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TIMES

APRIL 2025

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DOUBLE VISION

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PAGE 24

**JENNIFER
CROW HAS A
SPECTACULAR
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**ASIAN GROUND
TURKEY BOWL
IS HEALTHY AND
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We would like to express our deepest gratitude to all who attended the 10th annual Guthrie County Fair fundraiser supper on March 1st. Your generous donations make it possible to continue to preserve and improve the Guthrie County Fair and fairgrounds for many generations to come. All the money raised this year will go towards the new show rings and the continuous improvements of the fair grounds.

Thank you so much for your continued support and encouragement as we build for the future, because together we make the difference!

A special thank you goes to *Laughery Auction Services* for their expert auctioneering, *Brittney Arganbright* for the countless hours spent organizing the auction, *Tom Reil* for being our MC, the ladies at *Peoples Bank* for taking payments, *Cabbage Rose* for providing a wonderful meal, and *Sheryl Clark* for leading us in prayer. - Guthrie County Fairboard

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2025

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8PM - KRIS KARR MUSIC
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SATURDAY

NOON - BAGS TOURNAMENT REGISTRATION
- \$20 ENTRY FEE
1:00 PM - BAGS TOURNAMENT START (515
CORNHOLE)
3:00 - 5:15 PM - REGISTRATION
6:00 PM - FLAG DROP
7:30 PM - VETERAN RECOGNITION

SUNDAY

3:00 - 5:15 PM - REGISTRATION
5:30 PM - MEMORIAL DAY SERVICE
6 PM - FLAG DROP
ADMISSION FOR SAT/SUN NIGHT
\$35 DRIVER/ CAR
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6:00 PM - FLAG DROP

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5:30 PM - GATES OPEN FOR CONCERT
7:00 PM - LUCAS MINOR BAND
9:30 PM - LLOYD MCCARTER & HONKEY
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\$10 ADMISSION (5 AND UNDER FREE)

SATURDAY

NOON - BAGS TOURNAMENT REGISTRATION
1:00 PM - BAGS TOURNAMENT START (515
CORNHOLE)
5:30 PM - GATES OPEN FOR CONCERT
7:00 PM - AIDEN FLATHERS
9:30 PM - JASON PRITCHETT

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FROM THE COVER: Island fun for Erica Matthies and twins, Knox and Lenox Matthies. Photo submitted



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THE PROOF IS IN THE NUMBERS

The word “audit” makes many of us cringe, especially this time of year as we gather materials to submit for our taxes. But, in the media world, “audit” has a positive meaning, as it is proof or verification of what we claim to have as our distribution and readership. As a reader, you certainly don’t question this, but those who place advertising do — and they should. Believe it or not, the media world has some dishonest people who make big claims about their listenership, viewership or readership without any proof to back it up.

I thank those of you who participated in the Panorama Times audit. Our other publications (Lake Panorama Times and Guthrie Center Times) have now been audited as well. We had the results from all three combined so we could have a better idea of who is reading our publications. This is important, as many of our advertising customers buy in all three publications. Here are a few data points you may find interesting:

- With all three publications, we

have a combined net circulation of 7,122 copies to 10,288 readers. In a county this size, that is a large audience of readers of our publications.

- We also have 6,748 digital contacts, creating total estimated gross contacts of 17,036. This, of course, includes some duplication.
- On average, our print publications have 1.85 readers per copy.
- 73.2% of our readers say they purchase products or services from ads seen in our publications.
- 48% say they keep our publications one month or more.
- 56% of our readers are female.
- The average age of our reader is 56.3.
- Our average reader household in-



Shane Goodman

come is \$125,342.

- 81% of our readers have attended college.

For years, I have been frustrated when advertisers tell us they get customers from their websites and social media platforms, but they don’t give us credit for driving their customers to those platforms. In our most recent audits, the following question was asked, and the results are in parenthesis:

How do you respond to ads seen in the publication? (% of total)

- Call the advertiser for more information (19%)
- Go to the advertiser’s store or business (44%)
- Visit the advertiser’s website (56%)
- Visit the advertiser’s social media (13%)
- Internet search the advertiser’s business (34%)
- Email the advertiser for more information (01%)

The results are not unexpected to us and probably not to you as a reader ei-

ther. You know that, when you see a print ad, you seek out additional information on the customer before you buy. These are enlightening facts, though, for those who place advertising to market the goods and/or services of their business.

Times are certainly changing, and all of us are making efforts to seek out information before we spend our hard-earned money. I feel fortunate to know that so many of you look to us before you buy, and I truly appreciate that. Those who advertise in the pages of this publication do, too.

As always, I thank you for reading. ■

Shane Goodman
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DOUBLE VISION

Multiple birth siblings form special bonds

BY RICH WICKS

Panora Times

Over the years, many TV shows and movies have used twins as a theme for comedy, drama or both. Twins were featured in TV commercials as part of Doublemint Gum's "Twins" campaign, which ran from the 1950s into the 1990s. The jingle included the lyrics, "Double your pleasure, double your fun."

But do families that include twins view the situation as "double the fun" or as "double the trouble"? The short answer is, yes.

The rate of multiple births (twins, triplets, etc.) in the U.S. has increased significantly in recent decades. In the early 1980s, the rate was around 20 multiple births per 1,000 live births. By the year 2000, that had climbed to more than 30, and since then it has hovered in the 30 to 35 range.

Experts say the change is partly because of the increased use of assisted reproductive technologies such as in vitro fertilization, when multiple eggs are fertilized and implanted. Also, the average maternal age has increased, and, on average, older women are more likely to use assisted reproductive technologies than younger women.

Locally, examples of multiple births abound, sometimes with surprising frequency. For example, the Panorama graduating class of 2021 included four sets of twins (Audrey and Paige Cmelik; Gwen and Olivia Steffen; Drew and Evan Taylor; and Domonic and Preston Walker).

Below, a few local families share their experiences with twins (or more).

AUDREY AND PAIGE CMELIK

Audrey and Paige Cmelik and their classmates in the Panorama class of 2021 are statistically unusual for the frequency of twins.

"I believe there were 82 graduates in our class, and we had four sets of twins. We're all identical twins," Audrey said.

How those four families ended up "rolling doubles" is anyone's guess. In most cases, twins are a surprise, and that is true of the Cmeliks, who have no known instances of twins in the family tree. But, Audrey would not have it any other way.



Audrey and Paige Cmelik with their dad, Chris Cmelik, at graduation.

"After we graduated, I started to fully realize the effect of having a twin sister, because we always enjoyed the same sports and activities, so we always had that connection," Audrey said. "And even something as simple as going to grab groceries, we'd usually go together. So, she was my best friend that I always had growing up."

Paige agreed that having a twin is something she only fully appreciated after graduation.

"We always had someone to do something with, and we never really knew what it was like to be alone until we became adults," Paige said.

Although some twins develop a unique lingo, Audrey does not recall that happening between Paige and herself.

"I wouldn't say a language, but we would mimic each other's actions, and that seemed to continue throughout our childhood," Audrey said.

Whether identical or not, most twins attempt to switch identities briefly on occasion. In the case of the Cmeliks, the girls' skills of mimicry and deception apparently improved over time.

Paige recalled the first time the two tried tricking their teachers.

"When we were younger, our mom would dress us up in specific colors to make it easier for people to tell us apart. But Audrey and I had gotten the hang of it when we were in elementary school, so sometimes we tried changing it around," Paige said. "We had two teachers that were husband and wife, and we tried to

fool them sometimes, but they would figure it out and have us go back to the right room."

But as the saying goes, practice makes perfect. Years later, the girls were able to pull off the trick.

"We had to do it once while we were in high school. I believe we were sophomores," Audrey said. "We went into the restroom and swapped clothes before first period, and then we just went about our day as if we were each other."

Audrey recalled that some of their best friends realized the switcheroo but kept the secret under wraps. She added that none of the teachers noticed the change.

"The teachers called us the wrong names the entire school day," Paige said. "And it was amusing to see our friends'



Paige and Audrey Cmelik in their early years.

looks when they caught on.”

For Audrey, the best part of having a twin is that she always had a best friend nearby, but it wasn't always a joy. Audrey recalled that, in her childhood, there were times she tired of “always having to share everything,” including a room, a birthday, and even a cell phone for a while.

But, overall, the girls agree they are thankful for being twins.

“We always had a little sense of competition,” Audrey said. “I think that helped give us the drive that we have now.”

KNOX AND LENOX MATTHIES

John and Erica Matthies were hoping for a baby but ended up with two. The girls are named Knox and Lenox and are now 6 years old. Erica described how the situation unfolded.

“We found out really early, because we were about to start with MidIowa Fertility. We had been trying. The doctor told us not to wait the whole year but to try for six months, and if nothing happened, to come in. So we were starting that process, and I happened to be pregnant,” Matthies said. “I was scheduled to go in with MidIowa on May 9, and on Cinco de Mayo (May 5) I went and took a test, and I was pregnant.”

Matthies said she decided to keep an ultrasound appointment that was already scheduled with MidIowa, and that allowed her and husband, John, to see the first sign of twins much earlier than most parents can.

“They were only like four to six weeks, and they could see that there were two,”



Paige and Audrey Cmeilk show their twin catches.

she said.

Matthies recalled that, after many months of trying for a pregnancy, the sudden news of two babies on board was a whirlwind of emotion.

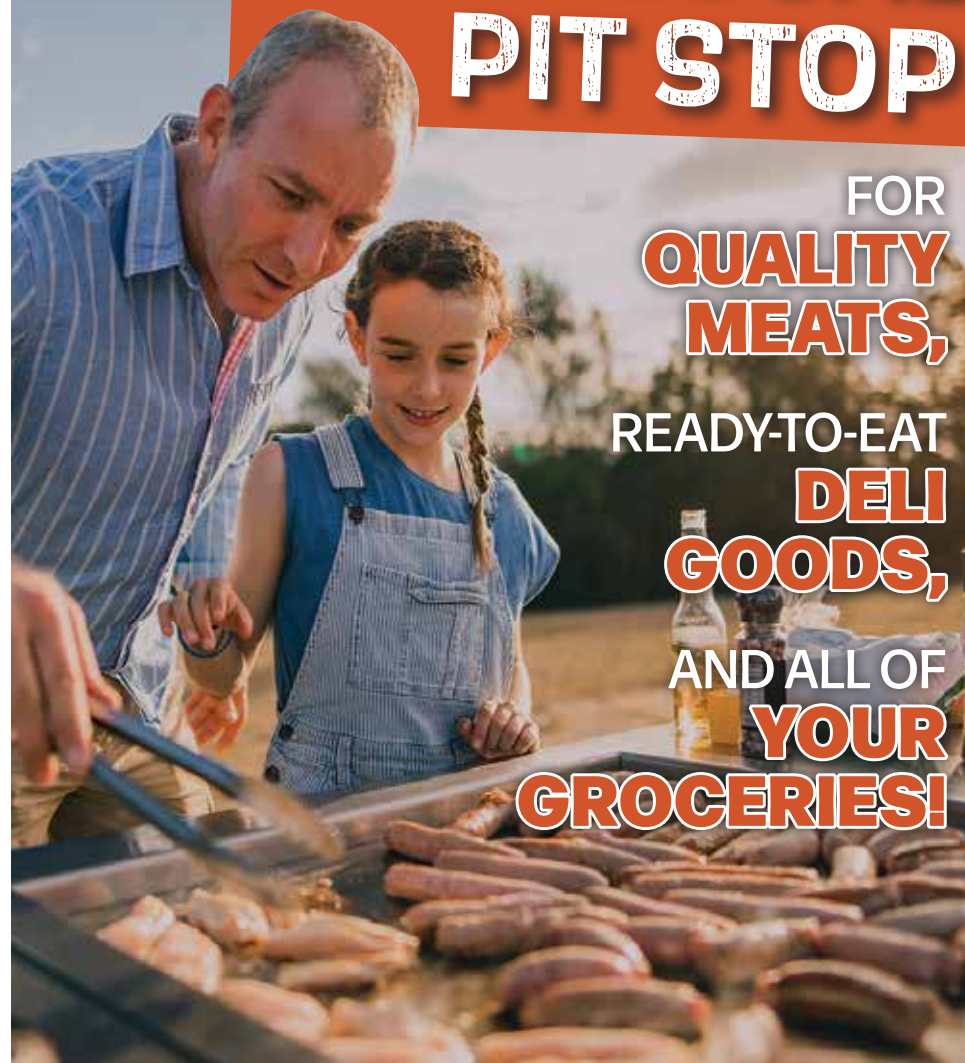
“It was a mixture of laughing and crying, because a lot was happening all at once,” Matthies said. “That changes things real fast.”

Matthies said neither she nor her husband have any known family history of twins. She also explained that Knox and

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Erica Matthies holds her twin girls.

Lenox are considered “mono-mono” twins, which is a type of identical twins.

“One percent of twins are born this way,” Matthies said. “It’s when one egg gets fertilized and splits.”

Matthies explained that, with mono-mono twins, significant medical concern can occur if the babies are born prior to 24 weeks.

“With mono-mono, they say your first goal is to make it to 24 weeks. A regular pregnancy is 40 weeks,” Matthies said. “I went in for inpatient as late as I could — at 27 weeks — because, mentally, being stuck in a hospital bed, it’s a lot.”

The twins were born at 29 weeks and two days. When the moment finally arrived, things sped up.

“It went fast. Knox was 1 pound, 13 ounces, and Lenox was 2 pounds, 1 ounce,” Matthies said.

Because of the early arrival and small size of the twins, they were in an incubator until they were ready to go home.

Matthies noted that, although she knows each girl will reach various developmental milestones individually, she finds it tough not to compare them if/when one lags behind the other.

Also, despite Knox and Lenox being identical twins, Matthies has definitely noticed individual differences in personality and behavior.

“I have one that’s a little more tender-hearted,” Matthies said. “I have one that, in social settings, is going to hang back next to mom, while the other one goes up and makes friends with anybody.”

Matthies shared that she enjoys seeing the girls learn things quickly as they explore their world.



John Matthies with twin children, Knox and Lenox.

“When they catch on to things, it’s fun to watch that growth,” she said.

Twins learn early on that they can pretend to be each other, and Matthies recalled that happening on the first day of 3-year-old preschool. But she found a solution to avoid mistaken identity.

“For their birthday, we went and got their ears pierced, and one has pink earrings, and one has purple,” Matthies said.

But, overall, the girls remain similar. “They just love being outdoors, swim-



Knox Matthies shows her style.



Lenox Matthies is all smiles.

ming, being at the park. That's just kind of their jam," Matthies said.

Matthies admits that twins can be a challenge, but she takes it in stride.

"I always say, 'My hands are full, but my heart's even fuller,'" she said.

KENNY MCCAUGHEY

Having a twin is a joy, and, at times, a challenge. But, what if, instead of one twin, you had six? That is the situation Kenny McCaughey of rural Bagley grew up in. He is one of the "McCaughey seven" from Carlisle who became famous as the world's first surviving septuplets.

The McCaughey septuplets were born at Blank Children's Hospital in Des Moines, on Nov. 19, 1997, to Bobbi and Kenny McCaughey. The babies were

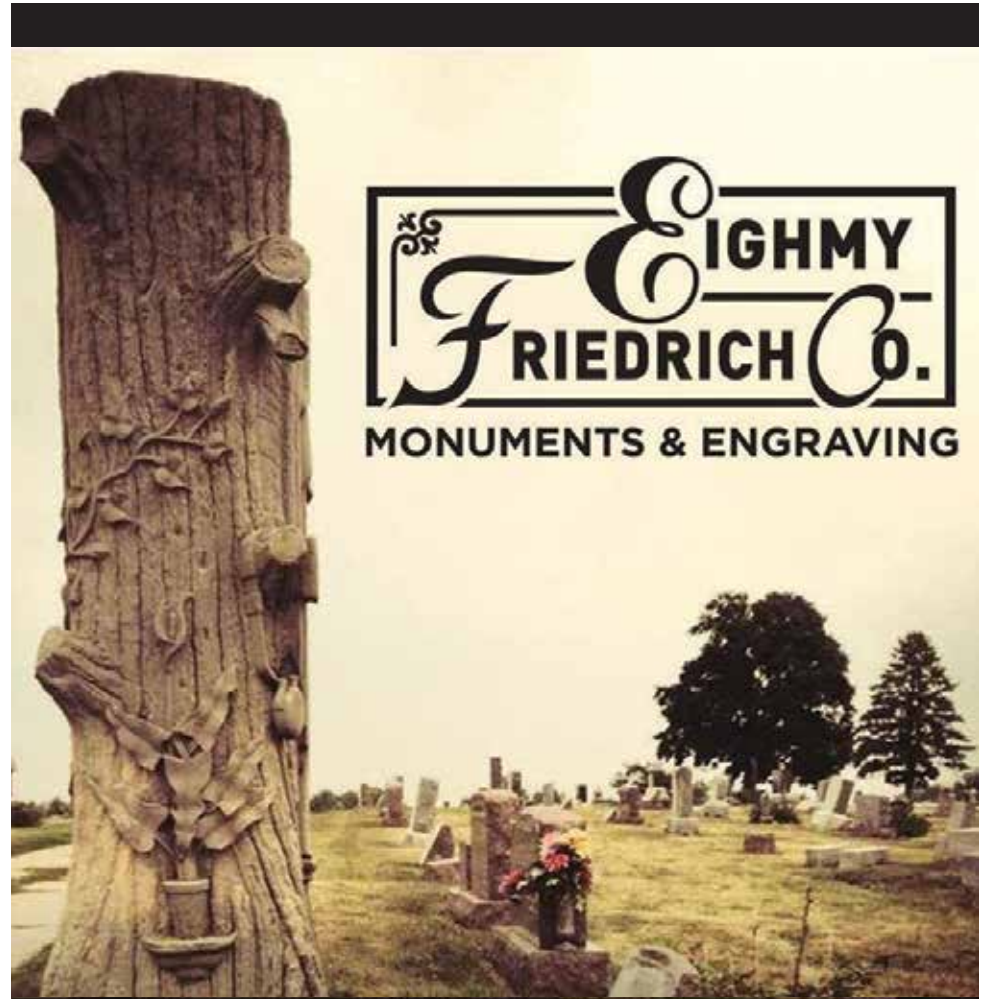
named Kenny, Alexis, Natalie, Kelsey, Nathan, Brandon and Joel. The family already had a 1-year-old daughter, Mikayla.

Kenny was the first-born of the septuplets, emerging at 12:48 p.m. The seven siblings were born at a speedy rate of one per minute from 12:48 to 12:54 p.m. So, if you ever feel rushed or overworked, just imagine Bobbi McCaughey delivering seven babies in a seven-minute span.

The septuplets each weighed between 2 pounds, 5 ounces and 3 pounds, 4 ounces. Kenny was not only the "oldest" of the seven but also the largest at birth. Despite this, he claims he never held his "big brother" status over the other six because they all had their big sister Mi-



Bobbi McCaughey with Mikayla and the septuplets.



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PHOTOS SPECIAL TO PANORA TIMES

Kenny (holding Kenny the fifth) and Thia McCaughey (holding Missie).

kayla to look up to.

"We have an older sister, so she was more like the boss when our parents were gone," Kenny said.

As the septuplets grew from babies to toddlers to school kids, the family continued to be the focus of much media attention.

"I think, as kids, we liked the attention," Kenny said. "A lot of times, the journalists would bring us gifts and stuff."

Kenny and his siblings grew up accepting the fact that they were the center of media attention. They adjusted to the feeling of living inside a fish bowl. Kenny reported that, when his parents had an "open house" for their newly-built house in 1998, an estimated 3,000 people came to walk through the home.

"It was Iowa's biggest open house at that time," Kenny said. "We lived in Carlisle until we were 19 or 20, when our parents sold the house."



The McCaughey septuplets with their parents, Bobbi and Kenny McCaughey.

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Kenny McCaughey (center) had plenty of help to blow out birthday candles.

Throughout the “fishbowl” years, Kenny struggled with one frequently asked question.

“The one question everybody asks that’s hard to answer is, ‘What is it like to have seven brothers and sisters?’ because we grew up with it,” Kenny said. “It was all we knew.”

The media attention was nearly constant when the seven were born. As the kids grew, the media coverage, although intermittent, continued. When the kids turned 18 and graduated from high school, the hoopla calmed down.

“It slowed way down after that,” Kenny said.

Nowadays, the seven are scattered around the country, but they stay in touch in the same way most families do.

“We all see each other, usually a couple of times a year,” Kenny said. “But we have a group text that all of the family members are in. That’s how we mostly communicate. Only two of my brothers and one sister live here in Iowa still,” Kenny said. “Two sisters live in Missouri, and a brother in South Carolina, and my older sister lives in Virginia.”

Kenny and wife, Thia, now live in rural Bagley, with their children, Kenny

and Missie. Kenny McCaughey is a name shared by five generations of men in the family, so they found a solution.

“Sometimes we call him Kenny the fifth,” Kenny said of his son.

Jobwise, Kenny and Thia have found a balance that works for their family.

“I do cabinetry at Waukee Cabinet Works. I’m the shop manager there now,” Kenny said.

Thia operates Thia’s Photography, which allows her to work from home and watch the kids. The family is happy to be in a small-town area, where people know each other.

Looking back at his family’s early fame, Kenny doesn’t mind that much of his childhood was under the spotlight. But, he admits, sometimes his unique childhood had a downside with so many siblings around.

“All through elementary and all the way through high school, you were going to be in a classroom with at least one of your siblings,” Kenny said. “So, like in high school, if I was in a class with one of my sisters, and I was goofing around in class, I could just expect that my sister would go and tattle on me to Mom.” ■

POLL NOW OPEN!



WHO WILL BE VOTED THE BEST IN GUTHRIE 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.

POLL CLOSSES JULY 1, 2025.

See rules and vote at <https://gctimesnews.com/best-of>



Make your voice heard and cast your votes in the 2025 BEST OF GUTHRIE COUNTY poll. This contest is being hosted by Big Green Umbrella Media and the results will publish in the September issues of Lake Panorama Times, Panora Times and Guthrie Center Times.

FOOD & DRINK:

- Place for Pizza
- Spot for Dessert
- Spot for Breakfast
- Lunch Spot
- Dinner Spot
- Ice Cream Place
- Bar
- Coffee Shop
- Mexican Restaurant
- Happy Hour
- Bartender or Server
- Wine Selection
- Place to Buy Meat
- Coldest Beer
- Caterer

AUTOMOTIVE:

- Car Wash
- Auto Service Center
- Auto Parts Store
- Vehicle Detailing Business

COMMUNITY:

- Pastor (person)
- Teacher
- Coach
- Church
- Daycare
- Library
- Chamber of Commerce
- School
- Park
- Community Festival
- Camping Spot
- Place to Hold an Event

- Elected Official

- Employer
- Customer Service (overall)

SHOPPING:

- Boutique
- Retail Store
- Place to Purchase Gifts for Her
- Pharmacy
- Grocery Store
- Nursery or Garden Center
- Hardware Store
- Florist

ENTERTAINMENT:

- First Date Spot
- Parent/Child Date Spot
- Place to Take Mom & Dad
- Place to Take Kids or Grandkids
- Place for a Field Trip
- Bowling Alley
- Golf Course
- Local Band or Musician
- Place to Take Your Dog

HEALTH/BEAUTY:

- Hair Salon
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SNOW WHITE. STATHAM. MICKEY. NOVOCAINE. AND A BLACK BAG.



"Night of the Zoopocalypse"



"Mickey 17"



"Black Bag"



"Novocaine"

BY MICHAEL C. WOODY

Panora Times

"NIGHT OF THE ZOOPOCALYPSE"

This is what it looks like when a studio makes an animated film that they really have no care for, nothing to really gain and, frankly, just threw it into the theaters to see if it might stick. It didn't, and for good reason. No story, nothing memorable in the cast of characters, and just a sloppy effort to cash in on kids when they were home for spring break.

Grade: D



"MICKEY 17"

I was not a big fan of this writer/director's last film, "Parasite," but it won Best Picture, Best Director and a bevy of other important awards a couple years ago. "Mickey 17" tells us the story of a future

society that has created a way to bring people back to life after death. Instead of letting them reestablish their lives, they use them as guinea pigs to go into dangerous situations — over and over again. So, Robert Pattinson, who still owes me money for those weird "Twilight" vampire movies, is Mickey 17, an "undesirable" who has died and been brought back 17 times. When an undesirable decides to stay alive and not die, the plot thickens. By the time that two Mickeys come back to life and have a threesome with a woman, I mentally checked out. I guess I won't have to wait for the writer/director's next release. I left the theater thinking of just one question: "What's the point?" **Grade: C-**



"BLACK BAG"

Stephen Soderberg has directed and written some great movies including his

last film, "Presence," a modern ghost story from the ghost's point of view. "Black Bag" gives us the story of government spies in England with a potential mole in the group. Many dinners and conversations later, we find out who it is, but there was really no way for us to even have an educated guess. The movie is still good, but the pace is decidedly different than you may be used to.

Grade: B+



"NOVOCAINE"

I have no idea who Jack Quaid is. I guessed he was Dennis Quaid's son, and I was correct, but I never would have guessed that his mother is Meg Ryan. Talk about hitting the genetic jackpot. In "Novocaine," he plays a young man with a condition that prevents him from feeling any pain. You can burn him, knife him, run him over with a car or whatever.

Quaid plays it well, though it slips dangerously close to slapstick at times. I did laugh out loud several times, but the finale went on way too long. **Grade: B**



"THE ALTO KNIGHTS"

This movie is a bit of a conundrum for me. You take a well-respected and award-winning director like Barry Levinson ("Rainman," "Wag the Dog" and "Disclosure"), hire a top-notch writer like Nicholas Pileggi ("Goodfellas," "Casino" and "City Hall") and then hire Robert DeNiro ("Cape Fear," "The Deer Hunter," "Raging Bull" and "The Godfather Part 2") and ask him to play two different roles? Maybe they were short on money and saved a little cash? I wish I could report that it was worth all that talent, but



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"The Alto Knights"

I can't. It was a good — sometimes very good — movie, but the gimmick wore me out. **Grade: B**

"SNOW WHITE AND THE SEVEN DWARFS"

The remake of one of Disney's top five classic films, "Snow White and the Seven Dwarfs," will always raise eyebrows. As expected when you touch a classic film, criticism will follow before anyone has even seen it. In my opinion, this time the criticism was particularly vicious. It started with the casting of a non-white actress in the lead role. Heaven forbid! Then, they chose (rightly, in my opinion) to use CGI to recreate the seven dwarfs (again,



"Snow White and the Seven Dwarfs"

in my opinion, the only way it could have been done well). In spite of the criticism, I found the movie to be charming, funny and everything the original was, in different ways. I believe that 95 out of 100 kids who see this movie will love it. Isn't that who it was made for? **Grade: B**

"A WORKING MAN"

I'm a big fan of Jason Statham. If you love action films, here is a guy who seems to have all the skills one would need to take down 25 guys at once. He also can have a nice touch of self-deprecating humor. Interestingly, this movie was written and directed by Sylvester Stallone. Statham plays a construction foreman with a



"A Working Man"

"past" and some crazy good skills. When the boss' daughter is abducted in a bar, Sta-

tham's character is asked to step in. Let's just say that he more than steps in. The first half of this movie is great fun. Then the whole darned thing goes so far off the rails it is amazing it got released. There has to be 100-plus people killed in some of the most gruesome and gory ways, and the violence just never quits. What a disappointment. **Grade: B+ for the first half of the movie and D- for the second. ■**

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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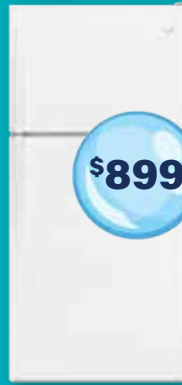
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GUTHRIE COUNTY SUPERVISORS DENY CHANGE TO BEREAVEMENT POLICY

BY RICH WICKS
Panora Times

MARCH 25 - PETITION TO INTERVENE

During the March 25 regular meeting of the Guthrie County Board of Supervisors, the supervisors unanimously voted to adopt Resolution 25-20 (Resolution Directing the Guthrie County Attorney to File a Petition to Intervene on Behalf of Guthrie County in Iowa Utilities Commission Docket Number HLP-2024-0004).

Brian Hoffman provided a departmental update regarding information technology. He shared the status of various equipment and said efforts are ongoing to weed out equipment that is no longer used.

"It's good to eliminate what you don't need, so you can see what you do need," Hoffman said.

County Engineer Josh Sebern provided a

departmental update regarding secondary roads. Sebern also described proposed Resolution 25-21: Contract for Project FM-C039(102).

"This is pertaining to a project...for patching of the Yale-Springbrook road," Sebern said. "We had eight bidders...and the lowest bid was \$345,000, thereabouts, by Midwest (Midwest Contractors Inc.)... This resolution does two things. It awards the contract to Midwest, and it authorizes me to sign the contract," Sebern said. The supervisors approved the resolution.

A public hearing was held at 10:30 a.m. on the Fiscal Year 2026 proposed property tax notice.

MARCH 27 - BULK OF WORK ON BUDGET IS DONE

Auditor Dani Fink explained that the bulk of the work on the county's proposed budget for the upcoming fiscal year is done. Fink is awaiting some final

information on health insurance rates.

"It's just going to be accounting for potential new hires for next year, making sure of their budgeted amounts in case they want insurance. We'll do that at the family rate, just to be safe," Fink said.

The supervisors set a public hearing regarding the Fiscal Year 2026 budget on April 15 at 9:30 a.m.

APRIL 1 - BEREAVEMENT PAY, ANIMAL PROTECTION AND CONTROL

Denise Ballard (Iowa Governmental Health Care) discussed the county's Fiscal Year 2026 Health Insurance Renewal. She shared options for the supervisors to consider. No action was taken at this time.

Human Resources Coordinator Jamie Lindsay updated the supervisors on possible changes to the county's employee handbook in the areas of call out/overtime pay, bereavement pay, sick leave, and

personal leave.

Lindsay explained that currently, only fulltime employees qualify for bereavement pay, and she suggested adding some bereavement leave for part-time staff.

"I'd like to table this until we have a full board. I'd like to have everybody there to discuss this; I think this is a big change," Supervisor Brian Johnson said.

The supervisors voted to table the bereavement pay issue.

Board Chair Maggie Armstrong described the draft ordinance "Providing for Animal Protection and Control." She suggested removing the wording about "bite" and replacing it with wording of "incident" so that non-bite incidents would also be covered by the ordinance.

Health Director Jotham Arber stressed that the county's aim is not to take animals away but to have a system to address dangerous behavior of animals as needed.

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Consideration of the proposed ordinance was tabled. No formal action was taken at this time.

The supervisors voted unanimously to accept the resignation of Bill McDermott from the Guthrie County Board of Health. Andrew Knorr was unanimously approved to fill the vacancy.

APRIL 8 - BEREAVEMENT PAY FOR PART-TIME EMPLOYEES VOTED DOWN

The supervisors returned to consider changing the bereavement policy to allow bereavement leave for part-time employees. Supervisor Mike Dickson voiced his opposition.

"I don't agree with that. This conversation has come up in the past, and part-time employees can work around that with their schedules," Dickson said.

Brian Johnson voiced agreement with Dickson, and the supervisors voted 3-1 to deny the proposed change with Maggie Armstrong as the sole vote to oppose the denial. Supervisor JD Kuster was absent.

The supervisors discussed the draft of a proposed Ordinance 25-38 (Survey Permit Ordinance). Armstrong read the draft aloud as part of the first reading process. The supervisors approved the first reading as presented with Johnson opposed. The supervisors also voted to waive the second

reading and have the proposed ordinance published. Johnson voted against.

Johnson voiced his concerns about enacting Ordinance 25-38.

"I think there's a pretty good chance we're going to see a lawsuit on it," Johnson said. "I don't know why we'd move forward with lawsuits and that kind of aggressive action when things are kind of in a pause right now."

Three department heads gave updates/reports to the supervisors. Beth Watson provided a quarterly report on Veterans Affairs. Jotham Arber shared information regarding the Health Services department. Brad Halterman told of happenings in the Conservation department.

"We're going to be opening our campgrounds April 15, and turning on the water, weather permitting. The weather looks good to do that," Halterman said.

Arber shared updated plans regarding vaccinations.

"As far as COVID shots and those kinds of things, they're coming out with some new recommendations. We'll make those available to the public as we know more," he said.

APRIL 15 - BUDGET HEARING HELD

The supervisors first went into closed session to discuss strategy with counsel in

matters that are presently in litigation or where litigation is imminent.

A Fiscal Year 2026 budget hearing was held at 9:30 a.m. County Auditor Dani Fink shared information on property valuation and data from prior years.

"Fifty percent of the county's taxable value is made up of residential property; 34% from ag land, and then we kind of drilled it down...for ag buildings, commercial, industrial, railroads and utilities," Fink said. "For this fiscal year budget, for 2026, the levies are set to remain the same."

The supervisors adopted Resolution

25-22 (Adoption and Certification of Taxes) and Resolution 25-23 (Approving Fiscal Year 2025-2026 Annual Salary for Elected Officials). Both were approved by a 3-1 vote, with Supervisor Mike Dickson opposed. Supervisor JD Kuster was absent.

During the Public Comments section of the meeting, there was discussion about concerns of landowners regarding the planned Summit CO2 pipeline.

The supervisors meet 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 CITYWIDE CLEANUP SET FOR JUNE 13

BY RICH WICKS
Panora Times

At the March 24 meeting of the Panora City Council, councilmembers discussed the proposed Resolution 25-11, approving a revised Electric Utility Inspection and Maintenance Plan.

“Nothing has really changed from last year; it just requires you to review it,” Electric Superintendent Doug Long said.

The council voted to approve the revised plan.

City Administrator Lisa Grossman reported that the city will receive a \$5,000 grant from the Guthrie County Community Foundation to help with improvements at the community center.

The council discussed a request from Eric and Jenna Morris for the city to vacate some areas of alley adjacent to their property. Mayor Curt Thornberry explained the area in question is the alleyway from when Panora was first laid out, and he said the request is reasonable. The council voted to have the Planning and Zoning Commission first consider the request.

APRIL 14

The council discussed setting a date and fees for the annual citywide cleanup. The council voted to set the fee at \$29, with additional fees for certain items. The date will be Friday, June 13. More information on sign-up and fees will be forthcoming.

A public hearing was held regarding the city’s proposed Fiscal Year 2025-2026 budget. No citizens attended, and the council reported hearing no specific input from citizens, so the hearing was promptly closed, and the council voted to approve the budget as proposed.

City Administrator Lisa Grossman addressed the council regarding the proposed Resolution 25-13, approving a local match for the Hazard Mitigation Assistance Program for the Panora Utility Resiliency Project.

“This is in regards to the grant that would put electric utilities underground,” Grossman said. “The federal government has all but canceled the ‘Bricks’ program, so what the State has decided is to run this under their Hazard Mitigation program, so we’re going to submit all the paperwork under that program.” Grossman also pointed out that the city’s matching funds would actually be lower under the Hazard Mitigation program. The council approved the plan.

Grossman read aloud a brief written request from Mary Dorsett for the city to consider designating Halloween as the official date for trick-or-treating each year. No action was taken at this time.

The next regular meeting of the council will be Monday, April 28 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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HEALTH

GUTHRIE COUNTY HOSPITAL MOVING AHEAD ON CONSTRUCTION PROJECT

BY RICH WICKS

Panora Times

During the March 27 monthly meeting of the Guthrie County Hospital Board, the trustees heard from Cris Kuhns, bond counsel for the hospital's upcoming construction project. She outlined the next steps in the process and the funding plans.

Regarding the upcoming fiscal year budget, GCH CEO Chris Stipe explained the ongoing process.

"We'll be publishing a proposed budget," Stipe said. "Whatever we put in the paper is proposed, because the board still has to vote on it, and we can change it."

Foundation Director Dennis Flanery shared details on upcoming foundation

events and voiced appreciation for corporate and local family sponsorships.

"We're working on getting our golf letters out. This will be our 25th anniversary golf event, so this year we're going to do a little something extra. More to come on that," Flanery said.

Danielle Lauzon reported on strong patient satisfaction survey data.

"The ER score is just off the charts. Surgery is at 100%," CEO Chris Stipe said.

The next meeting of the trustees is set for April 24 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.guthriecountyhospital.org. ■

EDUCATION

PANORAMA SCHOOL BOARD APPROVES BUDGET

BY RICH WICKS

Panora Times

During the April 14 meeting of the Panorama School Board, the board approved the Fiscal Year 2026 budget. The board also approved the Student Teacher Agreement, Concurrent Enrollment Contract, and Education Services between Panorama and Balance Autism.

The board heard a report on the elementary school's "One School One Book" reading program that encourages students to read together at home.

An FFA overnight trip for horse judging was approved.

Upcoming dates noted included awards night/baccalaureate on May 14 at 6 p.m., seniors' last day May 14, and graduation on May 18 at 1 p.m.

During the Good News portion of the meeting, the board heard about 46 bluebird and wren houses built by seventh graders using lumber donated by Lake Lumber. The birdhouses are being installed this week.

The next regular board meeting will be on May 12 at 5:30 p.m. ■



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EVENTS

GO BACK TO THE 1980S IN PANORA ON MAY 23

Special to Panora Times

The Panora Chamber of Commerce retail committee announced an upcoming "Back to the 80s" event that will be held on Friday, May 23 from 4-7 p.m.

Participating stores will be offering small prize drawings. Customers can receive one entry by wearing a 1980s cos-

tume and two entries with any purchase.

The chamber encourages customers to post pictures from the event on the Panora Chamber page, as well as any participating business pages.

Businesses may enhance the experience by serving their favorite nostalgic 1980s drinks or candies and playing 1980s music in their businesses. ■

PANORAMA PTO HOSTS FIRST FATHER/DAUGHTER AND MOTHER/SON NIGHT

Special to the Panora Times

The Panorama PTO hosted its first Father/Daughter and Mother/Son Night on Saturday, April 5, drawing a strong turnout from families across the district. Held at the middle school gymnasium, the event brought together 56 dads and their daughters and 42 moms and their sons for an afternoon of fun, laughter and connection.

The day featured a variety of interactive stations, games, music, crafts and snacks. Smiles were everywhere as families spent meaningful one-on-one time together while participating in creative activities. Many parents expressed appreciation for the chance to slow down and enjoy dedicated time with their children in a fun and welcoming environment. The success of the evening was made possible by the support of community volunteers and donors.

Volunteers and contributors included

Ashlie Allspach, Paige Anderson, Erin Bendickson, Mary Calmer, Heidi Clark, Emily Clouser, Alli Halsey, Terri Huebner, Jaimee Knorr, Nels Leo, Ginger Lindstrom, Cassie Martinson, Ali Mertens, Holliday Mertens, Jessica Peters, Nick Petersen, Donise Petersen, Abby Pudenz, Anabel Pudenz and friends, Erica Matthies, Allison Stanley, Alyssa Stanley, Andrea Stanley, Aria Stanley, Scott Stanley, Patricia Subbert, Lindsey Taylor, Nichole Uhlman and Hannah Vanhouten.

The Panorama PTO also thanks the Panorama Middle School Student Council, Panorama Elementary PE Department, Panorama art students, Farmers State Bank and Triple Berry Farms.

Photos from the event, taken by Hannah Vanhouten, are available for families to view and download.

With such a strong showing of community spirit, the PTO is planning more events like this in the future. ■

FIN AND FEATHER BANQUET MAY 10

Special to Panora Times

The Fin and Feather Banquet will be held at the Lake Panorama National Conference Center on May 10. The doors will open at 5 p.m. with dinner starting at 6 p.m. A live auction and silent auction will be held, along with

other games to play for people of all ages. Anyone looking to purchase tickets early may do so at www.panorama-finandfeather.com/banquet. This committee stocks Lake Panorama each year and completes other various projects to support fish and wildlife around the lake. ■

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CHILDREN'S CLOTHES CLOSET RECEIVES \$14,200 FROM 10 SQUARED WOMEN

BY RICH WICKS
Panora Times

The 10 Squared Women of Guthrie County held the first meeting of 2025 on Tuesday, Feb. 25 at St. Mary's Catholic Church Parish Hall in Guthrie Center. Thirty-nine women attended in person or via Zoom.

Julie Dent-Zajicek presented for Tori's Angels Foundation, Paulette Chambers presented for Children's Clothes Closet (3C's), and Devan Seeck presented for St. Thomas More Center. After hearing all three presentations, the group voted to approve a lump sum of \$14,200 from member donations and several employer matches to Children's Clothes Closet.

For 23 years, Children's Clothes Closet (3Cs) has been a vital resource, providing free gently used clothing to those in need. Serving babies, young children, high school youth and now adults, 3Cs has expanded beyond clothing to offer bedding,

toys, towels and baby essentials like cribs and strollers. The organization also accepts select kitchen items to further support families in need.

"We have grown in many ways since that first day in 2002 when we had just one client. Today, we serve families across Guthrie, Greene, Audubon, Adair and Dallas counties, averaging more than 40 families per month," Mary Kay Hamilton, 3Cs organizer, said. In 2024, 3Cs provided assistance to more than 1,000 children with 285 total family visits.

Families are encouraged to make appointments monthly to shop and are limited in the number of items they can receive per visit. 3Cs operates in the building directly behind Panora United Methodist Church at 119 E. Main St., Panora.

"We are incredibly grateful for our faithful volunteers who make this mission possible, as well as for the generous support from the community," Hamilton said.

To make a donation or inquire about



Mary Kay Hamilton, Kathy Mahoney, Lois Crees and Connie Ridgely of 3Cs.

volunteering, contact Mary Kay Hamilton at 641-757-2393 or dmkhilton@netins.net. To schedule an appointment, reach out to Connie Ridgely at 712-249-1347 or wridgely@netins.net.

The 10 Squared Women's group holds

meetings quarterly. The group currently has 138 members. To learn how to get involved, you can visit their Facebook page at <https://www.facebook.com/10squaredwomengc>, or email them at 10squaredgc@gmail.com. ■

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OFF COURSE CAN PUT YOU ON THE COURSE... AND BEYOND

The Panora store is located next to the Raccoon River Valley Trail, a popular path for pedestrians and cyclists.

BY RICH WICKS
Panora Times

If a new business attracts so many customers that expansion happens within the first month, that is a sure sign the business is providing something people are enthusiastic about. That is the situation that Tim Rietz, owner of Off Course Golf Carts and E-bikes, finds himself in. His first store opened in Grimes, and he has now opened a store in Panora.

“Our hard opening in Grimes was in mid-March, and that store really took off. We’re doing something that is fairly unique in central Iowa, in that our carts are made for whatever you want to do. You can play golf in them, you can go drive around town, if your town allows it,” Rietz said. “You can go camping, hunting, fishing. They’ve got all the safety features that you need to be on the streets in a golf cart.”

Each municipality has rules regarding the use of ATVs, golf carts, side-by-sides and similar vehicles, so customers are encouraged to check their local ordinances.

Rietz explained how the decision to



The crew at Off Course: Marty Cohrs, Rod Robson, Mark Rush and Tim Rietz.

expand to Panora came about.

“We had several customers from Panora and Lake Panorama purchase carts from us, and this building became available, so it was too good not to use it.”

The Panora store is located next to the Raccoon River Valley Trail, a popular path for pedestrians and cyclists.

“So, that’s when we decided to add the e-bikes. They kind of fit with our model of eco-friendly, sustainable, quiet trans-

portation,” Rietz said.

Rietz is looking forward to upcoming bike trail events, such as the annual Bacooc Ride, which starts and ends in Waukee, taking cyclists on a loop through several local towns including

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Off Course is located at 409 E. Market St. in Panora.

Jamaica, Herndon, Yale, Panora and Linden. This year's event is set for June 14.

"We're going to invite the bikers in here and have fun and games for them," he said.

Rietz feels strongly about the brands he sells. Off Course in Panora sells Evolution brand golf carts and Lectric brand e-bikes. Evolution is a trusted brand that's been around, especially in the southern states, but is fairly new to Iowa.

"Our golf carts are loaded with features," Rietz said. "If you compare our vehicles to what else is available on the market, they have far more features, they have far more cool stuff, and at a lower price point than almost anybody. The value is so much greater in these because of the things you get."

Rietz commented on the company that makes his e-bikes.



Some of the golf carts at Off Course can hold the entire family.

"Lectric is an up-and-coming company. They've got a really good backstory. They are innovative bikes. They fold, so you can throw them in your trunk and drive to wherever you want to go. They're powerful," Rietz said. "You can pedal without any assistance; you can do pedal assist, and you can do full



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Off Course Golf Carts and E-bikes offers a variety of e-bikes for sale.

throttle.”

He added that price and battery life are excellent, as well.

“You can go anywhere from 45 to nearly 100 miles on a charge, depending on the rider and terrain,” Rietz said. “And they’re at a price point that is below most national brands.”

Besides sales, Off Course will soon also offer e-bike rental.

“They should start around May 1,” Ri-

etz said. “I would say, 80 to 90% of the population has never been on an e-bike, so this will be an opportunity to take a trail ride, learn about e-bikes, and do something they’ve never experienced.”

Looking to the future, Rietz is open to adding or expanding, eventually.

“We’ve got a whole bunch of ideas, but we want to excel at what we’re doing now before we move on to the next thing,” he said. ■

2025 Summer Day Camp

Date/Time	Camp Theme (Grade Completed)	Cost	Date/Time	Camp Theme (Grade Completed)	Cost
June 5 th 9am-12pm	Up, Down, Spin Around K-3rd	\$20	July 17 th 9:30am-3:30pm	Clover Cookie Factory 4th-8th	\$25
June 12 th 9am-2pm	Science of BBQ 4th-8th	\$25	July 22 nd 9am-12pm	Growing in the Garden 4th-12th	\$25
June 19 th 9am-12pm	Fun with Bots K-3rd	\$20	July 24 th 9am-12pm	Art Explosion K-3rd	\$20
June 26 th 9am-2pm	Ag Everyday 4th-8th	\$20	July 29 th 1pm-4pm	Hour at the Fair K-3rd	\$20
July 10 th 9am-12pm	Kids in the Kitchen K-3rd	\$20	July 31 st 9am-2pm	Ricochet 6th-8th	\$25

ALL Camps will be held at the Guthrie County Extension Office, unless noted otherwise

The fees for service will be used to off-set direct expenses and to support the 4-H Youth Development County Extension Program

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BUSINESS

RANDOL RECEIVES PRESIDENT'S AWARD AT ICA MEETING AND EXPO

Special to Panora Times

Andy Randol, CEO and general manager of Panora Fiber, recently received the President's Award at the Iowa Communications Alliance Annual Meeting and Expo. The award is given to an individual who has made significant contributions to the success of the ICA and Iowa's telecommunications industry.

Jamie Daubendiek, general manager of Jefferson Telecom and the ICA board president, presented the award to Randol with these words: "Andy successfully organized the participation of 18 people in a legislative fly-in to Washington, D.C., handling all the logistics, including the coordination of meetings with legislators. Despite frequently changing plans up until the time of the meetings, he remained



SPECIAL TO PANORA TIMES

adaptable and composed, ensuring everything ran smoothly. His dedication to taking care of every detail, while keeping the group informed and aligned, highlights his ability to lead effectively while remaining focused on the team's goals and needs. Thank you, Andy." ■

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KERRY JACOBSEN | PANORA TIMES

BY KERRY JACOBSEN
Panora Times

Panorama schools held its annual Drive Your Tractor to School Day on

Thursday, April 3 with many students participating. It was open to both FFA members and non-FFA members who have their school permit or license. ■

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Panora ASK TIMES



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

Q: WHAT'S THE STORY ON FANSLER?

A: According to discoverguthrie-county.org, Fansler, located approximately 3 miles north of Panora, was established as a stage coach stop and post office in 1871 but became an important mining town in Guthrie County with its first mine in 1874. By the 1910s, 10 mines were operating. The mines of Fansler eventually closed due to stricter government regulations in the 1920s. The final blow was the 1959 Mother's Day tornado that decimated the town with destruction of the dancehall, roller skating rink and general store.

Q: CAN I STILL USE MY FIRE PIT WHEN A BURN BAN IS IN EFFECT?

A: A burn ban means conditions are drier than normal and fire risk is much higher. A countywide burn ban may be issued by the State Fire Marshal when a majority of fire chiefs in the county concur. Individual cities or fire districts may also issue a burn ban for specific areas.

During a countywide burn ban, campfires, fire pits and backyard fireplaces are generally still allowed, assuming safe practices are used. Check for city, campground or park regulations to be sure. Penalties for violating a burn ban may include up to 30 days in jail and/or fines of \$105 to \$800. During a burn ban, local fire chiefs are able to approve permits for controlled burns. More information about burn bans is available from the Adair/Guthrie County Emergency

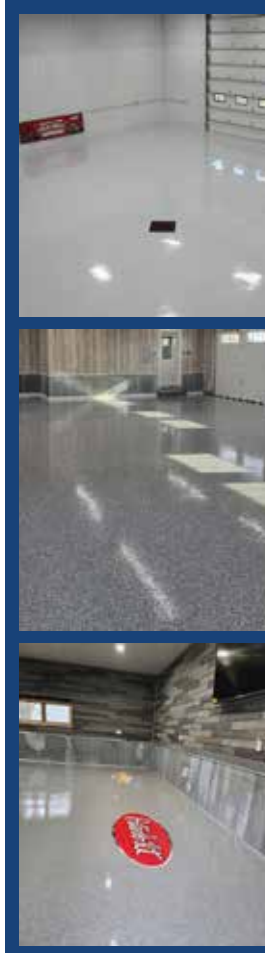
Management Agency or from Guthrie County's website (guthriecounty.gov).

Q: WHEN WAS THE FIRST COURTHOUSE BUILT IN GUTHRIE COUNTY, AND HOW MUCH DID IT COST TO CONSTRUCT?

A: Although the first county seat was Panora, the construction of the first brick courthouse started in 1877 in Guthrie Center at a cost of \$30,000.

Q: I READ THAT PHEASANTS ARE NOT NATIVE TO THIS AREA. IF THAT IS TRUE, THEN HOW DID THEY GET HERE?

A: According to the Iowa Department of Natural Resources, pheasants are not native to this area or the United States at all, but they seem to have found a home in the Plains and upper Midwest. Iowa's birds can be traced back to a wind storm in 1901 that damaged William Benton's private game farm in Cedar Falls, liberating around 2,000 pheasants. Rumor had it, Benton obtained his stock from a Tacoma, Washington, importer. That unintentional release was followed by intentional stockings in 1908-09 by private landowners in Kossuth and O'Brien counties that helped the exotic birds get a foothold in northern Iowa. By 1910, the state Conservation Commission got involved, purchasing 6,200 eggs and distributed them to farmers in 82 counties. Farmers would often have hen houses where the pheasant eggs would be placed alongside chicken eggs. ■



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BUSINESS

RANDOL JOINS FARMERS STATE BANK

Special to Panora Times

Jeremy Randol was hired by Farmers State Bank (FSB) as their newest loan officer. Randol joined the FSB team on Feb. 26, bringing a strong background in banking, a passion for customer service, and deep local roots in the community.

Randol is a 2017 graduate of Panora High School, making his return to Guthrie County even more special. After high school, he pursued his education at Simpson College in Indianola, where he played football and earned a bachelor's degree in business management and sports administration in 2021. His educational journey continued at the University of Northern Colorado, where he received a master of science in sport and exercise science in 2022.

Following graduation, Randol and his wife, Zoe, moved back to the Des Moines area, where he began his ca-

reer in banking. He worked with Iowa Trust in Panora and Clive, starting as a customer service representative and working his way up to credit analyst. In his new role at FSB, he is helping customers with their lending needs and financial goals.

Randol is glad to be part of Farmers State Bank's tradition across Guthrie County. He and his wife, Zoe, and their son, Canyon, are settling into the community and building lasting relationships.

"I am extremely honored to be entrusted with the role of loan officer and am eager to be a part of the great culture and community that is Farmers State Bank," Randol says. "I look forward to serving you for years to come." ■



Jeremy Randol

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BUSINESS

FARMERS STATE BANK OF YALE WELCOMES NEW DIRECTOR, DAVID WAGLER

BY RICH WICKS
Panora Times

Farmers State Bank of Yale announced the appointment of David Wagler to its board of directors.

Wagler has more than three decades of experience in engineering, construction estimating and real estate. A 1984 graduate of Sigourney High School, he earned an associate of applied science degree from Hawkeye Institute of Technology in Waterloo in 1986. He began his career in the engineering department of Polk County before moving into the private sector in earthwork and underground utility estimating at both Corell Contractor and McAninch Corporation in Des Moines.

In 2012, Wagler transitioned into real estate, earning his Iowa real estate license and later his broker license in 2014. He worked at Lake Panorama Realty until 2019, when he co-founded Sunset Realty with Laura Kemble. Wagler sold his interest in the brokerage in Octo-

ber 2023 but remains actively licensed and continues to assist clients with buying and selling properties.

Wagler and his wife, Shanell, live in Guthrie County and have two children. Their daughter, Maddie, lives in Winterset with her husband, Trevor Heimbaugh, and their two sons, Franklin and Hudson. Their son, Michell, lives in West Des Moines and works in sales in DeSoto.

Wagler joins the board following the retirement of longtime Director James Koch.

"We're thrilled to welcome Dave to the board," Scott Stanley, president of Farmers State Bank, said. "His broad expertise and deep ties to the region make him an ideal addition as we continue serving our customers and community with integrity and forward thinking." ■



David Wagler

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 **G CLINICS**

A SPECTACULAR COLLECTION

For Jennifer Crow of rural Panora, eyewear is the perfect blend of function and fashion.

BY RICH WICKS
Panora Times

Making a statement or expressing yourself through your appearance can be done in many ways. Some choose body art such as tattoos or piercings. Others opt for wardrobe accessories such as purses, ties and scarves. Hairstyles, hair color and jewelry are popular options as well.

But for Jennifer Crow of rural Panora, eyewear is a perfect blend of function and fashion.

“I tell people I don’t collect shoes, and I don’t collect purses; I collect glasses,” Crow said. “I also have some old eyeglasses from my grandparents and things like that, too.”

The majority of Crow’s personal collection is prescription glasses she can wear any time the mood strikes her. From time to time, she donates her older glasses to charitable causes, but she has kept a few favorite styles around.

“Most of these are from the last five years, but there’s a couple that are older than that, just because I love them so much that I just keep putting new lenses in them,” Crow said. “To me, it’s like a piece of jewelry, so I treat it as such,” Crow said.

The eyeglasses that catch Crow’s eye are not the run of the mill.

“They’re handcrafted. Two pairs were made by an opera singer from Canada. Some are from Denmark. I like the glitzy,



Jennifer Crow shows her personal collection of eyewear.

blingy stuff,” Crow said. “I try to find pieces that are unique. I like the ones that tell a story.”

Crow showed a favorite pair and explained its special story.

“We’re very conservative in the United States for eyewear. They do a lot more bold

colors and bright fashion in Europe,” Crow said. “This one, as you can see, is actually made out of vinyl records. They’re made in Budapest, Hungary.”

Crow’s passion is not only for her own eyeglasses but in helping others in a similar way.

“I’m actually an optician. I kind of fell into the industry when I was 19. Someone asked me to come work with them, so I did, and I enjoyed it, and I’ve stayed in the industry since, other than taking some time off when I had young kids,” Crow said. “Then, when my youngest daughter was

RICH WICKS | PANORA TIMES



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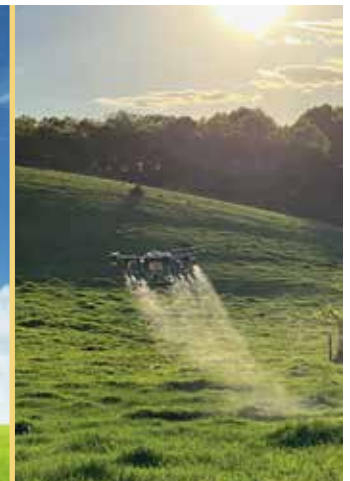
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Jennifer Crow says there are eyeglasses for every mood.

born in 2014, I decided to have a mobile optical. I was tired of working for other people, but I loved glasses."

Crow's career has taught her much about eyewear.

"I've done every aspect of it," Crow said. "From just selling frames and lenses to someone, but then I've also looked in on the labs, so I know what it's like to make a prescription and put it in."

Crow focuses on learning what her clients want, then offers options tailored to that goal.

"I like helping people feel good about it. I don't want them to feel like a number. I like to educate people, because a lot of times they don't know what they don't know," Crow said. "I'm an old-school optician, trained by some of the best in the country. I want my clients to always leave knowing more than when they came in."

Although low-cost eyeglasses and sunglasses are readily available, Crow offers something not available off the shelf.

"I don't sell anything that you can go get online," Crow said. "Most of the companies that I work with are very exclusive."



A favorite pair of eyewear for Jennifer Crow is from Budapest.

Eye health and vision care are causes Crow believes in strongly.

"You get what you pay for," she said. "You only have one set of eyes. Protect what you have. Get an eye exam." ■

Do you know someone in Guthrie County whose vehicle, collection or hobby would make an interesting story? Email rich@gctimesnews.com.

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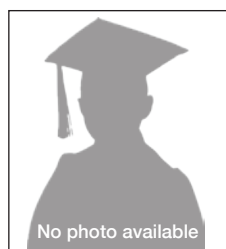
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Class Colors: Navy Blue/Carolina Blue/Silver **Class Flower:** Stargazer Lily

Class Song: Yes Good Riddance (Time of Your Life) by Green Day

MARK YOUR CALENDAR

WEDNESDAY, MAY 14

Senior Awards Night 6 p.m.

Baccalaureate 7 p.m.

Panorama High School Auditorium

SUNDAY, MAY 18

Commencement 1p.m.

Panorama High School Auditorium

Your local businesses listed below want to extend their congratulations and celebrate your achievements with you - JOB WELL DONE! As you enter this new phase of your life we quote legendary basketball coach John Wooden who said it best, *"Make each day your masterpiece."* Thank you Class of 2025 for your contributions to your school and our communities. May success keep following you in everything you do.



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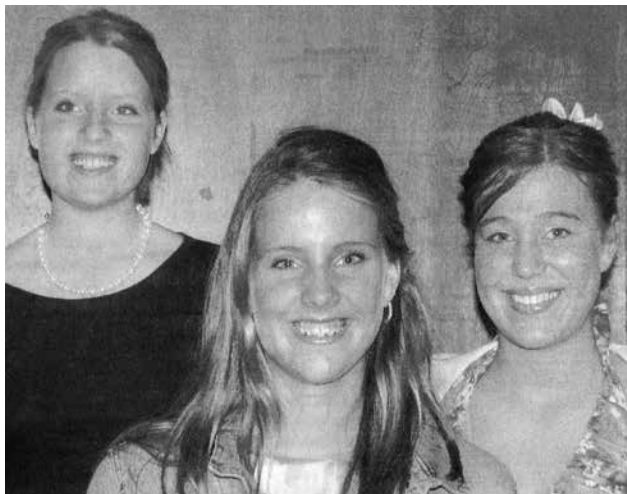
50 YEARS AGO



From Guthrie Center Times, April 2, 1975

AERIAL SEEDING. Landscaping contractors Monday seeded right-of-way along Highway 44 between Guthrie Center and Panora by helicopter. The helicopter is pictured as it flies over a farm along the route.

20 YEARS AGO



From the Guthrie County Vedette, April 21, 2005

SONGBIRDS. These three vocalists from Panorama High School earned I ratings at the state music contest. Center, Kelsey Moon, right, Katherine Mills, left, Caitlin Krater.

40 YEARS AGO



From the Guthrie County Vedette, April 18, 1985

BAKE-OFF WINNER. Judy Hutchins of Linden displays her two prize-winning entries from a cake club baking contest judged in Des Moines last weekend. The 7-tiered wedding cake received second place while a sugar molding, front, earned a first place.

10 YEARS AGO



From the Guthrie County Vedette, April 23, 2015

FAMILY SHARES LOVE OF DRAKE RELAYS. Doris Bennett and grandson Travis Geopfert pose for a picture at the Drake Relays in 1999. Geopfert is a two-time Drake Relays champion in the decathlon.

30 YEARS AGO



From the Guthrie County Vedette, April 20, 1995

NHS INDUCTEES. Thirteen Panorama students were inducted into the National Honor Society Monday. Seated, from left, Bill Reese, Brian Madison, Tim Arganbright, David Tighe and Thad Stanley. Standing, Nicole Saltgaver, Carrie Rossow, Alicia Heiland, Jan Maxwell, Megan Carstens, Stacy Pote, Angie Meinecke and Courtney Lubeck.

5 YEARS AGO



Guthrie County Times Vedette, March 5, 2020

SCOOP THE LOOP: Scooping the Loop has become a popular event for residents of Guthrie County. Residents of Panora, Guthrie Center and Stuart each conducted such events. Many other communities in Iowa also conduct the events, a way to get out of the house to relieve the stress of home isolation caused by the COVID-19 virus while still adhering to safe social distancing guidelines. Top: Headlamps stream in the early evening as participants parade along Main Street in Panora. Bottom: Morgan Carolyne Twigg and Mathison M Twigg chauffeur the family dog along the route. ■

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RECIPE

ASIAN GROUND TURKEY BOWL IS HEALTHY AND FLAVORFUL

BY JOLENE GOODMAN

Panora Times

When our girls were younger, and we were running from one activity to the next seemingly every night, we treated ourselves, often to Chinese take-out. Shane and the girls loved the sweet sauce on orange chicken. My choice was cashew chicken, and we all devoured the fried rice.

We like Asian food, but, it has not been something I cook at home. This recipe caught my eye the other day, so I thought I would test it out. My family loved it!

I appreciate this Asian ground turkey bowl recipe for its perfect balance of flavors and textures. The savory turkey, cooked with garlic, ginger, hoisin sauce and soy sauce, brings a rich base that pairs well with the freshness of crunchy vegetables. It is a healthy yet satisfying dish with

lean ground turkey providing a great source of protein.

I also appreciate how customizable it is. You may choose to add a little spice with sriracha or keep it mild. Adjust the flavors to your taste. The rice gives it a comforting feel, while the vibrant toppings — like cucumbers and lettuce — add just the right amount of crunch. It is one of those meals that feels indulgent but is actually good for you with only 366 calories and 32 grams of protein per serving.

Enjoy and let me know what you think. ■

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



Jolene Goodman

ASIAN GROUND TURKEY BOWL

Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- 4 green onions, chopped
- 1.5 cups carrots, shredded
- .5 cup water chestnuts, chopped
- 4 teaspoons minced ginger
- 4 teaspoons minced garlic
- 4 tablespoons low sodium soy sauce
- .75 cup hoisin sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 4 cups rice (any variety – I use Jasmine)
- 1-2 cups lettuce, finely chopped
- 1-2 cups cucumbers, diced

Directions

Make sauce by combining hoisin sauce, soy sauce, rice vinegar and sesame oil. Save for later.

Heat olive oil over medium high heat. Add turkey once hot and brown for 3-5 minutes. Push the turkey to the sides of the pan. Add red and green bell peppers, green onions, water chestnuts, garlic and ginger. Stir together and cook for 4-7 minutes. Cook until turkey is cooked. The vegetables should be tender-crisp.

Add sauce and cook 2-3 minutes. Sauce will thicken and coat the turkey and vegetables nicely. Serve turkey and vegetables on top of a bed of rice. Top with lettuce and cucumbers. You can add additional carrots and green onions if desired. Serves eight. ■



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WHERE IS IT?

Be the first to respond with the correct answer to the location of this photo and receive a certificate for a free coffee at Crafty's Coffee and Gifts in Panora.



Lots of correct answers on last month's photo of the roundhouse gym in Yale, and the first person with the correct answer was Joan Fredrickson. Have a guess on the location of this month's photo? Have one to submit for future issues? Send to shane@gctimesnews.com. ■

LAST MONTH'S PHOTO



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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.



Calvary Chapel Of The Raccoon River Valley

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

Sunday service: 10 a.m.



JAMAICA

Jamaica Union Church

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



LINDEN

Linden United Methodist Church

106 N. Evans St., Linden

First Christian Church

102 E. Church St., Panora
www.panorafcc.org
641-755-2227

Sunday Service: 10 a.m.



PANORA

Church Of The Brethren

2946 200th Road, Panora
641-755-3800

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

Fountain of Life Church

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

Sunday Service: 10 a.m.



Lighthouse Assembly of God

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.



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.



Saint Thomas Lutheran Church

2106 Highway 4, Panora
http://panoralutheran.com
641-755-2051

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



YALE

Yale Church of Christ

304 Lincoln, Yale
church-of-christ.org
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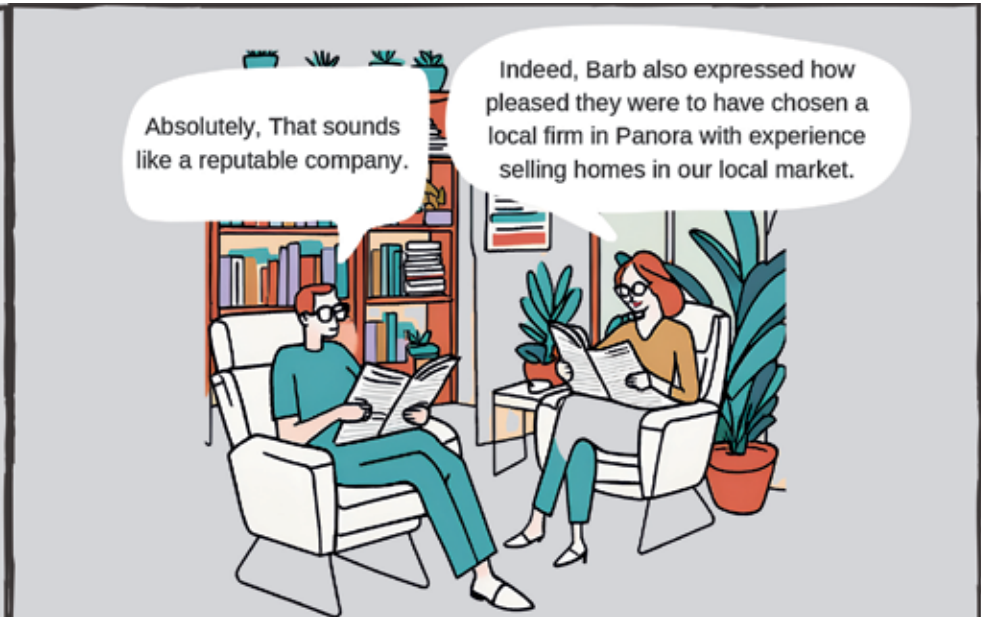
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