

Lake Panorama TIMES

FEBRUARY 2024

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A GANDER AT GEESE

**THE IMPACT AND THE
HISTORY OF CANADA
GEESE AND TIPS TO
KEEP THEM AWAY**

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**KIM LUBECK'S TEENAGE
CAR LIVES ON**

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**SOURDOUGH HOBBY
RISES TO BECOME
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**SMOKY GERMAN POTATO,
SAUSAGE AND BACON CHILI**

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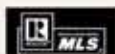
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GOOSE BUMPS

A cover story on deer in January, and now a cover story on Canada geese this month? Is Lake Panorama Times turning into a wildlife publication? Not exactly, but we did decide to write about these two topics recently because we know they are both of great interest to many Lake Panorama residents.

Fortunately, we have not had the massive influx of geese on the lake or in our yards at the time of me writing this column, but, much like another blizzard, we know it is coming. At times in years past, we could hear their territorial calls and honking, sometimes so loud they would keep us up at night. I don't miss that.

Prior to buying our lake home, and when our children were younger, Jolene and I would venture out into the great

outdoors on camping trips. I wouldn't call what we did "roughing it," as an air-conditioned camper was a requirement for me, but we did enjoy getting back to nature. The wildlife often included Canada geese, which I thought were majestic-looking birds. Unfortunately, they also left majestic droppings, which we had to dodge while on our walks. And for a reason I don't understand, our dog seemed to think those droppings were a delicacy. As such, the Canada geese quickly became more of an annoyance than things of beauty. I am guessing many of you are nodding in agreement right now.



Shane Goodman

During our first winter at our current home at Lake Panorama, I was shocked by the flock of geese that would cover our yard — and none seemingly in the yards of our neighbors. I quickly learned the value of the family dog, who chased the geese into the no-longer-empty neighbors' yards. This scenario reminded me of a termite inspector who once told me that you can never truly get rid of termites, but you can convince them to move on to another property. Better geese than termites, I guess.

Like many of you, I am amused by the efforts that many lake residents use to keep the geese away. Electric fences, vegetation, loud noises, reflecting wind spinners, predatory decoys and, of course, good old Fido. Unfortunately, Canada geese are apparently quick

learners, so a mix of these efforts might be the best approach.

Regardless, dealing with the geese is a short-term minor bump on the road of choice we call lake life. We hope you find this month's feature story to be informative and provide a few ideas for you to deal with our fine feathered friends.

Have a great February, and thanks for reading. ■

Shane

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A GANDER AT GEESE

The impact and history of Canada geese and tips to keep them off your property.

BY RICH WICKS

Lake Panorama Times

At Lake Panorama, beautiful homes are built near a scenic body of water. This setting attracts many homeowners. Unfortunately, it also attracts Canada geese.

If someone were to design the ideal habitat to attract Canada geese and convince them to stay year-round, it would include easy access to water, large and easily accessible areas of short grasses, few predators and no hunting. Unfortunately, this is what Canada geese find when arriving at Lake Panorama. Because of that, the number of resident and migrating geese has swelled, causing various issues as people and geese interact.

"LPA is no stranger to the fact that we have a lot of geese on the lake, but, as far as fixing that problem, there's just not a lot that we can do," Lane Rumelhart, project manager for Lake Panorama Association (LPA), said. "We're technically a residential area, so we can't allow hunting on the water."

Rumelhart said that the Iowa Department of Natural Resources (DNR) tracks the geese population and other information about the species.

"Every year, I give the DNR permission to band geese here," Rumelhart said. "And every year, they seem to get around 30 to 60 banded. Some years, they've done more than 100."

Regarding efforts to scare geese away or minimize their impact, Rumelhart said, "We tried some things in the past like running drones. I think they had some predator calls that were supposed to scare off the geese, but none of them have proven to be effective."

Rumelhart said the LPA has a beach groomer that is used to pick up the geese "stuff" out of the sand.

"We usually do that about once a week during peak season and then once every couple weeks when the beaches are frozen in the winter," he said.

THE IMPACT

The problems caused by the geese fall into two main categories: mere nuisances and environmental impacts. The nuisances include the sheer number of geese present at certain times of the year and the related damage to gardens, lawns and crops. Also, occasionally, Canada geese become aggressive, especially when protecting a nest or goslings.

The main environmental concern has to do with goose feces. Not only can the amount of droppings cause an unsightly appearance on lawns, docks and beaches, but the content of the droppings may lead to unfavorable water quality.

"The geese love the green, manicured lawns that they can graze on," DNR officer Jeremy King said. "Obviously, there's a huge problem with their defecation. They create quite a mess."

The primary concern is that goose droppings are high in phosphorus, which can increase the algae growth in bodies of water. Geese do not produce phosphorus; they simply deposit it in their droppings. If geese are predominantly eating vegetation in a lake or pond, and then their droppings fall into that same body of water, the phosphorus level would not change significantly. But if geese are eating in fields and then coming back to the lake, phosphorus levels can climb. However, unless there is a very large year-round population of geese, most phosphorus in bodies of water may be from agricultural runoff.

"It's no secret that the geese love Lake Panorama," King said. "There are a few species, but the Canada geese are the predominant one."

King says the geese tend to prefer more urban areas like Des Moines, Ankeny and Waukee, on small ponds with houses. He notes that the number of geese on traditional marsh areas or wetlands has gone down.

"The geese are adapting," he said. "When they're sitting at the Jordan Creek Mall pond, they aren't getting hunted. Nobody's harassing them. They go where there's less pressure. When they go out to Lake Panorama, granted they can't get hunted on the lake out there, but as soon as they fly out and feed in the fields in the morning or evening, they can get hunted in certain areas."



TRISH HART | LAKE PANORAMA TIMES

Although Canada geese are considered migratory birds, there is no single migratory pattern, and some geese no longer migrate at all.

HISTORY

The Iowa DNR website states that Canada geese nested throughout Iowa prior to European settlement but were mostly eliminated from much of the Midwest, including Iowa, by 1900. The Canada geese restoration program initiated in 1964 by the Iowa Conservation Commission, the forerunner to the Iowa DNR, has successfully restored this species to most of its former nesting range in Iowa. According to the DNR's most recent estimate, Iowa's Canada geese population is about 90,000.

USDA DATA

According to the United States Department of Agriculture (USDA) website, geese and other waterfowl can cause problems because they feed on a variety of plants, as well as crops, including corn, soybeans, rice, lettuce, winter wheat, barley and rye. Birds can also endanger aircraft on or near airports. In fact, one goose or duck can seriously damage an aircraft.

However, the Migratory Bird Treaty Act of 1918 and state laws protect all native waterfowl in the United States, including migratory and resident Canada geese. Under these laws, it is illegal to hunt, kill, sell, purchase or possess migratory birds, except in specific cases.

To prevent or minimize problems with geese, one of the best suggestions, according to the USDA, is to avoid feeding them. Even goslings are capable of finding enough food to survive. If geese become accustomed to being fed, they are likely to become dependent on this food source, and they may stop migrating.

Another suggestion is to modify landscaping. Geese and ducks are grazers and need short, green grass for food. Along water edges, planting less-attractive vegetation, such as pachysandra, periwinkle and euonymus, may help discourage geese from staying in the area. The most effective tools for controlling waterfowl movement are fences, hedgerows and other physical barriers.

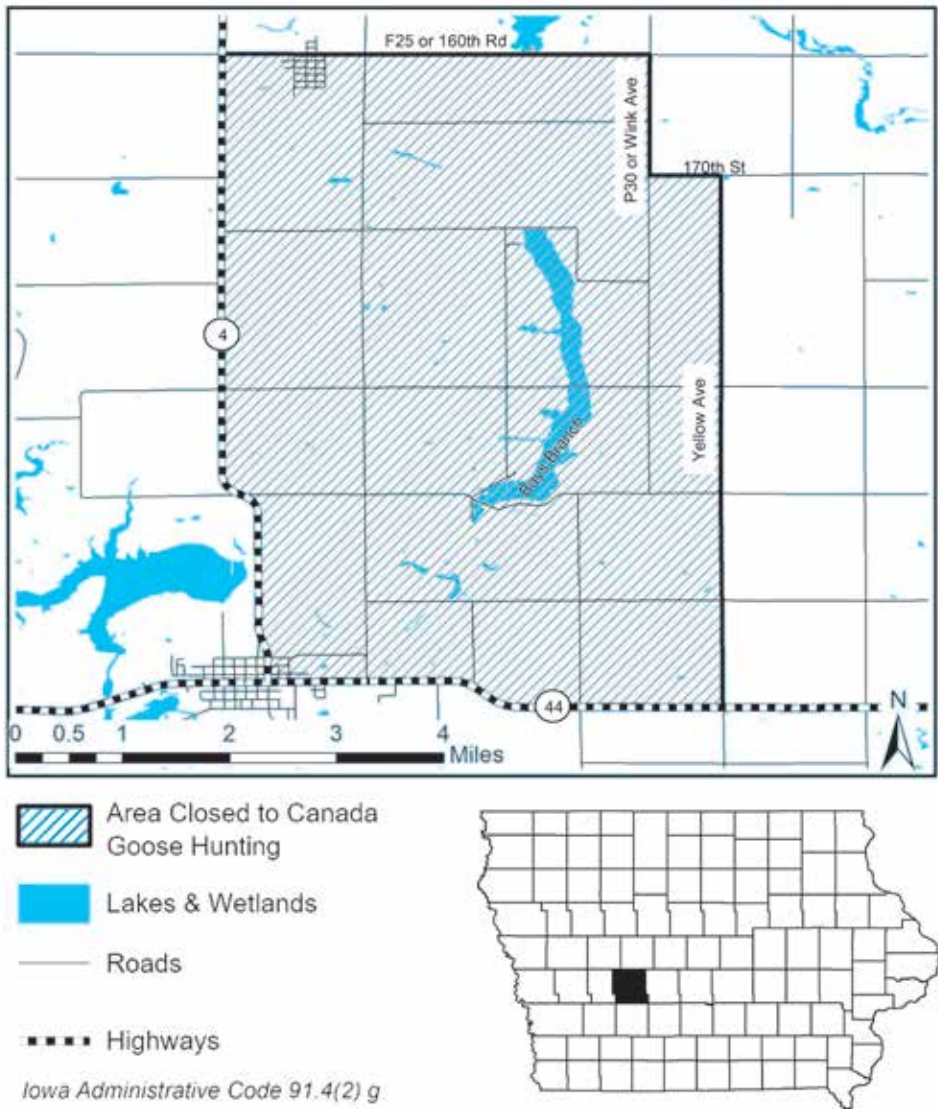
HUNTING

The Iowa DNR currently has designated a "No Hunting Zone" for Canada geese in a portion of Guthrie County. The area includes Bays Branch and is bordered on the west by Highway 4 and on the south by Highway 44.

King acknowledged that some people may advocate for opening up more areas to hunting or extending the season, but he said those are not necessarily the best ways to control the population.

GUTHRIE COUNTY

AREA CLOSED TO CANADA GOOSE HUNTING



A "No Hunting Zone" is located east of Lake Panorama.

"Biologists' concern is that if we start opening up everything in the Lake Panorama and Bays Branch area for shooting Canada geese, in a year or two, those geese will realize there's a lot of pressure here, and they're going to migrate over to the cities, and we'll run them out of the area to where very few will get harvested."

MIGRATION

Although Canada geese are considered migratory birds, there is no single migratory pattern, and some geese no longer migrate at all.

"At times, Lake Panorama will house, during the peak of the migration in the winter, close to 20,000 geese in the area," King said.

"Some of the Canada geese do, in fact, migrate here from Canada for the winter, but that's not true of all the geese," he said. "Currently, three have an attached radio

transmitter. The last years, they have stayed at the Lake Panorama area the entire time. They summer here, they hatch little ones here, and they don't migrate south at all. But we do have birds that are raised locally, on Lake Panorama, that we band, that are harvested in Oklahoma or southern Missouri or Arkansas. Certain ones migrate, and some don't."

King said the bird migration is fascinating.

"You just don't know which way they're going to go," he said. "Weather events can cause different migrations. Typically, with Canada geese, when we get hard — like 30- to 40-mile-per-hour north winds — that's when we see most of our geese come from the Minnesota and Canada areas up there."

He added that Canada geese typically migrate following the snow line. So, in a late-starting winter, the geese stay up north longer.



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TRISH HART | LAKE PANORAMA TIMES

At times, Lake Panorama will house, during the peak of the migration in the winter, close to 20,000 geese in the area.

WHAT WORKS?

King says the best way to minimize geese problems for homeowners is to have a dog.

"The dog is probably the best non-fatal option," he said.

"I think members that have pet dogs and let their dogs out in the backyard, they do a pretty good job of spooking the geese onto the next property," Rumelhart added.

"I've also seen folks with a single electric fence wire, about 8 or 10 inches off the ground," King said. "That seems to work pretty well."

King said predator decoys have limited impact but can work if moved around.

"I've seen folks with coyote decoys, but the birds kind of get used to them after a while," he said. "But if you move it once in a while, you'll see pretty good results from that as well."

King points out that the geese are protected by the federal government. In the spring, when they are nesting, it is illegal to "mess with them."

"We do have a federal biologist that we work with, and our local biologist, that can help you come up with solutions if you have a major issue going on," he said.

King says the situation is a double-edged sword.

"We love having a lake here," he said. "We love the beauty it provides, but it also provides a refuge for the geese. I couldn't imagine a bunch of people out there shooting geese every day. Homeowners probably wouldn't appreciate that. I know they don't appreciate the geese either, at times."

King reminds property owners that the geese are more of a seasonal concern.

"I think they're typically more of a prob-

lem in the spring, because, in the winter, they usually keep a hole open in the middle of the lake, so they're typically not in people's yards," he said.

HUNTING

Hunting of Canada geese in Iowa is divided into three zones (north, central and south). Guthrie County is in the central zone, in which hunting ended Jan. 20. Each hunter has a bag limit of three Canada geese. According to DNR data, over the past three decades, the statewide annual harvest of Canada geese has fluctuated from 25,000 to nearly 80,000, with most years seeing a harvest between 45,000 to 65,000. Anyone with knowledge of illegal harvesting of Canada geese is encouraged to call the Iowa DNR's "Turn-in-Poachers" line at 1-800-532-2020.

NESTING

In Iowa, Canada geese usually begin nesting between mid-March and mid-April. Females lay an average of five or six eggs (one per day) and will incubate them for 28-30 days before hatching occurs. It's during this nesting time that the adult geese are most aggressive, as they try to protect the nest and their goslings.

SHARING NATURE

King encourages property owners to remember that the natural beauty of the Lake Panorama area includes wildlife like geese, deer, raccoons, foxes, mink, bobcats and other animals.

"I think a lot of folks need to remember that we have a beautiful lake, and we're going to have wildlife that's going to be around there," he said. "We built homes in their home." ■

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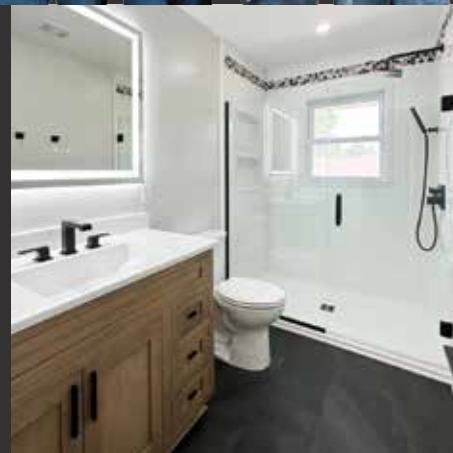
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OBITUARY

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WILLIAM 'BILL' WEDDINGFELD

1934-2024

William John "Bill" Weddingfeld, 89, son of William and Frances (Brandt) Weddingfeld, was born Jan. 18, 1934, in Pender, Nebraska. He passed away Monday, Jan. 15, 2024, at the New Homestead in Guthrie Center, three days short of his 90th birthday.

Bill graduated from Pender High School in 1952. He then received his B.A. degree in education from Wayne State College in 1958 and then his M.S. degree in

secondary administration from Northern Colorado University in 1963. Bill also took advanced classes in education at the University of Nebraska, Omaha.

Bill was a United States Army veteran, serving from 1954 until 1956. He was a member of the Frank Grubb American Legion Post No. 372, Panora. On Aug. 18, 1957, he married Paula Jean Fowler in Omaha, Nebraska. Paula passed away after complications following surgery on Jan. 13, 1967. On Oct. 28, 1967, Bill married Shirley Sue Sundermann.

Bill served as a classroom teacher, coach, high school principal and superintendent for a total of 37 years devoted to education, retiring in 1995. He served on the Iowa High School Athletic Association and the Iowa Girls High School Athletic Union representative councils. He was a member of Iowa School Administrators and the American School Administrators.

Bill was a member of St. Thomas Lutheran Church in Panora and served as president of the congregation for several

years.

Survivors include his wife of 56 years, Shirley Sue Weddingfeld, of Panora; daughters, Lisa Ann Longwell Prendergast (Terry) of Omaha, Nebraska; Susan Marie Jensen (Brent) of Bellevue, Nebraska; and son, Michael John Weddingfeld (Shelley) of Ankeny; five grandchildren, Jeremy Alan (Nicole) Longwell, Riley Marie and Maci Jae Jensen, and Caden John and Ashton Michael Weddingfeld; two great-granddaughters, Vivienne Marie Longwell and Ella Dee Longwell; along with many nieces and nephews. He was preceded in death by his parents; first wife, Paula; sisters, Myra, Genene, Betty, Violet and Madeline; and brothers, Merlyn and Wilbur.

Funeral services were at 11 a.m., Thursday, Jan. 18, 2024, at St. Thomas Lutheran Church, Panora. Burial was in the West Cemetery, Panora. Visitation was one hour prior to the services at the church.

Memorials may be left to the discretion of the family.

Services entrusted to Twigg Funeral Home, Panora. ■

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GIRLS. BEES. POOR THINGS. AND A MISSING APOSTLE.

BY MICHAEL C. WOODY
Lake Panorama Times

So, how were your holidays? See any good movies? Me neither! I am somewhat joking on that one, but I was not blown away by much that I saw. We tend to expect high-impact movies during the holiday season. This one came up short. Meanwhile, we trudge forward into 2024, eagerly awaiting “Dune Part 2” on March 1. If you didn’t see the original, you only have a short time to catch up. Watch it on the biggest television in your house, and you will be blown away. Alright, let’s catch up.

“MEAN GIRLS”
(in theaters)
I loved the original movie and was looking forward to what I thought was an

update. I was wrong. It is a film version of the award-winning Broadway play. So you know the story, but every once in a while they stop to break into song and dance. It is still a lot of fun, just not quite as much as I was hoping for.

Grade: B
“THE BEEKEEPER”
(in theaters)
I like Jason Statham, but the man makes some stupid action movies. That being said, he does make a good one every once in a while. Based on the box office draw, I’m not alone in saying that “The Beekeeper” is one of his better, maybe his best? He is retired military and minding his own business in the back of a rented barn. His business is honey and keeping a few beehives. When a scam caller takes all of the money from



“MEAN GIRLS”

the old woman he rents from, Statham is on the trail immediately and, let me tell you, he is unhappy. No one is going to stop him from catching these idiots. From there we get lots of punches, kicks, gunshots and a kitchen sink. It is



“THE BEEKEEPER”

non-stop action with a flimsy story but enough to keep you entertained. The action is great, the bad guys are really slimy, and you will relish the butt-kicking you get to watch. The box office has been brisk, so this will likely not be the

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"I.S.S."

last time we see this beekeeper.

Grade: B-

"I.S.S."

The International Space Station is the setting for this movie that tells the story of an American crew that joins the Russians at the Space Station for a joint venture. When huge trouble on Earth strikes, both teams are told to take over the station. An action film in a tight situation in space always proves to be fun. It is not a great film, but it has enough moments for me to mildly recommend it.

Grade: C+

"POOR THINGS"

This film is by director Yorgos Lan-



"POOR THINGS"

thimos, who gave us "The Lobster" and "The Killing of a Sacred Deer," two movies I reluctantly suffered through. His new film, "Poor Things," has received the same type of praise as those earlier films, and I will respectfully disagree. The cast includes Willem Dafoe, Mark Ruffalo and a brilliant (and Oscar-nominated) Emma Stone in a film that defies description — and that's not a good thing. It is dark and disturbing but also tries to be funny. Let's just agree to disagree.

Grade: D-

"SOCIETY OF THE SNOW"

You can find this one on Netflix. It's a remake of the true and harrowing story of a plane full of rugby players who



"SOCIETY OF THE SNOW"

crash in the Andes mountains. There was a movie titled "Alive" years ago that tackled this same story but not nearly as well. Both movies are good, but this one ramps it up yet tempers itself in certain areas that are controversial. This is well made and enthralling, to say the least.

Grade: A-

"THE BOOK OF CLARENCE"

My Catholic education failed to clue me in on this missing Apostle who has quite a bit to do and quite a bit to say. It is a thought-provoking and well-produced film that will challenge you and might even start some very interesting conversations.

Grade: B+



"THE BOOK OF CLARENCE"

Have a great February and, God willing, I'll be back next month with my thoughts on new movies and that little annual celebration called The Oscars. Now, 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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1939 CHEVROLET RESTORED TO FORMER GLORY

Kim Lubeck's teenage car lives on.

BY SUSAN THOMPSON

Lake Panorama Times

More than five years after his death, Kim Lubeck's dream of restoring a 1939 Chevrolet Master Deluxe four-door sedan came true.

Lubeck passed away Sept. 27, 2018, while waterskiing on Lake Panorama. He had been diagnosed with Lyme disease after being bitten by a deer tick. An autopsy stated his death was caused by a sudden cardiac event, with a likely link to Lyme disease.

In May 1973, Lubeck moved to Panora to work at the Panora Oil Company. In February 1974, he purchased the business, which he owned and operated for 42 years before retiring in 2016. His interest in the service station business had strong roots, since his father owned four stations where he worked during high school.

Kim and his wife, Maureen, were married in November 1974. The couple raised two children, Courtney and Phillip.

Maureen picks up the story of the 1939 Chevy.

"Kim's dad bought the car for him in

1965 as a surprise for his 14th birthday. It was in a hay field in Nebraska and belonged to Kim's aunt, who bought it new," she says. "Kim's dad paid his sister \$40 for the car. Kim drove it through high school. He and his buddies had a grand old time in it."

The last time the Chevy was licensed was 1968. For 25 years, it was stored in the Lubecks' boathouse at Lake Panorama.

"You should have heard the neighbors when Kim used the tow truck to take it down the steep driveway and tuck it into the boathouse," Maureen says. "It was quite the attraction with several of them shouting, 'Kim, that thing won't float!' But with his usual expertise, he maneuvered it smoothly into place."

Maureen says Kim had a dream of restoring the 1939 Chevrolet.

"I can't tell you how many car shows and museums we went to over the years," she says. "He loved talking to other gearheads, and he continued to formulate his restoration plan. I encouraged him to take it into the station where he could begin the process. I told him if it took him as long to restore it as it had been stored, I would never get to ride in it."

In 2014, Kim towed the car to the Panora Oil Company.

"So many of his customers had stories to tell about relatives or friends who had a similar car," Maureen says. "They were so interested in his plans for restoration. Some of his customers and friends looked at the rust bucket condition and shook their heads, thinking he would never get it done."

Yet, when the doubters came back to check on the progress, they were pleasantly surprised. He took the engine and bucket seats from an S-10 Chevrolet truck and installed those in the old car. He did lots of welding work on the chassis and flooring. The original car was equipped with a manual transmission, but Kim installed an automatic on-the-floor transmission.

"I can't drive a straight stick," Maureen says. "He tried to teach me when we were first married, but it was too painful for him to hear the gears moaning. He was



The 1939 Chevrolet sedan features four doors with the two back doors having rear hinges. The designs of early automobiles were borrowed from horse-drawn carriages and coaches. Doors opening backward were more convenient for passengers to get in and out, especially for women wearing long dresses.



The front of the Lubeck 1939 Chevrolet Master Deluxe sedan features an original hood ornament for this car model.



A rear view of the Lubeck 1939 Chevrolet after restoration was complete in late December.



While Kim Lubeck was able to do most of the mechanical work on this 1939 Chevy, he died before the exterior and interior restoration could be done. In 2019, the car was loaded onto a trailer and moved to the Panora Service Center, where Dennis Shroyer did the exterior restoration.

looking forward to taking it to car shows and parades. We also had plans to take it on some trips, hence the automatic transmission for my benefit. Several car groups travel from place to place together, and we hoped to join them."

Maureen says that Kim worked on the vehicle as much as time allowed.

"One of the benefits of him retiring in 2016 was he had more time to work on the car," she says. "He researched parts,

always thinking about his ultimate goal."

Maureen says he even worked on it the morning he died.

"My memory tells me he said he put the windshield wipers, radio and instrument panel in," she says.

After Kim's death, Maureen thought about what to do with the 1939 Chevy. Kim had done the majority of the mechanical work needed, but the exterior and interior were in rough shape.





Phillip Lubeck and his family live in New Zealand. While visiting Iowa in May 2023, they were able to see the progress being made on his father's 1939 Chevy. Phillip is holding his son, Kieran, with daughter, Maia, standing nearby.

"It was such a special car for Kim," she says. "If it hadn't always been in the family, if he didn't have high school memories in it, and if he didn't have ambitious plans to restore it, I might not have been anxious to complete the task. Yet I truly felt I had to honor him and do my best to finish the job."

She contacted Dennis Shroyer, who for many years owned the Panorama Service Center. In 2019, when Lubeck's Panorama Oil Company building sold, the 1939 Chevy was towed to Shroyer's nearby building.

"Dennis and Kim were good friends," Maureen says. "He did the bodywork and painting. He told me this would be the last big job he did before retirement, and he did a wonderful job." Shroyer sold his building and retired this past December.

In August 2023, the car was moved to Sam's Upholstery in Winterset, where Sam Mapes did the interior restoration.

"I am amazed at the quality of his work," Maureen says. "Both he and Dennis listened to my ideas and supported me. Several of Kim's gearhead friends helped me with advice. I had joined Kim



Kim Lubeck did most of the needed mechanical work on the car including installation of the steering wheel, on-the-floor automatic transmission, windshield wipers, radio, and instrument panel. Sam Mapes of Sam's Upholstery in Winterset put the finishing touches on the interior.



Kim Lubeck installed bucket seats from an S-10 Chevy truck in the old car. During interior restoration by Sam Mapes, those seats were recovered, plus the rear seats restored and upholstered and floors carpeted.



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This photo taken in 2015 shows Kim Lubeck with the car he owned since he was 14 years old. At this point he had moved the 1939 Chevy from his Lake Panorama boathouse to the Panora Oil Company building but had not yet started restoration.

at enough car events over the years and listened to his dream, so I had a pretty good idea of what he would want."

Shroyer painted the exterior of the Chevy the original color, a deep maroon. The interior is beige with maroon stitching. The original seats were covered with a horsehair fabric. The rear seat is the original seat, minus the horsehair fabric.

"One of the fun things Sam did was create a 'suitcase' to hide the battery,

which is in the trunk behind the back seat," Maureen says. "With my love of travel, it makes sense."

Maureen Lubeck was able to bring the car to her Lake Panorama condo a few days before Christmas so family members could enjoy a ride when they visited. Most of the time, the car will be stored in a friend's garage.

Lubeck plans to take the Chevy to some car shows and parades.

"It drives really well. It has some creaks and squeaks, but it is very comfortable. My biggest challenge is that it doesn't have a backup camera," she exclaims.

One final decision needed to be made about the 1939 Chevrolet four-door sedan. What should be used on the car's vanity license plate? Daughter Courtney wanted the license plate to be Dad's 39, but that was already in use. Maureen considered Kim's 39 but didn't want people to think she was Kim. The final wording is just as perfect as the restored car — His 39. ■



Dennis Shroyer's last big job before he retired in December was to restore and paint the exterior of Kim Lubeck's 1939 Chevrolet.



Maureen Lubeck is shown with the restored 1939 Chevrolet Master Deluxe four-door sedan, which she was able to drive home in time for Christmas.



Daughter Courtney Rogne and her family enjoyed a ride in the restored 1939 Chevy when they visited at Christmas. Pictured left to right, sons Knute and Leif, husband Chris, Courtney, and daughter Brelynne.



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SOURDOUGH HOBBY RISES TO BECOME NEW SMALL BUSINESS

Sonya Pierce shares her journey with the bread.

BY SUSAN THOMPSON

Lake Panorama Times

During the COVID-19 pandemic, increased interest in home baking caused shortages of baker's yeast in stores. Because sourdough bread is made from the natural occurring yeast and bacteria in flour, the attention of many turned to this bread that doesn't use commercial yeast.

Sonya Pierce of Panora is a more recent convert to the joys of sourdough baking.

"I began my sourdough journey in October 2023 after watching countless hours of TikTok videos, following many Facebook and Instagram accounts, and doing a lot of my own research on how to make sourdough starter and use it to bake bread," Pierce says. "I had no idea this ancient way of creating bread was so unique and has such great history behind it."

Pierce grew up in Panora and graduated from Panorama Community Schools in 2004. She met her husband, Kenny Pierce, in 2003.

"High school sweethearts, I guess. We've been together ever since and married for 14 years," she says.

After high school, Pierce attended Grand View University to major in business administration. While in college, she wanted to become a commercial property manager.

"The 2008 stock market crash and job market had other ideas for me," Pierce says. "I was manager of the Mercy West gift shop until 2013. For the last 10 years, I have been involved in finance and banking. I've worked for Guthrie County State Bank for the past five years, first as a universal banker and now as the marketing director and loan administrative assistant."

Kenny Pierce is a salesman for a company based in Council Bluffs. The couple lived for a time in Menlo before returning to their roots in Panora. In 2021, construction began on their new home on Lake Panorama's west side.

"For many years, Kenny and I struggled with unexplained infertility," Pierce says.

"We dreamed of having a baby in our new home, and while in the middle of building, we found out we were pregnant. In October 2021, we moved into our new home, and in February 2022, Paisley was born. She is 2 years old now, very rambunctious, and brings so much joy to our lives."

With a full-time job at Guthrie County State Bank and an active 2-year-old, Pierce didn't begin her sourdough baking hobby with plans to turn it into a business.

"My name was passed along by a co-worker to Ignite Nutrition & Health in Panora to speak to a class about sourdough — what it is, how to start it and how to use it. I did a short presentation about what I've learned and experienced, which led to someone asking if I sell sourdough bread," she says. "I had never thought about that, but I was intrigued. I posted on my Facebook page to see if there was interest."

Within two weeks, beginning right before Christmas, Pierce had 38 orders.

"It was the best feeling to have the community support behind by new-found passion," Pierce says. She created a micro-bakery under the name Midwest Sourdough Co.

"I always tell people the first ingredient in a sourdough starter is patience," she says. "It takes quite a long time to establish your own starter if beginning from scratch. I'm always up for a challenge when it comes to baking, so I gave it a try. It was questionable at the beginning, but the process is easy — it's just flour and water, no crazy ingredients. You just have to be consistent with the technique and trust the process. I had a period of five to 10 days when I thought I had killed it, but I kept up and now have a healthy and strong starter."

Those who want to try sourdough baking can purchase dehydrated starter or have starter gifted to them.

"I do have starter for sale and include instructions on how to care for it," she says. "Because it is a live organism, it does take some maintenance, but it's simple."

Pierce maintains her starter by "feeding" it once a day, since hers sits on a kitchen counter 24/7. It's equal parts water and flour to a small amount of starter. As the day goes on, the starter feeds off the new flour and water, making it active to bake bread or other bakery items. Those who



Sonya Pierce displays a loaf of her original sourdough bread in a photo taken in her home kitchen. She and her husband, Kenny Pierce, moved into a new home they built on the west side of Lake Panorama in October 2021.



Two slices of original sourdough bread. Sonya Pierce is experimenting with sandwich loaves and hopes to have that as an order option in the future.



Sonya Pierce says sourdough starter can be used in most baked products by adjusting the flour and liquid in a recipe. She made these chocolate chip cookies from sourdough starter and continues to experiment with other items, including brownies, pretzel bites and tortilla shells.

PHOTOS BY SUSAN THOMPSON | LAKE PANORAMA TIMES



Sonya Pierce drops a scoop of sourdough starter into a mixing bowl, one of the first steps in creating a sourdough bakery item.

don't bake as often keep their starter refrigerated, but the "feeding" process must continue.

"You can use sourdough in just about anything you bake, you just need to adjust the flour and liquid in your recipe," Pierce says. "I have made regular bread, flavored breads, cookies, waffles, pancakes and cinnamon rolls. I am experimenting now with brownies, sandwich loaves, pretzel bites and tortilla shells, and expect some of these will be on my order list in the future."

Pierce currently offers a variety of flavors for her artisan sourdough loaves, including original, rosemary and jalapeno cheddar.

"I will be expanding to others and am willing to take custom requests," she says. "Prices vary between \$12 to \$15 based on what ingredients are included. Clients typically get a large loaf that weighs about two pounds. Those loaves can last up to a week and a half in the fridge, if it doesn't get eaten sooner."

For now, Pierce has Facebook and Instagram pages, as well as TikTok. A website is in the works where she will be able to create orders, keep clients apprised of their orders, and schedule pick up and drop off dates.

"My plan is to share my journey with sourdough — the good and the bad, because we all have fails while baking, along with tips on how to care for your starter. I plan to be at the Stuart Farmers Market this summer and would like to expand to other farmers markets as time allows," Pierce says. "I'm also hoping to collaborate with local businesses to hold pop-up sales on occasion."



Once the sourdough starter is in the bowl, the recipe for original sourdough bread calls for adding flour, water and salt. Here, Pierce mixes the ingredients together. The dough needs to rise six to eight hours before cold proofing in the fridge for 24 hours. Then, it's time to bake.

"Kenny and I are blessed to have amazing friends, family and neighbors so close to us in Panora and at Lake Panorama," Pierce says. "I'd like to thank all those who have made this a success in such a short amount of time. We have an incredible community, and I look forward to continuing this as long as I'm able."

To ask questions or place an order, email pierce.m.sonya@gmail.com. Other options are to private message her or fill out the secure Google form in her bio on her social pages: Facebook — Midwest Sourdough Co.; Instagram — Midwest.Sourdough. Co.IA ■



Shown here are Sonya Pierce's one-gallon jar of sourdough starter, a loaf of artisan sourdough bread, and printed resources about artisan sourdough baking.

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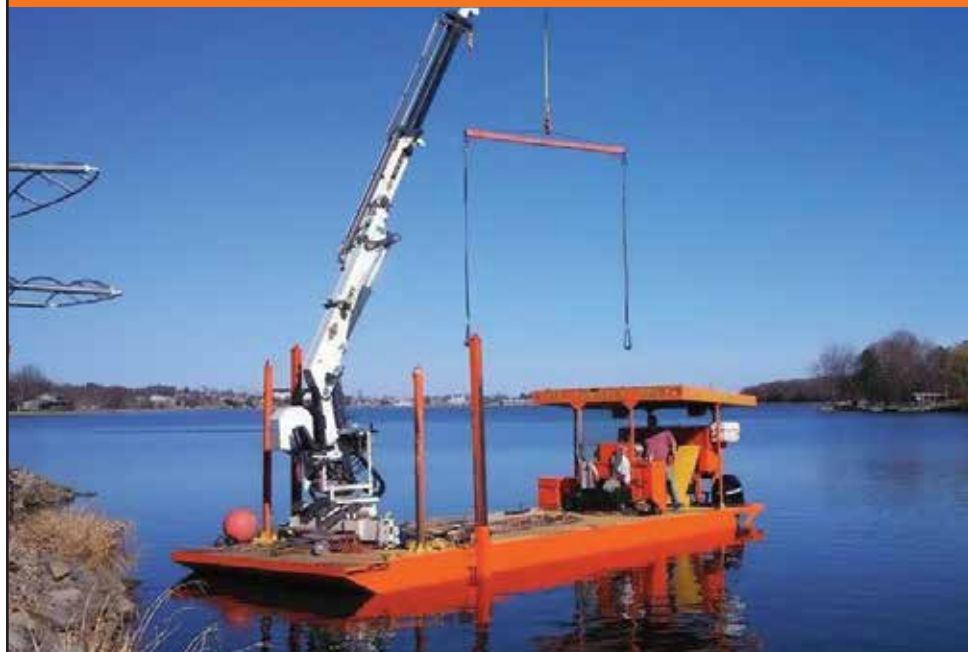
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MARCH 12 DEADLINE TO FILE FOR LPA BOARD OF DIRECTORS ELECTION

**For 2024, there will
be two board positions
on the ballot.**

BY SUSAN THOMPSON
Lake Panorama Times

The deadline to file nomination papers for the 2024 election for a seat on the Lake Panorama Association board of directors is March 12.

The board consists of seven members. Board terms are three years, and members are allowed to serve no more than two consecutive three-year terms. Terms are staggered so the number of seats on the annual ballot varies each year.

For 2024, there will be two board positions on the ballot. Both Emily Donovan and Rich Schumacher are completing their second terms on the board and are ineligible to run this year. To date, Rachel Waldo and Jackson Whiton have filed papers to run for the LPA board in the 2024 election.

Nomination papers are available at the LPA office or will be emailed on request. Candidates must collect a minimum of 18 signatures, representing 18 separate active memberships.

Along with the nomination form, candidates are asked to submit a signed

statement of willingness to serve and a 100-word statement of qualifications. Also needed is a signed conflict-of-interest form listing any businesses or financial interests the candidate has with the LPA. These items will be included in the ballot mailing.

A mailing that includes the ballot, numbered envelope and the official announcement of the annual meeting will be sent to all LPA members in advance of the annual meeting.

The 2024 annual meeting is scheduled for May 11 with the mailing planned for mid-April. This year will mark the LPA's 55th annual meeting.

LPA members must return their completed ballot in the numbered envelope. Members are urged to return their ballots in advance of the annual meeting to speed up the tabulation process, although ballots also can be brought to the annual meeting.

Board meetings are generally held the fourth Tuesday of each month, beginning with open forum at 5 p.m., although the day and time can be adjusted. The board does not meet in January or February unless a special meeting is necessary.

Anyone with questions about the board election process, or details of serving on the LPA board, can contact the LPA office at 641-755-2301 or lpa@lakepanorama.org. ■



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LPA ENCOURAGES MEMBERS TO PLAN AHEAD FOR ROAD EMBARGO

Once set, the embargo will be in place until conditions stabilize and road surfaces can bear significant loads without damage.

BY SUSAN THOMPSON

Lake Panorama Times

Each spring, warm temperatures and thawing conditions weaken the roadbed under the Lake Panorama Association's seal-coated roads, which means heavy loads can cause severe road damage.

That's the reason for the annual spring road embargo, which prohibits loaded vehicles that weigh more than five tons on most LPA roads during the spring thaw while the frost is coming out of the ground and the roadbed is soft. In 2023, it cost more than \$30,000 to seal coat one mile of LPA roads, and early indicators are the cost in 2024 may be significantly higher. That's why this annual embargo is vital to help avoid road damage.

Past road embargoes have occurred anytime between early February and early April. Once set, the embargo will be in place until conditions stabilize and road surfaces can bear significant loads without damage.

Depending on the weather, these annual road embargoes can last anywhere from two to six weeks. Warm, windy, sunny days with nights above freezing speed the process along. Cool, cloudy weather with highs in the 40s and lows near or below freezing prolongs the process.

LPA staff urges members to schedule deliveries ahead of time, especially if more than a passenger van or a pickup truck will be required. Members needing materials for remodel projects, construc-

tion issues, furniture or other large objects should try to get those projects done as soon as possible or face the delays required by an embargo.

Members trying to set up a time to have their septic tanks pumped must do so outside of the embargo window. The LPA will work with the Panorama Schools to arrange school transportation prior to initiating the embargo.

Members are reminded they are responsible for the actions of their guests, which includes the delivery of items that are reasonably known to require a large delivery vehicle. LPA rule 4.1(k)(5) states: "LPA shall be authorized to consider a delivery vehicle as a member's guest per LPA rules and regulations 2.20(e), which states members shall be responsible for the actions of their guests."

One option is to make plans to transfer heavy loads to other lighter vehicles at a designated location. Deliveries can be coordinated with security at two locations. The east drop-off site will be at the old maintenance shed, which is on the north side of 200th Street. The west side location will be the parking lot off the east side of Redwood Road near the Panorama West golf course.

LPA's typical protocol for implementing the embargo is to make a decision on a Thursday and have the embargo go into effect the following Monday. LPA reserves the right to make emergency decisions, as needed, but will make every effort to provide advance notice. ■



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ARGANBRIGHT HONORED FOR SERVICE AS ECONOMIC DEVELOPMENT PRESIDENT

Special to Lake Panorama Times

The 2023 Panora and Lake Panorama Economic Development President Chris Arganbright was awarded a plaque by John Twillmann on Jan. 3 at the organization's meeting to recognize her service

to the organization, which has a mission to encourage and foster sustainable economic development activities through job creation, job retention, increased tax base and an improved quality of life for the citizens in the Panora and Lake Panorama area. ■

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EVENTS

LAKE PANORAMA INDEPENDENCE DAY FIREWORKS JULY 6

The fireworks will be launched from Shady Beach, beginning around dusk.

BY SUSAN THOMPSON

Lake Panorama Times

The date for the 2024 Fire in the Sky fireworks display is Saturday, July 6. This will be the 29th year this Fourth of July holiday tradition at Lake Panorama has been organized by the Joe Scheiring family. Joe passed away in August 2014. Family members continue to organize the event to honor his memory.

The fireworks are launched from Shady Beach, beginning around dusk. Rita

Scheiring, Joe's widow, moved to Polk City in 2017. Her daughter and son-in-law, Stephanie and Kelvin Hafner, and their four children have a home at Lake Panorama.

In the early days, the annual fireworks display was on the Fourth of July, but the Scheirings heard from people who were disappointed they couldn't attend when the holiday fell on a weekday. Now the display is always on the first Saturday of July so families can make their plans well in advance of the holiday.

The Scheiring family says generous community support and donations make this one of the best fireworks displays around. Donations for the 2024 Lake Panorama fireworks display can be sent to Rita Scheiring/Fire in the Sky, P.O. Box 605, Panora, Iowa, 50216. Or via Venmo at @Rita-Scheiring. ■

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GUTHRIE COUNTY HOSPITAL CEO HIGHLIGHTS SERVICES

BY SUSAN THOMPSON
Lake Panorama Times

Chris Stipe is the Guthrie County Hospital (GCH) chief executive officer, a position he began Aug. 1, 2023. He holds a master's degree in health services administration from the University of Kansas and a bachelor's in economics and political science from Kansas State University.

Before taking this position, Stipe was executive director for The Commons in Enid, Oklahoma, and served as president and CEO for the McPherson Center for Health and the Manhattan Surgical Hospital in Kansas. Before that, he spent nearly 10 years as CEO at Clarinda Regional Health Center in Clarinda.

In this month's Q&A, he talks about his family's move to Lake Panorama, what interested him about the GCH position, and

why having a hospital in Guthrie County is important to its residents.

Q. Tell us more about yourself, your family and what you like about living at Lake Panorama?

A. I am originally from New Orleans, Louisiana. My wife, Tiffany, is from Texas. We both graduated from high school in Kansas and attended college in Kansas. We are empty nesters. Our youngest daughter is a junior at the University of Kansas. Our oldest daughter has a career in accounting and lives in Chicago. I enjoy hunting, fishing and shooting. Tiffany enjoys biking, long walks, cooking and decorating.

We love our walks and bike rides on the west side of the lake. We are looking forward to some golf in the spring. We moved to Lake Panorama last September, so we were extremely busy in the fall. Unfortunately, we did not have time to get our boat

on the lake. I am looking forward to fishing this spring.

Q. What interested you about this position at Guthrie County Hospital?

A. Guthrie County Hospital has a solid reputation as a quality provider. The hospital has a highly capable, dedicated staff and is on solid financial ground. The hospital also enjoys a great deal of support from the community. When I visited the community, I was impressed with the management team, board members and Unity-Point Health representatives.

We previously lived in Iowa for nearly 10 years. We moved back to Kansas while our



Chris Stipe

oldest daughter attended college. This was an opportunity to move back to Iowa in a role that seemed like a great fit for my experience and interests.

Q. In the news release about you being named to lead GCH, you were described as someone who would help fulfill the hospital's vision and mission. Explain what that means.

A. The GCH board's vision for the future includes an expansion project at the hospital. While I was CEO of Clarinda Regional Health Center, we successfully completed a hospital replacement project. For some time, Guthrie County Hospital has been contemplating a sizable expansion and renovation project. The hospital needs to add some modern space to continue to meet the needs of the community.

Q. What are the strengths of Guthrie County Hospital?



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A. Health care is about people caring for people. Our staff at GCH are the kind of people you want providing care to you and your family. All of our staff and physicians are highly trained, and they sincerely care about their patients and the community. Guthrie County Hospital has been consistently recognized as a Top 100 Hospital, and more recently as a Top 20 hospital in the country. Our patient satisfaction scores place us in the top 10% in the country. Other strengths include our quality-of-care measures, our lack of debt and our presence throughout the county with four primary care clinics.

Q. What are the challenges that face Guthrie County Hospital?

A. Attracting and retaining the best health care workforce is the biggest challenge facing our industry. At GCH, we are blessed with an outstanding staff and medical staff, but it is becoming harder to locate and hire the best. In order to maintain qualified staff, we will have to continue to strengthen and extend our culture of excellence to our newest team members, so we can continue to be an employer of choice.

Keeping health care affordable is something we are all focused on. Labor shortages are definitely driving up the cost of care. However, I am equally concerned about the cost of the administrative bur-

den that insurance companies and pharmacy benefit management companies are putting on hospitals, local pharmacies and other care providers. Every day it seems to get more difficult to get reimbursed for the services we deliver.

Q. Talk about “Where in the World is Chris Stipe.”

A. This idea originated from Emily Irwin in our marketing department. It’s a creative way to highlight our services and locations throughout the county, as I visit our clinics and communities served. Also, it is a way to feature the accomplishments of our teams and individual staff members. And a way to show how the hospital is impacting the community. We are having fun with it! We hope those who follow us on social media enjoy it.

Q. Why is it important for Guthrie County to have a hospital?

A. The community should be able to depend on their local hospital and clinics for the majority of the care they need so they do not have to travel long distances. They should also expect the hospital to be there in an emergency. Of course, the hospital does more than provide direct care. We support services like Meals-on-Wheels and offer education on things like heart health, weight loss, diabetes and much more. Additionally, the hospital positively impacts the local economy by being one of

the largest employers in the community.

I have been involved in economic development for most of my career. In my experience, successful rural communities offer good paying jobs, affordable housing, strong schools and access to quality health care. Having an available workforce and one or two large employers also helps to create lasting communities. As do retail shopping opportunities and outdoor recreation, like Lake Panorama.

Q. Talk about the GCH clinics, both the established ones in communities and the outpatient ones offered at the hospital.

A. We operate a full-service hospital located in Guthrie Center. We have four primary care clinic locations throughout the county — Panorama, Stuart, Adair, Guthrie Center. We even offer walk-in clinics in Panorama and Adair.

We have rotating specialty clinics at the hospital in Guthrie Center. We offer specialty clinics in a number of areas, including cardiology, pulmonology, general surgery, orthopedics, pediatrics, urology, dermatology, ophthalmology, podiatry, pain management, physical medicine, behavioral health, and our newest specialty, otolaryngology, which is focused on the ears, nose and throat. We also offer obstetrical “share care” where our provider manages pregnancies in cooperation with an OB-GYN until shortly before delivery.

We want to offer local services that meet the vast majority of the community’s health care needs. We will continue to work hard to cover the services that are truly needed as long as we can staff them appropriately and support them financially.

Q. What construction and equipment acquisitions are on the docket for 2024?

A. We are making significant investments in upgrading our medical imaging equipment right now. We recently replaced our X-ray machine at the hospital. In January, we replaced our bone density imaging equipment.

We are planning to install new CT equipment this spring. CT stands for computed tomography. A CT scan is a diagnostic imaging procedure that uses a combination of X-rays and computer technology to produce images of the inside of the body. The CT requires an investment of about a half-million dollars. The Guthrie County Hospital Foundation soon will begin seeking contributions for this project.

Also, we are working with an architect to design the hospital expansion, which will include new clinic space, new kitchen and dining space, a new lobby, renovation and expansion of the laboratory, additional therapy space and more. As the plan for the project materializes, we will begin sharing more details with the public. ■

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ECONOMIC IMPACT AWARD PRESENTED TO CONRAD

BY SHANE GOODMAN
Lake Panorama Times

Midwest Partnership, an economic development corporation serving Adair and Guthrie counties, held its annual meeting and dinner on Jan. 26 at the Casey Community Center.

A formal business meeting was held and departing board members Steve Smith and Ryan Billheimer were thanked for their service.

The 2024 Board of Directors were recognized.

In Adair County, those include Stacie Eshelman, Secretary, Greenfield Chamber Main Street; Cheryl Marks, Past President, Rolling Hills Bank & Trust; Kathy Rohrig, Orient Economic Development; Scott

Tonderum, Greenfield Municipal Utilities; Matt Wedemeyer, Vice President, Adair County Supervisor; and Holi Weston, Farmers Electric Cooperative.

For Guthrie County, the directors are Josh Calmer, Active Health Solutions; Marty Doud, President, First State Bank; Brad Hayes, BH Appraisals / Twin Vines; Ryan Morrison, Treasurer, King Morr Properties; Mike Underwood, Guthrie County State Bank; and Julie Zajicek, Iowa Trust Bank.

The organization's executive director, Brenda Dudley, provided a report on the progress and goals. The Entrepreneurial Economic Impact Award was given to Colleen and Corey Conrad.

The guest speaker for the evening was Bill Menner, who owns a consulting firm that focuses on community development, rural partnerships and economic vitality.

Midwest Partnership's goal is to serve as the leading facilitator for the retention, expansion and attraction of business to create jobs and grow the tax base in the two-county area. For more information, visit www.midwestpartnership.com.



Matt Wedemeyer (vice president) presents the Entrepreneurial Economic Impact Award to Colleen and Corey Conrad.

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HARMANN ANNOUNCES CANDIDACY FOR GUTHRIE COUNTY SHERIFF

Special to Lake Panorama Times

Matt Harmann of rural Panora announced he will seek the 2024 Republican nomination for the office of Guthrie County Sheriff in the June 4, 2024, primary election.

Harmann has served as a Guthrie County deputy since 2018 and as the Panora Volunteer Fire Chief since 2006. He is a 2018 graduate of the police academy and currently serves as one of the

Guthrie County Sheriff Department's two K9 officers.

Harmann has been active in a variety of community endeavors, including volunteer service with Guthrie County Fair Board and as an Advanced EMT with Panora EMS. He is a small business owner with more than 20 years of experience in managing budgets, projects and personnel. He enjoys farming and raising cattle in his spare time.

"I'm proud to call Guthrie County my

home," he said. "I have made public service an important part of my life because I believe we must all do our part to ensure Guthrie County enjoys reliable public safety, fire protection and EMS services."

Harmann says his business background is also a highlight of his campaign.

"As the owner of Harmann Excavating, I understand the importance of managing a budget closely," he said. "As a business owner, I must balance the needs of my business, my employees and my customers. These same skills are essential to being an effective sheriff."

Harmann encourages voters to reach out to him with any questions or con-

cerns.

"My time in public service has allowed me to meet a large number of people in Guthrie County," he said. "For those who I haven't yet met, I look forward to connecting with you as part of my campaign and appreciate your consideration for this important office."

Harmann is currently the only declared candidate for the Republican nomination for Guthrie County Sheriff. ■



Matt Harmann

PANORA CHAMBER MEMBERS MEET AT RESTORE WELLNESS



SPECIAL TO THE TIMES VEDETTE

More than 20 members of the Panora Chamber of Commerce met on Jan. 22 at the newly renovated Restore Wellness building, located at 102 S.E. 13th St. in Panora. ■

PANORAMA BUS PICK-UP AND DROP-OFF LOCATIONS DURING ROAD EMBARGO

Special to Lake Panorama Times

With Lake Panorama's road embargo likely to be put into place soon, Greg Randel, director of transportation for Panorama Community Schools, sent a letter to Panorama families stating that the district will have pick-up and drop-off spots at the lake as they have done in past years.

"Please make sure that you arrive early to the pick-up and drop off spots so your students do not miss the bus," Randel stated. "In the afternoon, if no one is at the bus stop to pick up students, they will stay on the bus and be taken back to the bus barn after the route unless other arrangements have been made with the transpor-

tation department."

On the east side of the lake, the pick-up and drop-off point will be at the Lake Panorama Maintenance Shed facility at 7:25 a.m. and 3:50 p.m. and at the intersection of Sage Trail and Panorama Drive at 7:45 a.m. and 3:35 p.m. At the maintenance shed, cars are to line up on the north side of the parking lot, making sure not to block any overhead doors. The bus will pull into the drive and make a U-turn, putting the entry door of the bus to the east.

On the west side of the lake, bus No. 5 will pick up and drop off at the Par 3 Golf Course at 7:25 a.m. and 3:50 p.m.

Those with questions are encouraged to call Randel at 641-755-2308. ■

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GUTHRIE COUNTY BEEF ROYALTY



SPECIAL TO LAKE PANORAMA TIMES

2023 Beef Queen Hayden Coffman, 2024 Beef Queen Shay Lemke, 2024 Beef Princess Paige Van Meter and 2023 Beef Princess Reagan Carney.

BY RICH WICKS
Lake Panorama Times

On Jan. 27, a packed house estimated in excess of 200 people was on hand at the Guthrie County Fairgrounds for the annual Guthrie County Cattle-men’s Banquet. Attendees enjoyed a meal catered by Café on the Hill. Area legislators and other elected officials were thanked for attending.

One of the highlights of the banquet is the annual crowning of Guthrie County’s Beef Queen and Beef Princess. 2023 Beef Queen Hayden Coffman and 2023 Beef Princess Reagan Carney told of their appreciation for the opportunity to serve in their roles for the past year. They then passed their crowns on to 2024 Beef Queen Shay Lemke and 2024 Beef Princess Paige Van Meter. ■



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SNOWMOBILERS CALLED ON TO HELP SHERIFF’S DEPARTMENT

Volunteers sought who are preferably located at or near state highways and White Pole Road.

BY RICH WICKS
Lake Panorama Times

Guthrie County Sheriff Marty Arganbright has posted an open letter to residents asking for anyone willing to be added to a call list to be used in cases of snow emergencies. According to the Sheriff’s letter, names added to the Volunteer Snowmobile Rescue and Response Team will be contacted on an as-needed basis to perform such duties as “responding to a roadway that is not navigable to help

rescue stranded motorists, transporting a deputy or EMS paramedic to a scene, help escort/detour emergency vehicles during transport, and more.” The letter further stated, “We are seeking volunteers throughout Guthrie County, but preferably located at or near state Highways 4, 44, 141, and White Pole Road.” Sheriff Arganbright stressed that this team will be unpaid volunteers and that “The Guthrie County Sheriff’s Office will not be liable or financially responsible for any injury sustained, nor liable or financially responsible for any damaged snow machine.” Interested persons are asked to email Deputy Blake Michelsen (b.michelsen@gcso.gov) or send a message on the Guthrie County Sheriff’s Office Facebook page. ■

RESTORE WELLNESS STUDIO RAISES NEARLY \$250 FOR LOCAL WOMEN TO RECEIVE MAMMOGRAMS



Special to Panora Times

Restore Wellness Studio (RWS), a studio that houses multiple independent businesses, was able to give back this year through a “Coin War” with other chamber businesses. The month of October was declared collection month, and a total of \$240.84 was col-

lected and donated to Guthrie County Hospital Foundation for breast cancer advancement and treatment. Participating businesses included Tribe Boutique, Panorama Benefits, Bryton Insurance Agency and Restore Wellness Studio. RWS plans to continue a yearly give-back in October for breast cancer awareness. ■



SPECIAL TO PANORA TIMES

Landon and Lindsey Loftsgard, with their children, Brooks and Annie.

LOFTSGARDS LOOK TO KEEP PANORAMA GARDENS GROWING

BY RICH WICKS
Lake Panorama Times

Landon and Lindsey Loftsgard are the new owners of Panorama Gardens in Panora. Their initial goal, according to Landon, is to keep things running the way that customers have expected during the 70 years that the business was run by the Olson family. Not only are there no immediate plans for drastic change, but there is a process in place to assure continuity. “Panorama Gardens was in the Olson family, started by Dave’s father, since the

early 1950s, and they’re staying on for the next couple weeks to do some training and ensure a smooth transition,” Landon said. A grand opening event for the new owners is tentatively planned for the spring with the date and details to be announced later. As the new owners settle in, some expansions are likely. “Further down the road, we’re looking at bringing in some expanded garden products, like patio furniture and trees,” Landon said. “We’re definitely open to ideas.” ■

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LAKE PANORAMA TIMES 

FEBRUARY 2024 | PAGE 29

RECIPE

WARM UP WITH THIS SMOKY GERMAN POTATO, SAUSAGE AND BACON CHILI

BY JOLENE GOODMAN
Lake Panorama Times

There is nothing like a hot bowl of chili to warm you up during these cold winter months. I know I enjoy it, and my family does, too. If you are ready to introduce your taste buds to a new and zesty option, check out this recipe that is packed with comforting ingredients and smoky spices. How can you go wrong with potato salad, sausage and bacon? ■



Jolene Goodman

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

SMOKY GERMAN POTATO, SAUSAGE AND BACON CHILI

Recipe courtesy of “Dad with a Pan” on behalf of READ

Prep time: 20 minutes

Cook time: 40 minutes

Servings: 8

- 4 strips thick bacon, cut into cubes
- 1 pound smoked sausage, sliced into 1-inch segments
- 1 small onion, diced
- 4 cloves garlic, minced
- 4 tablespoons chili powder
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 teaspoon ground cayenne pepper
- 1 teaspoon dried oregano
- 2 Fresno peppers, diced
- 1 can READ German Potato Salad, drained
- 1 cup beef broth

- 1 can (14 1/2 ounces) diced tomatoes, drained
- salt, to taste
- pepper, to taste

Directions

In large saucepan over medium heat, cook bacon until crispy. Remove and set aside, leaving about 2 tablespoons drippings in saucepan.

Add smoked sausage and cook until browned.

Once sausage is cooked, add diced onion and minced garlic, cooking until onion is translucent.

Drain excess fat then stir in chili powder, coriander, cumin, cayenne pepper, oregano and Fresno peppers until well mixed.

Add drained diced tomatoes, German potato salad and cooked bacon to saucepan.

Add beef broth and stir to combine.



Season with salt and pepper, to taste.

Bring mixture to simmer and let cook about 30 minutes, stirring occasionally, until flavors are melded.

Substitution: Jalapenos can be used for Fresno peppers. ■

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GOLF

LAKE PANORAMA 2024 GOLF LEAGUE PLANS

BY SUSAN THOMPSON
Lake Panorama Times

A good way to ease the winter blues is to make plans for the upcoming golf season. There are several options to participate in golf leagues in 2024 at the two courses owned by the Lake Panorama Association. Both courses are operated by the LPN, LLC, a wholly owned subsidiary of the LPA.

At the 18-hole Lake Panorama National, all league players must have an LPN annual pass and an established USGA handicap. The cost of the handicap is \$35 plus tax per person per year. With questions about LPN annual passes or the USGA handicap, call the LPN pro shop at 641-755-2024.

Men's leagues are on Wednesdays. An 18-hole league begins at 11:30 a.m. This is individual play using the Stableford scoring system. Nine-hole, match play leagues are at 3 p.m. and 6 p.m. Players in all three leagues can choose to play the white, yellow or red tees. Cost of all men's leagues is \$105.

The men's leagues kick-off is May 1. Members or potential members are invited to attend this event. Cocktails and munchies begin at 5:30 p.m. with a brief program and raffle drawing at 6 p.m. League play begins May 8.

For women, Lake Panorama National offers both a 9-hole and an 18-hole league on Thursdays. The 9-hole league uses a two-person, match-play format. It begins with registration at 4:45 p.m., announcements at 5 p.m., and a shotgun start at 5:15 p.m.

The 18-hole league begins at 2:15 p.m., with assigned tee times and individual play using the Stableford point system. The 18-hole league is limited to 24 players. Contact Kathy DeLucca, 641-757-2844, deluccakathleen20@gmail.com, with questions.

Annual league dues are \$105, which covers the kickoff dinner, post-season party and league prizes. A league kickoff event is May 2. It begins with "fun golf" at 5 p.m., drinks and dinner at 6:30 p.m., and a brief program and raffle drawing following dinner. League competition



For those eager to see a green golf course, rather than one that is snow covered, here's a reminder of the beauty of the fifth hole at Lake Panorama National.

gets underway May 9.

The Nine & Wine Series for couples involves nine holes of golf at the LPN on eight Monday afternoons, June 3 and 10; July 1 and 29; Aug. 5 and 19; and Sept. 9 and 16. Cost is \$120 for LPN couple passholders and \$230 for Panorama West couple passholders. Check in at 3 p.m. with a 3:30 p.m. tee off. The format is

best shot, with teams assigned by a blind draw. There are weekly prizes and season-ending champions. After play, the couples gather in The Links for food and drink and to hear results.

At Panorama West, there is a Tuesday morning women's league, a Tuesday evening men's league, and a Thursday morning men's league. League members must

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either purchase an annual Panorama West golf pass or pay the \$18 nine-hole green fee.

The women's league is individual play, with weekly prizes and special events. Coffee and refreshments are served in the clubhouse before or after golf. Dues for the year are \$30. A kickoff luncheon is planned for Tuesday, April 30. The location will be determined at a later date. Registration begins at 11:30 a.m. with lunch at noon. Make reservations with Nini VonBon, 515-321-4000 or vonbonjk@hotmail.com.

League play begins May 7 with a two-gal mixer at 9 a.m. The first day of regular play will be May 14 with a shotgun start format. Players will choose their desired tee times in advance, with options being 7:30 a.m., 9:30 a.m. or 11 a.m. The last day of regular play will be Aug. 20. A four-gal best-shot and awards luncheon will be Aug. 27. For more information, contact Peg Carr, 641-777-6770 or pganskecarr@gmail.com.

The Tuesday evening men's league begins April 30 and runs through Aug. 27. Dues are \$20 to cover weekly prizes, plus individual scores are turned in for prizes at the end of the year. Play begins at 5:30 p.m. For more information, contact Jay Merryman at 641-751-5957 or jaypmerryman2@gmail.com; or Bill Eby at 515-240-7652 or wheby@stineseed.com.

The Thursday morning men's league begins May 2 and continues for 18 Thursdays, skipping the Fourth of July. Weekly league play begins with an 8 a.m. shotgun start, followed by an optional scramble for \$1. A shootout and awards luncheon will be Sept. 12. Dues of \$25 covers regular play with weekly cash prizes and individual awards at the end of the season. League members who are 75 and older can choose to play from the forward tees. For more information, contact Virgil Hoehne at 641-757-0962.

There is one more opportunity for competitive golf at Panorama West in 2024 as



SUSAN THOMPSON | LAKE PANORAMA TIMES

The Panorama West clubhouse will be open weekends beginning in May and may open sooner if weather conditions warrant. For those who want to play the course and haven't purchased an annual golf pass, green fees of \$18 for nine holes or \$25 for all day can be paid at the kiosk east of the clubhouse.

couples are invited to participate in six "Fore Fun Friday Couples" competitions. This two-couple scramble with fun twists and strategies will be held June 7, June 28, July 12, July 26, Aug. 16 and Aug. 30. Play begins at 5 p.m. Registration begins at 4:30 p.m., with couples asked to arrive early to learn about that week's event, get hole assignments, and pay the \$1 per couple entry fee. Those who aren't Panorama West annual golf passholders will need to pay green fees.

No preregistration is necessary, but those who need a cart should call the Panorama West pro shop at 641-755-2250 to reserve. Entry fees are returned as prize money as players gather on the deck after the round. For more information, contact Bill and Karen Eby at 515-480-4633.

Annual pass forms for both LPN and Panorama West, plus LPN golf league forms, are available at lakepanoramana-tional.com. ■



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Lake Panorama ASK TIMES

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Q: IS THERE A PLACE LOCALLY WHERE I CAN DROP OFF TATTERED AMERICAN FLAGS FOR PROPER DISPOSAL?

A: Yes, the Panora Public Library has a drop-off box. You can even leave your flag in the after-hours, drive-through book return. The library is located at 102 N. First St.

Q: WHAT TYPES OF STRUCTURES ARE ALLOWED ON LAKE PANORAMA FOR ICE FISHING? AND HOW LONG CAN THEY BE LEFT ON THE ICE?

A: According to LPA General Manager John Rutledge, the LPA does not have rules or regulations beyond what the State of Iowa would enforce on the subject, so we asked Jeremy King of the Iowa Department of Natural Resources. He told us that permanent ice shelters can be left on bodies of water overnight and for extended periods of time; however they have to be removed before the ice melts or Feb 20, whichever comes first. That date can be extended by the director of the DNR if weather permits. He said the owner's full name and address must be on the outside of the structure with a minimum of 4-inch-high letters and numbers. The structures cannot be locked while in use. Also, if left overnight, the fishing structures must have reflective devices on all sides.

Rutledge noted that, practically speaking, Iowa is not well-suited for the permanent shelters on lakes you see in northern states. For this reason, portable shelters that are removed daily are the best strategy. The LPA strongly discourages members from leaving anything on the ice, as that could represent a snowmobiling hazard, or a submerged boating hazard in the open water months.

Q: I WOULD LIKE TO HAVE LAKE PANORAMA TIMES MAILED TO A PERSON WHO USED TO LIVE HERE AS A GIFT. HOW DO I DO THAT?

A: Annual subscriptions (12 issues) are available for non-property owners at a rate of \$24. Details can be found at www.lakepanoramatimes.com/subscribe. Complete editions can also be viewed online for free at www.lakepanoramatimes.com, and, upon request, we will even send an email notification when the new issue is posted. And, of course, all property owners at Lake Panorama receive a copy mailed to their permanent residence each month for free, making it the largest circulation of any publication in the county.

Q: WHEN DO THE LPA DUES NEED TO BE PAID BY?

A: LPA dues and assessments are billed annually and are due in full by May 1. The dollar value of dues and assessments are established by the LPA board of directors in a manner consistent with the board's authority under the LPA Covenants and By-Laws.

Q: AS AN LPA MEMBER, AM I RESPONSIBLE FOR MY GUEST'S TRAFFIC OR PARKING VIOLATIONS?

A: According to section 2.20 (e) of the LPA Rules and Regulations, members are responsible for the behavior and conduct of their guests and are directly liable for any violation of LPA rules by their guests, with the exception of traffic and parking violations. Those are assessed directly to the guest and follow the same LPA schedule of fines and appeals process that applies to an LPA member. LPA management is authorized to issue a "No Trespass Notice" to any non-member whose fine remains unpaid after 30 days. ■

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Third Row: Angel Martinez, Hali Klingenberg, Casey Young, Chase Slaybaugh, Weston Hambleton, Bryce Betts

Fourth Row: Ava Sneller, Lucy Knutter, Irelyn Wirt, Gracie Hodges, Caydence Boals, Camdyn Richter, Brexton Schneider, Carter Dinkla

Fifth Row: Laurin Davis, Nora Langgaard, Montana Douglas, Carter Railsback, Garrett Lemke, Colt Douglas, Ty Ganzer

Sixth Row: Lilly Rochholz, Piper Downing, Meranda Gruber, Rylee Robson, Lilah Heinz, Allison Drake, Calleigh Wolfe

Not Pictured: Presley Buttler, Nate Chance, Tyler Kintz, Tegan Slaybaugh, Ty Thomas, Cole Van Meter, Jack Sheeder, Collin Stringham, Carter Richter, Stella Largent



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Presenting the 2023 Grant Recipients from the

In 2023, the Guthrie County Community Foundation awarded over \$200,000 in funding to organizations and groups who serve Guthrie County residents.



Adair Fire Department
New SCBA
Filling Station



Bayard Church of Christ
Feeding children in
areas of high poverty in
Guthrie County



Adair Boys & Girls Club
Activities for Adair youth



Coon Rapids Fire Department
Outdated airpicks
replaced



City of Panora Police
Technology upgrades



Guthrie County Conservation
Lenon Mill Park Tree
Replacement



Guthrie County Historical Village
Renovations to the 1900
Youtz Carriage House



Guthrie County Hospital Foundation
New Hospital EKG machines



Guthrie County Public Health
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IA College Access Network
Promoting opportunities
to high school students



Little Charger Early Learning Center
New building for early
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Little Panther Daycare
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or contact a board member.

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Guthrie County Community Foundation



Mary J. Barnett Memorial Library
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Panora Fire Department
New rescue equipment



Panora Booster Club
New wrestling mat



Stuart Fire Department
Upgrading radio communications



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Yale Community Club
Repairs to Yale Community Building



Yale Fire Department
Upgrades to its fire-fighting equipment



Casey Library
Building repairs & updates



Menlo Public Library
Resources for youth reading program



Menlo Fire & Rescue
Firehouse updates

City of Coon Rapids
Little League equipment

Coon Rapids-Bayard Education Foundation
Teacher Grant Program

Guthrie County Fair Foundation
Fair bathhouse renovation

Now's the time to submit grant applications for 2024 funds. Funding is available to 501(c)3 non-profit organizations and government entities that reside in Guthrie County or serve Guthrie County residents.

Applications and more information about eligibility are available at
GuthrieCountyCommunityFoundation.org

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BY CHERYL TEMPLE | *Lake Panorama Times*

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and Jonah Geh-
rke, grand dog of
Galen Redshaw

Myko is ram-
bunctious and
thoroughly en-
joys running
and playing at
the lake year-
round. He espe-
cially loves the
snow. When the
Redshaws made
an ice rink on
the lake, Myko
couldn't help but
run around the
rink with them. ■

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Meet Our New Community Relations Coordinator

Sheri joins the Lakeside Village team with over 25 years of experience in customer service roles, continuing her longtime passion for making genuine connections and serving others. In her personal life, she enjoys traveling, exploring smalltown shops, spending time with friends and family, walking, biking, and swimming. Her favorite hobby is decorating and her long term goal is to start her own boutique one day. Sheri and her husband Duane, an electrician who also farms, have been married for 29 years. They have three children: Andrew (27) works on the family farm, Karli (24) is in nursing school, and Mitchell (22) has his own agricultural drone business.

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BY CHERYL TEMPLE | Lake Panorama Times

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SCHREIBER CHIROPRACTIC'S GOAL IS TO MAKE YOU FEEL BETTER

Doctors Brandon and Bailey Schreiber take pride in working with patients of all ages.

BY RICH WICKS
Lake Panorama Times

Schreiber Family Chiropractic is approaching its 10-year anniversary, having opened in March 2014. Over those years, not a lot has changed, which is just the way Doctors Brandon and Bailey Schreiber like it. The pair recently took time to tell their story and the story of their business.

"I've always just wanted to help people, and I'm kind of fearful of blood and needles, so this is a very fulfilling avenue to be able to help people," Dr. Bailey Schreiber said. "And I job-shadowed a lot to watch people come in, in pain, and come out feeling better, just by using your hands. I thought that was really cool."

"I went to Grand View University and then to Northwestern Health and Human Sciences, up in Bloomington, and that's where I met Bailey," said Dr. Brandon Schreiber. "I grew up in Wisconsin. I went to UW-La Crosse for pre-med, and then ended up getting into chiropractic at Bloomington. We got married right before we graduated, and then we came down to live in Guthrie County."

Brandon said he got into chiropractic due to a firsthand experience utilizing chiropractic care himself.

"I actually broke my neck playing high school football," he said. "I had planned on going into more of the medical field, but once that happened, I had a chiro that really helped me and opened my eyes to what we could do



Drs. Brandon and Bailey Schreiber and Jade Irlmeier, along with the Schreiber family dog and clinic mascot, Busch



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with our hands without going the traditional medical route.”

Bailey and Brandon have two children, Merrick, 8, and Ainsley, 6. They also have a pet dog, Busch, who has become an integral part of the daily routine at their workplace at 603 ½ E. Main St. in Panama.

“Busch has become an office staple,” Bailey said. “People are upset when he’s not here.”

Brandon agreed and noted that Busch seems to have a calming effect on many of the younger clients at the clinic.

The Schreibers’ business originally was next door to their current location.

“Shortly after we had been here, we were approached by a doctor up the street, Doctor Pearson,” said Brandon. “He had practiced for almost 20 years, and he was looking to get out, so we ended up taking over his practice, and that’s what really got the ball rolling. And then Doctor Snyder ended up moving to Florida, so we took over her clientele as well.”

Brandon said their business specializes in patients of all ages, from zero to 100.

“It’s different being in a small town rather than Des Moines,” he said. “In Des Moines, a lot of them treat more of a niche. And we love that. We’re both small town people, so that really pushed us into wanting to practice in a smaller community.”

The Schreibers are glad to be in Guthrie County because, although it is a rural and

smalltown area, they feel the community offers everything they need on a daily basis.

“We’re extremely fortunate to have a lot of things covered in a small town, and we’re also small enough that all of us can work together,” Brandon said.

Bailey shared one of her favorite success stories.

“One of my friends brought her baby in; she was trying to learn to crawl,” she said. “But her mom noticed that one leg was just not doing anything. She was just scooting across the floor without using that one leg. I did an adjustment on her lower back and pelvis, and there was a very loud noise, and she picked herself up and crawled. That was one of the coolest things. It was so instant.”

Bailey said she enjoys the partnering she and Brandon can do, as they bring each other in when needed since they each may have a different approach or skill set. Bailey recalled a funny moment of collaboration.

“We had one patient for whom it didn’t work well for Brandon, so I came in and did the adjustment,” she said. “And he said, ‘See, even the body knows not to argue with a woman.’”

Brandon told of the rewards in providing care.

“I would say the most rewarding thing for me is, we’re kind of a first line of defense for musculoskeletal pain,” he said. “A lot of times, people will come to us first with



The Schreiber Family Chiropractic office located at 603 1/2 E. Main St. in Panama.

a health issue, and they don’t necessarily know what to do.”

Although chiropractic care is not the solution to every situation, Brandon says patients are often surprised at how well it can help with a variety of issues. He also says he and Bailey are quick to refer their patients to other levels of care when needed.

“We’ve had numerous situations when we’ve caught a pending heart attack or maybe a stroke,” Brandon said. “And they’ve gotten medical intervention quicker than they may have gotten otherwise.”

Besides themselves, the Schreiber Family

Chiropractic staff also includes Jade Irlmeier, a licensed massage therapist.

Regarding Irlmeier, Bailey said, “She’s wonderful, amazing. The hardest working employee ever. She takes a lot of pride in her work.”

Acknowledging that there are unique challenges and benefits to working together, the Schreibers noted that they have usually taken shorter vacations (often just “a long weekend”) rather than extended time off, because they are aware that most of their patients would be unserved while they are away. Bailey said they also occasionally

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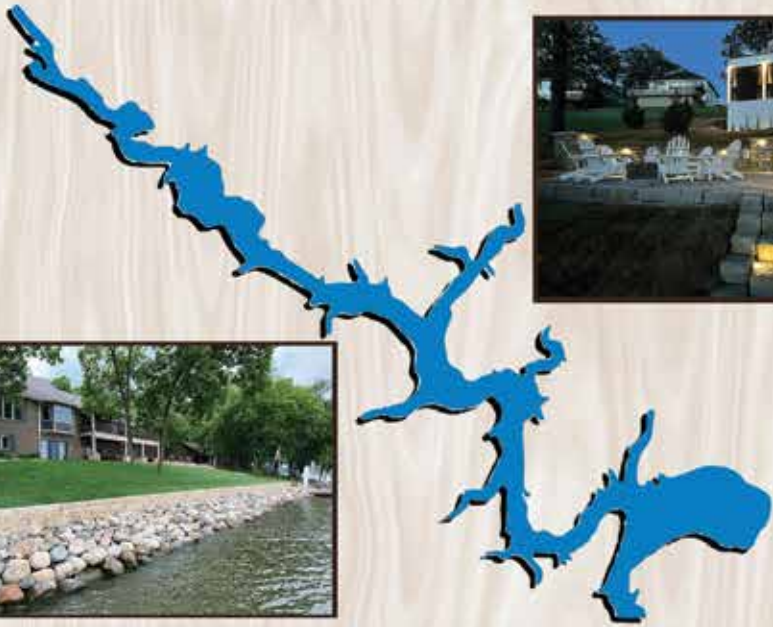


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take time off individually, such as Brandon's hunting trips or Bailey going horseback riding with her family.

The Schreibers also noted that, while working, they each have their own examination room and list of patients, so they mostly work separately, except when collaborating on a particular patient. Also, they have agreed to leave work at work so they can fully devote themselves to family time when home.

Regarding the philosophy of their practice, Bailey said it is recognizing that everybody is not the same.

"We learned right away that we wanted to have a wide variety toolbelt kind of thing," she said.

"We use a variety of techniques here," Brandon said. "There's tool-based adjusting, and there's manual adjusting, soft tissue release, and then we use the massage therapy. That sets us apart from some chiropractic clinics because a lot of them are based on certain adjusting techniques."

The Schreibers recognize that chiropractic care is still a relatively new discipline,

having begun only a century ago. Brandon pointed out that, as more long-term data is available, chiropractic care is being seen as an effective treatment for more and more issues.

Brandon said if anyone wonders whether chiropractic can help with a particular issue, they encourage that person to call and discuss it with them.

"We try to start as non-invasive as possible and work our way up from there," he said.

Bailey said she hopes to educate younger people about the many conditions and issues that can be improved through chiropractic care.

"Why not give it a try? We're not going to keep you here if it's not working," she said.

Looking ahead, the Schreibers do not have major changes planned for their clinic or their practice. They simply aim to provide quality care in the local community.

"We never really dreamed of having a massive practice," she said. "We like that our patients feel comfortable. They come in, and we get to know them." ■

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WHERE IS IT?



LAST MONTH'S PHOTO



The person in the photo from last month's "Who Is It?" driving the pontoon on Dec. 31 is Randy Walz. The first person with the correct answer was June Anderson. Have a guess on the location of this month's photo? Have a photo to submit for future issues? Send to shane@dmcityview.com. ■

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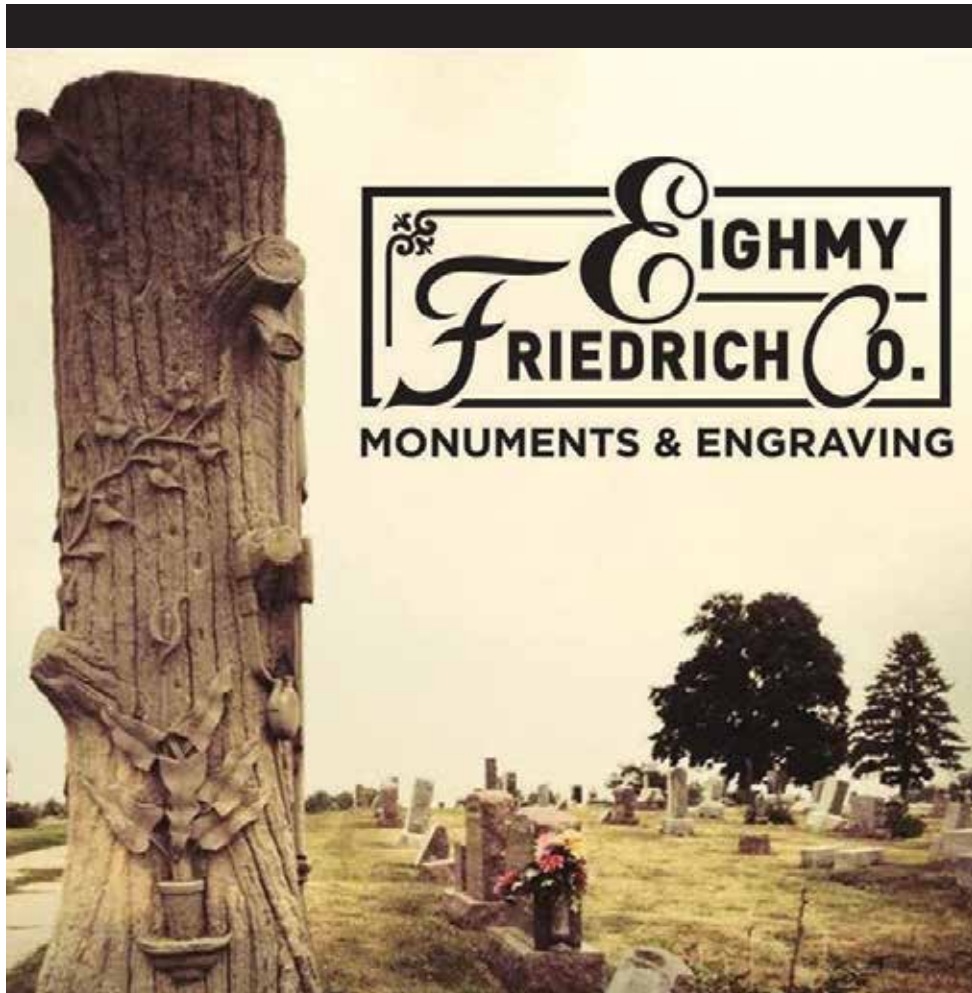
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BUSINESS NEWS

MATTHIES TO BEGIN AS PANORA CHAMBER COORDINATOR FEB. 1

Special to Lake Panorama Times

The Panora Chamber of Commerce has announced the hiring of Erica Matthies to fill the role of Chamer Coordinator, effective Feb. 1.

"I run Lakeside Massage and Bodyworks, and Restore Wellness Studio, on the east end of town," Matthies said. "I had taken some business administration classes prior to going to massage school. Then I had recently had to take some time off from my full-time massaging due to a work-out injury. I had already been taking classes in the last three years regarding marketing and design. So, when I was forced to doing less hands-on work, I transitioned over to doing more marketing work."

Matthies has prior experience in events and promotion.

"I also worked for a small private school in Des Moines, in their business office, and worked a lot of event coordination there," she said. "I'm excited to use those skills and put them to the test here in Panora."



Erica Matthies

The Matthies family moved to Panora nearly four years ago, and she's eager to take on the new role with the chamber.

"My husband, John, works for SiteOne Landscape Supply out of Des Moines, and I have two twin daughters, Knox and Lenox, and they go to preschool here in Panora," she said. ■

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Panora Times is a monthly lifestyle publication with 100% of its content focusing on local people, places and events of Panora, Linden, Yale, Jamaica and Bagley. It is mailed for **free** to every residential and business address in those communities each month. View online and/or sign up for a free sneak preview email at www.panoratimes.com.



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TRISH HART'S NATURE PHOTO

FOX SQUIRRELS AND BIRDFEEDERS



BY SUSAN THOMPSON

Lake Panorama Times

There are 280 different species of squirrels in the world, 40 of which are tree squirrels. Most common in the Lake Panorama community are fox squirrels, named because of their coloration similar to red foxes that also inhabit the area.

According to the Iowa DNR, squirrel paws are hand-like, with little primitive thumbs and strong claws for grasping at tree bark. These features, combined with a squirrel's ability to rotate its hind feet 180 degrees, allow the animal to descend head-first from a tree. These same paws also make it easy for squirrels to steal from

birdfeeders.

Photographer Trish Hart snapped this photo of a fox squirrel with a front paw on the metal hanger for one of several birdfeeders at the home she and her husband own in Andrew's Cove.

"This furry guy was pretty entertaining to watch trying to acrobat his way, upside down, to the feeder," Hart says. "When he leaned over and spotted me at our kitchen window, his expression read, 'Excuse me, ma'am, did you know your feeder is empty?'"

Hart offers custom prints of her photos on canvas, paper, metal and glass. Learn more by visiting Nature's Canvas Photography on Facebook. ■



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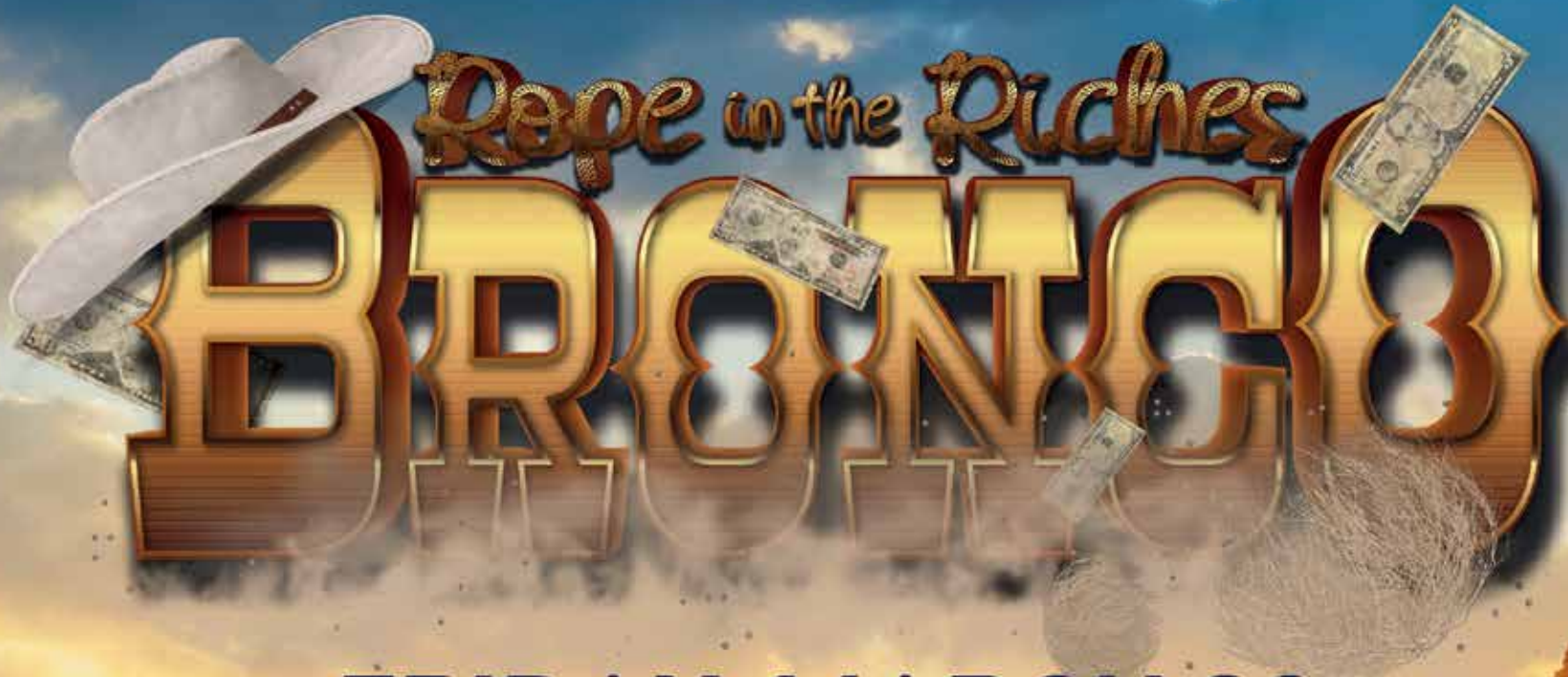
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