

# ALTOONA Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

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## SEEN IN ALTOONA

CITYVIEW'S BEST OF DES MOINES AWARD CEREMONY WAS HELD ON FEB. 1.



Kathy Rodriguez, Kerry Reeves, Angie Schaffer and Lyra Bristow from Empress Threads



Ashley and Megan Hartman from Central Iowa Vapors



Nathan Deutmeyer, Nicole Berger, Chris Beach and Jay Mathes from Edencrest



Kassandra Trenary, Matthew Rauhen and Marissa Glendy from Wolfe Eye Clinic

### ALTOONA WEATHER FORECAST

**TUESDAY HIGH 51 | LOW 38**  
Mostly sunny and mild



**WEDNESDAY HIGH 38 | LOW 12**  
Colder, snow in the p.m.



**THURSDAY HIGH 20 | LOW 9**  
Colder with some sun



**FRIDAY HIGH 45 | LOW 17**  
Mild, breezy in the p.m.



**SATURDAY HIGH 38 | LOW 27**  
Plenty of sunshine



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FROM THE PUBLISHER

# MEET GEORGE JETSON

I saw a cartoon the other day illustrating a family driving in a car with the mother in the passenger seat looking at her phone and stating to all, “The blender just texted — we forgot to turn off the stove.”

Sound familiar? We may not be there yet, but we are close.

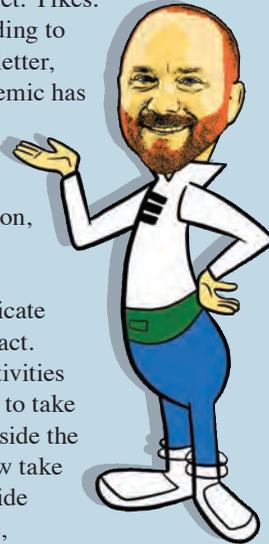
A telecommunications company mailed me a newsletter recently with an article that referenced a 2021 survey from Deloitte indicating that the average U.S. household now has 25 connected devices, up from 11 in the 2019 survey.

“Impossible,” I said.

Then I started adding them up. My cell phone. My wife’s cell phone. Two iPads. Two Apple watches. Two laptops. A home computer. Two Apple TVs. A Firestick. A Ring doorbell. A Nest thermostat. A MyQ garage door opener. Three Amazon Echos. Two wireless headphone sets. That brings me to 20, and

I haven’t counted in the kids’ devices yet. Yikes.

According to the newsletter, the pandemic has played a big part in this progression, changing how we communicate and interact. Many activities that used to take place outside the home now take place inside the home, redefining “homework.”



Here are a few other surprising findings from the Deloitte report:

- More than half of U.S. adults had virtual doctor visits, and 82 percent were satisfied with the experience.
- More than half of U.S.

households have a smartwatch or fitness tracker.

- During the pandemic, 70 percent of consumers started mobile ordering or other smartphone-based retail and expect to continue to do so.
- Two-thirds of U.S. household have some type of smart home devices.
- Thirty-one percent of Americans admit to feeling overwhelmed by the number of devices and subscriptions they need to manage.

Ready or not, the future is here. Meet George Jetson.

Have a great week, and thanks for reading. ■

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# BOWLING BASH

The East Polk Rotary Club is holding its Bowling Bash, complete with silent auction, raffle, trophies and more fun on Friday, Feb. 18, 2-5 p.m., at Great Escape, Pleasant Hill. Proceeds support the Iowa Industrial Technology Exposition and other community projects. Cost is \$65 per bowler or \$260 per team (four bowlers per team). Register a second team for \$200. Registration forms are available at [www.eastpolkrotary.org](http://www.eastpolkrotary.org). ■

# 'JAMES AND THE GIANT PEACH JR' ON STAGE

CAP Theatre will present "James and the Giant Peach Jr" on its Mainstage. Performances are live theatre for families of all ages. Performances are Feb. 18 to March 6, Fridays and Saturdays at 7 p.m. and Sundays at 2 p.m. Tickets are available via the CAP Theatre website: [captheatre.org](http://captheatre.org) for \$10 for youth ages 3-18 and \$16 for adults.

When James is sent by his conniving aunts to chop down their old fruit tree, he discovers a magic potion that grows a tremendous peach, rolls into the ocean and launches a journey of enormous proportions. James befriends a collection of singing insects that ride the giant piece of fruit across the ocean, facing hunger, sharks and plenty of disagreements along the way.

Based on Roald Dahl's book of the same name, "James and the Giant Peach" is a whimsical and magical journey of one boy out to change his life and find a real family. ■

# BINGO AND BLOODY MARYS

Enjoy playing bingo at this fun and free event for ages 21 and older on Feb. 19, 1-3 p.m. at Hawk Heaven Tavern, 805 17th Ave. S.W., Altoona. Six rounds will be played with prizes each round and raffle prizes. Specials on Bloody Marys and Mimosas. ■

# ICCC HONORS LISTS RELEASED

Iowa Central Community College released its honors lists for fall 2021 semester. Included from Altoona were Jeremiah Warren on the President's List and Andrew Hunt on the Dean's List. ■

## SEP SPORTS SCHEDULES

### Tuesday, Feb. 15

- 11 a.m. **Bowling:** Girls Varsity/Boys Varsity State Qualifying @ Bowlerama Lanes
- 6:15 p.m. **Basketball:** Boys Varsity @ Ankeny High School

### Wednesday, Feb. 16

- 9 a.m. **Wrestling:** Varsity State Duals Tournament @ Wells Fargo Arena

### Thursday, Feb. 17

- TBD **Wrestling:** Varsity State Tournament @ Wells Fargo Arena

### Friday, Feb. 18

- TBD **Wrestling:** Varsity State Tournament @ Wells Fargo Arena
- 6:15 p.m. **Basketball:** Boys Varsity vs. Ottumwa

### Saturday, Feb. 19

- TBD **Wrestling:** Varsity State Tournament @ Wells Fargo Arena
- 7 p.m. **Basketball:** Girls Varsity Regional Semifinal

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## EVENTS IN THE AREA

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## 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](http://www.hoytsherman.org).

**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.

**Feb. 24:** “Ashley McBryde - This Town Talks Tour” at 8 p.m.



## ON STAGE

## February dates

Enjoy one of the local theater productions currently showing in the area.

- **“Long Day’s Journey into Night”** — Iowa Stage Theatre Company presents this play about addiction and the resulting family dysfunction now through Feb. 20 at the Stoner Theater, 221 Walnut St., Des Moines. [www.iowastage.org](http://www.iowastage.org)

- **“The Revolutionists”** — Tallgrass Theatre Company, 2019 Grand Ave., West Des Moines, presents this play about four beautiful, tough women who lose their heads in an irreverent, girl-powered comedy. Playing now through Feb. 20. [www.tallgrasstheater.org](http://www.tallgrasstheater.org)

- **“Agatha Christie’s Murder on the Orient Express”** — The show runs now through Feb. 20 at the

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](http://www.dmplayhouse.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>.

## BLUE 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](http://blueribbonbaconfestival.com). ■

## RECIPE

# FRESH, HEALTHY FAMILY MEALS

## RECIPES TO HELP BOOST IRON LEVELS, AID PLASMA DONATION RECOVERY



(*Family Features*) Chef Nate Appleman knows how important it is to serve healthy meals to your family – ones they actually want to eat. Before having his first child, he transformed his eating and exercise habits and lost 85 pounds to get on a healthier path.

Now, he's cooking meals for his family, including 14-year-old Oliver who was diagnosed with Kawasaki Disease as a toddler – an inflammation of the blood vessels that can cause damage to coronary arteries – as a healthy lifestyle is important to help manage the disease. Since Oliver's diagnosis, Appleman made it his personal mission to create awareness of Kawasaki Disease and for the critical need for plasma donations that many people with the disease rely on for treatment, which is why he partnered with Abbott to bring attention to the need for plasma donations.

Donating plasma is a safe and relatively easy process. Since plasma is replaced in the body within about 24 hours, it can be donated up to twice per week. With a donation that typically takes between 1-3 hours, you can make a lasting impact by providing lifesaving medicine for patients like Oliver.

It's a good idea to fuel up with iron-rich foods before and after donating, so Appleman created fresh, nutritious recipes he loves to serve his family.

Learn where you can donate at [bethel1donor.abbott](http://bethel1donor.abbott). ■

### MARINATED SKIRT STEAK

*Recipe courtesy of chef Nate Appleman on behalf of Abbott*

#### Vinaigrette:

- 1/4 cup oil
- 1/4 cup fish sauce
- 1/4 cup rice wine vinegar
- 1/4 cup water
- 2 tablespoons raw sugar
- 1 cup chopped fresh cilantro
- 1 lime, juice only
- 1 clove garlic, minced
- 1 small Thai bird chile or serrano chile, chopped
- 1/4 head finely shaved green cabbage
- 1/4 head finely shaved purple cabbage
- 2 carrots, thinly julienned

#### Skirt steak:

- 1 1/2 pounds trimmed skirt steak
- 1/2 cup coconut milk
- 3 cloves garlic, minced
- 2 tablespoons lime juice
- 1/4 cup chopped fresh cilantro
- 2 tablespoons sriracha
- salt, to taste
- 3 cups cooked brown rice
- 1/2 cup crushed peanuts
- 1 lime, quartered, for garnish

**To make vinaigrette:** In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

**To make skirt steak:** Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.

Heat grill to high.

Grill 3-4 minutes each side until medium rare.

Let rest 3 minutes.

Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.

## FILM REVIEWS

By Michael C. Woody

### 'AFTER LIFE'

Season 3 of this heartwarming and heartbreaking series about a man who loses his wife to cancer is outstanding. Ricky Gervais, of all people, is behind this excellent series. Raunchy language alert but so full of heart and love.

**Grade: A-**



"AFTER LIFE"

### 'ENCOUNTER'

What starts as a compelling sci-fi story about an ex-military dad protecting his two sons spins on a dime and turns into a whole different movie. Riz Ahmed turns in great performances.

**Grade: B-**



"ENCOUNTER"

### 'PARALLEL MOTHERS'

This is the first of two art films on this month's list. Penelope Cruz plays a successful adult who finds herself pregnant with no support from the father. Along this road, she meets a young woman in the same position, and the two strike up an interesting friendship. It's not a perfect film, but there is still much to like.

**Grade: B**



"PARALLEL MOTHERS"

### 'SCREAM'

I guess "Scream 5" didn't seem like a great title, so simply "Scream." Many faces from previous incarnations reappear as the town is once again terrorized by a creepy man.

**Grade: C+**



"SCREAM"

### 'SWAN SONG'

If you love Mahershala Ali ("Green Book"), you are in for a treat as here he plays two characters. A man who has a terminal illness finds a company (headed by Glenn Close) that will make an exact copy of him and insert this duplicate into the life of his son and wife... without them knowing. All fun and games until something goes awry.

**Grade: B+**



"SWAN SONG"

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.



# SEEN IN ALTOONA

## CERTIFICATES WERE PRESENTED TO THE TOP THREE FINISHERS IN THE EASTERN POLK COUNTY RESIDENTS' CHOICE AWARDS.



Front row: Jodi Hulbert, Katie Murphy, Becky Meredith, Jami Harvey, Karmen Jorgensen; back row: Josh Brown, Erin Hogan, Kailan Wing and John Nau with Class Act Productions/CAP Theatre



Hailey Fenner, Courtney Casner and Madi Goehry of Tangled Tails



Marin Bisdorf, Stacey Amensen, Nathan Anenson, Joyce Ingram, Laurel Swanson, Brad Hallberg, Tim Hummel and Luke Berry of Lutheran Church of the Cross



Lena Pierce, Brandon Thompson and Andrea Weber of Great Escape



Suzy Hendrickson of Suzy's Kitchen



Sheena Chochran-Foster with RE/MAX Hilltop



Jesse Perez with Snyder Landscaping and Lawn Care



Maaik Hendrikson and Melissa Horton with Altoona Area Chamber of Commerce

# SPIRIT OF CHANDY SCHOLARSHIP OFFERED

For the ninth year, Bank Iowa is offering graduating high school seniors in the Des Moines area an opportunity to apply for the Spirit of Chandy Scholarship. Bank Iowa annually awards up to 20 \$500 scholarships to commendable high school students across the state.

The scholarship is a tribute to Bank Iowa co-founder Harry Barr's daughter, Chandy Barr Clanton, who passed away in 2009 at the age of 36 while piloting her aerobatic plane during a training flight. Clanton was a successful businesswoman, competitive athlete, talented pilot and a beloved mother of two sons.

"Chandy's zest for life and her drive to be the very best is a great example for students, especially to high school seniors looking to take the next step in their education," said Bank Iowa President and CEO Jim Plagege. "Bank Iowa is honored to provide Iowa students with an opportunity to get to learn about Chandy through her work and passions, as well as support to students across the state."

The application deadline is March 25, and recipients will be announced in May. To apply for the scholarship, visit <https://www.bankiowa.bank/about-us/spirit-of-chandy-scholarship> ■

## POLK COUNTY CONSERVATION

### KNEE-HIGH NATURALISTS

Join Knee-High Naturalists Feb. 16, 10 a.m. at Jester Park. The topic will be Reptiles & Amphibians. As naturalists, participants will hike, investigate, and navigate through the trails and grounds of Jester Park as they learn what makes the outdoors such an amazing place. Come dressed to be outside. Registration required the day before this free event recommended for ages 3-6. Register online at <https://www.polkcountyiowa.gov/conservation/>.

### ANIMAL GUIDES MEDITATION

Join Kara Simons for a guided meditation and discussion honoring our energetic and physical connections with animals as teachers and guides Wednesday, Feb. 16, at 6 p.m. at Jester Park Nature Center. Reframe your perception and explore the rich symbolism of animal characteristics and attributes, from birds to mammals to reptiles, amphibians and insects. Cost is \$15 and the event is for ages 14 and older. Registration required by Feb. 14. Register online at <https://www.polkcountyiowa.gov/conservation/>. ■

## CLASSIFIED ADS

**HOUSE CLEANER WANTED:** Needed ASAP. Small townhome in Johnston. Needed 1 to 2 times a week for 2 hours each. Will pay \$50/2hrs. Call Joe at 515-278-2296.

**FARM FRESH EGGS:** \$3.00 text or call Don @ 515-554-8864. Pick up in Grimes.

**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 MONDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM**

LIST 50 WORDS OR LESS FOR FREE.

## JOKE OF THE WEEK



*What do you call a belt made of watches?*

*A waist of time!!!*