

JORDAN CREEK *Living Weekly*

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

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SEEN IN WEST DES MOINES THE WEST DES MOINES CHAMBER INSPIRE 2022 LUNCHEON WAS HELD JAN. 13.



Ryan Crane and Lisa Behrends



Wendi Fredregill and Melissa Gray



Amy Ganoe and Andy Bretz



Jim Bouma and Troy Kramersmeier



Jason Van Engen, Jason Parkin, Carrie Hansen and Chip Hansen



Rachelle Long

WEST DES MOINES 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.

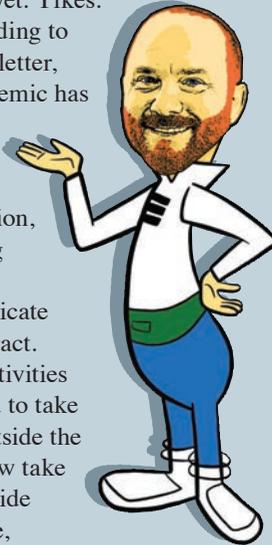
A telecommunications company mailed me a newsletter recently with an article that referenced a 2021 survey from Deloitte indicating that the average U.S. household now has 25 connected devices, up from 11 in the 2019 survey.

“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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FUNERAL NOTICES

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

LINDA ELAINE HARVEY

Linda Elaine Harvey, 71, died Feb. 13, 2022. She graduated from Valley High School in 1968. She is survived by her husband, Thomas Harvey, and other relatives and friends. Arrangements were handled by Iles Westover Chapel. ■



PATTI LINN REEVES

Patti Linn Reeves, 72, of West Des Moines, died Feb. 3, 2022. A memorial service was held at Westchester Evangelical Free Church in Des Moines on Feb. 10. She graduated from Urbandale High School and from Northern Illinois University. She was a teacher all her life and retired from Iowa Christian Academy. She is survived by two children, Daniel (Morgan) and Meredith (Ben) Cadwell, and many other family members. She was preceded in death by her husband, Dan. ■



SUSAN WICKEMEYER

Susan Wickemeyer, 69, of West Des Moines, died Feb. 5, 2022. She grew up in Texas, living in Austin, San Antonio and Houston. She attended the University of Houston for two years before transferring to Texas Women's University. She received her bachelor of nursing degree and began her career in the emergency department of St. Joseph's Hospital in downtown Houston. Susan met her future husband, William, when she was a student nurse and he was an intern in the emergency department of The Methodist Hospital in Houston. They were married in June of 1980 and moved to Des Moines where William began his career as a cardiologist. Susan then devoted her energy to raising her children and supporting William in his medical practice.



She is survived by her husband of 42 years, William; their children, Julie and Joseph; and other relatives and friends. A visitation will be Saturday, Feb. 19, from 10-11 a.m. with the memorial service following at 11 a.m. at McLaren's Resthaven Chapel, 801 19th St., West Des Moines. ■

HONORS LISTS RELEASED

Central Community College released its honors lists for the fall 2021 semester. Included from West Des Moines on the President's List were Isabella Anderson, Della Bobian, Justin Graves, Eden Mendez and Brandon Sisson. The Dean's List included Kole Bradley. ■

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. ■

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>. ■

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. 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. ■

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 livestreamed 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/>. ■

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 Plagge. "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> ■

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.



CONSTRUCTION HAPPENINGS

Message from Mike Whitsell, Fire Marshal, as published in the West Des Moines Fire Department Newsletter, "The Siren," February 2022.

The City of West Des Moines continues to rapidly grow. In 2021, 1,481 residential and commercial building permits were issued that were valued at just more than \$1.1 billion. The West Des Moines Fire Prevention Bureau was busy performing construction site walk-throughs and life-safety opening inspections on all the new and remodeled commercial projects. There are many indications this year will be just as busy with construction projects, and here are a few of the bigger ones that are currently underway or set to break ground soon.

- Microsoft Ginger East and Ginger West Data Centers (each site will be more than 1 million square feet)
- Von Maur at Jordan Creek Town Center (160,000-square-foot department store)
- CRG Residential Mixed-Use Project located at Jordan Creek Parkway and Ashworth (200-unit apartment building wrapped around a 4-level parking structure with a 10,000-square-foot Ruth's Chris Steakhouse and 8,000 square feet of commercial space)
- West Bank Corporate Headquarters located at 3330 Westown Parkway (4-story approximately 62,000-square-foot office building)
- The Tower Mixed Use Building located at 595 S. 60th St. (5-story, 112,000-square-foot building with condominiums, office, retail, restaurant space, and underground parking)
- Continued work on the new Des Moines University Campus (350,000-square-foot, four-building site)
- Numerous retail, office, and multi-family projects are also planned, and on-duty crews will be conducting annual life-safety inspections on hundreds of existing businesses throughout the city. ■

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.dmoakleaves.com.

- 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. ■

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

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JOKE OF THE WEEK



What do you call a belt made of watches?

A waist of time!!!