

Panora TIMES

APRIL 2026

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FREE!

FROM SOURDOUGH TO SALSA

FARMERS MARKETS
SHOWCASE LOCAL
TALENT

PAGE 4

WAVE WELLNESS
BRINGS EMERGING
THERAPIES TO PANORA

PAGE 20

CLASSIC CARS DRIVE
FAMILY BOND FOR
PANORA'S BURGESSES

PAGE 22

SAUSAGE AND CHEESE
BREAKFAST BAKE IS EASY,
FILLING AND PRACTICAL

PAGE 27



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Class Motto: *"Sometimes you never know the value of a moment until it becomes a memory."* - Dr. Seuss

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WEDNESDAY, MAY 13
Senior Awards Night 6 p.m.
Baccalaureate 7 p.m.
Panorama High School Auditorium

SUNDAY, MAY 17
Commencement 1p.m.
Panorama High School Auditorium



Class Colors:
Navy Blue & White

Class Flower:
Stargazer Lily

Class Song:
"Gone, Gone, Gone"
by Phillip Phillips

Front Row: Brooklyn Haines, Taylin Woolheater, Mary Fett, Maggie McCarthy, Lexi Wasson, Lydia Lleshi, Naveah Joynes, Peyton Walker, Elaine Lund, Jemma Meacham, Sara Gibson, Evelyn Hummel, Taylor Fronapel, Ella Carico, KendalKienast

Middle Row: Evan Johnson, Landon Clark, Zach Hayden, Blake Holman, Casey Young, Cristian Monrroy-Nunez, Brayden Galvan, Dylan Donovan, Latyn Ashworth, Ellis Lovell, Blake Schwartz, Kasey Michaelson, Gavin Lindstrom, Conner Knapp

Back Row: Cody Kastner, Easton Berhow, David Kinsey, Abby Zaruba, Ashton Kunce, Addie Astley, Syler Shaffer, Ava Thompson, Bryce Dawes, Elah Molloy, Almiranda Burnett, Miranda Laabs, Annabelle Reynolds, Aden Rochholz, Mary Lovell, Lilly Bachmeyer

Not Pictured: Lillie Arganbright, Dylan Burchfield, Landon Byerly, Clara Colby, Morgan Crees, Emily Garcia, Dean Garibovic-Gordon, Ainsley Halamar, Joshua Kirschbaum, Braydon Meinecke, Karleen Ploeger, Niahna Schnathorst, Jackson Shaffer, Nate Spencer, and Austin Wagner.

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CONTENTS

FROM THE PUBLISHER	3
COVER STORY: FARMERS MARKETS	6
10 SQUARED WOMEN DONATE TO FIREFIGHTERS.....	11
PANORAMA HIGH SCHOOL PROM	11
LOCAL FILM REVIEWS	12
GUTHRIE COUNTY SUPERVISORS SUMMARY	14
PANORAMA SCHOOL BOARD SUMMARY	15
PANORAMA HIGH SCHOOL SPORTS PHOTOS.....	16
PANORA CITY COUNCIL SUMMARY	18
GUTHRIE COUNTY HOSPITAL BOARD SUMMARY	19
BUSINESS FEATURE: WAVE WELLNESS.....	20
JULIE AND MARSHALL BURGESS' CLASSIC CARS	22
YESTER YEARS.....	24
ASK PANORA TIMES.....	25
RECIPE: SAUSAGE AND CHEESE BREAKFAST BAKE.....	24
AREA CHURCH GUIDE.....	28
WHERE IS IT?	29
CLASSIFIED ADVERTISING.....	31

FROM THE COVER: Julie, Maria and Brian Ostrum were selling the products of The Cozy Scrub Co at last year's Panora Farmers Market. Photo by Shane Goodman

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A FRESH TAKE ON FARMERS MARKETS

For years, I dismissed farmers markets as little more than roadside produce stands — tables of fruits and vegetables, nothing more. I didn't cook. I didn't grocery shop. I didn't care.

Then, a few years ago, I wandered into a local farmers market, and my view changed. There was honey, still sweet from the hive. Bread, warm and crusty. Homemade jelly. Even wine. But the real surprise wasn't what was for sale. It was the atmosphere.

Farmers markets are not just about food. They are about people. Music drifts through the aisles. Vendors chat with regulars. Shoppers linger instead

of rushing. It is part market, part gathering — and entirely its own experience.

At its heart, a farmers market is a place where producers sell directly to consumers. But "farmer" is a broad label, and that is the point. Alongside fresh produce, you will find plants, baked goods, prepared foods and more.

Some markets are small and unassuming. Others — like the one in down-



Shane Goodman

town Des Moines — take over entire city blocks.

They are not permanent. They don't last all year. And that's exactly why they matter. Much like the Shamrock Shake I seem to seek out each spring, their short season makes them something to look forward to.

Farmers markets have been around for centuries, long before modern grocery stores reshaped how we shop. But in recent decades, demand for fresh, local food has brought them back.

And for the grammar-minded: It is "farmers market," not farmer's or farmers'. The Associated Press keeps it clean

— no possessive — so we do, too.

In this month's cover story, we take you inside some of the farmers markets of Guthrie County and introduce you to the people who make them worth the trip. ■

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FROM SOURDOUGH TO SALSA

Farmers markets showcase local talent

BY RICH WICKS

Panora Times

Farmers markets in North America date to 1730 in Lancaster, Pennsylvania. That is when city planners designated a 120-square-foot lot in the center of town as a public marketplace. The Lancaster Central Market remains in operation to-day.

The concept of farmers markets — where vendors sell fresh, local produce, meats, baked goods and more — spread across the country. The U.S. Department of Agriculture estimates there are now more than 8,000 farmers markets in the United States.

PANORA FARMERS MARKET

Panora has hosted a farmers market for many years. Plans are now coming together for the 2026 season, which will include eight Saturday mornings at the Guthrie County Historical Village on the south edge of town.

One common phrase seen on farmers market schedules is “rain or shine.” Unless dangerous weather occurs, vendors and customers are encouraged to bring an umbrella and enjoy the weather.

Kelley Ellis is entering her third year as the volunteer coordinator and manager of the current version of the Panora farmers market. In 2025, Ellis was asked if she would like to move the market to the Guthrie County Historical Village. She listed the advantages of the new location.

“Increased vendor capacity, beautiful location, public restrooms, electrical access and the added benefit of having the village and museum open for families to tour when attending the market,” she said. “It’s a perfect fit.”

To avoid overlap, Ellis coordinates dates for the Panora farmers market with organizers of the Guthrie Center market. There are eight Panora market dates — two Saturdays each month from June through September. The first market day is June 6, and the final day is Sept. 26.

“Our vendor numbers continue to climb year after year,” Ellis said. “We averaged 16 to 18 vendors last year and



Lee Anna Wilkinson with Johnny Salsa at the Panora farmers market.

expect the same or more this season. Some vendors sign up for the entire season, while others can only attend certain dates. We post a vendor list on our Facebook page before each week’s market so shoppers can see who will be there.”

Ellis said it is important to have a well-balanced market with a variety of vendors.

“We operate under the philosophy of ‘raise it, grow it, make it or bake it.’ I actively seek producers, growers and bakers to ensure a good balance,” she said. “Spaces are \$10 per market, with a season

discount offered after five consecutive markets for vendors who sign up for the season.”

Ellis said the market’s collaboration with the historical village has been beneficial for both.

“I was surprised to find how many locals had never visited the village prior to the market,” she said. “There is no charge to visit the village and museum during market hours, but donations are welcome. The village is such a gem. The more exposure we can get, the better for our community. We also have live mu-

sic at every market, played from the front porch of the general store, with space for people to sit and listen.”

BUTTER & BLUE

Zella and Caleb Meyer of Panora will be new vendors at the Panora farmers market this year under the name of Butter & Blue. Zella explained how the couple came up with the name.

“Our house is blue. Panora’s school color is blue. I’m from Van Meter, and their school color is blue, so it just made sense,” she said.



Zella Meyer stirs up some goodness.

The Meyers make a variety of baked items, including pickle sourdough bread; Italian herb and cheese sourdough bread; muffins; scones; pies; cinnamon rolls; and cookies. Their best-selling item is cheddar jalapeno sourdough bread. The label lists the ingredients as water, flour, salt, jalapenos and cheese. Zella said she was concerned the bread might be too spicy, but its popularity has eased those fears.

Zella shared her experience with baking sourdough bread.

"It started with our concern about chemicals in foods. Locally sourced food is important to me — knowing what's in our food," she said.

The couple has two children, daughter Reese, 2, and son Briggs, 3. Zella and Caleb prioritize natural and local foods whenever possible, both for their family and their products.

"We buy all-organic vegetables and fruit," Zella said. "I source what I can locally."

Zella also described the unofficial fifth member of the family. After making traditional yeast breads, she decided to try sourdough, which involves maintaining a live starter. The starter must be kept within certain conditions to remain ac-



"Hank" the sourdough starter.

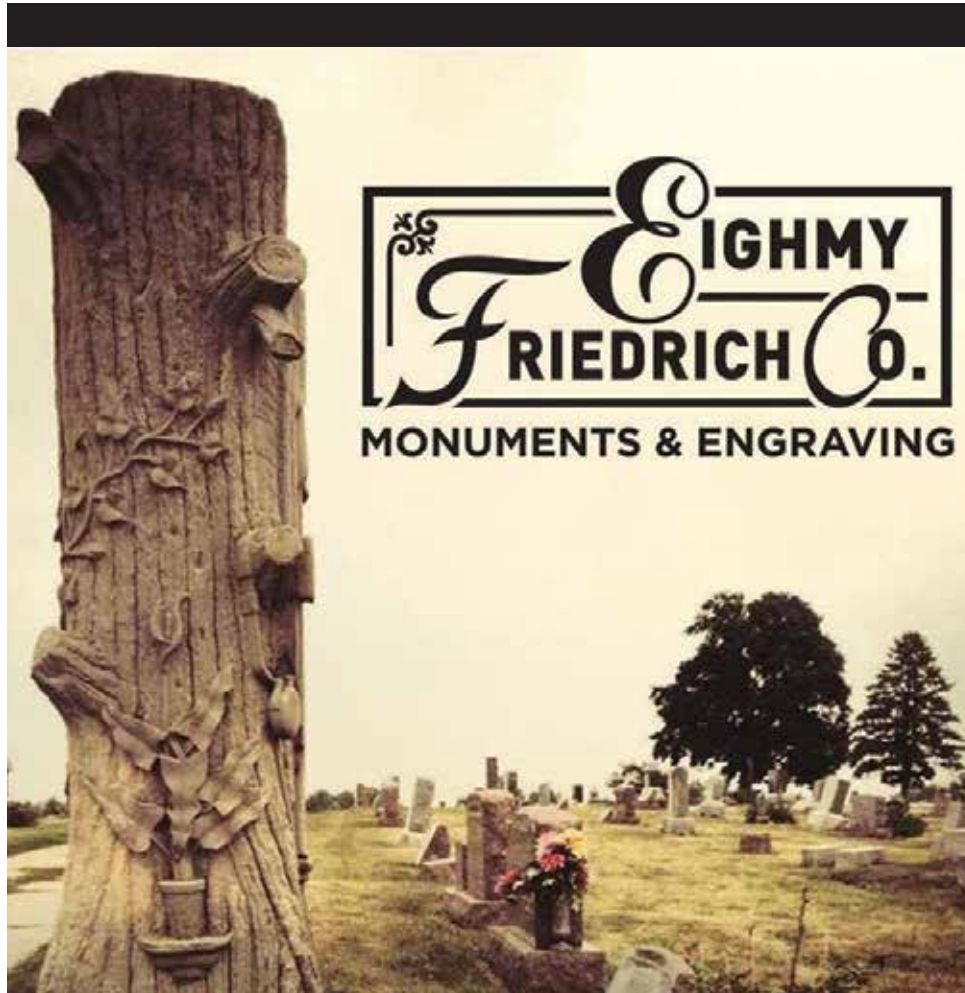
tive. For fun, Zella named her starter "Hank."

"It's an active culture. I feed him every day, and he doubles," she said. "He's about 3 years old."

Zella said the family keeps their home at 64 degrees because that works best for maintaining the starter.

"Sourdough is finicky because it's alive," she said. "If it's too cold, it won't rise. If it's too hot, it won't rise, or you can get large bubbles, which you don't want."

The Meyers built a stand in front of



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PHOTOS SPECIAL TO PANORA TIMES

Moss Family Farm eggs come in all colors.

their home so customers can purchase Butter & Blue products on the honor system. Zella said she looks forward to interacting directly with customers at the market.

She plans to continue adjusting offerings based on demand and hopes to begin making jams and jellies.

MOSS FAMILY FARM

Allison Moss, who lives between Adel and Panora, will again be a vendor at the Panora farmers market. Last year, she partnered with others, but this year she will operate independently.

"I have enough to keep my own booth going," Moss said. "I'm pushing myself to do more. I'm signed up for every market day, and my daughter and husband help."

"I have chickens, so I sell eggs, and we'll have baked goods," she said. "I also can, so we'll offer jams and jellies. I have a large garden, so we'll have produce, and we hope to have cut flowers. Many vendors focus on one product, but I offer a variety."

Moss said fresh eggs are her best-seller.

"Eggs are my base product," she said. "I have rainbow-colored eggs from different breeds. That's what people come back for."

Moss noted that while her products are not certified organic, they are home-grown.



Moss Family Farm chickens are not caged.

"My chickens are free to roam," she said. "I probably have about 80 chickens outside right now, and around 160 total including chicks and meat birds."

She said she has been part of the Panora farmers market since it was in the town square.

"At the historical village, there are better resources, and visitors can go inside for air conditioning if it's too hot," she said.

Moss said the market has been a posi-

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Lee Anna and John Wilkinson share their homemade salsas.

tive experience.

"It's gone really well. Kelley Ellis does a great job managing vendors and maintaining the Facebook page," she said. "My daughter is excited to join this year. She makes sourdough bread and has been perfecting her craft."

JOHNNY SALSA

John and Lee Anna Wilkinson turned a hobby into a business with their homemade salsas.

"We started making these for fun and gave them to neighbors and friends," John said. "One neighbor suggested we sell them, so we started looking into farmers markets."

The couple has developed four flavors. "It's Lee Anna's base recipe, and we experimented with variations," John said. "We grow our own hot and sweet peppers."

The flavors include no-heat, mild (jalapeno and pineapple), medium (habanero and peach) and Trio (Carolina Reaper, Trinidad scorpion and ghost pepper). The mild version is the best-seller.

"We sell about three jars of that for every one of the others," John said.

He cautioned that the Trio salsa is very

spicy.

"You can add less than a quarter jar to a large pot of chili, and it will make it quite hot," he said. "We wanted both heat and flavor."

The Wilkinsons encourage customers to sample before buying.

"We enjoy making it," John said. "It's a lot of work, but we're semi-retired, and we enjoy it. The Panora market has been good to us."

"Last year, we sold 2,600 jars from June to September, and it's just the two of us," he said.

THE SCHEDULE

Listed below are schedules for farmers markets in and near Guthrie County.

PANORA

The Panora farmers market will be held every other Saturday from 9 a.m. to noon, June 6 through Sept. 26. There will be no market Aug. 1 due to Panorama Days. Dates are June 6, June 20, July 4, July 18, Aug. 15, Aug. 29, Sept. 12 and Sept. 26. The market is held at the Guthrie County Historical Village, 206 W. South St.

Panora will also host the seventh annual Spring Boutique on April 25 from 9

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June 10 th 9am-3pm	Discover STEM K-3rd <i>Lunch included</i>	\$25	July 9 th 9am-12pm	Spy Camp 4th-8th	\$20
June 11 th 9am-12pm	Art Exploration K-3rd	\$20	July 16 th 9am-1pm	Kids in the Kitchen K-3rd	\$20
June 18 th 9am-3pm	Pen to Pasture 4th-8th <i>Provide own lunch. Happening in Green Co.</i>	\$20	July 23 th 9am-12pm	Summer Fun K-3rd	\$20
June 25 th 9am-12pm	Invent STEM 4th-8th	\$25	July 28 th 9am-12pm	Summer Fun 4th-8th	\$20

ALL Camps will be held at the Guthrie County Extension Office, unless noted otherwise
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Lee Anna Wilkinson and Beau are set to sell Johnny Salsa.

a.m. to 3 p.m. at the Veterans Auditorium/Community Center.

GUTHRIE CENTER

The Guthrie Center farmers market rotates Saturdays with Panora. Dates are June 13, June 27, July 11, July 25, Aug. 8, Aug. 22, Sept. 5 and Sept. 19. Hours are 9 to 11 a.m. on North Fourth Street.

STUART

The Stuart farmers market will be held Wednesdays from 4:30 to 6:30 p.m. from mid-May through mid-October at the city park.

CASEY

The Casey farmers market will be held on select dates: June 20, July 18, Aug. 15, Aug. 29, Sept. 12 and Sept. 26.



Salsa made fresh in Panora.

ADAIR

The Adair farmers market will run Sundays from 4 to 6 p.m., Aug. 16 through Oct. 11, at the city park, 308 Stuart St. ■

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10 SQUARED WOMEN AWARD \$15,000 TO THE GUTHRIE CENTER FIREFIGHTER'S ASSOCIATION

Special to Panorama Times

The 10 Squared Women of Guthrie County began its 10th year by holding its 2026 first quarter meeting on Tuesday, Feb. 24, at St Mary's Catholic Church in Guthrie Center. The group welcomed four new members this quarter.

Presentations were made by Panorama PTO, Little Panther Daycare and Pre-school, and the Guthrie Center Firefighter's Association. After hearing all three presentations, the group announced that a total of \$15,000 has been awarded to the Guthrie Center Firefighter's Association. This donation consists of member contributions and several employer matches.

The Guthrie Center Fire Department (GCFD) is a public safety organization responsible for fire suppression, assisting emergency medical services, hazardous materials mitigation and technical rescue operations. The GCFD strives to provide immediate, organized responses to crises, serving as an essential pillar in the community.

This funding from the 10 Squared Women will be used to strengthen their communications. The funds will be used to help purchase new portable radios that will replace outdated ones. These new radios allow the department to greatly improve its communication both within their own department as well as with surrounding departments. They will function on multiple frequencies and wavelengths with more available channels resulting in clearer communication between multiple departments at one time.

"On behalf of the GCFD, we truly appreciate the support and partnership of



Brandon Peterson (GCVF), Brandon Schreiber (GCVF), Bailey Schreiber (10² Women), Rupert Markham (GCVF), Chief Cory Campbell (GCVF), Zane Boblett (GCVF), Kristen Crouthamel (10² Women), Chuck Cleveland (GCVF), Levi Derry (GCVF), Vicki Crannell (10² Women) and Brady Langgaard (GCVF).

the 10 Squared Women of Guthrie County in helping us achieve our mission of safeguarding the community and the volunteer men and women who make up this incredible department. This donation will directly strengthen our department's capacity to respond safely and effectively to emergencies with the updated communications equipment to protect the public and the firefighters. We are sincerely grateful and honored to receive this donation" Brandon Schreiber, president of Guthrie Center Fire Department, said.

The Guthrie Center Fire Department encourages anyone interested in joining the department to reach out to any cur-

rent member, city hall or their social media page for instructions.

10 Squared Women has now contributed a total of \$445,500 since its inception in 2017. The group meets quarterly on the fourth Tuesday in February, May, August and November. Members in attendance hear from three organizations drawn at random from a pool of member-nominated organizations and then vote that night on the winning cause.

The group currently has 138 members and approximately 20 organizations nominated. To learn how to get involved, visit their Facebook page at <https://www.facebook.com/10squaredwomengc> or email 10squaredgc@gmail.com. ■

SPECIAL TO PANORAMA TIMES



PHOTOS BY BETTY COOPER
Special to Panorama Times

Panorama High School held its high school prom on Saturday, April 11 starting with pictures at 2 p.m. at The Captain's Pick, 5071 Cover Ridge Road. The Grand March was held at 5 p.m. at the Panorama High School auditorium. At 5:30 p.m., Photo Opportunity Hour began at The Captain's Pick. Dinner followed at 6:30 p.m. with the dance from 7:30-10:30 p.m. Beginning at 10:45 p.m., events moved back to the high school with the After Prom Party until 3 a.m., hosted by the junior class parents. ■



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TWO KIDS MOVIES. AN ULTRAVIOLENT FILM. AND TALES OF WOE.



"Midwinter Break"



"Hoppers"



"The Bride"



"Reminders of Him"

BY MICHAEL C. WOODY
Panora Times

Since I reviewed 10 movies last month, I will take it easy on you this month with only a handful of new films opening.

"MIDWINTER BREAK"

(most likely headed to streaming soon)

This is an interesting movie that will pull you in deeper and deeper as the movie methodically unspools. It is a small film with little to no promotion that I can recall. Leslie Manville and Ciaran Hinds play an old couple on a trip to Amsterdam for a weekend away from home. We find that she is not a happy woman but a very strong Catholic with a secret plan. This is a quiet and sad movie about a couple who have maybe fallen out



of love. It is a film that is wonderfully acted with a unique story. **Grade: A-**

"HOPPERS"

(in theaters)

I see fewer kids movies these days, but "Hoppers" pulled me into the theaters with a great teaser trailer. A young girl who is a spunky environmentalist is inspired by a local pond and all of the creatures that live in it. When the community wants to get rid of the pond, she starts a crusade to save it. This is a well-made animated film with a strong and important message. **Grade: A-**



"THE BRIDE"

(in theaters)

In Warner Brothers' latest update of their legendary horror film vault, we get

this update of "The Bride of Frankenstein." The film claims that Mary Shelley wrote "Frankenstein" on a bet, and we all know how much that decision probably repaid her handsomely. Here we see a woman who has also been brought back from the dead, several times. Jessie Buckley, Christian Bale, Annette Bening, Penelope Cruz, Perter Sarsgaard and Jake Gyllenhaal star for Gyllenhaal's sister, Maggie, who wrote and directed the film. It is a dark, crazy and ultra-violent film that has little to offer most moviegoers. **Grade: D**



"REMINDERS OF HIM"

(in theaters)

Romance author Colleen Hoover gives us the story of a young woman who was just released from prison and is walking

home. We quickly understand that something bad has happened and that she literally has no one to help her. Her attempts to find work are met with closed doors, but she finally finds an opportunity at a local coffee shop. From there, her tale of woe unspools. It's an interesting story, and the movie is actually better than it needed to be. **Grade: B+**



"PROJECT HAIL MARY"

(in theaters)

Based on the best-selling book by Andy Weir ("The Martian"), "Project Hail Mary" is the story of a high school science teacher who is pulled away from his day job by the government to help save our planet. Our planet and many others are at risk of dying, and the government needs someone with the skills and intellect to save

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"Project Hail Mary"



"The Pout Pout Fish"

us. The less I tell you, the better off you are, but what I can state is that the story is great, the filmmaking is breathtaking and Ryan Gosling is brilliant in this role. Sue and I saw it in a packed IMAX house, and it was a spectacle for sure. See it and be amazed.



Grade: A-

"THE POUT POUT FISH"

(in theaters)

My old friend and retired school teacher Kathi Millin told me that this a wonderful story. I took a chance on the movie, and I enjoyed it, but it is definitely targeted to a

younger audience than a lot of the recent animated hits. Nick Offerman lends his distinctive voice to the lead role. **Grade: B+**



I'll be back next month with some early summer movies for you. ■

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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SUPERVISORS APPROVE BRIDGE REPLACEMENT

BY RICH WICKS
Panora Times

MARCH 24 - ANNUAL URBAN RENEWAL REPORT AND THE FISCAL YEAR 2025 GAAP REPORT APPROVED

During the March 24 regular weekly meeting of the Guthrie County Board of Supervisors, the supervisors approved the annual urban renewal report and the fiscal year 2025 GAAP (Generally Accepted Accounting Principles) report.

The supervisors discussed setting a public hearing for the fiscal year 2027 county budget. The date of April 21 at 9 a.m. was selected. Auditor Dani Fink asked to wait on officially publishing the notice of that hearing until she has a chance to talk with each department to be sure no changes are needed. The supervisors agreed to the request.

MARCH 31 - BRIDGE REPLACEMENT

The Guthrie County Board of Supervisors heard from County Engineer Josh Sebern regarding planned replacement of the Thompson 71A bridge during their March 31 regular weekly meeting.

"This would be the bridge over the Middle River, on White Pole Road, east of Casey. The deck on the bridge is quite bad. You wouldn't guess it to drive over it and look at it, but you get underneath and you

notice the salt crystals on the bottom side of the deck, so it's fully penetrated with salt," Sebern said.

"This is something we've been talking about for five or six years, at least," Supervisor Mike Dickson said. Sebern agreed.

"We know it's getting to the point that we have to do something," Sebern said. "So we're going to work on replacing that, using federal dollars. It's scheduled to be replaced in 2027."

Sebern explained that the Department of Transportation (DOT) agreement simply documents that the county agrees to abide by all DOT regulations for the project. Sebern also noted that because of traffic volume, the new bridge will be 40 feet wide.

The supervisors unanimously voted to approve the DOT funding agreement.

Sebern also mentioned his plans to attend a national conference in Dallas, Texas, in April. He said he will submit a written request for approval from the supervisors.

APRIL 7 - HEALTH INSURANCE RENEWAL, VETERANS AFFAIRS UPDATE

During the April 7 regular meeting of the Guthrie County Board of Supervisors, Jennifer McMillan addressed the supervisors regarding the Iowa Governmental Health Care Program (IGHCP).

"Currently, IGHCP serves 55 entities in Iowa with 13,000 total members," McMillan said. "Overall, your costs have increased,

on average, by 4.21% over the years that you've been in IGHCP, so for about 15 years now."

McMillan shared usage data for Guthrie County.

"Guthrie County has performed very well this year, with a 52% loss ratio, with 93 average employees and 260 average covered members," McMillan said.

Supervisor Mike Dickson commented on the improvement reflected in that data.

"That's a huge improvement from where we were just two or three years ago, because we were over 100%," he said. Dickson also noted that the county has a "healthy" fund balance which could be used if claims are increased in a particular year.

The supervisors voted to approve the insurance renewal as presented.

The supervisors set a public hearing for the Fiscal Year 2026-2027 Guthrie County budget. The hearing will be 9 a.m. on April 21.

Veterans Affairs Administrator Beth Watson provided a quarterly report on services provided through her department.

County Engineer Josh Sebern discussed two proposed resolutions that the supervisors then approved (Resolution 26-28: Posting of Bridge Load Limitations; and Resolution 26-29: Posting of Noxious Weed List).

Sebern was asked if there are any concerns with county roadways that will be involved in RAGBRAI's trip through the

county in July. Sebern said there are no issues that he is aware of.

APRIL 14 - HEALTH SERVICES UPDATE, NEW MAGNET

Health Services Director Jotham Arber provided an update on the department he leads.

"We are rolling out our community health needs assessment," Arber said. "I'm ordering 10,000 door hangers."

Arber went on to explain that the assessment was most recently completed in 2023, when approximately 1200 completed surveys were received. He hopes to exceed that number this year.

Arber shared details on other happenings in the department.

"We've done a lot of radon testing," he said. "And we are going to be getting out there to do pool testing."

Arber shared information on a new magnet being used at the Transfer Station to collect and remove metal. He said the county will turn in scrap metal collected for revenue, but he speculated that the main benefit will likely be fewer flat tires experienced by visitors to the Transfer Station.

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

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EDUCATION

PANORAMA SCHOOL BOARD APPROVES \$590,523 ELEMENTARY ROOF CONTRACT

BY RICH WICKS

Panora Times

During the April 13 regular monthly meeting of the Panorama School Board, a public hearing was held regarding the 2026-2027 Public Tax Notice. No written nor verbal comments were received, so the hearing was promptly closed.

The board unanimously approved a contract of \$590,523 with Rigid Edge Exteriors LLC for the roof repair at the elementary school building.

As part of the consent agenda, the board unanimously approved contract recommendations including the resignations of Danielle Beasley (effective 3/10/2026); Girls Basketball Coach Randy Miller (effective end of this school year); Dean of Students and Football Coach Taylor Morris (contract not returned for 2026-27 year); Driver Scott Calmer (effective end of this school year); Driver Michael Artist (effective end of this school year); and Basketball Scorer Amy Block (effective end of this

school year).

Contract recommendations approved for the 2026-2027 school year included Wyatt Clark (PE teacher, Assistant Football Coach); Jim Demers (Dean of Students, Head Football Coach); Angela Mincy (Head Volleyball Coach); Maddison Lynch (Assistant Volleyball Coach); and Aly Dalhauser (Head Girls Basketball Coach).

The board also approved 10 to 15 speech/drama students and three chaperones for an overnight trip to see "Wicked" in Omaha on July 12.

The board went into a closed session to discuss the superintendent's contract, then reconvened in open session and approved a two-year continuing contract with Superintendent Huebner (July 1, 2026 through July 30, 2028) with a 2.1% raise in salary to \$157,775 effective July 1.

Graduation for the class of 2026 is set for 1 p.m. on May 17. The board's next regularly scheduled meeting is set for Monday, May 11 at 5:30 p.m. The public is welcome. ■

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THE MONTH IN PANORAMA SPORTS

PHOTOS BY MARK PHENO | SPECIAL TO PANORAMA TIMES



Panorama's Kyle Lestina at the Earlham Early Bird on March 31.



Panorama's Corrie Knapp at the Earlham Early Bird on March 31.



Panorama's No. 10 Morgan Creees, pictured here in Panorama's 10-1 win over Greene County on April 13, scored 10 goals in the team's first two games.



Panorama's Cruz Crandall placed eighth in the long jump at 18-04.00 at the Earlham Early Bird on March 31.



Panorama's Kylie Rochholz hands the baton to Olivia Beaudet in the 4x800-meter relay at the Earlham Early Bird on March 31.



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PANORAMA SPRING SPORTS TEAMS 2026



BOYS TRACK AND FIELD: Back row: Aden Rochholz, Reed Draper, Brayden Bahrenfuss, Devonne Bell, Hunter Kempf, Corbin Deardorff, Court Vogel, Cruz Stanley, Connor Deardorff, Adrian Leone and Cruz Crandall. Front row: Chris Hayden, Bladyn Wearmouth, Graysen Shaffer, Zach Hayden, Kyle Lestina, Jorge Gimeno-Perez, Cristian Monrroy-Nunez, Syler Shaffer and Blake Schwartz.



GIRLS GOLF: Annabelle Reynolds, Miranda Laabs, Greta Gliozzo, Taylin Woolheater, Natalie Waltz, Riley Wasson, Dylan Birchfield, Rhaica Spencer, Chaira Frei, Taelyn Girth, Anabel Pudenz, Alyssa Stanley, Avery Ambrose, Calista Knudsen and Maci Bauer. Not pictured Naomi Flinn and Ava Thompson.



BOYS GOLF: Back row: Ty Ratcliff, Jaxson Stauffer, Caleb Prescott, Cole Carstens, Dylan Donovan, Wilson Clark, Cobyn Snyder, Tanner Thompson, Weston Boecker and Maddox Wirt. Front row: Ike Greenlee, Bryce Dawes, Casey Young, Brayden Galvan, Latyn Ashworth, Mason Cates and Brayden Prescott. Not pictured: Paxton Steiner, Evan Losee, Hunter Kline and Reed Draper.



GIRLS TRACK AND FIELD: Back row: Malia Jacobsen, Corrie Knapp, Olivia Beaudet, Kylie Rochholz, Leah Carstens and Emma Walker. Middle row: Nella Rivas, Laicey Lutz, Jacey Glade, Addy Wagner and Libby Miller. Front row: Ella Carico and Mary Fett. Not pictured: Manager Grace Tripple.



GIRLS SOCCER: Back row: Hailey Hellman, Blair Brown, Ruth Fett, Ashley Crees, Meredith Arganbright, Jessica Randol and Jamie Fronapfel. Middle row: Jacey Glade, Hannah Hellman, Lexi Galvan, Kailee Kautzky, Ines Gimeno-Perez, Nerea Gimeno-Perez, Emma Walker and Kennedy Reinhart. Front row: Taylor Fronapfel, Morgan Crees and Karli Kautzky. ■

PHOTOS BY BETTY COOPER, SPECIAL TO PANORAMA TIMES

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CITY GOVERNMENT NEWS

PANORA CITY COUNCIL SELECTS CONTRACTOR FOR \$180,000 CLAY STREET SEWER PROJECT

BY RICH WICKS

Panora Times

MARCH 23

During the regular meeting of the Panora City Council March 23, council members considered a quote from Dirt-Teck LLC for the city's planned sewer project along Clay Street. Public Works Director Ismael Galvan recommended approving Dirt-Teck and their price quote of approximately \$180,000. Galvan also noted the city could decrease the cost by having the city crew do some of the prep work.

"Our recommendation is to go with Dirt-Teck," Galvan said. "I think that's a better option for us to go."

Galvan said the project will include approximately 460 feet of sewer line. The council voted to approve the quote by Dirt-Teck.

In other news, a public hearing was held regarding the proposed property taxes for fiscal year 2026-2027. No verbal or written comments were received, so the hearing promptly closed. The council set a public hearing on the proposed budget at 5:30 p.m. on April 13. Immediately after that public hearing, there will be a public hearing on the city's proposed amendment of Section 5-4-20 of the Zoning Ordinance related to Permitted Uses by adding a new subsection regarding churches or accessory buildings.

APRIL 13

During the regular meeting of the Panora City Council on April 13, a public hearing was held regarding the Fiscal Year 2026-2027 budget. No written or verbal

comments were received, so the hearing promptly closed.

During the public comments portion of the meeting, Carla Wood spoke regarding the council's consideration of allowing Lutheran Church of Hope to build a church in what is currently zoned as "Light Industrial District" at 1200 East Main St. During the March 9 council meeting, the council voted to begin the process of amending the ordinance to allow the church.

Wood asked, "Is that considered a business park?"

City Administrator Lisa Grossman answered that the area is currently designated for business uses. Wood advocated for not amending the ordinance, so the lot would be available for potential future business purposes.

"We all know our coffers seem to shrink, and we're all fighting for that small pie of money sometimes," Wood said.

Later in the meeting, the council approved the first reading of the proposed amendment to the ordinance.

Jen Smith (Public Financial Management) presented information to the council regarding recommendations on the city's utility rates.

The council approved an Urban Revitalization Tax Exemption for 219 West Clay St. (Mike and Rhonda Stark).

The next regular meeting is set for Monday, April 27 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

GCH REPORTS ON HR AND TRAINING DATA

BY RICH WICKS
Panora Times

During the March 26 meeting of the Guthrie County Hospital Board of Trustees, Chief Human Resources Officer Mary Anderson summarized the hiring and personnel status.

"We are doing very well in the recruitment area. We are down to four job openings," Anderson said. "That's the least number of job openings we've had since I started here, so that's great."

Chief Nursing Officer Mandy Schiefert reported on positive feedback from patients. Clinical Safety and Quality Coordinator Danielle Lauzon shared data on quality improvement measures.

Schiefert also reported on the hospital's



Mary Anderson



Mandy Schiefert

implementation of practices known as Management of Aggressive Behavior (MOAB).

"We are starting the last classes of MOAB," Schiefert said. "So, hopefully, we'll have all staff completed with that training by the end of the year."

Foundation Director

Dennis Flanery gave a reminder of upcoming fundraiser events, including the golf tournament on July 14.

It was noted that hospitals may begin seeing some supply shortages as a result of the war in Iran. UnityPoint Health is recommending that hospitals strive to keep enough supplies to get through if shortages endure.

The next regular meeting of the trustees is set for Thursday, April 23 at 4 p.m. The public is welcome. ■

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WAVE WELLNESS BRINGS EMERGING THERAPIES TO PANORA

Local owners introduce PEMF and red light treatments aimed at reducing inflammation, speeding recovery and promoting overall wellness.

BY RICH WICKS

Panora Times

Wave Wellness, 102 Southeast 13th St. in Panora, within the Restore Wellness studio, offers treatments many people may not have heard of before. Owners Karwyn and Jim Gibson shared what the treatments are and who can benefit from them.

"It is pulsed electromagnetic field, or PEMF, and then I also just added red light therapy, which has red, near infrared and blue light, so it's a broad spectrum of light," Karwyn said. "How I got started in it is that one of our two girls had a knee injury while dancing, and a friend of ours was using PEMF on livestock. We asked if she would be able to help our daughter, and she said absolutely. She started working on our daughter's knee, and it really helped her recover and continue dancing pain-free."

The Gibsons said PEMF has been used as a therapy for some time, but it is not yet widely used in Iowa on humans.

"PEMF is a magnetic field. The Earth has a magnetic field," Karwyn said. "This therapy for humans is just now coming into the Midwest, but it's been on the coasts for quite a while. We bought this mat and a PEMF machine and were using it on ourselves. We decided it might be something we could use to help other people because it helps decrease inflammation in the body, which is something most people have. It brings oxygen into your cells, helps them replicate more quickly and removes damaged cells while bringing in new ones."

Karwyn said PEMF and red light therapies can benefit a wide range of people.

"It helps with things like arthritis or recovery after surgery. It can help with bone health after an injury. A lot of professional



Karwyn Gibson shows the PEMF equipment.

athletes and teams use PEMF to help athletes recover more quickly," she said. "Red light does similar things and can help with skin issues, anti-aging, recovery between workouts and boosting collagen. It increases circulation and energy. Both therapies work with the mitochondria, the powerhouse of the cell. They stimulate it to produce more ATP, or adenosine triphosphate, which is the energy of the cell."

"Everybody has inflammation at some level. It's just how much it affects you," Jim

said. "The average person might feel OK, but if you're not sleeping well or feel tired, that could be due to inflammation or your cells not functioning at a high enough level to give you enough energy. That's what these technologies can help with. They address issues rather than masking symptoms."

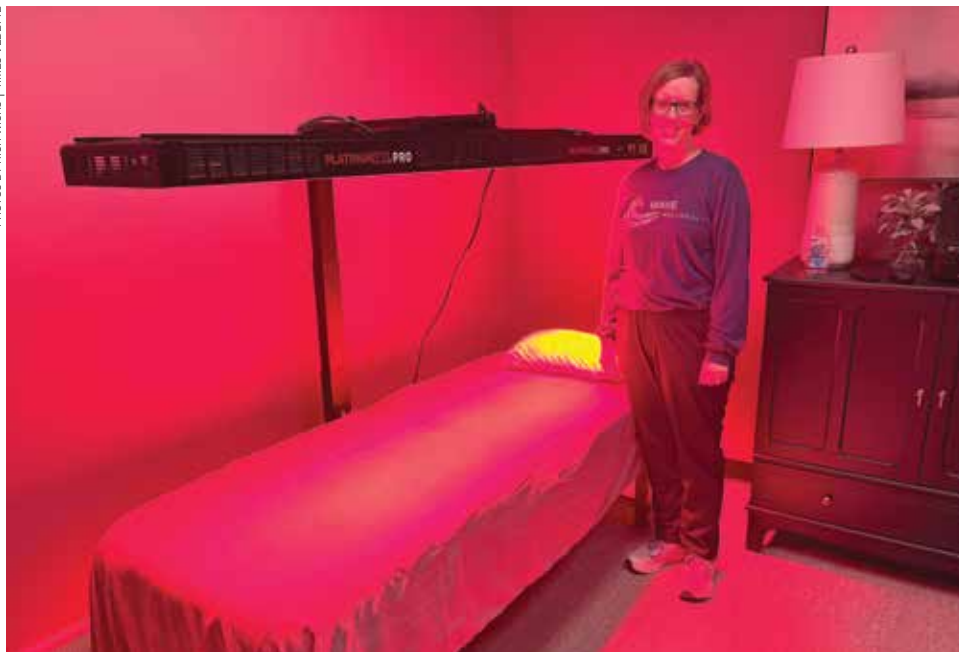
The therapies are generally safe for most people, although PEMF is not recommended for anyone with a pacemaker.

Karwyn shared her credentials in the therapies.

"I am certified through the Association of PEMF Professionals. I also complete continuing education credits and did my red light certification through them," she said.

The Gibsons said the therapies are still not widely known.

"Most people don't even know it exists. If you were in the livestock world, you would know because people use it very frequently," Karwyn said. "Another big thing is that it's not invasive. You're not being injected with anything. It also



The red light therapy can help with arthritis, recovery after surgery and sports medicine..



Karwyn Gibson shows how PEMF is used on an ankle.



Patients are able to recline and relax during PEMF treatments.

works well with chiropractic care or physical therapy.”

Karwyn said the manufacturer of her PEMF equipment first used the technology on racehorses, then jockeys, and later expanded to treating a variety of conditions in humans.

Another point some may not realize is that with PEMF, there is no need for patients to disrobe.

“Before I was in this office, I actually treated people in the lobby before an office opened up,” Karwyn said.

The Gibsons added that the treatments are not painful. Users often report a relaxing or warm tingling sensation during PEMF sessions.

“With red light, you’re not going to get sunburn. There’s no UV light in it. It’s a totally different wavelength,” Karwyn said. “With PEMF, people sometimes worry it’s going to hurt. If it starts to feel uncomfortable, we’ll take it down a notch. There really isn’t anything to be afraid of. It encourages your body to heal itself.”

The recommended frequency of treatment depends on each situation, but Kar-

wyn offered a general guideline.

“If somebody is doing it for general wellness, I would say once or twice a month,” she said. “But if it’s something chronic or an injury, it’s probably best to start two to three times a week and then taper off as things get better.”

Asked about a patient’s success, Karwyn shared a story of a man who had been seriously injured in a car accident and saw rapid improvement with PEMF treatments.

“He was dramatic. Every time he came, he was significantly better. He’s back working now,” she said.

The Gibsons welcome anyone interested to visit or call 641-276-9905. More information is available at www.wavewellnessiowa.com. ■

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CLASSIC CARS DRIVE FAMILY BOND FOR PANORA'S BURGESSES

Marshall and Julie Burgess share a passion for restoring vintage vehicles, highlighted by a 1955 Thunderbird and a family history of hands-on automotive projects.

BY RICH WICKS
Panora Times

For the Burgess family of Panora, you could say classic cars run in the family. Marshall Burgess and his daughter, Julie, recently took time to explain their hobby of restoring cars that make their engines purr.

One of the cars is Julie's 1955 Ford Thunderbird.

"Well, I guess it started with my hare-brained idea that I wanted to get a classic car. My sister had a 1965 Mustang that she restored when she was in high school. I had some classic cars when I was younger but just didn't have the money to do anything with them. So this story started in May 2024. I was just looking online to see what was out there. This ad popped up, and a gentleman near Des Moines had a 1955 and a 1956 sitting in a shed."

"We made an appointment to go see him, and miraculously it was pretty rust-free. We decided to take it, got it home, and the motor was stuck," Julie said. "So we started putting lubricants into the valves and finally got it unlocked. Then the fun began.



Julie and Marshall Burgess enjoy their car hobby.

It's been a learning curve, definitely. It had a lot of mechanical problems. I joined a couple of Thunderbird clubs online just to learn a little bit more about the car's peculiarities."

The unique features of any classic car

model are both a blessing and a curse. Those qualities are what make a model special, but they also create challenges for anyone looking to restore such a vehicle. Marshall explained that 1955 was the first year Thunderbirds were made, adding that first-

year models often have quirks manufacturers address in later versions.

"It's not got the best paint job on it, but that's one of the things she'll do down the line," Marshall said. "It has a lift-off convertible top. It's got a V-8 engine. It starts and

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- 5-9.....Bryce Draisey Memorial Bags Tournament Starts at 1:00 - EreK Wright Band 6-9
- 5-22.....Jordan Bean Band 8:30 - 11
- 6-7.....Biker Day | Zips Food Truck Noon-4 with Nick Ryan Band 1-4



The Burgess' 1955 Ford Thunderbird

runs well now. We had quite a bit of trouble starting it the first time. Finally, we towed it down the street with a chain to get it started. We've had it running ever since."

Julie explained that the 1955 Thunderbird was built with 6-volt wiring, but she may consider changing that.

"I'm definitely thinking about rewiring the car and bringing it up to 12 volts. I'm not a purist," Julie said. "I'm not going to change the look of the car but just make it safer and easier to work on."

Julie shared the purpose behind Ford introducing the Thunderbird model.

"It was built to compete with Chevrolet's Corvette," Julie said. "It's a two-seater. This particular car came off the line June 10, 1955, at the Dearborn plant, so it's a mid-year build."

Marshall said the car was originally black but has been repainted red.

"Most people who restore cars and want to resell them paint them red. They call it 'resale red,'" he said.

Julie said she plans to drive the car more as she becomes comfortable shifting it.

"I'm learning to drive it. It's a three-speed manual transmission," she said. "I've gotten past the point where I stall it all the time, so I've taken it out to cruise around town and to a couple of car shows."

Marshall also spoke about the 1965 Mustang that belongs to his other daughter, Heather.

"My daughter, Heather, wanted to get an old Mustang, so at that time I looked through The Des Moines Register, and a guy had one for sale near Huxley. He wanted \$400 for it," Marshall said. "It was sitting in a field. It had a good hood, top and trunk lid, but the rest was all rusted out."

"I decided to buy it for her, and I brought it home," Marshall said. "We put it in a garage, and the Hummel boys were in high school and started working on it. I ordered parts, and Heather was a sophomore or junior at the time. She and the Hummel boys were in auto mechanics class."

Marshall said the project took a lot of work, but they stayed with it.

"It has a three-speed on the floor, just like the Thunderbird. The first time she drove it was at her graduation," Marshall said.

In recent years, Heather considered selling the Mustang, but Marshall encouraged her to keep it and found a place to store it locally.

"I said I'd store it, and we'll drive it every now and then. I'm glad I talked her into keeping it. It's a cute little car," Marshall said. "It's got a really good paint job now, and she's put a whole new interior in it."

The Burgess family enjoys showing the cars together.

"We had them at the Panorama Days car show together," Marshall said. "That's kind of unique, to have them sitting together at a car show." ■



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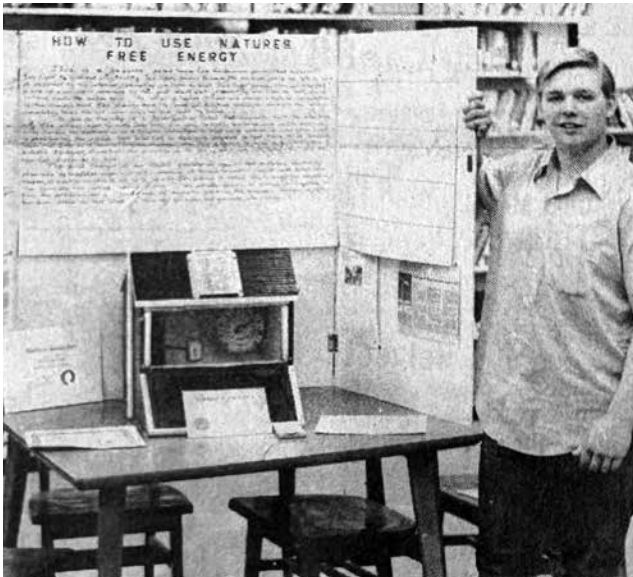
50 YEARS AGO



From Guthrie Center Times, April 21, 1976

KING-SIZED CATCH. Todd Stringham, son of Mr. and Mrs. Stuart Stringham, rural Guthrie Center, landed this 7-pound, 27-inch catfish in the rain Saturday afternoon. Todd was using a worm for bait.

40 YEARS AGO



From the Guthrie County Vedette, April 10, 1986

SCIENCE WINNER. Jeff Carter, sophomore at P-L, received a medal at the Hawkeye Science Fair in West Des Moines last weekend for his exhibit on solar energy in a home.

30 YEARS AGO



From the Guthrie County Vedette, April 3, 1996

YALE P.O. MOVES. The post office in Yale Monday moved into the mini-mall, and a ribbon cutting was held. At left, Mike Bowen who is in charge of 140 post offices in the Hawkeye District, briefly addressed a gathering of local residents. Also pictured are postmaster Elaine Willey and Scott Fredrickson, former mayor who talked about the mini-mall.

20 YEARS AGO



From the Guthrie Center Times, April 12, 2006

GROWING DISPLAYS. Carolyn Masters gives Tammy Dickey ideas for yard decorations during the Garden Seminar Saturday in Panora. PBC Junkery, Rosey's Cellar and Simply Country displayed their wares at the garden show.

10 YEARS AGO



From the Guthrie County Vedette, April 14, 2016

STEM TEACHER OF THE YEAR. Carroll High School Principal Tammie McKenzie (left) announces chemistry teacher Kent Muyskens was chosen as the Northwest I.O.W.A. STEM Teacher of the Year by the Governor's STEM Advisory Council. Muyskens, along with his family, was acknowledged by his peers, received \$1,500 for classroom improvements and \$1,500 for personal use. He has also been invited to a dinner at the Governor's Mansion. Joining Muyskens are daughters Kylie and Kenzie and his wife, Kristi.

5 YEARS AGO



Guthrie County Times Vedette, April 29, 2021

CONSTRUCTION STARTS ON NEW CLINIC. Guthrie County Hospital Panora Clinic representatives give a heave of dirt at the ground-breaking ceremony for a new medical clinic in Panora. They are, from left, Dr. Josh Strehle, Carrie Stein, Michelle Benner, Jocilyn Smith, Sara Van Effen and Dr. Donald Fillman. ■

Panora ASK TIMES



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

Q: WHAT IS THE SPEED LIMIT ON 200TH WEST OF HIGHWAY 4? I CANNOT LOCATE ONE.

A: We checked with Guthrie County Sheriff Matt Harmann, and he stated that the speed limit for rural two-lane highways in Iowa is 55 mph, unless otherwise posted.

Q: WHAT YEAR WAS THE GUTHRIE COUNTY REC FORMED?

A: According to the Guthrie County REC, the cooperative has been bringing electricity to rural Iowa for more than 75 years. In the 1930s, nearly 90% of urban dwellers had electricity compared to only 10% of the rural population. Private utility companies, which supplied electric power to most of the nation's consumers, argued it was too expensive to string electric lines to isolated rural farmers. In 1935, the Rural Electric Administration (REA) was created to bring electricity to rural areas like the remote counties in Iowa. In 1938, nine area farmers represented the first Guthrie County REC Board of Directors. They adopted articles of incorporation, bylaws and policies that have governed the electric cooperative over the years. Then and now, members gather every year for the annual meeting of members, where they have a voice in choosing their cooperative directors and in how Guthrie County REC is governed. Today, Guthrie County REC serves more than 4,600 members in Adair, Audubon, Cass, Dallas, Greene and Guthrie counties.

Q: I SAW THAT YOU ARE PUBLISHING LOCAL BIRTHDAYS AND ANNIVERSARIES ON THE TIMES VEDETTE EMAIL EDITION. HOW DO I GO ABOUT SUBMITTING THEM?

A: You are correct. Each Friday in the Times Vedette, we share birthdays and anniversaries for the following week of people with past or present ties to the area. To submit yours, or to notify us of any corrections, email rich@gctimesnews.com.

Q: IS THERE A WAY TO GET NOTIFICATIONS FOR WHEN WE SHOULD LOWER OUR AMERICAN FLAGS TO HALF-STAFF?

A: Here is one you may want to consider: <https://halfstaff.org>. The volunteers at Halfstaff.org seem to provide accurate and timely information on properly displaying the flag of the United States of America, listed out by state. Their website says, "The United States flag represents all the people of America as

does our organization. We do not support any political candidate, nor do we endorse any religious organization. This website was created out of a need. Over the years patriotic Americans have desired to show the proper respect for their American Flags. The problem has been in the inability to obtain timely information on when and how to fly their American flags. We base our notices on the Flag Code of the United States of America."

Q: WHEN WILL RAGBRAI RIDERS BE RIDING THROUGH PANORA?

A: Most people know by now that RAGBRAI will be passing through Panora and Yale. A few weeks ago, RAGBRAI announced the full route information. On July 20, riders will cycle through Exira before coming into Guthrie Center on Highway 44 for the overnight stay. On July 21, riders will roll into Panora on Highway 44, then head north on Highway 4, then east into Yale. Departing Yale, riders will head east on Highway F25 as they traverse toward Perry on the way to the overnight in Boone. Full route details can be seen at www.ragbrai.com.

Q: HOW DO I GET TICKETS FOR THE WSO HOME TOUR THIS YEAR, AND WHEN IS IT?

A: The Women's Service Organization (WSO) annual fundraising home tour for 2026 is Friday, June 5. Five Lake Panorama homes will be featured, with three on the west side of the lake and two on the east side.

Tickets are \$30 and include both the tour and lunch at The Captain's Pick at Lake Panorama National Resort, 5071 Clover Ridge Road. Tickets will be available beginning May 1 and can be reserved by calling or texting Toni Wright at 641-757-0886 or Sue Merriyman at 641-751-5956. There will be a maximum of 260 tickets available, and organizers say they expect to sell out quickly.

Q: I AM INTRIGUED BY THE WORK THAT THE LAKE PANORAMA FIN AND FEATHER GROUP DOES. HOW CAN I BECOME A MEMBER?

A: We agree, and that's why we are members. We suggest you attend the annual banquet on Saturday, May 9 at the LPN Conference Center. Social hour begins at 5 p.m. with dinner and silent/live auction to follow at 6 p.m. All ages are welcome. Details on the event and membership can be found at www.panoramafinandfeather.com/banquet. ■

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POLL CLOSING JULY 1, 2026.

See rules and vote at <https://gctimesnews.com/best-of-2026>



Make your voice heard and cast your votes in the 2026 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 (Name a person)
- Wine Selection
- Place to Buy Meat
- Coldest Beer
- Caterer
- Food Truck

AUTOMOTIVE:

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

COMMUNITY:

- Pastor (Name a person)
- Teacher (Name a person)
- Coach (Name a person)
- Church
- Daycare
- Library
- Chamber of Commerce
- School
- Park
- Community Festival
- Camping Spot
- Place to Hold an Event
- Elected Official
- Employer
- Customer Service (overall)
- Local Artist (Name a person)
- Nonprofit
- Volunteer (Name a person)
- Unsung Hero (Name a person)

SHOPPING:

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

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
- Doctor (Name a person)
- Nurse (Name a person)
- Dentist (Name a person)
- Chiropractor (Name a person)
- Eye Doctor (Name a person)
- Veterinarian (Name a person)
- Health Club/Gym
- Dance Studio
- Massage Therapist (Name a person)
- Esthetician (Name a person)

OTHER PROFESSIONAL SERVICES:

- Bank
- Photographer
- Barge Service
- Realtor (Name a person)
- Place for Guests to Stay
- Landscaping Company
- CPA (Name a person)
- Insurance Agent (Name a person)
- Senior Living Facility
- Home Builder
- Home Improvement Contractor
- Plumber (business)
- Electrician (business)
- HVAC Company
- Lawn Care Business
- Attorney or Law Firm
- Financial Planner
- Pest Control Company
- Dog Boarding Facility
- Home Painter
- Real Estate Company

RECIPE

SAUSAGE AND CHEESE BREAKFAST BAKE IS EASY, FILLING AND PRACTICAL

BY JOLENE GOODMAN
Panora Times

Mornings get busy, which is why I love having a breakfast recipe I can rely on. This one checks every box for me. It is incredibly easy to make — just mix, pour and bake — with simple ingredients I usually already have in the fridge. No complicated steps. No mess. No standing over the stove while trying to get ready for the day. I love the idea of cooking once and enjoying for days.

What I appreciate most is how protein-packed this recipe is. Between the eggs, sausage and cheeses, it is the kind of breakfast that actually keeps you full and focused all morning. I am not reaching for a snack an hour later, which makes a big difference on

busy days.

It is also perfectly sized for real life. The recipe makes enough for two people to enjoy breakfast for a couple of days, which means less cooking and more convenience. Or, double the batch and freeze some for future quick meals. I can warm up a slice and have a hot, satisfying meal in minutes. Easy, filling and practical — exactly how breakfast should be. ■

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



Jolene Goodman

SAVORY SAUSAGE AND CHEESE BREAKFAST BAKE

Ingredients:

- 8 large eggs
- 1/4 cup water
- 2/3 cup cottage cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 package of Jimmy Dean breakfast sausage cooked, crumbled
- 1 teaspoon Nature's Seasoning

Directions:

Preheat oven to 350 F. Lightly grease a small baking dish (8-inch by 8-inch works well).



Blend eggs, water and cottage cheese for 10-15 seconds in a blender. Combine with mozzarella and sausage and pour into the prepared baking dish. Spread evenly. Bake for 30-

35 minutes or until the center is set and the top is lightly golden. Rest for 5 minutes, then slice and serve. Vary this recipe by adding sauteed onions, peppers or mushrooms.

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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.



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.



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Panora United Methodist Church

119 E. Main St., P.O. Box 601, Panora

www.panoraumc.org

641-755-2655

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Saint Cecilia Catholic Church

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www.st-mary-patrick-cecilia.com

641-747-3843

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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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CONSTRUCTION UPDATE

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When visiting the hospital, please refer to temporary signage to direct you to the proper entrance.

Thank you for your continued support as we build a stronger future for Guthrie County!

For more information, scan the QR code or visit guthriecountyhospital.org



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.



Last month's photo is the front of the city hall building in Bagley. Beth Buttler was the first person with the correct answer. Have a photo to submit for future issues? Send to shane@gctimesnews.com. ■

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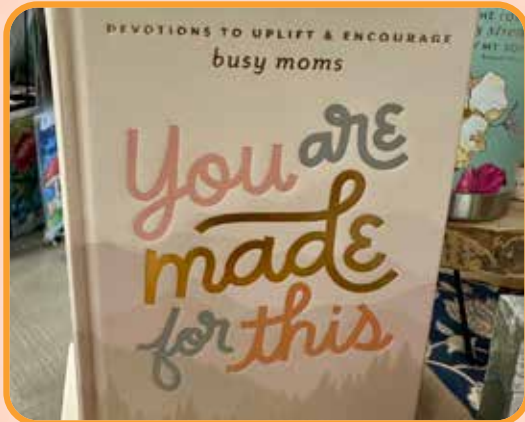
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