

# ANKENY *Living Weekly*

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## SEEN AROUND TOWN

A RETIREMENT CELEBRATION FOR ANKENY AREA CHAMBER PRESIDENT JULIE TODTZ WAS HELD ON DEC. 16.



Drew Denning, Jane Denning and Julie Todtz



Don Zuck and Kris Oakie



Ann Wright and Brent Roske



Chris Wehrman, Trent Murphy and Eric Mangels

### 5-DAY FORECAST

**WEDNESDAY HIGH 10 | LOW -6**  
Breezy and much colder



**THURSDAY HIGH 1 | LOW -19**  
Sunny and bitterly cold



**FRIDAY HIGH 11 | LOW 5**  
Mostly sunny and cold



**SATURDAY HIGH 21 | LOW 5**  
Mostly cloudy, not as cold



**SUNDAY HIGH 24 | LOW 11**  
Periods of sun



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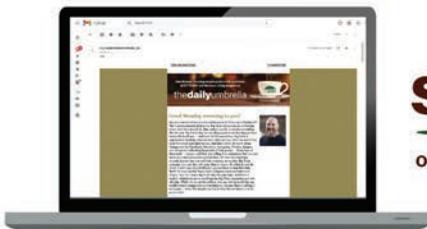
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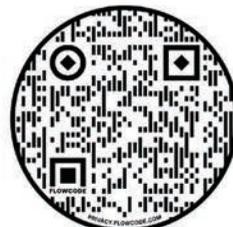
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# CHAMBER'S ANNUAL DINNER CELEBRATION

The Ankeny Area Chamber of Commerce Annual Dinner will be Thursday, Feb. 24, 5:30-9 p.m. at the FFA Enrichment Center, 1055 S.W. Prairie Trail Parkway, Ankeny. This event celebrates the Chamber's past year, announces exciting new focuses for the upcoming year and honors the Outstanding Citizen of the Year, Small Business Person of the Year, Ambassador of the Year, and Ankeny Young Professional of the Year. Price per ticket is \$125 and includes one drink ticket (beer and wine) and two bottles of wine, provided by WineStyles, per table during dinner. The event is open to all Chamber members and their staff. Payment must be prepaid and may be made by cash, check or credit card. No refunds will be issued. For registration or more information, contact the Chamber at 515-964-0685 or [abollinger@ankeny.org](mailto:abollinger@ankeny.org). ■

## GRIEFSHARE SESSION STARTS JAN. 27

A new session of GriefShare begins Thursday, Jan. 27, 6:30-8 p.m. at St. Paul Lutheran Church, 1100 S.E. Sharon Drive, Ankeny. This non-denominational grief support group meets in person on Thursday evenings Jan. 27 - April 21. Registration is online at the Griefshare website, [www.griefshare.org](http://www.griefshare.org). Call 515-964-1250 for more information. ■

## FUNERAL NOTICE

### DAVID J. HASTINGS

David J. Hastings, 62, of Ankeny, died Jan. 12, 2022. He graduated from Waverly High School in 1977 and went on to receive a degree as a computer programmer. He had lived in Ankeny since 1993 where he worked at Principal Financial Group for 26 years as a computer analyst. He also worked at Wells Fargo and as a private contractor.

Dave is survived by his wife of 36 years, Lynnette Hastings; his children, Jessica Hastings (Mitch) of Ankeny, Courtney Hernandez (Julio) of Urbandale, Zachariah Hastings of Audubon, Aubrey Hastings of Bondurant, and Harrison Hastings of Ankeny, as well as other family and friends.

The family will be holding a memorial service at 11 a.m. on Saturday, Jan. 22, at Holy Trinity Lutheran Church, 517 S.W. Des Moines St., Ankeny. Visitation will be held from 10:30 a.m. until service time. ■



## LIVE WELL CLASSES: OVERCOMING DEPRESSION OR ANXIETY

The holidays can be stressful for any of us. If you, or anyone you know, has experienced either of these debilitating conditions, consider joining the next Live Well Class. Orientation is Thursday, Jan. 20, 6:30 p.m. at Resurrection Lutheran Church, 914 N.W. Ash St., Ankeny.

After completing one of these confidential, supportive, separate eight-week classes, you will actually be able to follow through establishing six healthy lifestyle habits. Classes will complement, not replace, any other mental health treatments. The series kicks off with orientation on Thursday, Jan. 20, then is held weekly on Thursday, 6:30-8 p.m. Jan. 27 - March 4. Cost is \$5 for the notebook. For more information or to reserve your seat, contact facilitator Jim White at 515-313-3701 or [jjwhite@live.com](mailto:jjwhite@live.com). ■

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## ART CENTER NEWS

### ANKENY ART CENTER FEATURES K-12 BONDURANT-FARRAR SHOW

The Ankeny Art Center, 1520 S.W. Ordinance Road, is exhibiting the art work of K-12 Bondurant-Farrar students Jan. 25 - Feb 16. A reception will be held Thursday, Jan. 27, 5-7 p.m. Masks are required at the K-12 Show reception, and, due to this, no food or drink will be served this year to minimize exposure. ■

### SILENT AUCTION

The Ankeny Art Center is holding a fundraising auction at WineStyles on Thursday, Feb. 10. Donations are being sought. For information, call 515-965-0940 or email [ankenyardarts@ankenyartcenter.com](mailto:ankenyardarts@ankenyartcenter.com). ■

### WINTER CLASSES

The Ankeny Art Center, 1520 S.W. Ordinance Road, offers classes in pottery, watercolor, drawing, and more. See a list of adult classes at <https://ankenyardcenter.com/adult> and the list of K-8 classes at <https://ankenyardcenter.com/k8-school-year>. ■

FROM THE PUBLISHER

## MILK AND HONEY

Nothing seems to warm a person up on a cold day like a hot cup of coffee, or at least that's what my dad said when he filled up his Thermos each morning. But each time I tried a cup of his coffee, it tasted like dirty water.

I never understood the attraction, and whenever a friend or customer wanted to meet for coffee, I would embarrassingly order a hot chocolate — until my friend and CITYVIEW columnist Joe Weeg convinced me to slowly wade into this ocean of java. Yes, Joe is a pusher.

Joe introduced me to cappuccinos, lattes, macchiatos, mochas and more, and I learned that these things are sinful. After taking out a small loan and going to the next notch on my belt, I decided maybe these cousins of coffee were not such a good idea. So I took a necessary hiatus — until my daughter Samantha familiarized me with dairy creamer. Not the basic stuff, mind you. French vanilla. Italian sweet cream. I was hooked again.

While at an industry conference, my Tennessean friend Will Thomas watched me pour a cement truck load of creamer into my coffee. Will, a definite coffee snob, helped me come to the realization that I didn't like coffee at all and that what I really liked

was coffee creamer. He was right. If you have done any research on this, you know that coffee creamer is awful for you, but the addiction is real.

So I tried going cold turkey with the creamer, but I was instantly reminded of the dirty water taste of Dad's coffee. I tried cutting back on creamer, which isn't easy to do when it pours out so quickly and easily from that perfectly contoured 32-ounce bottle. Then my wife encouraged me to try almond milk and a bit of honey in my coffee. So I tried almond milk and more than a bit of honey — and it was delicious. I am working on reducing the honey, but she tells me that it is better for me than dairy creamer, so I am going with the lesser of two evils.

Now, nothing seems to warm me up on a cold day like a hot cup of coffee — with almond milk and honey.

Have a great week, and thanks for reading. ■

#### Shane Goodman

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# POLK COUNTY CONSERVATION NEWS

## HOMESCHOOL - NATURE LESSONS

### Jester Park Nature Center

Join the learning for free at the Jester Park Nature Center. This program series will be delivered in a flexible format that is specially designed for homeschool students in grades K-5. These programs will immerse children and parents in the natural world and drive them to learn, discover and appreciate our environment. Registration required two days before event. Register online at <https://www.polkcountyiowa.gov/conservation/>. Topics are:

**Friday, Feb. 4**, 10 a.m. and 1 p.m. - Tree Detectives

**Friday, Feb. 11**, 10 a.m. and 1 p.m. - Forensic Science

**March 4** - 10 a.m. and 1 p.m. Signs of Spring

**March 25** - 10 a.m. and 1 p.m. Water Explorations

**April 1** - 10 a.m. and 1 p.m. Protecting our Waters

**April 8** - 10 a.m. and 1 p.m. Artistic Naturalists

## STORY TELLEBRATION

### Jester Park Nature Center

Join storyteller Carmen Epstein for a free, fun, interactive tale tailored toward children ages 2 to 6 that explores the wonders of the outdoors. During each program, participants enjoy interactive stories and an activity. Registration required two days before event. Register online at <https://www.polkcountyiowa.gov/conservation/>. Topics are:

**Wednesday, Feb. 9**, 10 a.m. Hootenanny Owls

**Wednesday, March 9**, 10 a.m. Spring has Sprung

**Wednesday, April 13**, 10 a.m. Rain is Raining All Around ■

## ANKENY KIRKENDALL PUBLIC LIBRARY WELCOMES NEW TEAM MEMBERS

The Ankeny Kirkendall Public Library introduces new team members working at one of the three service desks (circulation, children or reference).

**Robyn Copeland:** “I have 20 years of librarianship collectively: 11 years as a circulation supervisor at Simpson College, Dunn Library; five years as a circulation coordinator/librarian at University of Colorado’s Law Library in Boulder; three years as circulation manager/librarian at Colorado School of Mines in Golden. Fast forward to today. I am coming upon my one-year anniversary with the Des Moines Public Library system as a professional substitute librarian working at all six branches. Library service is the best vocation.”

Meet more new team members in upcoming issues of Ankeny Living Weekly. ■





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## EVENTS IN THE AREA

### 'THAT GOLDEN GIRLS SHOW! A PUPPET PARODY'

Jan. 25-30

**The Temple Theater, 1011 Locust St., Des Moines**

Sophia and her get-rich-quick schemes, Rose and some epic tales from St. Olaf, Blanche and an insatiable hunt for you know what, and Dorothy's daily struggle to figure out life. This new show uses puppets to parody the TV classic "Golden Girls." For more information, visit [www.desmoinesperformingarts.org](http://www.desmoinesperformingarts.org).

### 'IMMORTAL BELOVED' BY THE DES MOINES SYMPHONY

Saturday, Jan. 29, 7:30 p.m.

and Sunday, Jan. 30, 2:30 p.m.

**Des Moines Civic Center, 221 Walnut St.**

**Des Moines**

"Ever thine. Ever mine. Ever ours," wrote Beethoven in a July 1812 letter to his "immortal beloved," a woman whose identity has remained one of the great mysteries of classical music. Now the Des Moines Symphony's Masterworks 4 features the concert "Immortal Beloved" with Natasha Paremski playing Rachmaninoff's grand Third Piano Concerto. For more information, visit [www.dmsymphony.org](http://www.dmsymphony.org).

### IOWA WILD HOCKEY HOME GAMES

Various January dates

**Wells Fargo Arena, 730 Third St., Des Moines**

Enjoy hockey at the American Hockey League level, with players that regularly go on to play for the Minnesota Wild. For more information, visit [www.iowawild.com](http://www.iowawild.com). Home games are:

Friday, Jan. 28 vs. San Diego Gulls, 7 p.m.

Saturday, Jan. 29 vs. San Diego Gulls, 6 p.m.

### EXHIBIT: DOUBLE EXPOSURE

Jan. 17 - Feb. 25

**Polk County Heritage Gallery, 111 Court Ave.**

**Des Moines**

This year's photo show features still photography shot exclusively with film cameras and with camera phones. [www.polkcountyheritagegallery.org](http://www.polkcountyheritagegallery.org)

### AGATHA CHRISTIE'S 'MURDER ON THE ORIENT EXPRESS'

Feb. 4-20

**Des Moines Community Playhouse, 831 42nd St.**

**Des Moines**

It's winter 1934, and, when the Orient Express luxury train is stopped in the snow, a passenger is found dead in his locked compartment. Fortunately, the famous detective Hercule Poirot is also aboard to solve the case before the killer strikes again. [www.dmplyhouse.com](http://www.dmplyhouse.com)

### VARIOUS SHOWS

February dates

**Hoyt Sherman Place, 1501 Woodland Ave.**

**Des Moines**

A variety of performances are on tap for February at Hoyt Sherman Place. For details, visit [www.hoytsherman.org](http://www.hoytsherman.org).

Feb. 5: "Brooklyn Rider: Healing Modes" at 7:30 p.m.

Feb. 11: "Chris Janson: Halfway To Crazy Tour" at 7:30 p.m.

Feb. 15: "Des Moines Storytellers Project: Love" at 7 p.m.

Feb. 16: "An Evening With Bruce Dickinson" at 7:30 p.m.

Feb. 18: "The Mavericks: 'En Español' World Tour" at 7:30 p.m.

Feb. 19: "Yola: Stand For Myself Tour" at 8 p.m. ■

## RECIPE

# POSITIVE CHANGES TO MAKE IN 2022



*(Family Features)* Before you completely overhaul the way you live, keep in mind making positive changes may just be a few simple steps away. Starting small with attainable goals can help keep you on the right track throughout the year.

## Drink more water

Preventing dehydration, keeping a normal body temperature and lubricating joints are all benefits of drinking enough water daily. Try carrying a reusable bottle as a reminder, choosing water over sugary drinks and opting for water when dining out.

## Learn to cook

If you're not comfortable in the kitchen, start with simple recipes that don't force you to sacrifice flavor. After all, an eating plan is easier to stick to when you enjoy the foods you're making. For example, baja fish taco bowls take just 20 minutes for a spicy, fresh-flavored family dinner.

## Eat more whole grains

Skip refined grains and instead opt for whole grains like brown rice and quinoa, which offer a more complete package of health benefits. You can be confident in options like Boil-in-Bag Brown Rice and Tri-Color Boil-in-Bag Quinoa from Success Rice, which are ready in just 10 minutes to help remove the guesswork in cooking while giving home cooks more time to focus on elevating dishes for loved ones.

Find more delicious recipe inspiration at [SuccessRice.com](https://SuccessRice.com). ■

## BAJA FISH TACO BOWLS

**Prep time:** 10 minutes

**Cook time:** 10 minutes

**Servings:** 4

2 bags Success Tri-Color Quinoa  
2 tablespoons olive oil  
4 white-fleshed fish fillets (5-6 ounces each)  
1 teaspoon Cajun seasoning  
1/2 teaspoon salt  
3/4 cup plain Greek yogurt  
1 tablespoon lime zest  
1 teaspoon lime juice  
1/4 teaspoon ground cumin  
4 cups packed baby kale  
1 ripe avocado, halved, pitted, peeled and thinly sliced

## Directions

Prepare quinoa according to package directions.

In large skillet over medium heat, heat oil. Season fish with Cajun seasoning and salt. Cook 2-3 minutes per side, or until fish is lightly browned and starts to flake. Set aside.

In small bowl, stir yogurt, lime zest, lime juice and cumin.

In medium bowl, toss quinoa with kale. Divide between four bowls. Top each with fish, sliced avocado and dollop of yogurt and lime crema.

Substitutions: Taco seasoning or chili powder can be used in place of Cajun seasoning. Arugula or baby spinach may be used instead of kale.

## FILM REVIEWS By Michael C. Woody

As I write this, we are digging out of the end of the year and the end of the holiday movie season. Here's a quick (but large) list of what's out there. Some of them are easy to find (i.e.: wide release or streaming) and some not so much (art house). Several of these will be on my top 10 list for 2021 for sure.

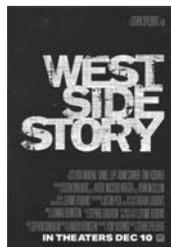
**“BEING THE RICARDOS”:** “I Love Lucy” fans will love writer/director Aaron Sorkin’s look at this television legend. I grew up watching Lucy but didn’t know much of the backstory. Crazy to think that CBS would balk at showing a pregnant woman on television. Nicole Kidman is near perfect as Lucy, and so is Javier Baram as her husband Desi Arnaz. Easily one of the year’s best. **Grade: A-**



**“THE BEATLES: GET BACK”:** Stay at home for this one and watch it on Disney+. “The Beatles: Get Back” is filmmaker Peter Jackson’s (“Lord of the Rings” trilogy) transformation of all the video that was shot around the making of their last album. Allegedly there was backbiting and fighting amongst the Fab Four as they were about to split. To everyone’s surprise, the lads were in good spirits and, for the most part, friendly with each other. I found watching their creative process to be fascinating, and the music is outstanding. You will want to break it into pieces, as the total is in the eight-hour range. **Grade: A**



**“WEST SIDE STORY”:** Who am I to question the great Steven Spielberg and his remake of the 1961 classic? The new film is tremendous — the voices, the dancing and everything else. My fear is that no one will see it. (The opening weekend was way soft at only \$10 million). Spielberg has remade the original almost exactly. Same dancing, same songs, storyline and setting. If you’ve seen the original, why bother? If you are younger than 25 (most movie-goers), do you want to see a movie set in the late 1950s and early 1960s about competing gangs in New York? My guess is no. Why not update it with the same issues and songs to bring more people into the theater? We might never know. A great try but it could have been more. **Grade: A ■**



*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.*

## CLASSIFIED ADS

**FOR SALE:** Heavyweight Ashley dining table: Dark distressed wood and bronze, seats 8, 4 matching chairs and 2 bench seats. **London brand queen-size sleeper sofa:** Upholstered fabric. **Jacoby lawn furniture:** 2 chairs, 2 side tables, purchased from Home Depot, powder-coated steel, slatted back and seat w/ red, white and blue pattern on beige cushions. Call 515-478-4594. Please leave a message.

**PUPPY:** 5-month-old Yorkie puppy for adoption. Up to date on shots and gets along with other pets. New job leaves me with little to no time to take care of puppy. Call 626-226-0049.

**LOOKING TO BUY:** Vinyl Records. Will pay cash for your 60s, 70s and 80s rock as well as jazz and blues. Please call Brian at 515-326-5033.

**FOR SALE:** Three wheel double baby/toddler Stroller. \$35. Call or text for photos. 515-238-3198.

**FOR SALE:** 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disk CD player/DVD. 213,000 miles. Asking \$750.00. Call 515-238-3198. Located 5 miles from Grimes.

**BABY BED FOR SALE:** Has changing table on one end, 5 drawers for storage. Well Built. Needs a home to put it to use. Call 515-238-3198.

**BUNK BEDS FOR SALE:** Twin bottom/single top. Really nice. \$200.00 takes them away to a usable home. Text or call 515-238-3198 and I can return photos for viewing.

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## JOKE OF THE WEEK



*Did you know your pupils are the last part to stop working when you die?*

*They dilate!*