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MARCH 2017 | VOLUME 49 | NUMBER 3

## Table sponsors, ticket holders and donated items sought for Beach Ball

By SUSAN THOMPSON  
Lake Times staff

The 2nd annual Beach Ball, sponsored by Friends of Lake Panorama, will be Saturday, May 6, at the Lake Panorama National Conference Center. All proceeds will go to the charity's current priority project — new sports courts at Boulder Beach.

The first Beach Ball in May 2016 raised nearly \$24,000, which helped Friends reach its \$80,000 goal for a new playground at Sunset Beach.

Now Friends of Lake Panorama has a goal of raising at least \$50,000 for the sports courts. So far, \$27,000 has been donated for this project. Once Friends raises \$50,000, the LPA has committed \$50,000. An anonymous donor has pledged another \$25,000 for a dedicated basketball court.

Another successful Beach Ball should make installation of new sports courts possible this year.

Organizers are in the process of contacting 2016 table sponsors, ticket holders and item donors to see if they are interested in helping again in 2017. So far, about 20 of the 30 tables available have been spoken for, but additional table sponsors are needed.

Table sponsorships cost \$100. Sponsors will be recognized in a printed program and with a table sign. Each table of eight will be individually decorated with a different theme. Sponsors can do their own decorating, or a volunteer decorator will be assigned.

BALL, PAGE 8A

## Rain garden installation June 10

By SUSAN THOMPSON  
Lake Times staff

While new sports courts at Boulder Beach is the current priority project for Friends of Lake Panorama, the charity also is working on a smaller project related to water quality.

On Saturday, June 10, a rain garden will be installed along the east side of the Panorama West clubhouse parking lot. Historically, the prairies and savannas of Iowa held and infiltrated most rainfall, and surface runoff was rare. Rainfall was absorbed and moved down through the soil to become groundwater flow.

Installing a rain garden helps reduce surface runoff and protect water quality. These landscaped depressions capture rainwater runoff, where it is temporarily ponded. Plants in the garden use the water, pollutants are filtered out, and the water percolates down through the soil.

Derek Namanny, an urban conservationist with the Iowa Department of Agriculture and Land Stewardship, has been working with Friends of Lake Panorama since last fall. He visited Lake Panorama to look for possible rain garden locations, and found the perfect spot at Panorama West.

There is an existing water drain that receives rainfall runoff from the Panorama West parking lot. Namanny designed a garden that will cover 500 square feet surrounding this drain. Some excavation will be done before layers of rock, sand and soil are covered with a hardwood mulch and erosion blanket. Volunteers then will

GARDEN, PAGE 8A

# DRONE PROVIDES LAKE PANORAMA AERIAL PHOTOS



This aerial view starts at Boulder Cove and continues northwest to Lake Panorama's upper basin.

By SUSAN THOMPSON | Lake Times staff

Some of my favorite photos of Lake Panorama are those that have been taken from the window of an airplane. At least a couple of times, local residents have taken to the skies to capture sweeping aerial views of Lake Panorama and the surrounding area.

With the advent of remote-controlled drones, aerial photography has entered an entirely new era. One Sunday last October, Dronography Iowa was hired to take aerial photos of specific sites at Lake Panorama.

The cost was divided between the Lake Panorama Association, Lake Panorama National, and Friends of Lake Panorama. The idea was the photos could be used on websites and in promotional materials, plus be of general interest to Lake Panorama property owners.

A total of 194 photos recently

were added to a photo album on the LPA's Facebook pages under the title "Fall 2016 Drone Photos." Dronography Iowa owners Nicholas Nystrom and Tyler Stevens started the business in 2014.

"It started off as a hobby, just flying for fun. We became very good at flying the drones, and doing our first real estate shoot gave us the bug to make it a business. We soon realized there is a need for aerial photos and videos," says Nystrom. "Whether it is real estate, music festivals, commercials or action sports, there are so many great opportunities,



This drone view shows the Lake Panorama Association office in the foreground, with beautiful fall colors from there to the west.

and the possibilities are endless." The pair currently does about 200 real estate shoots a year, which range in price from \$150 to \$250. This includes 10-15 photos and usually one or two video profiles.

"Some aspects of what we do can be accomplished in 10 min-

utes but that's not typical," says Stevens. "That doesn't include the post production we are doing to the photos and edits to video. We can be in and out of our client's hair in that time, but more is happening after the shoot."

PHOTOS, PAGE 2A

## Renewal process for Lake Panorama RIZ underway

By SUSAN THOMPSON  
Lake Times staff

The process to gain a 20-year renewal of the Lake Panorama Rural Improvement Zone (RIZ) is moving forward. An engineering report supporting the renewal request was presented to the Guthrie County Board of Supervisors February 7. A public hearing on the RIZ renewal will be held March 28 at 9:30 a.m.

at the Guthrie County courthouse. The Lake Panorama RIZ has existed since 1997 and is responsible for funding erosion control and water quality at Lake Panorama. The RIZ funding source is a portion of property taxes resulting from growth of the Lake Panorama development. RIZ also has the ability to levy a stand-by tax for bond repayment. RIZ law is governed under IA Code

Chapter 357H, which was significantly amended in the 2015 legislative session. The law outlines a process by which RIZ districts can apply for renewal. Key to that process is the development of an engineering report.

The Lake Panorama RIZ report by Shive-Hattery, the engineering consulting firm that has worked with the Lake Panorama RIZ for many years, provides analysis of

Lake Panorama's past, present and future. It covers 13 key points required by RIZ law. Iowa Code requires the board of supervisors to grant renewal if the RIZ district has demonstrated a continued need for the next 20 years.

RIZ anticipates receiving \$1.87 million in revenues in the 2017-18 fiscal year, which runs from July

RENEWAL, PAGE 8A



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This aerial drone photo of the west campground also includes a peek of portions of Lake Panorama to the north and east.



This drone view shows the Panorama West golf course and pond, plus farmland beyond the Lake Panorama community.



A view of Lake Panorama that begins at the main basin and continues northwest to the upper basin.



Shady Beach is shown in the lower corner of this aerial drone view looking west. The town of Guthrie Center can be seen in the distance.



This aerial drone view of the LPA east campground also features the #13 hole on Lake Panorama National, and a look at Lake Panorama winding through timber to the southwest.



The new Cory Sediment Basin was completed in 2016, with some pumping of sediment from Boulder and Helen's coves done in the fall.



An aerial view of the dam that makes Lake Panorama a lake.



A pontoon heads to Coulter Marine past the Lake Panorama lighthouse.



Golfers on the #4 hole at Lake Panorama National on a sunny October morning, with a view of the main basin to the east.

## PHOTOS

FROM PAGE 1A

Other shoots such as the 80/35 Music Festival in Des Moines take several hours over several days. "Last summer we were the official 80/35 Music Festi-

val Dronographers," Nystrom says. "We shot both days and got some amazing photos and videos. We are looking forward to shooting that again this year."

The pair does many custom projects, all of which are priced individually. For instance, they shot for all nine Shottenkirk Au-

tomotive Dealerships around the Midwest, so all the company's commercials feature Dronography Iowa drone footage.

Dronography Iowa is a part-time gig for Nystrom and Stevens. They have a Waukee address, but don't have a storefront. Rather, they direct potential clients to

a contact form on their website at [www.dronographyiowa.com](http://www.dronographyiowa.com). They also have a Facebook page at [www.facebook.com/dronographyiowa](http://www.facebook.com/dronographyiowa). Some shots of the lighthouse near the Lake Panorama marina are featured on the company's Facebook page.

Besides the photo album on

the LPA Facebook page, aerials from the October 2016 shoot are used in LPA newsletters and the LPA and Lake Panorama National websites. There is a wide variety of photos available, with images of the main basin, the dam, both golf courses, the three beaches, both campgrounds, the

new Cory sediment basin and the Helen's Cove/Donahey wetland, plus shots of various areas up and down the Lake Panorama channel.

Photos of the new Sunset Beach playground, plus a 45-second video "flyover" of Sunset Beach set to music, can be found on the Friends of Lake Panorama website here: [www.friendsoflakepanorama.org/sunset-beach-playground](http://www.friendsoflakepanorama.org/sunset-beach-playground)



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## Iowa DNR plans to conduct prescribed burns this spring

The Iowa Department of Natural Resources plans to conduct prescribed burns this spring in Guthrie, Dallas, and Greene County on wildlife areas managed by the DNR Saylorville Wildlife Unit in Panora.

Prescribed burns will normally be conducted during the months of March, April and May and are used to improve wildlife habitat, control invasive plant species, restore and maintain native plant communities and reduce wildfire potential.

Burns will be conducted on days that meet specific objectives and weather prescriptions as defined in each unit's specific burn plan.

If you have any questions or concerns, you may contact DNR Wildlife Biologist Josh Gansen at 515-432-2545.

# Q&A: Jan Reinicke, President, Friends of Lake Panorama

## FRIENDS OF LAKE PANORAMA MAKING A DIFFERENCE

By SUSAN THOMPSON  
Lake Times staff

Friends of Lake Panorama is a nonprofit charity dedicated to supporting recreational amenities at Lake Panorama. The charity is separate from the Lake Panorama Association, and is governed by a volunteer, seven-member board of directors. In this month's Q&A, Jan Reinicke, current Friends president, talks about completed projects, current priorities and future goals.

**Q. You're one of three board members who have been with the charity since its inception. You recently agreed to a second three-year board term, and were elected board president for this year. Why did you agree to serve on the Friends board?**

A. It presented an exciting opportunity to contribute to the quality of life at Lake Panorama. My husband Lynn and I are long-time weekend residents at the lake, having bought our place in 1984. Since then, we have enjoyed so many good times with family and friends here. It was time to give something back to a place that has a special spot in our lives.

My background is in Association work and I have always viewed belonging to an organization as an opportunity to engage with others to get things done. My work with the Friends group so far tells me there are a lot of people at Lake Panorama who are ready and willing to commit time and energy to support worthwhile projects.

**Q. Tell us about the timeline of events since the Friends board's first meeting.**

A. The first meeting of the Friends of Lake Panorama board of directors was De-

ember 3, 2013. An application for nonprofit status was filed with the IRS in January 2014, and approved in July 2014. Fundraising began in October 2014 with two priority projects – a new playground at Sunset Beach and renovated sports courts at Lake Panorama National.

This past May, we completed a successful \$80,000 fundraising campaign to build the Sunset Beach playground. The LPA provided an additional \$50,000. We're happy to see so many children and their families enjoying this great new addition to our community.

Our early efforts to raise money for renovating the LPN tennis courts attracted some donors, but the project didn't generate enough interest to be viable. With the playground complete, we've made new sports courts at Boulder Beach our latest priority.

**Q. What impact do you think the successful completion of that first priority project - the Sunset Beach playground - has had on both the Lake Panorama community and Friends of Lake Panorama?**

A. I believe Friends of Lake Panorama has given our lake community an opportunity to see the potential of what can be done working together. The impetus and passion for the playground at Sunset Beach certainly came from people who lived in the surrounding area, but was supported and is now being enjoyed by all. It was a perfect first project because of all the initial support and excitement we had for getting it completed.

At first, board members were unsure if we could raise sufficient funds, but we were gratified by all the people who stepped forward to help make it a reality. There is a

saying "success breeds success." That is certainly the case here. It has made us realize there are many at Lake Panorama who are ready to contribute to additional projects our community members view as priorities. It certainly gave us the confidence to move ahead with the sports courts project this year.

**Q. Tell us about plans for the sports courts.**

A. The goal of our Friends board is to have the new sports courts installed in 2017. The project got an early boost when the LPA board voted last October to commit at least \$50,000, once Friends raises \$50,000. The \$7,500 from donors to the first LPN sports court proposal provided seed money for this project.

So far, Friends has raised \$27,000, so we're more than halfway to our first fundraising goal of \$50,000. Also, our campaign led to an anonymous donor pledging \$25,000 for a separate court dedicated to basketball, once the initial \$100,000 level is reached.

The main sports court structure will be a concrete slab featuring two regulation-sized tennis courts. A PowerGame two-tiered surface will be placed over the concrete base, and be painted with both tennis and pickle ball lines. This modular flooring features a locking system. The five-eighths inch high, self-draining surface stays clean by allowing water, dirt and debris to drain through. The cushioned design provides shock absorption to help reduce joint stress and fatigue.

These courts will be surrounded by a 10' tall chain link, black vinyl fence. There will be one gate, two nets and support poles. This project is estimated at \$125,000.



The basketball court will be slightly smaller than regulation size at 50' 5" x 78' 8". The concrete will be marked for two half courts, with two basketball hoop systems installed. The \$25,000 estimated price tag for the basketball court does not include fencing or the PowerGame surface.

**Q. Last year, the first annual Beach Ball helped Friends top off fundraising for the Sunset Beach playground, and now it's hoped the second Beach Ball will do the same for the sports courts. Give me details of the May 6 event.**

A. Last year's Beach Ball participants were enthusiastic about their experience. It was first and foremost a fun evening. It brought together a real cross-section of Lake Panorama and area residents. Guests had an opportunity to enjoy the decorating talents of their hosts as each table displayed a unique theme. People willingly supported the fundraising through a variety of options — silent auction, live auction, raffle, wine pull and more. We had so many people tell us they'd like to be involved if we did it again, we decided another fun evening was in order this spring.

Friends board members are counting on another group of great people to enjoy this year's event, with all funds raised supporting the sports courts at Boulder Beach. It's another opportunity to bring people together for a good time but also for a common purpose.

A volunteer committee is finalizing plans for the Beach Ball, and we'll have some fun new ways to raise money at this year's event. We're currently recruiting table sponsors and guests, plus donated items for a raffle and both silent and live auc-

tions. Anyone interested in participating in any way can call Susan Thompson at 515-240-6536 or send an email to staff@friendsoflakepanorama.org.

**Q. Besides these two priority projects, what else has Friends been involved in so far?**

A new granite bench honoring Joe Scheiring was made possible by donors who contributed a total of \$2,500 to Friends of Lake Panorama. The bench was installed in August 2015 at the Panorama West golf course. Scheiring passed away August 8, 2014. He was well known as the organizer of the Fourth of July fireworks that originate at Shady Beach. He also was well known for his love of golf, so a bench on the #7 hole at Panorama West is a fitting tribute.

In September 2015, two new signs featuring the Panorama West Golf Course and Clubhouse logo were added at the parking lot entrance, with one facing north and the other facing south. Two new signs also were placed over east entrances at the LPN Conference Center.

Now we're working on two smaller projects, in addition to the Boulder Beach sports courts. We'll be installing a rain garden near the Panorama West clubhouse June 10, and we're researching ways to improve timber paths near that clubhouse. These paths have been used for many years for cross country meets, and we hope to also find ways to make these beautiful trails more accessible for casual recreation.

**Q. What kind of impact do you think Friends of Lake Panorama has had so far on the Lake Panorama community, and what does the fu-**

**ture hold?**

A. Friends of Lake Panorama is the perfect opportunity to forge a strong partnership with the Lake Panorama Association to improve the recreational opportunities here at the lake. Working together, we have the potential to really improve the quality of life for current and future residents. While the LPA's focus, out of necessity, needs to be on safety, security and infrastructure needs, Friends of Lake Panorama can be a catalyst and support group focusing on the amenities our community members desire.

Our working relationship with the LPA is strong, as their board stepped forward to provide matching funds for the Sunset Beach playground, and has pledged matching funds for the sports courts project. The LPA also contributed labor and some materials for the playground and will do the same with the sports courts. I think this is an excellent model as we move forward and identify additional projects.

**Q. What do you think the future holds for Friends of Lake Panorama?**

A. The future gives us an opportunity to further engage community members.

Our first two projects were the result of some long term desires to see a playground at Sunset Beach and improved sports courts.

To keep our momentum moving forward, we will need to develop a more formalized process for seeking valuable input on establishing priorities. We look forward to working with LPA members to get that done.

For more information, visit the Friends' website: www.friendsoflakepanorama.org

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# Simple, affordable colon cancer tests leave you with options

American Cancer Society reminds adults 50 or older that colon cancer can be prevented

March is Colorectal Cancer Awareness Month, and the American Cancer Society emphasizes that one of the most important steps you can take if you're 50 or older is to get tested for the disease.

Colorectal cancer (also called colon cancer) is the second-leading cause of cancer death in the U.S. when men and women are combined. It's also one of only a few cancers that can be prevented through screening. Further, it can often be successfully treated if found early. The 5-year survival rate is around 90% for colorectal cancers detected in their earliest stage.

If you're age 50 or older, talk to your health care provider about getting tested – even if no one in your family has had colon cancer. You might need to start colon cancer screening earlier if a parent, sibling, or child has ever had colon cancer or polyps. There is also more

than one type of test for colon cancer, so ask about the different ways you can be screened, including simple take-home options.

"Being Colorectal Cancer Awareness Month, it's a good time to talk with your doctor about getting tested," said Kim Durst, Relay For Life Senior Community Manager, of the American Cancer Society. "It's important to remember there are simple and affordable options."

Preventing colon cancer or finding it early doesn't have to cost a lot. Most health insurance plans cover lifesaving preventive tests like those for colon cancer. Tests for colon cancer include:

- Guaiac-based fecal occult blood test (gFOBT) and the fecal immunochemical test (FIT): Samples of stool are checked for blood, which might be a sign of a polyp or cancer.

## RELAY FOR LIFE OF GUTHRIE COUNTY

Friday, June 16, 2017 from 4-10 p.m.

AC/GC High School Track & Field-Guthrie Center

For more information contact: Becky Secoy-515.339.4223 or Vicki Crannell-641.757.1199

Visit [www.relayforlife.org/guthriecountyia](http://www.relayforlife.org/guthriecountyia) or "Like" us on Facebook at Relay For Life of Guthrie County

- Stool DNA test (sDNA): A stool sample is checked for certain abnormal sections of DNA that come from cancer or polyp cells.

- Sigmoidoscopy: A flexible, lighted tube is put into the rectum and lower colon to look for polyps and cancer.

- Colonoscopy: A longer, flexible tube is used to look at the entire colon and rectum; polyps can be removed.

- Double-contrast barium enema: An x-ray test of the colon and rectum.

- CT colonography (virtual colonoscopy): A type of CT scan of the colon and rectum.

"There are several different types of screening tests available," Durst added. "The fecal occult blood test (FOBT) and fecal immunochemical test (FIT) both test for signs of cancer in

your stool. During a colonoscopy, polyps can be removed before they may become cancer. People should talk with their doctor about the option that's best for them, as well as any concerns about screening. Ultimately, the best test is the one you get."

For more information about colon cancer, visit [cancer.org/colon](http://cancer.org/colon) or call the American Cancer Society at 1-800-227-2345.

Please join us in supporting the survivors in Guthrie County by being a team or a sponsor! We need you to help us end the pain and suffering of cancer in the world!

Come out and support a great cause and learn more about the Relay For Life at the St. Paddy's Day-Kiss the Blarney Stone RFL 9 Pin Individual Tournament & Team Kick Off

Friday, March 17, starting at 3 p.m. at the Incredibowl, Guthrie Center. Entry Fee to Bowl is \$25 per person.

Bowling times are 3 p.m., 6 p.m., 9 p.m. & Midnight!

Fun prizes and shenanigans! Walk-Ins Welcome but RSVP Preferred by calling the Incredibowl at 641-332-2385.

Come bowl and join us at the Kick Off to register your Relay For Life team, invite a new Relay team to come and register; turn in fundraising money and learn more about Relay! Together we can paint our world purple and fight back against cancer! Survivors, Teams, Sponsors and Everyone welcome!

# Relay For Life of Guthrie County Kickoff Friday, March 17

Team Registration starts at 3 p.m. at the Incredibowl in Guthrie Center

The American Cancer Society is recruiting teams and sponsors from local families, businesses, schools, places of worship, and the community to participate in the annual Relay For Life of Guthrie County on Friday, June 16, from 4-10 p.m. at the AC/GC High School Track in Guthrie Center.

"Relay For Life is a chance to make the greatest impact in the fight to get one step closer to controlling cancer," said Becky Secoy, Relay For Life of Guthrie County Event and Team leader. "Many participants are our loved ones who have faced cancer themselves, just like I have. Each new team and sponsor brings us one step closer to saving more lives."

For Life teams and sponsors are committed to help save more lives from cancer by raising funds for the Society. Teams, individuals and sponsors can learn more and sign up for the Relay For Life event by visiting [relayforlife.org](http://relayforlife.org) or [www.relayforlife.org/guthriecountyia](http://www.relayforlife.org/guthriecountyia).

There is a change of plans regarding the Relay For Life of Guthrie County Kickoff which was planned for February 25. Due to a conflict with scheduling, it has been postponed.

Please join RFL at the "St. Paddy's Day - Kiss the Blarney Stone - Relay For Life 9-Pin Handicap Individual Bowling Tourney" that is scheduled for Friday, March 17, starting at 3 p.m. at the Incredibowl in Guthrie Center. Relay For Life information will be available. Team registrations will

be accepted that day.

Please spread the word and if you know any family, friends, co-workers, businesses or anyone who would like to be a part of the Relay For Life event please invite them to this fundraiser. Come, bowl and be a part of this fun afternoon/evening on St. Paddy's Day. It's a great way to support the mission of fighting cancer.

If you are a team and have not registered, you can register at [www.relayforlife.org/guthriecountyia](http://www.relayforlife.org/guthriecountyia) today.

If you would prefer that the RFL committee register your team, please contact Kim Durst at [kim.durst@cancer.org](mailto:kim.durst@cancer.org) or 641.757.0746.

The 2017 Relay For Life of Guthrie County is on Friday this year. That is a change from past events. Opening ceremonies and the Survivor/Caregiver Celebration at 6 p.m.

The Relay For Life movement unites communities across the globe to celebrate people who have battled cancer, remember loved ones lost, and take action to finish the fight once and for all. Relay For Life events are community gatherings where teams and individuals camp out at a school, park, or fairground and take turns walking or running around a track or path. Teams raise funds in the months leading up to the event. The Relay For Life movement is the world's largest fundraising event to fight every cancer in every community, with four million participants in 6,000 events worldwide in 2016.

Last year, 50 survivors, 20 teams and more than 200 people participated in the Relay For Life of Guthrie County and raised over \$62,000.

Visit [relayforlife.org](http://relayforlife.org) or [www.relayforlife.org/guthriecountyia](http://www.relayforlife.org/guthriecountyia) to learn more about the event.

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## COUNTY

# Guthrie County Public Health kicks off new wellness program

By CAITLIN WARE  
Lake Times staff

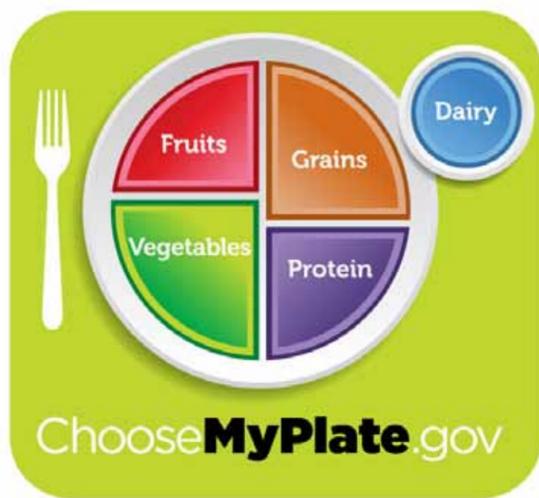
Last year, Guthrie County Public Health developed a program called "Healthy Guthrie," to find what health needs the county has, and a way to address them.

But before the program could debut this year, Public Health Director Jotham Arbor had a realization. He and his department were on a mission to help others live better, healthier lives. Yet there was no plan in place to help the health department get healthy. With that, the first phase of the new program, called "Healthy Guthrie, It Starts With Me," was created.

"Even though they're the health department staff, they had no way of tracking health plans or exercise," Arbor said. "We thought if we're going to make this Healthy Guthrie thing work, we better make sure we have steps in place to make our department healthy. Practicing what we preach."

Healthy Guthrie, It Starts With Me, officially kicked off on March 1, and is the opening act for the new county health program Healthy Guthrie. Over the next few months, the public health department will complete a three step program. First, a partnership has been formed with Guthrie County Hospital, so that the health department staff can have access to its exercise facilities. Their challenge is to walk 100 miles over 2017. At the same time, the staff will tackle a healthy eating challenge. Using the "My Plate" template, staff will track their calorie intake, and ensure that they eat the correct amount of fruits, carbohydrates, vegetables, dairy products and protein every day. The new standards will also be applied to the weekly meal the department provides from local restaurants.

"So people can see what would



An example of the meal template Guthrie County Public Health employees will be using as part of their challenge for the new wellness program, "Healthy Guthrie, It Starts With Me."

be considered a healthy meal, we're just going to take that template, and say, 'Does this meet the criteria here for a healthy lunch, or doesn't it?'" Arbor said.

Then, at the end of May, a health fair will be held to get the entire Healthy Guthrie initiative moving. Although the details are not concrete yet, live music, healthy snacks and classes on health and safety are expected to be a part of it.

"(The health fair) is just to really encourage Guthrie County

to participate in Healthy Guthrie," Arbor said. "This will be a chance for the county to see what the department has done, and want to get involved."

The hope for the overall Healthy Guthrie program is to address the problems found throughout the county by a community health needs assessment, conducted by the public health department every five years. In the most recent assessment, health concerns in all of the towns in Guthrie Coun-

ty were identified, and targeted strategies to improve them are in the works. In Stuart, smoking is still a big health risk. In Guthrie Center, the need for an in-town ambulance service came up. In the Adair-Casey area, food insecurity is a concern. In Panora, the level of inactivity is high. And throughout the county, there is a need for increased exercise and better eating habits.

An additional part of the program is for participants to increase their everyday health by walking 10,000 steps a day, making sure every meal they eat is healthy, spending more time with friends and family and volunteering in their communities.

"The real goal of Healthy Guthrie is to address each of the pieces that came from our community health needs assessment," Arbor said. "We have those big name items, childhood obesity, obesity as a whole, diabetes. We see that across the board. Those are definitely considerations. But for this specific program, we try to find target goals that we could actually achieve. Saying that we're going to reduce the rate of obesity is a huge, daunt-

WELLNESS, PAGE 7A

## BUSINESS

# Wild Rose records \$2.1 million in January revenue

By DOUGLAS BURNS  
Lake Times staff

## JEFFERSON

Wild Rose Casino and Resort in Jefferson posted gaming revenues of \$2.1 million for January, according to documents filed with the Iowa Racing and Gaming Commission.

That doesn't include profits from food and beverage sales and non-gaming entertainment.

In January, the casino reported attendance of 31,797.

Patrons bet \$20.7 million on slot machines, with penny slots being the most popular,

with \$13.8 million going into those machines.

Wild Rose's three casinos — in Jefferson, Emmetsburg and Clinton — were all in the top half of Iowa's 19 casinos in terms of gambler payback on slots. Jefferson's payback rate stood at 90.9 percent.

The City of Jefferson and Greene County each collected \$10,301 in taxes from the casino in January and the state tax bill came in at \$412,055.

Grow Greene County Gaming Corporation, the non-profit associated with Wild Rose in Jefferson, will announce a round of charitable donations on April 4.

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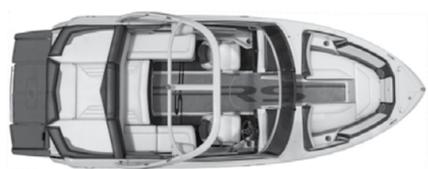
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## University of Iowa Wildlife Camps include Springbrook

This summer, University of Iowa Wildlife Camps will expand their popular conservation education day camp program to six Iowa DNR state parks across Iowa: Maquoketa Caves, Mines of Spain, George Wyth, Spring Brook, Viking Lake, and Ledges. The expansion comes after Wildlife Camps received a REAP (Resource Enhancement and Protection) CEP (Conservation Education Program) grant from the state of Iowa to pilot the development of the Wildlife Camps program to Iowa DNR state parks.

The camps are for students entering third-through-sixth grade. Activities will focus on the wildlife and natural habitats of each state park's unique features and ecosystems. These day camps are for families that live near the following state parks:  
Viking Lake State Park (Stanton, IA): June 12-16  
George Wyth State Park (Cedar Falls, IA): June 19-23  
Springbrook State Park (Guthrie Center, IA): June 26-30  
Ledges State Park (Madrid, IA): July 10-14  
Mines of Spain (Dubuque, IA):

July 24-28  
"Wildlife Camps have been a popular educational and recreational experience in the Iowa City area for over 25 years and we're excited to share this program with kids across the state," said Jay Gorsch, Assistant Director of Outdoor Recreation & Education. "Campers can expect to spend a week exploring, learning, playing – in the wild!"  
Registration is open and enrollment will be limited to 40 students per camp. Learn more at [recserv.uiowa.edu/wildlife-camps-state-parks](http://recserv.uiowa.edu/wildlife-camps-state-parks)

## Make Plans for 2017 Ryder Cup

Captain Kane Powell and Captain Corey Welberg invite you to play in the 22nd Annual Irv Gerlich Memorial Ryder Cup. The 2017 Irv Gerlich Memorial Ryder Cup at Lake Panorama National will be August 10-13, 2017. To be eligible you must:  
Be a member of LPN Golf Course

and be 18 years old or older.  
Have a current USGA handicap.  
Have played AND posted scores for a minimum of ten, 18-hole rounds from July 1, 2016 through August 1, 2017.  
Be available at these times:  
Thursday, August 10 – 6:30 p.m. to 9 p.m.

Friday, August 11 – 10 a.m.  
Saturday, August 12 – 11 a.m.  
Sunday, August 13 – tee times start at 10 a.m.  
All members of Lake Panorama National Golf Course who meet these criteria may enter. The cost to participate is \$210. To be entered, drop off a signed registration form and check or cash made payable to '2017 Ryder Cup' to the LPN pro shop. This must be done by the deadline of June 14, no exceptions. Copies of the agenda and registration are available on the LPN website or in the LPN pro shop.

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## Deer season on county roads

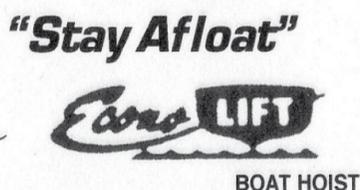
*Guthrie County Vedette*  
There seems to be a continuous deer season on the county roads as the Guthrie County Sheriff's Office reported another deer-car collision.  
Christopher Ellis, Panora, was southbound Saturday on Wagon Road at 252nd Street when his 2008 Hyundai hit a deer, doing \$6,000 damage in the 6:43 a.m. accident.

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# Time for Some Financial Spring Cleaning

Spring is in the air, even if it's not quite there on the calendar. This year, as you shake off the cobwebs from winter and start tidying up around your home and yard, why not also do some financial spring cleaning?

Actually, you can apply several traditional spring cleaning techniques to your financial situation. Here are a few ideas:

**Look for damage.** Damage to your home's siding, shingles and foundation can eventually degrade the structure of your home. Your investment portfolio is also a structure of a sort, and it, too, can be damaged. Specifically, you may have deliberately constructed your portfolio with an investment mix – stocks, fixed-income vehicles, cash instruments, etc. – that's appropriate for your goals and risk tolerance. But over time, your portfolio can evolve in unexpected ways. For example, your stocks may have grown so much in value that they now take up a larger percentage of your holdings than you had intended, possibly subjecting you to a higher degree of risk. If this happens, you may need to rebalance your portfolio.

Get rid of "clutter." As you look around your home, do

you see three mops or four nonfunctional televisions or a stack of magazines from the 1990s? If these items no longer have value, you could get rid of them and clear up some living space. As an investor, you also might have "clutter" – in the form of investments that no longer meet your needs. If you sold these investments, you could use the proceeds to fill gaps in your portfolio.

**Consolidate.** Do you keep your lawnmower in a shed, a rake in your garage, and your gardening tools in the basement? When working on your outdoor tasks, you might find it more efficient to have all these items in one location. You could also have your investments scattered about – an IRA here, a new vehicle 401(k) there, and an older 401(k) someplace else. But if you consolidated all your investments in one place, you might cut down on paperwork and fees, and you wouldn't risk losing track of an asset (which actually happens more than you might think). Even more importantly, when you have all your investments with one provider, you'll be better positioned to follow a single, centralized investment strategy.

Prepare for a rainy day.

As part of your outdoor spring cleaning, you may want to look at your gutters and downspouts to make sure they are clear and in good repair, so that they can move rainwater away from your home. Your financial goals need protection, too, so you'll want to ensure you have adequate life and disability insurance.

**Seal leaks.** In your home inspection this spring, you may want to investigate doors and windows for leaks and drafts. Your investment portfolio might have some "leaks" also. Are investment-related taxes siphoning off more of your earnings than you realize? A financial professional can offer you recommendations for appropriate tax-advantaged investments.

This spring, when you're cleaning your physical surroundings, take some time to also tidy up your financial environment. You may be pleased with the results.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*



Dave Grove

## WELLNESS

FROM PAGE 5A

ing challenge. But in the Adair-Casey area, we discovered food insecurity is a big problem. There isn't always access to a grocery store. So a way to remedy that problem could be reestablishing a mobile food bank in that area, to serve people who cannot access that food."

Once the program gets started, Arbor plans to host monthly Healthy Guthrie meetings that rotate through each town in the county. He hopes that community members from the towns will regularly attend, and share ideas on how they think the health of their communities can be improved. Whether it be through organizing community sports teams to get people moving and active, or increasing access to exercise facilities in the county.

It is one thing to have the public health department working to make Guthrie County healthier. It is an even better situation to have community members actively engaged in the process, sharing thoughts and bringing ideas to fruition, Arbor said.

"People talk together, people work together, people play together," Arbor said. "If we can get a grassroots effort going, we can change the culture of Guthrie County to a culture where people accept that they need to be healthy. The healthier they are, the longer they live, the longer they can be with their families, their loved ones. We wouldn't be a very good health department if we weren't focused on making Guthrie County the healthiest it could be."

For more information about Healthy Guthrie, visit Guthrie County Public Health on Facebook, at [facebook.com/HealthyGuthrie](https://www.facebook.com/HealthyGuthrie).

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## BALL

FROM PAGE 1A

Table sponsors are encouraged to recruit up to eight guests at \$40 each for their table. Seats not filled by sponsors will be available for purchase by others interested in attending the event.

Friends of Lake Panorama is a 501(c)(3) nonprofit, so the \$100 table sponsorships and \$20 per ticket are tax-deductible contributions. The other half of each ticket purchase goes to the LPN. The value of items donated for the auctions and raffle also could be tax deductible.

The Beach Ball will begin at 5 p.m. with a social hour that features special drink prices, plus time to view the decorated tables, purchase raffle tickets, and place bids on silent auction items. Patrons also will have the chance to place silent bids on 30 tempting desserts, each at least eight servings, to share with their tablemates. There will be a buffet dinner at 6 p.m., followed by a live auction.

Another option for donors will be a board where various items needed for the sports courts will be posted, along with the price. Donors will pluck a card from the board and pay for the items that evening. These will include such things as nets, anchor posts, basketball hoops, benches, and the fence gate, or perhaps half of a bench or net.

Donated items are needed for the raffle, auctions and dessert table. Anyone interested in sponsoring a table, purchasing tickets or donating an item for The Beach Ball can email [staff@friendsoflakepanorama.org](mailto:staff@friendsoflakepanorama.org). Or call Susan Thompson at 515-240-6536.

The main sports court structure will be a concrete slab featuring two regulation-sized tennis courts with both tennis and pickle ball lines. These courts will be surrounded by a 10' tall chain link, black vinyl fence. The basketball court will be slightly smaller than regulation size. The concrete will be marked for two half courts, with two basketball hoop systems

installed.

While donations of all sizes are welcome, only donors of \$500 or more are recognized on the Friends website. A sign listing these larger donors will be erected near the courts.

Donations can be made in someone's memory or in honor of someone. Checks can be mailed to PO Box 488, Panora, Iowa, 50216. A donation form is available on the Friends website, which can be completed and sent with the check. Donations also can be accepted electronically on the website at [www.friendsoflakepanorama.org](http://www.friendsoflakepanorama.org).

Donations of securities (stocks, mutual funds, etc.) are welcome, and will be sold once transferred, with the proceeds deposited into the Friends bank account. A securities account has been established with GCSB Investment Center in Panora.

The Friends nonprofit is separate from the Lake Panorama Association, and has a goal of improving recreational amenities at Lake Panorama. All contributions are tax deductible.

## GARDEN

FROM PAGE 1A

install about 170 native plants, featuring eight to 10 varieties.

Namanny will be at the site June 10 beginning at 9 a.m. to assist with the planting, and provide additional information on how a rain garden functions and suitable locations.

The cost of this rain garden project is estimated at \$2,500. In

December, the Guthrie County Soil and Water Conservation District Commissioners approved an application from Friends for cost-share funding for the rain garden. The Lake Panorama Association will provide excavation and other site preparation assistance.

Friends already has some funds available for this project, but additional donations are being sought, with a goal of raising \$500. The Panora-

ma West women's golf league has donated \$50. Donations, with a note the funds are to be used for the rain garden, can be mailed to Friends of Lake Panorama, Box 488, Panora, Iowa, 50216.

Volunteers are needed to help with the garden installation June 10. To volunteer, or for more information, send an email to [staff@friendsoflakepanorama.org](mailto:staff@friendsoflakepanorama.org). Or call 515-240-6536.

## RENEWAL

FROM PAGE 1A

1, 2017 through June 30, 2018. This amount is similar to what RIZ will receive in the 2016-17 fiscal year. Over \$600,000 will be used to retire debt, while the remaining amount will be used to fund the dredging operation, silt basin development and wa-

ter quality efforts.

The Lake Panorama RIZ is managed by a five-member board of trustees. Current trustees are Doug Hemphill, Dale Grotjohn, JoAnn Johnson, Bill Dahl and Corey Welberg.

In 2016, RIZ completed the Cory Sediment Basin and the Helen's Cove/Donahey Conservation Reserve Enhancement Program (CREP) wetland. Work

now is underway on the Hughes Cove/Elmquist CREP project. These two wetlands will help prevent sediment and excess nutrients from reaching Lake Panorama.

The 46-page report from Shive-Hattery is a public document. It's available under the "Archives" tab on the Lake Panorama RIZ website: <https://www.lakepanoramaliz.org/>

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**-Mark and Alice Sheeder**



"We recently hired Sparks Renovations for our master bath remodel - a large project starting from the studs. The entire Sparks team was professional, hard-working, and very detail oriented. The project was kept on a tight budget and the communication throughout the process was superb. We highly recommend using Sparks Renovation, who take pride in their work and it shows!"

**-Josh and Valerie Strehle**



"My wife and I have done several remodeling projects with Sparks Renovations and are always pleased with their work. Randy is great to work with and his team does quality work while accomplishing projects in a timely manner. If you need any construction work done on your home I recommend calling Sparks Renovations."

**-Eric Barp**

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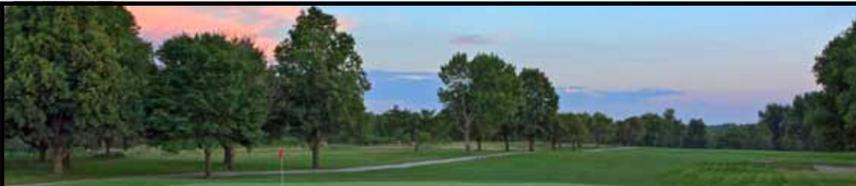
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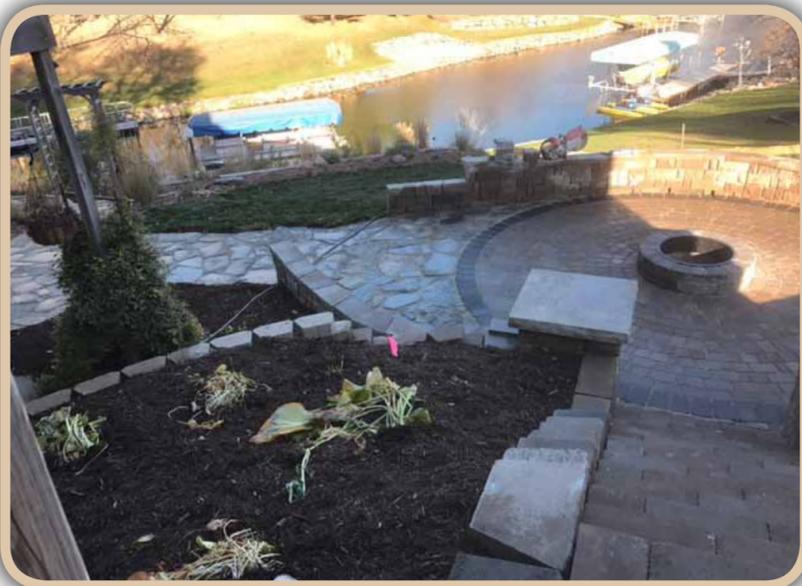
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## GOVERNMENT

## Ernst fear: Trump diplomatic cuts would mean more war

By DOUGLAS BURNS  
Lake Times staff

U.S. Sen. Joni Ernst, the first female combat veteran to serve in the Senate, says a depleted diplomatic force, as envisioned under a proposed President Donald Trump budget-cutting plan, would mean more American military men and women being called to serve in harm's way.

Secretary of Defense James Mattis, while commander of U.S. Central Command, is on record as saying "If you don't fully fund the State Department, then I need to buy more ammunition." That's a point reinforced in a letter to top lawmakers from 120 retired generals and admirals.



U.S. Sen.  
Joni Ernst

"That's an easy one for me," Ernst said in response to a question from the Daily Times Herald on a conference call with the media Thursday afternoon. "I absolutely agree with that assessment."

She said the matter arose in a Senate Armed Services Committee session Thursday.

Ernst, an Iowa Republican who had made Trump's vice presidential short list, said military leaders involved in the Middle East and Africa, who were asked the "exact same question" on State Department cuts in the hearing, said that if the United States is not providing dollars to stabilize governments, the nation will be involved with more military actions to compensate for diplomatic failures.

"I do agree there has to be spending there," Ernst said. "We need to talk through what would be the appropriate level."

She said tax dollars must be spent wisely, and that a review of State Department spending is in order, with the concerns expressed by the military leaders at the forefront.

"I certainly do appreciate their input into the matter," Ernst said. "And I do think it is one that will bring a lot of attention."

Politico reports that President Trump wants the State Department and the U.S. Agency for International Development to cut their budgets by at least 37 percent.

## Wanted: Volunteer painters

Volunteers are being sought to paint the banquet room at the LPN Conference Center this coming weekend. Holes and chips will be patched and a fresh coat of paint applied. Four days have been set aside for this project - Thursday through Monday, March 17-20, 9 a.m. to 5 p.m. each day.

Dee Eckley is coordinating this volunteer effort. Please let her know time slots you can help via email at [deckley30@msn.com](mailto:deckley30@msn.com), or call/text at 515-238-8872.

This is a much needed project, and many hands make light work. Thanks in advance for helping get the LPN banquet room spruced up in time for the busy banquet season!

## Start planning your 2017 golf season

Many tournaments are held throughout the year at Lake Panorama National. Some are just for members, while others are open to the public. Our 2017 Tournament page has been updated, and entry forms are available by clicking on the links. If no link is available, call the pro shop at 641-755-2024 for details.

## ALUMNUS RETURNS

# 31 YEARS OF STORMS

KCCI meteorologist John McLaughlin comes home



John McLaughlin speaks as part of the "KCCI Weather Kid" feature at the Iowa State Fair in 2015.

By REBECCA MCKINSEY | Lake Times staff

When he was a 13-year-old living in Glidden, John McLaughlin abandoned the mail-order weather station he'd set up in his family's attic and ran downstairs to where his mother and sister were canning sweet corn.

"Mom," he said, "there's going to be a tornado today."

He explained the science behind his hypothesis — that pressure was dropping and winds were switching from the south to the southeast.

Then he walked to the kitchen window, looked out at the sky and saw a tornado touching down 2 miles west of Glidden.

"There it is now!" he said.

His mom, Mary, responded, "Son, you shouldn't lie."

"No, really," McLaughlin insisted, pointing out the window.

"Kids, we're all going to die," Mary said before taking her kids to the basement.

The tornado went over their house, knocking down the TV antenna. The house, its inhabitants — and the mail-order weather station — were fine.

Since then — since before then, too, but especially since that day — McLaughlin was hooked on weather.

"Everyone has a career-defining moment, a pathway to what they want to do," he said.

He had his when he was 13.

Now, after 31 years with KCCI TV in Des Moines, he left his position as the station's chief meteorologist last fall and returned home after being diagnosed with sarcoidosis, an autoimmune disease. The dis-



Former KCCI meteorologist John McLaughlin discusses a winter storm during a weather update.

ease causes periods of fatigue and made it impossible for McLaughlin to continue in his job, he said.

He began working at KCCI after studying telecommunications at Iowa State University and meteorology at Mississippi State University. He'd graduated from Glidden-Ralston High School in 1981 and noted that Ed Rezabek, a science and physics teacher there, greatly bolstered his interest in science.

McLaughlin started reporting for KCCI in 1985 and began working as a meteorologist there soon after, working his way up to a position as the station's chief meteorologist. In the 1990s, he worked with Baron Services, a global company today but then just a father-and-son operation, to develop a Doppler weather radar system that would allow KCCI to offer more timely weather updates. The system allowed KCCI to forecast a tornado in the mid-1990s that developed differently than meteorologists had seen in a past, generating close to the ground and moving upward rather than developing in the center of a thunderstorm and moving down. Weather scientists later referenced a paper

McLaughlin wrote about the storm.

Covering weather came with heartbreak, too, including when a severe tornado tore through Parkersburg, Iowa, in May of 2008, killing several people and ripping apart much of the town.

"We flew up in a helicopter after that, and it was the most horrific, violent scene that you can imagine," McLaughlin said.

Arriving in Parkersburg soon after the storm, he watched as some of the town's residents marched an American flag to the ravaged remains of a farm near the town and stood it up in the dirt.

"It was like they were saying, 'We're still here, we're still Americans,'" McLaughlin recalled. "It shakes me up just thinking about it, about their resilience. These Iowans lost everything to a tornado and picked themselves up and went back to business."

And the job had its lighter moments, such as when McLaughlin worked with area children at the Iowa State Fair's "KCCI Weather Kid" event each year.

MCLAUGHLIN, PAGE 2B

John McLaughlin (right) holds a "Welcome back, Johnny Mac" cake during his welcome-home party at New Way Ford in Coon Rapids in November, along with his brother, Mike McLaughlin, and sister, Kim Goetsch.



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John McLaughlin (right) catches up with longtime friend and fellow KCCI meteorologist Kurtis Gertz in Jefferson in January.

**McLAUGHLIN**  
FROM PAGE 1B

He said he enjoyed the opportunity to blend science, technology and personality as a KCCI meteorologist. During his time in the job, he wrote papers about weather patterns he observed and spoke at weather conferences.

It's a job he'll miss, he said — but he's continuing to pursue related interests, including flying. Both his parents are pilots. "I grew up bouncing around in the clouds and flying in the weather," McLaughlin said.

He completed his first solo flight at age 16 at the Carroll Airport and received his pilot's license there at age 17.

Now, he works as a Federal Aviation Administration examiner, completing test flights with people seeking pilot's licenses.

McLaughlin is living on an acreage between Jefferson and Scranton and is working with doctors to manage the effects of sarcoidosis.

His brother, Mike McLaughlin, owns NewWay Ford in Coon Rapids and Scranton Manufacturing. His father, John McLaughlin, is the companies' co-founder and CEO. His mother, Mary, and



Former KCCI meteorologist John McLaughlin holds an Emmy Award the station recently won for best newscast.

sister, Natalie, live in Arizona. His sister Kim runs McLaughlin Imprint and Apparel in Carroll, and her husband, Steve Goetsch, works as a financial officer for the family's companies.

"It's hard not doing what I used to do and to not be focused on watching the radar and tracking winter storms," McLaughlin said. "But through all of this, I'm learning to lean on family and friends."



SPECIAL TO THE LAKE TIMES

Guthrie County Sheriff Deputy Kent Gries (left) and Panora Police Chief Matt Reising talk with Lakeside Village residents about the dangers of scams and how to avoid them.

# Lecture raises awareness about scams

By CAITLIN WARE  
Lake Times staff

Panora's Lakeside Village assisted living facility welcomed local law enforcement to talk about the dangers of senior citizen scams during a picnic and lecture program on February 23.

Over the past few months, several incidents of scams targeted at making money off of older people have been reported by the Guthrie County community. In response, Panora Police Chief Matt Reising and Guthrie County Sheriff's Deputy Kent Gries, visited with a group of Lakeside Village residents to talk about the situations they have encountered, and how to avoid them.

"We're very fortunate to have a lot of experts here," said Nancy Johnson, community relations coordinator for Lake-

side Village. "This is really for all of us who need to learn a little bit more about what is going on."

Reising started the program by explaining the types of scams he has come across in his work. The first involved an older couple, who received a call with the message that their granddaughter had been arrested, and needed bail money. They were told the money needed to be in cash, and had to be sent second day air, two requirements Reising listed as big red flags in these situations.

"There's always a sense of urgency, this money needs to be sent now," Reising said. "There's just no reason to ship cash through the mail, or any other shipment method. And second day air seems to be an ongoing theme. Because by the time you send it out, it's already been shipped off."

However, any suspicion the couple might have had was appeased when they were able to speak with someone who sounded just like their granddaughter, and the "sergeant" of the police department supposedly holding her. They sent the money (which was ultimately recovered) to what turned out to be a scam operation.

Another case took place when a Panora resident was lured into a scam by winning a free laptop. The prize came with a catch: the computer arrived with a second package, which they were instructed to second day air on to someone else. From there, the individual received more packages containing around \$10,000 worth of cell phones, computers and video equipment. As it turned out, the person behind

the scheme was stealing from first time Ebay users. Some of the products ended up in the hands of the Panora resident who thought they were just receiving a new laptop.

"I mean, how often do people win laptop computers?" Reising said, advising that if an offer seems too good to be true, it probably is. "It just doesn't happen that often. That's a scam. The fortunate thing there was the victims received their property back. We shipped all their items back."

Gries also shared some of his experiences with scams. One involved a local older gentleman who recently lost his wife, and was lonely. He opened an account on a dating website, and was soon approached by an attractive young woman. She claimed she lived in Florida, and the two spent hours getting to know each other over the phone. It was not long before she started asking for money. In total, the victim sent close to \$15,000 to the woman.

"Every time she requested money, the situation was more dire than it was the last time," Gries said. "That's a lot of money this guy spent a lot of time working hard to earn. And she was a nameless, faceless person down in Florida. He was talking to essentially an anonymous person."

Eventually, the victim caught on to the scam, and stopped sending money, and reported the incident. Unfortunately, because the victim's money was sent willingly and with no "deal" or conditions in place, there was no crime committed, and nothing law enforcement could do.

After the presentation, audience members questioned

if they should be worried about using Facebook and online shopping, given the complexity of the cases discussed. Reising said that using online resources is not necessarily an issue. But users need to be careful about how they go about their online business. On Facebook, be careful about what personal information gets shared around, he said. And when it comes to online shopping, it is best to use a prepaid debit card with a set amount of money on it. That way, if someone gets a hold of it, there is a limited amount of money available.

Reising and Gries also said it is important to be careful of issues that can arise with cell phones. There have been unknown calls announcing free vacations won, stating the Internal Revenue Service (IRS) needs money, or just trying to trick the listener into saying key words that can be recorded and used later. They advised to not answer calls unless it is a known number. And lawyer Beverly Wild, who attended the program, said if anyone asks for a social security number over the phone, the answer is no, and that the IRS will only use mail contact. Anyone over the phone claiming to represent the organization is lying.

"You guys worked hard all your lives to earn your money, and no one should get that from you because of a scam," Gries said.

Reising added, "They're always thinking of new ways to scam you. There's really no good reason to give out any information over the phone or online. Please don't be embarrassed to call us anytime if you're uncertain of something you're receiving."

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**BUSINESS**

# Panora dad-daughter launch golf accessory PinPal



SPECIAL TO THE LAKE TIMES

**Bart Maere of Panora has invented a new convenient golf accessory. The PinPal fits in your bag to hold the flag/pin, clubs and a towel so golfers don't have to bend over or lose clubs out on the course.**

By **GORDON CASTILE**  
*Lake Times staff*

A Panora father-daughter duo has launched a product designed to give a break to golfers' backs. It's called PinPal and it's a three-foot stainless steel rod-like device that holds the flagstick upright while the golfer putts, rather than it laying on the ground.

Thus the golfer is freed from bending over to grab the pin prior to replacing it in the hole. Bart Maere is the inventor of PinPal and manufactures it in his garage. Daughter Madigan, a college business student, serves as a spokesperson for the firm and heads marketing.

The product is sold under the name of Brect Co. LLC. Recently an ad for PinPal ran in the February-March issue of the statewide *Our Iowa Magazine*.

The idea for PinPal came to avid golfer Bart Maere last year on the same hole where he had a hole-in-one at the Guthrie Center golf course in 2014. A Facebook posting said Maere credits his father who he knows is with

him in spirit.

Madigan explained, "My dad was having back problems and it became more difficult to bend over. He wants PinPal to allow people to continue golfing longer."

A patent is pending for the device. Ironically, the request for a patent from proud veteran Bart was received on Veterans Day in November.

Besides the Internet and magazine, the product is promoted through trade shows.

"Most people think it's a good product," said Madigan, a student at Franciscan University in Steubenville, OH. "It just needs more exposure. Tell your family and friends."

Information on PinPal can be found on its website, [www.pinpalgolf.com](http://www.pinpalgolf.com), or Facebook page at PinPalGolf.

"PinPal reduces the amount of times you have to bend over and creates more convenience for your leisurely round of golf," Madigan said in summing up the virtue of the product, which is first inserted in the ground.



**PinPal, a product invented by Bart Maere in his Panora garage, reduces the amount of times you have to bend over and creates more convenience for your leisurely round of golf. It comes in 12 colors and costs \$35 each.**

The 2013 Panoramita graduate also points out it can be used to hold a club or towel and is great on the putting green for trying out different putters.

It comes in 12 colors and costs \$35 each.

Brect, the company name came from the initials of siblings of Bart Maere, an employee of DICA in Guthrie Center.

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3. Many people retire to a lower tax bracket. That fact alone is a good argument for timing a Roth conversion to coincide with retirement.

**A Roth conversion is not for everyone.** Some traditional IRA owners opt for a partial conversion or multiple conversions over time. The short-term tax hit may be a small price to pay for the potential benefits ahead. If you want to explore this move, talk with a tax or financial professional first.

Visit our website, [investgcsb.com](http://investgcsb.com), to view this article in its entirety, including "When a Roth conversion a bad idea."

**Kristen Crouthamel, AIF®, Financial Advisor**

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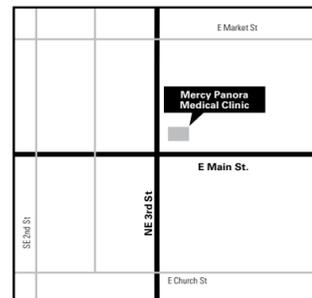
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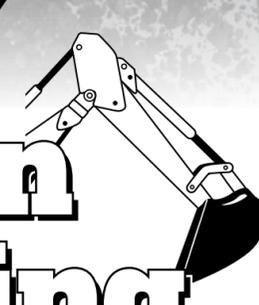
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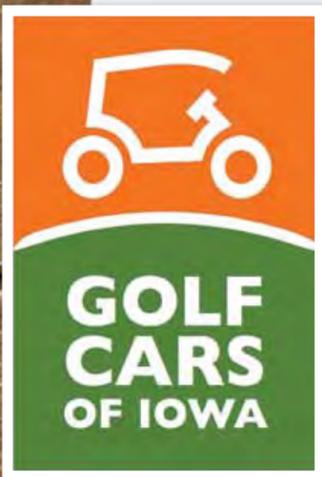
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## CONSERVATION AND ECONOMIC DEVELOPMENT

# FARM BOY GOES INTERNATIONAL, COMES HOME TO MIDWEST

Dan Gudahl, with Minnesota ag roots, named new executive director of Coon Rapids' Whiterock Conservancy

By CHARLES NIXON  
Editor and Publisher

Coon Rapids Enterprise

## COON RAPIDS

Last summer, while looking for jobs online, Dan Gudahl discovered Whiterock Conservancy was looking for a new executive director.

He wrote them a letter which led to an online interview.

"I told them, 'Listen, I'm your guy. I've done a lot of conservation work, I have a non-profit background and have raised a lot of money in the past.' They listened.

He came to Coon Rapids for an interview and saw Whiterock Conservancy for the first time.

"I looked around and said, 'Yeah, this looks interesting,'" he said. "A young nonprofit with an interesting history, 5,500 acres ... you know, it's big!"

That's how and why Dan Gudahl, 61, moved to Coon Rapids in January to become the new executive director of the Guthrie County nonprofit land trust.

A native of Minnesota who grew up on a small family farm, Gudahl's previous career positions seem well-suited for the daunting tasks which he now assumes at Whiterock Conservancy. Speaking with a slight upper Midwest accent, he drew a parallel between Whiterock Conservancy and the small family farm on which he was raised.

"If you look from the perspective of where I grew up, canoeing on the nearby Watonwan River, sledding at the neighbors' farm down the embankment to the river valley, we always had wildlife and all that stuff," Gudahl said. "But as agriculture progressed, the farm became less of a place of recreation and more of a place for business, and also a place of profit maximization and not taking care of the environment and all that you need to do. So Whiterock is a very fascinating place and unique to Iowa — 5,500 acres, family legacy, mixed use and a lot going on. It's a farm that is open for people to come and enjoy."

### Growing up on a Minnesota farm

Gudahl recalled growing up on the small family farm with his parents and sister near Medelia, about 30 miles southwest of Mankato, Minnesota. The stretch of road leading to town at

one time had 11 farm residences, but today there are none. The Gudahls' 80-acre farm had 7 acres of pasture grove and a homestead site with 73 acres of tillable ground.

"It had a swale in it and some sand over there ... so it wasn't the best piece of land around there," said Gudahl, who was expected to help out on the farm. "My dad was the last of the small-time farmers. I was in 4-H for nine years, I raised Muscovy ducks, we had sheep, always had our own unpasteurized milk and our own chickens."

And pigs were the big mortgage lifter, he added.

But during his youth, farming operations consolidated and grew bigger.

"During the time I was going to college from 1973 to 1978, that was the time when all the farm sales were happening," he recalled. "A lot of people were selling out or consolidating. We had a neighbor from the next town that was going into farming. He had 1,000 acres, then 2,000 acres. It was unheard of at the time."

Following high school, Gudahl spent a year with the American Field Service as an exchange student in Australia, then entered college and in 1978 graduated from the University of Minnesota with a bachelor's degree in biology.

He was accepted into the Peace Corps and was preparing to go to Costa Rica to become a soybean adviser when his father died. He stayed home to help his mother arrange for a farm-equipment sale. A year later, he reapplied for the Peace Corps and this time — as fate would have it — he was directed to the Philippines.

### Settling in Arkansas

Gudahl spent three years in the Philippines, two years teaching animal science at a small university and the third year training and orienting new Peace Corps recruits. He met a Philippine resident, Ana, who was a language instructor, and they got married at the end of his third year. They have one daughter who is now grown and lives in Brooklyn, New York. She too, experienced the Peace Corps following college.

### Heifer International

Returning to the United States, Gudahl accepted an entry-level position as a volunteer coordinator for Heifer International, a global nonprofit working to eradicate poverty and hunger through sustainable com-



JEFF STORJOHANN | LAKE TIMES

**Daniel Gudahl, director of Whiterock Conservancy, welcomes volunteers and supporters during a Feb. 10 dinner at the Burr Oak Visitors Center. Gudahl grew up on a farm in Minnesota and started at Whiterock earlier this month.**

munity development. Located in Little Rock, Arkansas, Heifer International distributes animals, along with agricultural and value-based training, to families in need around the world as a means of providing self-sufficiency.

Gudahl spent 13 years at Heifer, working his way up. He spent several years as a training director and the last eight years as the director of African Programs, a position that necessitated plenty of international travel.

Ana worked in food service for Heifer Ranch in Perryville for the past 26 years until she moved with her husband to Coon Rapids.

### Save the family farm for the frogs and the birds

During her final years, Dan said his mother always made it clear she

wanted the family farm turned into a home for the frogs and birds.

"She didn't want the neighbor to get the farm, and she didn't want anyone to tile it," he explained, saying he and his sister rented the farm for a long time after she died. Sometime later, they got a call from a Soil Conservation official, warning that the farm was being washed away after heavy rains. He suggested several programs that the government would pay for over 20 years, "so we ended up putting the whole thing into prairie." The government program also paid to have a water catchment installed that was designed to create a slough from one end of the farm to the other.

"That was very interesting. At first, it looked pretty bare but after a year it was full of cattails," recalled Gudahl.

"After two years, it was cattails with cottonwood all the way around it. When the water would overflow, it was all clear water and everything was held there. It was really nice."

A year or so later, the Soil Conservation official called again, this time reporting that growing thistles required immediate eradication as required by the government. Dan hired a neighbor to spray and kill the thistles but it was clear that managing the farm from Arkansas wasn't feasible. So he and his sister sold the farm, and he used his proceeds to buy 75 acres of land in Arkansas. He said the difference in two properties is significant.

"The Minnesota land has a crop base history but what I got in Arkansas is basically a swamp. A river runs

through it, there's a bunch of beavers and other wildlife. Nonetheless, it's still got about 15 acres that I get a little money from the USDA to do some cover cropping. This was all just weekend amusement for me in addition to the regular job I was doing. But I still maintained an interest in owning some land. It's got some of the biggest black water moccasins you'd ever want to see."

### Working for the Rockefeller legacy

Not far from their home in Perryville, perched atop Petit Jean Mountain on the Arkansas River in the area between the Ozark and Ouachita mountain ranges, another nonprofit beckoned Dan Gudahl. He has spent the past 15 years working for Winrock International, an organization whose existence stems from the career of Winthrop Rockefeller, an American politician and philanthropist who served as the governor of Arkansas. Gudahl says the legacy of Winthrop Rockefeller is a story in itself and lives on in the form of numerous charities including Winrock International.

Winrock is a nonprofit whose mission is to empower disadvantaged people, increase economic opportunity and sustain natural resources. Gudahl started off as a contracts officer, "working on the operation side of things for about 7 1/2 years", and then moved over to 'programs' and did that for five years. The last three years were spent providing leadership for a \$17 million USDA funded project called Philippine Cold Chain Project (PCCP). The assignment required lots of air travel and too much time away from home.

"I'm thinking, I can't do this forever. ... I don't want to run around internationally on an airplane. I've got over 2 million frequent-flyer miles," Gudahl explained.

He resigned.

GUDAHL, PAGE 2C

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## GUDAHL

FROM PAGE 1C

"So then my wife is asking me what am I going to do next? And I'm saying, 'I'm turning 62 and I'm going to run — not walk — to the Social Security office. You know, all the pressures of working for a big organization ... you just get tired of that after awhile.'"

But he didn't go to the Social Security Office. Instead he started looking for jobs at a site called 'ideal.org,' and Whiterock had advertised on there. "So I looked it up ... Whiterock looking for a new executive director," he explained.

### 3 weeks into the job

At a volunteer appreciation dinner last Friday, new Whiterock Executive Director Dan Gudahl said the purpose of the event is to foster continued support from volunteers with their time, attention and money — "and most of all to tell others about Whiterock so they can come out and enjoy it as well," he told the volunteers after a hearty meal catered by Lidderdale Country Store.

"These are the people who are here trying to do the right thing and try to improve things that will continue to have an impact on Whiterock for future generations," he noted.

Just three weeks into his new job, Gudahl is learning the ropes fast. He knows the big stories about Whiterock are sustainable agriculture, natural resource protection and public recreation.

"As part of that three-pronged approach, you want people out on the land to understand the value of what agriculture and land and conservation all means...The best way to do that is to welcome those people into your environment, so you need lodging, programming and things for people to do when they are here."

"The challenge I face out here is to take people interested in fat-tire biking and then explain to them the whole concept of Whiterock," he offered. "And there may be people only interested in conservation agriculture and they don't understand why it's important to have trails and people on the place."

One of Gudahl's first objectives yet this year will be to organize a capital campaign to renovate the Garst home farm where Soviet Premier Nikita Khrushchev toured in his historic 1959 U.S. visit.

"We want to have the home farm and the whole national historic district become a better gateway for Whiterock," Gudahl explained. "It's not as neat and clean and organized as a gateway as it needs to be. We'll do a

fundraiser capital campaign for the whole place and we'll spruce up the barn and the house first."

Gudahl says another priority is to document the stories that have helped create Coon Rapids as the "heart of corn country."

"What I find is the stories are here, but they're in Darwin's (Pierce) head, or Liz's (Garst) head, and no one is taking these stories and presenting them in a way that can be reproduced by staff members. That needs some work. You've got the historical stuff here and you also have other historical stuff that's a part of the community and would require a trip around town to see what used to be Garst and Thomas, the seed company that's here now, the ethanol plant and POET. The community has already got a rotating ear of corn ... That's already been set-

led. This is the heart of corn country. So you focus on what corn has done. Khrushchev came here because, you know, there's peace through agriculture ... and let's make friendships through corn and all that."

Gudahl mentioned the current political climate which — it could be argued — led to last week's announcement that Springbrook Education Center near Guthrie Center will be closed.

"Is there a role for Whiterock? Do we want to have something where people use land and nature and is there a need for conservation education? My challenge is going to the root of 'conservancy.' If you're a conservative and you don't like the state to pay for stuff, do you like Whiterock enough to pay for it yourself? What's the value for something like that to you personally?"

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