

JORDAN CREEK
Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

CONFINED SPACES TRAINING HELD BY FIRE DEPARTMENT



The West Des Moines Fire Department recently held a training day on confined space rescue. Crews conducted drills that involved the rescue of a victim in a confined space. Special rescue equipment (rope, harness, gas monitor, ventilation system) is used to help perform safe and successful rescues. These rescues are challenging

due to the narrow and constricting environment, said Fire Marshal Mike Whitsell. Confined spaces often contain hazardous gases and vapors which can be harmful or fatal to the victims and rescuers. Types of confined spaces could be tanks, sewer systems, pits, and ductwork, he added. ■

WEST DES MOINES

WEATHER FORECAST

THURSDAY HIGH 41 | LOW 37
 Sunshine and patchy clouds



FRIDAY HIGH 46 | LOW 10
 Showers in the p.m., breezy



SATURDAY HIGH 22 | LOW 14
 Mostly sunny and much colder



SUNDAY HIGH 44 | LOW 15
 Partly sunny and mild



MONDAY HIGH 33 | LOW 22
 Sunny



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FROM THE PUBLISHER

HERE WE GO AGAIN

The more we do something, the better we get at it, or so the saying goes. If we are being honest, the whole “practice makes perfect” theory really isn’t true. If we continue to do something incorrectly, it will never become perfect. The better saying is “perfect practice makes perfect.” Meanwhile, we keep doing things. Repetition. And it adds up.

My mother had me making my bed every morning at an early age. By 5 years old, this was a daily habit. With me now at age 53, I estimate that I have made my bed more than 17,500 times. Sleep on that.

I take a shower or bath every day, whether I need to or not. (That’s a joke.) When I am in a cycle of exercising, that number increases. Based on once per day since my birth, I have showered or bathed more than 19,500 times. That’s a lot of soap and water.

I have been brushing my

teeth on my own since I was about 5. Doing so twice per day, I have used a toothbrush somewhere in the neighborhood of 35,000 times. Floss? Not so much.

Like most of you, I have been driving a vehicle since I was 16 years old. On average, I would guess that I start and drive a car about five times per day — maybe more. Even at five times, I have operated a vehicle at least 67,500 times.

According to one poll, about 40 percent of us check our email between six and 20 times per day. If you are reading this via newsletter email, you can relate. I am on the higher end of the range, but let’s go with an average of 10 times per day. I’ve been using email regularly since about 1995, which is 27 years. When I do the math, I



learn that I have checked my email more than 98,500 times — and I discovered that I won a lottery in about one-third of those instances!

The good news is, I think I am getting better at these and the other tasks I continue to repeat — but still not perfect. When Mom visits, she continues to find a wrinkle in my bedspread, and my dentist seems to locate an occasional cavity. And even with all my driving practice, I have still garnered a few traffic violations. Meanwhile, the practicing for perfection continues.

Here we go again.

Have a great week, and thanks for reading. ■

Shane Goodman

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FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com and run for free.

CARL HAROLD EDMAN

Carl Harold Edman, 89, of West Des Moines died at home on Feb. 2, 2022. He grew up in Fairmont and met his future wife, Gloria (Keller) Edman, in his kindergarten class. Carl and Gloria recently celebrated their 69th wedding anniversary. They have four children, Paul (Mary), Rob (Sarah), Jan and Eric (Chris).

Carl was an owner of Iowa Road Builders Company, a highway construction company based in Des Moines. A private family memorial will be held at a later date at Windsor Heights Lutheran Church, where Carl was a member for more than 58 years. ■



CANDACE KAY SCHMELING

Candace Kay Schmeling, 75, of West Des Moines, died Jan. 19, 2022, at MercyOne Des Moines Medical Center. She graduated from Des Moines East High School and continued her education for one year at the University of Iowa to study childhood education. She ran in-home daycare Nana's Nursery for over 35 years. A full obituary is online at www.ilesfuneralhomes.com. ■

- SAY IT WITH FLOWERS
- SAY IT WITH DIAMONDS
- SAY IT WITH CHOCOLATES
- JUST SAY IT!



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DMACC WEST'S CILIVE!

In its 13th year, this year's theme for DMACC West's ciLive! (Celebrate! Innovation) is "Go Boldly" and focuses on innovation, imagination and inspiration through storytelling. Being held virtually March 9-10, it features 12 well-known thought leaders, entertainers and entrepreneurs. The event is free and open to the public. Speakers include Dr. Talithia Williams, host of "NOVA Wonders" on PBS, and actor John de Lancie, of "Star Trek, Breaking Bad." A concert by country musician and songwriter George Ducas concludes the series on March 10 at 1:30 p.m. For more information about ciWeek, visit: <https://dmacc.edu/ciweek/Pages/welcome.aspx>. ■

WEST DES MOINES FIRE DEPARTMENT MONTHLY REPORT - JANUARY 2022

January Incident Count - 469

- Rescue & Medical - 234
- False Alarm - 99
- Good Intent - 51
- Fire - 17
- Service Call - 43
- Hazardous Condition - 22
- Overpressure/Rupture - 2
- Other - 1

Total Estimated Dollar Loss - \$366,200

Total Estimated Dollar Saved - \$4,739,900 ■

EVENTS IN THE AREA

EMAIL EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**'AGATHA CHRISTIE'S MURDER ON THE ORIENT EXPRESS'**

Through Feb. 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.dmplayhouse.com

**WINTER BLUES FEST: THE REVEREND PEYTON'S BIG DAMN BAND**

Friday, Feb. 11

Marriott, 700 Grand Ave. in downtown Des Moines

Said to possess a "burly, commanding voice" and to boast "eloquent original material" with "catchy tracks that have the zing of classic pop music, only greasier." The Reverend Peyton's Big Damn Band will play at Winter Bluesfest this month. The two-time Blues Music Awards nominees are said to be "the greatest front-porch blues band in the world led by Reverend Peyton, who is considered to be the premier finger picker playing today." For more information, visit www.cibs.org/2021/11/2022-winter-blues-fest.

CHAD ELLIOTT

Friday, Feb. 11, 8 p.m.

xBk, 1159 24th St., Des Moines

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. For more information, visit www.xbklive.com.

RIBBON BACON FESTIVAL

Saturday, Feb. 26

Horizon Events Center in Clive

After a year off, the bacon fellowship will resume, according to the Blue Ribbon Bacon Festival's website. The \$50 general admission ticket includes live entertainment, 12 bacon-inspired dishes, one beverage and all the bacon you can eat. The theme will be "Bacon Gras" and feature bacon-infused Cajun dishes along with: Bacon Bourbon Street – Mardi Gras Beads, street performers, local musical acts, pro wrestling, Iowa's top pop-punk group The Eugene Levy Band, Silent Club Sizzle, main-stage music from Tyler Richton & The High Bank Boys, Not Quite Brothers and BYOBrass, and you won't want to miss the popular bacon-eating contest at 3 p.m. Tickets for the event will be limited to 5,000. For more information, visit blueribbonbaconfestival.com.

**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://chocolatewalk.dmcityview.com>. ■

NEWS FROM THE WEST DES MOINES HISTORICAL SOCIETY

Online database now available: One of the lessons learned over the past two years is that, while people may not be able to visit museums, they still want to learn and explore history. In response, the West Des Moines Historical Society, with help from members, donors and start up funding from the Iowa Arts Council, has created an online inventory where everyone can view objects, read documents and even hear an interview with Robert Roy Jordan, Jr., about growing up in the Jordan House. To access the online inventory, visit <https://www.wdmhs.org/online-collections-database/>. Items are being added monthly, so check back often.

Live virtual tours: While coming on a tour of the Jordan House or Bennett School Museum is the best way to learn about the history of the Underground Railroad and West Des Moines, it's not the only way. Walk in the footsteps of history from the comfort of your home or classroom with a live virtual tour. A tour guide will walk you through the museum and answer any questions you have about its unique history. It's a perfect way to experience history without worrying about icy roads or health concerns. Best of all, if you're a public school, your live virtual tour is free. To book your own virtual tour, call 515-225-1286 or email info@wdmhs.org. ■

A STORY OF FORT DES MOINES

This program will be held at the West Des Moines Public Library and live-streamed on Feb. 20 at 2:30 p.m. In May 1917, the United States opened the very first Officers Training Camp for Black men in military history. The location — Fort Des Moines. Over the next six months, 1,200 Black men were trained to lead segregated commands in World War I, all the while knowing that their success or failure as leaders will be used by others as evidence of the abilities of their race. Viewers will learn about the experiences of these men, closely examining one man, perhaps the most famous graduate of Fort Des Moines, Charles Hamilton Houston. This program is part of the Iowa Files, co-presented by the West Des Moines Historical Society and West Des Moines Public Library. All programs are livestreamed via YouTube and Facebook. To watch any Iowa Files, visit <https://www.wdmhs.org/events-2-2/the-iowa-files/>. ■

SAVE A LIFE: LEARN CPR

Knowing how to perform CPR can save a life. Around 70% of out-of-hospital cardiac arrests happen at home, so you're more likely to perform CPR on someone you know. A cardiac patient's chance of becoming a long-term survivor are more than doubled if someone on scene administers prompt CPR.

If you are interested in becoming certified in CPR, West Des Moines Emergency Medical Services offers CPR courses. Call 515-273-0768 or email Julie.Powell@wdm.iowa.gov to register. ■

DES MOINES OAK LEAFS HOCKEY

The Des Moines Oak Leafs hockey team features some of the best high school hockey players in the state, and a rich history in the metro dating back to 1961. Catch a game at the team's new home rink, the MidAmerican Energy Company RecPlex, 6500 Grand Ave., West Des Moines. Free admission. For more information, visit www.dmoakleafs.com.

- Wednesday, Feb. 16 vs. Ames Little Cyclones - JV at 6 p.m., Varsity at 8 p.m.
- Saturday, Feb. 19 vs. Dubuque Saints - JV at 4:30 p.m., Varsity at 6:30 p.m.
- Saturday, Feb. 26 vs. Mason City Mohawks - JV at 4:30 p.m., Varsity at 6:30 p.m. ■

RECIPE

MADE WITH LOVE

SET THE TABLE FOR ROMANCE WITH A DELICIOUS DATE NIGHT AT HOME



(Family Features) Planning a delicious, romantic date night doesn't have to take you any further than your own kitchen. You don't have to be an accomplished chef to set the table for romance, but you can take inspiration from simple, quality Italian dishes to celebrate the link between food and love.

As this recipe shows, a romantic meal can be ready in minutes or, like a great love story, simmered to perfection. To plan the ultimate date night at home, start by trying this dreamy main dish made with mouthwatering sauce.

Flavorful sauces make a great Italian meal, but the sauce doesn't need to be made from scratch (at least, not completely). For example, Bertolli d'Italia sauces are made in Italy for authentically delicious flavor. They are crafted with tomatoes vine-ripened under the Italian sun, finely aged Italian cheeses, fresh cream and Mediterranean olive oil. The result is a sauce that's perfect for your date-night meal.

Once you select your main course, prepare a simple salad of greens with a drizzle of Italian vinaigrette or Caesar dressing. Pop a loaf of bakery-fresh Italian or focaccia bread into the oven to warm through and serve with butter or olive oil for dipping. If you're so inclined, cap off the meal with a classic Italian dessert from your local bakery, like tiramisu, cannoli or a creamy panna cotta topped with fresh fruit.

Find more romantic dishes perfect for sharing at Bertolli.com. ■

ITALIAN SAUSAGE SPINACH AND TOMATO RIGATONI

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients

Water

1/2 box rigatoni pasta

1 tablespoon olive oil

1/2 cup onions, chopped

4 cloves garlic, minced

1/2 cup mushrooms, sliced

16 ounces sweet Italian sausage

1 jar Bertolli d'Italia Marinara Sauce

2 cups fresh baby spinach

salt, to taste

pepper, to taste

Parmesan cheese, for garnish

Directions

Bring large stockpot of water to boil. Boil rigatoni pasta until al dente. Drain and set aside.

In saute pan over medium heat, add olive oil. Add onions, garlic and mushrooms. Saute until vegetables start to brown. Add Italian sausage and cook until done, breaking into small pieces. Add sauce and bring to low boil.

Add baby spinach. Cook until spinach is mostly wilted. Season with salt and pepper, to taste.

Add drained pasta to pan with sausage and sauce. Toss and divide between plates. Garnish with Parmesan cheese.

FILM REVIEWS

By Michael C. Woody

'THE LOST DAUGHTER'

New to Netflix, this is an intense drama starring Olivia Colman, Ed Harris and Dakota Johnson and the feature film directing debut of Maggie Gyllenhaal. Colman's character is on holiday when she finds herself in the middle of a dangerous group of family members. Very dark, very sexual.

Grade: B

'C'MON C'MON'

If you have ever doubted Joaquin Phoenix's ability to act (and why should you?), "C'mon C'mon" will definitely show you his range. Phoenix plays a man tasked with keeping track of his very young nephew due to a medical situation. This is a small, quiet film about this charming relationship and the balance it takes (from both of them) for it to work. Also shot in beautiful black and white. Phoenix is brilliant.

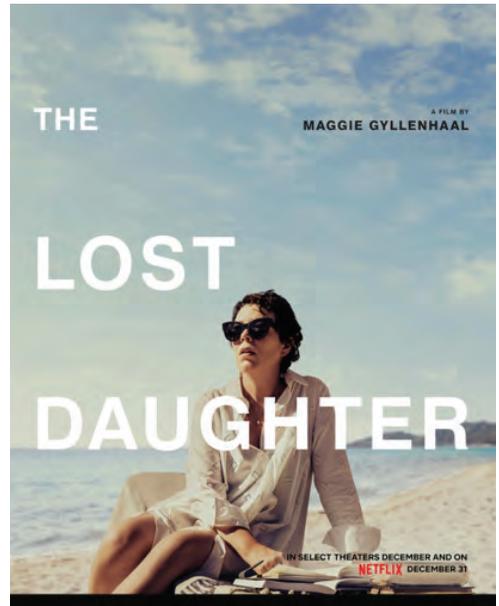
Grade: B+

'NIGHTMARE ALLEY'

Director Guillermo del Toro leans back into his roots as a horror film director in this movie about carnival workers in the Depression era 1930s and 1940s. The movie also probably features the most talented cast I saw all year. Bradley Cooper, Cate Blanchett, Toni Collette, Willem Dafoe to name a few. Del Toro tries his best to recreate the tough-guy look and feel of movies like "The Big Sleep," "The Maltese Falcon" and "Double Indemnity." Unfortunately he falls short. One too many twists at the end was too much for me, though I did love the final scene.

Grade: B ■

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.



"THE LOST DAUGHTER"



"NIGHTMARE ALLEY"

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COMMERCIAL REAL ESTATE TRANSACTIONS**COMMERCIAL REAL ESTATE TRANSACTIONS IN WEST DES MOINES FROM DEC. 7, 2021, THROUGH JAN. 6, 2022.****ADDRESS: 909 ASHWORTH ROAD, WEST DES MOINES**

SALE DATE: DEC. 9, 2022
 SALE PRICE: \$18,100,000
 SELLER: THE LODGE OF ASHWORTH INC
 BUYER: ELITE LODGE OF ASHWORTH LLC
 SQUARE FEET: 200,026
 ACRES: 11.685

ADDRESS: 401 FOURTH ST., WEST DES MOINES

SALE DATE: JAN. 4, 2022
 SALE PRICE: \$233,000
 SELLER: COOK III, FRANK L.
 BUYER: IMOGENE INVESTMENTS LLC
 SQUARE FEET: 2,165
 ACRES: 0.166

ADDRESS: 4700 EP TRUE PARKWAY, WEST DES MOINES

SALE DATE: JAN. 4, 2022
 SALE PRICE: \$44,840,000
 SELLER: TRUE PARKWAY LLC
 BUYER: AMFP V WELLINGTON LLC
 SQUARE FEET:
 ACRES: 41.395

ADDRESS: 218 FIFTH ST., WEST DES MOINES

SALE DATE: JAN. 5, 2022
 SALE PRICE: \$850,000
 SELLER: GLAWE PROPERTIES LLC
 BUYER: WAY RAMBO LLC
 SQUARE FEET: 7,885
 ACRES: 0.127

ADDRESS: 401 RAILROAD PLACE, WEST DES MOINES

SALE DATE: JAN. 3, 2022
 SALE PRICE: \$600,000

SELLER: NATIONAL FORENSIC LEAGUE

BUYER: VJ RAILROAD LLC
 SQUARE FEET: 7,742
 ACRES: 0.274

ADDRESS: 301 ASHWORTH ROAD, WEST DES MOINES

SALE DATE: JAN. 6, 2022
 SALE PRICE: \$1,900,000
 SELLER: DI PROPERTIES LLC
 BUYER: VAB LLC
 SQUARE FEET: 30,956
 ACRES: 8.5

ADDRESS: 3700 WESTOWN PARKWAY, WEST DES MOINES

SALE DATE: DEC. 23, 2022
 SALE PRICE: \$4,373,630
 SELLER: DAPC BUILDING LLC
 BUYER: WALZ CAPITAL DES MOINES LLC
 SQUARE FEET: 11,037
 ACRES: 2.275

ADDRESS: 484 S. 19TH ST., WEST DES MOINES

SALE DATE: DEC. 28, 2022
 SALE PRICE: \$675,000
 SELLER: TT&C COOPERATIVE HOUSING
 BUYER: LANGPAUL HOLDINGS 484 LLC
 SQUARE FEET: 8,312
 ACRES: 0.53

ADDRESS: 111 FIFTH ST., WEST DES MOINES

SALE DATE: DEC. 21, 2022
 SALE PRICE: \$702,500
 SELLER: STOOKEY, RONALD G
 BUYER: 111 FIFTH ST. LLC
 SQUARE FEET: 5,672
 ACRES: 0.238 ■

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.

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.

WANTED: Broken appliances & A.C.'s, 10 years old & under, repair hopefuls. Call 515-238-3343.

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

What did Yoda say when he saw himself in 4K?

HDMI!!!