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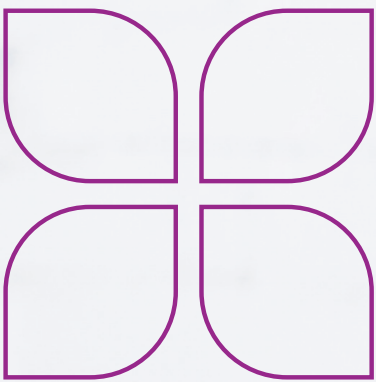
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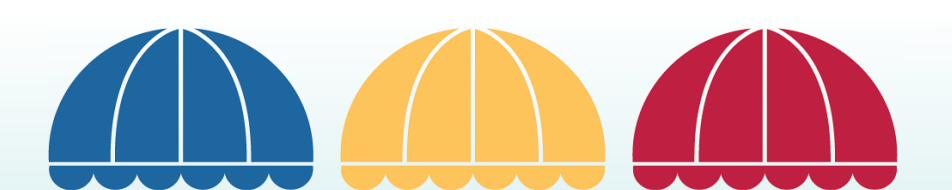
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Early Bird Registration Deadline: June 16, 2025
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The Mahaska Diplomats were honored to take part in a special ribbon cutting ceremony on Thursday, June 5 in New Sharon to celebrate a major milestone for Lake Painting — 50 years in business and the launch of their brand-new Design Studio! Located in the Cornerstone building at 105 E Market Street, the new studio offers a one-stop destination for homeowners and contractors with a wide range of services including painting, cabinetry, countertops, wallpaper, and more.



The Mahaska Chamber Diplomats cut the ribbon with Boonies Wood Fired Pizza, owned by Kurt and Emily Boender! What started as a backyard dream—firing up delicious pizzas in their home wood fired oven—has now rolled into reality with their wood-fired pizza food truck! 2025 marks their first summer season. Contact them for catering, private parties, weddings, and corporate events at booniewfp@gmail.com or call 641-660-3968. Be sure to follow Boonies Wood Fired Pizza on Facebook to see where they'll be popping up next. You don't want to miss your chance to grab a slice!

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By Charles Apple | THE SPOKESMAN-REVIEW

There are some musicians who begin working and take a while to build up a successful catalogue. And then you have some who burst upon the music scene and the rest of us can feel the air sucked out of the room as they stun us all with hit after hit after hit.

That was Mariah Carey in 1990 and 1991. Her first four single releases were No. 1 hits. She'd go on to become one of the biggest names in the entertainment business.

THE MAKING OF A MEGA-SUPERSTAR

Born in 1969 on New York's Long Island, Mariah Carey excelled in the arts in high school. She occasionally missed classes with a side job as a singer for demo records. She met other musicians and budding record producers and, even as a high schooler, began writing songs and producing music of her own with Ben Margulies.

Upon graduation, she moved to Manhattan, attending

beauty school and working two jobs to pay the rent. One of those jobs was as a backup singer for Brenda K. Starr.

In December 1988, Starr invited Carey to a party held by a music executive. Carey took along a demo tape of the music she had made with Margulies. She tried to hand it to the president of Atlantic Records but Tommy Mottola of Columbia Records snatched it away.



Mottola listened to the tape in his car, grew very excited about Carey's extraordinary vocal range and had his driver take him back to the party. However, a discouraged Carey had already departed.

Mottola had been looking for a vocalist to rival Arista Records' Whitney Houston. He tracked down Carey and offered her a recording contract. He then hired some of the hottest

musicians and producers in the business to expand Carey's four-song demo tape into a full-fledged album.

The self-titled album would spend 11 consecutive weeks at No. 1 and would eventually sell 15 million copies worldwide. It would pull in five Grammy Awards nominations, winning two.

Three years later, Mottola and Carey would marry.

MARIAH CAREY'S SINGLES CHART HISTORY

PEAK ON THE BILLBOARD HOT 100 SINGLES CHART		RELEASE DATE		PEAK ON THE BILLBOARD HOT 100 SINGLES CHART	
4 weeks at No. 1	#1 Vision of Love	May 15, 1990	June 19, 2001	#2	Lover Boy (Feat. Cameo)
3 weeks at No. 1	#1 Love Takes Time	Aug. 22, 1990	Aug. 14, 2001	#81	Never Too Far/Hero Medley
2 weeks at No. 1	#1 Someday	Nov. 28, 1991	Sept. 30, 2002	#81	Through the Rain
2 weeks at No. 1	#1 I Don't Wanna Cry	March 1991	Feb. 24, 2003	#3	I Know What You Want (With Busta Rhymes Feat. the Flipmode Squad)
3 weeks at No. 1	#1 Emotions	Aug. 13, 1991	Oct. 12, 2004	#21	U Make Me Wanna (Jadakiss feat. Mariah Carey)
	#2 Can't Let Her Go	Oct. 23, 1991	Jan. 25, 2005	#16	It's Like That
	#5 Make It Happen	April 4, 1992	March 15, 2005	#1	We Belong Together
2 weeks at No. 1	#1 (Feat. Trey Lorenz) I'll Be There	June 2, 1992	July 12, 2005	#2	Shake It Off
8 weeks at No. 1	#1 Dream Lover	July 23, 1993	Oct. 10, 2005	#1	Don't Forget About Us
4 weeks at No. 1	#1 Hero	Oct. 18, 1993	April 3, 2006	#79	Say Somethin' (Feat. Snoop Dogg)
	#3 Without You	Jan. 21, 1994	Feb. 12, 2008	#1	Touch My Body
	#3 Double-sided hit single Never Forgot You	Jan. 21, 1994	April 15, 2008		Bye Bye
	#12 Anytime You Need a Friend	May 24, 1994	July 1, 2008	#58	I'll Be Lovin' U Long Time
	#2 (With Luther Vandross) Endless Love	Aug. 26, 1994	Feb. 24, 2009	#82	My Love (The-Dream Feat. Mariah Cary)
8 weeks at No. 1	#1 Fantasy	Aug. 23, 1995	June 16, 2009		Obsessed
16 weeks at No. 1	#1 (With Boyz II Men) One Sweet Day	Nov. 14, 1995	Sept. 22, 2009	#60	I Want to Know What Love Is
2 weeks at No. 1	#1 Always Be My Baby	Feb. 20, 1996	Feb. 16, 2010	#100	Up Out of My Face (Feat. Nicki Minaj)
3 weeks at No. 1	#1 Honey	July 29, 1997	Oct. 1, 2010	#100	Oh, Santa
1 week at No. 1	#1 My All	April 21, 1998	Dec. 9, 2011	#86	All I Want for Christmas Is You (Super Festive! With Justin Bieber)
	#15 (With Whitney Houston) When You Believe	Nov. 2, 1998	May 6, 2013	#Beautiful	(Feat. Miguel)
	#4 I Still Believe	Feb. 8, 1999	Feb. 12, 2014	#88	You're Mine (Eternal)
2 weeks at No. 1	#1 (Feat. Jay-Z) Heart Breaker	Aug. 23, 1999	April 27, 2015	#82	Infinity
1 week at No. 1	#1 (Feat. Joe and 98 Degrees) Thank God I Found You	Nov. 15, 1999	Feb. 3, 2017	#89	I Don't (Feat. YG)
	#28 Crybaby	April 17, 2000	Dec. 4, 2020	#76	Oh, Santa (Feat. Arianda Grande and Jennifer Hudson)

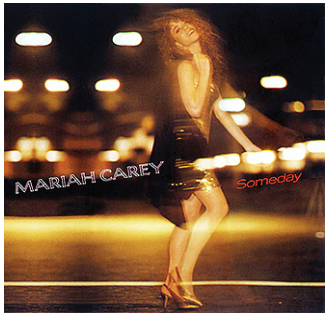
FIVE OF HER FIRST SIX SINGLE RELEASES HIT NO. 1



Vision of Love
The album's lead single — written by Carey and Margulies — was originally a '50s sort of shuffle but the song's producer changed that to a contemporary slow-dance tempo. Vocals from Carey's demo were used as a second vocal in the last section of the recording. The single took two months to rise to No. 1 but then won a Grammy Award for Best Female Pop Vocal Performance.



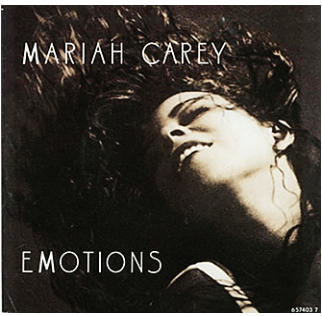
Love Takes Time
Carey and Margulies wanted to save their song for her second album, but Columbia Records executives loved it so much they “stopped the presses” to go back and include it on her debut album. A few copies got out without this song. The song's producer, Walter Afanasieff, would work with Carey again on “Hero,” “One Sweet Day” and “All I Want for Christmas is You.”



Someday
“That started out as a bass line, sort of a drum-machine, almost hip-hop type groove,” Margulies said. “Now people call it new jack swing, but that stuff was going on before all these terms came about.” Carey, on the other hand, disliked this album track, saying she felt it was overproduced. She disliked the decision to replace the horns used on her demo version with electric guitars.



I Don't Wanna Cry
Carey wrote this with Narada Michael Walden, who had worked with Whitney Houston and Aretha Franklin. She wanted to co-produce the song herself, but the label wouldn't allow it. “You gotta remember,” Walden said, “Mariah was 19, 20 years old, making her first album. She really wanted it to be special.” This track was the fourth single from her debut album and her fourth No. 1 single.



Emotions
The fifth single from Carey's debut album didn't chart at all, but the first single from her second album was yet another No. 1 hit. It so closely resembled “Best of My Love” by the Emotions that Maurice White sued Carey. Carey wrote the lyrics but the music was by Davis Cole and Robert Clivillés of C+C Music Factory, which had a huge hit in 1991 with “Gonna Make You Sweat (Everybody Dance Now).”

Sources: “The Definitive Illustrated Encyclopedia of Rock” edited by Michael Heatley, “100 Best-Selling Albums of the 90s” by Dan Auty, Justin Cawthorne, Chris Barrett and Peter Dodd, SongFacts, the Recording Academy, Billboard, Rolling Stone, the New York Times, MariahCareyNetwork.com, Discogs.com

ALL PHOTOS AND RECORD SLEEVES FROM COLUMBIA RECORDS



Health & Wellness Guide



Local professionals here to help you be your healthiest self.

Exploring the health benefits of herbal teas

Unlike caffeinated teas, which are derived from the *Camellia sinensis* plant, herbal teas are made from a blend of herbs, flowers, spices and fruits, providing a caffeine-free alternative with diverse health advantages. Consider these benefits:

1. **Improved digestion.** Ingredients like ginger, peppermint and fennel are known for their digestive properties. For example, peppermint tea can help alleviate bloating and indigestion, and ginger tea is renowned for reducing nausea and promoting gastrointestinal health.
2. **Reduced stress.** Herbal teas such as chamomile and lavender have calming effects that can help reduce anxiety and promote better sleep. Plus, chamomile tea contains antioxidants that bind to certain brain receptors, encouraging relaxation and reducing insomnia.
3. **Less inflammation.** Turmeric tea is rich in curcumin, a powerful anti-inflammatory agent that can help reduce inflammation and pain. Curcumin’s antioxidant properties can also help reduce oxidative stress, which is closely linked to inflammation.
4. **Higher immunity.** Echinacea tea is widely recognized for its ability to strengthen the immune system, helping to fend off colds and infections.
5. **Enhanced metabolism.** Rooibos tea is loaded with antioxidants to help boost your metabolic health and control your appetite. It also contains aspalathin, an antioxidant that may help regulate blood sugar levels.

Adding herbal tea to your daily routine is a tasty way to support your overall well-being.



3 practical strategies to improve your mental health

Take steps toward improving your mental health and well being. Here are some proven strategies to take control of your mental health.

1. **MAINTAIN YOUR SOCIAL NETWORK**
Make time to see loved ones. Call a family member or go out for drinks with a friend. You could also try expanding your network of friends by signing up for a group activity. The sense of belonging and the bonds you create can help improve your mental health. Yoga or play frisbee, the possibilities are endless.
2. **GAIN NEW KNOWLEDGE**
Learning promotes self-confidence and contributes to a sense of well-being. You can register for a course or introduce yourself to hiking, try a new recipe, watch tutorials or subscribe to a magazine on a topic that interests you. Finally, set aside some «me-time» and use it wisely - whether taking a nap or singing aloud.
3. **MOVE YOUR BODY**
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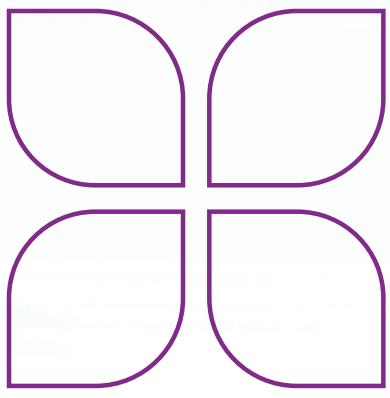


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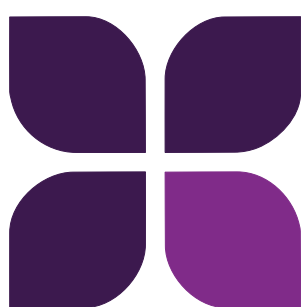
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Health & Wellness Guide



Local professionals here to help you be your healthiest self.

The importance of routine health screenings: what tests you should get



- Routine health screenings play a crucial role in maintaining overall well-being and detecting potential health issues early on. Staying proactive with regular screenings can significantly contribute to a healthier lifestyle and better outcomes. The following essential tests should be considered as part of routine health screenings:
- **Blood pressure check.** High blood pressure can often go unnoticed but can lead to serious health complications such as heart disease and stroke. Regular blood pressure checks can help in early detection and management.
 - **Cholesterol check.** High cholesterol levels can increase the risk of heart disease and stroke. Screening for cholesterol levels is recommended, especially for individuals over 40.
 - **Blood sugar test.** Diabetes is a prevalent health concern in North America. Routine blood sugar testing can help in diagnosing diabetes or prediabetes early, allowing for timely intervention and management.
 - **Vision and hearing tests.** Regular eye exams and hearing tests can detect issues early, preventing further deterioration and improving quality of life.
 - **Cancer screening.** Depending on your age, gender and other risk factors, various cancer screenings may be recommended, including mammograms for breast cancer, Pap smears for cervical cancer, colonoscopies for colorectal cancer and prostate-specific antigen (PSA) tests for prostate cancer.
 - **Routine immunizations.** Staying up to date with vaccinations is essential for preventing infectious diseases. Vaccines such as the flu shot, tetanus-diphtheria-pertussis (Tdap) and human papillomavirus (HPV) are often recommended for individuals of all ages.
- Early detection through screenings can lead to better health outcomes and a higher quality of life. Set up a physical with your doctor to arrange the tests appropriate to your medical needs.

Strategies to manage and tame stress

- Stress is a part of life. In small doses, stress can have a positive effect. But when stress is chronic, it can take its toll on the body and mind.
- Stress can make people irritable and cause them to lash out at others. Stress also can contribute to high blood pressure and adversely affect sleep. When confronting chronic stress, individuals may have to take action to find relief. These stress-busting strategies can help.
- **Engage in physical activity.** The Mayo Clinic says any form of exercise can help relieve stress. Physical activity boosts chemicals in the brain and endorphins that help a person feel good. Exercise also can refocus attention so a person is not preoccupied with a stressful thought or situation.
 - **Listen to music.** Music can be calming and serve as a distraction from stressful feelings. Simply listening to music can be a quick fix for a stressful situation and a bad mood.
 - **Review your lifestyle.** It's easy to take on too much, but doing so can lead to feelings of being overwhelmed, says the Mental Health Foundation. Prioritizing some things over others and delegating when possible can tame stress.
 - **Practice mindfulness.** Breathing and mindfulness exercises can be practiced anywhere. Research has shown that mindfulness can reduce the effects of stress and anxiety. Deep breathing and being in a quiet moment when stress peaks may help to reduce stress.



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Megan Mwangi, ARNP



Health & Wellness Guide



Local professionals here to help you be your healthiest self.

Daily dental hygiene tips for optimal oral health

Dental health is an important component of daily life. Although clean teeth and gums make for a healthy mouth, oral health also is tied to general health throughout the body. Guardian Insurance indicates that, if left unaddressed, bacteria in the mouth can multiply and spread elsewhere through the bloodstream. Gum disease has been linked to diabetes, respiratory ailments, heart disease, and even Alzheimer’s disease. As a result, it is essential to maintain proper dental hygiene.

Best practices for maintaining healthy teeth and gums involve various techniques. Here’s how to brush up on maintaining a healthy mouth.

Brush at least twice per day

Utilizing toothpaste and a soft-bristled toothbrush, be sure to brush teeth each morning and night. Be sure to brush all tooth surfaces, including the backs and the sides. Brushing after every meal also can be done to keep teeth even cleaner.

Brush correctly

Position the toothbrush at a 45-degree angle toward the gums. This will help sweep away plaque and bacteria at the gum line, according to the Cleveland Clinic. Do not use a medium- or hard-bristled brush, which can damage the gums and tooth enamel. Move the toothbrush in gentle, circular motions to remove plaque.

Don’t neglect your tongue

Bacteria also can build up on the tongue, leading to bad mouth odor and additional oral health problems. Gently brush the tongue along with the teeth.

Use toothpaste with fluoride

Fluoride has come under scrutiny due to its potential effects on overall health. However, fluoride is a leading defender against tooth decay. It fights the germs that can lead to decay and provides a barrier for the teeth.

Use an antibacterial mouthwash

Use an antibacterial mouthwash each day to help reduce oral bacteria. This helps wash away food and debris, and also can help reduce the buildup of plaque.

Avoid smoking and tobacco

Smoking is a leading cause of gum disease and oral cancer. Quit smoking and do not use other tobacco products to improve mouth health.

5 FOODS THAT ARE GOOD FOR YOUR EYES

As you get older, you become more likely to develop certain age-related eye conditions. However, eating a nutrient-rich diet can prevent or mitigate changes to your vision. Here are some foods that are believed to be good for your eyes.

1. NUTS AND SEEDS
Chia seeds and walnuts contain omega-3 fatty acids and vitamin E. These nutrients help protect your eyes from inflammation and decrease the risk of elevated eye pressure and glaucoma.

2. CITRUS FRUITS
Grapefruits, oranges and lemons are high in vitamin C, which helps strengthen the blood vessels in your eyes and reduces your risk of developing cataracts.

3. LEAFY GREENS
Lettuce, spinach and kale are high

in lutein and zeaxanthin, two antioxidants that can help protect against age-related macular degeneration and cataracts.

4. FISH
Salmon, mackerel and sea bass contain DHA and EPA, two fatty acids that help keep the retina healthy.

5. ORANGE VEGETABLES
Sweet potatoes and carrots are rich in beta carotene, which helps keep the surface of your eyes hydrated and healthy. It also reduces oxidative stress caused by blue and UV lights.

Your vision and eye health affect your physical and mental well-being. Consequently, taking good care of your eyes is a key component of living a long and healthy life.

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Promote health with these daily habits

- **Stay hydrated.** Hydration supports good digestion, increases energy and may improve brain performance, states Harvard Health. Drink a glass of water each day upon waking up and with every meal.

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