into skillet and cook 3-4 minutes, or until bubbles start to form. Flip and cook 1-2 minutes until golden on bottom.

Slice remaining half and full bananas. Serve pancakes with remaining maple syrup, banana slices and cinnamon.



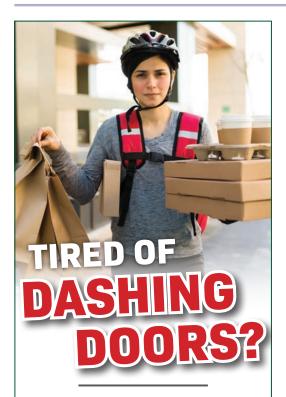


Timothy Osborne 515.381.7229









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Contact Mike Chiston at mike@dmcityview.com for more information.



### **FAMILY FISHING NIGHT**

Enjoy a fun night of fishing with the whole family on Friday, June 2, 5:30-7:30 p.m. Meet at Terra Lake Shelter, 6400 Pioneer Parkway. Bring your own equipment, if you have it. Limited fishing equipment will be available to borrow while supplies last. Staff and volunteers will be available to help new anglers. Register online at https://docs.google.com/forms/d/e/1FAIpQLSfefRyb32owF\_ptuwla88NT8B9fe68mgd6oywb\_jshoaX-swQ/viewform.

For more information, contact Nate Osmundson, Johnston Parks and Recreation, at nosmundson@cityofjohnston.com or 515-727-8091.

#### **FLAG RETIREMENT CEREMONY**

Boy Scout Troop 44 will hold a flag retirement ceremony on Flag Day, June 14, beginning at 7 p.m. at the Grimes Public Works facility, 1700 S.E. Destination Drive, in Grimes. A record number of worn flags will be appropriately destroyed. The public is invited to attend this event and need to bring a folding chair, as there is no seating available. Tired flags may be brought to the box at the rear of the Johnston Fire Station building on Merle Hay Road at any time.

#### **UPCOMING CITY MEETINGS AND CLOSURES**

Monday, June 5: City Council work session, 6 p.m.

Monday, June 5: City Council meeting, 7 p.m.

Thursday, June 15: Library Board meeting, 5:30 p.m.

Thursday, June 15: Board of Adjustment meeting, 6:30 p.m.

Monday, June 19: City Council work session, 6 p.m.

Monday, June 19: City Council meeting, 7 p.m. ■

### **OUR TRAVELING COCKTAIL PARTY IS BACK!**



## **SMOKIN' HEROES**

Join the heroes of police, fire and military to enjoy smoked meats at Smokin' Heroes, June 17, during Green Days at 6400 Pioneer Parkway. The money raised will help send Johnston students to Kosovo as part of their camp in Peja. The heroes will be smoking the meats from 5 a.m. to 1 p.m. From 1-4 p.m., the public can taste the meat and vote on their favorite. The winner will receive a coveted Smokin' Heroes belt.

#### **GOLF OUTING FUNDRAISER**

The Dragon Scholarship Fund Golf Outing Fundraiser four-person best shot will be Monday, June 19 with a 9 a.m. shotgun start at Jester Park Golf Course. Proceeds support Johnston seniors in their post high school education. Cost, which includes 18 hole green fees and cart, are \$400 per foursome and \$200 per twosome. Register and pay by June 5 at bit.ly/DSFgolfouting2023.

#### **FARMERS MARKET OPENS JUNE 6**

The Farmers Market will be held Tuesdays, 5-8 p.m. from June 6 through Sept. 26 on the north side of Johnston City Hall, 6245 Merle Hay Road. Shop for fresh produce and homemade products while being entertained by live music. For more information, visit www.cityofjohnston.com/farmersmarket.

#### **MONTHLY MOVIES AFTER THE FARMERS MARKET**

A movie will be shown once a month following the Farmers Market on the north side of Johnston City Hall, 6245 Merle Hay Road. Movies begin at dusk, around 8:30 p.m. Bring your lawn chair and blanket and enjoy the free show. Dates and movies are:

- Tuesday, June 27 "Encanto"
- Tuesday, July 25 "Top Gun Maverick"
- Tuesday, Aug. 15 "The Mario Bros."
- Tuesday, Sept. 26 "American Underdog" ■

#### MONTHLY MUSIC AFTER THE FARMERS MARKET

Live music will be featured once a month following the Farmers Market on the north side of Johnston City Hall, 6245 Merle Hay Road. Concerts start at 7:30 p.m. on the stage just west of Johnston City Hall. Bring your lawn chair and blanket and enjoy the free music. Dates and entertainment are:

- Tuesday, June 6 Bruce Day
- Tuesday, July 11 Orphan Annie
- Tuesday, Aug. 1 The Savage Freds
- Tuesday, Sept. 12 The Sons of Gladys Kravitz ■

#### **CLASSIFIED ADS**

**FOR SALE:** 1996 Ford F-150. De Soto Asking \$5.600. Call 515-974-9203.

FOR SALE: Nice TV stand cabinet for sale. Lots of space above and below the TV area. \$75. Call or text 515-238-3198 and I can send photos.

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

**WANTED:** Electronics, stereo receivers, guitar or amps, speakers, radios, etc. Any age or condition for parts or repair. Call 515- 445-6023.

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

**FOR SALE:** Softball/Baseball Pitching/Hitting net. \$25. Call/Text 515-238-3198.

FOR SALE: Older China Cabinet for sale. Antique and in great usable shape. \$50.00. Call or text 515-238-3198 and I can send photos.

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

SEND IN YOUR FREE CLASSIFIED AD BY MONDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM

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