

ANKENY *Living Weekly*

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN AROUND TOWN

THE GRAND OPENING FOR ALBAUGH FAMILY SENIOR COMMUNITY CENTER WAS CELEBRATED ON DEC. 20.



Angie LaCroix and Christine Gray



Tike Ballard and Judy Hilt



Joe Ruddy and Gary Schmidt



Jan and Bill Waggoner

5-DAY FORECAST

WEDNESDAY HIGH 25 | LOW 20
Sunshine, windy



THURSDAY HIGH 32 | LOW 1
Mostly cloudy



FRIDAY HIGH 19 | LOW 5
Partly sunny and colder



SATURDAY HIGH 29 | LOW 20
Clouds and sunshine



SUNDAY HIGH 28 | LOW 16
Mostly sunny



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FROM THE PUBLISHER

ARE YOU READY FOR A CONVERSION?

Whatever happened to conversion vans? If you are smiling right now, you probably owned one. If anything ever needed to come back, these are it.

I never owned a conversion van. I'm a bit too young for those, but my older brother had one. He also had a moustache, silk shirts and a belt with his name on it. Just saying.

If you are not familiar with conversion vans, let me help you out. They were essentially cargo vans that were decked out, typically by a third-party company but also by a generation of do-it-yourselfers. Popular full-sized models that were used for the base included the Chevrolet Van, the Dodge Ram Van, the Ford E-Series and my personal favorite, the GMC Vandura.

Trendy features included shag carpet, captain's seats, luxury lighting, 8-track players and

lots of oak trim. The cool ones had fold-down beds, fiberglass bubble tops and gas stoves.

Conversion vans started to become popular in the 1960s with the hippies, and those Volkswagen models were groovy. But the ones I recall were in the 1970s — and the more custom paint they had, the better. Think nature scenes, flames and lots of Americana. Those were the days of Evel Knievel, after all. The side windows were also a signature feature, often in small circles, rectangles or diamonds and almost always tinted.

Few things are as identifiable with the 1970s era as conversion vans. Unfortunately, they went along the wayside with dark wood paneling, crochet throws and bean bag chairs.



Some say that the demise of conversion vans was due to the federal government and vehicle manufacturers demanding new safety guidelines be adhered to. Others say the vans priced themselves out of the market with extravagant features. In reality, rising fuel costs made these gas-hogs less attractive for the average American.

Regardless, conversion vans were the ultimate vehicle for road trips, and they looked really cool in the driveway, too. Don't call it a comeback, but you may be converting to one soon.

Have a great week, and thanks for reading. ■

Shane Goodman

President and
Publisher

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**LIKE CHOCOLATE? LIKE COCKTAILS?
THEN YOU'LL LOVE THIS EVENT!**
FRIDAY, FEB. 25 • 5-9 P.M.
at West Glen Town Center
CHOCOLATEWALK.DMCITYVIEW.COM

Pre-Event Ticket
Price \$20
(\$30 at the door)



EVENTS IN THE AREA

COMEDY SHOWS

Jan. 29, Jan. 30

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Saturday, Jan. 29, 7 p.m.: “Jim Jefferies: The Moist Tour.”

Sunday, Jan. 30, 6 p.m.: “Fortune Feimster: 2 Sweet 2 Salty.” www.hoytsherman.org.

LIVE MUSIC IN THE METRO

Various locations

Friday, Feb. 4, 7 p.m.: Hailey Whitters will be performing at Wooly’s, 504 E. Locust St., Des Moines; www.woolysdm.com. After more than a decade in Nashville, this country singer broke through in 2020. Whitters has added five new songs, and as the title of her album implies, she is “Living The Dream.”

Saturday, Feb. 5, 6 p.m.: Lil Durk at Horizon Events Center, 2100 N.W. 100th St. in Clive; www.horizoneventscenter.com. Durk Derrick Banks, or Lil Durk, garnered a cult following with the release of his Signed to the Streets mixtape series. That led to a record deal with Def Jam Recordings and his debut studio albums, “Remember My Name” and “Lil Durk 2X.”

Friday, Feb. 11, 8 p.m.: Chad Elliott at xBk, 1159 24th St., Des Moines; www.xbklive.com. Singer-songwriter Chad Elliott brings his folk roots blended with swampy blues and soulful writing to produce one-of-a-kind live performances. With 17 full-length albums to his credit, Elliot has been lauded as “Iowa’s Renaissance man” by Culture Buzz Magazine.

CONCERTS AT WELLS FARGO ARENA

730 Third St. in Des Moines

www.iowaeventscenter.com

Saturday, Feb. 12: “Eric Church - The Gather Again Tour” at 8 p.m.

Saturday, March 26: “Elton John’s Farewell Yellow Brick Road” at 8 p.m.

Monday, March 28: “КОЯN TOUR” with special guests Chevelle and Code Orange at 6:30 p.m.

‘LONG DAY’S JOURNEY INTO NIGHT’

Feb. 11-20

Stoner Theater, 221 Walnut St., Des Moines

Iowa Stage Theatre Company presents this play about addiction and the resulting family dysfunction. www.iowastage.org

‘THE REVOLUTIONISTS’

Feb. 4-20

Tallgrass Theatre Company

2019 Grand Ave., West Des Moines

Four beautiful, tough women lose their heads in this irreverent, girl-powered comedy. www.tallgrasstheater.org

‘THE MAGIC FLUTE’

March 5-6

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

Des Moines Metro Opera’s 50th Season begins with a family-friendly production of “The Magic Flute” by Wolfgang Amadeus Mozart at the Des Moines Civic Center. ■

WE WILL RUN YOUR ANKENY NEWS ITEMS FOR FREE.

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

FUNERAL NOTICES

MELODEE ANN MIARS

Melodee Ann Miars, 62, died Jan. 6, 2022. She worked at Amazon in Ankeny. Her husband of 40 years, James Miars, survives, as well as son Jeremie (Jessica) Hedrick; and daughters, Alea, Tori, and Ava Hedrick, along with other relatives and friends.

She donated her eyes and tissue through Iowa Donor Network. Her wishes were to be cremated, and a celebration of her life will be held later. In place of flowers, memorials can be directed to the GO FUND ME page in memory of Melodee to help the family with funeral costs.

For a full obituary, visit www.AnkenyFuneralHome.com. ■



DONNA JEAN (MATHAHS) PENALUNA

Donna Jean (Mathahs) Penaluna, 82, of Ankeny died at Edencrest at Green Meadows in Johnston on Jan. 18, 2022, surrounded by family following a long illness. A celebration of life for both Donna and her husband, Kenneth Penaluna, was held Jan. 25 at Memorial Services of Iowa. A graveside service for family will be held May 27 at Hampton Cemetery in Hampton.

She earned a teaching degree from Mason City Junior College then taught third and fourth grade for several years in Northwood and later at the Ballard Community School District. Following Ken's positions at International Harvester and Ruan Transport, they lived in Indiana and California before settling in Ankeny. She is survived by her son, Dan Penaluna (Lisa Sweet-Penaluna) of Ankeny; daughter, Sue Ward (Tom) of Iowa City; and many other relatives and friends.

For the full obituary, visit <https://ankenymemorial.com>. ■



GARY L. THRAILKILL

Gary L. Thrailkill died Jan. 14, 2022, in Ankeny. He joined the U.S. Army in 1967 and served in the Vietnam War. He returned as a purple heart recipient. After serving in the Army, he owned a service station and worked in a coal mine before finding his career at Helena Upholstery. He had his own shop at home for a time before running the upholstery shop at Montana Developmental Center in Boulder for several years. He later spent many years managing the Gold Bar and then the Glass Slipper.

Surviving are his wife, Rita Thrailkill (Harker) of Ankeny; sons, Jason Colby (Julie) of Wichita Falls, Texas, and Jody "Joe" Reel of Helena, Montana; two daughters, Roberta Little (Pat) of Roy, Washington, and Joni Lutman (Kevin) of Ankeny; step-sons Bradly Stroud of Ankeny and Brandon Stroud of Springfield Missouri; and other relatives and friends.

Per his wishes, no services are planned. For the full obituary, visit <https://ankenymemorial.com>. ■



MICHAEL GAILEN MEASE

Michael Gailen Mease, 68, of Ankeny died suddenly at his home on Tuesday, Jan. 18, 2022. A celebration of life will be held at a later date. One of his favorite things was the Iowa State Fair, where he and his wife, Ruth, volunteered at the information booth by the cattle barn for 25 years. Surviving are his mother, Joan; wife of 28 years, Ruth; his daughter, Mikelyn; son, Chris; step-sons, Brian and Josh; step-daughter, Shantyl; and three grandchildren.

For a full obituary, visit www.AnkenyFuneralHome.com. ■



FUNERAL NOTICE

SARAH C. EGELAND

Sarah C. Egeland, 82, of Ankeny died Saturday, Jan. 15, 2022. A memorial service will be held at Ankeny Memorial Funeral Home, 4208 N. Ankeny Blvd., on Jan. 29, with visitation from 1-3 p.m., followed by a service at 3 p.m. Burial will be a later date.

She graduated from Webster City Junior College in 1960. She taught kindergarten and worked various office jobs. She married George H. Hovland in 1961. He preceded her in death in 1967 in a small aircraft accident near Davenport. On Feb. 14, 1970, she married Irving H. Egeland, who survives, along with daughters Michele (Reginald) Richardson, Kathleen Hovland, and Anne (Thomas) Owens; and other relatives and friends.

For the full obituary, visit <https://ankenymemorial.com>. ■

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. Call 515-964-1250 for more information. ■

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aaron@iowalivingmagazines.com

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 \$125 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. ■

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).

Cassie Frericks: "My name is Cassie Frericks. I am so excited to begin working with you at the Ankeny Kirkendall Public Library. I am 32 years old, wife to Jacob, and a mother of a 3-year-old named Judah and 6-month-old named Nora. I was born and raised in Galesburg, Illinois, and graduated with an elementary education degree at Knox College. I have many years of experience as a teacher, but also working in libraries, including the Heartland AEA library. In my free time, I like to spend time with my family, watch movies, read books, dance with my toddler, snuggle with my baby, and go for walks."

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



LEGISLATIVE UPDATE FEB. 11

Join Ankeny's elected officials and Chamber members to hear the latest updates on legislation at the Ankeny Kirkendall Library, 1250 S.W. District Drive, on Friday, Feb. 11, at noon. Light refreshments will be served. ■

FILM REVIEWS By Michael C. Woody

“THE POWER OF THE DOG”: Those of you with Netflix can find this on that streaming service. It is a dirty, dusty looking film with some of the year’s best performances. Benedict Cumberbatch and Jesse Plemons play sibling cattle ranchers in 1925 Montana. Cumberbatch plays the mean, obstinate brother who nearly always defers to his brother. That changes when Plemons’ character marries and brings his bride back to the ranch to live. She brings her son who is a bit too effeminate for Cumberbatch’s character. This very dark and nasty Shakespeare-like tale plays out under stunning Montana vistas and ends with an evil but wonderful finale that I didn’t see coming but found very satisfying. On Netflix. **Grade: A**



“THE POWER OF THE DOG”

“SING 2”: The first one was a charming, animated movie about a bunch of animals trying to put on a musical. Wonderful characters and a great soundtrack made this a big hit with the little ones. “Sing 2” picks right up where the last one left off, leading with Prince’s “Let’s Go Crazy.” **Grade: A**



“SING 2”

“SPIDER-MAN: NO WAY HOME”: I’ll admit that it’s easy to guess that the current Spider-Man movie has plenty of laughs and action. What you don’t expect is strong emotions and a serious need for Kleenex. I’ve been a Spider-Man fan since 1973, so I’ve been round the block with this character. In short, this is one of the best movies of the year (easily the biggest audience pleaser) and deserves every bit of praise that it is getting. **Grade: A**

“AMERICAN UNDERDOG”: If you thought you knew everything about former UNI, former Iowa Barnstormer and former Super Bowl Champion and MVP quarterback, Kurt Warner, I’ll bet you are wrong. What a great movie about a man who just would not take no for an answer. Spirituality, football action and strong family ties keep this movie moving forward into a real crowd-pleaser. **Grade: A** ■



“AMERICAN UNDERDOG”

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RECIPE

5 REASONS TO EAT MORE TART CHERRIES



(Family Features) If you want to add superfoods to your diet in the new year, Montmorency tart cherries may be perfect for you.

Montmorency is the variety of tart cherries grown in America, primarily on small family farms. Compared to sweet cherries that are typically eaten fresh during the summer season, tart cherries are available year-round as dried, frozen, canned, juice and juice concentrate.

Decades of scientific research has shown Montmorency tart cherries are deserving of their superfood reputation. Here are five reasons to enjoy them more often:

Sleep: Tart cherries are one of the few food sources of melatonin and have been the focus of multiple sleep studies.

Exercise recovery: Tart cherry juice has become a popular exercise recovery drink for athletes.

Arthritis and gout: Studies have explored the impact of Montmorency tart cherry juice consumption on gout attacks and arthritis symptoms.

Heart health: Montmorency tart cherry research has examined blood pressure and blood lipids.

Versatility: Although they remain perfect for pie, tart cherries can easily transition from sweet to savory, adding complex flavors to oatmeal, smoothies, salads, granola bars, trail mix and grain bowls.

Look for dried U.S.-grown tart cherries at the store and online for enjoyment and health. Find more recipes and scientific research at ChooseCherries.com. ■

TART CHERRY BEDTIME BITES

Recipe courtesy of the Cherry Industry Administrative Board

Yield: 12 bites

- 6 medjool dates, pitted
- 1/2 cup dried tart cherries
- 1/2 cup finely shredded coconut flakes
- 3/4 cup unsalted cashews
- 1 teaspoon almond extract
- 1 pinch fine sea salt

Directions

In food processor, process dates until broken into pea-sized bits. Add dried tart cherries, coconut flakes, cashews, almond extract and sea salt; process until combined. Form into 12 balls and chill two hours.

TART CHERRY OVERNIGHT OATS

Recipe courtesy of the Cherry Industry Administrative Board

Servings: 2

- 1 cup dried tart cherries, plus additional for topping (optional)
- 1 cup old-fashioned oats
- 1 cup almond milk
- 1/2 cup slivered almonds, plus additional for topping (optional)
- 2 tablespoons tart cherry concentrate
- 2 tablespoons chia seeds
- 1/2 teaspoon cinnamon
- honey, for topping (optional)

Directions

In large jar or container, mix cherries, oats, milk, almonds, cherry concentrate, chia seeds and cinnamon. Cover and refrigerate overnight.

Spoon into bowls and enjoy cold or warmed up. Drizzle with honey or sprinkle with extra dried tart cherries and almonds, if desired.

ANKENY 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 through 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.

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://ankenyartcenter.com/adult> and the list of K-8 classes at <https://ankenyartcenter.com/k8-school-year>. ■

POLK COUNTY CONSERVATION

GROUNDHOG HIKE

Brown's Woods

Wednesday, Feb. 2, 10:30 a.m.

Can they really forecast an early spring? Do they actually hibernate? Why do we celebrate groundhog day anyway? So many questions surround this little rodent. Uncover all the truths during this fun and hands-on hike on the day we celebrate its existence. All ages welcome to this free event. Registration required by Feb. 1. Register online at <https://www.polkcountyia.gov/conservation/>.

TODDLER TALES

Feb. 3 10 a.m.

Jester Park Nature Center

Let your imagination run wild with this free nature-themed story time aimed at ages 3 and older. Hear a story followed by the naturalist's choice of an activity such as an animal encounter, puppets or a craft. Topic is Little Cloud. Registration required the day prior to the event. Register online at <https://www.polkcountyia.gov/conservation/>. ■

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 TUESDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM

LIST 50 WORDS OR LESS FOR FREE.

JOKE OF THE WEEK



How much does a pirate pay for corn?

A buccaneer!