

NORWALK *Living Weekly*

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SEEN IN NORWALK

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



CJ Meyers, Mike Swesey and Steve Albrecht



Chad and Mindy Smith and Maggie and Casey Bright



Heather Simon and Lorie Williamson



Pat Onken and Julie Van Brocklin



Annie Hoth and Judy Corcoran

NORWALK 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

President and
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Living Weekly

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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. ■

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. ■

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. ■

NHS SPORTS SCHEDULES

FRIDAY, FEB. 25
7 P.M.

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EVENTS IN THE AREA

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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. ■

FAMILY OPEN GYM

Shoot hoops or play a pick-up game with friends or 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 from 9 to 10:30 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 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. ■

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. ■

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. Riders can also contact HIRTA to set up the Amble App to schedule, pay or cancel their trips on their smartphone.

For instruction on how to use the service, visit www.RideHIRTA.com/TravelTraining.

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. ■

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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 broiled 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

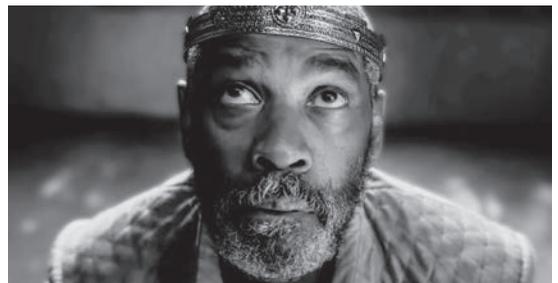


'TICK TICK BOOM!'

'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.



FUNERAL NOTICE

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

LOLA MCKNIGHT

Lola McKnight 80, of Norwalk, died Friday, February 18, 2022, at Ramsey Village in Des Moines. A memorial gathering will be held on Friday, Feb. 25, 2022, from 5-7 p.m. at the Merle Hay Funeral Home, 4400 Merle Hay Road, Des Moines. There will be no formal service. Memorials may be directed to the Animal Rescue League or the Alzheimer's Association.



Lola graduated from Lincoln High School. On Nov. 14, 1992, Lola married Jerald Earl McKnight at the Scotch Ridge Church in rural Warren County. The couple made their home in rural Norwalk. She worked at Norwest Bank as payroll manager at the time of her retirement after 20 years.

She is survived by her husband of 30 years, Jerry; children, Deanna (Robert) Bridges, Cindy (Steve) Tonasket and Gary Friedmeyer, stepdaughter, Julie (Paul) Holmes; and other relatives and friends. ■

EASTER AT FELLOWSHIP

Fellowship Community Church invites you to join its Easter at Fellowship to celebrate the resurrection of Jesus Christ, whom God has highly exalted and given the name that is above all names. The church will hold three identical Easter services Friday, April 15 at 7 p.m. and Sunday, April 17 at 8:30 and 10:30 a.m. Fellowship is located at 225 North Ave. in Norwalk. A free continental breakfast will be available before the Sunday morning services. There will be special Easter activities during the service for K-fifth grade, and quality childcare for pre-K and younger will be available. For more information, visit their website at www.fellowshipnorwalk.org/easter or call their office at 515-981-0699. Connect with them on their social sites at @fellowshipnorwalk on Facebook and Instagram and @fellowshipnrwk on Twitter. ■

CLASSIFIED ADS

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.

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JOKE OF THE WEEK



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and whispers?*

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