

# WAUKEE *Living Weekly*

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## SEEN IN WAUKEE

WAUKEE FARMERS MARKET WAS HELD WEDNESDAY,  
AUG. 31 IN THE WAUKEE TRIANGLE DISTRICT.



Julie Muselman



Scott and Tammy Wolfram



Regina Quiambao



Perry Ross



Minday and Norman Renner



Tim Hanson

### WAUKEE WEATHER FORECAST

**FRIDAY HIGH 86 | LOW 60**  
Partly sunny



**SATURDAY HIGH 70 | LOW 55**  
Cooler; a shower in the p.m.



**SUNDAY HIGH 64 | LOW 52**  
Cool with rain



**MONDAY HIGH 66 | LOW 54**  
Cloudy and cool



**TUESDAY HIGH 76 | LOW 59**  
Sunshine



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FROM THE PUBLISHER

# THEY DON'T GIVE 2 HOOTS

I heard a “stages of life” story the other day that hit home.

The story explains how most all of us go through three stages of life that deal with understanding other people’s views of us. And, as such, we most all pass through each one of these stages and enter the next.

The first stage is one that most all young people go through when being overly concerned with what others think of them. In an effort to fit in, they become obsessed with the shoes they wear, the haircuts they have, the music they listen to, the phones they have, etc. These are unhealthy obsessions, but ones that many young people — and, unfortunately, many grown adults — have. What will others think? Will they like me? Will they make fun of me? Will they think I am cool? Or will they call me a nerd? Most all of us have been there (and some of us still are).

The second stage often happens during middle age when people say they don’t care what other people

think any more, and it shows. They now wear only clothes they feel are comfortable, eat only food they enjoy, and listen only to music they prefer. They don’t care if others agree with them or not. The predominant attitude at this stage is, “Love me or hate me; I am who I am.” Sometimes, it is because the pain in doing things others may like is greater than any pleasure that comes from being more readily accepted. Those in this stage now wear shoes that don’t make their feet hurt, eat food that doesn’t give them indigestion, and drive vehicles that make financial sense.

The third stage is one when older adults realize not very many folks were ever interested in what they were doing to begin with — and they certainly don’t give two hoots now. This is the stage of true enlightenment that would be good for us all to realize earlier in life. Those in this stage certainly want



to be positive role models and help others with their actions, but they realize they are not the center of everyone else’s thoughts — and they never were.

What I find most interesting is how those in the first stage can’t envision being in the other two and even laugh at those who are. Those in stage two are relieved to no longer care about those in stage one but continue to cling to their self-importance. Those in stage three truly get it, but why? Because they are getting closer to their end of life? Because they have let go of their egos? Or because their life experiences have led them to what is truly important? The answer is probably a mix of all three.

Regardless, most all of us will get to that stage... hopefully.

Thanks for reading, and have a great week. ■



## Shane Goodman

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## YOUTH LEADERSHIP INITIATIVE CLASS OF 2023 ANNOUNCED

The Greater Des Moines Leadership Institute announced participants in the Youth Leadership Initiative Class of 2023. The Youth Leadership Initiative provides high school students with hands-on leadership experiences that build self-confidence and encourage engagement in all levels of community life. At the conclusion of the program, students will: value community involvement, demonstrate professional skills and an understanding of career opportunities, demonstrate the five practices of exemplary leadership, and have developed lifelong relationships with peers, mentors and community members.

The group includes 36 students from 20 public and private schools from across Greater Des Moines. Students will meet twice a month to discuss issues and opportunities in our region and fine-tune their leadership skills. Participation in the YLI program is tuition free for all students, thanks to community sponsors.

The 2023 class includes Cade Littlefield and Violet Montgomery, students at Waukee High School; and Saina Narsian, Waukee Northwest High School. For more information, visit [gdmli.com/yli](http://gdmli.com/yli). ■

## WAUKEE VETERAN'S HALL TO BE RENAMED

The Waukee community is invited to the Veteran's Hall on Sunday, Sept. 11, 2-3 p.m. to join members of the Waukee Veterans of Foreign Wars and the Veterans of Foreign Wars Auxiliary in their ceremony to commemorate the official renaming of their post in honor and memory of Charter VFW Member Danny White who passed away on Nov. 19, 2020, due in part to his exposure to Agent Orange during his combat service in Vietnam. In February 2000, former U.S. Army Staff Sergeant and paratrooper Danny White helped reactivate the Waukee Veterans of Foreign Wars Post and served as its post commander. He later served as the District and then the State VFW Commander. He was also a charter member of Waukee American Legion Post 734. After the military, Danny continued to serve his community in uniform for 30 years as a law enforcement officer with the Madison County Sheriff's Department and the Winterset and Waukee police departments. ■

### WE WILL RUN YOUR WAUKEE NEWS ITEMS FOR FREE.

Email your news by Wednesday at 5 p.m. to:  
[tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) or call 515-953-4822, ext. 302

## SPORTS SCHEDULES

### WAUKEE:

#### Friday, Sept. 9

7 p.m. **Football:** Varsity vs. Ankeny Centennial

#### Saturday, Sept. 10

8 a.m. **Volleyball:** JV Invitational @ Urbandale

8 a.m. **Volleyball:** Varsity Invitational @ Southeast Polk

1 p.m. **Swimming:** Girls Varsity Invitational @ Linn-Mar Aquatic Center

#### Monday, Sept. 12

10:00 a.m. **Golf:** Boys Varsity Invitational @ Veenker Memorial Golf Course

#### Tuesday, Sept. 13

5:30 p.m. **Swimming:** Girls Varsity vs Southeast Polk @ Waukee YMCA

5:45 p.m. **Cross Country:** Girls Varsity @ Valley

6:05 p.m. **Cross Country:** Boys Varsity @ Valley

7:30 p.m. **Volleyball:** Varsity vs. Dowling Catholic

### WAUKEE NORTHWEST:

#### Friday, Sept. 9

7 p.m. **Football:** Varsity @ Southeast Polk

#### Saturday, Sept. 10

8 a.m. **Volleyball:** JV Invitational @ Urbandale

South Gymnasium

8 a.m. **Volleyball:** Varsity Invitational @ Southeast Polk

#### Monday, Sept. 12

6 p.m. **Football:** JV @ Valley

#### Tuesday, Sept. 13

4:55 p.m. **Cross Country:** Girls JV @ Valley

5:30 p.m. **Swimming:** Girls Varsity vs. Southeast Polk @ Waukee YMCA

5:45 p.m. **Cross Country:** Girls Varsity @ Valley

6 p.m. **Volleyball:** JV @ Southeast Polk

7:30 p.m. **Volleyball:** Varsity @ Southeast Polk



## BUSINESS PEOPLE MAKING A DIFFERENCE

Good people are doing good things every day in your community. They truly are people who are making a difference, and we will recognize 22 business leaders in Des Moines and the surrounding area for their efforts and accomplishments in an upcoming issue of CITYVIEW's Business Journal.

**Nominate your boss, your co-worker, your vendor or yourself — anyone whom you feel has made a positive impact on the business community in 2022.**

**Nominate now at [www.iowabusinessjournals.com](http://www.iowabusinessjournals.com)**



## VOTE FOR YOUR FAVORITES IN DALLAS COUNTY!

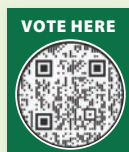
We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

**Make your voice be heard and cast your votes in the 2021 Dallas County Residents' Choice Poll.**

This contest is being hosted by Waukee, Jordan Creek and Adel Living magazines.

The results will publish in the January issue of Waukee Living magazine and the February issues Adel and Jordan Creek Living magazines.

**Deadline to vote is Dec. 9.**



## FUNERAL NOTICE

*Funeral notices can be emailed to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)*

### RANDALL KARL APPLGATE

Randall Karl Applegate, 68, died Sept. 5, 2022, at home with family by his side. Randy was born to Clifford and Alene (Butler) Applegate in Maxwell. He worked various jobs throughout his life, including construction, heating and cooling, and at Parker Games. He retired from Firestone after 30 years. He was a volunteer firefighter and EMT for Waukee and Clive.



Randy was preceded in death by his parents and siblings, Robert Applegate and Barb Ridgway. He is survived by his wife of 22 years, Gwen; four children, Aaron (Amy) Applegate, Bobby (Cindy) Applegate, Dominic (Samantha) Hayden and Michelle (Ronnie) Thomas; four siblings; a sister-in-law; and 12 grandchildren.

Visitation will be 10 a.m. to noon on Thursday, Sept. 8 at the Redfield American Legion Hall, followed by a graveside service at Harper Cemetery, north of Redfield. Memorial contributions can be directed to the family. ■

## LIBRARY EVENTS

*Waukee Public Library, 950 Warrior Lane, 515-978-7944*

• **Take & Make: Iridescent Mini Pumpkins**, Monday, Sept. 12. Get ready to decorate for the spooky season with iridescent mini pumpkins. In this easy take-and-make adult craft, you'll paint white mini pumpkins with black paint and an iridescent glaze to create Halloween-ready decor. Supplies included with written instructions only. Glaze colors will vary. Registration is required.

• **Know Your Voting Rights in Iowa**, Tuesday, Sept. 27, 6 p.m. This presentation by the ACLU of Iowa will include information on voter registration; voting early, by mail or on Election Day; what to do if you have problems at the polls; and recent changes to voting rights and legislation. Registration is required. ■





Iowa Secretary of Agriculture Mike Naig honored Peighton Henningsen of Waukee, a winner of the coloring contest, at the Iowa State Fair. Photo courtesy of Iowa Agriculture

## COLORING CONTEST WINNERS NAMED AT IOWA STATE FAIR

Iowa Secretary of Agriculture Mike Naig presented awards to the winners of the 2022 Choose Iowa Coloring Calendar contest at a ceremony held in the Agriculture Building during the 2022 Iowa State Fair. Over the past year, the Iowa Department of Agriculture and Land Stewardship received submissions from K-12 students across the state and narrowed it down to 15 student artists for the 2022 issue of this annual calendar.

Winners included Peighton Henningsen of Waukee.

“Our Choose Iowa marketing program is about connecting Iowa farmers with consumers, and this contest extends that connection to our youngest Iowans in a fun and engaging way,” said Secretary Naig. “While researching and creating their entries, students were able to learn more about how their everyday lives are connected to farmers and even consider a career in agriculture down the road. Their creativity and involvement energizes and encourages me about the future of Iowa agriculture.” ■

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## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM

Renaissance Faire at Sleepy Hollow

**RENAISSANCE FAIRE****Sept. 10-11 and 17-18****Sleepy Hollow, 4051 Dean Ave., Des Moines**

Travel back a few centuries at Sleepy Hollow's Renaissance Faire, held annually the first three weekends of September. Explore 18 acres that include a quaint English village, picturesque landscapes, two castles, 30 merchant shops, eight stages of entertainment, a joust arena, blacksmith's forge and pirates' cove. Costumes are optional but encouraged. Grounds are open 10 a.m. to 6 p.m., rain or shine. Admission covers the entire weekend. Purchase tickets and find information, including each weekend's theme, at [sleepyhollowrenfaire.com](http://sleepyhollowrenfaire.com).

**WINE & WHISKEY WALK****Friday, Sept. 23, 5-9 p.m.****West Glen Town Center, West Des Moines**

CITYVIEW's Wine & Whiskey Walk returns. Pre-ordered tickets are \$20 (\$30 at the door). The price includes 10 sample drinks. Visit participating businesses and enjoy their offerings. For more information and tickets, visit <https://whiskeywalk.dmcityview.com>.

**WINDSOR HEIGHTS FALL FESTIVAL****Friday - Saturday, Sept. 23-24****Colby Park, 6900 School St., Windsor Heights**

This brand-new festival will offer loads of family fun including live music, a petting zoo and bounce houses. The popular WHAMM 5K race returns at 9 a.m. on Saturday; registration is \$15. A bigger and better-than-ever parade will be Saturday at 1 p.m. Tickets for the Windsor Heights Firefighters Association's pancake breakfast will be available at the door. More details at [windsorheights.org](http://windsorheights.org).

**LATINO HERITAGE FESTIVAL****Saturday - Sunday, Sept. 24-25****Western Gateway Park, 1000 Grand Ave., Des Moines**

Experience a "Taste of Latin America" at Iowa's Latino Heritage Festival. Artist displays will showcase local Latino arts and crafts, food vendors will serve a diverse array of cuisine, cultural booths and demonstrations will represent several Latin American countries, and children's activities will keep the little ones entertained. Celebrate the 22 Latin countries represented in Iowa at this family-friendly event. More information at [latinoheritagefestival.org](http://latinoheritagefestival.org).

**WDM ELKS FALL VENDOR FAIR****Saturday, Sept. 24****West Des Moines Elks Lodge No. 2752, 2060 N.W. 94th St., Clive**

Admission is free, and more than 30 vendors are expected. A light lunch will be available for purchase. Proceeds will go to the St. Florian Burn Foundation and to Easter Seals of Iowa Camp Sunnyside Respite Care program. For more information, contact Nancy Newcomb at 515-681-0852 or Nina Steele at 515-201-9892. For information on being a vendor, contact Nisa Rittman at 515-585-0455. ■

## RECIPE

# SWEET AND SPICY BRATWURST SUBS

Servings: 8

**Kimchi:**

- 1 1/2 cups green cabbage, cut into thick strips
- 1/4 cup water
- 4 teaspoons white vinegar
- 1 tablespoon gochujang paste
- 2 teaspoons fish sauce
- 1/2 teaspoon minced garlic
- 1/2 teaspoon minced, peeled ginger root
- 1/2 cup daikon radish strips
- 1/4 cup shredded, peeled carrot
- 1/4 cup sliced green onion

**Mango Slaw:**

- 2 cups shredded green cabbage
- 1/3 cup diced mango chunks, thawed from frozen
- 1/4 cup shredded, peeled carrot
- 1/4 cup sliced green onion
- 1/4 cup red bell pepper, cut into thin strips
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons minced, peeled ginger root
- 2 tablespoons white vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon minced garlic

**Spicy Sesame Mayonnaise:**

- 1/3 cup mayonnaise



- 1 tablespoon sriracha
- 1 1/2 teaspoons sesame oil
- 1 1/2 teaspoons seasoned rice wine vinegar
- 8 bratwursts (4 ounces each)
- 8 hoagie rolls (6 inches), split

**Directions**

To make kimchi: Place cabbage in microwavable bowl. Add water. Cover and microwave on high 2 minutes, or until tender-crisp. Rinse with cold water and drain well.

In large bowl, mix vinegar, gochujang, fish sauce, garlic and ginger. Add steamed cabbage,

daikon, carrot and onion; toss to coat. Cover and chill.

**To make mango slaw:** Mix cabbage, mango, carrot, onion, red bell pepper, cilantro, ginger, vinegar, salt and garlic. Cover and chill.

**To make spicy sesame mayonnaise:** Mix mayonnaise, sriracha, sesame oil and vinegar until well blended. Cover and chill.

Heat grill to medium and lightly oil grill rack. Grill bratwursts 8 minutes, or until internal temperature reaches 155 F.

Spread mayonnaise on rolls. Place grilled bratwurst on rolls and top with kimchi and slaw. ■

## VINTAGE & MADE FAIR

While browsing the vendors' handmade and vintage items, enjoy live music and local eats at the Vintage & Made Fair on Saturday, Sept. 24, 9 a.m. to 4 p.m. at the Dallas County Fairgrounds, Adel. Admission is \$10, free for children 12 and younger. For information, visit [www.vintagesandmadefair.com](http://www.vintagesandmadefair.com). ■

## FAMILY FUN BOWLING

Special family-friendly glow-in-the-dark bowling with concert lights and black lights are offered at an alcohol-free event with family-friendly music at Warrior Lanes on various Sundays, from noon to 2 p.m. Deadline for registration for each Sunday event is the Friday prior by 6 p.m. Cost is \$64.95 per lane, up to five bowlers, and includes a large one-topping pizza and pitcher of soda. Dates are Sundays, Sept. 11, Oct. 16, Nov. 13, Dec. 11. ■

## ELKS PANCAKE BREAKFAST BUFFET AND BAKE SALE

Sundays, Sept. 11 and Oct. 10, 8-11:30 a.m.

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

The breakfast buffet includes: biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a Bloody Mary or Mimosa for only \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. The breakfast is held the second Sunday of the month. All proceeds support the Elks Hoop Shoot Program and other youth activities. ■

## WILD & SCENIC FILM FESTIVAL

South Yuba River Citizens League's Wild & Scenic Film Festival will be held Sunday, Sept. 11, 1-4 p.m. at The Palms Theatre & IMAX, 200 N.E. Westgate Drive, Waukee. The Festival inspires environmental activism and a love for nature through film. Iowa Environmental Council is bringing the On Tour festival to Waukee, featuring films and panels that will spark conversation about making Iowa a better place to live, work, and explore. Viewers will screen seven short films on topics including clean water, renewable energy, environmental justice and more. Join in for popcorn and candy, conversation, and inspiration. Proceeds from the event will support the work of the Iowa Environmental Council. ■

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LIST 50 WORDS OR LESS FOR FREE.

## JOKE OF THE WEEK



*Why did the turkey join a band?  
So he could use his drumsticks!*