

AUGUST 2023

Panora TIMES

COUNTY FAIR TIME!

LEARN WHAT'S NEW,
WHAT'S DIFFERENT AND
WHAT'S STAYED THE SAME

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FLYING IS IN
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FROM THE COVER: Talena Balasch was last year's Guthrie County Saddle Club's Senior Queen and won title of 2022 Iowa State Fair Cowgirl Senior Queen. Panora Times file photo.



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FROM THE PUBLISHER

IT'S NOT FAIR!

Actually, it is fair — the Guthrie County Fair.

My kids had a school teacher who said she would hear that first quip often. She would tire of hearing her students say, “It’s not fair!” Her reply would be, “The fair is in August,” referencing the Iowa State Fair.

Well, as most of you know, the Guthrie County Fair takes place after the Iowa State Fair, one of only two county fairs in the state to do so. This year, the Guthrie County Fair runs Aug. 31 - Sept. 4, and we are pleased to share the details with you in our second issue of *Panora Times*.

I am amazed at the responses I get when I ask people if they are going to the county fair or not. They are seemingly all in or all out. But why? There truly is

something for everyone at the Guthrie County Fair.

Maybe it is about upbringing. If you were born and raised on a farm, then you certainly understand the importance of the county fair. The comradery. The connections. The competition. So much can be learned by showing at the fair or being involved in some way.

If you grew up in town, the true appreciation may be hit or miss. You may even wonder why all those farm animals are at the fairgrounds.

I never missed our county fair in my



Shane Goodman

youth. If I am being honest, I was more interested in chasing girls than showing animals, but I suspect that continues to be true for many of the boys at the county fair today.

I was reared (hogs are raised and humans are reared, the old-time editors tell me) in Kossuth County in the northern part of our state. Our county fair was big there, too, even for “city” kids like me. Like many of my childhood friends, even though I lived in town, I worked on farms doing odd jobs like baling straw, walking beans and picking up rocks. I was even a hired hand on a hog farm, doing chores for a few summers and after school, too. The farmers didn’t have me run the heavy machinery very often, and that’s probably a good thing. I didn’t pretend

to be an expert on farming, but I did learn to truly appreciate the farmers who took me under their wings and gave me a chance to learn.

Maybe that’s why I enjoy the county fair so much. Like many of you, it takes me back to my youth and makes me smile. And that sounds “fair” enough to me.

See you at the fairgrounds, and thanks for reading. ■

Shane Goodman
Editor and Publisher
Panora Times
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GUTHRIE COUNTY FAIR

Learn what's new, what's different, and what has stayed the same.

BY RICH WICKS
For Panora Times

The 2023 Guthrie County Fair runs Aug. 31 through Sept. 4. Fair Board President Collin Clark recently gave Panora Times an update on what's new, what's different, and what has stayed the same.

One thing that's consistent is the leadership of the fair board. Clark's great-grandfather and grandfather both served on the Guthrie County Fair Board.

"I've been on the board now for 11 or 12 years," Clark said. "This past year is the first year that I've been the president."

Clark explained that the Guthrie County Fair Board allows each member to have an "associate member" so newer members can be introduced to how the board and the fair run. Clark served as the associate member under his grandfather.

Clark pointed out that fairgoers will notice many upgrades to the fairgrounds.

"Our grounds alone are 83 acres," he said. "We have a lot of upkeep. We've replaced a lot of the fairground's buildings over the past seven or eight years."

Clark said they remodeled the bathrooms with new electric and shower stalls. Another upgrade is scheduled to happen shortly after the 2023 fair, when the old showing will

be torn down and a new showing will be built.

A Blackhawk helicopter from the National Guard will also be at the fairgrounds on Saturday, Sept. 2 from 10 a.m. to 2 p.m.

The fairgrounds also will have a slightly different look, as more than 70 ash trees were removed over the summer due to the emerald ash borer infestation. A memorial tree planting program has been set up for anyone wishing to donate a tree in memory of a loved one or just as a donation. Tree planting will be done in the fall or spring.

Camping at the fair is available with a check-in on Saturday, Aug. 26 at 8 a.m., and check-out on Monday, Sept. 4. Early arrivals cost \$18 per day. The fee for campers is \$160, which includes two season passes and a parking pass. The fee for tent camping is \$50.

Renewals for 2024 camping can be paid at the Secretary's office in the Event Center until 2 p.m. on Monday, Sept. 4. Campers cost \$180, which includes two season passes and a parking pass. Tents are \$50.

One thing that is staying the same is that carnival rides and grandstand shows are included at no extra charge at the Guthrie County Fair. Clark said this is possible because the fair has managed to turn a profit due to increased attendance and because of the many generous local sponsors. No coolers are allowed to be brought in.

As with any county fair in Iowa, there are many agricultural events and displays. For details, visit www.guthriecountyfair.com. General admission prices (other than shown below) are \$10 for a day pass and \$20 for a season pass. (Kids 5 and younger receive free admission, as do active members of the military). Scheduled events include (some require a participation fee):

WEDNESDAY, AUG. 30:

4-7 p.m.: Static Exhibit Building Open for exhibit check-in
5 p.m.: 4H FFA Dog Show in the show ring
7:30 p.m.: Art Hall Open Class entries in place

THURSDAY, AUG. 31:

FREE ADMITTANCE

9 a.m.: Open Class Art Exhibit Judging
11 a.m. - 1 p.m.: Swine weigh-in
1-5 p.m.: 4H Livestock Office open
1-3 p.m.: Sheep/goat weigh-in
1-5 p.m.: Poultry and rabbits check-in
1:30-3 p.m.: Beef weigh-in



Jericho Derry gets ready for the Scrambler ride on the Midway at last year's Guthrie County Fair.

3-4 p.m.: Horse check-in
3-4 p.m.: Ultrasound swine followed by beef
4-5 p.m.: Junior cattle feeder weigh-in
5-9 p.m.: FREE CARNIVAL RIDES
6 p.m.: Livestock judging contest
7 p.m.: Remote control car demonstration
7 p.m.: Bill Riley Talent Show
7:30 p.m.: Ag Hall open class

FRIDAY, SEPT. 1:

Noon to 10 p.m.: FREE CARNIVAL RIDES

Quilters will be working on quilt blocks today at the Art Hall for a giveaway at the 2024 fair.
7 a.m.: Cribbage tournament. Register with Rhonda Titus at 515-480-8782.
7 a.m. - 2 p.m.: 4H food stand
7:30 a.m. - 1 p.m.: 4H Livestock office open
8 a.m.: 4H FFA swine show
8:30 a.m.: 4H FFA horse show
9 a.m.: Open Class ag exhibit judging
10 a.m. - 6 p.m.: 4H FFA education center open
12:30 p.m.: Sheep and goat show
3 p.m. - closing: American Legion BINGO stand
3 p.m.: Bacon Buddies show
4 p.m.: Clover Kids show
4:30-6:30 p.m.: Brick Imerman and Hill-billy Band
5:30 p.m.: Mutton busting
7 p.m.: Rodeo

SATURDAY, SEPT. 2:

Noon to 10 p.m.: FREE CARNIVAL RIDES

Chainsaw artist will perform
7-8 a.m.: Open class swine check-in
7 a.m. - 2 p.m.: 4H food stand open
7:30 a.m.: Registration for Fair 5K. Call



Kailee Kautzky, Kiera Boals, Midnight the rabbit, and Meredith Arganbright at last's year's Fair.

Jess Carney at 641-218-8933.
8 a.m.: 5K run
8 a.m.: Working dogs competition
9 a.m.: Swine jackpot open class swine show
9:30 a.m.: Sand volleyball tournament
10 a.m.: Parade
Noon to 4 p.m.: Face painting (free for kids)
Noon to closing: American Legion BINGO stand
Noon: Adair Dance Academy showcase
Noon - 3 p.m.: 4H livestock office open
Noon - 3 p.m.: Lazy Elf Easel by Sarah Hansen
Noon - 6 p.m.: 4H FFA education center open
12:30 p.m.: 4H FFA poultry show
1 p.m.: Harvesting beans, plowing and other antique farm demonstrations
1-3 p.m.: Garden challenge judging
1 p.m.: Registration for Kids Pedal Pull. Competition starts at 1:30 p.m.
2-4 p.m.: Art Class by Cathy Ballard
2-4 p.m.: Paper crafts by Judy Zimmerline
3-5 p.m.: Wood-carving demonstrations by Rex Schoonover and David McCool
4 p.m.: 4H FFA rabbit show
5:30 p.m.: Truck and tractor pull
6:30 p.m.: 4H pet show

SUNDAY, SEPT. 3:

FREE ADMITTANCE for anyone 70 or older

Chainsaw artist will perform
Noon to 10 p.m.: FREE CARNIVAL RIDES
7 a.m.: Church service
7 a.m. - 2 p.m.: 4H Food stand open
8 a.m.: Working dogs competition
9 a.m. - 3 p.m.: 4H livestock office open
9-11 a.m.: Bucket/bottle calf interviews
10 a.m. - 6 p.m.: 4H FFA education center open



Collin Clark



Irelyn Wirt with Mei Mei in the cattle barn at last year's Guthrie County Fair.

10 a.m.: 4H FFA cattle show
 11:30 a.m.: JR Hodges Award Winner announced
 11:40 a.m.: 4H Foundation pie auction
 Noon: Magic show
 Noon - 4 p.m.: Face painting, free for kids
 Noon - closing: American Legion BINGO
 1 p.m.: Harvesting beans, plowing and other antique farm demonstrations
 1-2 p.m.: Floral demonstrations
 2-4 p.m.: Quilting demonstrations
 2 p.m.: Spinning wheel demonstration
 2 p.m.: Hypnotist
 4-5 p.m.: Monster arm wrestling weigh-ins
 4-6 p.m.: Brick Imerman music
 5 p.m.: Arm wrestling
 5 p.m.: Introduction of 2024 Queen
 6 p.m.: Zach Meacham Memorial chicken calling/throwing contest
 6:30 p.m.: Rabbit hopping
 7 p.m.: Figure 8 races, followed by fireworks

MONDAY, SEPT. 4:

10 a.m. - 2 p.m.: FREE CARNIVAL

RIDES

7-10 a.m.: 4H Food stand open
 9 a.m.: Tractor ride
 9 a.m.: Parade of Champions
 10 a.m.: 4H FFA static exhibits released
 Noon - 4 p.m.: American Legion BINGO
 1 p.m.: Drawing at Art Hall
 1 p.m.: 4H FFA livestock exhibits released
 1-3 p.m.: Open class art hall and ag hall exhibits released

Another (unscheduled) event available during the fair is the "Find the Fun" Fair Days Scavenger Hunt, in which youngsters can win prizes in the 4H FFA Education Center.

Open Class listings, along with entry blanks, are on the fair's website at www.guthriecountyfair.com or can be found at the public libraries in Guthrie Center, Bayard, Panora, Stuart and Adair. Again this year, all Open Class livestock entries should be made with the following superintendents:

Cattle: Monte Jorgensen 641-740-0612

Horses: Greg Rockholz 641-740-0098

Poultry, Rabbits, Pets: Allie Brooks 641-757-0676

Dogs: Pat Wyatt 515-250-2488

Swine Jackpot Show: Zach Cain 641-757-2899

Sheep: Joe Arrasmith 641-757-1480

GUTHRIE COUNTY FAIR QUEEN

The 2023 Guthrie County Fair Queen is Kiersten Knobbe, who lives on a farm just west of Guthrie Center, in Baker Township. She is the daughter of John and Wanda Knobbe. In May, Knobbe graduated from ACGC High School and plans to attend the



Kiersten Knobbe was announced as the 2023 Guthrie County Fair Queen and crowned by 2022 Guthrie County Fair Queen Reagan Gibson at last year's Fair.

University of Iowa this fall to pursue a degree in biology with a career goal to become a cancer biologist. Throughout high school, Knobbe has been active in cross country, track, choir, speech, drama, Leo's Club, National Honor Society, Fellowship of Christian Athletes, and science club. She's been a nine-year participant in the Guthrie County U.S. Sunbeams 4H Club.

"My favorite part of being the Guthrie County Fair Queen is interacting with the youth," Knobbe said. "I love when young kids light up with a smile and say I look like a princess or when they stop and ask for a hug. I remember being that age and looking up to the fair queen, and I can only hope that over the last year I have inspired a few young girls to run for the prestigious honor of Guthrie County Fair Queen." Knobbe previously served as the 2022 Guthrie County 4H Queen.

The announcement of the 2024 Guthrie County Fair Queen will be at 5 p.m. on Sunday Sept. 3 at the Little Amphitheater. There are four candidates for Fair Queen, including Riley Gibson from Panora. Gibson is 17 and entering her senior year at Panorama High School. She is active in dance team, drama, speech, FFA, National Honor Society and 4H.

Another candidate is Zoey Hambleton of Guthrie Center. Zoey is 17 and a senior at Panorama High School. She participates in volleyball, basketball, soccer, track, dance team, FFA, 4H, student council, senior class officer and PHS service program.

Isabelle Rouse is the third candidate. Rouse is 17 and lives in Guthrie Center. She's entering her senior year at ACGC High School. She is active in cheerleading, track, dance, FCA, FFA, National Honor Society, and National Society of High School Scholars.

The final queen candidate is Emma Rutledge of Panora. Rutledge is 17 and a senior at ACGC High School. She participates in music, 4H and other community work.

For more information and updates on the 2023 Guthrie County Fair, visit www.guthriecountyfair.com. ■

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LAKE PANORAMA SOUTH SHORE TRAILS ARE PROGRESSING

Panorama Community Schools cross country course incorporated into the system

BY SUSAN THOMPSON

For Panora Times

At the Lake Panorama Association (LPA) board meeting in August 2022, the board members agreed that Friends of Lake Panorama, a nonprofit 501(c)(3) charity that is separate from the Lake Panorama Association and Lake Panorama National, could work on improvements to existing trails on the south shore of the lake. Permission also was given to work with the Panorama Community Schools to incorporate a cross country course into the Lake Panorama trails system.

PROGRESS IS BEING MADE

While some preliminary planning took place in fall 2022, most of the effort was put on hold until the rip rap construction was completed this spring, which led to new trail opportunities. People have been walking trails on the south shore for years, but only a few were aware of the existence and availability of the trails.

Now a fenced parking lot is being planned that will allow people to walk through a gate near where the LPA trail system will begin and end. There will be a trailhead sign that includes general details about the south shore, rules, a donor list, and specific information about the trail options and trail markers, including a map. Visitors will be encouraged to snap a photo of the map to help them stay on the trail.

Those who do the full loop down to the shoreline and back up through the meadow area to return to the parking lot will have walked two miles. In addition, four

places where the riprap contractor widened existing trails to get to the shoreline will be offered as trail options.

People who start at the trailhead and choose the first option will walk six-tenths of a mile. The other three options offer distances of 1.1 mile, 1.6 miles, and 2 miles. This final loop results in walking the same distance as the original loop, but the terrain and views provide a different experience.

Fiberglass trail markers, similar to the blue 911 address markers used in Guthrie County, will be purchased in a brown color. Plans are to put these at each "junction" of the trail system along with arrows and distances back to the trailhead.

CROSS COUNTRY TRAILS

The cross country trails will begin and end on school property with all bus and spectator parking and bathroom facilities on school property. For the middle school,

a distance of two miles has been mapped. For the high school, the trail is 3.1 miles.

Access to the south shore is near the northeast corner of the school property. The school hired a contractor to clear trees to make that entrance possible. The school also purchased a roller and a landscape rake to pull behind a small utility tractor to smooth out rough areas of the trail; has committed to adding rock and mulch in a few marshy areas; and has committed to keeping the trails mowed and cleared throughout the year.

Greg Randel is director of transportation and oversees grounds at Panorama Community School District.

"We have been mowing a trail on school grounds for a long time for the cross country team to practice, and it has been a dream to one day have the entire course here. When LPA started the south shoreline project, I contacted John Rutledge to see if having a portion of our trails on LPA

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property could be an option. It has taken off since then with a lot of help from LPA, Friends of Lake Panorama, and Panorama schools,” Randel says.

A COACH’S PERSPECTIVE

Greg Thompson is beginning his 30th year at Panorama Schools this fall. Over the years, he has taught many math courses and coached many sports. Since 1998, he has been the head girls track and field coach, and since fall of 1999, the head cross country coach. He and his wife, Kelly, have had a home at Lake Panorama since February 2000.

“It became clear to me about three years ago that using the Panorama West Golf Course area was becoming more difficult each year to manage the cross country course,” Thompson says. “Plus, the traffic associated with hosting races was becoming too large for the area. We received many compliments on the west course, so it was a difficult decision to begin looking for a new course.”

Yet, Thompson says the benefits of moving the cross country trail to an area that incorporates both school and LPA property are many.

“It will be easier for spectators to view the race. On the west course, most spectators only had easy access to the start and finish of the race,” he says. “On this new course, there should be many areas of a race that are easily accessible to spectators. Parking also will be easier since we can use the school parking facilities for team vehicles and for spectators.”

Thompson says it will be much more efficient to set up and manage cross country meets with the proximity to the school and maintenance equipment, and timers and meet managers will have accessibility to the press box, electricity, a sound system and use of the scoreboard and video board.

The starting line for all races will be near the elementary school just behind Little Panther Daycare. From there, the runners will use the Panorama School Elementary Outdoor Classroom area to access the south shore.

“Starting here will allow teams to set up and have a home base near the starting line and in an area that doesn’t damage the race trails or a golf course,” Thompson says.

Runners will return to school grounds and run south alongside the baseball complex and finish on the home side straight away of the track.

“Finishing on the track will allow easy access to the bleachers and bathrooms for both athletes and spectators,” Thompson says. “High School runners will run along the shore and around the prairie space. Junior High runners will run around the prairie space. Only existing trails will be used, and existing wooded areas and natural prairie spaces will be preserved.”



Some portions of the Lake Panorama trail system on the south shore run adjacent to 30 acres of land enrolled in the federal Conservation Reserve Program Pollinator Habitat Initiative. These acres are covered with native plants that bloom throughout the season and provide better access to nutrition for pollinators, especially honey bees.

The first official practice for the cross country teams was Aug. 7. Teams will practice on the course once or twice a week, usually 3:30-5 p.m. Monday and Wednesday. Two races are scheduled. The first race Sept. 14 will have more than 20 schools participating. The second will be the conference tournament Oct. 12. A third meet might happen Oct. 19 and include 20 schools, if the state athletic associations allow Panorama to be a host site for a state-qualifying meet.

Thompson says the cooperation between the school, Friends of Lake Panorama and the LPA has been wonderful. “I have been asked many times why I haven’t moved to a bigger school,” he says. “The main reason is I love the family atmosphere of a small-town community. This experience has been another piece of evidence that living and working in a small town like Panora and Lake Panorama creates a sense of pride and community.”

Thompson says he thinks in the next two to three years, this will be one of the better true cross country courses in the state.

“Many of our current races are on golf courses, not through wooded areas and prairies,” he says. “This course allows hikers, walkers and runners to be alongside the lake shore for slightly more than a mile with spectacular views of the lake and the surrounding shores. We will continue to improve the trail system and keep it maintained for everyone to enjoy.” ■

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‘BARBIE’ DELIVERS. ‘OPPENHEIMER’ AMAZES. ‘HAUNTED MANSION’ FLOPS.



“Barbie”



“Oppenheimer”



“Haunted Mansion”

BY MICHAEL C. WOODY
For *Panora Times*

Between moving homes in Des Moines, a trip to the All-Star game in Seattle, and a shrinking number of movie releases (more on that later), my list of reviews are shorter this month. Even so, it has been quite a month.

“BARBIE”
(in theaters for a long time)

Granted, the buzz was great, but I don’t think anyone expected the box office business that “Barbie” is doing. It is literally breaking records every weekend and generating Oscar buzz. So is it worth it? Yes and no. It is a very clever and creative film and a little more edgy than most anyone would have expected. Everyone involved — from the writing, acting, directing, etc. — is top-notch. Margot Robbie cements her reputation for helping

to shepherd great projects to the screen, and director Greta Gerwig does an absolutely excellent job. It has a message to deliver, and it does it amazingly well. Grade: B+

“OPPENHEIMER”
(in theaters and IMAX)

Many theaters aired this and the “Barbie” movies back to back on opening weekend, calling it “Barbenheimer.” What started out as a joke helped to deliver huge box office success. Six-plus hours in a movie theater would threaten not only my bladder but my ability to stay awake. I also really wanted to see this in the IMAX theater in Waukee. Visionary director Christopher Nolan has shot several movies (or pieces of those movies) with IMAX cameras, so you see a truly state-of-the-art version of the director’s vision. With a cast that will amaze you

and many performances worthy of Oscar nominations, “Oppenheimer” is the best movie I’ve seen in at least five years. The story of this legendary scientist who helped create the atomic bomb that was dropped on Japan to end World War II is so much more layered than I expected. He was brilliant but had his issues, too, and Nolan shows him — warts and all. I can’t imagine another film winning the Best Movie Oscar or the Best Actor award going to anyone other than Cillian Murphy as Oppenheimer. I can’t wait to see it again. Grade: A+

“HAUNTED MANSION”
(in theaters)

A B-level cast in a movie based on a sequel to a Disney theme park ride doesn’t sound like a good idea to me, and I was clearly not alone after seeing the opening weekend box office totals. If I laughed once, I can’t remember it. Eddie Murphy

flubbed the first movie, and this one isn’t even that good. I loved the theme park ride but not the two movies trying to milk the franchise.

Grade: C

The writer’s strike has already taken its toll on a handful of release dates, so, going into each month, things are amazingly in flux. Stay tuned. Until then, pass the popcorn. ■

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM. He and his wife, Susan, are residents of Lake Panorama.





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KLINGE NAMED CITIZEN OF THE YEAR



KEVIN FISTER | PANORA TIMES

Kirby Klinge was named the 2023 Citizen of the Year on Saturday during the Panorama Days festival. The announcement was made during the awards presentation after the parade. Klinge has been involved in numerous organizations and activities in the area including Tori's Angels Foundation Board of Directors, Guthrie County Hospital Foundation Board of Directors, Guthrie County Community Foundation Board of Directors, and Panorama youth baseball and football. He has also been a regular and long-term volunteer for Panorama Days, Yale's 4th of July Celebration, the youth athletic fields and concessions and as a bus driver for Lakeside Village, among many other contributions. ■

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RONALD WESLEY VAN PELT

1948-2023

Ronald Wesley Van Pelt, 74, of Willow Springs, Missouri, died at his home on May 25, 2023, from a sudden heart attack. He was born on June 12, 1948, in Jefferson to Wesley and Lucy (Gibson) Van Pelt. He grew up on a farm near Panora and graduated from Panora-Linden High School in 1966. Ron excelled at all sports, lettering in football, basketball,

baseball and track.

Following graduation, he served in the U.S. Air Force from August 1967, to August 1971. He was stationed at Lackland AFB, Texas; Keesler AFB, Mississippi; Shemya AFB, Alaska; and Richards-Gebaur AFB, Missouri. Ron achieved the rank of staff sergeant. During this time, Ron received specialized training and certifications supporting Ground Radio Communications Equipment Repair and Management/Supervision. He was awarded the National Defense Service Medal.

Ron was married on July 19, 1969, to Carolyn (Gilmore) Van Pelt at St. Cecilia's Catholic Church in Panora and lived in Omaha, Nebraska, and Kansas City, Missouri, prior to moving to Humboldt. The marriage ended in divorce, March 1996. Through that union, he had two children, Douglas Alan Van Pelt and Laura Ann Van Pelt. Ron loved

watching his children grow up and following their academic and athletic events.

Following his military service, Ron applied his radio and satellite communications skills, working and managing in several agencies/companies such as the National Weather Service, Union Pacific, the Federal Aviation Administration, US West, and Qwest Communications.

After retiring in 2005, Ron purchased a ranch in Willow Springs, Missouri, and began his second career as a rancher. Ron's lifelong dream was to be a cowboy. He embraced every day of the ranch life and enjoyed breeding and raising cattle. He found joy in riding his Paint Horses, working cattle, baling hay, riding around the ranch on his four-wheeler, following sports, and loving his Great Dane dogs. Ron was always willing to lend a hand to his neighbors and

friends. If you ask Ron's friends, they will say he had a quiet nature, a good sense of humor, loved animals, and didn't claim to know all the answers, but sure enjoyed figuring out the solutions.

He is survived by his ex-wife, Carolyn; son, Douglas (Rhonda); daughter, Laura; grandchildren, Avery, Owen, Peyton, Mason; sister, Rozanne Strait; his two brothers, Gregory (Brenda) and Richard; many nieces and nephews; and his two Great Danes, Roscoe and Sammie. He was preceded in death by his parents, Wesley and Lucy Van Pelt; and brother-in-law, Pete Strait.

May his soul find eternal peace, and may his loved ones and friends find comfort in the cherished memories they hold dear. Graveside services took place at St. Mary's Cemetery, Jamaica, on Aug. 12, 2023, at 10:30 a.m. Memorials can be directed to the family. ■



LARRY ALAN BERGEMANN

1942-2023

Larry Alan Bergemann, 81, son of Lawrence and Sadie (Een) Bergemann, was born March 26, 1942, in Fairmont, Minnesota. He passed away Monday, June 5, 2023, in Panora.

Larry graduated from high school in Welcome, Minnesota. He went on to the University of Minnesota from 1960-1962 and Iowa State University from 1973-1974. He married Betty Jean Kluver on April 20, 1963. To this union, three children were born, Curtis, Sarah and Lance. Larry went into banking, and they lived in various communities in Minnesota and Iowa. They moved to Jefferson in 1971, and Larry worked at the Jefferson State Bank, which later became Brenton Bank, as vice president for the next 12 years. Larry then went to work in Des Moines at the

Valley Bank and United Central Bank. Larry and Betty divorced in 1982. Then in the mid 1980s, he became the president of the bank in Greenfield. He then held various investment positions in Des Moines and then in Phoenix, Arizona, for five years. In 2002, he started up the Investment Center at the Guthrie County State Bank, retiring on Dec. 31, 2012.

Larry enjoyed golfing, woodworking and helping with Fin and Feather. He served as the farm manager on the family farm back in Minnesota throughout his life and was still active up until his death. He was former member of the Lutheran Church in Jefferson, the Rotary Club, Lions Club, Jaycees, and helped get Genesis Development going in Jefferson.

Larry is survived by his partner of 45 years, Kathleen DeLucca of Panora; son, Curtis (Diane) Bergemann of Jefferson; and daughter, Sarah Bergemann of Murfreesboro, Tennessee; five grandchildren and eight great-grandchildren; sister, Shirley Amland of St. Paul, Minnesota; and many nieces and nephews. He was preceded in death by his parents; son, Lance Bergemann; two brothers; and a sister.

A Celebration of Life was held at The Port in Panora on Aug. 12 from 11 a.m. - 2 p.m. with a catered lunch at noon. ■

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YESTER YEARS

50 YEARS AGO



From the Guthrie County Vedette, Aug. 13, 1973

BALLOON RIDE: Covered by a roof of balloons, Nick Arganbright, son of the Jim Arganbrights, resembles a young story-book lad about to be carried away by a hand full of helium-filled balloons. The balloons were sold at Lake Panorama Day, and several lasted through the morning festivities.

30 YEARS AGO



From the Guthrie County Vedette, Aug. 8, 1993

LEARNING EXPERIENCE: An ostrich ruffles its feathers exposing the underside of its wing as it receives attention from Dee Hartley at her farm southwest of Panora. She is basically self-taught about bird raising.

10 YEARS AGO



From the Guthrie County Vedette, Aug. 15, 2013

DESIGNING A COLONY ON THE MOON: Two Panorama graduates attended the International Space Settlement Design Competition in Houston, Texas, Aug. 2-6. Adam Dooley (left) and Colby Woodvine (right) were selected in March at the Johnston Space Center competition, also in Houston, when the team of 40 students they were on won the competition. From the 40, 12 were chosen to attend the international contest. Colby and Adam had the opportunity to work on a futuristic engineering project designing a colony on the moon. They met other students from many other states and countries all over the world, including Romania, China, Australia, Uruguay, Argentina, United Kingdom, Pakistan and India.

40 YEARS AGO



From the Guthrie County Vedette, Aug. 11, 1983

HOME MOVIES: Lwila Rosenberger, library board trustee, is pictured with the library's new video disc player, which will be on display during an open house at the library during Panorama Days. The player was purchased by the library board and will be available for a small rental fee in the near future.

20 YEARS AGO



From the Guthrie County Vedette, Aug. 28, 2003

CO-CAPTAINS: Named as senior leaders for the Panorama football team were Ben Wollner, left, and Michael Dent, who will share leadership duties as co-captains.

5 YEARS AGO



From the Guthrie County Times Vedette, Aug. 9, 2018

FOUR COMPETE FOR FAIR QUEEN: Contestants in the Guthrie County Fair Queen contest this year met at the fairgrounds in Guthrie Center on Wednesday, Aug. 1 where they went through interviews and participated in a service project. They are (from left) Hailey Bates, Anna Lauritsen, Taylor Lemke and Mia Schreck. ■

PANORA CITY COUNCIL WILL APPOINT NEW MAYOR AT AUG. 28 MEETING

Letters of interest from any citizens wishing to be mayor will be accepted until 4:30 p.m. on Aug. 25.

BY RICH WICKS
For *Panora Times*

At the Aug. 14 regular meeting of the Panora City Council, councilmembers discussed options for filling the vacancy created when Pat Parker resigned as mayor. City Administrator Lisa Grossman shared information on the options to consider. She summarized that the council could appoint someone to fill the mayoral vacancy until the November election, or the council could hold a special election. Grossman explained that appointing someone seems to make more sense for now because of the tight timeline regarding the November election.

Councilmember Curt Thornberry said he plans to run for election as mayor, and Stan Landon voiced his opinion that Thornberry would be an excellent choice to fill that role. After discussion, the council voted to begin the process of appointing a temporary mayor. Grossman said letters of interest from any citizens wishing to be mayor will be accepted until 4:30 p.m. on Aug. 25. The plan is to appoint a mayor at the next council meeting on Aug. 28.

Grossman pointed out that, on Aug. 28, the council will know whether there will be one council vacancy (Stan Landon's resignation is effective Aug. 29) or two, if a current council member is appointed to fill the mayoral vacancy. Grossman's memo to the council stated, "Staff recommendation

would be to appoint the Mayor's position and then have any additional vacancies on the Nov. 7 ballot." She also pointed out that this could create a challenge in making sure enough council members are present during meetings to qualify as a quorum.

REFLECTIONS FROM MAYOR PAT PARKER

With his departure from Panora, the *Panora Times* asked former Panora Mayor Patrick Parker to share his thoughts on his time here. Parker served a total of 17.5 years in Panora city government with six years as a councilman and 11.5 as mayor.

"After 17.5 years, I decided it was time to step aside," he said. "I would like to have more time to devote to family. My wife and I are moving to Greenfield to be closer to our grandkids."

Parker listed the significant improvements he has seen in Panora during his years here as the reconstruction of East Third Street, Highway 44, the new City Hall building, updating the water treatment plant, updating the playground equipment at Michael Mills Park, partnering with Region XII to bring new homes to Panora, implementing multiple storm sewer projects, the Jackson Street project, flood control improvements, the creation of a revolving loan program for downtown businesses, and upgrading the Panora Electric Substation.

Parker is quick to state why he feels Panora



Pat Parker



Stan Landon

ra is a good place to live.

"The people and the community," he said. "There are a lot of volunteers and groups that work to make Panora a great place to live. There are also a lot of recreational things to do in the area. Housing in Panora is affordable. We have a wonderful school district that includes children from multiple surrounding communities who learn to come together and work together. Our small town emergency services are valuable. Having our own police force, full-time staffed EMS, and fire department are true assets."

Parker is thankful for the experiences he has gained here.

"I would like to thank the residents of Panora for giving me the opportunity to serve on the council and as mayor. Moving away from Panora was not an easy choice because it's been our home for 29 years (myself) and 37 years (my wife)."

Parker says they plan to continue to be members of the Panora Lions Club and will still be around volunteering and spending time with friends and family.

"I would also like to take this opportunity to thank the Panora city staff, as they are always working hard to serve the residents of Panora."

COUNCILMEMBER LANDON EXPRESSES THANKS AND CHALLENGES RESIDENTS TO GET INVOLVED

Stan Landon will officially resign as Panora City Council member on Aug. 29. He recently shared his thoughts on Panora, the city government and his upcoming plans with the *Panora Times*.

"I'm originally from South Dakota, and we migrated up here from Missouri," Landon said. "My wife had been working on her doctorate in school psychology and did her

internship at Guthrie Center. We bought our home in 2007."

He recalled how he first became involved in Panora.

"When we first got here, because of my previous employment and things that I've done in other communities, I got ahold of City Hall and told them that I was interested in doing volunteer work. There were a couple of committees that Lisa (Grossman) said I could look at."

One of those committees was a study of what the community needed from an outsider's perspective. Landon and his wife decided to get involved.

"The committee made some recommendations, and it was really nice to see that we've got some sidewalks that we didn't have before," he said, explaining that he's a strong advocate for accessibility issues including the Americans with Disabilities Act.

Looking ahead, Landon said his departure, along with the resignation of Mayor Pat Parker, creates opportunities for interested citizens to become involved in city government.

"The council that we have right now has done a tremendous job," he said. "They work harmoniously. If there are issues, they're quickly resolved."

Landon added that anyone new to the council is given training, and a temporary appointment to the council could be a good way to "try out" serving the city before deciding whether to become a candidate for a full four-year term.

Landon encourages Panora citizens to vote and to consider serving on city committees and/or the council. He particularly hopes some younger citizens will step forward and become involved.

When he moved to Panora, Landon said he felt "kind of lonely," but the community quickly embraced him.

"I felt very welcomed," he said.

Landon served six and a half years on the council and said some of the major accomplishments he's seen include additional sidewalks, new housing through Region XII funding, and various street improvement projects. In particular, he is proud of the new road between Highway 4 and the elementary school, which he said mitigated a significant safety concern.

Landon and his family will be moving to the Ankeny area to be closer to extended family members in the area. ■

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Panora ASK TIMES

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Q: WHEN WAS THE FIRST GUTHRIE COUNTY FAIR, AND WHAT WAS IT LIKE?

A: According to the Guthrie County Fair website, a few settlers gathered in the home of E.B. Newton on Oct. 15, 1858, to organize the Guthrie County Agricultural Society. Along with that organization came the first fair, which was held in Guthrie Center east of the City Park. With the outstanding attendance at the annual fair, a tract of land just west of the river was purchased from William Tracy. This is still the current location of the fairgrounds. Fences, buildings, and a half-mile track were built just in time for the spectacular 1885 fair. Entertainment consisted of acrobatic acts, patriotic fireworks, horse and mule races, foot races, healthy baby contests, displays from the rural schools, and baseball.

Q: WHO WAS THE FIRST MAYOR OF PANORA?

A: Panora City Administrator Lisa Grossman tells us the City of Panora was incorporated in 1872, and the first mayor's name was Charles Haden.

Q: HOW MANY KIDS WERE INVOLVED IN THE SUMMER READING PROGRAM AT THE PANORA PUBLIC LIBRARY?

A: According to library staff, a total of 28 kids participated in the program, reading 714 books.

Q: I JUST READ MY COPY OF PANORA TIMES FRONT TO BACK, AND I LOVE IT! WILL WE REALLY BE GETTING THIS PUBLICATION FOR FREE EVERY MONTH? KEEP UP THE GREAT WORK.

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Reshape Fitness Studio continues to help teach kids basic running techniques while having fun doing team building activities, helping keep motivated, confidence building, and more. The kids experienced conditioning games and running dynamics that helped them reach an end of summer goal of completing the Panorama Days 5k (3.1 mi) which was also sponsored by Reshape Fitness Studio. There was so much growth mentally and physically with all the kids. A huge thank you to our intern, Spencer Hunt, for his drive, big heart and dedication to these kids since June.

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ELECTRIC SUPERINTENDENT

The City of Panora is accepting applications for this full-time position. The Superintendent oversees the overall operations of the City's electric system and is responsible for maintaining the electrical infrastructure, which includes, a substation that provides power to a 5KV distribution system that is 40% underground. The system load peaks at just over 4 MW. The City also has 3 stand-by generators with a generating capacity of 4.5 MW.

The Electric Superintendent is responsible for construction, maintenance, and design of the distribution system, including substation operations and maintenance. Electricity is purchased in bulk from the Guthrie REC through CIPCO. The Superintendent is responsible for managing all electric employees and reporting to the State.

The City is seeking applicants with the following qualifications:

- High School diploma or GED with a minimum of ten years of experience in electric power engineering, construction or maintenance, or an equivalent combination education and experience
- Possession of a valid class B CDL with air brake endorsement within 60 days of hire.
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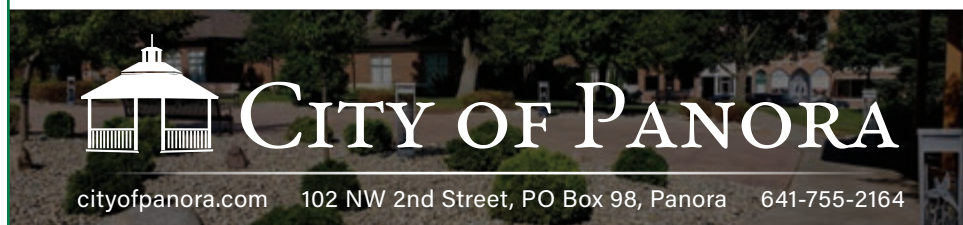
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Applications and job description may be picked up at City Hall or www.cityofpanora.com. Position open until filled. EOE. Questions may be directed to Doug Long at (641) 757-0200.



SWEET HOME PANORAMA



PHOTO BY JOLENE GOODMAN



PHOTO BY SHANE GOODMAN



PHOTO BY KEVIN FISTER



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RAMA! IMAGES FROM THE 2023 PANORAMA DAYS FESTIVAL, AUG. 4-6.



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PANORA COMPANY WORKING TO HELP FEED THE WORLD

The Etcheto family decided in 2017 they needed to move their egg processing business from Olympia, Washington, to Panora, closer to where eggs are produced.

BY SUSAN THOMPSON
For Panora Times

A Panora company turns liquid eggs into dry egg crystals is expanding. Their recent expansion will make it possible to double production and put it closer to fulfilling its mission statement — helping to feed the world by reducing food waste.

Leonardo Etcheto is Nutriom's chief executive officer.

"Forty percent of all food is wasted between the farm and final use," Etcheto says. "Much of this waste is due to damage during storage and transport, or the food not being used before it goes bad. Any potential solution to feeding the world must take both calories and nutrients into account, which is one of the reasons we work with eggs."

The history of this family business goes back decades. Leonardo's parents, Hernan and Emely Etcheto, owned and operated a cheese plant in Olympia, Washington. One of the byproducts of cheese making is liquid whey, which in the 1980s and 1990s could be applied on nearby farmland. Government regulations eventually brought an end to land application of whey.

Hernan Etcheto began working with a company in Canada to develop whey protein concentrates (WPC). This was in the early days of developing uses for whey; now, WPC can be found in many foods.

The Canadian partners also had experience in egg processing. Hernan Etcheto decided to sell the cheese plant to work with the Canadians to create a fully functional egg powder. Canada prohibits the import of eggs unless you export the same volume, so Canada has a large focus on egg exports, and the ideal form is as a powder.

"Others were already producing pow-

dered eggs," Etcheto says. "My father wanted to find a way to keep all the protein, nutrients, color and taste of the egg. Others were using high heat to remove water from liquid eggs. He tested many methods and found a way of crystallizing egg at a low-temperature so it keeps all its fresh flavor and functionality."

The Canadian company the Etchetos partnered with eventually was bought out. The buyer didn't want the U.S. assets, so the family decided to continue on their own. That's about the same time Leonardo decided to join the business.

"My dream was to be a professional surfer," he says. "I attended college and studied chemistry, because I think it is fascinating. After graduation, I took a couple of years off to travel and surf. One day, my father said he needed someone to manage a facility in Mexico, and I decided to give it a try. It's where I met my wife, and where I decided to become part of the family business."

"In 2001, we set a long-term goal to replace liquid frozen egg products with our crystallized egg products," Leonardo says. "Our egg crystals are 100% natural with no chemicals or preservatives."

OvaEasy Egg Crystals is the registered trademark name for Nutriom products.

"OvaEasy products are non-perishable with a shelf life of at least three to seven years. No refrigeration is needed, the product is one-fourth the volume of a shell egg, and all the taste, color and nutrients are still there. Just add water and cook like you would shelled eggs."

The family decided they needed to move their egg processing business closer to where eggs are produced.

"We always knew we wanted to be in Iowa, the top egg-producing state in the



Leonardo Etcheto, Nutriom's chief executive officer, is shown with shelves of the many products the company sells. The largest bags hold the equivalent of 82 eggs and are most often used by the U.S. military, which purchases about half of the company's annual production.

country," Etcheto says. "It just took a while to find the right facility — not too large, not too small."

It was 2017 when the Etcheto family purchased the building on the south edge of Panora where Cargill had been producing hard-boiled eggs. Extensive renovations were done to accommodate the equipment for the Nutriom egg processing operation.

Liquid eggs from Iowa producers come in tanker trucks to the plant and are unloaded into two standing silos inside the current building. Each silo can hold 50,000 pounds of liquid egg. A two-step drying process is used. Liquid egg is fed onto machines with long conveyor belts, where water is slowly removed without causing heat damage. The powder coming off the belts then is freeze dried and placed in large bags that hold 1,000 pounds of egg powder.

Nutriom owns a warehouse building north of Panora at the corner of High-

way 4 and 200th Road. The 1,000-pound bags of egg crystals are trucked there for storage and later brought back to the plant as needed for packaging. Shipments of packaged products are handled at the warehouse. The company has about three months of inventory on hand at all times.

Last October, Nutriom got help from a new federal program that backs loans for companies that expand their food processing capacities. The U.S. Department of Agriculture program does not provide loans directly but assumes a certain amount of liability if the loans fail.

Etcheto says the loan guarantee made it possible for Nutriom to borrow \$11.1 million from an Iowa bank, get a lower interest rate on a 30-year loan, and spend less money on fees associated with the loan.

A new building is part of the company's expansion and is already complete,

located just south of the current building. The interior of the building is done and liquid processing can expand. Currently, Nutriom turns the equivalent of 24 million eggs into OvaEasy Egg Crystals each year. The expansion will allow the company to double production.

It also will allow the company to pasteurize the liquid eggs in house. Currently, pasteurization is done at the egg farms.

“Being able to do the pasteurization here will give us more control over the end product,” Etcheto says. “The new building makes it possible for the tanker trucks to drive into the building through one door, offload the liquid eggs into a third silo that will be installed there, then drive out another door. This will be a huge improvement.”

The expansion also will include a third dryer, and a large shop.

“We do a lot of preventative maintenance and keep a lot of extra parts on hand. We don’t want to have a breakdown and have to wait for parts to be delivered,” Etcheto says.

The U.S. military is Nutriom’s largest customer, taking about half of the company’s annual production.

“That’s because they have a need to feed people in difficult places,” Etcheto says. “The military buys bags that make 80 to 100 eggs at a time, ready for feeding large groups of soldiers.”

Etcheto says the company’s products also are used for emergency preparedness, by campers and people who use high-protein shakes, and those who appreciate the convenience and long shelf life. Consumers can purchase online at OvaEasy.com.

Products include whole egg crystals in a variety of sizes, available in both cans and pouches. Egg in a Cup is filled with egg crystals that equal two eggs. Add one-half cup of water, microwave one minute, and breakfast is served.



Egg in a Cups are available in three flavors and are the equivalent of two shelled eggs.



This two-ounce pouch of OvaEasy Egg Crystals is the equivalent of five shelled eggs. Instructions on the back of the pouch show how much water to add for the number of eggs desired, then cook as you would a regular egg.

Egg white protein powder is available in resealable bags or single-serve bags. Single-serve keto shakes are available in two flavors and are designed as a meal replacement, with the equivalent of six egg whites per serving.

“We’re always looking for ways to get our products into other places,” Etcheto says. “Right now, we’re working to get our products into Puerto Rico. It’s a U.S. territory, so there are no import issues. It’s an island that has an electrical grid that is at a Third World level; power often is lost during storms, and refrigerated food is wasted. We offer a resilient egg product that doesn’t go bad.”

The company has 34 employees and expects to add another seven once the expansion plan is complete. One of the current employees moved with the company from Olympia, Washington. Others are from Panora, Yale, Guthrie Center and the surrounding area.

Leonardo’s parents, Hernan and Emely, purchased a home at Lake Panorama. They maintained their home in Olympia for a while but now are in Iowa full-time. Leonardo, his wife, Celina, and their two teenage children live in West Des Moines.

“We are really glad to have our plant here in Panora,” Etcheto says. “We’re very happy with the location, the town, the people. We’re close to Des Moines, so we have access to resources we need, but we still have the small-town environment that we appreciate.” ■

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EVENTS



The Twin Vines vineyard is ready for walkers.

GRAPE STOMPING AND MORE DURING WINE WALK AT TWIN VINES ON AUG. 26

BY RICH WICKS

For Panora Times

There's an old joke that asks, "What did the grape say when it was stepped on?"

The answer is, "Nothing; it just gave a little wine."

Wine lovers will have the option to put that joke to the test in Panora soon.

On Saturday, Aug. 26, from 2-6 p.m., a Wine Walk will be offered at Twin Vines Winery, which is located at 2821 Highway 44, just west of Panora.

"Attendees will walk around the beautiful countryside while enjoying wine samples at each station," co-owner Brad Hayes said. "There will be



SPECIAL TO PANORA TIMES

Twin Vines wines will be sampled throughout the Wine Walk on Aug. 26.

games, prizes and fun at each station — including grape stomping. Attendees are welcome to sit and relax while enjoying food and music after the Wine

Walk."

For more details, visit www.twinvinesvineyard.com, email info@twinvinesvineyard.com or call 641-757-9808. ■

HOBBIES

FLYING IS IN JORGENSEN'S BLOOD

His AcroSport II has a 180-horsepower engine and will cruise around 120 mph.

BY RICH WICKS
For Panora Times

Lynn Jorgensen of Panora has the necessary skills to be an airplane pilot. He's handy with engines and tools, he has lots of patience, and he stays calm in stressful situations. All of that has helped him to successfully build and fly his own plane for many years.



Lynn Jorgensen

"I started out, I guess, playing with airplanes with radio-controlled models," Jorgensen said. "I built quite a few of those and flew them, and then I got the urge to build a full-size (airplane). So, I bought a set of plans and just started from scratch. It took a long time to do it. I think from the time I bought the plans until I flew it was about 27 years."

Over those years, Jorgensen worked on his plane when time allowed, around his other commitments.

Regarding the finished plane, Jorgensen said, "It's a steel tube structure for the fuselage, which is all welded together. The wings are all fabricated out of wood, and then it's covered with fabric. It's a big job to



A homemade plane that just keeps flying year after year.

build one of those."

Because Jorgensen had building plans rather than a kit, he had to fabricate most of the parts by himself. He mentioned a few items he could not create, so those had to be purchased.

Jorgensen's completed plane is an AcroSport II with a 180 horsepower engine.

"It's a two-place bi-plane, 22-foot wingspan," he said. "They are classed as Experimental, amateur-built."

Jorgensen said the plane will cruise around 120 mph. He rarely flies it more

than 70 miles from its base at the Perry Airport, but he uses it to visit friends in Poca-hontas occasionally.

Regarding the design, Jorgensen added, "The plans called for it to be an open cockpit airplane, which I didn't want. So I designed a two-place canopy for it. It has a pretty good horsepower-to-weight ratio, so it's fun to fly. It's pretty sporty. The bi-planes are extremely strong. I try to fly around once or twice a week."

When asked about a most memorable flying moment, Jorgensen described an in-

cident while flying another plane that he owns — a 1947 Luscomb.

"Just after I bought this airplane, I was flying west of Guthrie out here and broke the crankshaft in the engine and landed on the highway out there," he said matter-of-factly. "So then I had to rebuild an engine for it, right off the bat. I had my daughter with me. She was about 8 years old. We just landed on the highway, and a friend of mine lived out there, so we towed it up the road and put it in his yard, and then hauled it back." ■



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EVENTS

TORI'S ANGELS GALA IS OCT. 14

**Fundraiser will be in
Vets Auditorium in Panora
with a fun and light-
hearted theme sure to
draw an enthusiastic and
generous crowd.**

BY SUSAN THOMPSON

Special to the Panora Times

Since 2010, the Tori's Angels Foundation has been raising funds to help the families of its supported children with life-threatening medical conditions. The foundation's primary fundraising season is spring through late fall. On June 18, 500 people were served and more than \$25,000 was raised in freewill donations and a silent auction at the Tori's Angels 13th annual breakfast benefit.

This annual event celebrates the foundation's first breakfast in 2010 for then-5-year-old Tori Heckman who desperately needed heart surgery in Boston. The subsequent foundation was named for the 800 attendees who generously donated money for Tori's surgery and proved themselves to be one of Tori's Angels.

The next major fundraiser is Saturday, Oct. 14 when the Tori's Angels Foundation will host the fourth annual Gala, using the theme "Angels in Denim." This fundraiser will be in Vets Auditorium in Panora with a fun and light-hearted theme sure to



SPECIAL TO PANORA TIMES

This wooden duck, hand-carved, painted and donated by Ted Reeve, is one of the items that will be available on the live auction at the Tori Angel's Gala Oct. 14 at Vet's Auditorium in Panora.

draw an enthusiastic and generous crowd.

The event will feature a dinner catered by Lidderdale Country Store with special Gala cupcakes provided by the Sweet Shoppe of Ames. Attendees will be entertained by local auctioneer Joe Bair, as he calls a host of high-end, privately donated items. New this year will be a silent auction, which will take place throughout the evening.

Some live auction items that are expected to be the most popular are a shed donated by Sunrise Sheds, which can be customized for the winning bidder; Kansas City Royals package with hotel; Pit Boss outdoor griddle and \$50 grocery gift card from the Jefferson Fareway; one-of-a-kind carved duck; custom created logo for farm, family or business; and a pendant necklace donated by Ames Silversmith and the Youngberg family.

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SPECIAL TO PANORA TIMES

A shed similar in size to this one has been donated by Sunrise Sheds for the Tori's Angels Gala live auction. The winning bidder will be able to have it customized and also can upgrade to a larger size for an additional fee. Sunrise sheds can be used to store boating equipment, garden tools or general items; as a party house, she-shed or man cave; or a chicken coop or dog run.

bid on homemade pies, local gift baskets and golf packages, autographed sports memorabilia and game tickets, a gourmet dinner, whole hog and more.

A limited number of tables are available and, as in past years, are expected to sell out quickly. A table sponsorship costs \$1,000 and includes dinner for eight, bottles of wine and special desserts on the table, plus recognition on the table, during the program and on Tori's Angels' Facebook page and website. To purchase a table for the event, contact JoAnn Alumbaugh at 641-431-0257 or M.J. Brown at 515-240-3692.

Proceeds from Gala ticket sales, as well as the live and silent auctions, go toward Tori's Angels' mission of supporting families with children suffering from life-threatening medical conditions. To date, the foundation has accepted more than 125 children with life-threatening illnesses

and currently supports more than 95 children across Iowa.

Tori's Angels pays medical expenses not covered by insurance from the date of sponsorship until the child's 19th birthday. This includes travel expenses to treatment (airfare, mileage, hotel, meals), as well as prescriptions, medical co-pays and deductibles.

Anyone wishing to help Tori's Angels children can send monetary donations to Tori's Angels at P.O. Box 186, Panora, Iowa, 50216. Online donation options are located on the foundation's website and on its Facebook page, www.facebook.com/toriansgels. The organization also welcomes those interested in becoming a volunteer.

For more information about Tori's Angels, check the foundation's website at www.toriansgels.org. To request an application for support, contact the foundation through the website or call 641-755-2011. ■

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PEOPLE

STEENBLOCK NAMED IOWAN OF THE DAY AT IOWA STATE FAIR

Special to Panorama Times

The Iowa State Fair Blue Ribbon Foundation and Cookies Food Products announced Arilyan Steenblock of Panorama as an Iowan of the Day for the 2023 Iowa State Fair.

Steenblock is the definition of determination. Going into her junior year at Panorama High School, she has already accomplished many big things for her young age. Steenblock did her part to help with an issue many young women encounter at some point, finding themselves in need of a feminine hygiene product but not having one on hand. To help solve this issue, she started "Blessing Boxes." These boxes are stocked in the girl's bathroom at school with different feminine hygiene products that someone may need. Between using some of her own money to keep these boxes stocked, and soliciting donations, Steenblock is determined to help with this ongoing issue.

Although Steenblock stays busy with this project, she doesn't let it stop her from being highly involved in other areas. Be-



Arilyan Steenblock

tween her 73 hours of community service from 2021-present, volunteering for numerous non-profit organizations, a National Honor Society member, Fellowship of Christian Athletes Leadership Team, FFA, track and field, basketball, softball and volleyball, all while maintaining a 3.922 GPA, she is nothing less than a high achiever.

Steenblock's day of recognition was Thursday, Aug. 10 at the 2023 Iowa State Fair. She was recognized with a presentation on the Anne & Bill Riley Stage at noon. Along with accommodations at the Des Moines Marriott Downtown, she received a gift bag, Grandstand Concert tickets, use of the Iowan of the Day golf cart, a cash prize, Iowa State Fair admission tickets, and VIP parking.

Founded in 1997, the Iowan of the Day program allows the Blue Ribbon Foundation to recognize Iowa's most outstanding individuals. The program continues to honor Iowans across the state who have made a difference in the lives of others, while upholding the characteristics associated with Iowa- dependability, integrity, hard work and sense of community.

The Iowa State Fair Blue Ribbon Foundation is a non-profit 501(c)3 organization. Since its inception in 1993, the Foundation has generated \$200 million for renovations and improvements to the historic Iowa State Fairgrounds. ■



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TEN SQUARED PLUS MEN VOTE TO GIVE MORE THAN \$20,000 TO GIVING, INC.

Special to Panorama Times

The Ten Squared Plus Men of Guthrie County held their summer meeting on July 27 at Lake Panorama National Conference Center. Three Guthrie County entities were presented for consideration, and the in-person membership voted for Giving, Inc.

Giving, Inc. was presented by Corey Welberg. Also given for consideration were the Guthrie Center Library by Wes Policky and Main Street Stuart by Nate Westre.

Giving, Inc. is a 501(c)3 organization that began as Giving Christmas to replace the Secret Santa program that had previ-

ously been present in Panorama. Since then, the organization has expanded to Guthrie Center and hopes with this donation to expand throughout the county. They have also added Giving Utilities to help families in the winter months and Giving Schools to assist with school programs when possible throughout the county.

The gift from Ten Squared Plus Men should exceed \$20,000, which would bring the total giving in the county to more than \$335,000.

Anyone interested in becoming a member of Ten Squared Men can do so by contacting Barry Monaghan at b.monaghan@gcsbank.com or 641-757-0720. ■

PANORA TIMES LAUNCH PARTY



A ribbon cutting was held on Thursday, July 27 by the Panora Chamber of Commerce for the Panora Times publication that was launched in July by Big Green Umbrella Media. This new publication is mailed to all households and businesses in Panora, Linden, Yale, Jamaica and Bagley the third Thursday of each month. Cutting the ceremonial ribbon is publisher Shane Goodman. View, save or share Panora Times online for free at www.panoratimes.com. ■



Angela Ossian and Kristen Crouthamel



Shane Goodman and Frank Teale



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STEPS TOWARD HEART-HEALTHY EATING

BY JOLENE GOODMAN
For *Panora Times*

This month I am sharing a recent article and recipe from one of our other publications.

(Family Features) As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat

or fat-free dairy. Consider make-at-home favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely. ■

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



Jolene Goodman

HEART-HEALTHY PITA PIZZAS

Prep time: 10 minutes
Cook time: 8 minutes
Servings: 4

INGREDIENTS:

- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or

DIRECTIONS:

Preheat oven or toaster oven to 450 F.
On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chick-



en, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.

Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through. ■

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