A celebration of nations - a number of Eastern European dancers perform on Greene Street.

Sunday, August 25, 2002
10:30am - 4pm • Greene St., Postville
Featuring: Ethnic Food Booths, Fun Activities, and Music

Opening flag ceremony - local school children of all ages and nationalities participate in opening ceremonies.

Filipino dancers - Postville teens perform a traditional Filipino dance in colorful native costumes.
Compiling a history

Jennifer Fiel (left) and Kelly Moore spent the summer collecting vintage photos, written stories, oral histories and meeting members of Postville’s diverse ethnic community, in the process creating two books to go on display in the Postville Visitor Center.

by Wanda Simmons

What did you do on your summer vacation? Ask that question of Iowa State University students Jennifer Fiel and Kelly Moore and they might tell you they wrote a book—two books to be exact.

Jennifer and Kelly have been in Postville since early June as part of the “Living in Iowa” program. Their goal was to compile written and oral histories of Postville, including the old and new immigration stories, while working at the Postville Visitor Center.

The result of their research, interviews, and of residency in Postville for the summer, was the completion of two volumes of documents which will be available for the public to check out at the Visitor Center in Postville.

They hope their work will help not only visitors to the town, but newcomers and those interested in moving to Postville understand the area’s history and the changes that have taken place over the years, especially through immigration. Local residents may even learn a few new things about their own hometown.

One book is called “Hometown to the World,” and begins with a short history and some vintage photographs of Postville and looks back into the history of rural Iowa is presented through a series of letters written by members of the Bruene family in Germany to relatives in Iowa. The letters begin in 1882 and continue through World War I, providing a most interesting picture of the trials and tribulations of immigrants and their loyalties. Two correspondences was provided to Jennifer and Kelly by Merle Turner, a descendant of the Bruene family. The Bruenes arrived in Iowa from Germany in the 1880’s.

For visitors who want to get a good overview of the history of Postville, the influx turned to local historian Stan Schroeder who brims with stories and photos covering the town’s rich history.

The two girls spent quite a bit of time talking with long-time Postvillians to collect oral history. Book One is dedicated to some of the more fascinating visitors in Postville’s history, from Hall Roberts to Jo Heiker Hatfield to Nina Taylor, director of the Visitor Center at a Postville’s history, from Hall Roberts to Jo Heiker Hatfield to Nina Taylor, director of the Visitor Center.

There is also a little information on the local churches, the Jewish synagogue, and the Postville history in the most recent census information.

Book Two, called “Displaced But United,” follows the everyday immigration story, highlighting the many changes in the last ten years. The book is divided into three sections: Postville in the News, Judaism in Postville, and The Immigration Story.

Jennifer and Kelly began this book as an educational tool, or anyone that read, “You could bring in culture if you can come in (to the center) and learn more about it.”

This led them to the third section of the book, “Oral History.” They had over 25 different nationalities now residing in Postville, so Jennifer and Kelly felt they had to bring the big picture of what was really going on in Postville. They collected other media articles written by reporters and writers from across the country, from Boston to Los Angeles, and included those so that visitors could get a feel for the environment.

“We understand that the bloom book stirred the interest in many sections of Postvillians,” said Kelly. “That is what brought us to the project and report to the town, and we wanted to include their points of view in our book.”

A second section of the book called Judaism, the religion that brought the nation’s attention to Postville initially. Kelly and Jennifer wanted visitors to Postville to better understand the religion. They turned to a column that appeared in the Postville Herald-Leader in the mid-1990’s, called “Thoughts from Beth.” The author was Beth Appel, an Orthodox Jewish wife and mother whose husband was a professor at the University of Iowa. Each column she wrote explained the highs and why’s of the Jewish religion in Iowa. The internes hope that next summer others in the internes will come to Postville and work on infor-
Nathan Allen

Nathan saw his first magic show when he was five years old and it sparked an interest in him. When he was eight, he got his first magic set and kept and when he was 12 he did his first paid act. Now, at the age of 18, he seems addicted to watching people’s eyes light up as he performs.

Nathan is mostly self-taught, and he also gained a mentor in 1998. Neil Webster of Gottenberg, a magician of more than 60 years, took Nathan under his wing and has been sharing the tricks of the trade, equipment, and years of experience since then. The only catch was Nathan had to promise to someday pass the skills and tools of the trade onto another young magician. That probably wouldn’t happen any time soon though. This recent high school graduate earned a full-ride Entrepreneurship scholarship to Graceland University in Lamoni, Iowa, based on his magical entertainment and business. He plans to perform full time in Las Vegas in the future; magic is his biggest passion.

Magic created confidence for me,” Nathan says. “I used to be a shy kid,” says the teen who now performs for crowds of hundreds at corporate events, town celebrations, and student organizations.

He has more stage presence than most performers twice his age, and he now provides corporate fun, corporate humor (or “bad jokes,” as he calls them) into his act. He recalls a scene one night when he was doing a rope trick with a very sharp pair of scissors several feet above a corporate holiday party and he accidentally cut his finger. He kept working and talking with the crowd. He then went to the bar to get a napkin and later he realized he finally ended up wrapping his finger in a napkin and electrical tape to get the bleeding to stop. The funny part in people thought it was part of the show; they were2up to him afterwards asking how he did the “blood trick.” “Improvisation works great for covering up mistakes,” he says with a smile.

Nathan has compiled twice at the Iowa State Fair Talent Show, placing in the top 10 out of over 1,000 contestants from across the state. He has performed for thousands of people, and students and practices frequency to keep his programs fresh. He belongs to the Society of American Magicians and the International Brotherhood of Magicians, and his clients include Wal-Mart, Albert Energy, Rockwell Col­lins, and the University of Iowa.

“I love seeing people’s reactions when I perform,” Nathan says. “I love to see them relaxing, forgetting about work and stress, suspending their disbelief, and enjoy­ing the magic. I love seeing their eyes light up at that moment of astonishment, like ‘Oh, they did it again, in a magical world where anything is possible. As a performer, get­ting to see people experiencing that feeling at every show is a blast. To me, that’s the real magic.”

Mark Dervo

Mark Dervo plays music from North and South America. His instruments include the Andean pan­taylas, ten-­string charan­che, guitar, and percussion. Mark has performed in over 400 schools, plays Andrew Allen with the group Alma Iowan, and performs as a strolling musician and one-man band. He has studied music in Bolivia, Mexico, and the Caribbean. His favorite venues include schools, festivals, mu­seums, libraries, senior homes, clubs, and chil­dren’s parades. Great en­tertainment for the whole family.

A wide variety of entertainers will delight those who attend Taste of Postville 2002. Performances to take place on two stages.
Taste of Postville

We did it!

These members of the Postville Pedal Pushers, Mary Beth Snitker, Terrie Allen, and Kathy Gundersen, completed RAGBRAI by dipping their bike tires in the mighty Mississippi River. Gundersen, who also logged a century ride, rode 540 miles while Allen and Snitker rode 480 miles.

RAGBRAI continued from page 1A

his watchful eye and keeping them supplied with water and Gatorade. When asked about how the group became the Postville Pedal Pushers, Gundersen said, “I guess I came up with the name. We wanted something that told where we were from and what we represented.”

The group said representing Postville was very important to them. Although the women stayed in the Allen motor home at night, they had a host family at each over-night stop. Allen said, “The host families opened their homes to us so that we could shower and hook the motor home up to electricity. Often times they fed us too.”

In return, the women left a gift with each host family to show their appreciation. Allen said, “It is customary to leave a gift with the host families and we decided from the beginning that our gift should be something that represented Postville.”

After having visited around several ideas, the women decided that the gift would be cookbooks. “A cookbook was the perfect gift and when meeting with the host families and the community of Postville we gave them cookbooks,” Allen said.

The women were all agree that getting a bike trail to the area would lead to all kinds of recreation. They added that trash promotion as developers. The women, who said they travel all over to ride on bike trails, would like a real right in the neighborhood.

Brock said, “I took my son to Kanesboro to ride this week. It is a great family outing. It would be so nice to have this type of facility here.”

The women were all in agreement that riding in RAGBRAI was an experience they will never forget and one they will more than likely repeat. In the meantime, however, they will continue to enjoy the outdoors and cycling throughout their weekly rides. Anyone wishing to join the group (husbands and other cyclists welcome) should call any member of the group.

As a final comment the women all agreed with this thought: “250 of bikers are courteous and considerate and are truly interested in exercising. When you see bikers on the road, give them a break, too!”

Ragbrai: 2007, Iowa

Cabbage Noodles

2 lg. heads cabbage, grated into 2 T. water
2 T. water
1. In a large bowl, put grated cabbage, Splenda salt, salt, and pepper, and a pinch of nutmeg. Add 2 T. water and toss to combine. Let stand about 10 minutes. Stir in bay leaf and the reserved water and stir well. Discard bay leaf and serve.

Russian Borscht

Easy Russian-inspired beet soup for special occasions. Great with matzo balls, dumplings, or sweet potato latkes.

1 1/2 c. peeled, diced beets
1/2 c. grated carrot
1/2 c. grated onion
2 T. chopped parsley
1 T. lemon juice
1 T. sugar
1/2 t. salt
1/2 t. pepper
1/4 t. cayenne

Simmer in a large pot until the beets are tender. Serve hot, garnished with sour cream and a sprig of dill. Serve with matzo balls. Note: Beets are somewhat bitter, so add some brown sugar or honey to taste. A side salad or chopped sweet potato rounds can make a nice accompaniment.

Visit the Wanda’s World booth in the park at Taste of Postville!

Taste of Postville

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Welcome all to Taste of Postville!
Sunday Mattress Company moves to new location on Greene Street

by Wanda Simmons

The Sunday Mattress Company has recently relocated its business from its old location on South Lawler Street to a new location on Greene Street in downtown Postville. The move enables the company to consolidate some of its manufacturing processes. It also allowed them to showcase not only the manufacturing process, but also the final product in their new expansive showroom area. "We have more room for working, more storage, and more parking around our new location," said Aaron Goldsmith. "We’ve also been able to add more support staff and increase work hours." The showroom is now open 8 a.m. to 5 p.m., Monday through Friday.

Many companies advertise that their products are shipped "factory direct," but the Sunday Mattress Company can substantiate that claim. A customer entering the front door and strolling through the showroom area, can see the manufacturing in progress and view the actual construction of many of the mattresses on display.

The individual work stations in the production area will be labeled so that customers in the showroom can see the mattresses being assembled and know where in the process the work is being done.

The company will also conduct tours for large groups. Please call in advance for an appointment.

"The Sunday Mattress Company has probably shipped to every state in the United States, if not the world," he also makes mattresses for a local hospital.

With the extra space gained in the move to their new location, the company has added new fabrics and new products such as more headboards. They also specialize in a "No Flip" mattress with double pocketed coils and a rich layer of memory foam allowing you to sleep all the way to the edge without the edges being crushed.

"We’ve developed a very competent staff," says owner Becky Meyer. "We make specialty products like a three-fourths size mattress, round mattress, and even a mattress for one of the tallest women in the United States, if not the world." The company also has a reputation of having on-hand stock of all sizes, and can take orders and ship mattresses to anywhere in the United States.

Goldsmit finds that his new location on Greene Street allows him to take advantage of a lot of foot traffic. He creates the new Visitors Center with bringing more people to town and to Greene Street. "Customers can stop and visit more," he says. "People are in Postville and they are walking up and down the streets.

The Grand Reopening of Sunday Mattress Company will take place on Sunday, August 25 during the Taste of Postville-ethnic festival.

The expanded showroom features a variety of mattresses from pillow top to "No Flip." Special orders are available too.

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Trademark dish in Kyrgyzstan is Plov

by Mira Musulimova

Plov (Kyrgyzstan)

Plov is one of the biggest and favorite dishes of our households. The legend says that Plov was born in those days when it was very cold and difficult to make food. The artist once used this rice, which is healthy and easy to cook. Now in modern times, they have changed its form. There are lots of kinds: meat, eggs, sweet vegetables, carrots, dried apricots.

1 lb. meat
1 1/2 c. rice
1/2 c. oil
1 onion
Salt & pepper
Sugar

Heat oil in large pot and add rice, salt and pepper. Add meat and fry in skillet for 15 minutes. Add one and one half cups of water to the rice and fry until the rice is half cooked. Bring it to a boil. Mix and let it be for 15 minutes.

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Gyros machine and falafel for sale

Boorsk (Kyrgyz-Badakhshan)

A nice food and can’t do anything without it! 1 lb. meat
1 1/2 c. rice
1 onion
Salt & pepper
1 1/2 c. oil

Mix the meat, rice, and onion in the mixture. Fry it under the rice, so it is gold. Yield: 8 to 10 pieces.

All recipes printed here are from the Taste of Postville Cookbook. Books are available at the Postville Visitor Center.

Welcome all to our delicious Taste of Postville.

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Feeling Hungry?

Stop at Jacob’s Table booth and try these delicious homemade foods:

- Schwarma - turkey/lamb cooked on a gyros machine
- Falafel - served in pita with Israeli salad
- Shish Kabobs - Egg Rolls
- Stuffed Cabbage - Homemade Pastries

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Join the festivities!
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AT TASTE OF POSTVILLE

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We power your quality of life.
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Carol Meyer, PHS grad, steps "Carmina Burana" this year at the Taste of Postville event! Her official debut in the 1995 revival of "Ghosts." She is currently involved in the Milan Arch for Jewish Music recording project, which is documenting the works of several contemporary Jewish composers. She is also an active recitalist and a founding member of Musicala, a chamber and vocal music collaborative musician who performs in the New York area. In her young career, she has sung with the Salvaged "Fest in Hollidays" and "Central City Opera," the Little Orchestra Society, Michigan Opera Theatre, Chattanooga Opera, and the Spoleto Festival. She made her New York City debut in "A Little Night Music" in 1990 and in 1991 sang Olympia at the Spoleto Festival USA. She also toured the Middle East and in 1992 and Adina in "L'Elixir d'Amore" in 1993.

Carol Meyer has performed concert engagements with the Chattanooga Symphony, Duluth Symphony, Waco Symphony, Bronx Arts Ensemble, the New York Philharmonic's Horizon concert series under Gunther Schuller and with the New York Chamber Symphony under Gerard Schwarz. She was featured in the Stephen Sondheim Carnegie Hall, which was recorded and televised on PBS in 1993. Ms. Meyer also includes on her stylistic repertory, having held an assistantship with the Center, performing Crumb's "Ancient Voices of Children" as her debut at twenty years of age. She is currently involved in the Milan Arch for Jewish Music recording project, which is documenting the works of several contemporary Jewish composers. She is also an active recitalist and a founding member of Musicala, a chamber and vocal music collaborative musician which performs in the New York area. Recent contemporary music performances include a Scherchen "Interviewer" at the New Music Festival. Ms. Meyer is a member of the University of Pennsylvania, a frequent contributor to the Central City Opera, and the Little Orchestra Society. She is also known for her work with the Metropolitan Opera, a frequent contributor to the Central City Opera, and the Little Orchestra Society.
Taste of Postville

Postville, Iowa: Hometown to the world
Diverse Cultures—In their own words

By Svetlana Miktuk, as translated by her daughter, Galena

They do not need words, expensive presents, because they are given the gift from God.

They had a hard life. In early childhood they became orphans and lived through hunger and war. Maria and Evdokia learned how to overcome hard times. They know how to plant seeds, dig the garden, and gather the crops. In their garden they have apple trees, plum trees, pear trees. Also they have a cow, ducks, and chickens.

Tense period for them starts in the early spring until late fall when Maria and Evdokia are occupied with their gardens. This included warm sweaters, nightgowns, socks, candy, and aluminum foil and waxed paper, which are hard for them to get.

Candles were added to the offerings and electrically in the room.

Thank you Mrs. (Mother) Turner! We know them to be able to show the hands/crafts to many Americans in Postville. Thanks to all who organized the event in such events. We thank everybody who likes and appreciates talented people.

(DIET.) The following information was provided to the Herald-Leader by Turner as a continuation of Svetlana Miktuk's story.

The beautiful embroidered bed skirt and pillow cases are on display this week in the Postville Herald-Leader Window. For Taste of Postville, they will be included in the arts and crafts at the "Rocking Chair" exhibit in Turner Hall.

First Maria and Evdokia, we packed two parcels with gifts from their gardens. This included many warm sweaters, nightgowns, socks, candy, and aluminum foil and waxed paper, which are hard for them to get.

The special surprise gifts were yards of white material to embed into many colors of embroidery.

These parcels were mailed by special delivery.

The occasion in the lifetime of Slobidok was great when the "special delivery" car from Kiev stopped at the door of Maria and Evdokia. A few months ago my friend Igor arrived United States from Ukraine and brought us presents from Maria and Evdokia.

Delicate handiwork

Maria and Evdokia work with beautifully embroidered pieces made by relatives in Slobidok, Ukraine. On display are a bed skirt, pillowcases, and a bedspread on a queen-size bed. The display of Slobidok exhibit in Postville and at the Elgin Library. This week they are next door to the International Friendship Center and in the library you may be shown.

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A Few Things You May Want to Know

- We're open from 10 a.m. until 8 p.m. every day except Sunday, when we're open from 10 a.m. until 6 p.m.
- We have a wide range of products, from fresh produce to seafood, to gourmet foods and more.
- We offer delivery services, including same-day delivery for local orders.

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Food! Fun! Crafts! It's all here this Sunday August 25 in downtown Postville!

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