

INDIANOLA *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

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SEEN IN INDIANOLA

A POTLUCK DINNER WAS HOSTED BY VINTAGE HILLS AT THE PARKS & RECREATION ACTIVITIES CENTER ON JAN. 21.



Amber Rose and Gail Rose



Gary Brown and Mary Vercoe



Bryant Vickroy and Danyel Wilson



Betty Albers, Ron Schuster and Madeline Weeks



Kathy Warner, Sue Ellen Hansen and Toots Garvin



Carol Ellsworth, Cathy Ball, Lois Halterman and Yvonne Lusk

INDIANOLA 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.

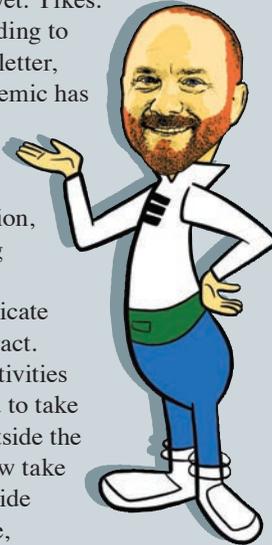
A telecommunications company mailed me a newsletter recently with an article that referenced a 2021 survey from Deloitte indicating that the average U.S. household now has 25 connected devices, up from 11 in the 2019 survey.

“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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Living Weekly

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INDOOR PLAY DATES

Kids ages 1 through pre-K, with adult supervision, can participate in Indoor Play Dates held Wednesdays, Feb. 23, March 2 and March 9, 10:30 a.m. to noon, at the Indianola Activity Center. This drop-in program, sponsored by Peoples Bank, is a chance for the kids to burn off energy while parents have an opportunity to connect. The event is cancelled if Indianola schools are canceled due to bad weather. ■

LENTEN FISH DINNERS

The Indianola Knights of Columbus Lenten Fish Dinners (dine-in or carry-out) will be held March 4, 11, 18, 25 and April 1 and April 8 at St. Thomas Aquinas Parish Hall. Serving will be from 5:30-7 p.m. Cost is \$12 for adults and carry-out orders and \$5 for children 6-12. Children younger than 5 are free. ■

INDIANOLA PUBLIC LIBRARY SPECIAL EVENTS

Dr. Seuss Birthday BASH, Saturday, Feb. 26, 9 a.m. Celebrate Dr. Seuss' birthday with doughnuts, stories, and all kinds of silly fun. This year's event will be at the library. Sponsored by the Friends of the Indianola Public Library.

Friends of the Library Trivia Fundraiser, Saturday, Feb. 26, doors open at 6 p.m. and trivia starts at 7 p.m. The annual Trivia Night Library Fundraiser is back. Registration is \$20/person or \$160 for a full table of eight. Register at the library or at indianolaiowa.gov/friendsofthelibrary. Preference will be given to full-table registrations. All proceeds benefit the Friends of the Indianola Public Library. ■

INDY WINTER VENDOR FAIR

The Indy Winter Vendor Fair, hosted by Whip It Good Catering, features a variety of vendors offering crafts, freezer meals, soups, baked goods, candles, fresh-baked breads, gifts, clothing and much more. Vendor Fairs are scheduled for Feb. 19 and March 19, 9 a.m. to noon, at the Odd Fellows Hall, 1202 S. Jefferson Way, Indianola. For more information, email whipitgood515@gmail.com. ■

IHS SPORTS SCHEDULES

Thursday, Feb. 17

- TBD **Wrestling:** Varsity State Tournament @ Wells Fargo Arena
- 4:30 p.m. **Basketball:** Boys 9th Grade @ Bondurant-Farrar
- 6 p.m. **Basketball:** Boys 10th Grade @ Bondurant-Farrar
- 7:30 p.m. **Basketball:** Boys Varsity @ Bondurant-Farrar

Friday, Feb. 18

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

Saturday, Feb. 19

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

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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.

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

• **“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. ■

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 NOTICES

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

DOROTHY (HILDRETH) MATTHIESEN

Dorothy (Hildreth) Matthiesen, 98, died Feb. 3, 2022, at The Village retirement community of Indianola. She grew up in the Des Moines area, farmed near Curlew, and lived for 54 years in Fenton before moving to The Village in Indianola in 2002. Dorothy attended both Lincoln and North High Schools in Des Moines. During high school, she ran track, played tennis and swam. During WWII, she worked at the Ankeny Ordnance Plant and later at Solar Aircraft in Des Moines where she met her husband, Homer, who preceded her in death. She was active with Homer in his welding shop, DeKalb Seed Corn business and Homer's Hardware store.

A memorial service will take place in May at the Rush Lake Township Cemetery near Curlew. ■



SONJA ELLEN CRAIN

Sonja Ellen Crain died Feb. 11, 2022, with her family by her side at home. She graduated from Rich East High School in Chicago in 1980 and earned her bachelor's degree from Knox College in 1984 and her master's degree from Northern Illinois University in 1988. She moved to Indianola to begin a teaching career at Simpson College while her husband-to-be, Dale, finished chiropractic school. They married on Oct. 8, 1988. She put her Simpson career on hold to be home with the kids while also volunteering for organizations such as TTT, Dobber's Up, and the National Balloon Classic. She led Sunday School and Kid's Club at Trinity United Presbyterian Church where she also served as a deacon. She returned to Simpson College to work with students in the TRIO Program. She retired from Simpson in 2020 and became chief editor for Deeper Than Money, a business founded by her daughter Chloe.

She is survived by husband Dale Crain; children, Chelsea (Dominik) Lensing, Chloe Crain, and Nicholas Crain; and many other family and friends. Celebration of Life Services were held Feb. 16 at Trinity United Presbyterian Church in Indianola. Inurnment of cremains will be held at a later date. ■



JIM WEEKS

Jim Weeks, 79, died surrounded by family on Feb. 6, 2022. He lived in New Virginia, where he went to high school and graduated in 1960. After graduating, he married his high school sweetheart, Leona Kay Johnson, on July 25, 1964. After moving from New Virginia, Jim and Leona settled in Indianola.

Jim worked as a laborer at Firestone Tire & Rubber for more than 30 years. After retiring from Firestone, Jim finished his working years with the Department of Transportation.

Survivors include his wife, Leona, of 57 years; children, Mark Weeks, Ryan (Amy) Weeks and Erin (Paul) Kindelspire; and many other relatives and friends.

Services were Feb. 10 at Overton Funeral Home in Indianola. Burial followed in the New Virginia Cemetery, New Virginia. ■



CHARLES JAMES HODGES

Charles James Hodges died Feb. 12, 2022, in Indianola. A funeral service was held Feb. 15 at Peterson Funeral Home in Indianola. Burial was at Bethel Chapel Cemetery in Woodburn. Watch for the full obituary at <https://www.petersonfuneralservice.com>. ■

FUNERAL NOTICE

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MATTHEW J. COENEN

Funeral Mass for Matthew J. Coenen, 79, of Indianola, who died Feb. 2, 2022, in Des Moines, were Feb. 11 at St. Thomas Aquinas Catholic Church in Indianola. Inurnment will take place at a later date in the Indianola I.O.O.F. Cemetery.

Matthew was a 1961 graduate of Dowling Catholic High School. He is survived by his wife, Kaye, of 54 years; children, Matthew E. Coenen and Ann (Blake) Davis; and many other relatives and friends. ■



REGULARLY SCHEDULED PROGRAMS AT IPL

- **Storytimes**, Tuesdays and Thursdays, 10:30 a.m. Stories, songs and shaker eggs, of course!
- **Teen Hangout**, every Wednesday, 2:30-4:30 p.m. (after school). Play board games, video games (Nintendo Switch and Wii-U), do crafts, watch movies, eat, hang out.
- **Unboxed: Books (to borrow) and goodies (to keep)**. A personalized monthly box of two library books and themed goodies. Teens grades 6-12 only. Sign up by the seventh of each month. Boxes will be ready for pickup by the 15th of each month. You can sign up by going to the library's website.
- **ESL Café (new)**, second and fourth Thursday of each month, 5-6 p.m. Practice your English conversation skills during a conversation hour at the library. Adults of any learning level and language background are welcome to attend.
- **Handpicked**: Sign up by the seventh of every month to pick up your box the 15th to 22nd of every month. Personalized book and DVD picks to borrow and themed goodies to keep. You can sign up on the library's website. ■

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. ■

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!!!