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Sunday, Sept. 27, 2026 • 4:30 - 7:00 p.m.

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Acme (PG)

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Oct. 2 - 4: Practical Magic (PG-13)

Oct. 9 - 11: Heart of a Beast (PG-13)

Oct. 16 - 18: The Uprising (R)

Oct. 23 - 25: Daniel and the Fiery Furnace (PG-13)

Oct. 30 - Nov. 1: Forgotten Island (PG)

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The benefits of a fall roof replacement

A roof is a vital component of a home that protects the structure from the elements and ensures that sun, rain, wind, and snow do not compromise the integrity of interior spaces. Peak Performance Roofing says the average asphalt shingle roof

found on many homes lasts between 15 and 30 years. Alternative roofing materials, such as metal or clay tiles, can last much longer.

Homeowners who stay in a home for many years will likely need to replace a roof at some point. Choosing when to replace the roof may come down to selecting the right season. Experts typically consider fall the prime time to upgrade a roof for a variety of reasons.

- Moderate temperatures: Fall weather tends to be comfortable in many regions of the country. Magnolia Home Remodeling Group says fall temperatures are better suited for roofing and allow materials to work the best. When temperatures are too hot, shingles can become soft and prone to scuffing, while cold temperatures can make materials brittle and difficult to seal.

- Comfort for workers: The same moderate conditions

can make it easier for roofing contractors to get the work done. It can be extremely hot on a roof during summer, necessitating frequent breaks for workers. Winter weather conditions are not ideal for working on a roof, with snow and ice making things slippery. Fall weather can help workers feel more comfortable.

- Avoid the rush: Earl W. Johnston Roofing, LLC says spring and early summer are peak seasons for roofing contractors due to post-winter repairs. Homeowners may experience shorter wait times, better pricing and flexible scheduling if they opt for a fall roof replacement.



- Prepare for winter: Getting a roof in the fall means having a new and functional barrier against winter storms that can be hard on old roofs. It also means the roof will be ready for rainy, spring weather.

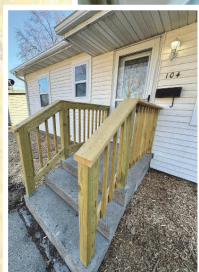
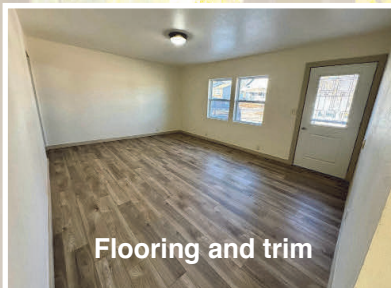
Fall is an ideal time to replace a roof for many reasons. Homeowners can use the summer to vet various roofing contractors and come up with a package that fits their schedules and budgets.

Source: Metro Creative Graphics service.

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Why an insulated attic is a good attic

As homeowners address energy efficiency around their homes, they may want to put attics at the top of their list. Because heat naturally rises during the winter and also infiltrates the roof during the summer, a roof with insufficient insulation can be energy inefficient. Many experts attest that upgrading attic insulation is a practical and cost-effective home improvement.

A desire to reduce energy bills is a primary motivator when installing attic insulation. Data from the U.S. Environmental Protection

Agency's ENERGY STAR® program says homeowners can save an average of 15 percent on heating and cooling costs, or roughly 11 percent on their total energy bills, by air sealing and insulating attics and crawl spaces. Standalone attic insulation projects frequently achieve high rates of return.



Beyond financial matters, attic insulation also creates a more comfortable and stable indoor climate. Attic insulation will buffer the interior from extreme temperature swings. This can help preserve the integrity of the home. In cold climates, attic insulation will limit the occurrence of ice dams, which form at the eaves when heat inside living spaces escapes to the roof. Ice dams can cause water to back up under shingles and even tear away gutters.

The U.S. Department of Energy indicates residential and commercial buildings combined account for 40 percent of the nation's total energy consumption. By utilizing attic insulation and creating a proper thermal barrier, homes can draw less power from regional grids and burn less fuel locally.

Attic insulation may not be as glamorous as a room remodel, but it is an important component of a safe, comfortable and energy-efficient home.

Source: Metro Creative Graphics service.

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Megan Nielsen, Teresa Murray, Nichole Gust and Dave Lake



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What's Happening With...

Hear what's new in Audubon over
coffee at The Bakery!

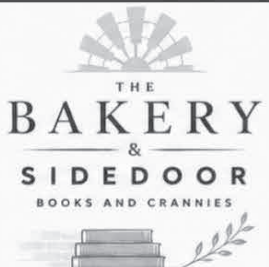
Sept 22nd – Tyler Williams, ARNP, ACMH Rural Health
Sept 29th – Sara Broers, Iowa Author *8:30 am*
Oct 6th – ISU Extension, "Routines for Resilient Living"
Oct 13th – The Friendship Home, Assisted Living
Oct 20th – Dr. Jeffrey Maire, ACMH Wound Care Clinic
Saturday, Oct 31st – Iowa Author, Clara McKenna
Nov 3rd – Windy Hill Compost, Brayton

10 am - 10:45 am*

*unless otherwise noted

Each group will bring a topic they would like to update
the community on over coffee. Schedule is subject to
change.

Thank you for being respectful during discussions.



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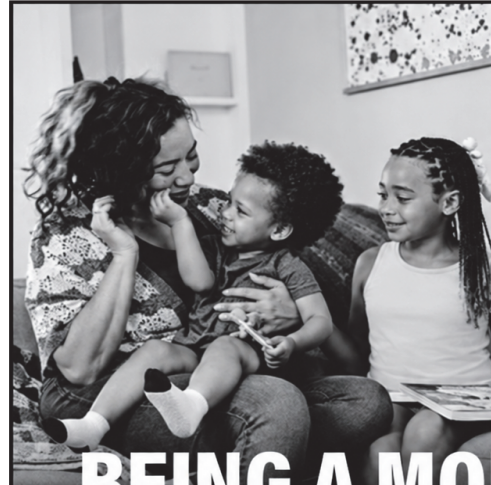
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It's Fall HOME IMPROVEMENT TIME!

Simple ways to curb heating costs

As fall gives way to winter, air conditioners typically get turned off and heaters get turned on. Home heating costs can quickly add up for homeowners. According to data from the U.S. Energy Information Administration, heating a space is the single largest energy expense for American households, accounting for roughly 42 percent of total residential energy consumption. However, individuals can implement certain strategies to cut down on heating costs and optimize energy efficiency.

Manage the thermostat

Managing a home thermostat is a cost-effective and simple adjustment. According to the U.S. Department of Energy, turning a thermostat back by 7° to 10° F from its normal setting for eight hours a day can save up to 10 percent a year on heating bills. Utilizing the automated scheduling capabilities on programmable or smart thermostats enables people to program a lower baseline temperature when out at work or school and while sleeping.

Seal up the home

Warm air from indoors can easily escape through unsealed gaps in a home. Similarly, cold air from outdoors can infiltrate through the same spots. This causes heating units to work overtime. Studies from the American Council for an Energy-Efficient Economy indicate combining window upgrades with high-efficiency heating systems can cut heating demands considerably. Also, applying weatherstripping and caulking can prevent drafts, while ensuring adequate attic insulation will create a tight thermal barrier.

Change the heat delivery

Upgrading a heating system to a more efficient one can save homeowners money. According to research by Lawrence Berkeley National Laboratory, replacing traditional fossil-fuel furnaces with electric heat pumps can drastically reduce energy expenditures. Modern heat



pumps deliver more thermal energy than the electrical energy they consume.

Homeowners have different options that may help them reduce their heating and energy bills.

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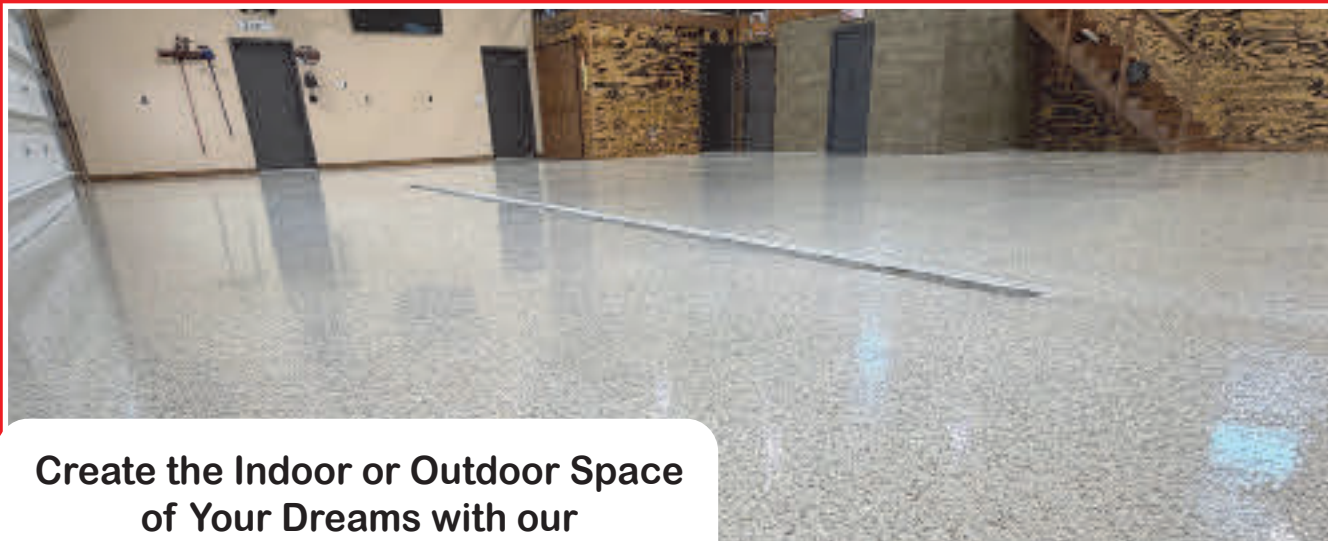
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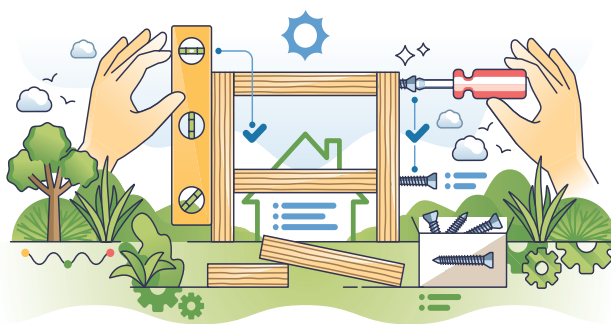


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Community Calendar

Now accepting Absentee Request Forms to request a ballot be mailed to you. Ballots will be mailed out and in office voting starts.

OCT 14 - 1st day absentee ballots will be mailed out and in office voting starts.

OCT 19 - 5 PM last day for our office to accept an absentee request form for a mailed ballot.

DATES OPEN FOR ABSENTEE VOTING:
Wed, Oct 14 - Mon, Nov 2, 2026 open until 4:30 pm
Mon, Oct 19, 2026 open until 5 pm
Fri, Oct 30, 2026 open until 5 pm
Sat, Oct 31, 2026 open from 9 am - 5 pm

LAST DAY TO PRE-REGISTER TO VOTE MON, OCT 19, 2026 5 PM

TUESDAY, SEPT. 22
Meet & Greet Tyler Williams, ARNP at The Bakery on Broadway 10 a.m. Sponsored by Audubon County Memorial Hospital.

TUESDAY, SEPTEMBER 29
What's Happening With...coffee at the Bakery.
Sara Broers, Iowa Author, 8:30 a.m.

FRIDAY, OCT. 9
Staley's Chicken Supper, Exira Event Center, TAKE OUT ONLY 4:30 - 7 p.m. Sponsored by the Women of Exira Lutheran Church

FIRST MONDAY OF THE MONTH
Audubon County Tourism meeting 1:15. ACED Meeting Room.

FIRST TUESDAY OF EACH MONTH
Memorial Building Committee Meeting, 5:30 p.m. at the Memorial Building. Open to the Public.

FIRST AND THIRD MONDAY OF EACH MONTH
Creating Hope Together, Mental Health Support Group. Contact Peter Youngren, Facilitator: lrespprt@gmail.com. Walk-ins welcome! 5-6 p.m. ACNH Community Health Ctr.

FIRST AND THIRD TUESDAY OF THE MONTH
Caring and Sharing, 413 Tracy St., Audubon, 3 - 5 p.m.

EVERY TUESDAY OF THE MONTH
BINGO - Coen Rapids Legion Building. Doors open at 5:30 p.m., Bingo starts at 6:30 p.m.

SECOND MONDAY OF THE MONTH
Alzheimer Caregiver Support Group meets, AMVC Management Office Training room, 5:30 p.m. Use north parking lot and enter in the NE door. Questions, call Tammy Sauers 712-304-0506.

SECOND TUESDAY OF EACH MONTH
Audubon County Historical Society board meeting, 10 a.m.

EVERY SATURDAY THROUGH THE SUMMER MONTHS
Nathaniel Hamlin Park Museum and Exira Historical Museum Open 12:00 Noon to 3 p.m. and by appointment.

SECOND WEDNESDAY OF THE MONTH
H.E.A.L. (Hope Empathy Acceptance Love) Exira Library Meeting room, 10 a.m. to Noon. To support those living with incurable chronic medical conditions that impact quality of life. Contact 712-304-5779 with questions.

FOURTH MONDAY OF THE MONTH
Exira Community Club meeting, Exira Public Library, 6:30 p.m.

THIRD MONDAY OF EACH MONTH
Parkinson's Support Group meeting, Heritage House Rec Room, Atlantic, 2 p.m.

FOURTH THURSDAY OF EACH MONTH
Audubon County Memorial Hospital Board of Trustees Meeting, Hospital Board Room, Noon.

PRICE QUOTE REQUEST

Project Number: Courthouse Parking

The Audubon County Courthouse seeks quotes for furnishing the materials, supplies, equipment and/or items of work hereinafter listed. Please submit them no later than Wednesday, September 30, 2026 .

Plans, specifications and proposal forms for the work may be seen and may be secured at County EMA Office

All quotes must be filed on the forms furnished by the County.

Attention of bidders is directed to the Special Provisions attached hereto.

AUDUBON County shall issue sales tax exemption certificates through the Iowa Department of Revenue and Finance to the successful bidder and an subcontractors to enable them to purchase qualifying materials for the project free of sales tax.

Description of the Proposed Work : Courthouse Parking

PCC Paving, Sidewalk, and handicap stall

Description	Units	Quantity
STANDARD OR SLIP FORM PORTLAND CEMENT CONCRETE PAVEMENT, CLASS C, CLASS 2 DURABILITY, 7 IN.	SY	809.400
REMOVAL OF PAVEMENT	SY	708.3
REMOVAL OF SIDEWALK	SY	57.6
SIDEWALK, P.C. CONCRETE, 6 IN.	SY	56.9
TRAFFIC CONTROL	LS	1.00
MOBILIZATION	LS	1.00
PAVEMENT MARKINGS AND SYMBOLS	LS	1.00
FLUME, 6 INCH, 3 FEET WIDE	SY	7.5
LANDSCAPE GRAVEL	SY	17.0
REMOVAL DOWNSPOUT FLUME	SY	3.4
REMOVAL OF LANDSCAPING	SY	8.6
REMOVE TREE	UNIT	29

Completion date: 11/30/26

STANDARD SPECIFICATIONS OF THE IDOT, SERIES 2023, AND CURRENT SUPPLEMENTAL SPECIFICATIONS SHALL APPLY.

(Published in the Audubon County Advocate Journal, Friday, September 18, 2026 and in the Southwest Iowa Shopper, North Tuesday, September 22, 2026)

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September 22 - 27, 2026

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Exira's Fall Festival

Saturday, September 26, 2026 - 9 a.m. - 3 p.m.

Come Enjoy the Sites, Sounds and Tastes of Fall

Event Center:

Delicious Fall Flavored Coffee & Cinnamon Rolls • 8 a.m. —

Huge Craft & Vendor Fair Hosted by the Exira Study Club - 9 a.m. - 3 p.m. 50¢ admission • Door prizes each hour

Chicken salad Lunch by Exira Community Club 10 a.m. - 2 p.m.

Serving our famous chicken salad on a large croissant with chips, grapes, pickle & homemade dessert.

Children's option of an uncrustable peanut butter and jelly, chips and grapes available.

To go options also available. (Sponsored by the Community Club)

Annual Quilt Show where the walls come alive with beautiful quilts made by local quilters.

Lounge open at 9 a.m. serving favorite drinks



Pinewood Derby Contest

Hosted by the Exira Public Library
Old Fire Hall next to City Clerk's office

Registration: 9:30 a.m.

Race begins at 10 a.m.

Check the Exira Public Library
Facebook page for official rules

Exira City Park
Craft and Vendor Fair • Hungry Spartan Pizza • Blue Penguin Shaved Ice
Sister Sips Dirty Soda • Wine Slushies • Face painting

More Food & Drinks

Lions Club serving Food • Goldie's Coffee & Goods
• Corner Corral Creamery • TJ's Pour House

Gazebo Entertainment

Radio Rangers: 9 a.m - 12 p.m. • Darla & Doug: 12:30 - 3 p.m.

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Great reasons to insulate water pipes

Homeowners want to do everything they can to protect their investment, and that includes both renovating a property to reflect recent trends and keeping up with routine maintenance to ensure a home does not fall into a state of disrepair.

Anticipating potential issues and planning for them is part of maintaining a home. Such anticipation is an acquired skill, but homeowners can use the experience of others to identify ways to prevent home-related issues before they arise. One issue homeowners may want to plan for is frozen pipes. The winter of 2025-2026 was notably cold. According to AccuWeather, the La Niña weather pattern was a driving force behind a particularly cold winter in various parts of the United States, including the northeast, midwest and mid-Atlantic regions. Temperatures in those regions were 10° to 15° F below normal, which AccuWeather notes laid the foundation for the most severe and frigid winter in nearly a decade.

The extreme cold that characterized the winter of 2025-2026 forced some homeowners to confront issues they had not anticipated, including frozen pipes. Pipe insulation is an important part of home maintenance that some homeowners may not have been aware of as recently as early 2026, but the following are some notable reasons to add this to your home-related to-do list before winter returns.

- Insulation prevents pipes from freezing. Frozen water inside pipes can start

what’s essentially a chain reaction that can cause pipes to expand. When pipes expand, the resulting pressure can cause them to burst. By insulating pipes, homeowners can prevent them from freezing. Insulating pipes that are already behind a wall is not a simple job, so it’s best left to a professional. But pipes that are along exterior walls should be insulated to ensure they do not freeze when temperatures drop and remain low. Pipes in attics, basements and crawl spaces may be exposed, and homeowners may be able to insulate these on their own, though novices might still want to leave this important job to a professional.

- Insulating pipes can save you money. The United States Department of Energy reports that insulating hot water pipes is a notable way to save energy



and money. According to the DOE, insulating water pipes reduces heat loss and can raise water temperature by as much as 2° to 4° F. That allows homeowners to lower the temperature setting on their water heaters, which saves money. Insulating pipes also reduces the time it takes for water to warm up when turning on a faucet or shower, which in turn leads to less water consumption and lower water bills.

- Insulation can reduce the risk of mold growth. Winter is not the only time of year it pays to have insulated pipes. According to the insulation experts at Aeroflex®, pipes are subject to mold growth. That can happen when pipes sweat in humid climates (think of a water bottle left out in the hot sun). The resulting condensation from sweating pipes can drip and lead to the growth of mold in surrounding areas, including within the walls. Mold growth in a home has been linked to various negative health outcomes, including respiratory issues. But insulation prevents the condensation that can lead to mold growth.
- Insulation is inexpensive. Homeowners who have grown accustomed to costly repairs and renovations should know that insulating pipes, particularly exposed pipes, is an inexpensive project. While it will cost more to insulate pipes within walls due to the extra work required to access such areas and address them once insulation has been installed, insulating those pipes, especially if they’re along exterior walls, can greatly reduce the risk for potentially costly damage down the road.

Insulating pipes is a worthwhile undertaking for all homeowners, and can be particularly beneficial for those who live in areas with extreme weather in winter and summer.

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Entertainment

EXTRA!

A publication of the Atlantic News Telegraph and The Audubon County Advocate Journal

September 19 - 25, 2026



Jessica Lange clearly has no problem with being a part of a real horror show.

The Oscar and Primetime Emmy winner has been a prominent star of several seasons of executive producer Ryan Murphy's ("Glee") "American Horror Story," earning two of her three Emmys for it. She goes back to it again as the FX series starts its 13th round — not coincidentally subtitled "13" and reportedly incorporating elements of all of the previous seasons — on Thursday, Sept. 24, reprising the characters she's played in the anthology before: Constance Langdon in both "Murder House" and "Apocalypse," Sister Jude Martin in "Asylum," Fiona Goode in "Coven" and Elsa Mars in "Freak Show."

Lange evidently isn't the only "American Horror Story" returnee. Others revisiting the famously secretive franchise are said to include Angela Bassett ("Black Panther," 2018), Kathy Bates ("Matlock"), Frances Conroy ("Six Feet Under"), Seth Gabel ("Fringe"), Leslie Grossman ("Popular"), Billie Lourd ("Booksmart," 2019), John Carroll Lynch (" Fargo," 1996), Sarah Paulson ("12 Years a Slave," 2013), Evan Peters ("X-Men: Days

of Future Past," 2014), Emma Roberts ("We're the Millers," 2013), Gabourey Sidibe ("Precious," 2009) and Mena Suvari ("American Beauty," 1999).

While "American Horror Story" constitutes much of Lange's television work to date, she also has collaborated with producer Murphy on other projects. In "Feud: Bette and Joan," she played iconic actress Joan Crawford in a dramatization of the latter's rivalry with fellow star Bette Davis (Susan Sarandon, "Thelma & Louise," 1991). Then, in the 2024 "Feud" installment "Capote vs. The Swans," Lange portrayed Lillie Mae Faulk, the mother of writer Truman Capote (who was played by Tom Hollander, "Pride & Prejudice," 2005). She also was in the first season of Murphy's Netflix project "The Politician."

Lange's TV work dates back to a version of the Tennessee Williams play "Cat on a Hot Tin Roof" that the PBS series "American Playhouse" televised in 1984. She also helped bring a Broadway staging of Williams' "A Streetcar Named Desire" to CBS in 1995.

With such other dramas as HBO's "Normal" and "Grey Gardens" along the way, Lange was back on HBO in 2024 in "The Great Lillian Hall." Whether "American Horror Story:

13" starts another spate of TV work for her remains to be seen, but at least for now, she's back on turf that's both familiar and unsettling.

Birthdate: April 20, 1949

Birthplace: Cloquet, Minn.

Current residence: New York City

Other television credits include: "The Great Lillian Hall," "Feud: Capote vs. The Swans," "The Politician," "Feud: Bette and Joan," "Grey Gardens," "Sybil," "Normal," "Stories From My Childhood," "A Streetcar Named Desire," "O Pioneers!," "American Playhouse: Cat on a Hot Tin Roof"

Movie credits include: "Long Day's Journey Into Night," "Marlowe," "Wild Oats," "The Gambler," "In Secret," "The Vow," "Bonneville," "Neverwas," "Broken Flowers," "Don't Come Knocking," "Big Fish," "Masked and Anonymous," "Prozac Nation," "Titus," "Cousin Bette," "Hush," "A Thousand Acres," "Rob Roy," "Losing Isaiah," "Blue Sky," "Night and the City," "Cape Fear," "Men Don't Leave," "Music Box," "Everybody's All-American," "Far North," "Crimes of the Heart," "Sweet Dreams," "Country," "Tootsie," "Frances," "The Postman Always Rings Twice," "How to Beat the High Cost of Living," "All That Jazz," "King Kong"

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celebritypipeline **BY JAY BOBBIN**

Remembering Hayden Panettiere and 'Heroes'



Hayden Panettiere stars in "Heroes"

Q: I was so sorry to see that Hayden Panettiere had passed away. When was "Heroes" on the air?—Lauren Cole, Toledo, Ohio

A: The NBC fantasy-drama series aired from 2006 to 2010, making Panettiere one of television's most popular actresses as Claire

Bennet, a high school cheerleader who was one of the title characters with superhuman abilities. Claire's power was to stop pain and enable rapid healing; Emma Stone has said that she also auditioned for the role.

The four-season run of "Heroes" was followed by "Heroes Reborn," a 13-episode follow-up that NBC televised in 2015-16, but Panettiere didn't participate in it (she was making the ABC series "Nashville" at that time) and the Claire character was absent from it in terms of new sequences. However, some archival footage of her from the original show was incorporated.

Panettiere had done quite a bit of TV by that time, having had stints in two daytime serials, ABC's "One Life to Live" and CBS's "Guiding Light."

She'd also had guest roles in series including CBS's "Touched by an Angel" and NBC's "Law & Order: Special Victims Unit," and she was a recurring player in Fox's "Ally McBeal" and "Malcolm in the Middle."

"Nashville" proved to be Panettiere's last major television credit, though she also built a horror-fan

following with her role as Kirby Reed in several chapters of the Scream movie franchise. Her final project was the thriller movie "Sleepwalker," which she also executive-produced. It was released at the start of this year, and the cast also included Beverly D'Angelo and Mischa Barton ("The O.C.").

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