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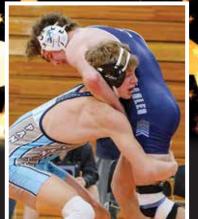
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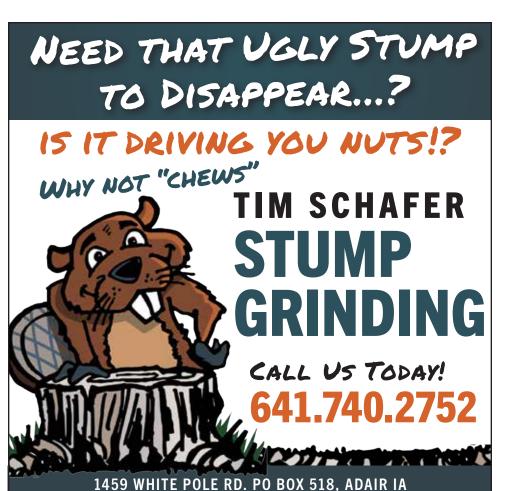


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FROM THE COVER:

Hannah and James Markiewicz play in their yard with Kiera and Boone. Photo by Rich Wicks | Panora Times



P.O. Box 38, Panora, Iowa 50216 641-332-2707 | www.PanoraTimes.com

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 $\mathbf{E} R$

(WO)MAN'S BEST FRIEND

I am dogless, once again. Yes, the most recent Goodman dog is now a fullfledged resident of Washington state. Layla was adopted by my brother-in-law, Curtis, last November as Jolene and I prepared for our first grandchild.

We would have liked to have had both grandson and dog, but Layla didn't want to cooperate. She is a great dog but takes issues with living and breathing things that are smaller than her. We found out the hard way. She likes cats, a bit too much, if you know what I mean. Small dogs get her salivating, too. But when she gets near babies, she makes noises and has reactions I have never heard or seen before in a dog. We were not willing to risk our grandson's safety for a dog.

The good news is that we found a good person to provide a good home for this otherwise great dog. The bad news is that he is 1,674 miles away. Fortunately,

this provided an opportunity for Jolene to see her brother and for our daughter, Abby, to see her uncle — and they both got to spend quality road time with Layla in a beautiful part of the country on the drive there.



Shane Goodman

Abby and I picked out Layla from a rescue organization a few years ago during another dogless era. Jolene was not so enthusiastic about having a dog again. As it worked out, Jolene and Layla became best friends, which was immediately apparent when she jumped on Jolene's desk at work to greet her when they first met. Layla never really cared if I was ever in the room, but she followed Jolene everywhere, tail wagging and making continual eye contact.

I am the one who took Layla outside, fed her and played ball with her, but she loved Jolene. And Jolene loved her, too, which was obvious by the mountain of bones, rubber balls, blankets, sweaters, treats and other "stuff" she continually brought home for her dog.

I would bring Layla to work at times, as some of you who have visited our office know. She was affectionate to most humans, but she struggled to hold her licker. When Jolene would leave the office, Layla would wait by the back door for her return. What none of us at work have missed, though, is Layla's flatulence when we all gathered in the conference

So, we are dogless once again, at least for a while. I continue to believe every child should know the love of a dog, so I hope we may be able to find another dog down the road that will cooperate with

the plan. In the meantime, I have said goodbye to bones, rubber balls, blankets, sweaters and dog treats, and I look forward to Nerf balls, Tonka Trucks, Hot Wheels, Lincoln Logs and Grandpa's Best Hot Cocoa.

Meanwhile, dogs continue to be important parts of the lives of many local residents, several of which we feature in this month's cover story. I hope you will enjoy reading their stories as much as I have.

Thanks for reading. ■

Shane Goodman **Editor and Publisher**

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DOGGONE GREAT PETS

Local dog owners share their canine tales.

BY RICH WICKS

Panora Times

Archeological evidence shows that, thousands of years ago, early humans started domesticating wolves. This eventually led to the many breeds of dogs in the world today.

Regardless of how and when the partnership started, it is undeniable that humans and dogs have forged a bond like no other two species on Earth.

Dogs serve as guides for the visually impaired. They are trained to locate explosives and illegal drugs. Some are even used to track fugitives or missing persons. Police dogs serve as formidable allies in law enforcement. Dogs can also be amazingly efficient shepherds. All those are admirable purposes, but this story focuses on dogs as pets.

About 46% of homes in America include at least one dog, and that figure is up significantly from about 32% in 1996. The number of dog-owning households surged during the COVID-19 pandemic, as Americans spent more time at home and less time with other people. Perhaps most importantly, 89% of dogowners in America consider their dogs to be members of the family.

Several local dog owners were happy to share their tales.

HANNAH AND JAMES MARKIEWICZ AND KIERA AND BOONE

"Dogs are not our whole life, but they make our lives whole." - Roger Caras

James and Hannah Markiewicz of Panora are the proud owners of two black labs, Kiera and Boone. Kiera is about 7 years old, while Boone is 4.

"We got Kiera in June of 2019," James said. "We were living in Idaho at the time. We had our first dog for almost 10 years, and he ended up dying. We took a break from having a dog for a while. He was a terrier mix, and for our next dog, we wanted something like a lab or a lab mix."

"We hiked and camped a lot, so that



Hannah and James Markiewicz play in their yard with Kiera and Boone.

kind of dog would match our lifestyle," Hannah said.

When the couple welcomed Kiera into the family, they found she enjoyed the wilderness and nature all around. But Mother Nature also played a trick on the Markiewiczes.

"We didn't have her fixed right away," James said. "In the fall of 2020, one of our neighbor's dogs snuck into our yard and got Kiera pregnant. She had 10 puppies, and they all survived."

As the couple found homes for the puppies, they chose to keep one, which they named Boone. James and Hannah take their dogs walking frequently when weather cooperates. Kiera and Boone enjoy the fresh air, exercise and freedom — sometimes, perhaps, too much freedom.

"One time, we were snowshoeing in the snow out in Idaho National Forest, and the dogs wandered away. We couldn't find them for about a half hour," Hannah said. "And, one time, they came back with a hoof from an elk."

A few years ago, the family moved to Panora, which is obviously not as wide open as the wilderness of Idaho. Because of previous instances of running off, the dogs are generally not allowed to run free anymore.

"Typically, now the only time we can let them off the leash is out at her grandma's farm," James said. "They run



Boone poses while Kiera gets silly.

around the woods out there and chase squirrels."

Having dogs that are a mother-andchild pair has led to humorous scenes. Every mother has times of frustration with a child, and that's certainly true with Kiera and Boone.

"He plays a little too rough for her liking, so she gets tired of him after a while," James said. "He grabs her behind the neck and drags her around. She gets really annoyed with that."

Although there are no children in the family yet, Kiera has shown plenty of patience with kids.

"When we first got her, I actually owned a baby store, and we lived upstairs, so she was around a lot of kids in the beginning," Hannah said, "She would hang out with them, and then eventually she'd go off and be away from them for a while."

Most dog owners can tell about amusing habits of their pets. For Boone and Kiera, their interests seem to be in filling their stomachs.

"They're obsessed with food, so no matter what container we've kept their dry food in, they've found ways to get it out," James said.

Because of this, James bought a sturdy food container that screws tightly closed.

"They've pulled it out, but they haven't figured out how to open it," he said. "But they're very determined."

DANA STARK AND COLA

"The average dog is a nicer person than the average person." - Andy Rooney

Dog owners take care of their dogs, but, often, dogs also help take care of their humans. That's been the case with



Dana Stark holds her longtime helper, Cola.



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Dana Stark of rural Panora. Stark and her husband, Dan, have two daughters, 7-year-old Rylee and 3-year-old Emilee. But before either of the girls were born, Stark welcomed Cola, a mini rat terrier, into the family.

Stark had previously owned a dog and decided it was time to find another.

"We got her as a puppy from southern Illinois, and she was only 1.9 pounds," she said.

The trip home with Cola was memorable, to say the least.

"When we left to head home, I realized she was infested with fleas, and we had a seven- or eight-hour drive, so what were we going to do? We ended up going to Walmart, and we bought flea shampoo, towels and bottles of water, and we gave her a flea bath in the parking lot, and then the whole way home I was picking the fleas off of her," Stark said

Stark and Cola quickly bonded.

When the Starks decided to try to have children, they learned that In Vitro Fertilization (IVF) would likely be needed. The process can be lengthy and stressful. Eventually, the Starks had two children, but 10 IVF attempts were made along the way.

"Cola helped me through IVF. When my husband couldn't go with me to the appointments, she would go," Stark said. "Cola went along to a lot of the appointments. We started with a doctor in Des Moines, and then we had a doctor in Omaha."

Another medical challenge came up during Stark's pregnancies, and again Cola was able to help.

"I was a gestational diabetic, so I wore



Cola works on her horsemanship.



Rylee, Cola and Emilee pose.

a continuous glucose monitor. If, in the middle of the night, my glucose got too low, an alarm would go off," Stark said. "I would have slept right through it, but Cola would wake me up. She's my emotional support companion. She got me through that crazy time. She still does. She sleeps on my face and wraps herself around me."

Stark also recalled a humorous conversation about Cola while Stark was awaiting her first child.

"When I was pregnant with my first, my mom asked, 'What if she doesn't like the kids?' I said, 'Well, we'll have to get rid of the kids; I had the dog first.' I was joking, but Cola loves the kids," Stark said.

Cola is nearly 11 years old now and has grown to a "robust" 9 pounds. Because of her small stature, she has been able to do some things that a larger dog could not achieve. Stark explained that Cola will use others to get to Stark. If there is someone she knows and is comfortable with, she will sometimes allow herself to be picked up, but then almost immediately tries to be handed over to her "mommy."

One of the sorrows of dog ownership is that they grow old and pass away much sooner than people, on average. This also gives kids the opportunities to learn the cycle of life and how to deal with loss.

Stark shared how Cola has been displaying signs of aging, including being snippy if suddenly awakened from a nap. Through experience, the girls have learned to avoid grabbing or startling Cola while napping.

"The girls call her Old Lady Cola," Stark said.



Case, Dorothy Woodvine and Sully at Springbrook Park.

Cola adores the girls but still likes being treated as a queen at times.

"She is so spoiled. She had her own stroller. When we would go on a walk, she wouldn't want to walk the whole time. Then, when we had our first kid, we put a bed for Cola in the bottom of the stroller. Then, when we had our second daughter, we got a wagon so they would all fit," Stark said. "Now, the kids like to put her in the bathtub with them. She doesn't like it, but she tolerates it."

DOROTHY WOODVINE AND SULLY, MAX AND CASE

"Before you get a dog, you can't quite imagine what living with one might be like; afterward, you can't imagine living any other way." - Caroline Knapp

Having a dog can be a wonderful, calming and reassuring experience. Having several dogs can be all that — with a circus atmosphere. For Dorothy Woodvine of Panora, that is part of the fun. She and her husband, Jay, now have three large dogs: Case, Sully and Max.

"We've always been dog people. Case is soon to turn 10 years old. He was actually our daughter's dog," Woodvine said. "Our daughter went off college, and that's how we got Case. He was her dog, then became a family dog, and then became mom and dad's dog."

Case's appearance draws lots of attention.

"Case is a husky mixed with a great Pyrenees," Woodvine said. "Everywhere we go, heads turn, and people ask us if he's a wolf."

Woodvine's other two dogs are golden retrievers.

"Sully will turn 4 in April. A friend of ours was going to have golden retriever puppies, and we've always been a golden retriever family," Woodvine said. "We ended up getting Sully, and one of our daughters got a sibling of Sully, named Oakley."

Sully has found gainful employment in downtown Panora at the store Woodvine manages.

"He is the junior shop puppy of Bella Sorella," Woodvine said.

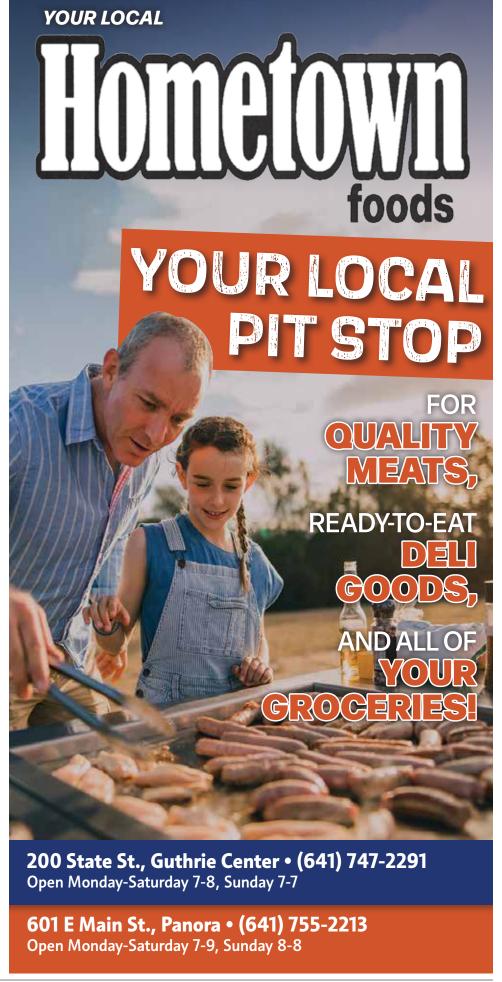
According to Woodvine, many customers and visitors to Bella Sorella will immediately look for Sully upon entering the store.

"And then Max, we kind of rescued from a family that couldn't keep him anymore. Max is also a golden retriever," Woodvine said. "We adopted him about a year ago."

Previously, the Woodvines had one small dog named Channing. Having three large dogs is a handful, but Wood-



Case, Channing, Sully and Oakley.





vine welcomes the energy.

"My life is filled with chaos constantly with the three dogs," Woodvine said. "It is just non-stop funniness."

Part of the chaos, according to Woodvine, is that each of the three dogs sheds a considerable amount of fur. But she takes it in stride and says that vacuuming and using a Swiffer are daily necessities.

In a town the size of Panora, the Woodvine dogs have become minor celebrities.

"People know our vehicle because of the dogs, I think. We have an SUV, and the license plate says 'the zoo' because our nickname for the family has been 'the Woodvine Zoo' for years," Woodvine said. "I take my dogs everywhere, and it's funny because the windows are down and these three big dogs are just hanging out the windows. People take pictures a lot."

Dog owners know that each dog, like each person, has a unique personality. Woodvine described the personality traits of her three dogs.

"Sully is a big chicken. Everything scares him. As he has gotten older, even a leaf blowing across the street will get him," she said. "Max is a wild child. He's probably the wildest dog we've ever owned. He is sweet and just ram-

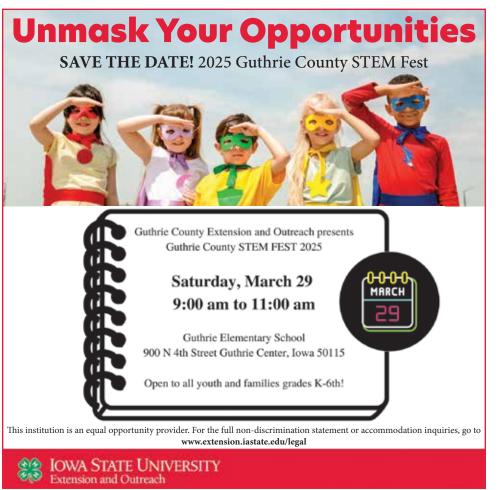


Case, Sully and Max chilling in the yard.

bunctious. And Case is the protector. He's the big brother."

Woodvine said the family used to take all the dogs to Paws and Pints in Des Moines, a popular combination dog park/bar/restaurant. But she explained they no longer bring Case because his protective instinct went overboard.

"When other peoples' dogs would play and roughhouse, Case would go over and insert himself between them, and he would growl. He thought he was protecting and breaking up a fight," Woodvine said. "But he's the sweetest and cuddliest dog with people." ■









Submit your questions at www.panoratimes.com or email shane@gctimesnews.com.

Q: WHEN IS THE RIGHT TIME TO PRUNE MY OAK TREE?

A: The Iowa Department of Natural Resources (DNR) normally suggests pruning oak trees by March 15 but says an unseasonably warm February moved up that date. Pruning oak trees should stop now out of an abundance of caution.

Oak wilt, caused by a fungus, has been present in Iowa for many years. Iowa's red, black and pin oak are more susceptible to oak wilt, but it can also infect white and bur oak. Black, pin or red oak usually die within the same summer they are infected. White oak and bur oak can often take a number of years before they succumb to this disease.

A healthy tree can be infected through open wounds during the growing season where the fungus is carried from a diseased tree to a healthy tree by a small beetle or through root grafts between oak trees of the same species.

Feeley says symptoms of oak wilt on infected trees are usually visible in June or July. Look for leaves turning a bronzed brown along the outer margins of the leaves. These leaves can often still have some green on them as they fall from the tree. The defoliation tends to start at the top of the tree.

The best way to prevent the spread of oak wilt is to prevent any wounding to oak trees during the growing season. If a tree is wounded from storm damage or pruning is required during the growing season, treat the wounds immediately with a wound dressing such as acrylic paint. Do not purchase pruning paints/sealants. Those products slow the tree's ability to seal over the wound.

Learn more about oak wilt prevention and control at www.iowadnr.gov/oakwilt.

Q: HOW MUCH IS GUTHRIE COUNTY FARMLAND WORTH TODAY?

A: Iowa State University released the results of its annual farmland value survey. The full report is available on the ISU Extension and Outreach website, by navigating to "Whole Farm," then "Land Values," then "Farmland Value Surveys."

The ISU Land Value Survey was initiated in 1941 and is intended to provide information on general land value trends. It is an expert opinion survey based on reports by licensed real estate brokers, farm managers, appraisers, agricultural lenders, county assessors and selected individuals knowledgeable of land market conditions. The 2024 survey is based on 479 usable county-level land value

estimates provided by 330 agricultural professionals.

Fifty-six percent of respondents reported fewer sales in 2024 relative to 2023. Only 13% reported more sales, and 31% reported the same level of sales in 2024 and 2023.

Statewide, the average was \$11,467 per acre as of Nov. 1, 2024, which is a decrease of \$369 per acre (or a 3.1% decrease) from Nov. 1, 2023.

Guthrie County sales averaged \$10,896 per acre, a decrease of 4.6% from the previous year. Of the counties that border on Guthrie County, the highest value was Carroll County at \$13,023 per acre (down 5% from 2023) and the lowest was Adair County at \$8,990 (up 0.9% from 2023).

Q: WHAT DOES THE GUTHRIE COUNTY PHEASANTS FOREVER GROUP DO?

A: The mission of Pheasants Forever is to conserve pheasants, quail and other wildlife through habitat improvements, public access, education and conservation advocacy. They also aim to offer opportunities for hunting enthusiasts to meet and get to know each other. The annual Guthrie County Pheasants/ Quail Forever banquet will be held at the Lake Panorama Conference Center, 5071 Clover Ridge Road, on Saturday, April 5. Doors open at 5 p.m., and dinner will be served at 6:30 p.m. For more information, contact Dan Brubaker at 515-238-7875 or Cindy Kisting at 515-339-5226.

Q: I JUST RECEIVED A LETTER FROM THE GUTHRIE COUNTY REC STATING A BIG RATE INCREASE. WHY SUCH A BIG HIKE ALL THE SUDDEN AFTER NO INCREASES SINCE 2001?

A: We directed this question to Cozy Nelson, CEO of the Guthrie County REC. She said the board of directors had discussed a possible rate increase for several months and settled on a gradual rollout. The service charge, currently \$26.25, will increase to \$36.25 effective April 1. On Jan. 1 of each of the next three years, the service charge will increase by an additional \$5.

"The main result was we increased our service charge, and we also took the Power Cost Recovery Adjustment (PCRA) and rolled it into the energy portion of it. It was not taken lightly by this board of directors," Nelson said. "For the average customer using 1067 Kilowatts, it is about a 13% increase for them." ■

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LOCAL FILM REVIEWS

GORGE, MONKEY, DOG MAN, ARCHITECT, HOSTAGES — AND THE RED HULK



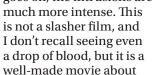
"Presence"

BY MICHAEL C. WOODY

Panora Times

"PRESENCE"

I am a fan of director Steven Soderbergh. He has made some great movies and some recently that I would call head-scratchers. I am happy to report that his latest movie, "Presence," is a modern day ghost story about a family moving into a new home that happens to be haunted by an evil spirit. Here's the great twist: The entire movie is seen from the point of view of the ghost. For a lot of the film, the ghost just observes this family, but the longer it observes, the more it involves itself in their lives. That involvement could be as simple as a book falling off a shelf, but as the film goes on, the intrusions are





'The Brutalist"

a creepy "presence" in this family's new home. An effective movie you will think about a lot after seeing it. **Grade: A**

"THE BRUTALIST"

Now that I know that "brutalism" is actually an architecture style, the title of this film makes more sense to me and answers why most people have not seen what the year's best film might be. Adrien Brody (who won the Oscar) plays a brilliant architect who also happens to be Jewish at a time when that was not really accepted. It is the late 1940s, and he immigrates to the United States and begins to make a name for himself in the furniture business and, eventually, back into architecture. This is a long, but never boring, film. (It had an actual intermission

in the theatres.) It is also easily one of the year's best. Maybe THE year's best. I am not sure if the brilliance will translate





"September 5th"

to the small screens at home, but do not overlook this fabulous movie. **Grade:** A

"SEPTEMBER 5TH"

I was a freshman in high school in September of 1972 and probably wasn't paying much attention to the Olympics in Munich, Germany. This was the year the hostages were taken, and ABC Sports had to step in because it was a dire situation, and they didn't have a news crew on site. Jim McKay and the team did a fascinating job in handling this world crisis, and the movie recreates it

beautifully. This is such a sad and important piece of history, but it was great to see it from this unique standpoint. **Grade:** A



The year's craziest movie to date, "Companion" tells the tale of a group of young people invited to a wealthy



"Companion"

friend's house for a weekend. Without giving too much away, it is not what they expected. This is a well-made film that will include a couple.

that will include a couple of horrifying scenes and more humor than you might expect. **Grade: B+**



"DOG MAN"

This kid's movie is based on a series of books written by the guy who gave us the "Captain Underpants" series. I don't know anything about the author or either of the books series, but, if the books are in any way as annoying as this movie, I have dodged a bullet. I was one of three people in the theatre for a morning matinee when I realized I had much better things to do than waste 90 minutes in a movie that was clearly not going to need to be reviewed. **Grade: D**

"LOVE HURTS"

Ke Huy Quan, in one of the early







"Dog Man"

"Indiana Jones" films, played the character of Short Round in "Indiana Jones and the Temple of Doom." He also won an acting Oscar in 2022 for the movie "Everything Everywhere All at Once." This new movie looked fun, and funny, as he plays a secret agent with crazy martial arts skills. Looking good and being good can be light years apart, and that is the case with "Love Hurts." Sue and I walked out after the movie shaking our heads about what we thought

about what we thought
we were going to see and
what it actually turned out
to be, which was dreadful.

Grade: D



"I'M STILL HERE"

This is the best movie you did not see



"Love Hurts"

this, or last, year. It is the true story of a woman and her family living in Brazil. Her husband has been taken by the authorities, and they don't know if he is dead or alive. The movie depicts this situation in a way that breaks your heart for this woman who refuses to give up and raises their five kids on her own while continuing to fight with the government about the fate of her husband. Her performance is the best I saw last year, and she was

nominated for (but didn't win) an Oscar. You might have to look for this one, but it is well worth the search. **Grade:** A



"CAPTAIN AMERICA: BRAVE NEW WORLD"



"I'm Still Here"

In one of the last Marvel movies, Captain America relinquished his shield and gave up the gig. The shield was given to his former partner, the Falcon (played by Anthony Mackie), who must stop the bad guys from taking over. The President of the United States, played by Harrison Ford, needs help, and the Falcon steps in and finds himself in bad situations where he has to save a lot of people. He also needs to stop the Red Hulk. Mackie does a nice job as the Falcon, and Harrison Ford drags the movie down in a role he was not a good fit for. Still, it was

a fun comic book movie that will certainly lead us to another (hopefully) fun return of the Falcon. **Grade: B**



"Captain America: Brave New World"



"Bridget Jones: Mad About the Boy"

"BRIDGET JONES: MAD ABOUT THE BOY"

The first two "Bridget Jones" movies with Renee Zellweger were fun, and this might be my favorite of the three movies.





"Paddington in Peru'

Her life has gone on, not necessarily the way she wanted, but she finds herself single and being pursued by a very young (and cute) man. The movie is charming and funny with some cameo appearances

that will surprise and entertain you. It is streaming on Peacock and is worth a watch. Grade: B+



"PADDINGTON IN PERU"

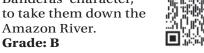
After the disastrous "Dog Man" experience, I was afraid to see another kid's movie, but I thought Paddington would be less offensive. What I found was a funny and charming movie. The family is in



The Gorge'

search of a missing relative, and they hire a boat, helmed by Antonio

Banderas' character, to take them down the Amazon River.



"THE GORGE"

Two of the most interesting young actors working today, Miles Teller and Anna Taylor-Joy, team up in a movie on Apple TV in "The Gorge." Both characters have excellent rifle skills, and they are both asked by their separate entities to

guard a gorge in a deep

forest. With each being





'The Monkey"

on separate sides of the gorge, they strike up an unlikely relationship that eventually means they need to team up to accomplish their goal of not being killed by the crazy entities in the bottom of the gorge. I know how crazy this sounds, but it is a really fun movie. These two actors could not be more engaging. Grade: A

"THE MONKEY"

"The Monkey" is an adaptation of a Stephen King short story. Many great directors have tried to adapt Stephen King stories and have failed. This one falls into the

same category. Grade: C-





"My Dead Friend Zoe"

"MY DEAD FRIEND ZOE"

"My Dead Friend Zoe" is a horrible title but an amazingly good movie about two female soldiers trying to come back to the world and finding

issues in making the necessary transition. Morgan Freeman and Ed Harris add great supporting help. Grade: A ■

Michael C. Woody has been reviewing movies on radio and television since 1986. He and his wife, Susan, are residents of Guthrie County.



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50 YEARS AGO

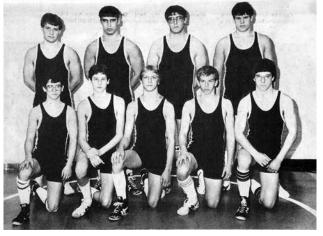


From Guthrie Center Times, March 19, 1975

CRUSADE LEADERS: Mrs. Ralph Stringer of Guthrie Center, left, and Mrs. Ralph Neal are crusade chairpersons for the Guthrie County Cancer Society, which begins its annual fundraising drive in April.

.....

40 YEARS AGO



From the Guthrie County Vedette, March 7, 1985

HAWK GRAPPLERS: Although short in numbers, the Panora-Linden Hawks were competitive in 1984-85. Representing the Hawks on the mat were: front row: Todd Dooley (98), Nick Arganbright (105), Bob Subbert (119), Jeff Hafner (132), and Brian Simmons (138). Back row: Mark England (155), Mike Mills (167), Boyd Burnham (185) and Steve Nolan (heavyweight).

30 YEARS AGO



From the Guthrie County Vedette, March 23, 1995

THEY'RE TOPS: These four girls won Division I ratings at the state individual speech contest at Hoover High School in Des Moines Saturday. From left, Andrea Whisler, book review; Megan Carstens, acting; Aryn Whitver, poetry; and Jenny Cornelius, poetry.

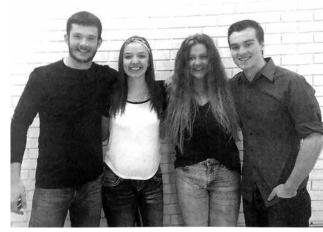
20 YEARS AGO



From the Guthrie County Vedette, March 31, 2005

NEW BEST FRIENDS: Parker Nunn of Panora reaches out to make friends with a puppy at the petting zoo which was held in conjunction with the Easter Egg hunt at Guthrie County Historical Village Saturday.

10 YEARS AGO



From the Guthrie County Vedette, March 19, 2015

ALL STATE SPEECH: Panorama students selected for All State Speech are (from left) Zac Stetzel (Literary Program), Veronica Maere (Literary Program and After Dinner Speaking), Natalia Kryger (Solo Musical Theatre), Micah Haworth (Acting). The All Staters will perform at the University of Northern Iowa in Cedar Falls on March 30.

5 YEARS AGO



Guthrie County Times Vedette, March 5, 2020

APPLESETH, COLBY PLACE AT STATE: Junior Wyatt Appleseth (left) and senior Emry Colby made it to the state wrestling tournament at Wells Fargo Arena. Colby had a regular season record of 48-6. He wrestled six times at state and won four of those matches, putting him in fourth place in the 145-pound weight class. Appleseth had an undefeated regular season with a record of 38-0. He wrestled five times at state and won four of those matches. He placed third in the 152-pound weight class.

BUSINESS FEATURE

THE COLOR NOOK OPENED JAN. 2 IN PANORA

Brooke Ramsey and Megan Murphy have been working together since 2018.

BY RICH WICKS

Panora Times

The Color Nook, 109 E. Main in Panora, is new but also familiar. The shop is the former location of Britt's Family Hair Care but is now operated by Brooke Ramsey and Megan Murphy. The new shop opened Jan. 2. Ramsey and Murphy say they have been happily busy ever since.

"I've been doing hair since 2012. I've worked at a couple places, and then I joined Megan working at Cut Loose Salon in Guthrie Center in 2018," Ramsey said. "We've been working together since, and we became best friends."

The pair enjoyed their work in Guthrie Center but welcomed the opportunity to move their service to Panora.

"We heard that Britt wanted to head back home to be closer to her kids and family, so this kind of just fell into our laps," Ramsey said. "And it brought both of us closer to home, too."

Ramsey and Murphy do much more than hair color.

"We offer a wide variety of services. Haircuts for all ages, kids, men, women. We do a lot of color, which is why we chose the name for the shop. We both really enjoy doing color services, especially highlights and blonding. We also do facial waxing. We do hair for weddings and proms and things like that."

The Color Nook sells a variety of hair care products, too.

"We sell a lot of our favorite hair prod-



Brooke Ramsey (seated) and Megan Murphy enjoy a quiet moment at The Color Nook.





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The Color Nook is located at 109 E. Main St. in Panora.

ucts. It's a little bit of everything," Murphy said.

Other services are available occasionally, as well.

"We do have a nail technician, Sydney Morris," Murphy said. "She is here twice a month. She also worked with us at Cut Loose."

"Sydney also offers makeup services and airbrush makeup, which is pretty popular for weddings and proms," Ramsey said.

Although the business is new, Murphy and Ramsey said they appreciate the welcome they have received in Panora.

"We really like the Panora community, and it's been fun being over here," Ramsey

making appointments.

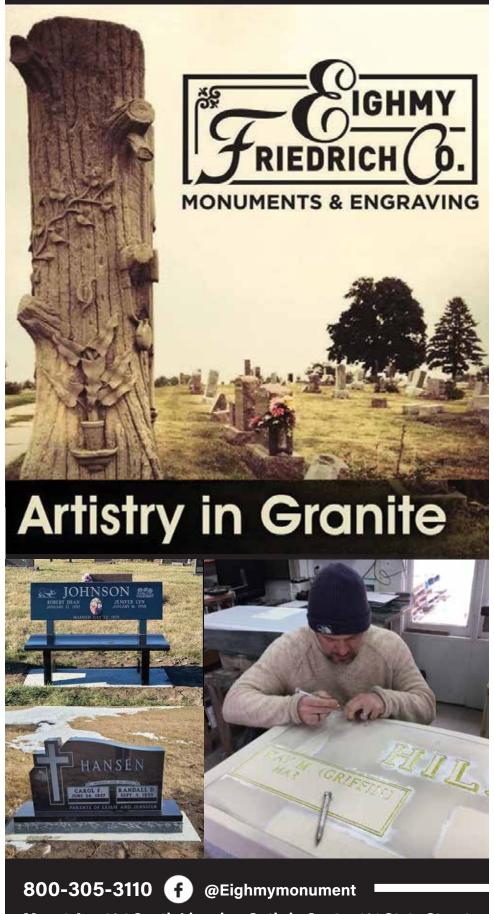
we are booking most of our appointments," Ramsey said. "We are by appointment only. We're usually closed Sundays through Tuesdays."

Murphy said most appointments are made roughly two or three weeks ahead.

"And I would say, for a Saturday, maybe even a month," she said. "Our hours are typically 9 to 5."

Because the two have kept most of their clientele for many years, they have connected meaningfully with their customers. Ramsey and Murphy said they enjoy their





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THE MONTH IN PANORAMA SPORTS



No. 23 lke Greenlee fights for position against Woodward Academy on Jan. 31.



No. 12 Morgan Crees gets around the Ogden defender on Feb. 15.



No. 3 Lydia Lleshi guards the pick and roll against Ogden on Feb. 15.



No. 12 Latyn Ashworth looks for the pass against Woodward Academy on Jan. 31.



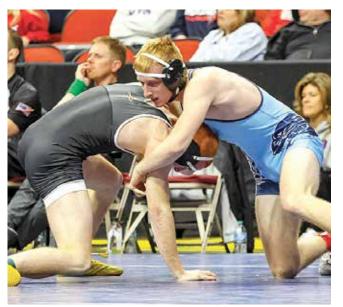
No. 13 Faith Recker crosses half court against Ogden on Feb. 15.



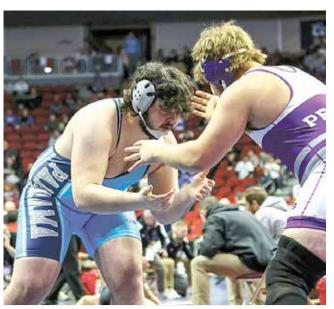
No. 44 Brayden Galvan starts the fast break against Woodward Academy on Jan. 31.







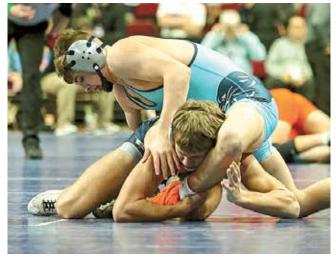
Senior Will Knapp at the IHSAA state wrestling tournament on Feb. 21.



Senior Joel Cooper (285) at the IHSAA state wrestling tournament on Feb. 21.



No. 13 Cruz Crandall rises up for the block against Woodward Academy on Jan. 31.



Senior Gabe Wagner at the IHSAA state wrestling tournament on Feb. 21.



Senior Landon Kirtley at the IHSAA state wrestling tournament on Feb. 21.



Junior Blake Schwartz at the IHSAA state wrestling tournament on Feb. 21.

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COUNTY GOVERNMENT NEWS

GUTHRIE COUNTY SUPERVISORS SET 3% WAGE INCREASE FOR COUNTY EMPLOYEES

BY RICH WICKS

Panora Times

FEB. 20 - DICKSON QUESTIONS AUDIT EXPENSES

During the meeting of the Guthrie County Board of Supervisors on Thursday, Feb. 20, County Engineer Josh Sebern showed a budget presentation regarding Secondary Roads and Integrated Roadside Vegetation Management (IRVM).

Sebern told of the various supplies and equipment needs, as well as road/culvert/bridge projects planned.

"We have been burning through some salt, so it may hit this current fiscal year budget... I rely heavily on averages, because you might have a heavy salt year or a light salt year," Sebern said.

Supervisor Mike Dickson questioned an email showing the county owes \$70,000 for the annual audit done by the state. He also noted that it showed 350 hours of work went into the audit, which he said seems excessive.

"This is getting to be a little too much, especially since they make you do it every year," Dickson said.

County Auditor Dani Fink said she will look into the matter.

FEB. 25 - NEED TO CUT \$300,000 IN NEXT TWO FISCAL YEARS

The supervisors had lengthy discussion regarding the upcoming fiscal year budget. The main topic was seeking ways to trim expenses.

County Auditor Dani Fink summarized the information she provided on the proposed budget.

"At this point, we've gone through all of the worksheets. The overall number, the only thing that's really changed there is Josh's (Secondary Roads budget)," Fink said. "I know the libraries are asking if a decision has been made on their FY 2026 contribution."

Fink shared that the county provided \$139,261 for county libraries in the current year, and the libraries are asking for an 8% increase, which would be \$150,402. No decision was made at this time.

Supervisor Mike Dickson brought up that the county needs to work on cutting about \$300,000 overall over the next two fiscal years.

As part of the consent agenda, the supervisors approved a Payroll Change Notice for a new hire, Sarah Hanson, as a Mental Health Therapist, at a pay rate of \$38 per hour.

FEB. 27 - STRATEGIC PLANNING FOR THE COUNTY

County Engineer Josh Sebern explained his request for approval of wage increases for employees in the Secondary Roads Department. He asked for a base 7% increase to bring wages in line with the state average and the averages of neighboring counties.

"I don't know if I'd go 7%," Supervisor Mike Dickson said.

No formal action was taken at this time.

Sebern also discussed his efforts to develop a wage scale system based on a combination of tenure and performance, as well as employee evaluation of the 30-plus staff.

Chris Whitaker, Region XII, met with the supervisors to discuss the Zoning Administrator contract, strategic planning, and to review Zoning Ordinance recommendations.

Supervisor Brian Johnson commented regarding strategic planning for the county.

"For me, the most important part is economic development and growth. I think the county can do more than just let people come to us and ask for tax abatement or something," Johnson said. "Our costs aren't going to go down, and if we don't find a way to grow... the ability to have enough taxes to keep our services where they are is going to be very difficult."

The supervisors appointed Dustin Capps as Medical Examiner Investigator, per a request from Medical Examiner Dr. Strehle.

MARCH 4 - 5% INCREASE APPROVED FOR LIBRARIES

The supervisors discussed the county's funding of the Guthrie County Libraries Association. The libraries asked for a 7% increase from the current fiscal year.

Supervisor Steve Smith shared his view that libraries are an important community hub, especially in the smaller cities in the county.

"I think they're pretty essential,"

Smith said. "Their ask is 7%. For me, that might be a stretch. I'm probably thinking more about 4 ½ to 6%."

"I'd like to look at 5.5 or 6%," Supervisor Brian Johnson said.

After discussion, the supervisors unanimously voted to approve a 5% increase.

The supervisors discussed the Feb. 28 payroll, with Supervisor Mike Dickson objecting to the Secondary Roads department payroll.

"I just don't approve of the way it's computed," Dickson said. "Using personal time to gain comp time... They're using sick time, personal time to gain overtime."

Smith said he feels that issue could be addressed at another time, but he made a motion to approve the Secondary Roads payroll as submitted. The payroll was approved, 4-1, with Dickson opposed.

A public hearing on the Proposed Property Tax Notice was set for March 25.

Supervisor JD Kuster said he has been asked by several citizens when the supervisors will return to the issue of a possible countywide EMS plan. After discussion, the supervisors agreed to revisit the issue after budgeting, which is expected to wrap up by the end of March.

MARCH 6 - PROCESS FOR CLOSING OFFICES DUE TO INCLEMENT WEATHER

Discussion was held regarding county offices and/or the courthouse be-



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ing closed during inclement weather events. Supervisor Steve Smith asked if there is a standard process and if each department makes a decision.

"If you close the courthouse, there are essential workers that have to work, and that puts them into overtime then," Supervisor Mike Dickson said.

"I would love to have a process in place that is a little more cut and dried," Board Chair Maggie Armstrong said. "I think identifying a committee to make a decision, rather than putting it on one individual."

Armstrong suggested putting the matter in the "parking lot" for now and having it discussed further during the safety meeting in April. No action was taken at this time.

Jake Anderson provided an update as the lease holder of the County Farm. He said lime application is completed, and some fencing repairs and new fencing are needed. Anderson estimated about 850 feet of fencing is needed on the north side of the property, but he said it remains usable for the time being. Fencing will be done after July 1.

As part of the budgetary work session, the supervisors reviewed and approved fiscal year 2025-2026 contribu-

tions to Region XII, Midwest Partnership, Guthrie County Fair Board, Hungry Canyons, New Opportunities, and Western Iowa Tourism.

The supervisors went into closed session to discuss a matter with counsel that may involve litigation.

MARCH 11 - MENTAL HEALTH SERVICES EXPANSION

Jotham Arber, Health Services Director, provided an update Guthrie County's plans to expand mental health services.

"This is the culmination of five years' worth of work," Arber said. "Finally, I feel like we've gone from the 'identify' phase into the 'we can actually do something about it' phase. Our hope is, over the next few weeks, to start getting out into the community... so that when folks are in Guthrie County and they need access to mental health services, they have it."

Brenda Dudley of Midwest Partnership told the supervisors about the upcoming Bonnie and Clyde Run, which is set for April 26 on White Pole Road. She said this year's event will include an 18-mile bike ride.

The supervisors held a 2026 budget work session.

MARCH 13 - COUNTY WAGE INCREASE SET

At the March 13 meeting, discussion was held regarding wage increases for county employees for the upcoming fiscal year. Supervisor Steve Smith suggested a 3% increase.

Supervisor JD Kuster said the Compensation Board suggested a 7% wage increase and said he has heard from the Compensation Board in years past, voicing frustration when the recommended number isn't used.

Supervisor Mike Dickson acknowledged that but pointed out that the county needs to budget for several large projects as well.

"We've talked about the generator down here. That's a \$200,000 project or a little more. We've talked about tornado shelters for some of our buildings... that money has to come from somewhere," Dickson said.

Supervisor Brian Johnson made a motion for a 3% wage increase, excluding the Board of Supervisors. That motion passed on a 4-1 vote, with Kuster opposed.

Johnson then made a motion for no wage increase for the supervisors. That motion passed on a 3-2 vote, with Dickson and Maggie Armstrong voting nay. Dickson voiced his concern about depleting the county's fund balance.

"With the 3% that was just done, you're looking at eating into your fund balance almost \$400,000," Dickson said.

The supervisors discussed ways to cut around \$100,000 from budgetary expenses to help spare the county's fund balance.

The supervisors will ask two departments (Sheriff and County Attorney) to come back and meet with the supervisors to work on ways to cut expenses.

MARCH 18 - SUPERVISORS GRAPPLE WITH BUDGET

During the March 18 regular meeting, significant discussion was held about the upcoming fiscal year's budget.

Matters still need to be decided by the State Legislature that will impact county budgets statewide, but those decisions will likely be made after budgets are due. Supervisor Chair Maggie Armstrong described the work she did in finding ways to alleviate some expenses out of the General Basic category.

"We then landed with 29% General Basic carryover, 22% General Supplemental carryover, and 26% Rural Ser-



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712.792.6416 kjanningflooring@gmail.com 18132 Highway 71 North, Carroll vice carryover," Armstrong said. "That gives us some room for some potential projects."

The working budget includes 3% increases for county employees (except supervisors, who would not receive a raise) and some specific additional raises in certain departments.

Supervisor Mike Dickson shared his opinion.

"I'm not OK with the extra raises above the 3%," Dickson said.

Armstrong asked the supervisors for their comfort level with the carryover percentages she mentioned.

"I think we've got to move ahead. That legislation may not be done until about May 1, so I think we've got to go ahead and do our business," Supervisor Brian Johnson said.

The supervisors voted to approve the carryover percentages Armstrong stated, by a 4-1 vote with Dickson opposed.

County Engineer Josh Sebern addressed the supervisors regarding Resolution 25-19 (Bridge Weight Limit Posting).

Sebern told of two bridges in the county that are currently closed.

"We did have to close two bridges this year, due to the postings. He said the bridge near the county's Bear Grove shed was closed due to "severely deteriorated wood pilings."

"It is in design. It could go into construction in 2026," Sebern said. "That's on the fast track, as much as federal aid can fast track."

Sebern described the other bridge closure.

"The other bridge that is closed is Baker 180 on Iris Avenue... We are reviewing all options," Sebern said.

Sebern explained the bridge does not meet traffic volume requirements for federal aid.

The supervisors unanimously approved the Bridge Weight Limit Posting as submitted.

The supervisors also discussed the possibility of filing a Petition to Intervene regarding pipeline issues. Armstrong said she met with officials from Greene County, who are also working on the same effort.

Armstrong summarized the purpose of a Petition to Intervene as asking to "have a seat at the table." No formal action was taken at this time.

The Board of Supervisors meets regularly on Tuesdays at 9 a.m. The public is welcome to attend in person or via remote technology. To join remotely, call 323-792-6123, then use meeting code 547029216#. ■

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CITY GOVERNMENT NEWS

PANORA CITY COUNCIL APPROVES 5% WATER AND SEWER RATE INCREASES

BY RICH WICKS

Panora Times

FEB. 24 - PUBLIC HEARING SET ON CITY BUDGET

At the Feb. 24 meeting of the Panora City Council, the councilmembers discussed the proposed budget and set a public hearing on the matter for Monday, March 24 at 5:30 p.m., immediately prior to the regular council meeting on that date.

The council voted unanimously to approve a 3% pay increase for city employees.

Susanne Gerlach (Public Financial Management) gave a presentation regarding the city's public utilities and rates. She suggested modest increases to the city's water and sewer rates to help build up a balance for future needs.

"I think, overall, things look really good," Gerlach said.

During the Public Forum portion of the meeting, citizen Josh Calmer spoke regarding a sewer issue at his property, 411 E. Main St. He explained that he received a large bill (nearly \$7,000) from Accu-Jet for fixing the problem, but he feels it should not be his responsibility, since the issue was with lining in the pipes, and he did not contact Accu-Jet.

Mayor Curt Thornberry agreed and said he had experienced a similar situation at his property.

"This should be on us because this was on the inside of the pipe. He has no access to the pipe," Thornberry said.

The matter was added to the agenda for consideration at the March 10 meeting.

City Administrator Lisa Grossman mentioned a dividend the city received from the Iowa Association of Municipal Utilities (IAMU) Safety Group in the amount of \$26.676.

"This is the highest dividend I've ever seen," Grossman said.

MARCH 10 - WATER AND SEWER RATE INCREASES APPROVED

At the March 10 meeting, the councilmembers voted to approve the utility rate changes recommended by Susanne Gerlach (Public Financial Management) at the Feb. 24 meeting. The increases will be 5% each on water and sewer rates.

The council also considered the situation brought up by Josh Calmer during the Feb. 24 meeting. Calmer described charges he incurred due to a sewer line that was blocked when work was done by Accu-Jet. Mayor Curt Thornberry repeated his Feb. 24 statement that he agrees Calmer should not be liable for the charges.

"It turns out it was an issue with lining done by Accu-Jet, and it basically just went over his access, so he really had no control over that," Thornberry said.

The council voted unanimously to not hold Calmer liable for the bill, which was nearly \$7,000. The city will address the issue with Accu-Jet.

"We can go after Accu-Jet civilly, and we may do so," City Administrator Lisa Grossman

The council meets regularly on the second and fourth Mondays at 5:30 p.m. The public is welcome. Interested persons may attend in person or electronically by visiting the website https://meet.goto.com/cityofpanora or by phone 1-312-757-3121 (Access Code 295-099-701, Audio PIN 220#). ■





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IEALTH

GUTHRIE COUNTY HOSPITAL REVIEWS QUALITY IMPROVEMENT

BY RICH WICKS

Panora Times

During the Feb. 27 meeting of the Guthrie County Hospital's board of trustees, Danielle Lauzon and CEO Chris Stipe discussed the various measures the hospital uses to track quality improvement efforts.

Lauzon reported on the process for handling complaints and grievances. She also described the categories involved.

"We break them down to determine what category they fall into. We had one for quality of care, two for provider/staff behavior, and one for active care," Lauzon said. "And then the department they originated in. We had two for emergency department, one for lab, and one for the Adair clinic."

Lauzon explained this allows the reports to be reviewed and directed to appropriate staff to address the relevant issues

Foundation Director Dennis Flanery told of upcoming foundation events, including the Handbags and Bingo event on Friday, April 4 and the annual golf tournament July 8.

The trustees formally approved the Fiscal Year 2024 annual audit report.

At the end of the public meeting, the trustees went into a closed session.

The next meeting of the trustees is set for March 27 at 4 p.m. in the Todd-Neff Conference Room. The public is welcome to join in person or via remote technology. Details can be found at www.guth-riecountyhospital.org. ■

EDUCATION PANORAMA SCHOOLS ADD APRIL 18 AS SNOW DAY MAKE-UP

BY RICH WICKS

Panora Times

During the March 11 meeting of the Panorama School Board, discussion of recent weather cancellations was held. The board approved making Friday, April 18 a student contact day. It will be a typical Friday schedule with a 1:45 p.m. dismissal. The final day of the school year is still set for May 23.

The board also approved the 2025-2026 school year calendar with one possible change

to come, depending on a decision of the Iowa Legislature.

"If legislation allows us to start earlier, we will amend the calendar and move the start day up," Superintendent Kasey Huebner said.

The senior overnight trip to Kansas City was formally approved.

A public hearing was set for March 24 regarding the proposed tax notice.

The next regular meeting of the board will be April 10 at 5:30 p.m. The public is welcome. ■



HEALTH

REINHART JOINS GCH CLINICS

Special to Panora Times

Steph Reinhart, ARNP, has joined Guthrie County Hospital (GCH) Clinics in Guthrie Center. Reinhart graduated from the University of Iowa with a bachelor of science in nursing degree and Allen College with a master of science in nursing degree. She joins GCH with a background in emergency medicine and urgent care with years of experience caring for patients of all ages and all conditions.

"I'm excited to join the team at GCH and have the opportunity to serve patients right here at home," Reinhart said. "I've spent the last 15 years caring for patients in the Des Moines metro area, working at both MercyOne in the ER and at Exemplar Care, which I

have loved, but being close to home and taking care of my fellow community members is something I'm really looking forward to. I'm passionate about helping patients reach their individual healthcare goals, and I'm proud to join such a well respected team of the close to home a well respected team of the close to home a well respected team of the close to home a well respected team of the close to home a well respected team of the close to home a well respected team of the close to home a well respected team of the close to home and taking care of my fellow community members is something I'm really looking for well and the close to home and the close to



Steph Reinhart

a well-respected team of clinicians. I can't wait to see the familiar and friendly faces of Guthrie County. Thank you for giving me such a warm welcome 'home.' "

Reinhart will start seeing patients in the near future at GCH Clinics in Guthrie Center. To schedule an appointment, call 641-332-3900.

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To schedule your appointment, contact GCH Surgery Department at (641) 332-3858.



LOSEES FIND A NICHE WITH THEIR CREATIONS

What started as experiments quickly became popular products.

BY RICH WICKS

Panora Times

Angella and Matt Losee of Panora are creators. When they see products that catch their eyes, they immediately think about how the products are made, and that has led to a fun hobby and side gig for them.

Angella told of the couple's foray into creating wooden flags, drink tumblers and related items.

"We started making the wood flags a couple years ago. Matt had seen something similar on Facebook and thought it was interesting and that we could make them," Losee said. "So, we decided to give it a shot. My dad had given us a table saw years ago, so we had all the tools needed."

What started as experiments quickly became popular products.

"We bought some wood and made a couple flags. We kept one for ourselves, and we've given a bunch away to family and friends," Losee said. "Then I posted pictures of them on Facebook, and people started asking if they could buy them, so I sold a few that way."

Nowadays, Losee continues making the flags, with Matt's help, and she sells them at area vendor markets. Losee generally partners with her friend, Danielle, who runs Sweet B's Treats (based in Linden). They display their items together at craft shows, farmers markets and other events.



Angella Losee shows a few of the wooden flags she has made.

Losee explained the process in creating the wooden flags.

"We use our table saw to cut boards down into 13 stripes for the flag, and

then we burn the wood, stain it whatever color, and glue and nail them together, and trim them to size," she said.



The Losees make colorful drink coozies.



Tumblers made by Angella and Matt Losee.



Wooden flags created by the Losees.





More of the Losees' unique tumblers.

Losee makes flags in traditional American design but also customizes them to designate certain groups or services, such as police, fire, EMTs, conservation, etc.

"If we're making them for police officers or firefighters or anyone in that type of work, we may put their badge number and last name on there in stencil. Then we seal them, so they can be displayed indoors or outdoors," Losee said.

Besides the flags, Losee has also learned to make various drinkware products, including coffee mugs, tumblers and coozies.

"I started making them because I wanted a tumbler that said Panorama Panthers, and I couldn't find anybody that made them. So, I watched a lot of videos to learn how to make them," Losee said. "And, again, it started out just making a few for myself or for friends and coworkers, but then I started taking those to farmers markets and vendor fairs, and I've been selling quite a few."

Losee has always enjoyed working with her hands to make things, and her offerings can be seen on her Facebook page titled, "Glitz & Dust Designs."

"I'm not an artist. I consider myself to be more of a maker. I crochet, I embroider, I make wreaths, all sorts of different things. I've done that all my life," she said. "I've recently come upon a lot of the supplies for stained glass, and I had briefly dabbled in that years ago, so I'm hoping to get back into that a little bit, too."

One of the rewards of Losee's hobby is seeing joy on the faces of those who appreciate her creations. She said kids, in particular, get excited upon discovering her items.

"A lot of the tumblers are very glittery, and some are Christmas-themed, where they look like they have cocoa running down the sides of them," Losee said. "Those have made a lot of people really smile."

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Panora Fiber board members, back row: Ron Reynolds, Chris Arganbright, Trudy Hastings and Lynnea Anderson. Front row: LeRoy Oxley, Dave Ryan and Kelvin

PANORA FIBER HOLDS **ANNUAL MEETING**

BY SHANE GOODMAN

Panora Times

Panora Fiber held its annual meeting on March 3 in Panora at the Community Center. The agenda included the election of directors and the sharing of financial and operating reports.

Chris Arganbright, Mark Cates and Kelvin Hafner were running for two open seats. Arganbright and Hafner were both incumbents, and both were reelected to the board.

Board President Ron Reynolds recognized years of service for staff members,

including Plant Manager Bill Dorsett with 45 years, General Manager/CEO Andrew Randol with 30 years, and Customer Service Specialist Pam Klinkefus with 30 years. Combination Technicians Mike Moore and Paul Brewster each have served 25 years as well.

General Manager/CEO Andrew Randol shared the company's balance sheet and statements of operations while also sharing maps with the territory growth of fiber connections in Dallas and Madison counties, as well as in the Bagley area.

Drawings were also held for numerous door prizes for attendees.



Panora Fiber staff in attendance at the annual meeting on March 3, back row: Bill Dorsett, Andrew Randol, Paul Brewster, Andy Carson, Nathan Van Zee, Shane Murphy, Dave Garland, Mike Moore and Curtis Thornberry. Front row: Jaime Waddle, Geri Thompson and Pam Klinkefus.



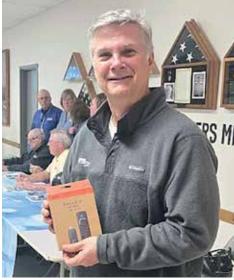
Kathleen Leinen won a Samsung 43-inch TV.



Dave Olson won a JBL Wireless Speaker.



Kim Heiland won an Eufy Floodlight Camera.



Kirby Klinge won a Firestick 4K Max.



Dave Beidelman won an Outdoor Wi-Fi Plug In.



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CELEBRATE SPRING'S ARRIVAL WITH A SKILLET FISH FRY

BY JOLENE GOODMAN

Panora Times

I am a fan of fish and seafood in general. Healthy and light, it satisfies my hunger every time. Grilling is typically my preparation method, as it is easy with little clean-up and no "fishy" smell.

This time of year, I look forward to the local fish fries. I must confess, "fried" foods do delight my taste

buds. So, when I saw this recipe recently, I wanted to give it a try. The Pan-Fried Catfish recipe is perfect for enjoying flaky fillets without the mess. Because this catfish is pan-fried instead of deep-fried, I recommend using butter and olive oil. The mixture adds a delicious, creamy flavor, and it is easy to work with.

Jolene Goodman is the advertising director for Panora Times and vice president of Big Green Umbrella Media.



Jolene Goodman

PAN-FRIED CATFISH

Recipe courtesy of "Cookin' Savvy" Servings: 4-6

Ingredients

- 1/3 cup flour
- 2 tablespoons mesquite seasoning (or seasoning of choice, such as lemon pepper)
- 1 stick butter
- 1/4 cup avocado oil (or oil of choice)
- 1-2 pounds thawed catfish fillets (1/2 pound each)
- · cooked rice, for serving

Directions

In pie dish, mix flour and seasoning. In skillet over medium heat, melt butter and add oil. Coat fish fillets in flour mixture on both sides. Place fish in skillet and fry 5 minutes then flip and fry 5

Place fish on paper towel to drain excess oil then



serve with rice.

Tip: If skillet is large enough, fry two fillets at once. If frying more than four fillets, discard butter and avocado oil then start fresh before frying more. ■



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The first person with the correct answer from last month's photo of the birdhouse at corner of S.E. Eighth Street and East Jackson Street in Panora was Carolyn England. Have a guess on the location of this month's photo? Have one to submit for future issues? Send to shane@gctimesnews.com.









AREA CHURCH GUIDE

SUBMIT CHANGES OR UPDATES TO SHANE@GCTIMESNEWS.COM

BAGLEY

Bagley United Methodist Church

401 Main Street, PO Box 40 www.umc.org

Sunday Service: 11 a.m., Wednesday: 3:45-5:00 pm after school kids program. All school age kids welcome.

JAMAICA

Jamaica Union Church

409 Van Nest St., Jamaica Sunday School: 9 a.m., Sunday Service: 10 a.m.

LINDEN

Linden United Methodist Church

106 N. Evans St., Linden

PANORA

Church Of The Brethren

2946 200th Road, Panora 641-755-3800

Sunday School: 8:45 a.m., Sunday Service: 10 a.m.

Calvary Chapel Of The Raccoon River Valley

604 E. Main St., Panora www.calvaryraccoon.com 641-755-4268

Sunday service: 10 a.m.

Faith Bible Church

2096 Highway 4, Panora www.fbcpanora.com 641-755-3034

Sunday Service: 9 am Wednesday Bible Study: 6:30 p.m.

First Christian Church

102 E. Church St., Panora www.panorafcc.org 641-755-2227 Sunday Service: 10 a.m.



Fountain of Life Church

2322 Wagon Road, Panora www.folcpanora.com 641-755-2322

Sunday Service: 10 a.m.

e: 10 a.m.

400 S.E. Third St., Panora www.panoralighthouseassemblyofgod.com 641-755-3060

Sunday School: 9 a.m., Sunday Service: 10 a.m. Wednesday: Children/Youth 7 p.m.

Lighthouse Assembly of God

Lutheran Church of Hope

5405 Chimra Road, Panora 515-222-1520

Panora United Methodist Church

119 E. Main St., P.O. Box 601, Panora www.panoraumc.org 641-755-2655 Sunday Service: 9:30 a.m.



Saint Cecilia Catholic Church

220 N. First St., Panora www.st-mary-patrick-cecilia.com 641-747-3843

Catholic Mass: Sunday 8 a.m.; Wednesday and Thursday 8 a.m. Confession: Sunday 7:30 a.m., Wednesday and Thursday 7:45 a.m. Adoration: Tuesday 3:30–4:30 p.m.



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Sunday School /Adult Bible Study: 9 a.m. Sunday Service: 10:30 a.m. Bible Study: Tuesday 11 a.m.



Yale Church of Christ

304 Lincoln, Yale church-of-christ.org 641-757-1104 ■



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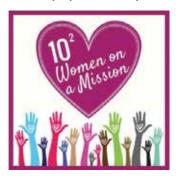
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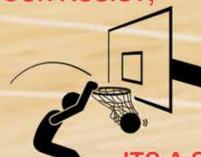
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WORD LIST:

ASSIST BACKBOARD BACKCOURT BACKDOOR BANK BASELINE BASKETBALL BENCH BLOCK BONUS BREAK BREAKAWAY BUCKET

BUZZER CARRY CENTER CHARGE CHEER CLOCK CONFERENCE CONTACT CROSSOVER DEFENSE DRIBBLE DUNK

FADEAWAY FAKE FLAGRANT FORWARD FOUL FRONTCOURT GUARD HOOP INBOUND INTERFERENCE IUMP KEY

FACE

LAYUP LEAGUE LINE NET OFFENSE PAINT PASS PENALTY PICK PIVOT POINT POSITION

LANE

POSSESSION PRESS REBOUND RECREATION REFEREE REVERSE ROLL RULE SCORE SCREEN SHOOT SHUFFLE

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