

ANKENY Living Weekly

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

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STUDENT SHARK TANK SPURS CREATIVITY

Great minds on a mission is a good way to summarize the 2022 Student Shark Tank event held by Ankeny Economic Development Corporation. From local apparel with a mental health message to improving non-profit efficiency across the country, area students pitched their ideas for making a profit and improving the world.

Ankeny Orbis students hosted this year's event on Martin Luther King Day. Audrey Pierick, Faith Lilly and Aaron Martin planned, organized and executed the event. Participants representing three Ankeny schools, two universities and a trade school pitched ideas for their shot at winning funds to further their efforts.

Winners in the for-profit division were: first place, Christopher Martin; second, Bradley Van Heeswyk; third, Michael Chongo/Devin Nalley;



Aaron Johnson, Audrey Pierick, Faith Lilly, Aaron Martin and Joey Beech participated in the Student Shark Tank.

and fourth, London Schuchart.

Winners in the non-profit division were: first, Thomas Brustkern; and second, Nick Jensenius.

Thomas Brustkern's mission for PLAB is to make 3D printing more accessible for Ankeny area

students. Brustkern experienced long wait times and limited options for accessing the 3D printing capabilities in Ankeny. With his winnings, he plans to create a club of 3D printer

SHARK TANK, CONTINUED ON BACK

ANKENY WEATHER FORECAST

WEDNESDAY HIGH 40 | LOW 13
Icy mix in the p.m.



THURSDAY HIGH 22 | LOW 9
Colder with some sun



FRIDAY HIGH 40 | LOW 17
Breezy and not as cold



SATURDAY HIGH 38 | LOW 30
Mostly sunny



SUNDAY HIGH 51 | LOW 32
Sunshine, breezy and mild



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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.

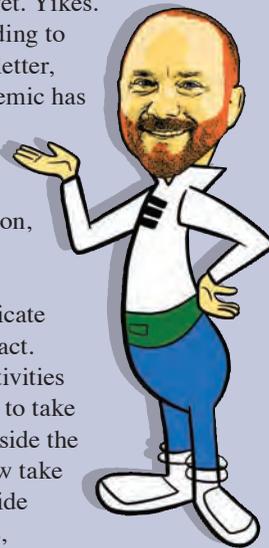
A telecommunications company mailed me a newsletter recently with an article that referenced a 2021 survey from Deloitte indicating that the average U.S. household now has 25 connected devices, up from 11 in the 2019 survey.

“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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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 of \$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. ■

TEAM TRIVIA FUNDRAISER

Form a group of four or eight and join a night of friendly competition in support of your local library. After a break in 2020 and 2021, the Friends of the Ankeny Library are again hosting their annual team trivia event. It is set for Saturday, March 26, at 7:30 p.m. at Ankeny Kirkendall Public Library, 1250 S.W. District Drive. This event has historically been the group's single biggest fundraiser of the year, inviting participation from more than 180 area residents and helping support and promote programs and services at the library. Door prizes, a silent auction and snacks/drinks are planned. Pre-registration is required. The cost is \$25/person (\$100 for a table of four; \$200 for a table of eight). Register online at <https://www.eventbrite.com/e/spring-team-trivia-night-tickets-240223032557>. ■

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).

Alyssa Winchell

"My name is Alyssa. I recently moved to Ankeny to finish my degree in secondary education at DMACC. I enjoy vintage fashion/cosmetics, music, video games, and cuddling with my cats. I also love to read adult fantasy, sci-fi, and children's literature. I'm delighted to be a part of the Ankeny Kirkendall Public Library and can't wait to interact with everyone." ■



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>. ■

HONORS LISTS RELEASED

Iowa Central Community College released its honors lists for the fall 2021 semester. Included from Ankeny are Hannah Bates on the President's List and Isaac Brewer, Jordan Kumm, Chase Martin and Rebekah Parsons on the Dean's List. ■

COMMUNITY GATHERING PLANNED

Ankeny Community Network is hosting a Community Gathering on Feb. 20, 3:30-5 p.m. at the DMACC Student Center. ■

SEEN IN ANKENY



A ribbon cutting was held for Juna Sleep Systems at their new location, 1805 S.E. Delaware Ave., Suite 1200, on Jan. 12. Photo by Brent Roske, Ankeny Area Chamber of Commerce.

POLK COUNTY CONSERVATION

OLDER, WISER, LIVELIER, SENIORS - FARM TO FOREST

Jester Park Nature Center
Tuesday, March 1, 11 a.m.

Join Polk County Conservation Naturalist, Lindsey Page as she outlines how being raised a farm kid in rural Iowa ultimately led her down the path of environmental education and conservation, as well as how the world of agriculture and the world of conservation overlap in the state of Iowa. A cookies and coffee social starts at 10:30 a.m. and the program at 11 a.m. No registration required for this free program for ages 12 and older.

TODDLER TALES

Jester Park Nature Center
March 1 and April 7, 10 a.m.

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. Registration required the day prior to the event. Register online at <https://www.polkcountyiowa.gov/conservation/>. Monthly themes are:

- March 3, 10 a.m. - Ducks
- April 7, 10 a.m. - Birds & Nests

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

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.

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

- **“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

- **“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

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. ■

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 bethel.donor.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.



SHARK TANK, FROM FRONT

enthusiasts to share knowledge and resources and make this innovative technology more accessible to community members and students.

Christopher Martin is on a mission to combine his passion for improving low-income housing options with his business savvy and computer science skills to build a business that will provide Habitat for Humanity chapters around the country with an affordable application system. Working with industry experts, he is developing a solution that will improve efficiency and reach for these non-profits.

Bradley Van Heeswyk invented and patented a unique solution for turkey hunters to easily preserve and commemorate their birds without the time and expense of a taxidermist.

Judges ranked participants on



Michael Chongo, Deshara Bohanna and Davin Nalley participated in the Student Shark Tank.

the merit of the idea, return on investment, execution plan and presentation. The judging panel included Melissa Johnson, president of Midwest Insurance Corporation; Deshara Bohanna, owner of Design Fetish; Aaron Johnson, vice president of marketing at Accumold; and Kerry Walter-Ashby, Ankeny City Council member. ■

LIBRARY HAPPENINGS

Local influencer Erin Port will give a presentation on Tuesday, March 1, at 6:30 p.m. at the Ankeny Kirkendall Public Library. As a busy mom of four children, Erin founded Simple Purposeful Living with the mission to help simplify your life. You'll find tips and tools to simplify your life on purpose including fun recipes and meal planning suggestions, cleaning and organizing tips, seasonal activities and much more. If you would like to check out her website, head over to www.simplepurposefulliving.com. ■

ANKENY ART CENTER FEATURES K-12 NORTH POLK SHOW

The Ankeny Art Center, 1520 S.W. Ordinance Road, is exhibiting the artwork of K-12 North Polk students Feb. 22-March 16 with a reception on Thursday, Feb. 24, 5-7 p.m. Masks are required at the K-12 Show reception, and, due to this, no food or drink will be served to minimize exposure. ■

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 TUESDAY 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!!!