

MARCH 2018 | VOLUME 50 | NUMBER 3

FEATURE **FOOD INSECURITY PREVALENT IN IOWA**

By SUSAN THOMPSON Lake Times staff

All across Iowa, farmers grow crops and animals that end up as food consumed by humans. Our state has often been described as "the land of plenty" for this very reason. And yet one in eight Iowans and one in five Iowa children are impacted by food insecurity.

Food insecurity means a lack of access to enough food to lead a healthy, active life. There are more than 42 million people in the United States who struggle with hunger, including nearly 385,000





he Lake Panorama National's annual Easter Brunch will be Sunday, April 1, with reservations available every half hour from 10:30 a.m. until 1 p.m. Chef Drew Labath will prepare a wide variety of breakfast, lunch and dinner entrees, plus plenty of sweet desserts.

The cost is \$19.95 for adults, \$9.95 for children 5-12, and free for children ages 4 and under. Because of the brunch, The Links regular breakfast menu will not be available that day. Reservations are strongly recommended. Call the LPN front

Iowans.

For the past two years, a native of Greene County has been working to reduce those numbers. Michelle Book is the president and CEO of the Food Bank of Iowa.

Book started her life on a farm near Dana in Greene

beord Volunteers from Brown Winick law firm volunteer at Tracy Blackmer's Iowa Gardening for Good project near Madrid.

FOOD, PAGE 4

ENTERTAINMENT PANO

By ASHLEY SCHABLE

Lake Times staff

PJ Gartrell and Libby Herrmann entertained a large crowd at Lake Panorama National Resort on Saturday night in a hilarious and wildly entertaining dueling pianos musical event.

The two talented singing piano players for Epic Entertainment Event worked off each other while combining their own unique personality into one electrifying show. As guests placed their requests on top of each of their pianos, they performed nearly 50 popular hit songs from pop-rock, country music, American classics, dance music, show tunes and one hit wonders.

In an interactive and engaging show, guests were encouraged to make requests, sing-along and be part of the fun.

From Bon Jovi to Billy Joel, it was non-stop music during the two-hour show.

"You pick every song we play," Gartrell said as he welcomed guests, who pulled up chairs after enjoying a dinner buffet of stuff

PIANO, PAGE 6



Libby Herrmann and PJ Gartrell perform Dueling Pianos for Epic Event Entertainment at the Lake Panorama National Conference Center in Panora on Saturday, March 10. The musical pair performed 47 different songs in a two-hour show that included pop, jazz, country and a little rap.

BRUNCH, PAGE 6

LPA **Membership** Survey Results

By SUSAN THOMPSON Lake Times staff

A total of 503 Lake Panorama Association members responded to an online survey last November and December. In all, 92 percent of respondents finished all questions of the survey. The average time spent on the survey was 7 minutes, 44 seconds.

Ninety percent of respondents said they own a home at Lake Panorama, with the other 10 percent owning just a lot. Of those who own a home, 52 percent said they are full-time residents, with 27 saying they are seasonal residents, 13 percent saying occasional resident and eight percent are non-resident.

SURVEY, PAGE 4

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pplications for the **Guthrie County** Veterans Memorial Wall are now available in businesses around the county. The deadline for submitting names is August 1.

Members of the Guthrie County Veterans Memorial plan to erect a new Veterans Memorial Wall to be placed on the Courthouse lawn in Guthrie Center to honor area veterans of all ages and branches of service. The wall will be placed next to the recently installed veterans memorial. Plans are to erect eight black granite walls which will contain the names of veterans who served the country during peace time or at times of wars or conflicts. Members of the National Guard and Reserves will also be listed.

Those eligible to be placed on the Memorial Wall are current or past residents or those who have any affiliation of Guthrie County. Friends or family members may request the veterans names be placed on the wall.

If the veteran is missing in action or killed in action, that will be noted. Otherwise, the wall will contain names only.

Applications are available at: Bayard, Iowa Savings Bank; Casey, Rolling Hills Bank; Jamaica, ToJo's Bar and Grill; Guthrie Center, Guthrie County State Bank, Guthrie County Courthouse and Peoples Trust and Savings Bank; Menlo, Menlo Café; Panora, Ben's Five and Dime, Guthrie County State Bank and Panora State Bank; Stuart, First State Bank and Rolling Hills Bank, and Yale, Farmers State Bank.

Johnson Family Funeral Home is assisting with this project. Applications are available on the



The application must be filled out and submitted along with a copy of the veterans DD214. County recorders have copies of this form. The only required information off that form is: name, years of service and honorable discharge. All other information including social security and service numbers or other information may be deleted.

Please indicate if you want the full name or just the middle initial. Send the information to: 2692 Wagon Road, Stuart, IA 50250.

Applications will be taken through August 1. There is a \$30 charge per name. After that date, the price increases to \$60.

Some older veteran families may need to contact the NARA website: www.archives.gov/ veterans/military-service-rec ords/ standard-form-180.html. Libraries may provide additional help as needed.

Service completed before WWI, National Archives Trust Fund (NATF) forms must be used to request the records. Obtain the forms by email at inquire@nara.gov.

For more information, please contact one of the committee members: Trudi Tam 641-757-0709, Mike Johnson 515-523-1200, or Ila Buker 641-755-2632.



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Mike Monthei, LPA Operations Supervisor

VERY DAY IS DIFFERENT FOR LPA OPERATIONS SUPERVISOR

By SUSAN THOMPSON Lake Times staff

Mike Monthei has been on the Lake Panorama Association staff since 1999. In his first years with the LPA, he was erosion control supervisor and the back-up dam operator. Monthei was promoted to LPA operations supervisor seven years ago. In this month's Q&A, he answers questions about LPA operations.

Q. First, give us an overview of the types of things you and your staff are responsible for throughout the year.

A. You name it, we do it. We handle the road system, including snow plowing in the winter and applying a sand and salt mix as needed. We do repairs to the roads and shoulders, and prep the roads each summer for seal coating. We also handle mowing at the beaches, common areas, roadsides and sediment basins.

On the lake, I oversee the dredging operation, work on drainage and erosion issues, and debris cleanup. This includes clearing debris from the trap at the mouth of the lake after a heavy rain, and chasing down debris that gets beyond the trap. We also put all the docks at the three beaches in each spring and remove each fall, and switch out the buoys on the lake in spring and fall.

Something relatively new added to our list of responsibilities is maintenance related to the new wetlands built to protect the lake from runoff water. There is mowing and spraying to be done, and sediment forebays to be cleaned. We also handle maintenance on all the sediment basins located around the lake, which hold dredged material from the lake.

Equipment and building maintenance is a big job for us.

office, the water plant, boat storage buildings and the marina.

We help the LPA water department with water leaks and digs. And if LPA security gets a call about a dead deer in someone's yard, we're the ones to pull it out. We have five full-time employees who work year-round. In the spring, two people who run the dredge and one person to mow are added, and work full-time for nine months.

Q. How has the 2017-2018 winter been in terms of keeping the LPA roads clear?

A. We haven't had a lot of big snowstorms to deal with, but we've had lots of one-inch accumulations that can cause slick conditions. We mix sand and salt to spread on the roads, and we used about 500 ton this winter, which is pretty close to normal.

Our policy is to get the roads cleared first thing in the morning, and then hit them again late afternoon, so people can get to and from work, and kids can get to and from school. We clear parking lots once we're done with the roads. Depending on the conditions, we'll get started sometime between 4:30 a.m. and 6 a.m. If we just need to get some sand and salt down at stop signs, we'll start around 6 a.m. If we have a lot of snow to plow, we start earlier. In the late afternoons, we might work until 7 p.m. We don't run trucks on the road later in the evening and overnight.

We have five trucks with blades we can use, all with sanders on the back. If the snow is fairly light, we use pickup trucks, because we found the larger dump trucks were damaging

inch snow, we have to use the up the belt where they drop into big trucks and blades.

Q. Tell us about roadside maintenance.

A. This is typically something we do during the "off" season. We didn't get quite as much of this work done this winter as some years. To be safe, we don't run chainsaws or the chipper when there is snow or ice underfoot. Now that the embargo is on, we can't run the trucks we need for this work. We obey the embargo, just like everyone else, unless there is an emergency.

The idea is to cut down trees or remove overhanging branches that reduce visibility. In some ditches we're more aggressive, because we need to eliminate some of the cover that allows deer to come up out a ditch quickly without being seen. Sometimes we also will take out vegetation so the road can get more sunlight, which helps these areas dry out more quickly.

Q.A new beach groomer was added to your maintenance arsenal in 2016. How has that made your job easier?

A. It's a great improvement and I appreciate the LPA board giving us the right equipment to do our job. The groomer picks up rocks, sticks, goose manure, cigarette butts and other garbage. In the past we pulled a harrow around on the beaches, and while that smoothed out the sand, all that stuff was still there. Now we're actually picking it up.

The groomer is pulled behind a Kubota tractor we already owned. Tines attached to a moving belt dig four-inches the roads. But if we have a 12- deep into the sand and pull items a hopper, with any sand dropping back to the ground. The process cleans, aerates, rakes and levels the sand. Once the hopper is filled, it can be lifted hydraulically and emptied at one of the yard waste locations or into a dump truck.

It takes us about three hours to do all three beaches, with a lot of that time spent pulling the groomer behind the tractor to the beaches. We'll start using the rake this spring soon after the docks are back in the water. The beaches are cleaned weekly, generally on Fridays so they are in good shape for the weekend. When the goose population increases, some weeks we will hit the beaches a second time.

Q. The idea of constructing a new maintenance building is being discussed by the LPA board. What are the shortcomings of the current building?

A. We've simply outgrown the current maintenance building. If there is snow in the forecast, we need to have all our trucks inside so they are warm and will operate properly. But that fills the space, so we can't do our usual winter work of repairing and doing preventative maintenance on other vehicles and pieces of equipment.

The roof leaks. It's been repaired once, but is leaking again. Now the engineers tell us it's not safe for someone to go up on the roof to attempt any additional repairs.

The current building has

served its purpose. It was built in 1973, when the LPA didn't have nearly as much equipment or employees. Now we have multiple mowers, trucks, trailers and boats that we need to work on in a heated shop in the winter. I'd love to be able to bring the utility barge into the shop for repair and maintenance, but it doesn't fit, so any work on the utility barge has to be done outside.

With a new maintenance shop, we would still need our current cold storage building, three hoop buildings and an area at the water plant to store equipment and supplies. Depending on the location of a new shop, we might need to construct a new cold storage building, then the current one could be turned into a boat storage building.

Q. What do you like about your job with the LPA?



A. I like the variety. It's always something different, something new. No day is ever the same. I also like the challenge. Sometimes I stare at a place that has washed out around the lake or a roadside ditch, and need to figure out the best way to fix it. That can be a challenge, but at the end of the day, it adds to the satisfaction.

I also have a lot of respect for my maintenance and erosion control team. My crew has a great deal of knowledge about LPA's infrastructure and the unique projects we encounter in our day-to-day work. Their talent and experience is very valuable. I appreciate the fact they take pride in their work, and I can count on them to do a good job.



We handle maintenance on all the equipment owned by the LPA, including mowers, security trucks, the dredge, dump trucks, snowplows and more. We also handle maintenance and repairs on all LPA buildings and facilities. This includes the Lake Panorama National conference center and Panorama West community building, the LPA





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SURVEY FROM PAGE 1

Twenty percent of those responding to the survey were under 50 years of age, with 27 percent in the 50-60 age range, and 53 percent over 60 years old.

Sixty-eight percent of respondents own waterfront property at Lake Panorama, with the remaining 32 percent owning offshore property.

Considering the cost of living at Lake Panorama, 69 percent rated it good or excellent. Another 25 percent said it is fair, and two percent said the Lake Panorama cost of living is poor. Four percent said they don't know.

When looking at the quality of LPA-owned facilities, 89 percent rated these as either good or excellent. Another nine percent rated LPA facilities fair, with just one percent each in the "poor" or "don't know" categories.

Considering the leadership of both LPA staff and board of directors, 84 percent said they believe it is either good or excellent. Another nine percent rated the leadership as fair, with one percent ranking leadership as poor. Another six percent said they don't know.

Ninety-eight percent said they are somewhat or very likely to recommend Lake Panorama to a friend or family member. Just two percent of respondents said they are not likely to do so.

Turning to the use of Lake Panorama amenities, 83 percent said they participate in pleasure boating (slow cruises); 67 percent participate in tubing; 53 percent use Coulter Marine for service or storage; 53 percent use at least one of the three LPA beaches; 50 percent water ski; 31 percent use personal water crafts such as

jet skis; 17 percent wake surf; and seven percent rent a slip or jetty space at the marina.

Twenty-three percent of respondents said they use the swimming pool at Lake Panorama National, and five percent use one of the two LPA campgrounds.

The survey uncovered some interesting golf-related statistics. Seventy-two of respondents said they eat at the Lake Panorama National conference center. Forty-four percent of respondents play golf at Panorama West, which represents a total of 215 survey respondents. There were 209 respondents -43 percent — who said they play golf at Lake Panorama National.

A total of 115 people said they play golf at both the 9-hole Panorama West course and the 18hole LPN course. Drilling a little deeper, the survey showed 52 percent of Panorama West players are under 60 years of age, with 48 percent over 60 years old. About 44 percent of players come from the east side of Lake Panorama, with 56 percent from the west side. These statistics show Panorama West isn't just for older players, nor

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fied; 27 percent are dissatisfied; people who live on the west side. In addition, 81 percent 9.5 percent are very dissatisof Panorama West golfers said fied; and 8 percent didn't have an opinion. they come to Lake Panorama National to eat.

Information about the pro-

posed water infrastructure proj-

ect was included in the survey,

then members were asked to

rate their understanding of this

potential project. Fifty-seven

percent said their understand-

ing was good or excellent, with

36 percent saying their under-

standing was fair or poor, and

When asked about their lev-

el of support for the proposed

water infrastructure project, 68

percent said they are supportive,

19 percent are not supportive,

The water infrastructure proj-

ect will require some increase

in rates to water customers. The

survey asked respondents to

gauge their level of support for

a \$75 to \$90 increase in water

rates. The survey results showed

52 percent were supportive, 28

percent were not supportive,

and 10 percent didn't know.

Next, the survey asked about

support for a flat assessment

against all memberships, includ-

ing undeveloped lots, to fund

a portion of the project. Sixty-

one percent were supportive,

with 31 percent not supporting

this concept, and 8 percent not

Of note is that the 52 percent

who support an increase in rates

represents 246 respondents. Of

those 246 respondents, 200 also

support a flat assessment. In

other words, more than 80 per-

cent of those who support in-

creased rates also support a flat

The survey also asked for

opinions on boat length, mo-

tor size and water safety. More

details on that portion of the

survey will be shared in the April

Lake Panorama Times.

assessment.

expressing an opinion.

seven didn't know.

and 14 didn't know.

At Lake Panorama National, 52 percent of golfers are under 60 years of age, with 48 percent over 60. This is the same demographic breakdown as Panorama West, which shows neither is the "old golfers' course" nor the "young golfers' course." LPN does draw most of its players from the east side of Lake Panorama, with 72 percent coming from the east side and 28 percent from the west side. In addition, 88 percent of LPN golfers reported also eating at the LPN.

The LPA board of directors is considering a plan to upgrade the LPA water plant to ensure an adequate supply of high quality drinking water for customers well into the future. A series of questions was included in the survey to help determine what members already know about this project, plus gather their input.

The survey asked members to check all items that applied to their experience with LPA drinking water, not including times when LPA staff was flushing water hydrants. Negative observations about LPA drinking water included 55 percent experienced calcium buildup on fixtures; 38 percent experienced undesirable taste in their water; 32 percent experienced premature replacement of water heater or other fixtures due to hardness; 28 percent experienced brown or black discoloration in water; and 27 percent experienced undesirable odor/ smell in their water.

When asked about overall satisfaction with LPA drinking water, only 5.5 percent of respondents said they are very satisfied; 50 percent are satis-

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EntreBASH: March 27th

Call for Business Resources

Midwest Partnership will host EntreBASH on Tuesday, March 27th, 5:30 - 8:00 pm at the Audubon County Fair Grounds AgriHall in Audubon. As a part of Midwest Partnership's five-year Regional Entrepreneurship Project, the event is sponsored by UNI's **Business & Community Ser**vices and the U.S. Economic Development Administration.

Area entrepreneurs and small business owners are invited to attend this casual event geared toward networking, learning, and community engagement to celebrate the entrepreneurial spirit in the Midwest Partnership EDC region of Adair, Audubon, Greene, and Guthrie Counties.

In addition to the same quality event offerings as in years past - Learning Lab round table discussions, keynote speakers, and one-on-one business consulting - this year's event will expand its resource fair atmosphere by including an invitation to local businesses that provide services that entrepreneurs and small business owners need to start or expand their business.

Audubon business co-owner Chad Gleason was featured at the EntreBASH event in Guthrie Center in 2017. He expressed to those attending that a lesson he's learned over the years is that it's well worth it to hire someone that is specialized instead of wasting your own valuable time and energy stumbling through something an expert could handle in half the time and with far better quality!

Regional resources such as the Small Business Development Center (SBDC), SCORE Mentors, Region XII COG, and more will also be in attendance, just as they have in the past, to provide information on the various programs they offer small business owners

Midwest Partnership invites area businesses and service providers - graphic designers, bookkeepers, financial/ legal/insurance service providers, real estate agents, etc. - to attend this year's EntreBASH event to network with attendees seeking such services. Those interested should contact Stacie Euken at (515)523-1262 or Seuken@ midwestpartnership.com for complete details. Registration for the free March 27, EntreBASH event is now open for regular attendees via http://www.midwestpartnership.com/entrebash.cfm.





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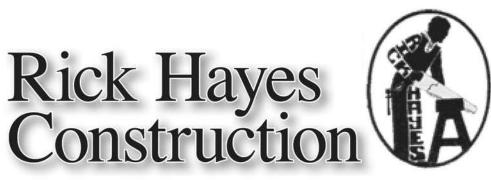
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FOOD FROM PAGE 1

County, and graduated from Jefferson High School. Her father, Marvin Book, still lives in Jefferson. "I am a farmer at heart," she says. "I walked beans for a local farmer from age 11 to the time I was 21. I spent my young adult years as a hog farmer in southwest Iowa, and nearly every job I've had has been closely tied to Iowa agriculture."

Book earned a degree in business administration from Iowa State University, and went on to earn certified public accountant and certified internal auditor credentials. She worked as a CPA and controller, then jobs at MidAmerican Energy, John Deere Financial, and Pioneer Hi-Bred before joining the Food Bank of Iowa.

What drew her to this position? "I spent 30 years working in corporate America, accountable to shareholders whom I had never met and would never meet," Book says. "I wanted to do something for real people. At Pioneer Hi-Bred, my awareness of domestic and international food insecurity grew. When these two things came together, I realized that I could – and should – help address the problem here, in my own backyard."

When she took the Food Bank position, she was surprised by food insecurity statistics.

"What surprised me is the same thing that surprises many others...people who are food insecure are hard-working Iowans," Book says. "The myth persists that people struggling with food insecurity are lazy and abuse the system. That's not the reality. Most of the people we serve are employed, if they aren't elderly, disabled, or children. Many are working two or more minimum wage jobs, are working more than 40 hours a week, and yet they are struggling.'

Book says another eye-opener was how closely tied poverty and food insecurity are with our country's obesity epidemic. "The least expensive foods often are the least nutritious, and families who are struggling to stretch a dollar are more likely to purchase those foods than expensive fresh produce or lean meat," she says. "This is one of the main reasons the Food Bank of Iowa has made a strategic shift toward distributing as much fresh produce, lean meat, and other nutritious food as we can.' One million pounds of food move through the Food Bank of Iowa warehouse in Des Moines each month. It collects, purchases, quality checks, stores, and redistributes food to those in need directly or through smaller frontline agencies and partners. Its service area covers 55 counties, and involves a network of more than 500 food distributors across 30,000 square miles.

In Guthrie County, there are nine Food Bank of Iowa partners. These include food pantries at New Opportunities in Guthrie Center, Panorama Community School, Stuart, Casey, and Bayard, plus a senior program in Stuart.

The Panorama School Food Pantry has been up and running for the past two years. Seven staff volunteers assist with operating the pantry with 15 Panther Pride Service kids also volunteering. The pantry is open on the second and fourth Tuesdays of the month from 4-6 p.m.

"We continue our partnership with the Food Bank of Iowa where we receive all of our nonperishable items and can order these monthly," said Angie Clouser, School Community Liasion, who assists with the pantry. "We also receive some frozen and refrigerated items for distribution."

It also includes elementary school BackPack programs at Panorama, Guthrie Center and Stuart, which provide backpacks filled with nutritious food for children to take home on weekends.

"We are so appreciative of what the Food Bank of Iowa does for our Guthrie Center families in need through the BackPack program," says Diane Flanery, Guthrie Center elementary principal. "The food sacks provide a good assortment of healthy supplementary food to help families get through the weekend."

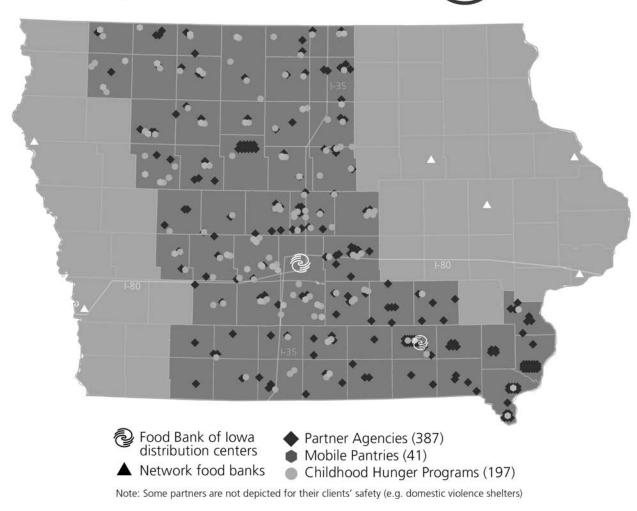
"The Food Bank of Iowa is wonderful to work with," added Flanery. "They are accessible to answer any questions I have, and they deliver the sacks right to our building, making it really easy to participate in the program."

Sarah Carstens helps with the BackPack program at Panorama. "The BackPack program allows our students to gain the proper nutrition they need to learn. It's a struggle sometimes for students to come back after a weekend and focus on learning when they are hungry. They often rely on the school meals that are provided during the week, so the back packs help get them through the weekend."

Carstens says the Food Bank of Iowa makes the program easy for the school to partner with. "We receive a direct delivery every month of boxes that are pre-assembled with sacks of food," Carstens says. "We just open the sacks to add fresh Service Area Food Assistance Partners

See reverse for Polk County





This map shows the counties covered by the Food Bank of Iowa, along with the locations of its partners within those counties.



nated funds.

Book says the Food Bank of Iowa is just like any wholesaler. "We look for food in large quantities, which is perfectly edible but not sellable for some reason. Every item is checked over, and then safely stored in Patrick Roeder, a volunteer from Nationwide Insurance, helps sort donated grocery items at the Food Bank of Iowa warehouse in Des Moines.



Serving Lake Panorama and surrounding area for over 30 years!

fruit and then deliver them to classrooms for students to take home on Friday."

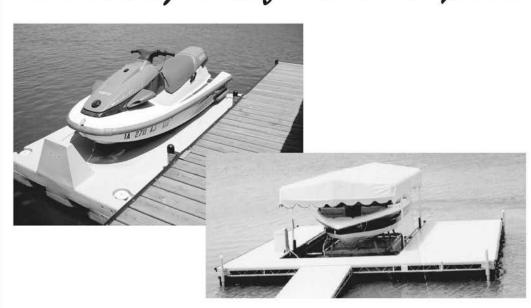
Partners in Greene County include a BackPack program, Genesis Development in Jefferson, and two food pantries in Jefferson — the Greene County Christian Action Resource Center and the Dwelling Place.

Half of the food distributed by the Food Bank of Iowa is donated by retailers and food processors. Another 30 percent comes from the USDA commodity food program, and 20 percent is purchased using doour warehouse," she says. "Our partners order from our online system. Our staff fills each order, preparing it for either pickup or delivery. The partner will receive their order, stock their shelves, and then distribute that food to people in need." By operating this way, Book

says the organization takes advantage of areas rich in food resources, like those near a major factory or with many retail

FOOD PAGE 14





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PIANOS FROM PAGE 1

"Your so vain," Herrmann began singing, as she keyed Carly Simon's hit on her piano. "You probably think this song is about you."

A guest placed a \$5 bill on Gartrell's keyboard.

"We have \$5 to play the Iowa Fight song," he said. "But we're going to let that go awhile, make a pile for the Iowa and the Iowa State Fight Songs and at the end of the night we'll play one."

He then encouraged guests to sing loud as he struck his piano for Bon Jovi's 'Livin' On A Prayer.'

"Woah, we're half way there, Woah, livin' on a prayer."

"There's one verse, come on, let me hear you," Gartrell said as guests joined him in belting, "Woah, livin' on a prayer."

Changing the tempo, Herrmann broke into Night Ranger's 'Sister Christian,' before sliding over to play the drums while Gartrell blasted his trumpet in Johnny Cash's 'Ring of Fire.'

"What's the one thing we hate as a child, but love as adults," Gartrell asked, taking a break to get a shot of alcohol from the bar. "Here's to naps and spankings."

The piano playing pair, who continued to play hits and crack jokes, joined in harmony during Jimmy Buffet's 'Cheeseburger in Paradise.' They upped the volume in Alabama's 'Dixieland Delight' and hit the right chords in the group's 'Mountain Music.' "What all do we have up here,"

Herrmann said as she pulled some requests from the top of her piano.

"Some more country, and some rap," she said, strumming right into Maren Morris' 'My Church'.

Tunes by legendary Buddy Holly and John Cougar Mellencamp were met with standing applause. TLC's 'Waterfalls' and Shaggy's 'Wasn't Me' brought several to their feet to dance along.

The 30th song of the night, 'I love Rock And Roll' by Joan Jett was followed by Garth Brook's 'Friends in Low Places.'

Guests clapped to the beat of 'Sweet Caroline' and stretched their vocals with 'Son of a Preacher Man'. They raised their glasses during Billy Joel's 'Piano Man'.

And to end the night, loyal Cyclone fans stood as the Iowa State University Fight Song won the rivalry, 'Yes, we will fight with might for Iowa State, With a will to do or die, Rah! Rah! Rah!'

But Hawkeye fans quickly gathered their money and it wasn't long until, 'Fight! Fight! Fight! for Iowa, let every loyal Iowan sing' echoed throughout the room.

It was a truly enjoyable experience for everyone in attendance. "It's pretty impressive to watch

them just wing it," an audience member said. "That was a whole lot of fun,"

added another.



ages guests to join him in singing Bon Jovi's "Living on a Prayer" during a dueling pianos event held at Lake Panorama National Conference Center in Panora on Saturday, March 10.



Libby Herrmann performs at Lake Panorama National during a Dueling Pianos Epic Entertainment event on Saturday, March 10 in

Panora. Herrmann performed Maren Morris', "My Church", TLC's "Waterfalls" and stretched her vocals in Shaggy's "It Wasn't Me."



Dueling Piano performers Libby Herrmann and PJ Gartrell perform "Cheeseburger in Paradise" as Jimmy Buffett fans sing along during a Dueling Pianos event at Lake Panorama National on Saturday, March 10. The Epic Event Entertainment pair performed requested music, as well as some of their favorites, during a two-hour show that showcased almost 50 songs.



PJ Gartrell blows on his trumpet during a rendition of Johnny Cash's "Ring of Fire" during a Dueling Pianos event at Lake Panorama National on Saturday, March 10.



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BRUNCH

FROM PAGE 1

desk at 641-755-2080 or 800-879-1917 to reserve a table.

The sixth annual LPN Easter egg hunt also will be held that day at 10 a.m., adjacent to the



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March 18-24

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by enrolling in a boater educa-

tion course before the kickoff to

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paign week March 18-24, these

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we know it and all of us could

benefit from a refresher course,"

said Susan Stocker, boating law administrator for the Iowa DNR.

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10 Squared Women of Guthrie County present check to Guthrie Activity Center



The 10 Squared Women of Guthrie County held their quarterly meeting at the Lake Panorama Conference Center in February and once all the checks had been collected from members and company matches, a lump sum of \$11,300 was presented to Guthrie Activity Center. A few last minute checks came in after the "big check" was presented, bringing the grand total to \$11,500.

The Guthrie Activity Center is a 501(c)(3) non-profit communitv center for Guthrie County. It is operated by a volunteer board of directors. The Center hosts a wide variety of gatherings, including reunions, benefit dinners, community events, and business meetings. The board has been active in fundraising to update the facility. The next project will be a new roof, new lights and ceiling fans. Additional updates to the inside of the building and the façade will be coming soon. To reserve the Center, call 641-332-2486. Additional information may be found on their Facebook page. (https://www.facebook.com/ guthrieactivitycenter/)

"Guthrie Activity Center would like to thank the 10 Squared Women of Guthrie County for their donation to our center," said board president Dennis Flanery. "Due to an unexpected roof repair, the existing lights had to be removed and could not be reused. This donation will allow us to replace temporary lights with new energy efficient LED lights. We are extremely grateful to the 10 Squared Women for their generous donation. These updates will have a lasting impact on the center and ensure it will meet the needs of our County for years to come."

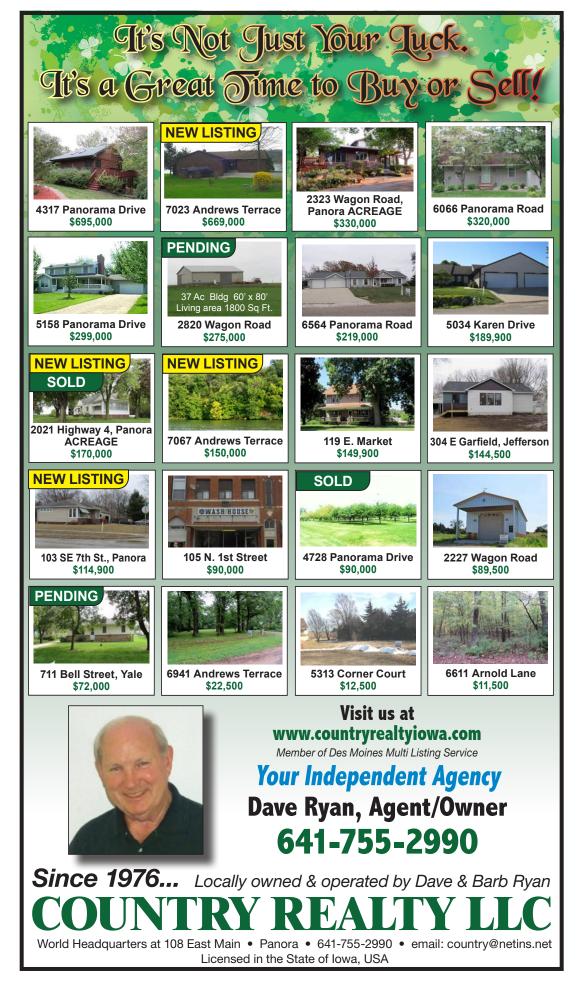
The 10 Squared Women group has vowed to only nominate and donate funds to local organizations and groups who also vow to keep those dollars working right in our back yards, for Guthrie County projects and residents.

"We want to reach all corners of Guthrie County, not just the communities along Highway 44," said Shannon-Neff Muell, co-organizer. "As with all of our meetings, the three organizations nominated this quarter -- Guthrie County Public Libraries, 3C's, and Guthrie Activity Center -- were very worthy causes and the votes came in just a few votes between the three organizations," said Kristen Crouthamel, also a co-organizer for 10 Squared Women.

All of the organizations the 10 Squared Women donated to in 2017 serve residents across the county in Adair, Stuart, Bagley, Bayard, Yale, Jamaica, Panora, Guthrie Center and others. The Guthrie Activity Center was nominated by member Diane Flanery, and each member can have one nomination "in the hat" at any one time.

Meetings are held the third Thursday in February, May, August and November. The next quarterly 10 Squared Women meeting will be Thursday, May 17, at the Lake Panorama National Conference Center at 6 p.m. with a light dinner served at 5:30. Members are encouraged to bring an interested friend or family member to the meetings and to share the group within their social circles. Members are not required to attend meetings, however, in order for their vote to count, must be in attendance at the meeting. All members are expected to write their donation checks whether they can attend the meeting and vote or not.

The group is still accepting new members and for more information, you can visit their Facebook page at https://www.facebook. com/10squaredwomengc, or email them at 10squaredgc@ gmail.com. Membership Forms and Frequently Asked Questions can be found on their Facebook page or by contacting them through Facebook or email.



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EDUCATION TS LEARN ABOUT LOCAI

By AMANDA GIRRES Lake Times staff

Summer vacation is only two months away. For students at Panorama High School, this means that it's time to start looking for a summer job.

On March 8, Midwest Partnership, Iowa Workforce Development and Panorama Community Schools sponsored a career fair in the Panorama High School gym. The fair gave both students and adults a chance to learn about job openings and opportunities that are currently available in Guthrie County.

"A lot of our businesses are looking for seasonal help," explained Midwest Partnership Executive Director Sarah Gomez. "We thought the students would be a great resource for that."

Approximately 20 businesses from all across the county were in attendance at the event, which was open to Panorama students in the afternoon and Guthrie County adults later that evening.

"If the students' parents can find jobs, then they'll live here and keep their kids in school here," said Gomez.

During the student portion of the career fair, students were given bingo cards with business characteristics listed on each space. The students were instructed to find employers that matched as many of the spaces as possible.

The event proved to be especially useful for juniors and seniors, who are in the process of exploring college and career options.

"I think it would be interesting to find something that I'm actually interested in that could help me in the future after college," said junior Kennedy Kuta, who wants to become a speech pathologist.

Senior Katy Bassett says she already has plans for summer work and college but still believes that career fairs are useful for students who aren't sure what their futures hold.

"I think for the senior class, it's a little bit helpful, but I think it's more helpful to the juniors and the sophomores who don't know what they want to do," said Bassett, who plans to attend the University of Northern Iowa in the fall.

Businesses also benefited from the event as they were able to speak with students and adults who are interested in filling open positions.

"I think this is a wonderful event," said Buena Vista University representative Kristin Jackson. "For your high school students who are undecided, they don't know about positions until they know about positions."

Jackson believes it's good for students to see that there are jobs available in their hometown.

Gomez agrees, noting that it's important to keep young people living and working in Guthrie County.

'These companies are very willing to work with the students," said Gomez. "We hope that they can find some roots here."



Students visit with employees of POET, an ethanol producer with a location in Coon Rapids.



Kristin Jackson (right) tells students about higher education and career opportunities at Buena Vista University.



AMANDA GIRRES | GUTHRIE COUNTY VEDETTE

Juniors and seniors at Panorama High School learn about opportunities with approximately 20 local businesses during the career fair on March 8. Students participated in the afternoon while adults were able to learn about local job opportunities that evening.

Thinking about listing your





Carol Jensen tells Panorama students about opportunities available with Iowa Child Care Resource & Referral at the career fair on March 8.



Panorama High School students visit with local employers at a career fair on March 8. The event held at Panorama high school was sponsored by Iowa Works of Carroll, Midwest Partnership and Panorama Community Schools.



LP GENERAL MANAGER PROVIDES UPDATES, ANSWERS QUESTIONS

By SUSAN THOMPSON Lake Times staff

Two topics drew the most attention at a "Coffee with the GM" session March 9 — 2018 property assessment notices from the Guthrie County Assessor, and upgrades needed at the LPA water plant.

About 45 people attended the meeting at the Lake Panorama National conference center, where John Rutledge, LPA general manager, provided updates and responded to audience questions.

In March 2014, Vanguard Appraisals, Inc. of Cedar Rapids was awarded the contract to reappraise all Lake Panorama residential property in Guthrie County. Over the last year, company representatives measured and attempted to inspect all residential property at the lake. A sales analysis and a review of the information collected were reviewed and property values finalized.

Notices of these new values were mailed to Lake Panorama property owners in mid-February. Several members attending the GM coffee talked about the sharp increases in their assessments.

Rutledge reported he had a meeting with the county assessor, first to review the assessments on 250 parcels of land owned by the LPA. Next, he said he wanted to make sure Lake Panorama hadn't been "singled out" by having reappraisals ordered when the same hasn't been done in the remainder of Guthrie County.

Nikki Carrick, Guthrie County Assessor, told Rutledge all residential properties in Guthrie County will be revalued for either the 2018 or 2019 year. All rural residential property, including Lake Panorama, was completed for 2018, with all residential properties within city limits being completed for 2019.

Some of this work has been done in-house by assessor's staff, however, Carrick assured Rutledge the Guthrie County Board of Review is considering hiring Vanguard to do reappraisal of the in-house work in a few years.

"The other thing I asked is how Vanguard is paid, as there has been some talk of them getting paid a higher rate for properties will do their best to explain the process and advise you of your options. If you have concerns, you should plan on giving them a call April 2 to determine the status of your valuation and your options for protest," he said.

Rutledge advised those who plan to protest, either informally or formally, to be ready to provide fact-based information on why the property owner believes the assessment is too high. This could include such things as the steepness of a lot, or how the assessment compares to recent sales of nearby properties. Some members in attendance said they are hiring appraisal companies to help prepare for their protest.

A question was asked about whether the additional property taxes that will result from this reappraisal process might benefit Lake Panorama. Rutledge said the good news is approximately 35 percent of every new dollar in property taxes is returned to the Lake Panorama Rural Improvement Zone (RIZ). RIZ uses those funds to support dredging and other water quality efforts on Lake Panorama. So an increased in property values will result in additional RIZ funds.

Turning to the LPA water plant, Rutledge provided some historical information. The first source of Lake Panorama community water was a Jordan well drilled over 2,000 feet deep, and put into service in 1970. The Jordan aquifer provides abundant water, but is high in minerals, which makes it very hard.

In the late 1980s, LPA needed to respond to new regulations regarding community water systems. At that time, engineers recommended drilling two new wells into the Dakota aquifer, which is about 250 feet deep. This water isn't as hard, so water from these two wells was blended with water from the Jordan well.

Rutledge said this worked until about 2005, when the 35-year-old Jordan well started to fail, and had to be closed. This meant full reliance on the Dakota wells, until a new Jordan well was added in 2009. Blending again worked for a while, but then some customers began to experience periods of "black" water.

Rutledge said it's been a challenge to continue to blend the Jordan and Dakota water, because the Dakota wells provide water that will spike unexpectedly in iron and manganese. An engineering report recommends closing the two Dakota wells, and drilling a second Jordan well. "The Dakota wells have been giving us trouble for over a decade," Rutledge said. "We've tried everything we can to make them work and have reached the point where we must recognize they are not a viable source of water for LPA's future." Because the water from the Jordan aquifer is so high in mineral content, engineers also recommend installing a reverse osmosis system at the water plant. "The industry standard for hardness is 120-140 milligrams per liter. The water pulled from just a Jordan well is usually 12 times the industry standard," Rutledge said. A reverse osmosis system would strip out the radium and hydrogen sulfide. A pilot plant operated at the water plant last fall showed this type of system would provide water hardness within the industry standard. Rutledge said this would result in the LPA water company providing much softer water than is possible currently. Homeowners with water softeners might still want to soften their water further, which means member investment in private in-home softeners is not wasted.



forward, it will be at least 18 months and perhaps two years before the water plant upgrades could be completed."

The estimated cost of a new Jordan well plus related water plant upgrades is \$3.6 million. The LPA board earlier approved applying for a State of Iowa revolving loan fund that would make it possible to borrow money on a 20-year loan at 2 percent interest.

The state revolving loan process has a number of benchmarks, the first of which is on March 20. Rutledge noted LPA will have a good indication on the possibility of this loan in a couple of weeks.

Rutledge said if the loan is approved, he expects the LPA board will proceed with the new well this fall and the water plant upgrades next spring. Then the question will be how to pay off the loan.

An increase in rates for water customers will need to occur to fund the repayment of this loan, and is capable of fully funding the project. However, Rutledge noted strong board and member survey support for the incorporation of a flat assessment to fund some of the project.

This assessment could be voted on by the members to ensure all LPA members contribute something to the project. Rutledge noted the assessment could provide for early payoff of the loan and would lessen the amount of rate increases incurred by homeowners.

'The feedback I've received from the board and membership survey indicates support for a blended approach to funding this project," he said. "The preferred approach seems to be a reasonable rate increase coupled with a reasonable flat assessment against all memberships. I've found very little support for funding this exclusively with one or the other." An assessment on all property owners would need to be voted on by the membership. Rutledge said once the LPA board makes a decision to move ahead with the project, discussions will continue on the funding options.

• Rutledge said the possibility of the LPA helping facilitate additional condo development near the LPN golf course, plus replacement of the aging LPA maintenance shop, are topics that will be addressed in 2018.

 A membership survey conducted last fall is being analyzed. Ninety percent of respondents own a home at Lake Panorama, with the other 10 percent owning just a lot. Two-thirds of respondents said the cost of living at Lake Panorama is either good or excellent. Considering the leadership of both LPA staff and board of directors, 85 percent said they believe it is either good or excellent. Ninety-eight percent said they are somewhat or very likely to recommend Lake Panorama to a friend or family members. Two-thirds said they support the proposed upgrades to the LPA water plant.

The recent arrest of a man on Lake Panorama property charged with kidnapping and assault was discussed. Rutledge said neither the man nor the primary victim are Lake Panorama members, but the man had been staying at the house of a member. He praised the response and cooperation of the Guthrie County Sheriff, Panora Police, Iowa State Patrol, Iowa State DOT and LPA Security during the investigation and arrest.

Jerry Armstrong, LPA Security Supervisor, said LPA doesn't have a formal neighborhood watch program. But it was a call to LPA Security from a member who thought something was suspicious that led to the man's arrest. "Don't hesitate to give us a call anytime, day or night, if you think something isn't right," Armstrong said. "You can really make a difference in helping us keep Lake Panorama safe."

Rutledge thanked the members for their attendance and encouraged them to watch the Panorama Prompt for upcoming GM coffee dates throughout 2018.



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where they determine a higher assessment. I was assured the company is paid a flat fee on each property, without any sort of commission for higher assessments," Rutledge said.

Rutledge explained this reappraisal process is the result of a state mandate, which every two years requires sales data and real estate assessments to be within 5 percent of each other. Since 2013, between one-half and twothirds of the residential property sales in Guthrie County have been more than 5 percent higher than assessed value.

Rutledge encouraged those concerned about their new assessments to take advantage of appeal options. Informal meetings currently are being held with Vanguard at the assessor's office. If a change in value is made based upon these meetings, a notice will be mailed by April 1. If a property owner does not receive a notice, it means no change in assessment was made.

Property owners who have not met with the assessor still have a couple of opportunities to do so. Iowa law provides for an informal review process that occurs between April 2 and April 25. Property owners simply need to call the assessor's office and request an opportunity to meet and discuss the valuation.

Property owners who are unhappy with the results of an informal protest can file a written, formal protest between April 2 and April 30. This entitles the property owner to a visit from the Board of Review, which will consider an adjustment. As part of a formal review, the five-member board will come to the home to do their own inspection.

Rutledge strongly advised property owners to reach out to the Guthrie County assessor's office and ask for their property detail, or property card. "They are good people who are just trying to do their job. If you give them a call and keep a cool head, they "At the very least, they will be using much less salt and electricity to operate their softeners," Rutledge said. "And the life of other appliances, especially hot water heaters, will be extended."

"But this project isn't about softer water, it's about making sure we have an ample supply of treated water for our members," Rutledge said. "The water softening would simply be a benefit of the treatment process."

"We are getting by, but those two wells are going to give out sometime," he said. "If the LPA board approves a plan to move Other topics Rutledge touched on during the meeting:

• The LPA road embargo is expected to last until at least March 23, and could go longer. Members not yet receiving the Panorama Prompt e-newsletter, which comes out each Wednesday, should contact the LPA office to get signed up. That is the best way to stay informed on things such as the road embargo.

• The LPA has been following discussions in this year's Iowa legislative session on Tax Increment Financing (TIF) districts. Changes to TIF law could have a negative impact on the Lake Panorama RIZ. So far, no serious concerns exist.

• The Iowa Legislature passed a comprehensive water quality bill, which was signed by Governor Reynolds. It's expected the Lake Panorama RIZ will be in a good position to apply for and receive financial assistance for water quality projects, such as wetlands that slow runoff into the lake.

• So far, five candidates have taken out papers to run for two seats on the LPA board. They are Emily Donovan, Andy Harrelson, Todd Hyde, Jason Grossman and Rich Schumacher. Rutledge said the LPA membership is lucky to have five quality individuals running in this year's board election.

• The LPA board of directors did not meet in January and February. Its next meeting is March 20.

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WHAT SHOULD INVESTORS **KNOW ABOUT RECENT** VOLATILI

As you may have heard, the stock market has been on a wild ride lately. What's behind this volatility? And, as an investor, how concerned



Grove should you be?

Let's look at the first question first. What caused the steep drop in stock prices we experienced on a few separate days?

Essentially, two main factors seem to be responsible. First, some good economic news may actually have played a significant role. A 17-year low in unemployment and solid job growth have begun to push wages upward. These developments have led to fears of rising inflation, which, in turn, led to speculation that the Federal Reserve will tighten the money supply at a faster-thanexpected rate. Stocks reacted negatively to these expectations of higher interest rates.

The second cause of the market volatility appears to be simply a reaction to the long bull market. While rising stock prices lead many people to continue buying more and more shares, some people actually need to sell their stocks - and this pentup selling demand, combined with short-term profit-taking, helped contribute to the large sell-offs of recent days.

Now, as for the question of is helping you make the progress how concerned you should be about this volatility, consider your long-term goals. these points:

SELL-OFFSARE NOTHING UNUSUAL.

We've often experienced big sell-offs, but they've generally been followed with strong recoveries. Of course, past performance is not a guarantee of future results, but history has shown that patient, persistent investors have often been rewarded.

FUNDAMENTALS ARE STRONG.

While short-term market movements can be caused by a variety of factors, economic conditions and corporate earnings typically drive performance in the long term. Right now, the U.S. economy is near full employment, consumer and business sentiment has risen strongly, manufacturing and service activity is at multi-year highs, and GDP growth in 2018 appears to be on track for the best performance since 2015. Furthermore, corporate earnings are expected to rise this year.

So, given this background, what's your next move? Here are some suggestions:

REVIEW YOUR SITUATION.

You may want to work with a financial professional to evaluate your portfolio to determine if it you need to eventually achieve

REASSESS YOUR RISK TOLERANCE.

If you were unusually upset over the loss in value of your investments during the market pullback, you may need to review your risk tolerance to determine if it's still appropriate for your investment mix. If you feel you are taking on too much risk, you may need to rebalance your portfolio. Keep in mind, though, that by "playing it safe" and investing heavily in vehicles that offer greater protection of principal, but little in the way of return, you run the risk of not attaining the growth you need to reach your objectives.

LOOK FOR OPPORTUNITIES.

A market pullback such as the one we've experienced, which occurs during a period of economic expansion and rising corporate profits, can give long-term investors a chance to add new shares at attractive prices in an environment that may be conducive to a market rally.

A sharp market pullback, such as we've seen recently, will always be big news. But if you look beyond the headlines, you can sometimes see a different picture - and one that may be brighter than you had realized.

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DES MOINES

he normally dry months of January and February produced more than 2.5 inches of moisture this year, enough to continue improvement in drought conditions across much of the state, according to the latest Water Summary Update from the Iowa DNR.

However, there remains an area of concern in southeast Iowa, where the drought monitor shows about 10 percent of the state in a condition of moderate drought.

Tim Hall, Hydrology Resources Coordinator for the Iowa, DNR indicates that "some parts of southeast Iowa are short more than 20 inches of rainfall over the past two years."

Streamflow has increased to normal over most of Iowa, and shallow groundwater conditions are improving.

For a thorough review of Iowa's water resource trends, go to www.iowadnr.gov/watersummaryupdate.

The report is prepared by technical staff from Iowa DNR, the Iowa Department of Agriculture and Land Stewardship, IIHR-Hydroscience and Engineering, and the U.S. Geological Survey, in collaboration with Iowa Homeland Security and Emergency Management Department.



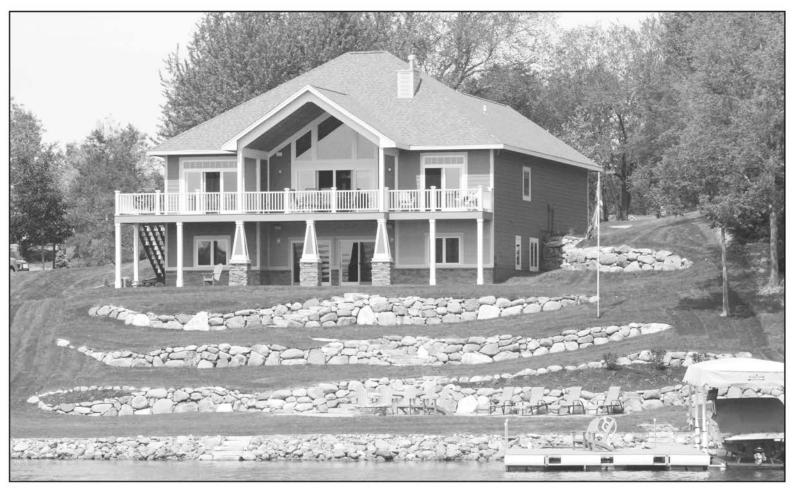


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PANORA Serial abuser arrested for kidnap, rape of woman

By JARED STRONG Lake Times staff

A former martial arts instructor who has been accused by multiple women of being abusive and controlling in the past several years was arrested Thursday, March 8, for choking a woman unconscious, slapping her awake and raping her in a secluded neighborhood of Lake Panorama.

Michael Mackensie Taylor, 35, of Panora, faces charges of kidnapping, sexual abuse, assault, harassment, false imprisonment, interference with official acts and obstruction of emergency communications, according to court records.

The kidnapping charge is punishable by up to life in prison.

Taylor was allegedly angered by a text message the woman received from her ex-husband, court records show. They argued in the basement of a house in the 6600 block of Young Circle, which lies across the lake to the west of the Lake Panorama National Golf Course.

"Taylor grabbed her phone and then punched her in the face," a criminal complaint alleges.

Another woman went to the basement when she heard the victim yell for help. She tried to call 911, but Taylor allegedly took the phone off the wall and tossed it.

The altercation continued in the house's garage, and the other woman was able to call 911 about 12:10 a.m.

Taylor allegedly choked the victim unconscious.

"When she woke up Taylor was slapping her in the face," the complaint says. "Taylor forced her down the driveway and into the timber."

It was there — an unspecified distance from the house that Taylor allegedly threatened to kill her with a knife and said "if she didn't have sex with him that he would make a demon come out and he would leave her body there."

The woman escaped from Taylor after he raped her and ran to the patrol car of a deputy who responded to the 911 call, the complaint says. Law officers tracked the location of the woman's cellphone to find her.

Taylor ran from the area, and officers tracked him for about three hours but didn't locate him. He was arrested about 9 a.m. near where the crimes occurred. Taylor is held in the Guthrie

County jail in lieu of \$1 million bail.

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He is a former instructor of the West Des Moines Taekwondo Academy, which he operated at Prairie Life Fitness in West Des Moines, according to an online business profile. A man who answered the phone last week at

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Prairie Life said Taylor has not taught there for months.

Taylor is a fourth-degree black belt, according to the online profile.

Several women have sought emergency protective orders against Taylor in recent years, court records show. He was convicted of domestic abuse assault in 2010 and 2012. He was arrested in July for harassment for threatening to kill his ex-girlfriend, and again in September for punching another ex-girlfriend in the face when he was angered by her cellphone's alarm, the records show.

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"The defendant displays a very intelligent, put together individual," one former girlfriend wrote in 2016 in a request for a protective order. "The craziness starts as soon as I'm not under his thumb, in his presence or telling him what he wants to hear."

The protective-order requests reveal a pattern of harassment, death threats, assaults and coerced sex. The women claimed he was obsessive about their past lovers, called them sluts and whores, and hit and slapped them if they didn't seem to enjoy the sex he forced them to have.

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FOOD FROM PAGE 5

stores, and makes those foods available to areas that lack those resources, such as small rural communities.

The operation currently employs 34 people, with seven of those operating a secondary distribution center in Ottumwa. Hundreds of volunteers also

help, and last year provided more than 14,000 hours of volunteer time to the organization.

The Des Moines warehouse is undergoing renovation, which will wrap up this summer, to provide more storage for dry goods, refrigerated and frozen items. "To fully serve the need, we must double our distribution," Book says. "We have created a clean room that allows us to break down bulk products - giant totes of loose pasta, 50-pound bags of flour, cases of chicken nuggets - into smaller, family-size packaging. We're eager to build on this new opportunity to help stock our partner's shelves."

Book says the greatest need is for products that are difficult for individuals to donate, such as fresh eggs and milk, fresh fruits and vegetables, and frozen lean meat. "When we receive financial donations, we can purchase these products at great bulk prices. They're the least often donated products, but they're also the most nutritious and most important for our clients to receive," she says.

Summer is the most difficult time of year to keep up with demand. "Every June, thousands and thousands of Iowa children

are released from school for the summer months. For many of them, school meals were their best, or only, source of food and nutrition. When these children have to go without school meals, we need to fill the gap, and this extra demand strains our resources," Book says.

A program called "Field to Food Bank" encourages groups and individuals to raise and donate garden produce. Book uses Tracy Blackmer as an example of how this program can make a difference.

"Tracy began growing fresh fruits and vegetables on land near Madrid to donate to the food pantry in Jefferson, where his mother volunteers. As his

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Food Bank of Iowa staff unloads a truck filled with donated eggs.

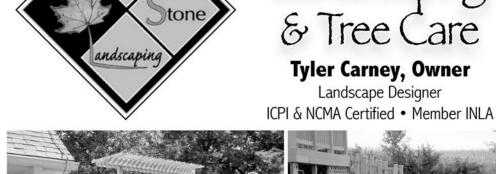


Michelle Book, Food Bank of Iowa president and CEO, poses with a seed sign for the farm of Willard Hostetler. Growing up on a nearby farm in Greene County, Book walked beans for Hostetler beginning when she was 11 years old.



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The Panorama School Food Pantry has been up and running for two years and continue a partnership with the Food Bank of Iowa where they receive all of their non-perishable items and can order these monthly. They also receive frozen and refrigerated items for distribution. Five of the seven staff members who volunteer to assist with the program are (from left) Angie Clouser, Krista Gafkjen, Julie Weidenthaler, Rose Freeland and Vanessa Phillips.

FOOD FROM PAGE 14

operation grew too large for the need in Jefferson, he began working with Food Bank of Iowa," Book says. "Today, his program, Iowa Gardening for Good, provides tens of thousands of pounds of fresh, delicious, nutritious produce we distribute across many counties and to numerous food pantry partners."

Book says Blackmer's program is an ideal model for a Field to Food Bank effort. "It's local, brings volunteers into the system, and provides large quantities of very high quality produce," she says. "We would love to see his program exported to other farmers who want to get involved."

Another strong Field to Food Bank program has been developed through Iowa's correctional facilities. Now in multiple prisons, it began at the Newton Correctional Facility. At that site, they grow 12 acres of produce for their own kitchens, and 12 acres for the Food Bank of Iowa shelves.

"Each summer we receive hundreds of bins of potatoes, corn, and other fresh produce, all grown by inmate volunteers," Book says. "It's a great program for us and our partners, and the inhabitant offenders are thrilled to help out. For some, the food goes to their hometown."

Book says statewide groups that represent Iowa farmers - the Iowa Egg Council, Iowa Pork Producers Association, Iowa Cattlemen's Association, Midwest Dairy Association, and others - also are good friends of Food Bank of Iowa. "We are so grateful for their partnership in helping us connect with Iowa's food producers," she says.

The Iowa Department of Natural Resources HUSH (Help Us Stop Hunger) program, which allows hunters to donate harvested deer for processing, is an excellent source of protein for the food bank.

Book says there are many ways individuals and groups can help support the Food Bank of Iowa and the people it serves.

"Funds are really the best way to make a difference in the fight against food insecurity," she says. "Because we buy our products in huge quantities — think a semi trailer rather than a grocery cart — we are able to get the absolute best price. We are also able to buy products that are hard to donate, like fresh milk and eggs."

While funds are the best donation, Book says they also are happy to receive and distribute nonperishable grocery items. Some of the most needed items are proteins such as canned meat and fish; canned vegetables, fruit and soup; dry pasta; breakfast items, including cereal; 100-percent fruit juice; and paper and personal products, just as toothpaste, soap and toilet paper.

Items can be dropped at local food pantries or the Food Bank of Iowa at 2220 East 17th Street in Des Moines.

To donate to Food Bank of Iowa, go online to www.foodbankiowa.org and click on Donate Money or Donate Food. The website also provides information on volunteer opportunities, how to find local food pantries, and ways to become a partner in the fight against food insecurity.



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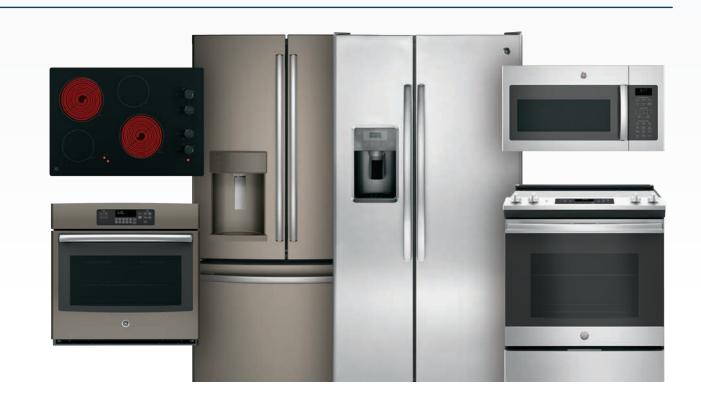


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