

INDIANOLA *Living Weekly*

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

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SEEN AROUND TOWN



A ribbon cutting was held for Journey Mortgage on Dec. 14.

5-DAY FORECAST

THURSDAY HIGH 2 | LOW -15
Frigid with sunshine



FRIDAY HIGH 12 | LOW 9
Mostly sunny and cold



SATURDAY HIGH 22 | LOW 0
Partly cloudy, not as cold



SUNDAY HIGH 20 | LOW 7
Low clouds, cold



MONDAY HIGH 24 | LOW 11
Mostly sunny, breezy afternoon



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HISTORY: CLUBS OF MANY PURPOSES

BY JUANITA OTT

How did people socialize before the days of social media? They created clubs, of course. A variety of clubs and organizations have existed in Indianola, giving our citizens a way to stay informed about world affairs, share philosophical ideas, be charitable, and catch up on the latest gossip. A few examples are the Quarter Century Club, James Whitcomb Riley Club, Shakespeare Club, Monday Club, and some that you wonder why they were created. In going through a stack of documents last year, we found a page that listed members of the “Clean Fingernails Club.” I suspect that particular club might have been created as a joke.

One of the more interesting clubs was the “Clio Club,” a women’s group founded in 1899. They were organized to help women “thoroughly cultivate every faculty with which she has been endowed, and that growth and development of mind, together with fluency of speech, can best be attained by investigation and discussion.” The membership of the club was limited

to 15. Clio, a muse of history in Greek mythology is pronounced with a long “I” sound. It wasn’t unique to Indianola. There was another one in Carroll that first met in 1884. There may have been more around the state.

The first year, programs were on a wide range of topics. “The life and writings of Washington Irving” was followed by a discussion on the subject of whether or not women should be examined before marriage. Topics at later meetings included, “The War in Africa,” “Congressional districts in Iowa,” “Switzerland and the Alps,” and “Greek Mythology.”

There might have been some problems with attendance in their fifth year. At the September meeting, they decided to fine those responsible for the program 25 cents if they were not present or if they did not send or provide for their part. In March, the minutes read, “Literary program came next, but as none of the members who were on the program were present, we omitted that part of the work.”

In 1909, the Clio Club joined the Federation of Women’s Clubs for

the purpose of doing philanthropic work. For the next 14 years, they voted to join and drop out of various sections of the FW Club. No reasons were given for their actions. The state federation urged member clubs to give “wholehearted devotion and earnest work for two great causes: Enforcing the Prohibition Amendment as it now stands and the cause of peace.” Prior to their 30th anniversary, the women were referred to as Mrs. or Miss. After that, they began to use the first names of members.

They also included the shortcomings of some of the members in the minutes. In 1943, their treasury was “replenished with \$1.25, part of which was delinquent dues and a special assessment, which we had never hoped to get from Eliz R.” Another time, the flower committee reported sending a card to Bertha B. and threatened to take it back when Bertha arrived looking quite healthy. “Glad we didn’t send flowers.” I wonder what kind of comments would have followed if these things had been posted on Instagram or Facebook! ■

WE WILL RUN YOUR INDIANOLA NEWS ITEMS FOR FREE.

Email your news by Tuesday at 5 p.m. to:
tammy@iowalivingmagazines.com or call 515-953-4822, ext. 302

THINK SPRING GARDEN SEMINAR

Warren County Master Gardeners and Indianola Parks & Recreation present this Think Spring Garden Center on Saturday, Feb. 26, 9 a.m. to 3 p.m. at Hubbell Hall, Kent Campus Center, Simpson College. For full list of topics and speakers, visit <https://www.indianolaiowa.gov/519/Think-Spring-Garden-Seminar>. Door prizes, catered lunch and garden marketplace with many vendors included. To register, contact Indianola Parks and Recreation at 515-961-9420. ■

IHS SHOW CHOIR PRESENTS 'CABARET'

This year, the Indianola High School Show Choir presents "Cabaret" Jan. 27, 28 and 29 at 7 p.m. at the Blake Field House. The performance offers table seating with dessert and beverage for \$20 and bleacher seating for \$10 per ticket. To order tickets online, visit www.vancoevents.com/YVA. ■

INDY WINTER VENDOR FAIR

The Indy Winter Vendor Fair, hosted by Whip It Good Catering, features a variety of vendors offering crafts, freezer meals, soups, baked goods, candles, fresh baked breads, gifts, clothing and much more. Vendor Fairs are scheduled for Jan. 29, Feb. 19 and March 19, 9 a.m. to noon, at the Odd Fellows Hall, 1202 S. Jefferson Way, Indianola. For more information, email whipitgood515@gmail.com. ■

DADDY DAUGHTER DANCE FEB. 12

Bring your favorite girl for an evening of dancing with a DJ, selfie station, refreshments, and fun. The Daddy Daughter Dance will be held Saturday, Feb. 12, from 6-8 p.m. at the Indianola Activity Center. For youth ages 5-12 plus adult. Register with Indianola Parks & Recreation by calling 515-961-9420. ■

IHS SPORTS SCHEDULES

Thursday, Jan. 20

5:15 p.m. **Swimming:** Boys JV/ Varsity Conference @ Indianola YMCA

7:15 p.m. **Basketball:** Boys JV vs. Bondurant-Farrar

Friday, Jan. 21

5:00 p.m. **Wrestling:** JV Tournament @ Indianola Middle School Blake Fieldhouse

TBD **Wrestling:** Varsity Tournament @ Winnetonka

6:15 p.m. **Basketball:** Girls Varsity @ Pella

7:45 p.m. **Basketball:** Boys Varsity @ Pella

Saturday, Jan. 22

TBD **Wrestling:** Varsity Tournament @ Winnetonka

Monday, Jan. 24

7:15 p.m. **Basketball:** Boys JV Game vs. Martensdale-St Marys

Tuesday, January 25, 2022

4:45 p.m. **Basketball:** Girls JV 1 @ Pella Christian

5:30 p.m. **Swimming:** Boys JV/ Varsity @ Marshalltown

6:15 p.m. **Basketball:** Girls Varsity @ Pella Christian

7:45 p.m. **Basketball:** Boys Varsity @ Pella Christian

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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 Publisher
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CITYVIEW'S WINTER EVENT IS BACK!

FIRE & ICE

AN INTERACTIVE WINTER PUB CRAWL IN VALLEY JUNCTION

PARTICIPATING ESTABLISHMENTS: THE HALL • FOUNDRY DISTILLING CO. • THE TAVERN
 G MIG'S 5TH STREET PUB • MITZI'S • THE LONGEST YARD • SULLY'S IRISH PUB • GILROY'S

SAT., JAN. 22
 1-4 P.M. • \$20 \$30 AT THE DOOR

YOU GET 10 TICKETS TO SAMPLE WINTER SPECIALTY DRINKS!

GET YOUR TICKETS TODAY AT FIRE-AND-ICE.DMCITYVIEW.COM

ICE RINK RETURNS TO THE ACTIVITY CENTER

The Indianola Ice Rink will be located at the Indianola Activity Center, 2204 W. Second Ave., again this winter. Anticipated opening date will be sometime in January 2022. Weather must stay cold enough, long enough, for ice to freeze and be thick enough to skate.

This public ice rink, which measures 80 by 40 feet, was donated in partnership with the Iowa Wild and Wells Fargo in the fall of 2018.

During winter months, the ice will be open for hockey from dawn to noon. Open Skate hours will be held from noon to dusk daily.

The rink is free for public use and will be open as weather permits. Shovels will be available to clear the ice.

A green sign will be posted at the Activity Center driveway and another by the arena to indicate that the rink is open; a red sign will be posted when the rink is closed. All skaters are advised that they are skating at their own risk. The rink is not supervised. ■

INDOOR PLAY DATES

Kids ages 1 through pre-K, with adult supervision, can participate in Indoor Play Dates held Wednesdays, Feb. 16, Feb. 23, March 2 and March 9, 10:30 a.m. to noon, at the Indianola Activity Center. This drop-in program, sponsored by Peoples Bank, is a chance for the kids to burn off energy while parents have an opportunity to connect. The event is cancelled if Indianola schools are canceled due to bad weather. ■

FREE PROGRAM: HOLLYWOOD IN THE HEARTLAND

Join Leo E. Landis, state curator for the State Historical Society of Iowa, as he presents a slideshow program that features aspects of the State Historical Museum of Iowa exhibit: Hollywood in the Heartland.

See how Iowans have been depicted in films like *State Fair*, *Music Man* and *Field of Dreams*. He'll also highlight Iowa actors and actresses, including the Lane Sisters, who grew up in Indianola.

Held Tuesday, Jan. 25, at 2 p.m. at the Activity Center, this event is free and open to the public thanks to the Afternoon Adventures sponsor, Community 1st Credit Union. ■

INDIANOLA PUBLIC LIBRARY SPECIAL EVENTS

- **Winter Reading Challenge** continues to Jan. 31: Keep track of your reading on the Beanstack site at indianolaiowa.beanstack.com or download the Beanstack Tracker app and search for your library. Earn raffle tickets for reading, writing a review, and completing a few activities. A raffle prize will be awarded to each of four age groups.

- **Featured event: Stuffed Animal Sleepover**, Tuesday, Jan. 25, 6:30 p.m. Bring your stuffed animal to the library so they can have a sleepover. They'll have lots of activities for you and your stuffies, then they'll read a bedtime story and tuck them in. Your stuffies get to sleep over at the library before you pick them up the next day (so maybe bring your second favorite one to spend the night away from home).

- **Craft & Chat: Bullet Journaling**, Tuesday, Jan. 27, 6:30-7:30 p.m. Keep your new year's resolutions just a little longer by tracking them with a bullet journal. You'll learn some tricks to keeping your journal organized, making it work for your specific needs, and decorating it to add some fun. ■

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.

'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 Paremiski playing Rachmaninoff's grand Third Piano Concerto. For more information, visit 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. 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

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

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.

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. ■

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.

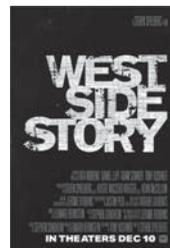
“BEING THE RICARDOS”: “I Love Lucy” fans will love writer/director Aaron Sorkin’s look at this television legend. I grew up watching Lucy but didn’t know much of the backstory. Crazy to think that CBS would balk at showing a pregnant woman on television. Nicole Kidman is near perfect as Lucy, and so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

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

LIST 50 WORDS OR LESS FOR FREE.

JOKE OF THE WEEK



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

They dilate!