

REMEMBERING AND HONORING,
BOAT SAFETY AND A FEW MORE
LAKE JOKES TO SHARE

PAGE 2

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TIMBER CREEK THERAPIES USES HORSES
TO HELP PEOPLE

BY SUSAN THOMPSON
Lake Panorama Times

Cindy McCarty grew up in Guthrie Center and has lived at Lake Panorama for 30 years. She has more than 45 years of experience as a speech and language pathologist and has worked with children, adults and senior citizens — in schools, homes, hospitals and long-term care facilities.

She is also a horse lover.

More than 20 years ago, while enjoying horseback rides on 220 acres of timber and pasture she owns east of Guthrie Center, she thought about how her patients also would enjoy the setting. What about developing a facility where people could receive all sorts of therapy, help and support?

McCarty's longtime friend, Sue Behrens, who is a physical therapist, said if

McCarty wanted to use her horses to establish a therapy program, she would help. Together they began researching hippotherapy. "Hippo" is the Greek word for "horse." In hippotherapy, specially trained physical, occupational and speech/language therapists use the movement of a horse as a treatment tool. Hippotherapy was introduced in Europe after World War II following two polio epidemics.

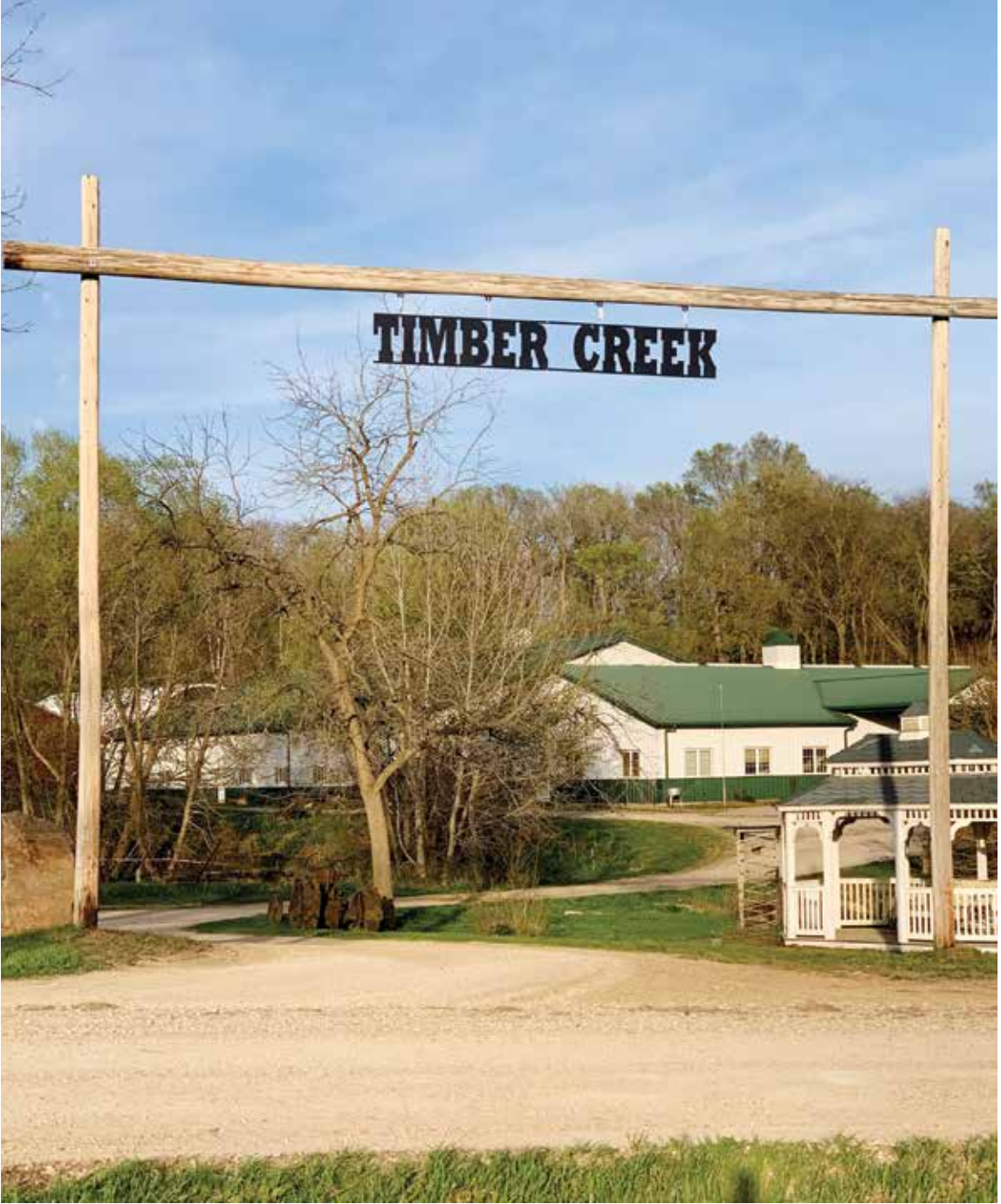
Last year was the 20th anniversary of the opening of the Timber Creek Therapies indoor arena. McCarty stresses this isn't about teaching a person how to ride.

"Treatment takes place in a controlled environment following a specific plan," she says. "Riding skills are not taught. We're using the horse as part of an in-

HORSES, PAGE 4



Timber Creek offers therapeutic riding for individuals with physical and mental disabilities. Evening sessions are held for groups that travel from New Hope Village in Carroll and Opportunity Living in Lake City. Volunteers help make these sessions possible.



Timber Creek Ranch is located halfway between Panora and Guthrie Center, south of Highway 44 on Poplar Avenue. The Timber Creek Therapies buildings are white with green roofs beyond the trees.

HILLBILLY AIR SHOW TO PERFORM AT
HELEN'S COVE JULY 2

Jesse Gutierrez and Brick Imerman are 100% country and 100% veteran.

BY SUSAN THOMPSON
Lake Panorama Times

The musical duo "Hillbilly Air Show" will perform at Helen's Cove on Saturday, July 2, prior to the annual fireworks released from Shady Beach. Boaters are invited to anchor just inside the mouth of Helen's Cove with live music beginning at 6 p.m. and continuing to 8:30 p.m.

Hillbilly Air Show includes Brick "One Man Band" Imerman on lead

guitar, bass and keyboards, joined by Jesse "The Medicine Man" Gutierrez on vocals and acoustic guitar. Imerman and his wife, Lori, own a home on the north side of Helen's Cove. The performance will be on their dock or one of their neighbors' docks.

Imerman has been performing for nearly 20 years.

"When I retired from the military in 2003 and moved home to Guthrie Center, local postmaster Bob Pat-

erson and I started playing a few songs at private parties following high school wrestling tournaments," he says. "Soon we were joined by a group of guitar-playing wrestlers, and Brick'n Bob and the Young Guns was formed."

In 2005, the Young Guns were hired at The Port for their first paying gig, and soon, more local kids started asking to join the band.

"Every time one would graduate and head off to college, another kid

would take their place," says Imerman. "Through the years, 12 different high school kids played with the band, including three female singers. The final addition to the group was Jake Kemble when he was 15 years old. Today, Jake is an active professional musician in the Des Moines area with his own band."

Imerman and Paterson have continued playing together throughout central Iowa for 17 years under the names of Code Blue and the Brick'n

Bob Duo. They will perform their last gig together this summer at Adel's Sweet Corn Festival on Aug. 13.

As one door closes, another opens. Three years ago, Imerman was playing solo at a winery when Jesse Gutierrez walked through the door.

"I have always played classic rock until I heard Jesse sing," Imerman says. "I realized that vocally, he was, without a doubt, the best country

MUSIC, PAGE 5

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TAKE OUT —OR— CURBSIDE PICKUP

ON THE LAKE

REMEMBERING AND HONORING, BOAT SAFETY AND A FEW MORE LAKE JOKES TO SHARE

BY SHANE GOODMAN
Editor and Publisher

I have been attending Memorial Day services for as long as I can remember. My father, who served in the Korean War, made sure of it. My uncle would march in the parades each year, and my siblings and I would seek him out among the other veterans who did the same.

When I married and had kids, I would take our young children to these services in the various communities we lived in. At one of the events, an elderly woman walked up to me and thanked me for bringing the kids and teaching them about the sacrifices that so many soldiers made. That comment hit home with me, as it reminded me how my father did the same thing for me.

Our children are adults now, and I hope when they have kids, they will make this a tradition for them as well.

This year, I attended the Memorial Day service in Panora at Veterans Auditorium. I counted about 250 people in attendance. As in years past at other services, I was deeply touched. But this service truly stood out with the songs, the placing of the wreaths, the reading of the names of past veterans, and the heartfelt presentation and raising of the dedicated flags for James A. Arganbright, Richard J. Arganbright, Robert Steven Keith and Gary E. Morrow. And, of

course, the Color Guard Salute of TAPS was especially moving, as always.

I want to thank the master of ceremonies, Mike Arganbright, along with the hostesses, Linda Dahl and Deb Moylan, and everyone who helped put this service together. Most of all, I want to thank our veterans for their commitment and service to our country. You will never be forgotten.

Boat safety

If you have not yet viewed the Lake Panorama boating safety video, you should take the time to do so. And, better yet, share it with any friends or family members who may be boating on the lake, too. It is only 11 minutes, and it is produced in a way that is easy to follow and entertaining.

Keep in mind this video is simply an introductory piece that covers the highlights for boaters, but it is also a great refresher for those who have been on the lake for years. I am convinced that anyone who views this will learn something new. I appreciate the LPA putting this video together, as it helps us all stay safe on the water.

The video can be viewed from the LPA website at www.lakepanorama.org. We've also embedded the video on our website at www.lakepanoramatimes.com/news.

A little lake humor

A boat was traveling in Lake



Shane Goodman

Panorama with buckets of blue paint on board. It collided with another boat on the lake that was loaded with buckets of red paint. The crew is missing and are believed to be marooned.

The jokes get worse. Do you know what causes some boats to become party boats? Pier pressure.

And finally. How many boaters does it take to change a lightbulb? None, because the bulb you need isn't on board, the supply store doesn't carry the brand, and the mail-order house has it on back-order.

More of this stuff

If you enjoy my monthly musings, you can read similar columns by subscribing to my free email newsletter, The Daily Umbrella, delivered via email each weekday morning. Sign up at www.thedailyumbrella.com.

Have a great month, and as always, thanks for reading. ■

Shane Goodman
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LOCAL FILM REVIEWS

MAVERICK, MEN, MONTANA, MINCEMEAT AND A MULTITUDE OF MADNESS

BY MICHAEL C. WOODY

With perfect weather for the Memorial Day weekend, I was glad that I got to see an early screening of the new “Top Gun” sequel. It tops the list this month, but be sure to check out these other films as well.

“We Own This City” (streaming on HBO/Max)

From the people who brought us an HBO classic, “The Wire.” Like “The Wire,” this is set in Baltimore. But unlike “The Wire,” this is a streaming series on HBO/Max. I ran out of interest on this series about three episodes in and threw in the towel. What I’ve started to discover is that many of these streaming series try to stretch a three- or four-episode story over five or six episodes. It might take a while, but they will eventually find that less is more.

Grade: C+



“Doctor Strange in the Multiverse of Madness” (in theaters)

I’m admittedly not a big Doctor Strange fan. He’s a small part of the Marvel Universe, but he can, with the literal wave of his hands, get writers (whether comic or movie) off the hook if they’ve written themselves into a corner. The first Doctor Strange movie was interesting and visually stunning, but the story was weak. This time I found out that I really needed to watch WandaVision on the Disney+ service to understand even remotely what’s going on. Not a big fan of this one.

Grade: C-



“The Bad Guys” (in theaters)

We’ve been deluged with well-made animated films from Pixar and Disney since my kids were young. It is nice to see a different level/type of animation, and “The Bad Guys” delivers an excellent animated film that doesn’t look like the last 10 animated movies you have seen. A group of criminals attempt to pull off a huge heist, and complications happen. Great voice-work and a fresh look make this a winner for the families.

Grade: B+



“Firestarter” (in theaters)

A remake of the 1984 Drew Barrymore film, which was based on the Stephen King novel of the same name. Ryan Kiera Armstrong plays a young girl who was born into a family that has “powers.” The whole family is being tracked by unknown government types. “Firestarter” is not a great movie by any means, but it was better than I thought it would be, and it held my attention — for the most part.

Grade: C+



“Operation Mincemeat” (on Netflix)

John Madden (“Shakespeare in Love” and “Mrs. Brown”) directs Colin Firth in this true story of an attempt to misdirect Hitler and his troops about an intended invasion. They do this by hiding fake papers on a corpse and throwing it in the water where it can be retrieved by Hitler’s troops. The story is too crazy to be true (but it is), and the acting top-notch.

Grade: B+



“Montana Story” (never made it to Iowa theaters, maybe soon to a streaming service?)

A young man returns home to Montana to visit a gravely ill father. There’s not a good history between the two, and even less love between the old man and his daughter, who also shows up. The story is compelling, and the acting very strong. What I loved the most was the absolutely stunning Montana backdrop.

Grade: B+



“Men” (in theaters, but not for long)

Alex Garland has given us two original and very good films, “Ex Machina” and “Annihilation.”



I was interested to see his take on a traditional horror film in “Men.” While I admit that the first 75% of the film was heading toward a classic horror film and brought “The Shining” to mind more than once, the last 25% was such a mess that it ruined the whole experience for me. Laughably bad.

Grade: D+



“Top Gun: Maverick”

Tom Cruise’s long-awaited (and oft-delayed) sequel to the original “Top Gun” film from May 1986. This could be the crowd pleaser of 2022. The radio team at KXnO helped host a pre-open screening, and the IMAX auditorium at The Palms in Waukee was literally rockin’. The story works well, the action and emotion are at perfect levels, and the film (shot with IMAX cameras) was a wonder to watch. I might see a better movie this year, but I doubt that I’ll have a better theater experience than “Top Gun: Maverick.”

Grade: A

“Obi-Wan Kenobi”

Ewan McGregor, who played Obi-Wan Kenobi in three of the “Star Wars” sequels/prequels (episodes III, VII and IX), returns on a Disney+ series. Obi Wan is in hiding but is pulled back into the fray to prevent the capture of a very young (and very precocious) Princess Leia. I’ve only seen the first two episodes, but they were compelling enough to pull me in.

Grade: B+



As a reminder, you can hear my reviews live on KXnO 106.3 on Wednesday afternoons at 2:30 p.m. (under the code name Mr Movie) and also on Twitter @MrMovie DSM. I’ll be back next month with reviews of “Jurassic Park: Dominion” and “Lightyear” (as in Buzz!) plus more. ■

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 KXnO 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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HORSES

FROM PAGE 1

tegrated treatment program.”

A horse’s gait is almost identical to that of a human.

“Scientists haven’t been able to duplicate the human gait with a machine,” she says. “But horses walk in a three-dimensional pattern, much like humans. By placing a human on a horse’s back, just in front of its pelvis, we can almost duplicate the human walk.”

Being on the back of a horse helps patients with cerebral palsy, brain injuries, strokes, autism, learning disabilities, attention deficit disorder, multiple sclerosis, spina bifida and other illnesses and disabilities. The indoor riding arena allows patients to be seen year-round.

A new program began in late May and is a partnership with the St. Gregory Recovery Center in Bayard. St. Gregory is an inpatient facility for treating those with drug and alcohol addictions, anxiety and depression disorders, and military veterans with PTSD issues.

In this case, the horses aren’t ridden. Instead, they provide emotional support.

“Horses are so profoundly healing in so many ways,” McCarty says. “These clients make good connections with the horses and also with others in their group, as they work together to problem solve. We teach them about horse behavior, how to lead them, and how to care for them.”

There usually are six to eight people in these group sessions, held for an hour each Thursday.

“When they first arrive, everyone is pretty quiet,” McCarty says. “They are told they can choose any of the horses available that day. Before long, there is lots of conversation and interaction. It’s rewarding to watch.”

McCarty says people come to St. Gregory from all over the country.

“Our hope is that when they return home, they will seek out something like this that helps them find joy and a sense of purpose as they continue in their own healing,” McCarty says. “Maybe they will find a similar therapy center or other place where they can volunteer. This is something very close to my heart, and I’m happy we can provide this opportunity.”

Timber Creek also offers therapeutic riding for individuals with

a variety of physical and mental disabilities. Evening sessions are held for groups that travel from New Hope Village in Carroll and Opportunity Living in Lake City. A steady stream of volunteers makes many of the Timber Creek programs possible. Most assist with the therapeutic riding programs, as one person leads the horse and two people walk on either side to provide safety and support to the rider.

“We couldn’t do as much with the horses if it weren’t for our volunteers,” McCarty says. “We have high school and college students, young adults and senior citizens who help. Some have horse experience, which draws them to us. Others just want to help.”

Because of the COVID pandemic, Timber Creek Therapies was closed in 2020 from March through August. Once the therapy center was able to open again, only one patient was allowed at a time, with a gap of 15 minutes left open before the next patient could enter. Today, therapy sessions are back to full capacity while staff and volunteers continue to follow healthcare protocols and safety guidelines.

McCarty provides speech, language and cognitive therapy sessions three days a week. Allison Stanley is an occupational therapist who sees patients two days a week. Lesley Stucker is a physical therapist who sees patients one day a week.

Others who work at Timber Creek include Meg Schmidt, who started as a volunteer at the age of 12. She now works one day a week getting the horses ready for therapy and therapeutic riding sessions and assisting with the sessions. She also is in charge of the horse training and farrier work and manages the Timber Creek Ranch farm ground and hay production.

Darwin McCurdy and Anna Owen each work one day a week getting the horses ready for therapy, assisting with the sessions and doing chores. Schmidt, McCurdy and Owen also help with the new St. Gregory program. Diane Owen works three days a week in the office and manages scheduling, billing and financials. And there’s the 10 horses, eight of which McCarty owns. The other two are owned



Cindy McCarty, founder and owner of Timber Creek Therapies, is a speech and language pathologist. Here she works with a young patient on his language skills.

by Timber Creek Charities, a non-profit 501(c)3 charity.

While most patients who receive treatment have some of their expenses covered by insurance, Timber Creek Charities helps people who can’t afford it.

“I knew we’d get patients who wouldn’t have insurance or the money to pay their own way,” McCarty says. “We didn’t want to turn anyone away.”

Timber Creek Charities receives funding from foundation and private donations and proceeds from an annual golf tournament and auction. Donations can be made online at timbercreekcharities.com.

“There is never a shortage of people who need help,” McCarty says. “We’re always busy, our schedules are full, and we often have waiting lists. We continue to get new referrals who have new injuries and illnesses that require therapy. Our patients range from babies to geriatrics and everyone in between.”

The 20-year anniversary of the building adjacent to the riding arena is this year. It includes offices and a therapy room. There

also is a warm-water pool with an electrical current system that can move the 5,500 gallons of water up to 6.5 mph. The water depth can vary from 2 to 5 feet, and there is a motorized chairlift.

For now, the pool remains closed because of COVID concerns, but McCarty hopes it can be reopened.

“The moving water provides a wonderful and highly effective treatment tool for patients with mobility, gait, trunk control and extremity strength and pain issues,” she says.

Even with her many years of experience, McCarty says she sometimes is surprised at the progress patients make at Timber Creek.

“We have had many people referred to us who have been in traditional physical therapy for years, and often in a few sessions, we have seen functional improvements using the horse and the pool.”

Timber Creek is located south of Highway 44, midway between Panora and Guthrie Center. Take Poplar Avenue south, and Timber Creek is on the left in 1.5 miles. For more information, call 641-747-3225. ■

TIMBER CREEK CHARITIES GOLF TOURNAMENT JULY 16

The 20th annual Timber Creek Charities golf tournament will be held Saturday, July 16 at Lake Panorama National Golf Resort and Conference Center. The golf tournament is the largest annual fundraiser for the charity.

Timber Creek Charities is a 501(c)3 nonprofit that provides financial assistance to some people who receive services at Timber Creek Therapies. In 2021, Timber Creek Charities covered the cost of 933 therapy sessions for 44 children and adults who would not have had the insurance coverage or resources to receive services on their own.

In conjunction with the 2022 golf tournament, Timber Creek has a sponsorship program for companies and individuals. There are six levels of sponsorship available, ranging from \$5,000 to \$500. Each level includes a special recognition sign at the golf tournament on the first tee. The top two levels also cover some tournament entry fees. In addition, tee box sponsorships are available for \$100.

Entry fees for the four-person, best-shot golf tournament are \$100 per person or \$400 per team. Singles are welcome and will be assigned to a team. The fee includes 18 holes of golf, cart, range balls, lunch and dinner. Registration begins at 10:30 a.m., with lunch at 11 a.m., a shotgun start at noon and evening dinner at 5 p.m.

A live auction will follow dinner. Donated auction items can be brought to the LPN Conference Center by 3 p.m. the day of the event. Tickets for just the dinner and auction are \$25.

More sponsorship details and golf registration forms are available by calling Timber Creek at 641-747-3225. Make checks payable to Timber Creek Charities and send to 2400 Poplar Ave., Guthrie Center, Iowa, 50115. ■



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MUSIC

FROM PAGE 1

singer I had heard in Iowa. With his voice and my guitar, it was only natural that we start playing together.”

Gutierrez was born and raised in Oklahoma. After high school, he joined the U.S. Air Force. When Saddam Hussein invaded Kuwait, his unit was sent to Saudi Arabia. Serving as an F-15 Eagle crew chief, he prepped fighter jets for combat over Iraq during Operation Desert Storm.

“We were out in the desert in a Muslim country. It was dry in more ways than one,” Gutierrez says. “That left very little for us to do when we got off work. Singing and playing guitar was how I let off steam. That’s where I earned my first money playing music, and where I began writing songs.”

After the war, a college degree, and a stint in North Carolina, civilian work for Uncle Sam brought Gutierrez to Iowa. Once here, he continued playing music with different bands, then found he could make more money playing solo. For the

past several years, he has built a successful solo act, sometimes joined by other rotating musicians under the name “Jesse and the Medicine Men.”

A personal tragedy struck Gutierrez in August 2020. A drunk driver speeding down the wrong lane of U.S. Highway 20 near Iowa Falls struck and killed a mother and her 10-year-old son and severely injured her 6-year-old daughter. Those were Gutierrez’ children, Alexander and Isabella.

Beyond the immediate tragedy of burying his son and dealing with months and months of rehabilitation for his daughter, expenses were crushing, and Gutierrez found himself owing almost \$800,000. He has spent the past two years working days at the Veterans Administration in Des Moines and nights and weekends playing music across Iowa, Wisconsin and Minnesota.

Gutierrez hopes, in the near future, one of his original songs will reach the attention of the right person,



Jesse Gutierrez and Brick Imerman have been performing together under the name Hillbilly Air Show for three years.

and his debts will become a thing of the past. He has released two CDs — “Pretty They Is” and his newest recording, “Little Tortilla,” which was completed in April at a studio in Muscle Shoals, Alabama. Tracks from both CDs are performed at every Hillbilly Air Show event.

Both Gutierrez and Imerman are proud combat veterans. Imerman served 21 years in the Navy as a highly decorated, FA-18 fighter pi-

lot. His combat missions over both Iraq and Afghanistan earned him the Bronze Star and three Air Medals, along with a painting of his FA-18 on the side of the Guthrie County Freedom Rock in Guthrie Center.

With their combined service in aerial combat operations and Gutierrez’ roots in country music, it was appropriate they named themselves Hillbilly Air Show.

“We are 100% country and 100%

veteran,” Gutierrez says. “No one is more patriotic.”

Imerman says, during the Helen’s Cove party, “We’ll have kids on paddle boards collecting tips and giving out Hillbilly gear, so come out and spend the evening celebrating freedom with us.”

The duo also is scheduled to perform at The Port July 22, Aug. 19 and Sept. 2, plus other private parties this summer. ■

ASK *Lake Panorama* TIMES

If you’ve got questions, we’ll find the answers.

- Q:

I know the fireworks on the lake will be July 2. Unfortunately, we will be out of town. Are there other fireworks on July 4?
- A:

The City of Yale typically shoots fireworks on the Fourth of July. The website was not updated as of press time, but Jenny Van Gundy tells us that they are planning for fireworks at dusk again on July 4.
- Q:

How many people attended the “Meet and Greet” for the board of supervisor candidates on June 1 at the Guthrie Activity Center?
- A:

According to Dennis Flannery, who helped organize the event, there were about 50 attendees along with the 10 candidates.
- Q:

What is this Jimmy Buffet Beach Party that I keep hearing about?
- A:

The Jimmy Buffet Beach Party is scheduled for June 25 from 5-9 p.m. at Boulder Beach. A special committee is planning this party and will be serving cheeseburgers, chips and cookies from 5-7 p.m. Water, beer and margaritas will also be provided. Those attending are asked to bring lawn chairs. Keep in mind this is an adult-only event for Lake Panorama Association members, and no guests under 21 will be allowed. Legal-aged guests are welcome by donation. Those who wish to attend are asked to register at <https://forms.gle/YqVBukiB8HjuyRkKA> by June 18. Any questions may be directed via email to jimmybuffettbeachparty@gmail.com. ■

Submit your questions at www.lakepanoramatimes.com or email shane@dmcityview.com.

LAKE PANORAMA FIREWORKS REMINDERS

The Fourth of July holiday brings two types of fireworks to Lake Panorama.

The annual “Fire in the Sky” fireworks display sanctioned by the Lake Panorama Association, and put on by the Scheiring family, will be at dusk on Saturday, July 2. The fireworks will be set off from the traditional spot at Shady Beach. For safety reasons, the LPA Lake Patrol and the Iowa DNR require boats anchored during the display to have running lights on during the show.

The other type of fireworks is consumer fireworks, which can be legally sold in Iowa because of a bill passed in the 2017 Iowa legislative session. In May 2017, the LPA Board of Directors passed a motion that states the LPA does not consent to the use of fireworks on LPA-owned property, such as beaches, campgrounds, parking lots, roads,



the marina, golf courses and community areas.

Guests of Lake Panorama National Resort are being notified of this action. Both LPA members and guests can be found in violation of LPA rules if they use fireworks on LPA property and could be subject

to a monetary fine.

LPA members also are reminded they are responsible to avoid any activity that could be declared a nuisance to their neighbors, and they are liable for any damage or injury they or their guests cause to neighbors and their property. ■

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NETHERLANDS NATIVE BIKING ACROSS U.S. MAKES LAKE PANORAMA STOP

Gregory Maassen is making the trip to raise awareness for the treatment of peripheral neuropathy.

BY SUSAN THOMPSON
Lake Panorama Times

In the mid-1980s, a 21-room guesthouse motel was built on Karen Drive just south of the Lake Panorama National Resort conference center. It has hosted many people, usually wedding parties or groups taking advantage of one of LPN's special golf packages.

Sometimes, a person with a truly interesting story books a room for a night. Gregory Maassen, who stayed in the guesthouse the night of May 14, is one of those people.

Maassen, a native of the Netherlands, is riding an e-bike across the United States from Washington, D.C. to San Francisco. There is some irony to his mode of transportation.

"In the Netherlands, we use bikes, but we don't love them," he said, in an interview at a picnic table on the guesthouse deck. "I grew up cycling, until I got my driver's license, which I thought put an end to my cycling forever."

He is making the trip to raise awareness and support for the treatment of peripheral neuropathy.

"Peripheral neuropathy is a little-known or understood debilitating disease that attacks the nervous system and affects 30 million Americans," he said. "The money I raise goes directly to the Foundation for Peripheral Neuropathy, a nonprofit that provides research and education."

Maassen, who is 54 years of age, has personal experience with the disease. He spent many years working with the World Bank and as a partner of the United States Agency for International Development. His jobs sent him to Iraq, Afghanistan, Russia, Macedonia, Jordan, Armenia, Mongolia and southern Africa.

"I like to get out into the bush and see the wildlife," he said. "I was hiking in southern Africa when I stepped into a nest of ticks. There were about 80 tiny larvae, small as grains of sand, and it was impossible to quickly find and remove them all."

Later, his entire body started to burn, like a severe sunburn, and doctors couldn't find a cause. His symptoms worsened until he couldn't walk or talk, and he slipped into depression and had anxiety attacks.

In 2019, he came to the United States on an emergency medical green card and went to Johns Hopkins Hospital in Baltimore, Maryland. The doctor said he believed he had peripheral neuropathy, and a skin biopsy test confirmed the diagnosis. There are many types of this disease;



The Raccoon River Valley Trail brought Gregory Maassen to Panora from the Des Moines area. The trail is part of the transcontinental route Maassen designed for his e-bike trip.

Maassen has post infectious small fiber neuropathy, caused by the tick encounter.

His journey to recovery is a powerful story. Through medication and therapy, Maassen went from being bedridden to walking again. His doctor said to continue his progress, he should find a form of exercise he enjoyed, and he decided to e-bike. An e-bike has a small electric motor between the pedals powered by battery packs stored in the support bars of the bike frame.

Maassen originally needed help when he started to e-bike but now pedals under his own power most of the time. He is now off all medications, including antidepressants, because biking has made him physically stronger and more mindful of things around him.

Maassen, who lives in Washington, D.C., with his wife, Janet, founded E-Bike Lovers, a social group of 550 e-bikers in Washington, D.C., Virginia and Maryland.

"This is a very active community organization," he said. "We promote e-biking, and the group website includes lots of good information to help others learn about the technology."



Gregory Maassen is shown on the deck of the LPN guesthouse with his e-bike, trailer and the supplies he carries. He, the bike, trailer and equipment weigh a total of 416 pounds.

As he travels, he hands out small flyers with his website address, which has a wealth of information about both his cross-country e-bike tour and peripheral neuropathy. The flyer encourages donors to give one cent per mile for each mile he rides and includes this tag line: "You can add your two cents, too." Learn more at www.ebiketour.org.

"As I talk about this cause, about 90% of the people I meet either have it or know someone who does," Maassen said. "I still have symptoms sometimes, when I get a burning sensation and get discouraged. But I'm one of the lucky ones who has been able to generally control the symptoms with exercise and focusing on the good things in life."

Maassen began his trip April 2. He is following the historic Lincoln Highway and a new transcontinental cycling route designed for this trip. It follows the route of a military convoy in 1919 that included a young President Eisenhower.

"Eisenhower oversaw the liberation of the Netherlands during WWII, something the Dutch will never forget," Maassen said. "This ride is a tribute to the long-lasting Dutch-American friendship. The United States' longest unbroken, peaceful relationship with any foreign country is with the Netherlands."

For many years, only three transcontinental cycling routes existed in the United States — the Northern

Tier, the TransAmerica Bicycle Trail and the Southern Tier. The routes were developed by the Adventure Cycling Association in the 1970s before e-bikes were common.

The new transcontinental route Maassen is using was designed with e-biking in mind, with plenty of accommodations and stops to charge batteries. It took a year of planning to design the route, using virtual reality tools and state-of-the-art routing software. The route connects local communities and follows country roads and cycling routes whenever possible. A final version of the route will be published after Maassen has e-biked the entire route.

Maassen arrived in Panora by taking the Raccoon River Valley Trail. He had never been to Iowa but said he is impressed by the "magnificent network of trails here. A big shout-out to all the planners who have put together this amazing infrastructure that provides the opportunity for low-stress cycling. Riding the Iowa trails has been an outstanding experience."

Maassen can average 11 mph and usually covers at least 55 miles each day. He knows when he gets further west, to Utah and Nevada, there will be stretches where he will need to ride up to 100 miles in a day to reach a place where he can charge his bike's batteries.

He, the bike and a trailer he pulls, altogether weigh 416 pounds. He is

carrying film and camera equipment to document his journey, a drone for overhead filming, spare batteries, food, tools, camping equipment and a GPS device.

Originally planned as a 3,400-mile journey, Maassen said he probably will be closer to 4,000 miles because of some backtracking, detours and extra miles needed for various reasons.

Maassen encourages people who have peripheral neuropathy to educate themselves about treatment options.

"There are medications that can help some people," he said. "And exercise is critical. Whether you e-bike or swim or walk, do something. Try to put your mind somewhere else than with your condition. You can flex the brain a little, and you can make it feel happy."

There's one more chapter to this story about Gregory Maassen. Months before he began his cross-county journey, he applied for U.S. citizenship. When he was near Chicago, his wife called to say he had been notified of the date to take the naturalization test in Washington, D.C. He flew home, took and passed the test, then flew back to continue his journey. When he reached Omaha, he flew home again, this time to take the citizenship oath. So, he started his trip as a Dutch cyclist and will finish it as an American citizen. ■



Dutch wooden shoes are officially recognized as safety shoes in the Netherlands. The Dutch produce three million wooden shoes annually. This pair of wooden shoes is traveling across the United States as part of Maassen's e-bike tour. The shoes were gifted to him by his first cousin Esther, who lives in the Netherlands.

Lake Panorama **TIMES**

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Q&A: LPA PROJECT UPDATES FROM GM

BY SUSAN THOMPSON
Lake Panorama Times

The busy summer months of 2022 have finally arrived at Lake Panorama. This month's Q&A with John Rutledge, Lake Panorama Association general manager, includes information on several topics important to LPA members.

Q: What advice do you have for members as they begin the 2022 season?

A: As members prepare their vessels for the first outing of summer, please remember to also prepare guests and family members who will be entrusted to operate boats and jet skis. LPA provides a water safety video, which is designed as a great refresher or introductory course to operators of boats and jet skis on Lake Panorama. This 11-minute video is available on YouTube and can be found by searching "Lake Panorama Water Safety Video" on

YouTube. I strongly recommend all guests and family members be required to watch this as a reminder of safe and compliant operations.

LPA has observed a high percentage of violations come from jet skis driven by guests or inexperienced operators. LPA asks members to make a special effort to educate these individuals before handing them the keys to your jet ski.

Q: What are the rules for LPA's brush dumps?

A: LPA must enforce a strict set of detailed rules in order to continue offering brush dumps for member use. The guidelines maintained by Iowa DNR require responsible management of these sites. LPA takes a hard line enforcing these rules to ensure the brush dumps can remain open into the future.

Simply put, LPA brush dumps are for vegetation that has come from lots within the LPA subdivision. Compostable materials

(leaves and grass clippings) are accepted in the compost area. Brush under 12 inches in diameter is accepted in the brush pile. LPA closes the brush dumps on Monday and Tuesday for burning and maintenance.

The most common mistake is assuming that LPA will take anything that can burn. This is not accurate. If it did not grow on your lot, then it is not accepted at the brush dumps.

LPA's brush dumps are monitored by security cameras. Due to persistent violations, LPA also will be implementing occasional security checkpoints to ensure users are following the rules.

Q: Can I rent my home at Lake Panorama on AirBnB, VRBO or similar platforms?

A: LPA members may rent their home, but the rules state, "A member may not rent his or her home or condominium more than one time in any four consecutive week period." The

rental term can be anywhere from one day to 28 days, but the member is limited to only one tenant every four weeks.

LPA has implemented this rule primarily to ensure the safety of the association is maintained. Lake Panorama is a narrow lake with a steep learning curve regarding vessel operation and water safety. In the view of LPA, frequent turnover of tenants represents a water safety concern.

Q: What is the best way for members to contact LPA management with questions?

A: There are a number of ways LPA members can contact LPA regarding questions. The most effective method is to email questions to lpalakepanorama.org. Members also are welcome to stop by the office or phone LPA at 641-755-2301. Email is preferred as it allows us to direct your question to the appropriate management team member and allow that person



John Rutledge

to gather the relevant information as part of their response. LPA continues to serve the membership with a relatively small team. For this reason, we encourage members to contact us sooner rather than later. Planning ahead is greatly appreciated and helps us provide quality service to our members. ■

RECIPE

PINA COLADA SWEET POTATO ICE POPS

BY JOLENE GOODMAN

I look forward to the hot, steamy days of summer. I enjoy the sun beating down on my skin, the warmth of Mother Nature and time out in the fresh air boating, doing yard work, golfing, biking or going for a walk. As a kid, I remember eating watermelon slices down on the beach in the middle of the afternoon, with a casual competition of who could spit the seed the farthest. Dad was not too pleased with the tiny plants that produced about a week later. Our family also enjoyed plenty of the purchased fudgesicles, ice cream bars and bomp pops. Recently I came across this recipe for Pina Colada Sweet Potato Ice Pops, a tropical-inspired dessert made with coconut cream, sweet potatoes, fresh pineapple, lime juice and honey. Sure to please kids and adults alike, they're a better-for-

you option when a cold snack calls your name. As a "diabetes superfood," according to the American Diabetes Association, sweet potatoes provide a main ingredient that's rich in vitamins, minerals, antioxidants and fiber along with a "sweet" flavor without the added sugar.

Recipe courtesy of Family Features. Visit ncsweetpotatoes.com to find more delicious summer recipe ideas. ■

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



Jolene Goodman

PINA COLADA SWEET POTATO ICE POPS

Prep time: 5 minutes
Freeze time: 3-4 hours
Yield: 8 small ice pops

- 1/2 cup coconut cream
- 3/4 cup mashed and cooked sweet potato
- 3/4 cup diced pineapple
- 2 tablespoons honey
- 1 tablespoon lime juice
- coconut flakes (optional)



DIRECTIONS

- In a food processor or high-speed blender, mix coconut cream, sweet potato, pineapple, honey and lime juice. Transfer batter to freezer molds.
- Place in freezer 3-4 hours. Top with coconut flakes, if desired.



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Important Birthdays Over 50

Most children under age 12 add “and-a-half” to make sure everyone knows they’re closer to the next age than the last. When we are older, “and-a-half” birthdays start making a comeback.

At 50, workers in certain qualified retirement plans are able to begin making annual catch-up contributions in addition to their normal contributions. Depending on the plan type, it can be anywhere from \$1,000 to \$6,500 additional in tax year 2022.

At 59½, workers are able to start making withdrawals from qualified retirement plans without incurring a 10% federal income-tax penalty. Keep in mind that distributions from most retirement plans are taxed as ordinary income.

At 62, workers are able to draw Social Security benefits. However, if a person continues to work, \$1 in benefits will be deducted for each \$2 an individual earns above an annual limit. In 2022, the income limit is \$19,560.

At 65, individuals can qualify for Medicare. The SSA recommends applying three months before reaching age 65. If

you are already receiving Social Security benefits, you will be auto-enrolled in Medicare Part A (hospitalization) and Part B (medical insurance) without an additional application.

Between 65 and 67, individuals become eligible to receive 100% of their Social Security benefit. The age varies, depending on birth year.

At 72, in most circumstances, you must begin taking required minimum distributions (RMDs) from most qualified retirement accounts. You may continue to contribute to a traditional IRA past age 70½ as long as you meet the earned-income requirement.


Understanding key birthdays may help you better prepare for certain retirement income and benefits. But perhaps more importantly, knowing key birthdays can help you avoid penalties that may be imposed if you miss the date.

Visit investgcsb.com to read this article in its entirety. As always, contact our office to discuss your specific situation.



Kristen Crouthamel, AIF®, Financial Advisor

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Christian H.





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2 NEW BUSINESSES OPEN IN FORMER BEN'S FIVE AND DIME BUILDING

Quinnebago Outdoors fills the upper floor while Lexie Lou's Crafts and Gifts is on lower level.

BY SUSAN THOMPSON
Lake Panorama Times

A young couple who hadn't planned to be business owners now are business owners in the former Ben's Five and Dime building in Panora. Quinten and Alexis Pfeiffer, who will celebrate their first wedding anniversary in August, opened two businesses in late May.

Quinnebago Outdoors fills the upper floor of the building, offering a wide variety of items related to outdoor recreation, which is Quinten's main focus. Lexie Lou's Crafts and Gifts is in the lower level of the building and where Lexie will spend most of her time.

Lexie's parents, Dan and Melissa Pflieger, moved seven years ago to a Lake Panorama home near Sunset Beach. A transfer from the John Deere operation in Dubuque to positions with the company in central Iowa led to the move.

Last August, the just-married couple were leaving for their honeymoon in Greece when Dan contacted them. He had been in Ben's Five and Dime and talked to former owner Jan Pattee about the building. Once he learned it was for sale, he took photos to send to the newlyweds. He told them he and Melissa would invest in the building if they wanted to open a business there. The need for an outdoor recreation business in Panora is something Dan and Quinten had talked about during the couple's visits to Lake Panorama.

Quinten and Alexis are high school sweethearts, having both grown up near Dubuque. She attended Iowa State University her freshman year, before joining him at the University of Iowa. He studied photojournalism and cinematography, while she earned a master's degree in environmental sustainability.

"Neither of us are using our college degrees," Quinten jokes.

Yet both had jobs in Iowa City that gave them life experiences, which led to their current businesses. Lexie was working at the Joann Fabric Store in Iowa City.

"I was measuring and cutting fabric," she says. "Both of my grandmothers quilted, and I enjoy scrapbooking and crafts."

Quinten worked for two years at the Fin & Feather, a family-owned business started in 1967. What began as a small hunting and fishing shop grew with the popularity of the outdoors industry.

After graduation, the couple moved back near their hometown. Quinten worked on the Mississippi River on a tugboat and for a dredging operation. He also worked for an outfitter in Galena, where he became a fishing and kayak trip guide on both the Mississippi and Galena rivers. The outfitter also rented bikes, so he learned to service and repair bicycles.

"We had never talked about starting a business together," Quinten says. "But while we were in Greece, we



Quinten and Lexie Pfeiffer pose in front of the building that now houses their two businesses. The building was the former home of Ben's Five and Dime, located at 106 East Main in Panora.

talked about possible business ideas and what we thought might work. We had been in the building when it was Ben's, so we knew what type of merchandise they sold and how big the building is. We kept discussing possible options, and soon after we got home from our honeymoon, we said we were interested. We took the closing of Ben's as a chance to build something Lexie and I love, and we're grateful Dan and Melissa were able to invest in this venture."

So, the Pfliegers bought the building. Quinten and Lexie sold their home in Dickeyville, Wisconsin, and moved into the Pfliegers' Lake Panorama home in January. Lexie works for a Dubuque insurance company as a recruiter and is able to work remotely. Quinten started renovating the building, with weekend and evening help from Lexie and their families.

In the upstairs, some of the brick wall on the east side was exposed, while shiplap was added to other walls. A bench was installed down the middle, and new flooring was added. New flooring, shiplap walls and paint also were added in the



Quinten Pfeiffer, the owner of the new Quinnebago Outdoors store in Panora, shows some of the fishing gear available, which includes rods, reels, tackle and live bait. Fishing and hunting licenses can be purchased at the store.

lower level.

"I've enjoyed fishing in the summer and hunting in the fall in this area," Quinten says. "I thought a business that provides outdoors equipment would be popular here, but I know some of the business will be seasonal. That's why we thought offering some of the things Ben's had would be a good idea, to provide a constant



Lexie Pfeiffer is shown with some of the new fabric available at Lexie Lou's Crafts and Gifts in the lower level of the former Ben's Five and Dime building. Additional inventory will arrive throughout the summer.

income throughout the year."

Retailers normally order merchandise from wholesalers a year in advance, which wasn't possible for these business owners who didn't know they would be business owners until December. Yet they've been able to get their hands on an impressive amount of merchandise, and they say more will arrive throughout the summer.

Downstairs, shoppers will find fabric, yarn, crafting kits and sewing notions. There is a section for children's toys and books, another section for kitchen items, and a stationery section that includes cards, pens, colors, paints and more.

"I want customers to think of Lexie Lou's when they need to find a gift for a shower or a birthday," Lexie says. "We have lots of gift items, including candles, bath bombs, home décor and pillows in a variety of sizes that can be ordered with customized words and images."

The east half of the downstairs area is empty for now but by fall will be a room for special events.

"I plan to offer various classes through the fall and winter, things like painting, candle making, maybe a quilt block of the month class, perhaps a craft class for kids," Lexie says. "The room also will be available to rent for birthday parties or other special events."

Upstairs, water sports items fill a big chunk of the space. There are standup paddleboards, skis, inflatables for towing and swimming, tow ropes, life jackets, sand toys, towels, sunblock and sunglasses.

One area features fishing equip-

ment, including rods, reels and tackle. Minnows and nightcrawlers are available, and Iowa DNR hunting and fishing licenses can be purchased. By fall, Quinten will have set up a special hunting section in a back room.

Another area features camping equipment, including tents, chairs, cooking equipment, coolers, grills, firesticks and first aid kits. An apparel area includes casual sports clothing. Some footwear will be added soon, including sandals and hiking boots.

Equipment will be available for both sale and rent, including electric bikes and paddleboards. It wasn't possible to get enough kayaks to sell this season, but kayaks are available for rent. This could include launching on the Raccoon River at Lenon Mills in Panora, with four pick-up points established between there and Redfield.

Other types of bikes besides e-bikes also can be rented. Some biking accessories are available for purchase, and Quinten also will service bikes.

Store hours are 10 a.m. to 6 p.m. Tuesday through Sunday, closed on Monday. An open house is planned for July 9. Contact the owners at store@quinnebago.com; or 563-542-8832; or online at quinnebago.com.

"We're excited to bring something new to the Panora and Lake Panorama community," Quinten says. "We want to cater to people who use the Raccoon River Valley Trail, Lake Panorama, the Middle Raccoon River, and other area recreation opportunities, while also offering a hint of Ben's Five and Dime." ■

RIBBON CUTTING

EXIT Realty held an open house and ribbon cutting on Friday, June 3.



Dave and Barb Ryan, and Kyle and Nicole Olson.



REMEMBERING AND HONORING

PHOTOS BY SHANE GOODMAN AND STEVE DELANEY

The Memorial Day services and Avenue of Flags presentation was held at 10 a.m. on Monday, May 30 at Veterans Auditorium in Panora with approximately 250 people in attendance. Mike Arganbright served as the Master of Ceremonies with presentations and involvement from Linda Dahl, Deb Moylan, members of the Iowa National Guard, Reserves and Active Forces; Scouts; Panoram High School Vocal Group; Father Ray Higgins; Methodist Church Vocal Group; Cheryl Castile; Linda Burgess; Mayor Pat Parker; and Colonel Travis Crawmer. ■



Liam Keith, grandson of Robert Steven Keith, receives a flag from Master Sgt. Andy Harrelson during Monday’s Memorial Day Services at Veterans Auditorium in Panora.



Bob Laidley, seated right, acknowledges the applause as he receives a standing ovation for his 50 years as a member of the Panora American Legion Post 372. Laidley received a plaque from Post Commander Lynn Zajicek, left, for his milestone.



Andy Arganbright, left, assists Army National Guard member Grant Zajicek as a flag is dedicated to his father, James, on the Panora town square. Flags of four recently deceased service members — James A. Arganbright, Richard J. Arganbright, Robert Steven Keith and Gary E. Morrow — were dedicated on Monday. The flags were first raised to the top of the pole to acknowledge their military service then lowered to half staff to mark their passing, then raised again at noon on Monday, as is customary.



Iowa Army National Guard member Grant Zajicek salutes the flag of Gary E. Morrow, placed upon a chair as Arganbright and Parker look on.



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2 NEW SWINGING BENCHES INSTALLED

The Benches at Beaches project targets individuals, couples and families interested in sponsoring a single bench.

BY SHANE GOODMAN
Lake Panorama Times

A survey conducted by Friends of Lake Panorama in April 2019 showed LPA member interest in additional amenities at Lake Panorama's beaches. This led to Friends promoting high quality benches to families looking for options to memorialize a loved one.

In 2019, a bench on a concrete slab was installed at Boulder Beach in memory of Kim Lubeck. In 2021, a swinging bench was installed at the Boulder Beach playground in memory of Bill Priestley. Also last year, a swinging bench in memory of Lois and Dean Porath and a stationary bench in memory of Courtney Allen Sr., were installed at Sunset Beach.

This Benches at Beaches project targets individuals, couples and families interested in sponsoring a single bench. Benches can be purchased either as a memorial for a loved one, or by those who want to leave their mark on Lake Panorama while they are alive. In late May, two swinging benches were installed for two couples interested in doing the latter.

Brian and JoAnn Johnson

Brian and JoAnn Johnson have lived at Lake Panorama for 22 years, first near the back of Horseshoe Cove. In 2008, they built their current home at the mouth of the same

cove. Their swinging bench at Shady Beach was placed to take advantage of the afternoon shade, with a view of the playground, flowers, beach and Lake Panorama.

"We are only a golf cart ride away from Shady Beach, and it has been a special playground for all four of our grandkids," JoAnn says. "They all swim and play in the sand there, and it's where they learned to swing with me doing a lot of pushes. The older kids still talk about the merry-go-round that was there before the new play equipment was installed two years ago."

"Our two oldest are twins, Colt and Montana Douglas, age 14, of Adair," Johnson says. "They think of the lake as a second home and spend a lot of time with us. I used to push them in a double stroller down to Shady Beach. Our two younger grandchildren are Hadley and Walker Everson of Adel, ages 9 and 6, and they love the new playground equipment."

Why were the Johnsons interested in donating a bench?

"We appreciate that Friends of Lake Panorama continues to have a vision for constantly improving the amenities here at Lake Panorama, and we enjoy participating in that," Johnson says. "As for the swinging bench, it was a natural. We can swing ourselves now, rather than push swings for grandkids. It's a great place to sit and watch



Susan Thompson and Larry Babcock are shown on the swinging bench they donated, which was recently placed at Boulder Beach. Locations for additional swinging or stationary benches have been identified at all three beaches. Friends of Lake Panorama is promoting this "Benches at Beaches" project.

the grandkids play and enjoy the view."

The Johnsons chose the color green for their bench in honor of Brian's Notre Dame Fighting Irish. The plaque on their bench has their names, topped by the phrase "Enjoy the Moment!"

"We chose 'Enjoy the Moment' to remind us, and everyone who uses the swing, that joy can be found in the simple things — a beautiful view, a quiet moment, a playground or beach with grandkids, or giving to Friends of Lake Panorama," JoAnn says.

Larry Babcock and Susan Thompson

Larry Babcock purchased a house at Lake Panorama in the fall of 1997. Susan Thompson joined him there after they married in the spring of 1998. They lived in that home on the fifth hole of the Lake Panorama National Resort golf course until three years ago. That's when they moved across the golf course to a condo on the eighth hole of the LPN golf course.

As avid golfers, they already appreciated Lake Panorama for its two golf courses. After purchasing a pontoon from Coulter Marine their first summer, they quickly learned to appreciate Lake Panorama even more. As family members visited, the golfing, boating and beach opportunities available made the Babcock/Thompson household a popular destination for day trips and summer vacations.

In mid-2013, John Rutledge, LPA general manager, asked Thompson to consider working with legal counsel to develop a 501(c)3 nonprofit charity that could accept tax-de-

ductible donations for recreational improvements.

Challenge accepted, and in July 2014 a letter arrived from the Internal Revenue Service saying Friends of Lake Panorama had been granted nonprofit status, and contributions would be tax-deductible to donors. Thompson has served as the Friends of Lake Panorama executive director since the beginning.

Babcock and Thompson have supported all Friends projects, both financially and as volunteers when needed. When the idea of promoting bench donations to current Lake Panorama residents who want to enjoy their own bench was proposed, the couple agreed it was another project they wanted to support.

Their bench is on a concrete slab near the south end of the Boulder Beach concrete wall. They chose blue in honor of the Chicago Cubs. Their bench plaque features the phrase "Keep Swinging!" Those words are a nod to their love of both golf and baseball, as well as their hope people will enjoy sitting in their swing and enjoy the view.

The current cost of either a stationary or swinging bench on a concrete slab is about \$3,200. In keeping with the colors used for new playground equipment at the beaches, bench colors available are blue and green. LPA staff has identified several possible bench locations at all three of Lake Panorama's beaches. Those interested in discussing a bench sponsorship can email staff@friendsoflakepanorama.org or call Susan Thompson at 515-240-6536. ■



Brian and JoAnn Johnson, along with their granddaughter Montana Douglas, are shown on the swinging bench the couple donated through Friends of Lake Panorama. The bench is at Shady Beach.

FLOWER POTS NOW GRACE BOULDER BEACH WALL

BY SUSAN THOMPSON
Lake Panorama Times

Work began in October 2020 on a new beach wall at Boulder Beach. The existing railroad tie wall had been deteriorating for several years, and the large, landscaped beds on top of the wall were overgrown. The LPA maintenance crew removed the old wall, boulders and vegetation.

Jorgenson Brothers Concrete Construction installed a new poured concrete wall. It is 300 feet long and 4 feet high. The new wall has a brick face with the concrete dyed dark tan. Two sets of steps, each 5 feet wide, were placed in the wall to provide access points to the beach.

This May, six 8-foot by 8-foot concrete pads were poured behind the wall near the steps. The LPA purchased large bronze pots and provided funds for flowers and potting material. Volunteers completed the planting in time for the Memorial Day weekend and will handle regular watering through the summer and early fall. ■



Sue Merryman is shown with one of the six bronze pots along the Boulder Beach wall that she and other volunteers planted with flowers before Memorial Day weekend.

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TRISH HART’S NATURE PHOTO OF THE MONTH



BY SUSAN THOMPSON
Lake Panorama Times

Trish Hart is a local photographer who specializes in Lake Panorama wildlife. Many of Hart’s photos are of birds, which she captures digitally as they sit on feeders on the deck of her home. This month’s photo is of one female and two male Baltimore orioles, feasting on grape jelly and fresh cut oranges.

These brightly colored songbirds are orange, black and white, and were named because they share the colors of the coat of arms of 17th-century Lord Baltimore. Baltimore orioles are common in open woods in spring

and summer, and spend their winters in the tropics.

Baltimore orioles arrive in Iowa in the spring. Special oriole feeders like this one make it easy to offer cut oranges, grape jelly or a sugar water supplement similar to the flower nectar these birds like. The birds disappear from feeders as quickly as they arrive. This is because while they are nesting and feeding young, their diet changes to add protein for the young birds, which means they hunt insects instead of visiting feeders.

Hart offers custom prints of her photos on canvas, paper, metal and glass. For more information, visit [NaturesCanvasPhotos](#) on Facebook. ■

WATCH US GROW!

Paulette Chambers, Sue Merryman and JoAnn Johnson planted petunias in front of the gazebo on Main Street recently. The Panora Garden Club’s theme for the year is “Watch us grow!”



THE FASHION LOOP

Donald Graham submitted this photo of Lake Panorama’s West Side campground hostess Pat Daniel. Graham offered: “In between the neverending work of tending the flower beds, maintaining the restrooms and welcoming guests at Lake Panorama’s west side campground, hostess Pat Daniel also models the proper attire for rain. Thanks, Pat, for all you and Denny do and for keeping the campers in the fashion loop! The ‘West Siders’ campers appreciate you!” ■



OBITUARY

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ROGER HERMAN SANTI

Roger Herman Santi, 74, died May 9, 2022, at MercyOne Hospice in Johnston. Roger graduated from Madrid High School in 1965. In 1973, he married Cheri Zaruba. They made their home in Perry for 20 years then moved to Ankeny, where they lived for 20 years. In 2004, Roger retired from John Deere in Ankeny after more

than 30 years. Roger was an officer in the Vittoria Lodge in Ankeny. For the last eight years, they have made Lake Panorama their home.

Roger is survived by his wife; sons, Tony (Jennifer) and Larry (Marc); four grandchildren; three great-grandchildren. Cremation has taken place, and no services will be held at this time. ■



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FRIENDS BEACH CLUB MEMBERS SOUGHT FOR JULY 22 FUNDRAISER

The 2022 Beach Ball will feature live music from Little Joe McCarthy.

BY SUSAN THOMPSON
Lake Panorama Times

The fifth Friends of Lake Panorama's Beach Ball fundraiser will be Friday, July 22 at Lake Panorama National. Plans include 30 round tables with seating for eight, either in the LPN banquet room or outside under tents. About 20 of those tables have been spoken for, with 10 remaining.

For the second year, attendees can become members of the Friends Beach Club at one of three levels. Friends Beach Club members make an additional contribution to Friends, while getting some extras. The levels are:

- Friends Beach Club - Premier: \$700 — includes 1 Table Sponsorship; 8 Fund Raiser Dinner Tickets; 20 tickets in the 50/50 raffle; Name in the 2022 Beach Ball program
- Friends Beach Club - Sponsor: \$150 — includes 1 Table Sponsorship; Name in the 2022 Beach Ball program
- Friends Beach Club - Couple: \$250 — includes 2 Fund Raiser Dinner Tickets; 5 tickets in the 50/50 raffle; Name in the 2022 Beach Ball program

Dinner tickets are available at a cost of \$50 each. Those interested in becoming a Friends Beach Club member, or purchasing just dinner tickets, can contact Susan Thompson, thomcomm@netins.net, or 515-240-6536. Those with auction items to donate also are asked to contact Thompson.

The 2022 Beach Ball will feature live music from Little Joe McCarthy. This is the third Beach Ball where McCarthy has provided live music in the outdoors setting. The singer, songwriter and musician is from the Omaha area and plays a mix of oldies, rock



One of the items on the 2022 Beach Ball live auction is this basketball signed by ISU men's coach T. J. Oztelberger. A football signed by coach Matt Campbell also will be on the live auction. Both will include an acrylic display case and have been donated by Jay and Sue Merryman.

and country. Extra chairs will be available outside for those who have tables inside yet want to enjoy McCarthy's music during social time.

There also will be a 50/50 raffle and both live and silent auctions. There will be three live auction items of particular interest to Iowa State University fans.

Jamie Pollard, ISU athletic director, who owns a Lake Panorama home with his wife Ellen, has offered a Cyclone Football package. It includes four tickets in the

athletic director's suite in the Jacobsen Building in the north end zone for the Sept. 24 ISU versus Baylor football game. This package also includes a parking pass, plus food and soft drinks during the game.

Two other items for ISU fans are a football signed by Coach Matt Campbell and a basketball signed by T.J. Oztelberger, both in display cases. These two items have been donated by Jay and Sue Merryman.

Another live auction item sure

BEACH BALL PROCEEDS TO BENEFIT LAKE PANORAMA

The 2021 Beach Ball raised \$25,000. Those funds were used to complete the Lake Panorama dog park, purchase three swings for the Sunset Beach playground, and enhance an existing trail near Panorama West. The Sunset Beach swings were ordered last fall and should arrive sometime this summer. Work is in underway to finalize improvements to the Panorama West trail, and the dog park opens June 10.

Earlier Beach Balls provided funds for new playground equipment at all three of Lake Panorama's beaches, and the sports courts at Boulder Beach.

The Friends of Lake Panorama board of directors will meet in August to determine how proceeds from the 2022 Beach Ball will be used. One likely recipient is a multi-use recreational project on Lake Panorama's south shore that received approval from the LPA board of directors at its May 24 meeting.

Items in the recreational concept developed by Friends and approved by the LPA board include a disc golf course, walking trails, a fishing dock, bird and bat houses, and a small picnic shelter near the entrance to the golf course and trails. Friends will work with Fin and Feather and LPA staff to explore options for the fishing dock and bird and bat houses.

Another project approved by the LPA board in June 2021 that may receive some 2022 Beach Ball funding is a basketball half-court at Sunset Beach. Information on this project and the south shore multi-use recreational area will be available at the 2022 Beach Ball, and attendees will have the opportunity to make direct donations to these projects. ■

to generate some spirited bidding is the six-course gourmet dinner for six, offered by LPA members Bill and Karen Fitzgerald. Six wines will be paired with the six courses. The dinner would be served in the winning bidder's home, prepared and served by the Fitzgeralds. At the 2021 Beach Ball, this dinner sold at live auction for \$2,000.

For the silent auction, a wide selection of gift baskets, artwork, home décor items and gift cards will be available for bidding throughout the evening. The drawing for the 50/50 raffle winner will take place right before the live auction begins. The silent auction will end at the same time.

Registration will begin in the LPN dining room at 4:30 p.m. and

run for one hour. Cash bars will be available both inside and outside beginning at 4:30 p.m. and running through the evening. The buffet dinner will be served in the Links bar beginning at 6 p.m.

Details on the 2022 Beach Ball, plus all past and current projects, are available on the Friends website. Friends of Lake Panorama also has a Facebook page.

Tax-deductible donations can be made at any time by check payable to Friends of Lake Panorama, and mailed to Friends of Lake Panorama, P.O. Box 488, Panora, Iowa, 50216. Donations also can be made through Venmo @Panorama-Friends, or by credit card on the Friends website at friendsoflakepanorama.org. ■

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DOG PARK TO OPEN JUNE 10

Each section includes a picnic table, two dog waste bag dispensers, one water bowl, and one receptacle for pet waste bags.

BY SUSAN THOMPSON
Lake Panorama Times

The Lake Panorama dog park will open Friday, June 10. It will be open daylight hours only, seven days a week. The main entrance gate is locked and requires an access code. Park users must call LPA Security to request the code. The security officer will ask some basic questions, such as name, vehicle information, and breed and number of dogs. The LPA Security phone number is 641-757-9035.

Once inside the main gate, there are two separate gates that are not locked but should remain closed except when entering and exiting. The large dog area is for dogs at least 15 inches at shoulder height. Small dogs can be in the large dog area, but owners are reminded it is possible for a small dog to be injured by a large dog. The small dog area is limited to dogs less than 15 inches at shoulder height; larger dogs are prohibited. Signs including this information are on each of the three gates.

There are two signs near the main entrance gate. One is a list of rules for dog park users to follow; the other recognizes donors who gave \$500 or more to make the dog park possible.

Bryce Arganbright of Arganbright Construction was hired to install a 6-foot-high chain link fence 400 feet long and 150 feet wide with a dividing fence to create the two sections. He also poured a concrete floor and built a shelter for the entrance gates. Crushed rock along the inside perimeter of the fence provides a walking path, a weed barrier and will keep dogs from digging near the fence.

Brandon Brehmer donated his time to seed and fertilize the fenced-in area last fall and again this spring. In late May, he applied a broadleaf weed control. He plans to overseed and aerate in the fall. The park will be mowed



Seth Hays and Bryce Arganbright of Arganbright Construction are shown in late May finalizing the location for the gate that opens into the small dog area on the east end of the Lake Panorama dog park. A locked main entrance gate allows dogs and owners to enter a concrete pad covered by a shelter; separate gates allow entrance to the small and large dog areas. The access code for the main gate can be obtained by calling LPA Security at 641-757-9035.

weekly as needed, but because of weather and variability of the LPA maintenance staff schedule, no specific day or time is set. If users arrive at the park when it is being mowed, they are asked to wait until mowing is complete.

In each section, there is a pic-

nic table, two dog waste bag dispensers, one water bowl, and one receptacle for pet waste bags. The water bowls fill by pushing a button on the side; the water drains out over 90 seconds to avoid standing water.

Two sugar maple trees were

planted last fall, donated by Larry and Heather Isom, who own Isom Tree Farm. If additional trees are desired, the Isoms have offered to donate one tree for each tree purchased with planting done in the fall.

The dog park is located at the

corner of Sage Trail and East RV Road, near the east campground. There is a rocked parking area on the east end for users, rather than parking along the road or on the grass. The dog park was financed by \$50,000 in donations through the Friends of Lake Panorama. ■

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LAKE DOG & COVE CAT

By **CHERYL TEMPLE**
Lake Panorama Times

Name: Willow
Breed: Mini Goldendoodle
Age: 6
Owners: Sue and Brent Thompson

Willow enjoys taking boat and golf cart rides and greeting those who walk by her house. She likes hanging out on the dock with her family and friends. Pictured with Willow are: Maci Masching, Kallie McMurphy, Braydi Smith, Grant Thompson, Trevor Phillips and Nick Thompson. Willow and her family have been enjoying lake life since 2018 and enjoy spending time here.



Name: Finland
Age: 1-2 years old
Available for adoption at: Panora Pets

More than a year ago, Panora Pets was contacted by a resident about four kittens that were trying to exist in an old shed during the stretch of winter with below-zero temperatures. It took a few attempts at live trapping to capture them all, but, eventually, all were safe. Three of the four have found homes, leaving only Finland, still waiting for his. He was extremely shy at first but has turned into quite a pest in seeking out love and attention. He's continually reaching out and trying to snag any volunteer, attendant or potential adopter who walks by for some attention. He has discovered the joys of hanging out in the kitty tree. Finland generally gets along with other kitties, but when he's in a feisty mood, he likes to pick on others. He has a beautiful chocolate tabby coat with pristine white accents on his face and paws, mesmerizing, wide-set green eyes, and a big freckle on his nose that makes him even that much cuter. ■



10 SQUARED PLUS MEN TO HELP FUND GCFD GENERATOR



The Ten Squared Plus Men of Guthrie County recently presented a ceremonial check for \$17,400 to the Guthrie Center Fire Department. The group was selected as the most recent winner. Accepting the check were, from the left: Gary McCool, Pierre Kellogg, Randy Sheeder, Chief Tom Langgaard, Dennis Flanery (who made the presentation to the group) and Chuck Cleveland.

The Fire Department plans to purchase a large generator for use in the fire hall. During a power outage, they will be able to utilize their facility as a warming center and to operate the doors and charging devices in a normal manner. ■

Suggest Lake Panorama residents and their pets for us to cover on the Lake Panorama - Lake Dogs and Cove Cats Facebook page



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53RD LPA ANNUAL MEETING HELD

A total of 495 ballots were cast in the election for three people to serve on the LPA board of directors.

BY SUSAN THOMPSON
Lake Panorama Times

The 53rd annual meeting of the Lake Panorama Association was May 14 at the LPN conference center. About 90 people attended, representing 44 voting members. It was announced the LPA currently has a total membership of 1,728, with 10 of those inactive, because 2022 dues have not been paid.

A total of 504 ballots were counted regarding whether to approve the adoption of LPA's Amended and Substituted Covenants and Restrictions. The ballot measure passed easily with 484 yes votes, and 20 no votes, for a 96% approval.

The covenants serve as the foundation of the LPA's governing documents and are an essential piece of LPA's organizational structure. The covenants were last adopted April 26, 2003, and must be renewed within 21 years. The updated covenants now will be filed in the office of the Guthrie County Recorder, and be in place until May 14, 2043.

A total of 495 ballots were cast in the election for three people to serve on the LPA board of directors. There were three people running for the three seats. New board mem-

bers are Dennis Flanery, Mark Jorgensen and Dirk Westercamp.

Gary Evans, LPA board treasurer, provided the 2021 financial and audit report for the LPA and its subsidiary, LPN, LLC. The CPA firm of Meriwether, Wilson and Company conducted the LPA annual audit, reviewing financial statements and balance sheets from 2021 and 2020 of Lake Panorama Association and LPN, LLC.

Evans said the auditor's report stated the financial statements, consolidated reports and consolidated cash flows for both entities were in order and that the methods used by staff to create the documents were in accordance with generally accepted auditing standards.

LPN, LLC reported an operating loss of \$339,309 for 2021. Evans said LPN received a second federal Paycheck Protection Program loan in 2021, which was fully forgiven in the amount of \$223,616. Once facility rent of \$70,000 to LPA was booked, LPN showed a final net loss of \$185,692.

LPA reported net income of \$846,264 for 2021. Of that, \$353,484 was for the yearly auditors' adjustment for land sales expense. Evans said this is an accounting adjustment



Elected to the LPA board of directors at the May 14 LPA annual meeting were, left to right, Dirk Westercamp, Dennis Flanery and Mark Jorgensen. All three will be serving their first three-year term.

for tax purposes and does not represent new money coming into the organization. Copies of the auditor's report are available at the LPA office.

Rich Schumacher, LPA board president, chaired the meeting. To open his president's report, Schum-

acher thanked the many people who volunteer on four standing LPA committees, including water safety, building codes, land sales and appeals. He also recognized the four volunteers who counted ballots for the 2022 annual meeting.

"These volunteers don't do this for their personal gain but rather because they know they are helping LPA members have a better experience here at Lake Panorama," he said.

Schumacher reviewed two recent LPN, LLC projects. At the LPN, a new re-

taining wall was installed in the pond near the fifth hole. The second project was the removal of a total of 350 ash trees from the LPN and Panorama West golf courses. He reported the LPA has received the stump grinder that was ordered last fall, and work will begin soon to clear stumps on the two courses.

Turning to the LPA, Schumacher said the board takes a very serious look at the annual budget. "While each area of the staff looks at their numbers, projecting out needs for up to five years, the board considers the needs, and questions if it can wait or what is a priority," he said.

For many years, the LPA board has been restricted by a past membership vote to raising annual dues no more than 5%.

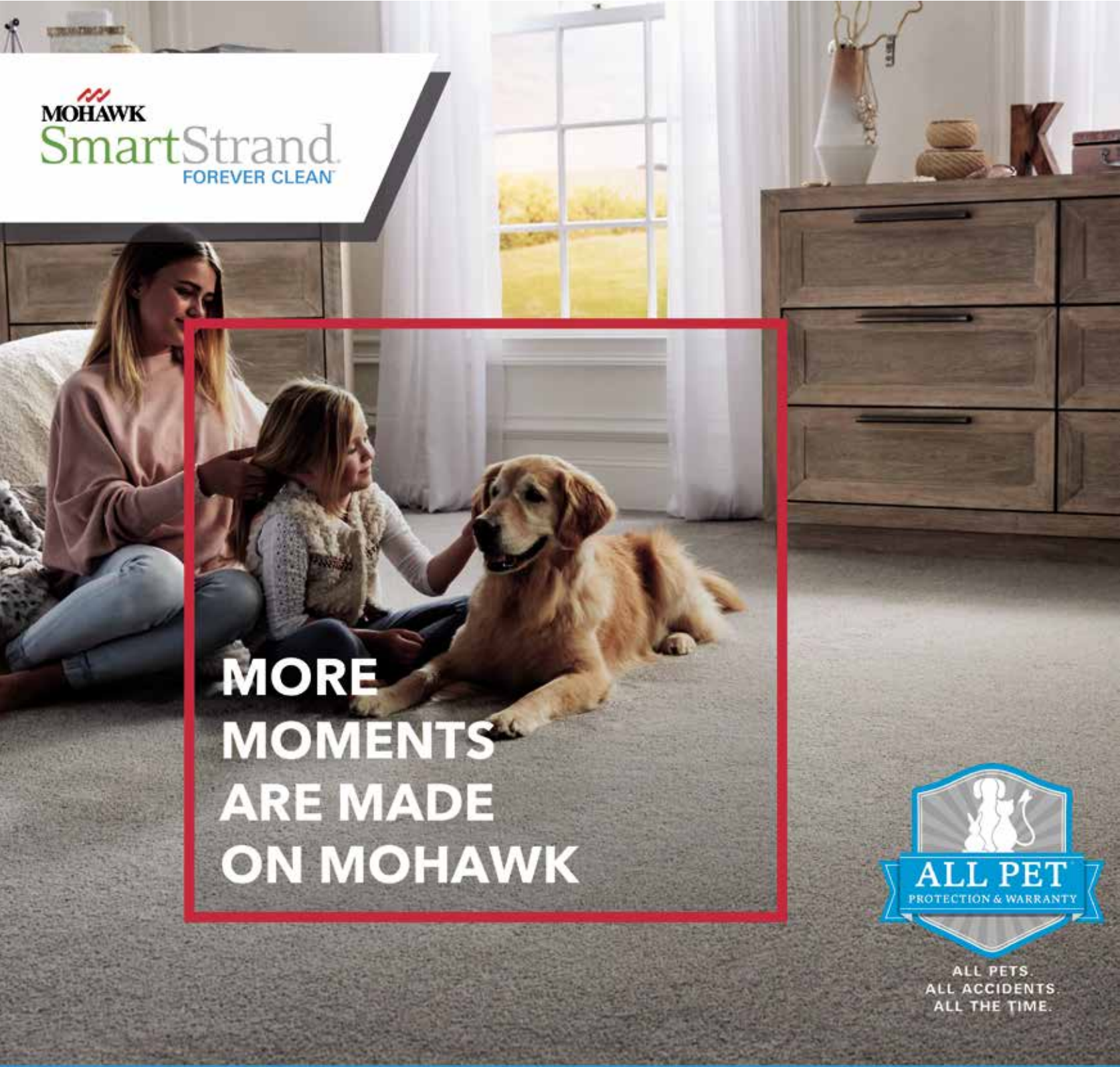
"I've had members ask me to not increase the dues, and newer members say our dues are not high enough for what they receive," Schumacher said. "When we looked at this year's budget, we knew the 5% increase was necessary because of our increasing costs. That 5% increase will generate an additional \$97,905."

John Rutledge, LPA general manager and LPN, LLC director of operations, began his report with a look at the LPN.

"We have had some turnover in the food and beverage management team, which I know has been disappointing for our supporters," he said. "I can assure you this has been disappointing for us, too. We are working with the LPA and LPN boards to review our approach to the food and beverage department."


"Golf continues to perform well for us, with LPN memberships increasing by nine and Panorama West memberships increasing by four this year," Rutledge said. "Overall, LPN, LLC is not a profitable subsidiary for LPA, but it's also not a black hole. The LPA board continues to believe even though LPN is not a profit-producing investment, it continues to be an important benefit for LPA members."

Currently, Rutledge is overseeing the LPN food and beverage department, and Royce Shaffer continues to manage everything else. Rutledge said the two of them welcome feedback on dining, golf or lodging experiences and have established a special email



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LPA
FROM PAGE 18

account for comments: feedback@lakepanorama.org

Shifting gears to the LPA, Rutledge said the annual seal-coating of LPA roads is “suffering from inflation. The 2022 cost will be \$26,800 per mile, so we will treat about eight miles instead of the usual nine-and-a-half miles. Hopefully, material costs will come back down in 2023, closer to the \$20,000 per mile range, and we’ll be able to increase the number of miles treated.”

Rutledge said the LPA Security department continues to play an important role for the association, covering water safety, land patrol, hunting management and other responsibilities.

“One item to highlight is the critical importance of invasive species rule enforcement,” he said. “Members who travel with their boats must comply to ensure the health of Lake Panorama into the future. This also applies to any used docks or lifts that are purchased from other bodies of water. We occasionally receive some pushback on this topic, but we stand firm. The lake is the lifeblood of this community, and we must do our part to avoid the negative impact of invasive species.”

Rutledge said the new water plant is functioning as designed,

and almost all feedback from members has been “extremely positive.” He encouraged anyone who feels the water quality coming into their home isn’t what it should be to contact LPA.

A water main crossing at Sunset Beach is scheduled to be replaced this year at a cost of around \$600,000. A similar main in Burchfield Cove failed in the winter of 2020 and had to be replaced on short notice. Rutledge said replacing the Sunset Beach main is “part of the natural process of replacing assets that are 50 years old.”

The lake dam undergoes an extensive review every five years, in addition to annual inspections, with the five-year review done recently. This was the first time a company was hired to send a diver underwater for a thorough inspection of the dam and components.

“The initial assessment is very good, considering our dam is 50 years old,” Rutledge said. “As with everything, there is a heightened sense of awareness as dams increase in age. We expect some routine repairs will be needed in the concrete portions of the dam. The cylinders and the bascule gate all are in good condition.”

Rutledge said the dog park, funded by donors through

Friends of Lake Panorama, would open in June. He said past projects led by Friends, including playground equipment at all three beaches and the sports courts at Boulder Beach, are much appreciated and used regularly. He thanked the Friends board and all donors who have helped support the Lake Panorama community with these recreational amenities.

Next Rutledge turned his attention to the Lake Panorama Rural Improvement Zone (RIZ). Expansion of the 180th Trail Basin is underway, and will be used for sediment storage once the current basin is full. A new wetland to help protect water quality flowing into Burchfield Cove is planned with construction hopefully underway this fall. A second wetland, also designed to help protect Burchfield Cove, is held up because of a conflict with the U.S. Army Corps of Engineers. An onsite meeting was planned with Corps officials for the following week in an attempt to iron out differences.

Rutledge said dredging being done this spring in the Narrows would end before Memorial Day weekend. The dredge crew then will turn its attention to assessing coves and spot dredging.

Plans to rip rap the south

3 GM COFFEES ANNOUNCED

During his remarks at the 2022 LPA annual meeting, John Rutledge, LPA general manager and LPN director of operations, announced dates for three GM coffees for the remainder of 2022. The dates fall on Fridays and are July 15, Sept. 2 and Dec. 2. Meetings begin at 10:30 a.m. and are held at the Lake Panorama National conference center.

Coffee and other refreshments are available at these informal gatherings, where Rutledge provides an update on current happenings, then takes questions from members in attendance.

If members have questions they would like covered about LPA policies or developments, they can email lpa@lakepanorama.org to give Rutledge an opportunity to prepare in advance. LPA members with questions specific to their own membership or property should call the LPA office during regular business hours at 641-755-2301. ■

shore are being made with the RIZ board requiring a signed contract that LPA will retain it as green space for at least 15 years. Rutledge said the project cost could exceed \$750,000.

“We’re hopeful this work can be done this fall, but material supplies and fuel costs both are creating concerns about this tight timeline,” Rutledge said.

RIZ is projected to receive \$3 million in revenues in the 2022-23 fiscal year.

“LPA dues generate about \$2 million annually,” Rutledge said. “If we had to come up with \$3 million annually to do the dredging and water quality projects now funded by RIZ, it would

be very difficult. Even though that \$3 million comes from LPA member-paid property taxes, without RIZ, we know that money wouldn’t all be coming back to us, it would be shifted elsewhere.”

Shortly after the LPA annual meeting adjourned, the LPA board of directors convened a special meeting to elect officers for the coming year. A slate of officers was nominated, and elected unanimously to take office upon adjournment of the special meeting. LPA board officers now are Rich Schumacher, president; Emily Donovan, vice president; David Finneseth, secretary; and Dennis Flanery, treasurer. ■

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