

# INDIANOLA *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

## SEEN AROUND TOWN THE ELLIS LAW FIRM HOSTED AN OPEN HOUSE JAN. 13.



Mike Vesey and Lexi Ellis



Brandey and Mark Smith



Traci Ellis and Jo Vesey



Ryan Ellis and Kenny Cummer

### 5-DAY FORECAST

**THURSDAY** HIGH 30 | LOW 0  
Mostly cloudy



**FRIDAY** HIGH 17 | LOW 9  
Partly sunny



**SATURDAY** HIGH 34 | LOW 18  
Partly sunny, not as cold



**SUNDAY** HIGH 30 | LOW 21  
partly sunny



**MONDAY** HIGH 40 | LOW 28  
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)



# 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/YA](http://www.vancoevents.com/YA). ■

## 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](mailto: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. 27

- 6:30 p.m. **Wrestling:** JV Dualvs. Norwalk  
 7:30 p.m. **Wrestling:** Varsity Dualvs. Norwalk

#### Friday, Jan. 28

- 4:45 p.m. **Basketball:** Girls JV 1 vs. Dallas Center-Grimes  
 4:45 p.m. **Basketball:** Boys 10th Grade vs. Dallas Center-Grimes  
 6:00 p.m. **Basketball:** Boys 9th Grade vs. Dallas Center-Grimes  
 6:15 p.m. **Basketball:** Girls Varsity vs. Dallas Center-Grimes  
 7:45 p.m. **Basketball:** Boys Varsity vs. Dallas Center-Grimes

#### Saturday, Jan. 29

- 10:15 a.m. **Basketball:** Boys 9th Grade vs. Norwalk  
 11:30 a.m. **Basketball:** Boys 10th Grade vs. Norwalk

#### Monday, Jan. 31

- 5:30 p.m. **Wrestling:** JV Invitational @ Dallas Center-Grimes  
 7:15 p.m. **Basketball:** Boys JV vs. Dallas Center-Grimes

#### Tuesday, Feb. 1

- 6:00 p.m. **Basketball:** Boys 9th Grade @ Grinnell  
 6:15 p.m. **Basketball:** Girls Varsity @ Grinnell  
 7:45 p.m. **Basketball:** Boys Varsity @ Grinnell

## 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](http://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](http://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](http://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](http://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](http://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.

### DES MOINES PERFORMING ARTS SHOWS

[www.desmoinesperformingarts.org](http://www.desmoinesperformingarts.org)

**Saturday, Feb. 5:** “Step Afrika!” at the Des Moines Civic Center, 221 Walnut St. - Wellmark Family Series.

**Feb. 8-13:** “Tootsie” at the Des Moines Civic Center, 221 Walnut St. - Willis Broadway Series.

**Friday-Saturday, Feb. 25-26:** Comedy XPeriment at the Stoner Theater, 221 Walnut St.

### ‘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](http://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](http://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. ■



# 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. ■

## SEEN AROUND TOWN



Bill Rath, Randy Bittner, Jack Bean, Jim Flinn and Rick McGeough play pool at the Parks and Recreation Activities Center Jan. 19.

## INDIANOLA PUBLIC LIBRARY 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. ■

## REGULARLY SCHEDULED PROGRAMS AT INDIANOLA PUBLIC LIBRARY

- **Storytimes**, Tuesdays and Thursdays, 10:30 a.m. Stories, songs and shaker eggs, of course!

- **Teen Hangout**, every Wednesday, 2:30-4:30 p.m. (after school). Play board games, video games (Nintendo Switch and Wii-U), do crafts, watch movies, eat, hang out.

- **Unboxed: Books (to borrow) and goodies (to keep).**

A personalized monthly box of two library books and themed goodies. Teens grades 6-12 only. Sign up by the seventh of each month. Boxes will be ready for pickup by the 15th of each month. You can sign up by going to the library's website.

- **ESL Café** (new), second and fourth Thursday of each month, 5-6 p.m. Practice your English conversation skills during a conversation hour at the library. Adults of any learning level and language background are welcome to attend.

- **Handpicked:** Sign up by the seventh of every month to pick up your box the 15th to 22nd of every month. Personalized book + DVD picks to borrow + themed goodies to keep. You can sign up on the library's website. ■

## 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”

**“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** ■

**WE WILL RUN YOUR INDIANOLA NEWS ITEMS FOR FREE.**

Email your news and events by Tuesday at 5 p.m. to:

tammy@iowalivingmagazines.com or call 515-953-4822, ext. 302

## 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](http://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.

# 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. ■

## FUNERAL NOTICE

### JOYCE VAN FLEET

Joyce Van Fleet died Jan. 19, 2022, from a heart attack at MercyOne Hospital in Des Moines. She graduated from high school in Corydon and from college in Kirksville, Missouri, with a degree in art education. She completed her student teaching in Seymour then was hired as an art instructor with the Pleasantville Community Schools in Pleasantville. She held that position for 37.5 years, until her retirement in 2005. In December of 2010, she and her husband, Dennis Van Fleet, moved to Indianola.



Joyce used her artistic talents to design T-shirts, including the official T-shirt design for RAGBRAI for a few years. She also had the official T-shirt for Indianola's Balloon Classic a couple of times. She designed the logo for Des Moines' Barr Bicycle store among other uses of her artistic skills.

She had "The Sky Looks Amazing From Here" inscribed on their gravestone in hopes of evoking a smile from someone viewing the stone.

She is survived by her husband Dennis, many relatives, and numerous friends. Services were held Jan. 23 at Overton Funeral Home in Indianola. A private burial was planned at Corydon's Cemetery. ■

### PATRICIA STRIKE

Services for Patty Strike, 65, of Indianola, who died Monday, Jan. 17, 2022, at her home surrounded by family, were held Friday, Jan. 21, 2022, at the Indianola Mt. Calvary Lutheran Church, with burial following at the Indianola I.O.O.F. Cemetery.



She graduated from Indianola High School in 1975. Patty retired from Good Samaritan Nursing Home after 33 years in 2006 and then Des Moines Public Schools in 2009. She is survived by her husband, Bill Strike of Indianola; five children, Gabe, Justin, Rose, Lindsey and Jenny; and other relatives and friends. ■

## 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



*How much does a pirate pay for corn?*

*A buccaneer!*