

# NORWALK *Living Weekly*

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

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## HIRTA TO BEGIN SERVING NORWALK

HIRTA will begin operating a vehicle exclusively in Norwalk starting March 1. Initially, HIRTA will provide transportation on Tuesdays and Thursdays from 7 a.m. to 4 p.m. A one-way trip in town is \$2.50.

To guarantee a ride, schedule at least 24 hours in advance. Rides can be scheduled by calling 1 (877) 686-0029 or by emailing [erides@ridehirta.com](mailto:erides@ridehirta.com). Riders can also contact HIRTA to set up the Amble App to schedule, pay or cancel their trips on their smartphone.

Riding HIRTA is simple, and anyone can do it. Start by scheduling a trip, then, be ready to go 10 minutes prior to your pickup time. Finally, board the vehicle, pay the fare, buckle up, and enjoy the ride.

For those needing more



instruction, a travel training program is offered. Participants are taught how to safely and independently use HIRTA. Travel Training may be done in person or virtually and in a group or one-on-one. Regardless of which training

path is chosen, each training will specifically be tailored to the individual. For more information, visit [www.RideHIRTA.com/TravelTraining](http://www.RideHIRTA.com/TravelTraining).

**HIRTA, CONTINUED ON BACK**

### NORWALK WEATHER FORECAST

**THURSDAY HIGH 19 | LOW 8**  
Mostly cloudy, cold



**FRIDAY HIGH 43 | LOW 16**  
Breezy, clearing, not as cold



**SATURDAY HIGH 35 | LOW 31**  
Mostly sunny



**SUNDAY HIGH 54 | LOW 33**  
Sunny, breezy and mild



**MONDAY HIGH 43 | LOW 25**  
Mostly cloudy and cooler



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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.

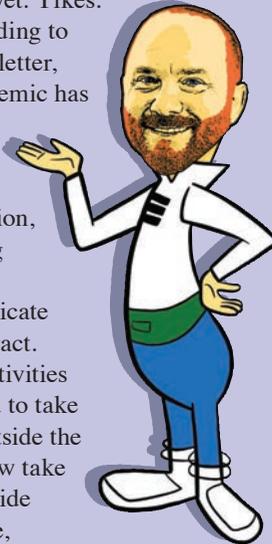
A telecommunications company mailed me a newsletter recently with an article that referenced a 2021 survey from Deloitte indicating that the average U.S. household now has 25 connected devices, up from 11 in the 2019 survey.

“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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# COFFEE & CHAT

The public is invited to the weekly Coffee & Chat at the Library Meeting Room on March 11 from 10-11 a.m. This free, drop-in event is geared for adults, but all library visitors are welcome to attend. Coffee & Chat is a safe, welcome space for members of the community to connect with others while enjoying a hot beverage. This program was designed with these visitors in mind: new Norwalk residents, a seniors social hour, new/growing Norwalk businesses, parents and caregivers, English language learners, and any individual of any age seeking connection.

A variety of beverages will be served, including coffee, hot tea, and seasonal options of hot cocoa or cider, purchased locally. Stay for a few minutes, the whole hour, or until the coffee gets cold — while supplies last. The library will also have on hand adult coloring, brain games, cards and board games, and brochures/handouts of local businesses and organizations. ■

# STALEY'S CHICKEN DINNER

Enjoy a fried chicken feast on Sunday, Feb. 27, from 10:30 a.m. to 1:30 p.m., at St. John the Apostle parish hall in Norwalk. The menu includes fried chicken, mashed potatoes and gravy, green beans, coleslaw, dinner rolls, pie, coffee and tea. Cost is \$10 for adults and \$5 for ages 6-12. Kids younger than 5 eat free. A lawn mower, handmade quilt, designer cake and more will be auctioned off during the event. For more information, contact Gary and Mary Haselton at 515-321-3873 or the parish office at 515-981-4855. ■

# 2022 LEGISLATIVE FORUM

Join the Chamber on Thursday, Feb. 24, 7:30 a.m., to hear directly from Norwalk's legislative delegation as to the issues, challenges and opportunities facing our state and its businesses and organizations. Attendees will also be encouraged to submit questions, with the program being moderated by the Chamber Board Lead on Government Affairs Harry Carey, director of External Affairs, AT&T. Legislators invited include: Sen. Bob Duff (D-25th), Rep. Chris Perone (D-137th), Rep. Travis Simms (D-140th), Rep. Terrie Wood (R-141st), Rep. Lucy Dathan (D-142nd) and Rep. Stephanie Thomas (D-143rd). To register, visit <https://web.norwalkchamberofcommerce.com/events?oe=true>. ■

## NHS SPORTS SCHEDULES

### Thursday, Feb. 17

TBD **Wrestling:** Varsity State Individual @ Wells Fargo Arena  
7:30 p.m. **Basketball:** Boys Varsity vs. North Polk

### Friday, Feb. 18

TBD **Wrestling:** Varsity State Individual @ Wells Fargo Arena

### Saturday, Feb. 19

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

**THIS SPOT IS AVAILABLE.**

Contact Martha Munro at [martha@iowalivingmagazines.com](mailto:martha@iowalivingmagazines.com)



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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. 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 these 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). ■

## FAMILY OPEN GYM

Shoot hoops or play a pick-up game with friends and family during family open gym at Oviatt Elementary School, 713 School Ave., every Sunday through Feb. 27, 2-4 p.m. Bring clean tennis shoes for the floor. No registration required, just show up and play. For residents of Norwalk school district only. Cost for adult is \$1 and for youth, 50 cents. ■

## COMMUNITY CHAT

The next monthly Community Chat is March 12, 9-10:30 a.m. It is held the second Saturday of the month at City Hall for Norwalk residents to visit informally with city representatives. ■

## OPALS SENIOR LUNCHEON

Everyone age 55 and older is welcome to OPALS Senior Luncheon, a monthly lunch (held through April), March 4, April 1, 11:30 a.m. to 1 p.m. at Luana Savings Bank, 9321 Market Place Drive, Norwalk. Come and socialize with the Parks and Recreation staff and enjoy a potluck style lunch. Water is provided. Bring a side dish or dessert to share. Each event will have a different speaker. Speakers will be announced prior to the event. Pre-registration is required. Call 515-981-9206. ■

## INDY WINTER VENDOR FAIR

The Indy Winter Vendor Fair is held Feb. 19 and March 19, 9 a.m. to noon at the Odd Fellows Hall, 1202 S. Jefferson Way, Indianola. Hosted by Whip It Good Catering, the fair features a variety of vendors offering crafts, freezer meals, soups, baked goods, candles, fresh-baked breads, gifts, clothing and much more. For more information, email [whipitgood515@gmail.com](mailto:whipitgood515@gmail.com). ■

## THINK SPRING GARDEN SEMINAR

Warren County Master Gardeners and Indianola Parks & Recreation present this Think Spring Garden Seminar 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. ■

## SEEN IN NORWALK

NORWALK AREA CHAMBER OF COMMERCE HELD ITS 29TH ANNUAL AWARDS SOIREE ON JAN. 21.



Natalie Martin and Grant Kimball



Tim Stephany and Gary Burton



Benjamin Pearson and Lucinda Sperry

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. ■

### 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.



# FUNERAL NOTICE

Funeral notices can be emailed to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) and run for free.

## ANNA MAY COOLEY

Services for Anna May Cooley, 97, who died Feb. 3, 2022, in Norwalk, were held Feb. 10 at Overton Funeral Home in Indianola with burial in the Indianola I.O.O.F. Cemetery. She grew up on a farm near Des Moines where she met and married Edward William Cooley on Oct. 17, 1941. They were together 57 years until his death in 1999. They had six children: Edward LeRoy (Grace), Joanne Dora (Keith Blanchard), Wayne Dennis (Robin), Beverly Jean (Raymond Johnson), Penni Sue (Larry Bell), and Larry Scott (Marcinda). Joanne and Wayne preceded her in death. ■



## HONORS LISTS RELEASED

Central Community College released its honors lists for the fall 2021 semester. Included from Norwalk were Toby Laurie on the President’s List and Cole Tunender on the Dean’s List. ■

## COMMUNITY LECTURE: HOW TO BE A HEALTH COACH

Kim Robinson-Gilchrist, M.S. will offer a free community lecture, “How to be a Health Coach: Alternative Options in Health Care for Nonprofessionals and Professionals” on Saturday, April 2 at Luana Savings Bank conference room, 9321 Market Place Drive, Norwalk. Wellness foods will be served. Registration is required, and seating is limited. Register by contacting Robinson-Gilchrist, 515-410-4959, or [gilchristinstitute@aol.com](mailto:gilchristinstitute@aol.com). ■

## HIRTA, FROM FRONT

The Transportation Security Administration federal mask mandate for public transit requires riders and drivers to wear a mask through March 18. Failure to comply will result in denial of boarding or removal and may result in penalties.

“We look forward to bringing

service to Norwalk, and we encourage people to try us out and see how easy it is to ride,” says HIRTA Executive Director Julia Castillo. “Transportation is a lifeline in our communities, providing easy and affordable access to services, groceries, employment, healthcare and social opportunities. HIRTA is open to everyone. Anyone can ride. We can get you there.” ■

# 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.

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LIST 50 WORDS OR LESS FOR FREE.

## JOKE OF THE WEEK



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

*A waist of time!!!*