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Roy and Rose Gage in the new addition of their home on South 15th Street.

Gages Build for the Future

by Michael Tidemann
STAFF WRITER

Once you’ve settled into your home, it can be pretty hard to leave it. That’s what Roy and Rose Gage have found with their South 15th Street home in Estherville. A City of Estherville council member, Gage owned and ran Roy’s Auto for several decades, a business now

owned by his son Alan. Gage remains active, though, with rentals, volunteering many hours at the Emmet County Historical Society Museum, maintaining an eclectic menagerie of livestock and monitoring the comings and goings of extended family and pets. It’s the latter instance that requires a large home – a very large

home. The original home at the location was not very large, though. Gage bought the house that once sat in what is now the St. Patrick’s parking lot in Estherville from Bud Nepl for \$6,500. A Blue Earth, Minn., mover took the structure to its new location. Gage then had Rich Rierson build an east

addition with kitchen and open porch. While the Gages enjoy their porch in the warmer months, they started thinking about years down the road when climbing the stairs to one of their upstairs bedrooms might start getting a little difficult, so they decided to add again more recently, to the west. First, though, they had to re-



The Gage’s west addition uses narrow wood siding to match the rest of the home.



move a glassed-in porch and pour footings the fall of 2022. Then they called upon Rierson again to frame up the new addition, with the help of Alex Pena.

The additions greatly expanded their space, with the east adding 750 square feet and the west another 400. The Gages helped cut their costs by doing a lot of their own work on the newer addition that needs just a few finishing touches.

Gage put up the siding, hung the drywall and did the flooring and plumbing. He decided to locate the outlets a little higher for easier reach. A gray/black color scheme prevails throughout the addition, with decorative light fixtures. "We bought everything we could locally," said Gage. That includes lumber and vanity from Forge & Build in Estherville and flooring from Jensen's Furniture.

Gage installed the bathroom fixtures himself, including a four-by-six walk-in shower that provides easy access.

While they still use their upstairs bedroom, the Gages reserve the new addition for overnight guests. Someday, though, they plan on using it when they tire of climbing stairs.

Roy at the piano in his new addition.



Gage installed all the bathroom fixtures, including a four-by-six walk-in shower.



A large walk-in closet could easily double as an extra bedroom.

Everything's Coming Up Peaches



The 2024 color of the year is gentle on the spirit

by Amy H. Peterson
APETERSON@ESTHERVILLENEWS.NET

Pantone has reached its 25th anniversary of announcing its Color of the Year. However, it's not a silver anniversary. The Pantone Color Institute has chosen Peach Fuzz, a "velvety, gentle peach whose all-embracing spirit enriches heart, mind, and body," according to the Institute. The hue is a reflection of a yearning for closeness and connection that arose out of the lockdowns and separations earlier in this decade. Latrice Eiseman, executive director of the Institute, said in a statement, that the shade, "resonates with compassion, offers a tactile embrace, and effortlessly bridges the youthful with the timeless."

Designers offer the suggestion of throw pillows to add multiple pops of peach color to a room. The warmth of Peach Fuzz coordinates with browns, greys and the new creams and greiges shown as main colors for common areas of this year's homes. Peach can also be used as a main color of upholstery with solid couches and chairs offset by neutral pillows that include a pop of peach. Area rugs, window treatments and lampshades can also

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In seeking a hue that echoes our innate yearning for closeness and connection, we chose a color radiant with warmth and modern elegance. A shade that resonates with compassion, offers a tactile embrace, and effortlessly bridges the youthful with the timeless.

-Leatrice Eiseman Executive Director, Pantone Color Institute™



add that color pop. Don't forget the ceiling as a room's fourth wall. A sunrise or sunset hue on the ceiling adds warmth to natural and added lights, and suggests a warm-toned sky.

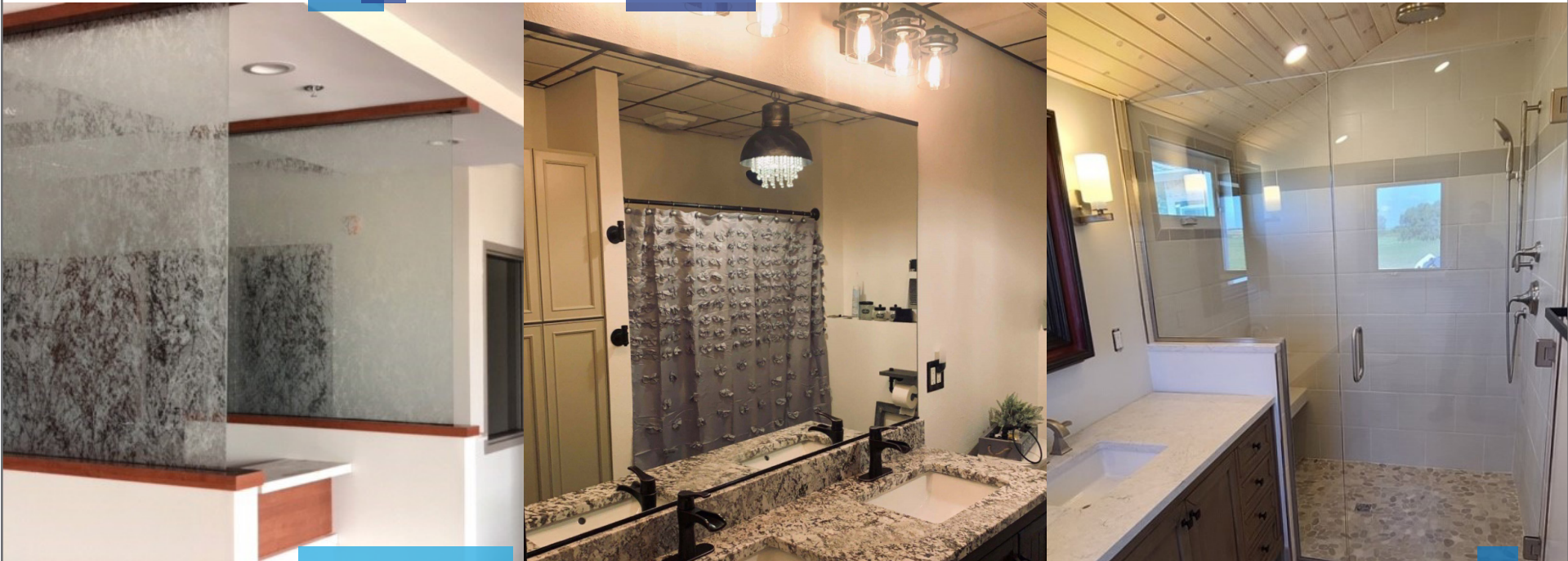
In bathrooms and kitchens, peach can add coziness in tile and wall covering. Pairing peach fuzz with a bright blue or green can make the color pop, as can a bold combination with magenta or purple.

To incorporate peach fuzz into this year's earthy tones, try a dark mustard, moss or olive. In a kids' room, it can add to a fairy story or mystery with fuchsia, pink and lavender.

Enjoy our picks for color combinations, all with swatches from Ace Hardware in Estherville. All paints are available through Fick's Ace Hardware, which is celebrating its 60th Anniversary in 2024.

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A pink-peach Daylily creates a warm neutral look with Platinum Gray and Topaz, all from Benjamin Moore.



Cabbage Rose from Magnolia Home is paired here with the earthy tones of Celery Seed, also from Magnolia and Dorset Gold from Benjamin Moore

Ace Hardware Color Picks



Succulent Peach creates an endless, golden summer look that could be Awesome with Clark + Kensington's intense teal.



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Grey or brown?

That is the question



The question of grey and brown isn't as important as drawing a contrast between lights and darks, as seen in this living room setting.

Jensen Stores' Katie Adams said living rooms can incorporate every shade and hue on earth

Photos by Amy H. Peterson

by Amy H. Peterson

APETERSON@ESTHERVILLENEWS.NET

Jensen Stores is offering living room and family room groups in many shades that reflect the nature outside, Katie Adams, store office manager, said. Adams is one of the Jensen Furniture Store employees who helps customers choose the colors and styles they live with at home. While Adams does her best to keep up with what's trending, she says the most important trend starts at home with her question, "What do you like?"

Jensen Stores has a large showroom with nearly every style of couch, sectional, recliner, accent chair or loveseat under the sun. As home interior experts declare the era of grey as a dominant color over, Adams takes a more pragmatic look.

"Here in the Emmet County area, browns never went away. Now we are seeing a combination of brown and grey, not only in the warm 'greige' colors that incorporate both brown and grey, but in combinations from a creamy tan with charcoal grey to a coffee brown with silver," Adams said.

The big trend that's caught on in the Midwest is incorporating elements of nature. This has been popular for a long time. From woodwork stained in natural hues to river rock displays, Adams said one color that's emerging is green as an accent to earthy-toned neutrals. Jensen Furniture Stores has green incorporated in the leaves of indoor trees and plants, with a few accents of a sage color with grey undertones and brown-based army greens. Greens can also be found in



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Brown as a base color has been in favor among Emmet County furniture buyers for a long time. It makes a comfortable statement paired with lighter neutrals as shown here.



2024 living rooms feature neutrals in colors like river rocks: lights to darks, cools and warms, browns and greys.

wall art and accessories.

In one setting, a cream-upholstered sofa and ottoman pair with a cream-and-charcoal swirled overstuffed rocker. A dark-wood console table provides contrast with accessories in cream and black on the tabletop. The dark wood is repeated in a decorative wood tray placed on the ottoman. The tray is filled with river rocks in every color from ivory to tan to slate to charcoal. The river rocks also pick up the tones in the rug that has variegated stripes of charcoal, cream, gold, navy, and tan.

Brown leather and leath-

er-looking furniture is still in favor, with a featured sectional in a dark, espresso brown that curves to provide seating for at least six, with drink holders, tech ports, and reclining seats on both ends. The dark brown is matched in a rocker recliner and a tall floor lamp with a dark finish. A tonal lamp with tinted glass vase and cream-colored shade provide contrast. Greyish taupe side tables and a wealth of greenery. The rug with this setting is also light cream with a blue-grey pattern.

Among the rows of recliners in the Jensen Furniture Stores showroom, there are several varieties that feature dog-resistant upholstery to reduce worry about the dog napping in your absence or weekend skirmishes for control of the chair.

A third setting starts with a soft, tweed rug in charcoal and beige. A dark wood coffee table with a drawer is set off by a

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Mixing patterns is pleasing to the eye when the patterns are repeated and the tones are complementary.



modern styled silver candleholder set on top of a doily. Vertical paintings of birch tree limbs are set off with a bold black and cream frame, while a silver menorah, also set on doilies, sets off a dark wood console table with vintage brass drawer pulls.

"Doilies are back right now. All of the vintage touches are really coming back," Adams said.

The furniture pairing is a recliner with a 21st century pattern in charcoal, slate, silver and cream and a softly textured, warm grey sofa with a chaise end. Accent pillows in a pattern of ivory, navy, slate blue, tan and taupe sets off pillows in solid tan. The set provides one way to combine neutral colors and modern and vintage touches for a unique look.

Another way to harmonize contrasting colors is by repeating a pattern in a chair and a rug. A look that combines a reclining sofa with two featured chairs happens in one of Jensen Furniture Stores' upstairs displays.

A couch the color of a vanilla latte is accented with tonal, dotted pillows. A rug with shades of beige and brown teardrop shapes provides symmetry with a cream chair that features similar teardrop shaped dots that form arches in colors ranging from indigo to light blue and chocolate brown to cream. The second chair features greige and cream stripes.

Adams said flooring is selling fast this spring. Jensen Stores offers all types of flooring from porcelain to vinyl to engineered hardwood. The store also offers mops and carpet cleaners, and cleaning products for a variety of home surfaces. Jensen Stores was the Estherville Area Chamber of Commerce's Business of the Year for 2023.

Jensen Stores in Estherville is located at 1331 Central Ave. in Estherville. The phone number is 712-362-2697 and the store hours are 9 a.m.-5 p.m. Monday-Saturday, closed Sundays.

Modern and vintage harmonize in this setting with a soft, modern-patterned chair and taupe sofa with chaise end.



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Learn how to meal prep fresh garden dog food for your pups!

meet Ace

Ace is a very lucky pit bull who gets spoiled with fresh food prepared in advance by his owner, Keri Hardman. You may know Keri as the ad sales manager at the Estherville News.



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Learn how your garden veggies can be frozen and used in dog food all year round!

Keri's Dog Food Journey

by Taylor Nissen
CREATIVE SERVICES

Keri has worked at the Estherville News since November of last year, but she is a longtime Emmet County Local. "I was born and raised in Indianola, IA. My husband and I moved to Ringsted in November 1997. We have a son Lucas and daughter MaKayla, and two grandsons. My husband Jeff and I have been married for 28 years. I enjoy cooking and trying new recipes. I started making dog food for Ace when he was having some upset stomach issues." Ace is their 10-year old Pit bull who they've been blessed to have

for 8 years. He gets spoiled with fresh, homemade breakfast, lunch, & dinner! Here is how Keri starts her process:

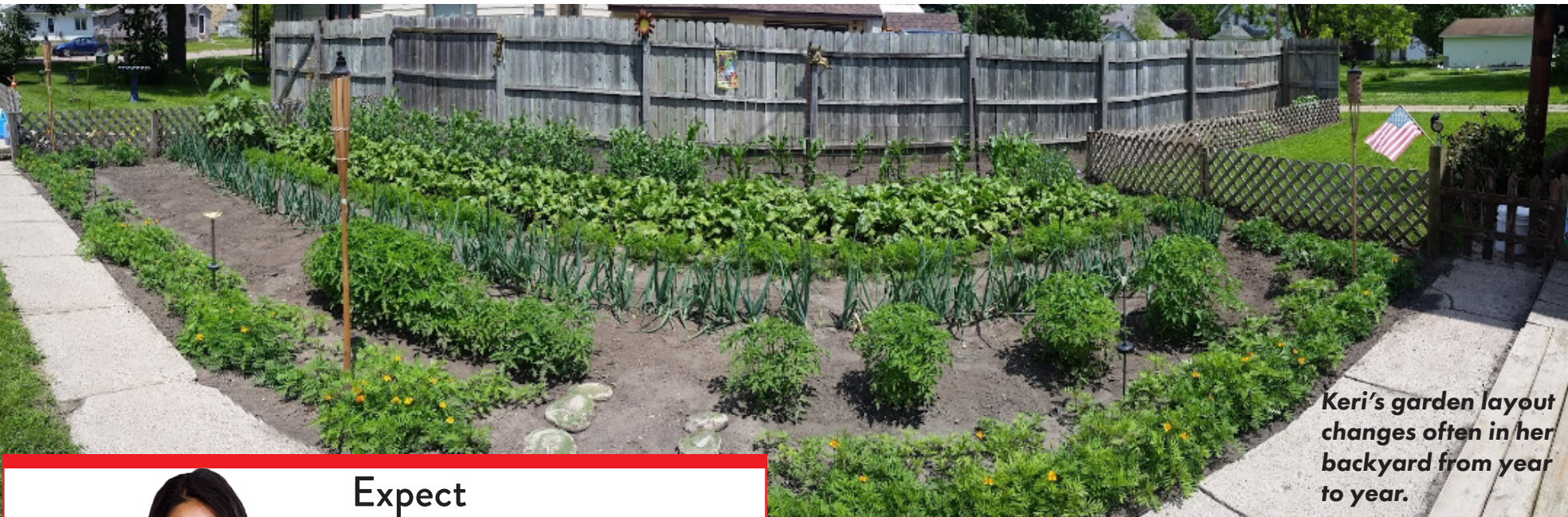
STEP 1

Pick dog friendly ingredients to buy or grow! Keri says, "I get my ingredients from the grocery store or I use what we have on hand. We don't really spend to much extra on making his food. Except we are buying big bags of long grain rice now." Try to find:

- High-quality protein (meat, seafood,



Keri's home-made dog food



Keri's garden layout changes often in her backyard from year to year.



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- dairy or eggs)
- Fat (meat or oil)
- Carbohydrates (grains or vegetables)
- Calcium (dairy)
- Essential fatty acids (egg yolks or oatmeal)

STEP 2

Next you'll start cooking the meat. Keri uses a roaster to slow cook chicken or beef. She also says a crock pot works great. "The cooking of the meat is the longest process 8 hours depending on how much meat you are cooking but that is the nice thing about roaster/crockpot....I don't really need to watch it."

STEP 3

Next up is cooking the rice and the veggies along with it. Keri uses her frozen beets, peas and carrots from her garden.



Pro Tip!

Using frozen veggies is great in dog food to help use up your garden's harvest year round. Make sure to prep your dog food on a day where you have plenty of time, like Sunday or Saturdays.



A honey bee in Keri's flower garden in Ringsted, IA

STEP 4

Now its time to prep up the portions and mix the meat in with the rice and veggies. "After the meat is all cooked. I then cook the rice/vegetables and mix all together with the shredded meat. I then put in individual serving dishes. I typically make enough for 2 weeks. I place extra in freezer and get out as needed for the day. I do microwave it before I feed him.... making sure it isn't to hot for him to eat."

STEP 5

Keri says she is a "throw it in type of person" and doesn't use exact measurements. Here is a recipe that is very close to hers for you to try to follow!

INGREDIENTS

- 2.5 lbs Chicken breast, boneless, skinless
- 1 cup White rice, uncooked
- 16 oz Peas and carrots, frozen
- 12 oz Butternut squash, frozen
- 2 cups Water

INSTRUCTIONS

Lightly spray your slow cooker with oil to prevent sticking. In the slow cooker, layer with chicken breasts on the bottom, then uncooked rice, then frozen vegetables. Pour water over all of the ingredients.

Turn the slow cooker to cook on low for approximately 8 hours.

After cooking, stir to breakup chicken and combine rice and vegetables. Portion out according to you dog's needs. Cool before serving. This lasts for about 5 days in the refrigerator, and the rest can be frozen and thawed as needed.

RECIPE FOUND AT threelittleferns.com



Keri's vegetable garden.



Prepped and ready to store home made dog food from Keri Hardman!

Keep on Reading!

Read the next story to see how the Estherville Garden Club wants you to set up your vegetable garden so you can feed your family and your pups!

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The Estherville Garden Club tours Toni Hazen and Lori Nissen's Meadow Secret's Greenhouse

Planting Spring Vegetables:

LOOK AT GROCERY BILL FOR INSPIRATION

by Amy H. Peterson
APETERSON@ESTHERVILLENEWS.NET

A group of women, ranging from novice gardeners to those with decades of experience, met at the Estherville Public Library several weeks ago to learn about garden planning. Sue Boettcher, director of the Iowa State University Extension & Outreach, Emmet County, advised gardeners to plant what they like. Many gardeners pressure themselves into growing the garden they believe is expected of them, rather than the one they really want. Planting tomatoes when no one in the house eats tomatoes is a waste of food, along with time, effort and the family budget, and can lead to a dread of working in the garden. Planting food household members enjoy equals a good use

of funding and greater enjoyment of gardening.

Boettcher said an additional consideration is planting crops that are expensive to buy at the grocery store. Fresh herbs, berries, garlic, colorful peppers and anything labeled "organic" can put a dent in a grocery budget compared with growing flavorful crops in the backyard or in containers on the patio or balcony, Boettcher said.


All that's really needed to grow most vegetables at home are seeds, soil, fertilizer, sunlight, and water. A grape tomato plant can produce 2,000 fruits apiece over the course of the growing season.

Heirloom seeds can be saved from year to year. They produce crops similar to their "mother."

Beginners can start small and grow



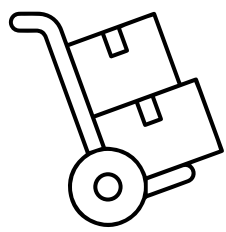
Heirloom tomatoes found at Meadow Secrets Greenhouse can come with their own unique shape and color.



INMAN ELECTRIC

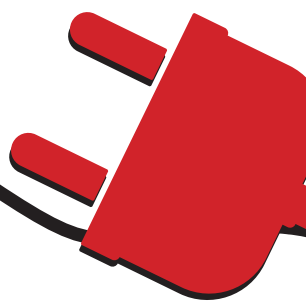
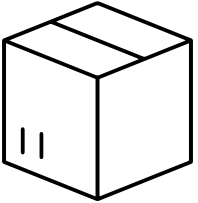
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their garden each year. Ripping up the entire back yard to plant every square inch of it could result in the gardener becoming overwhelmed and slacking off on the watering and weeding duties.

Two 4x4 foot, or one 4x8 foot raised bed, or maybe a 10x10 garden to start should take about 30 minutes, two or three times per week, to tend. Then add another bed or row each year as the original plot becomes manageable.

A warm April, as of press time, has contributed to an eagerness to get into the garden among local gardeners. There are a number of spring chores that will contribute greatly to a summer garden. The Extension advises that gardeners wait until night temperatures reach 50 degrees or over before applying mulch to garden beds. Getting an early start on mulching could trap cooler temperatures in the soil and delay the awakening of roots. This applies to cutting down last year's ornamental grasses and perennials to make way for new growth. Looking at temperatures instead of the calendar will help beneficial insects and pollinators to crawl and fly out ready to work in the garden.

Planting annual flowers and delicate flowering plants should wait until there's no chance of frost.

Planting food crops you love is one point; planting a garden that stimulates all of your senses is a hot, new trend in home landscaping, according to Zillow's 2024 home trend predictions. Functional and aesthetic outdoor spaces provide a peaceful nature retreat. Sensory gardens and pathways were featured 314% more often in home listings compared with last year.

A sensory garden is achieved by planting various plant, fruit, or vegetable varieties to provide an abundance of textures, scents, tastes, sounds and colors throughout the year. Gravel, mulch or stone path-

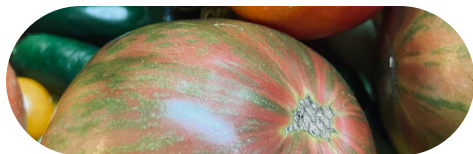
ways, bird feeders, and water features add to the experience of a sensory garden.

Studies have shown that spending time in sensory gardens promotes relaxation, reduces depression symptoms, and improve overall well-being. The Extension suggests Bleeding hearts (*Dicentra spectabilis*), which grow to a height of up to three feet and flower from May to June as one flower that appeals to sight. The flowers are shaped like downward facing hearts and may be white, pink or red with dark green or chartreuse foliage. Butterfly weed, Cockscomb, Delphinium, and Zinnias are other blooms that appeal to sight. Anise hyssop appeals to scent with its black licorice-like scent. These flowers are attractive to bees, butterflies and hummingbirds. Creeping thyme, Daffodils, Hyacinth, Lily-of-the-valley are other flowers that give off a distinctive scent. Balloon flowers, like their namesake, make a popping sound when squeezed. False indigo's seed pods create a rattling sound when shook. Switchgrass creates a whooshing sound as the wind whispers through them. Then, to appeal to the sense of taste, these plants can go into a bowl: Chives and Nasturtium fit the bill. Finally, we don't often talk of petting plants, but these will appeal to the sense of touch: Lamb's ears are fuzzy like the animal; Satiny wormwood and Woolly thyme are two more plants that bring out the texture.

Aside from plants, hardscapes provide textures that can be seen and felt, while water features provide opportunities for sight, sound and touch.

Adding a sensory garden to a home's outdoor experience can help guests and residents to experience the outdoors with all five senses, and a space to relax in nature.

Spring 2024 brings numerous opportunities to try something new in a home garden.



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