

JORDAN CREEK *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN IN WEST DES MOINES THE WEST DES MOINES CHAMBER HELD A RIBBON CUTTING AT CAN PLAY JAN. 11.



Ruth Ebke, Katie Woodward and Connie Blodgett



Audrey Kennis



Kara Thompson and Melissa Clarke-Wharff



Dylan DeClerck and Ben Chambers



Kara Thompson and Jennifer Ellis

WEST DES MOINES WEATHER FORECAST

THURSDAY HIGH 22 | LOW 7
Cold with snow at times, 1-2"



FRIDAY HIGH 28 | LOW 13
Cold with some sunshine



SATURDAY HIGH 46 | LOW 24
Sunny and mild



SUNDAY HIGH 42 | LOW 15
Mostly sunny and cool



MONDAY HIGH 47 | LOW 28
Times of clouds and sun



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FROM THE PUBLISHER

HELP ME, EARL TUPPER

Earl Tupper likely never imagined the frustrating matching game that occurs in American homes after meals. When he created his plastic storage containers with airtight seals 75 years ago, he must have thought that he revolutionized leftover food storage. And he did, if you can find the lids to those containers.

Somewhere between the time when we purchase Tupperware and when I need to use them, either the lid or the container plays an incredible game of hide and seek. Where do they go? And without their partner? I don't understand how this happens. The lids seem to be the main culprit, at least in our home. We have dozens of containers and, theoretically, we should have dozens of matching lids. Not so. But we can't throw them away quite yet, because in some Houdini-inspired way, they sometimes reappear. I don't get it.

I dread opening the cupboard from hell where the Tupperware is

stored. I especially abhor the 2-ounce container, which Jolene says is essential for taking salad dressing to work, that tumbles out each time I open the door.

Every so often, we partake in a Tupperware purge. And thank goodness. My obsessive-compulsive behaviors are then in check, at least for a week or two.

I once bought a knock-off brand of storage containers with the lids attached. Ingenious, I thought. Jolene hated them, as she said they did not stack well. They not-so-mysteriously disappeared.

I know I am not alone with this Tupperware match-up frustration, as a simple online search for how to store Tupperware lids and containers shows a month's worth of reading on how to improve this process. I have tried many of the suggestions. Putting the lids sideways in one of the larger



containers seemed like a good plan, but I feel like a toddler trying to put the round peg in the square hole after I fail at matching attempt No. 6. Meanwhile, the lids still disappear, and I am fully convinced that they are in the attic with my single socks, all laughing at me.

Earl Tupper died in 1983, but I have faith that he is still with us in an Obi-Wan Kenobi type of way. The Tupperware website says the company is driven by the desire to help save time, money, space, food and energy for people around the world. Now if they could just somehow assist me in finding the lids. Help me, Earl Tupper, you are my only hope.

Have a great week, and thanks for reading.

Shane Goodman

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HEALTHIEST STATE AWARDS ANNOUNCED

The Healthiest State Initiative has announced the winners of the 2022 Healthiest State Annual Awards. The winners were recognized for their efforts to improve the physical, social and emotional wellbeing of their students, employees and fellow Iowans.

Winner in the Workplace, Medium category was Merchants Bonding Company (West Des Moines).

Winner in Health Care was UnityPoint Clinic Pediatrics – Walnut Creek (West Des Moines) ■

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 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> ■

WEST DES MOINES COMMUNITY POLICE ACADEMY

The Community Police Academy provides participants a first hand look at how the West Des Moines Police Department does business and why they do what they do.

Dates are Thursdays, March 10 to May 19, 6:30-8:30 p.m. for sessions 2-8 and 6:30-9 p.m. for sessions 1 and 9.

Classes are held at the West Des Moines Law Enforcement Center, 250 Mills Civic Parkway.

Applications are available at the West Des Moines Police Department or online at www.wdm.iowa.gov/police. Deadline is March 4 and fee is \$30. Applicants must be 18 or older, must submit to a background check, and participate in at least 8 sessions.

Topics will include hiring, training, crime scene investigations, de-escalation techniques, VirTra simulator and more. Sessions are interactive and hands on. A two-hour ride-a-long with a patrol officer is included. ■

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

All photos by Dave-Penney

'SANAA YA SANAA'

Feb. 26

Greater Des Moines Botanical Garden

Gateway Dance Theatre is celebrating its 50th year and is presenting a special Black History program with guest of honor Simon Estes. Admission is free to "SANAA YA SANAA," Swahili for "Art in Art," but freewill donations will be welcomed. Masks required. Register for a free ticket and a raffle online https://docs.google.com/forms/d/e/1FAIpQLScfRVCih3R7L53d-GmKRz3Q10rAS9FLikAEb5gl_xg_qCpHA/viewform.

'LIVING AMERICAN COMPOSERS'

Sunday, March 6, 3-4 p.m.

Franklin Junior High, 4801 Franklin, Des Moines

The Central Iowa Wind Ensemble will be performing its "Living American Composers" concert. The brilliance and legacy of a composer's musical output is often not fully realized until long after their death. This concert features stunning works by American composers who are alive, well and composing music for bands, orchestras and choirs. The works in this program represent the energy and "joie de vivre" of the American spirit that inspired these artists to write such amazing music. Those American composers include John Williams ("Jaws," eight of the "Star Wars" movies, "E.T." and the first three "Harry Potter" films), Michael Miller, Samuel R. Hazo, and Robert Jager (from 1962 to 1965 he was arranger/composer for the U.S. Navy Armed Forces School of Music).

Admission is free. Tickets are available at <https://www.ciwe.org/living-american/>.

'BLACK WOMEN OF DISTINCTION' EXHIBIT

Now through April 30

Reception: Sunday, March 20,
1-3 p.m. with artist talk at 2 p.m.
Artisan Gallery 218, 218 Fifth
St., Valley Junction



The images of ten influential women will be part of the Artisan Gallery 218 exhibit "Black Women of Distinction" celebrating Black History Month. "Amanda Gorman" is a new acrylic collage portrait and part of the exhibit. Artist Marybeth Heikes was inspired by the Black Lives Matter movement after the death of George Floyd to create her series. Electing the first black woman, Kamala Harris, as vice president also influenced Marybeth in her endeavor. Her concept was to create a series of portraits from acrylic collage, demonstrating the impact of these women.

THE DES MOINES ARTS FESTIVAL'S REVEAL

Thursday, March 3, 5-8 p.m.

Franklin Jr. High, 4801 Franklin Ave., Des Moines

The Des Moines Arts Festival, presented by Nationwide, announced that REVEAL, presented by Foster Group, returns. This is the exclusive first look at the artists invited to the June Festival. The event raises awareness and funds to support arts education and artist professional development. The event includes, from 5-6:30 p.m., classes, activities, dinner and libations; and, from 6:30-8 p.m., the artist reveal. The event also features a 50/50 Raffle with one winner taking home 50% of the proceeds in Art Bucks to spend with the artist of their choice at the 25th Anniversary Des Moines Arts Festival, June 24 – 26. The remaining 50%, as well as other event proceeds, benefits the Festival's work in arts education and development.

Tickets for REVEAL are available online at www.desmoinesartfestival.org/reveal. ■

FUNERAL NOTICES

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

AMY BETH BRODY

Amy Beth Brody was born in Rochester, New York, on March 7, 1961. In 1984, she met Brad, and they shared 36 years of marriage. They had two children, Zachary and Brittany. Amy died suddenly on Feb. 21, 2022. She is survived by her husband, Bradley Brody; son, Zachary (Katie Whitlow) Brody; daughter, Brittany (Samuel) Blaustein; and many other relatives and friends.

The funeral service will be held on Thursday, Feb. 24, 2022, at 1:30 p.m. at Tifereth Israel Synagogue, with Rabbi Barton officiating. Interment will be at Jewish Glendale Cemetery, immediately following the service. Shiva will be private. Online condolences are welcome at www.IlesCares.com. Arrangements are by Iles Dunn's Chapel. ■



LOIS FERN HOWARD

Lois Fern Howard, affectionately known as "Grandma Pie," died peacefully in her home, Feb. 19, 2022, surrounded by generations of family. Lois was born in Burnside and grew up in a rural setting. Traveling to California during the war to live with a sister whose husband was deployed, Lois met Victor Arnold Howard. They were married on April 18, 1946, and moved to West Des Moines. Shortly after the birth of their fourth son, Lois was widowed and left to raise the boys, ages 6, 4, 2 and 3 weeks. She retired in her late 80s from Guide One Insurance. She also worked as a receptionist for Dr. Hess and as a cashier at Magic Car Wash. She was a member of West Des Moines United Methodist and Rebekah Circle. Lois is survived by her four sons: William (Lynne), Gregory (Christine), Doug (Deb), and James and other relatives and friends.

Visitation is Thursday, Feb. 24, 6-8 p.m. at McLaren's Resthaven Chapel, 801 19th St., West Des Moines. Funeral service is Friday, Feb. 25, 10-11 a.m. at West Des Moines Methodist Church, 720 Grand Ave. Burial will follow at Resthaven Cemetery. ■



PATRICIA SEILER

Patricia Seiler, 79, of West Des Moines, died Feb. 19, 2022. She was born in Sioux Falls, South Dakota. On Oct. 20, 1962, she married Richard G. Seiler Sr. Together, they had five children. He preceded her in death. She was a member of the Sacred Heart Parish and the treasurer of the Catholic Widow and Widowers group where she enjoyed activities with the club.

She is survived by her children, Deborah Studer, Richard Jr. (Theresa), Patrick (Kirsten), Robert (Amy), and David (Kelly), and other relatives and friends.

Visitation will be held 5-7 p.m. Thursday, Feb. 24, at Brooks Funeral Care, 7975 University Blvd., Des Moines. Funeral service will be held at 10 a.m. Friday, Feb. 25, at Sacred Heart Church, 1627 Grand Ave., West Des Moines, with a burial to follow at Jordan Cemetery, 3500 Fuller Road, West Des Moines. ■



FRED SPUZELLO

Fred Spuzello, 85, a Des Moines native and longtime resident of West Des Moines, died Feb. 14, 2022. He was a graduate of Tech High School and a long-time business entrepreneur. He is survived by his wife, Mary (Kleinschmidt), his children Dawn (Dale) Johnson, Deb Olson, Tony (Megan), Theresa (Jordan) Agey, and Tanner (Jenn); and other relatives and friends. ■



RECIPE

DELICIOUSLY HEALTHY DISHES FROM SWEET TO SAVORY



(Family Features) Supplementing meals and snacks with powerful, versatile ingredients can take healthy eating from bland and boring to delicious and adventurous.

Take your breakfasts, appetizers, dinners and desserts to new heights while maintaining nutrition goals with naturally nutritious and surprisingly versatile California Prunes. Rich and smooth with an ability to enhance both sweet and savory flavors, they can expand your menu with nearly endless powerful pairing options.

One serving of 4-5 prunes packs a powerful punch of vitamins, minerals, antioxidants and fiber. Together, these nutrients form a web of vital functions that support overall health.

Whole, diced or pureed, the versatility of prunes allows you to enhance the flavor of recipes from morning to night in dishes like Citrus Breakfast Toast, which brings together vitamin B6 and copper from prunes and vitamin C from citrus to support a healthy immune system.

Find more recipe ideas at CaliforniaPrunes.org. ■

CITRUS BREAKFAST TOAST

Prep time: 13 minutes

Cook time: 2 minutes

Servings: 2

Prune Puree:

16 ounces pitted California Prunes

1/2 cup hot water

1 large citrus fruit, peels and piths removed with knife, sliced into rounds

1 1/2 tablespoons raw sugar

4 tablespoons sunflower butter

2 slices whole-grain sourdough bread, toasted to desired darkness

2 tablespoons prune puree

1 tablespoon sunflower seeds

2 California Prunes, finely diced

To make prune puree: In blender, pulse prunes and water to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary. Store in airtight container up to 4 weeks.

To make bruleed citrus wheels: Place citrus wheels on baking sheet and divide sugar evenly among each piece. Using circular motion, pass flame of culinary torch repeatedly over sugar until it boils and turns lightly charred and amber.

To build toast: Spread 2 tablespoons sunflower butter on each piece of toast. Top each with 1 tablespoon prune puree spread evenly across sunflower butter. Sprinkle each evenly with sunflower seeds and diced prunes. Top each with half broiled citrus and serve.

Alteration: Use broiler set on high instead of culinary torch to caramelize sugar.

FILM REVIEWS

By Michael C. Woody

'THE TENDER BAR'

George Clooney directs and Ben Affleck stars as an uncle keeping a close eye on his sister's adolescent son. A small, charming film about a dysfunctional family full of love and a heaping dose of crazy.

Grade: B+



'THE TENDER BAR'

'TICK TICK BOOM!'

This is one of my big surprises of the year. Andrew Garfield plays Jonathan Larson, a struggling playwright trying to launch his first play on Broadway, or off Broadway, or in the back room of a store. He just wants to succeed. Garfield should get an Oscar nomination. The film is charming and packs quite the emotional punch!

Grade: A

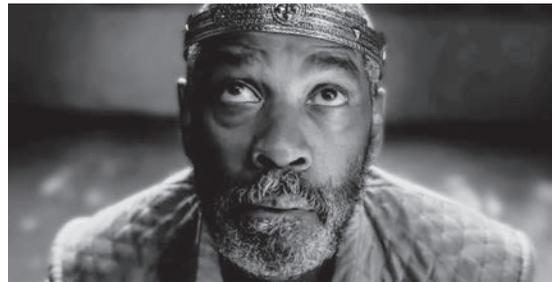


'TICK TICK BOOM!'

'THE TRAGEDY OF MACBETH'

I will admit that a black-and-white movie written by the Bard, starring Denzel Washington and Frances McDormand, directed by one of the Coen brothers (and McDormand's husband Joel) had my attention. Unfortunately, not for long. The movie looks great, the actors are excellent, the photography is stunning, and the Shakespearian dialect is near perfect... maybe too perfect. I was an English major, and I still struggled to understand what was going on and what was being said. But the movie looks great.

Grade: C+



'THE TRAGEDY OF MACBETH'

'THE UNFORGIVABLE'

Sandra Bullock plays a woman released from prison for a heinous crime that she was involved with many years previously in which a police officer lost his life. No one seems to be particularly happy to see her out of prison. Not what you expect from Bullock, but she carries it well.

Grade: B



'THE UNFORGIVABLE'

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.



BURNING ISSUES IN THE KITCHEN

From the West Des Moines Fire Department

Most fire-related injuries are burns. In fact, approximately every 60 seconds, someone in the U.S. sustains a burn injury serious enough to require treatment.

Here's how to prevent burns and scalds in the kitchen:

- Place objects so that they cannot be pulled down or knocked over.
- Turn pot handles away from the stove's edge.
- Use dry oven mitts and potholders. Hot cookware can heat moisture in a potholder or hot pad, resulting in a scald burn.
- Wear short, close-fitting, or tightly rolled sleeves when cooking.
- Have a "kid-free zone" of at least three feet around the stove.

General first aid for burns and scalds:

- Treat a burn right away by putting it in cool water. Cool the burn for three to five minutes.
- Cover the burn with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.
- Remove all clothing, diapers, jewelry, and metal from the burn area. These can hide underlying burns and retain heat, which can cause skin damage. ■

NEWS FROM THE 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. ■

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. 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 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**

LIST 50 WORDS OR LESS FOR FREE.

JOKE OF THE WEEK



*What is small, red
and whispers?*

A hoarse radish!!!