

# ANKENY *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

## SEEN AROUND TOWN THE CHAMBER'S LATTES & LEADS WAS HELD AT PURPLE POPPY BOUTIQUE ON DEC. 21.



Jill Downes and Max Chedester



Curtis Sears and William Navarro



Alyssa Doolittle and Nikki Worthington



Lea Fagervik and Paula Bierle

### 5-DAY FORECAST

**WEDNESDAY** HIGH 16 | LOW 1  
Breezy and colder with snow



**THURSDAY** HIGH 7 | LOW -10  
Mostly sunny and cold



**FRIDAY** HIGH 14 | LOW -3  
Snow flurries possible



**SATURDAY** HIGH 25 | LOW 14  
Partly sunny, not as cold



**SUNDAY** HIGH 22 | LOW 4  
Mostly sunny and cold



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FROM THE PUBLISHER

# BREAK OUT THE LONG JOHNS

It's cold outside, and that means one thing — it's time to break out the long johns.

I recall being a child and staying with family friends on their farm for a few days. The woman of the household was a wonderful lady named Marge, and she told me that we would be making long johns. The brain of this 5-year-old envisioned some sort of sweatshop with sewing machines humming away. I was pleasantly surprised to find out that she and I would be in the kitchen making long donuts with a maple glaze of incredibly sugary frosting. Not too many years later, I learned to also appreciate thermal underwear and its waffle weave texture just as much. Long johns were — and continue to be — necessary clothing in the winter weather of northern Iowa, and they were effective sweat-soaker-uppers worn under the then-legal, plastic “sauna suits” we wrestlers wore when trying to make weight.

Even in my suit-and-tie days out of college, I was known to wear long johns. While in a meeting at The Des Moines Register where we were all seated in chairs in a circle, I could see my coworker Shannon laughing at me from across the room. With my legs crossed at the knee, I leaned forward and tried mouthing, “What’s so funny?” She kept laughing. Shannon could see that I was becoming irritated with her, and she finally blurted out, “Quit being such a jerk. I am just laughing at your long underwear that I can see from your suit pant leg.” Laugh all you want, Shannon. I was toasty warm.

Maybe you wonder where the term “long johns” came from. Some say it began with soldiers in World War II who donned the thermal underwear, but the words appeared many years



prior. According to a story in the Summit (Colorado) Daily, the invention of long johns is credited to John Smedley in the English town of Matlock in Derbyshire. Smedley manufactured the clothing on the premises of his Lea Mills in the late 18th century, the story says. The name “long johns” supposedly refers to American boxer John L. Sullivan, who reigned as the heavyweight champion from 1882-1892.

So now you know. The next time you slip into some long johns, you can think of John Smedley and John L. Sullivan. And the next time you eat a delicious maple-glazed long john donut, you can think of me.

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)



## FUNERAL NOTICE

### TODD HARVEY BOGENRIEF

Todd Harvey Bogenrief, 57, of Ankeny, died unexpectedly on Thursday, Jan. 20, 2022, at UnityPoint Hospital in Des Moines. He graduated from Valley High School and attended the University of Iowa pursuing an accounting degree. Todd left college to work for a friend in the IT industry and never looked back. Todd spent 30 years in the IT industry, working for Pomeroy and IBM, until his retirement to care for his first wife until her death. Most recently, he was employed at Kohl's. He married Sheril Harper on Oct. 14, 2017. She survives.

A celebration of life will be planned for a later date. For a full obituary, visit <https://www.hamiltonsfuneralhome.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](mailto: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).

### Hannah Jensen

"I have a bachelor's degree in English from Iowa State University and am currently in the library and information science master's program through the University of Iowa. In my free time, you can find me reading or doing various puzzle books. I live in Ankeny with my boyfriend, Jesse, and our two cats, Luna and Nala. One of the best books I read during 2021 was 'Six of Crows' by Leigh Bardugo, and I highly recommend this duology."

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



## GRIEFSHARE SESSION UNDERWAY

A new session of GriefShare is underway on Thursdays, 6:30-8 p.m., at St. Paul Lutheran Church, 1100 S.E. Sharon Drive, Ankeny. The session lasts until April 21. Registration is online at the Griefshare website, [www.griefshare.org](http://www.griefshare.org). Call 515-964-1250 for more information. ■

# Got a Great Local News Story?

**Tell us about it today!**



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

## ANKENY ART CENTER NEWS

### 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>. ■

### 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 [ankenyarts@ankenyartcenter.com](mailto:ankenyarts@ankenyartcenter.com).

### 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.

## POLK COUNTY CONSERVATION

### CHINESE NEW YEAR CELEBRATION

Jester Park Nature Center  
Saturday, Feb. 5, 10:30 a.m.

Celebrate the year of the tiger. During this program, learn all about the history of the Chinese New Year, similarities between Chinese zodiac and western astrology, and, of course, tigers! All ages are welcome to this free event. Registration required by Feb. 4. Register online at <https://www.polkcountyiowa.gov/conservation/>.

### CRITTER CLUB

Feb. 6 and March 16, 1-2:30 p.m. open house format

Jester Park Nature Center

Come visit Jester Park Nature Center's resident turtles, snakes and salamanders to learn about these misunderstood animals. You may even get to touch a turtle or snake. This is an open house program, so come anytime between 1-2:30 p.m. No registration required for this free event. ■



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## EVENTS IN THE AREA

### LIL DURK IN CONCERT

Horizon Events Center, 2100 N.W. 100th St. in Clive

Saturday, Feb. 5, 6 p.m.

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.” [www.horizoneventscenter.com](http://www.horizoneventscenter.com).

### ERIC CHURCH - THE GATHER AGAIN TOUR

Wells Fargo Arena, 730 Third St. in Des Moines

Saturday, Feb. 12, 8 p.m.

For more information, visit [www.iowaeventscenter.com](http://www.iowaeventscenter.com).

### ‘TOOTSIE’

Feb. 8-13

Des Moines Civic Center, 221 Walnut St.

The Willis Broadway Series returns with “Tootsie.” For more information, visit [www.desmoinesperformingarts.org](http://www.desmoinesperformingarts.org).

### CAT SHOW

Saturday - Sunday, Feb. 12-13

Iowa State Fairgrounds

A flood of fancy-footed felines compete for various awards and distinctions. This Fairgrounds event will be at E. 30th and University in Des Moines in the Animal Learning Center. For more information, visit [www.iowastatefairgrounds.org](http://www.iowastatefairgrounds.org).

### ‘THE REVOLUTIONISTS’

Tallgrass Theatre Company, 2019 Grand Ave., West Des Moines

Feb. 4-20

Four beautiful, tough women lose their heads in this irreverent, girl-powered comedy. [www.tallgrasstheater.org](http://www.tallgrasstheater.org)

### ‘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)

### CITYVIEW CHOCOLATE WALK

Friday, Feb. 25, 5-9 p.m.

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? They you’ll love this event. CITYVIEW and West Glen Town Center once again present the Chocolate Walk. For a ticket price of \$20 (\$30 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. Find the registration link at <https://chocolatwalk.dmcityview.com>.

### IOWA WILD HOCKEY HOME GAMES

Thursday, Feb. 10 vs. Grand Rapids Griffins, 7 p.m.

Friday, Feb. 11 vs. Grand Rapids Griffins, 7 p.m.

Wells Fargo Arena, 730 Third St., Des Moines

For more information, visit [www.iowawild.com](http://www.iowawild.com). Home games are:

### IOWA WOLVES HOME GAMES

Saturday, Feb. 5 vs. Agua Caliente Clippers/Clippers, 7 p.m.

Sunday, Feb. 6 vs. Austin Spurs/Spurs, 4 p.m.

Tuesday, Feb. 8 vs. Austin Spurs/Spurs, 10:30 p.m.

Wells Fargo Arena, 730 Third St., Des Moines

For more information, visit [iowa.gleague.nba.com](http://iowa.gleague.nba.com).

### DES MOINES BUCCANEERS

Friday, Feb. 11 vs. Sioux Falls Stampede, 7 p.m.

Buccaneer Arena in Urbandale, 7201 Hickman Road

For more information, visit [www.bucshockey.com](http://www.bucshockey.com). ■

## RECIPE

# COOKING SWAPS TO HELP MANAGE CHOLESTEROL



*(Family Features)* When cooking, keep in mind small changes that can make a big impact on heart health.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. It can be managed by getting levels regularly tested and making lifestyle changes like eating a heart-healthy diet.

- **Reduce saturated fat** – Select lean cuts of meat or opt for plant protein, limit processed meats, broil or bake rather than pan-fry meats and remove skin from poultry before cooking.
- **Eat more fish** – Fish can be fatty or lean, but it's still low in saturated fat. Choose oily fish like salmon or trout, which are high in omega-3 fatty acids.
- **Use liquid oils in place of solid fats** – For roasting, sauteing and more, use non-tropical liquid vegetable oils like canola, safflower, soybean or olive instead of butter, lard or shortening.
- **Lower dairy fats** – Low-fat, fat-free or non-dairy milk can be used in many recipes instead of whole milk or half-and-half.
- **Increase fiber and whole grains** – Add high-fiber vegetables to meals, serve fruit instead of juice and try brown rice instead of white.

These simple tips and better-for-you recipes like Chicken Tortilla Soup can help you eat healthy without sacrificing taste.

Find tips for managing cholesterol and other risk factors at [heart.org/cholesterol](http://heart.org/cholesterol). ■

## CHICKEN TORTILLA SOUP

*This recipe is reprinted with permission from "Healthy Slow Cooker Cookbook, 2nd Edition." Copyright 2018 by the American Heart Association. Published by Harmony Books, an imprint of Penguin Random House, LLC.*

### Servings: 4

- 1 pound boneless, skinless chicken breasts, visible fat discarded, cut into 1/2-inch cubes
- 2 cups frozen whole-kernel corn, thawed
- 2 cups fat-free, no-salt-added chicken broth
- 1 can (14 1/2 ounces) no-salt-added, diced tomatoes, undrained
- 1/4 cup finely chopped onion
- 1 teaspoon sugar
- 1 teaspoon ancho powder
- 2 medium garlic cloves, minced
- 1/4 teaspoon salt
- 2 corn tortillas (6 inches each), cut into 1/4-inch-wide strips
- 1 corn tortilla (6 inches), torn into pieces
- 2-4 tablespoons snipped fresh cilantro
- 1/4 cup finely chopped avocado
- 1/4 medium red bell pepper, cut into matchstick-size strips

### Directions:

In slow cooker, stir chicken, corn, broth, tomatoes, onion, sugar, ancho powder, garlic and salt. Cook, covered, on low, 6-8 hours, or on high, 3-4 hours.

Preheat oven to 350 F.

On baking sheet, arrange tortilla strips in single layer. Bake 8-10 minutes, or until crisp. Transfer baking sheet to cooling rack. Let strips stand 15 minutes, or until cool. Transfer to airtight container and set aside.

When soup is ready, transfer 1 cup to food processor or blender. Stir in tortilla pieces. Let mixture stand 1 minute. Process until smooth. Stir mixture into soup. Stir in cilantro.

Ladle soup into bowls. Sprinkle with avocado, bell pepper and reserved tortilla strips.

## FILM REVIEWS

By Michael C. Woody

### "THE KING'S MAN"

Tap the brakes on this origin story for the Kingsman franchise. The first movie is really great, the second was a notch or two lower, and this effort is like that open can of pop in the fridge from New Year's...flat and not enjoyable.

**Grade: C**



"THE KING'S MAN"

### "DON'T LOOK UP"

If you've seen "VICE," "The Big Short" or "Anchorman," you know writer/director Adam McKay is a funny guy. Here he turns his attention to world politics. A researcher has discovered a comet racing toward Earth that is certain to wipe out the planet. The President, Meryl Streep, needs to downplay this event as it will interfere with her goals. COVID? Global warming? You figure it out but be prepared to laugh. A lot. On Netflix.

**Grade: B+**

### "MATRIX RESURRECTIONS"

I'm excited that I could almost follow this third in a trilogy. Almost. The first two movies are a complete mystery to me... mumbo jumbo and video game-like action. The third seemed easier to understand. It is not great but a relief to actually almost know what is going on. Find it streaming on HBO/Max.

**Grade: B**



"MATRIX RESURRECTIONS"

### "LICORICE PIZZA"

This one is showing up on many Top 10 lists for the best movies of the year. I gotta admit, I'm not sure why. I also can't figure out why this movie was made. A kinda cute relationship between a young couple in the early 1970s. Waterbeds, Richard Nixon and Bradley Cooper as Barbra Streisand beau Jon Peters had my head spinning. Not in a good way. What's the point?

**Grade: B ■**



"LICORICE PIZZA"

*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.*

## COMMERCIAL REAL ESTATE TRANSACTIONS

COMMERCIAL REAL ESTATE TRANSACTIONS IN ANKENY FROM DEC. 7, 2021, THROUGH JAN. 6, 2022.

**ADDRESS:** 6150 S.E. RIO CIRCLE, ANKENY  
**SALE DATE:** DEC. 7, 2022  
**SALE PRICE:** \$22,800,000  
**SELLER:** OPUS DEVELOPMENT COMPANY LLC  
**BUYER:** STAG INDUSTRIAL HOLDINGS LLC  
**SQUARE FEET:** 200,860  
**ACRES:** 11.253

**ADDRESS:** NEAR THE INTERSECTION OF N.E. 54TH AVE. AND I-235, ANKENY  
**SALE DATE:** DEC. 8, 2022  
**SALE PRICE:** \$3,220,000  
**SELLER:** LEGACY HOUSBY LLC  
**BUYER:** IPE1031 REV410 LLC  
**SQUARE FEET:** 0  
**ACRES:** 29.26

**ADDRESS:** 401 S.W. ELM ST., ANKENY  
**SALE DATE:** JAN. 5, 2022  
**SALE PRICE:** \$1,500,000  
**SELLER:** VAN ZEE, RITA J  
**BUYER:** TT&C COOPERATIVE HOUSING  
**SQUARE FEET:** 19,352  
**ACRES:** 0.949

**ADDRESS:** 1830 S.W. MAGAZINE ROAD, ANKENY  
**SALE DATE:** DEC. 16, 2022  
**SALE PRICE:** \$465,550  
**SELLER:** DRA PROPERTIES LC  
**BUYER:** PET PARENTS HOLDINGS ANKENY LLC  
**SQUARE FEET:** 0  
**ACRES:** 2.09

**ADDRESS:** 3607 N.E. OTTERVIEW CIRCLE, ANKENY  
**SALE DATE:** DEC. 29, 2022  
**SALE PRICE:** \$600,000  
**SELLER:** DRA PROPERTIES LC  
**BUYER:** JNM DEVELOPMENT HOLDINGS LLC  
**SQUARE FEET:** 0  
**ACRES:** 1.286

**ADDRESS:** 1451 N. ANKENY BLVD., ANKENY  
**SALE DATE:** DEC. 30, 2022  
**SALE PRICE:** \$3,918,000  
**SELLER:** KKCK DEFENSE LLC (AGENT)  
**BUYER:** PCA NLJV SONIC HOLDCO LLC  
**SQUARE FEET:** 1,610  
**ACRES:** 1.19

**ADDRESS:** 1525 S.E. CORTINA DRIVE, ANKENY  
**SALE DATE:** DEC. 29, 2022  
**SALE PRICE:** \$1,350,000  
**SELLER:** CORTINA INVESTMENTS LLC  
**BUYER:** REAL ESTATE HOLDINGS I LLC  
**SQUARE FEET:** 16,300  
**ACRES:** 2.989

**ADDRESS:** 2575 N. ANKENY BLVD., UNIT 201 BLDG 2, ANKENY  
**SALE DATE:** DEC. 29, 2022  
**SALE PRICE:** \$288,000  
**SELLER:** GREAT SOUTHERN BANK  
**BUYER:** QUASHELLE HOLDINGS, LLC  
**SQUARE FEET:** 1,250  
**ACRES:** 0.134 ■

## 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



*If a child refuses to nap, are they guilty of resisting a rest?*