The Northwood Anchor

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Briefs



May 22 is Poppy Day

This Saturday, the women of the American Legion auxiliary – mothers, wives, sisters and daughters of the men who died in the First World War and the two following wars, will again ask all Americans to wear a poppy.

They will be at Fallgatters Market Place and VerHelst Drug Store from 9 to 11 a.m.

More than 100,000 women volunteer annually to distribute these memorial flowers. And since these poppies have been made by disabled veterans of our nation's wars, Poppy Day offers an opportunity to honor the dead while assisting the living.

"Wearing this little red flower will help us rekindle the spirit of patriotism and service to country, which is needed as much now as in time of war. As long as such a feeling remains in American hearts we need not fear for the future of our nation.

"We will remain united that the great majority of our citizens remain only to serve and sacrifice for their country."

Shop Iowa info shared May 25

A meeting will be held this Tuesday to offer local businesses information on Shop Iowa, a platform to help Iowa's small businesses sell their products online.

At the meeting, the basics of the Shop Iowa program, including how to get a business online, will be discussed.

Shop, see Page 2



The Week's WEATHER

by National Weather Service Observer John Podgorniak

Date	Hi	Lo	Prec.
Tues. May 11	56	36	
Wed. May 12	58	32	
Thurs. May 13	64	35	
Fri. May 14	67	40	
Sat. May 15	62	41	T
Sun. May 16	72	51	
Mon. May 17	67	44	



These soon to be Northwood-Kensett graduates, (from left) Brandon Varner, Jayda Delle, Shallon Batton and Te'Juan Whitelow, are ready to take part in this weekend's commencement activities as they bid farewell to their time at Northwood-Kensett schools.

City, school, community to work on student transit solution

By Kris Kenison

The question of how to safely transport students in the city of Northwood was brought to the Northwood-Kensett school board last week, as the City of Northwood faces difficulties providing the service and daycare providers and parents are concerned.

The City of Northwood had previously provided its transit service for students in the community, including transportation between daycares and the district. However, as the current school year began, a lack of drivers and the challenges of COVID-19 safety meant the City had to suspend the service for students.

The City was recently asked if students would be allowed to use the transit again as a new school year begins in August.

The city council chose not to resume student transit, citing an ongoing difficulty finding drivers, difficulties in scheduling students with their regular transit clients, a lack of space and other concerns that made adding students back to the transit service a challenge.

At the Northwood City Council meeting on April 26, a group of daycare providers and parents brought their concerns and asked the council to reconsider. At the end of the conversation, the community members and council had

City, see Page 2

N-KHS Class of 2021 graduates Sunday, May 23

This Sunday, the 45 members of the Northwood-Kensett class of 2021 will celebrate their graduation.

N-K's commencement ceremony will be held this Sunday, May 23, at 12:30 p.m. on the football field at the N-KHS Athletic Complex.

The class flower is the white rose. The class song is "I'll Always Remember You" by Hannah Montana. The class motto is: "Graduation is not the end; it's the beginning," by Senator Orrin Hatch.

In case of rain, the ceremony will be held in the high school gym.

Masks are optional, unless the ceremony moves indoors.

Northwood-Kensett Class of 2021

Shallon Batton
Madelyn Berge
Seth Clapp
Ruthie Conlin
Damion Crotty
Jayda Delle
Isabella Efflandt
Sarah Eglseder

Graduates, see Page 2

Workshops illustrate county facility design planning options

By Kris Kenison

Last week the process of designing options for a long range multi-phase plan for county facilities continued.

Worth County has employed the assistance of FEH Design to guide a process that give the public a chance to recommend how they think the county should proceed in addressing issues with county facilities.

Those issues include ongoing structural concerns with the courthouse, secondary roads and conservation buildings. Most county offices require more space than is currently available. The separation of offices in several locations is inefficient and inconvenient for the public.

Addressing these and other issues is the goal of the process with FEH representatives.

Over the course of several meetings, members of the public were invited to share their priorities for new county facilities. FEH architects took that discussion as the starting point for two days of consultation, brainstorming and adapting ideas. That took place in spark design workshops held all day May 11 and 13.



On the first day, FEH representatives began with some basic concepts derived from the previous meetings with the public. They also discussed those designs with members of the public that visited the Kensett Community Center to give their input.

Over the course of the day on May 11, 14 options were created that showed various options for designs and locations of county offices and buildings.

On the first day, those attending the evening meeting were asked to place stickers ranking their favorites.

Workshops, see Page 3

School board discusses middle school shift, distance learning

By Kris Kenison

At their meeting on May 11, the members of the Northwood-Kensett Board of Education were asked to consider the possibility of making the N-K Junior High into a middle school. They also looked at whether or not distance learning would be an option in the coming school year.

With construction on the Vikings Activity Center underway, the district will soon have spaces open with the facility including new wrestling and training areas. District administrators, looking at options for the existing area, have considered using those spaces to bring the district's sixth grade to the secondary campus, making the switch from a junior high, with grades 7-8, to a middle school environment, including grades 6-8.

At the board meeting, the progress in studying the option was discussed.

N-K administrators have worked with teachers to study the differences between a junior high and middle school approach to education and the pros and cons of each method. They wanted to make sure the school board was in support of looking at how that would take place at N-K before putting in additional time and effort.

As to how the shift would benefit students, sixth grade teacher Greg Parks said that having the sixth graders at the high school campus would give them more opportunities to access higher-level classes.

Parks and fellow sixth grade teacher

School, see Page 2

N-K's Graduation section — See inside

Graduates
Cont. from Page 1

Alex Eilertson
Austin Foss
Ella Fritz
Nathan Hannemann
Cade Hengesteg
Brylee Hoeppner
Tyler Husske
Janette Jim
Kael Julseth
Collin Kilbourn
Ryder Lestrud
Kaden Mayberry
Jamison McFarland
Casson Moretz
Jozalyn Munson
Evelyn Ocel
Bryce Paulson
Harli Reich
Isaac Renteria
Kayla Senne
Carter Severson
Jesslyn Sims
Jake Steinman
Olivia Stilley
Grace Stoneking
Ethian Tasker
Camden Thompson
Brandon Varner
Hallie Varner
Cody Wahl
Richard Walker
Sydney Welch
Tejuan Whitelow

School
Cont. from Page 1

Lisa Hagen said that sixth graders today are mature enough to be away from the elementary environment and could benefit, noting that the only thing they would miss is recess.

Elementary principal Brian Costello also said that the division between elementary and middle school is more commonly the break, noting that the most recently adopted math curriculum involves a system for students in grades K-5 and a system for students in grades 6-12. For Parks and Hagen, who teach to grades 5 and 6, that means they had to learn both systems. With a middle school approach, that would not be an issue.

Asked whether there would be room to bring the sixth graders to the high school and keep a separation between middle school and high school environments, the administrators said that they could, beyond some mingling in the hallways on occasion.

For the elementary campus, Costello said that the extra space is needed, with little extra space available in his building.

The school board gave their consensus that the potential switch to a middle school should continue to be researched.

If the district does change, that would not take place until after the 2021-2022 school year, at the earliest, and after the activity center opens up the room for the change.

In other business at the meeting, the school board was asked to consider whether distance learning should be offered in the 2021-2022 school year.

Superintendent Mike Crozier told the board that the district will no longer have to make that an option, but they could choose to.

Crozier said that those learning at a distance do not receive all the benefits of being in the classroom and that he recommended ending the option.

Crozier added that the district would work with families in extreme circumstances where distance learning was the best option.

The school board approved ending distance learning for the next school year.

Masks now optional at N-K

On Monday, following guidance from the Iowa Department of Public Health (IDPH) and Iowa Department of Education, the Northwood-Kensett Board of Education voted to lift the requirement that those in the district buildings would be required to wear a mask.

On Friday, the IDPH sent a letter to Iowa school and child care professionals, signaling a change in how the department treats COVID-19, now treating the virus as any other childhold illness.

That means, according to the IDPH, that children are only to be kept home if they test positive or are displaying symptoms.

Further, the IDPH no long recommends that children be quarantined if they have come in contact with a COVID-19 person, no matter if they were wearing a mask or not.

Based on that, the IPDH urged districts to make masks optional and provide parents information on risks when students are exposed.

With this in mind, districts throughout the state have looked at changing their mask policies with just a few weeks left in the school year.

Amongst the districts facing the decision was Northwood-Kensett, whose board met on Monday.

The school board was asked whether masks should be made optional.

Board members decided that the district should follow IDPH recommendations and make masks optional, leaving the decision to parents and families.

Following the decision, staff, students and visitors to N-K schools will be free to make their own choice on whether to wear a mask.

Shop
Cont. from Page 1

Businesses that are right for the Shop Iowa platform includes those with a commercial location or products made in Iowa. Businesses must have products that can be easily shipped. Businesses should be ready to receive online orders through Shop Iowa.

The Shop Iowa provides a free online shop to sell up to 50 products.

The Shop Iowa informational session will be held this Tuesday, May 25, from 7:30-8:30 a.m. at Bean & Bistro in Northwood.

More information on Shop Iowa is available online at ShopIowa.com.

City
Cont. from Page 1

agreed that they may need to approach the school district in order to make the situation work.

At the May 11 meeting of the N-K school board, members of the community, including daycare providers and parents, asked the school board and administrators to consider how they could help come to a solution.

Council member Gary Nerlien shared figures that showed why the City was in a place that it could not transport students with the drivers and vehicle it currently has in place.

Nerlien said that, in 2019, the city transported students 10,067 times and transported the disabled and elderly 6,954 times.

City council member Teresa George shared a typical schedule with school pick up in 2019, saying it was already nearly impossible to achieve.

Besides making several trips at the start and end of the day, preschool schedules meant that the City would often be taking the youngest students back and forth in the middle of the day as seniors in the community wanted are transported to congregate meals.

George and Nerlien said that the City can't realistically resume that type of schedule, especially with part time drivers that may not remain if students are added again, and past difficulties keeping drivers on staff.

School board member John Anderson, who also worked as a transit driver for the City when it still transported children, acknowledged the challenge for the City, but said that the tight spaces of some City streets meant that taking one of the school buses in place of City transit wouldn't work.

The school was asked if they could help by transporting students and if preschool schedules could change to make it easier for midday transportation.

Superintendent Mike Crozier said that the school would be willing to look at ways it could help, like picking up students and dropping them off at the start and end of the school day, if the City could take care of midday preschool transportation.

Elementary principal Brian Costello also suggested that the preschool schedules could be adjusted to make it easier for the transit service.

Crozier suggested that a committee should be formed with representatives of concerned community members, the city council and school administrators. Community and city council members at the meeting agreed to proceed with discussions to find a way to safely transport the youngest students in the community safely to the classroom.

Vaccine rates reach 45.4% for those eligible in Worth

Last week, the Pfizer vaccine was approved to all those ages 12-15 years of age. This week marks the sixth week after COVID-19 vaccines were made available to all those over the age of 16 in Iowa. That marks the point at which those receiving the vaccine locally would become fully vaccinated.

Those receiving vaccines at Worth County Public Health received the Moderna vaccine, which was available to those 18 and older and required 4 weeks between doses and two weeks after the second dose to become fully effective.

With that in mind, according to the CDC, as of May 17, 2,667 residents of Worth County have been fully vaccinated, for 36.1% of the total population. Of that, 1,180 of those 65 and over, the first age group that could receive the vaccine, are fully vaccinated. That makes 76.4% of that population. Of those that have locally been able to receive the vaccine since early April, those 18 and over, 2,654 have been fully vaccinated, for 45.4 % of that population.

According to the Iowa Department of Public Health, of those that have received a vaccine, 255 people in Worth have received a first dose, 2,513 have received both doses of a two dose vaccine and 134 have received a dose of a one shot vaccine. That makes a total of 2,902 Worth residents that have received at least one dose, for 39.3% of the county's population. That is up 37 in the past two weeks.

The number of those with COVID-19 has increased as rates are down again. As of May 10, the rate increased to 12.5%. On May 17, the seven day rate decreased to 3.8%.

There were 7 new COVID-19 cases identified in Worth County in the past week, up to 793 cases as of May 17.

In Worth County, in the past week, also the span in which those with the disease may develop symptoms or spread the virus, as of May 10, the 14-day rate was 5.6%. On Monday, it was up to 6.5%.

A total of 4,015 Worth County residents had been tested as of May 17. A total of 1,3589 tests had been taken by Worth residents.

In the eight county area that includes Worth and surrounding counties, there were a total of 21,000 confirmed cases, as of Monday, up 130 over the last week. Cases in neighboring counties included 1,535 in Winnebago, 1,584 in Hancock, 5,834 in Cerro Gordo, 1,789 in Floyd and 1,376 in Mitchell counties in Iowa, and 3,421 in Freeborn and 4,668 in Mower in Minnesota.

In the eight county area, there have been 307 deaths to COVID-19, including 8 in Worth County. That numbrer remains unchanged since last week.

Information and resources on COVID-19 in Iowa can be found online at coronavirus.iowa.gov.

Information on vaccination in Iowa can be found online at vaccinate.iowa.gov or by dialing 211.

Local information can be found at Worth County Public Health's Facebook page.



Wanted:

Worth County Fair Queen Candidates

– a Young Woman's Chance to Represent Worth County at the Iowa State Fair

- *Ladies 16-21 years of age can apply.*
- *Reside in Worth County or an adjoining county.*
- *Candidates do not have to be a part of the Worth County 4-H programs.*
- *Worth County Fair Queen will attend ALL activities after coronation for the remainder of the Worth County Fair.*
- *The Worth County Fair Queen will attend and represent the county at the Iowa State Fair Queen Contest in August.*

Registration Deadline: May 31, 2021
Applications available at www.worthcountyfair.com

For More Information contact
Kim Hennigar 641-390-0753 • hennhouse6@msn.com

Worth County Fair Queen Crowning
Wednesday, June 16 • 6:30 p.m.

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Workshop
Cont. from Page 1

Based on the ranking, FEH designers refined and elaborated on designs at the May 13 spark session.

Amongst the options were building a new secondary facility at the same spot on the south side of Northwood. Variations included different locations on the property, and bringing engineering or even conservation buildings to the property.

Other options illustrated for secondary roads would relocate the facility to the property around the Worth County Recycle Center. That was also a consideration for a new conservation building.

The primary focus of design was the Worth County courthouse. That would also likely be the first phase that the County would undertake.

A number of options were considered, all included relocating the treasurer's office. That included several designs that would add on and renovate the courthouse, rearranging the office layout in the process.

Also considered were options that either removed or disused the courthouse, building a new structure for county and court offices on the property.

Amongst the options were smaller buildings, with the sheriff's offices and jail built elsewhere.

If the sheriff's office were to be removed from the courthouse property, one potential relocation illustrated would place it near the Kensett Community Center, either to the southwest, or attached, potentially allowing for the community center to be used as a training area.

Those at the May 13 meeting once again ranked their preferred designs. The results were to be used by FEH to focus on those designs and present more detailed information at a meeting set for May 26, at the Kensett Community Center.

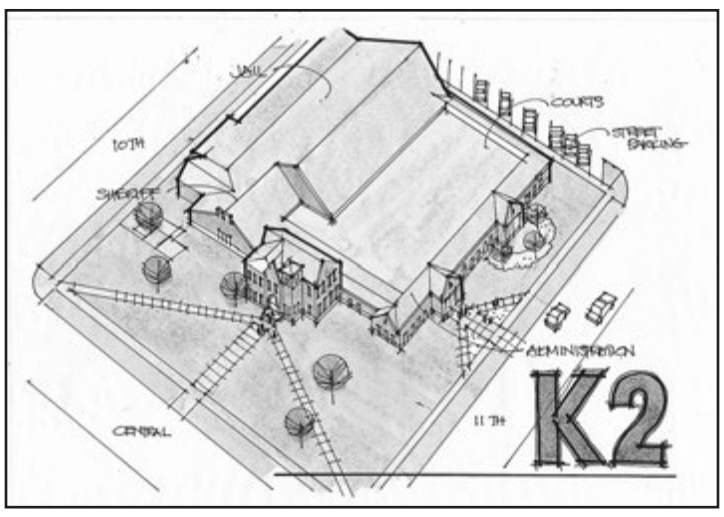
At that meeting, the members of the public taking part will look at the possibility of choosing what options to recommend to Worth County officials as they look at options for the future.

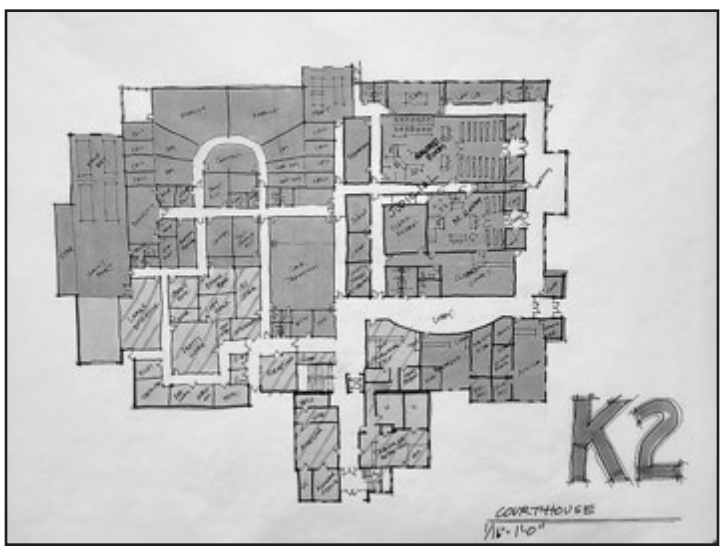
On their end, County officials have continued discussion of how to implement the initial phases of a facility plan, and primarily how to tackle the cost.

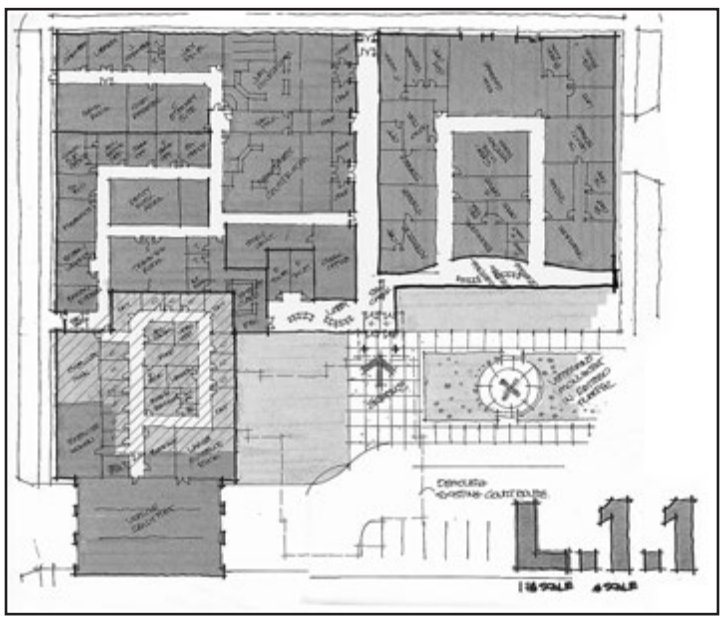
The consensus has been that the courthouse project that would likely be addressed first would be paid for with TIF (tax increment financing), which would include borrowing against future tax income from the county's wind turbines.

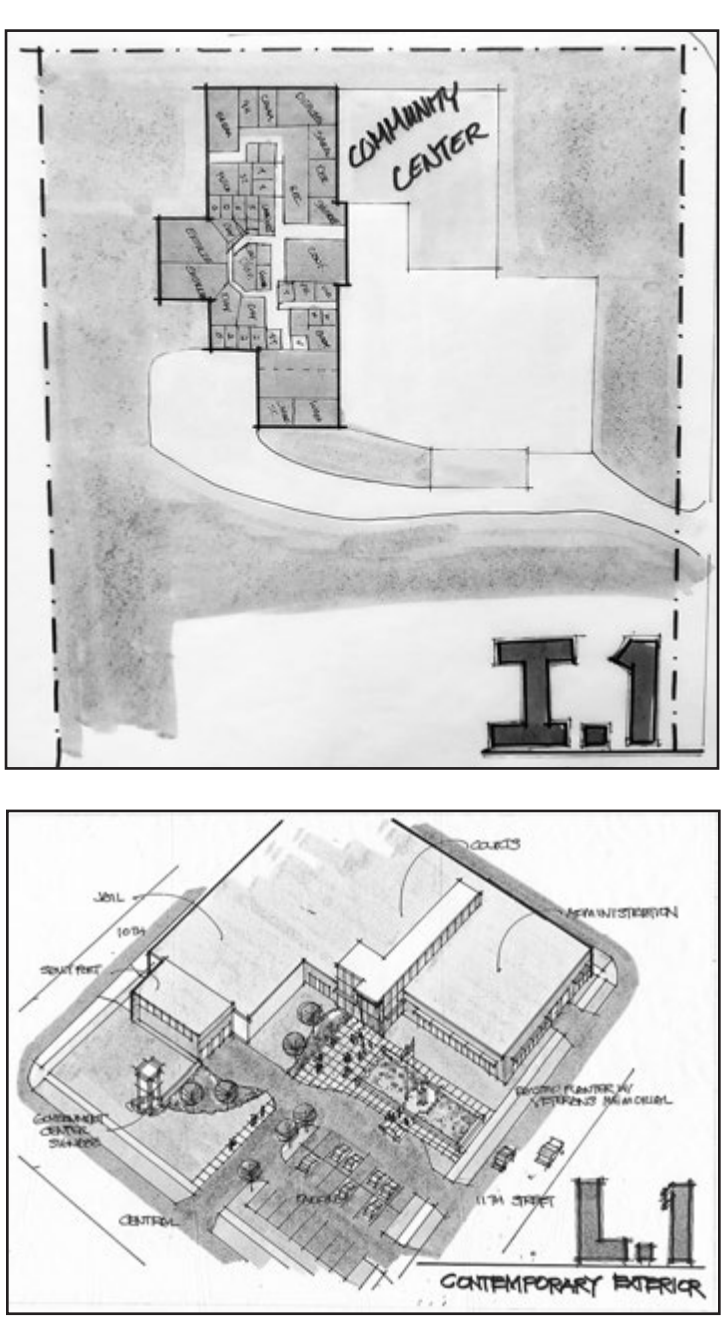
The next meeting of the advisory task force, including members of the public, will be held on Wednesday, May 26, at 6 p.m. at the Kensett Community Center.

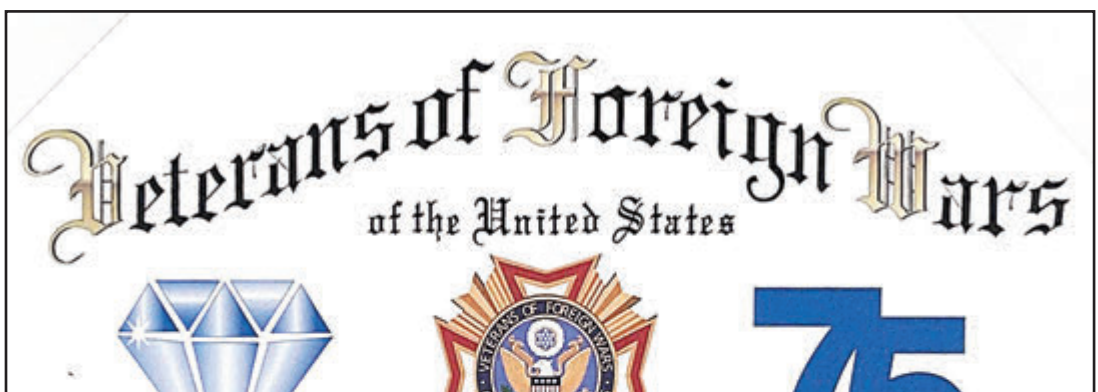
The designs from the spark workshop can be viewed online at fehdesignsparks.com/worth-county.











Our Buddies VFW recognized for 75 years of service

The Our Buddies Memorial VFW Post 6779 of Northwood was recently recognized for its 75 years of service.

The Our Buddies Memorial Post No. 6779 was mustered on April 10, 1946. This past April, the local VFW post received the organization's Diamond Jubilee Award, which is the recognition of 75 years of service.

The award states:

"In special commemoration and grateful recognition of its seventy-five years of exceptional service to the nation and its veterans throughout its seven and one half decades of dedicated support for the programs and purposes of the Veterans of Foreign Wars."

In a letter to the local post, VFW Commander-in-Chief Harold "Hal" Roesch, II, wrote:

"The members of VFW Post 6779 are a pillar of support for Northwood, Iowa. Year after year, you have provided superb public service to others. You provide an invaluable network of service to those who have borne the battle, as well as to their families, and you advance the health and well-being of those who bear the burden of defending our nation and our way of life."

Local VFW post members Jim Hanson and Paul Ferley accepted the award in a ceremony held in Marshalltown.

Wheelin' with Worth returns June 6

The Wheelin' with Worth car cruise and car show will return on June 6, once again providing classic and cool car owners a chance for a ride and to show off their vehicles, while also raising funds for the American Cancer Society.

The second annual Wheelin' With Worth will be held in Northwood on Sunday, June 6.

Registration for the car cruise begins at Strike Zone in Northwood from 10:30 a.m. to noon. The cruise starts at noon.

Food will be available, from Signatures of Northwood, starting at 1 p.m.

The car show begins at 3 p.m. Registration will be at the north gate of the fairgrounds starting at 1:30 p.m. Awards will be announced at 4:30 p.m. Awards will include those chosen by cancer survivors, people's choice, top cars and others announced at the show.

Those entering the car show will also be encouraged to bring a bucket for donations to the American Cancer Society. Those at the show will place donations in the buckets of their favorite cars. There will also be an award for the best decorated bucket.

The events will include a silent auction, which will close at 5 p.m.

Those taking part or attending the events are asked to observe the appropriate COVID-19 measures that are in place at the time.

Those with questions about the Wheelin with Worth events may contact Teresa Stehn at 641-390-1578 or Tracy McCoy at 507-319-8032.

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40% off REGULAR PRICE

Northwood Anchor
Northwood

Allen of Glenville graduates from University of Tampa

Alexis Allen, of Glenville, graduated from The University of Tampa on Saturday, May 8. Allen graduated with a Bachelor of Arts - B.A. Degree in Advertising and Public Relations.

The virtual commencement ceremony included 1,781 undergraduate and graduate candidates. The ceremony included remarks by UT President Ronald Vaughn, James S. MacLeod, chair of UT's Board of Trustees, the deans of UT's four colleges and student challenge speakers. Additionally, each graduate received a personalized video commemorating their achievement.

Following new CDC guidance, MN mask mandate ends

Minnesota Governor Tim Walz on Friday announced the end of Minnesota's statewide mask requirement, aligning Minnesota with new Centers for Disease Control and Prevention (CDC) guidance on face coverings. Minnesotans who are not fully vaccinated are strongly recommended to wear face coverings indoors.

Private businesses and local municipalities may still put in place face covering requirements. And Minnesota's Safe Learning Plan, along with the existing face covering guidance for schools and child care settings, remain in effect.

"This great day is possible because vaccines have proven to be effective," said Walz. "Once you are fully vaccinated you are protected. You can confidently return to the people you love and things that you miss – all without a mask. The message is clear — get vaccinated and let's put the pandemic behind us once and for all."

The CDC announced Thursday that masks are no longer required for fully-vaccinated individuals, either indoors or outside. Minnesotans should follow CDC guidance and wear masks in medical settings and on public transportation, whether or not they are fully vaccinated.

"This is an important day for Minnesota and the country," Minnesota Department of Health Commissioner Jan Malcolm said. "With millions of doses administered, we are seeing that vaccines work and are effective. But you need to roll up your sleeves and get the shots to get the protection. Minnesotans who aren't protected should continue to wear a mask and stay safe."

Minnesotans are fully vaccinated two weeks after their final dose of vaccine – either the second dose of the Pfizer or Moderna vaccine or the single-dose Johnson & Johnson vaccine. Minnesotans can find vaccine appointments near them at mn.gov/vaccine.

How Minnesotans can get their shot at no cost:

Walk in or make an appointment through the Vaccine Connector at one of the state's COVID-19 Community Vaccination Program locations: VaccineConnector.mn.gov.

Appointment hotline: 833-431-2053

Mon-Fri, 9 a.m. – 7 p.m. & Sat, 10 a.m. - 6 p.m.

Use the state's Vaccine Locator Map to find a vaccine provider near you: https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp .

Check for vaccine appointments using the Vaccine Finder on https://www.vaccines.gov/ . You can search for appointments by vaccine type (e.g., Pfizer).

Contact your primary health care provider or a local pharmacy.

Employers may also reach out with information about vaccination opportunities.



Making math count

Northwood-Kensett eighth grader Aiden Bice received first place at the local chapter level for Math Counts. For students like Bice, this was the first year that the competition was held online. The competition challenged students to solve as many problems correctly in 30 seconds, answer fewer problems with a focus on problem solving and more. Besides winning the chapter competition, Bice also took part virtually at the state level of the competition.

Iowa to end part in federal unemployment benefits

Last week, Iowa Governor Kim Reynolds announced new measures to address the State of Iowa's severe workforce shortage.

Effective June 12, 2021, the State of Iowa will end its participation in federal pandemic-related unemployment benefit programs. The Governor also announced that effective June 13, 2021, Iowa will no longer waive employer charges for COVID- related unemployment insurance claims.

Iowa will continue to pay regular unemployment claims. The following information is provided for impacted claimants:

• Claimants who have exhausted their traditional 26 weeks of unemployment benefits and are now receiving benefits through the federal Pandemic Emergency Unemployment Compensation (PEUC) program will no longer be eligible for UI payments after June 12, 2021, the last payable week for PEUC.

• Iowa will no longer issue supplemental $300 weekly payments to claimants under the Federal Pandemic Unemployment Compensation (FPUC) program. This payment was made to all Iowans who were receiving unemployment benefits regardless of the program under which they are being paid. The last payable week for FPUC will be the week ending June 12, 2021.

• Iowa will no longer participate in the federal Pandemic Unemployment Assistance (PUA) program. PUA presently provides benefits to the self-employed, the underemployed, independent contractors, and individuals who have been unable to work due to health or COVID-19-related reasons. The last payable week for PUA will be the week ending June 12, 2021.

• Iowa will not participate in the Mixed Earner Unemployment Compensation (MEUC) program, which offers supplemental payments to individuals who had both traditional W-2 income as well as self-employment income.

"The overwhelming message we receive from employers these days is the lack of workforce that is adversely affecting their ability to recover from the pandemic," said Director Beth Townsend, Iowa Workforce Development. "There are currently over 66,000 job openings posted on www.iowaworks.gov/vosnet/Default.aspx. Our field offices are open and ready to help. We are very excited to return to providing the support and help we love to provide – helping Iowans find their next great job or new career pathway and helping employers find their next great employee."

Iowans can search for new jobs, including teleworking opportunities at www.iowaworks.gov/vosnet/Default.aspx.

Impacted unemployment insurance claimants will receive official notification from IWD with more information about how these changes affect them individually.

"We will also continue to update our webpage with relevant information and assistance. www.iowaworkforcedevelopment.gov/ Due to current call volumes, customers are encouraged to call IWD only if they need assistance filing their claims. Additional customer questions can be answered by emailing UIClaimsHelp@Iwd.iowa.gov."

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CDC updates vaccinated guidance

Last week, the CDC (Centers for Disease Control) updated its guidance for those vaccinated against COVID-19, with masks no longer needed in most situations for those that have the vaccine.

Under the updated guidance, those that have been fully vaccinated are those that have both shots of a two dose vaccine or one of a single dose vaccine, and after time has passed to for them to take effect.

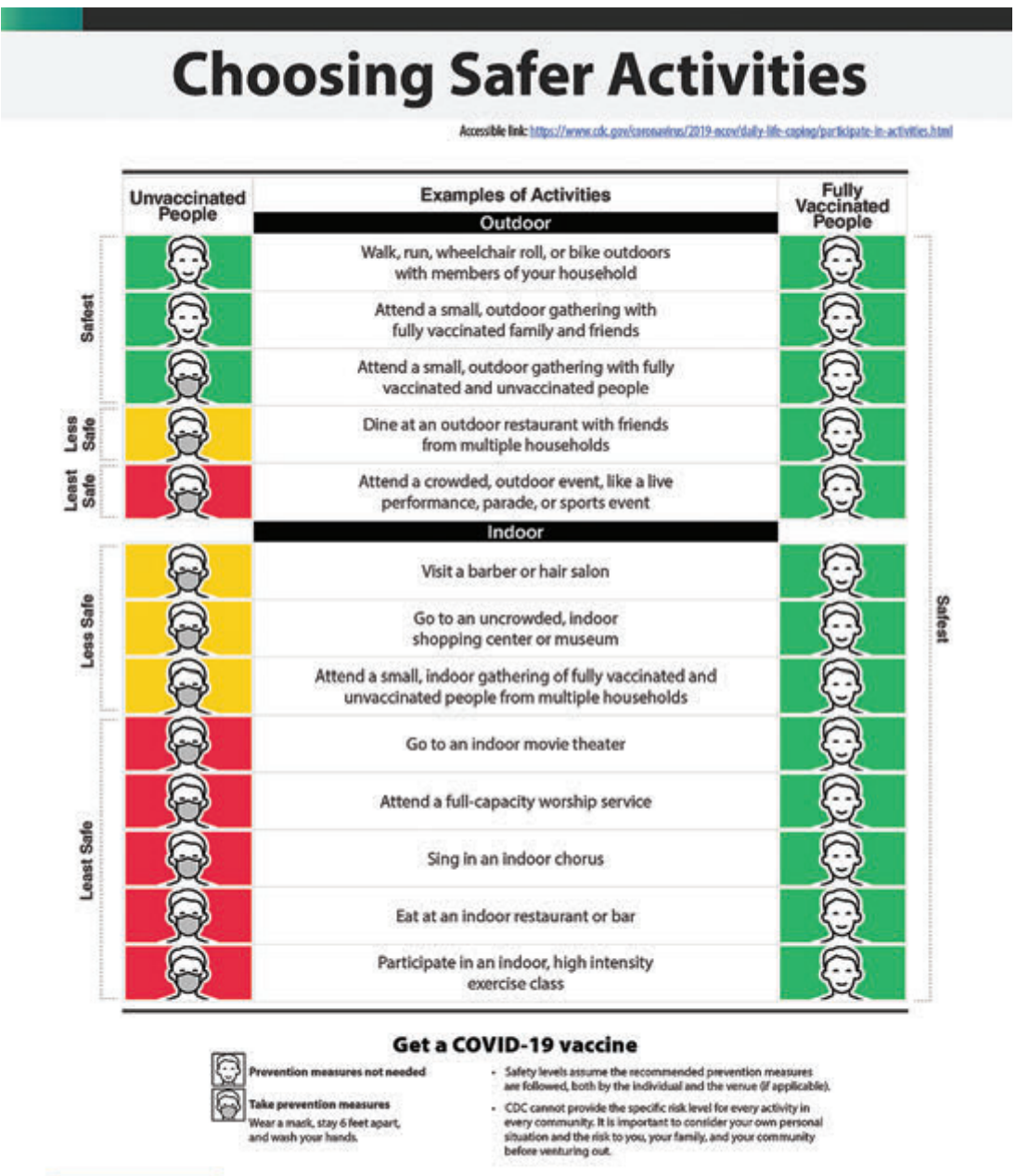
Fully vaccinated people, according to the CDC, can resume activities without wearing a mask or physically distancing in most instances.

The exception is healthcare settings and places where masks and distancing are required by federal, state or local laws, rules and regulations. This includes local businesses and workplaces that have their own safety guidelines.

The updated guidance also says that fully vaccinated people do not have to test after a known exposure, unless they are residents or employees of correction or detention facilities or homeless shelters.

According to the CDC, those that have not been fully vaccinated should still wear a mask and physically distance when they are around others, unless they are in a group of fully vaccinated people.

More information on recommendations for vaccinated people can be found at the CDC website, at https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html.



Local boys compete at MVC track championships on May 14-16

The UNI Men's Track Team captured a third consecutive Missouri Valley Conference Outdoor Championship, held in Carbondale, Illinois, on May 14-16.

Local Bolan boys, Northwood-Kensett grad Tom Yezek, son of Dan and Michelle Yezek, and St. Ansgar grad Cole Willert, son of Scott and Lori Willert, contributed to the win.

Yezek launched a career best of 181' 11" in the discus to win gold, and placed sixth in shotput with a toss of 59' 2.25."

Willert ran a personal best of 54.46 second in the 400 meter hurdles to qualify for the finals and ran 55.75 seconds to place eighth overall.



COLE WILLERT AND TOM YEZEK

Upgrades to emergency notification system benefit residents of Worth County

Upgrades to Iowa's emergency notification system, Alert Iowa, are making it easier for residents of Worth County to sign up and receive alerts about severe weather and other emergencies.

Alert Iowa is a statewide emergency notification system the county uses to send alerts to residents. Improvements to the system will enable Worth County officials to better communicate emergency information directly to citizens via voice call, text message, email and social media. The system also now has the capability to translate messages into multiple languages.

"Alert Iowa is a great tool that allows us to push official, real-time alerts to our residents," said Mark Tomlinson, Worth County emergency manager. "These upgrades will not only make it easier for us to notify our residents when emergencies happen or we need to share important safety information, but will let residents choose the best way for them to receive alerts."

Signing up for Alert Iowa is easy and can be done through the county's web portal, by sending a text or by downloading the Smart911 app. Residents who are currently signed up to receive alerts will need to sign up again.

To sign up:

Create an account on the Worth County web portal at worthcounty.gov

Text WORTHIA to 672-83.

Download the Smart911 app from the Apple or Google Play stores.

The target date for Worth County to have the transition to the upgraded system completed is June 1, 2021. Watch worthcountyiowa.gov Worth County Iowa Emergency Management on Facebook for updates.

More information about Alert Iowa in Worth County, is available by visiting www.smart911.com/smart911/ref/reg.ion?pa=WorthCountyIowa. Additional information on the system is available at www.homelandsecurity.iowa.gov.

Iowa Department of Public Health issues updated guidance to schools and childcare settings

Last week Iowa Department of Public Health director Kelly Garcia sent the following letter to school superintendents, child care providers and local public health departments regarding updated COVID-19 guidance:

Dear Education and Child Care Professionals,

I write to you today to underscore the continued importance of supporting children as we navigate this recovery phase of our COVID-19 response. From the beginning, this response effort has been grounded in mitigating risk and protecting our vulnerable populations, realizing that completely eliminating risk was never an option. We appreciate the difficult position school administrators and child care providers, who are not necessarily health professionals, have had to navigate. Your efforts over the last year have required patience, grace, and flexibility. For that, we are tremendously grateful.

For the 2020-2021 school year—knowing that spread of disease in schools is minimal and can be mitigated with strong infection control measures—Iowa shifted to support safe, in-person learning. And for child care settings, Iowa's child care providers remained open, supported by DHS. To successfully implement that strategy, Iowa issued guidance that allowed children exposed to COVID-19 while wearing a cloth face covering to avoid quarantine. This allowed kids to remain in school, with all of the benefits that in-person learning provides. Cloth face coverings have been one of the tools in mitigating the spread of COVID-19 and, along the way, additional tools to treat and mitigate the spread of COVID-19 have also come along, such as therapeutics and vaccines.

Our response today does not, and should not, look the same as it did a year ago. In fact, yesterday the CDC announced updated guidance rolling back mask usage for adults. Our guidance is also evolving as we learn more information. This evolution allows people to hone in on what is risky and what is not—which ultimately keeps our collective public health response strong.

With that in mind, and with acknowledgment that the goal of every educational institution and child care provider is to safeguard children from harm and foster inclusion, today, the Iowa Department of Public Health has adjusted its guidance to recommend that schools and childcare settings approach COVID-19 like other child illnesses. For ease of reference, please see this link for a detailed list of common child illnesses and exclusion criteria, which now includes COVID-19. This guidance comes in consultation with the Department of Education, and underscores that the overall health and well-being of children must be our primary focus.

We are concurrently revising our COVID-19 guidance for school and child care settings, including quarantine guidance, to recommend that while COVID-19 positive and symptomatic children should be excluded, exposed children should no longer be required to stay home, regardless of mask usage. Moreover, when there is a positive case, parents should be given information around exposure to COVID-19 in order to make their own informed decisions regarding risk. To that end, while we acknowledge that some parents may want their child to continue to wear a cloth face covering for reasons that make sense for their family or that child's individual health condition, we urge schools and child care settings to provide parents and students with the option to make their own decision about mask usage.

As this school year winds down and summer school and camps begin, we must work together to continue to support a flexible approach. We stand ready to provide the support necessary to ensure our children's success.

Sincerely,
Kelly Garcia
Director, Departments of Public Health and Human Services

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Confirmation

Trinity United Methodist Church of Bolan celebrated its Confirmation Sunday on April 30 with Pastor Cory Allard. Confirmands were Jessi and Terry "TJ" Ausborn, children of Larry and Kristy Ausborn. Also up front with Pastor, students and parents, were mentors Steve Wendt and Sue Cowell.



JESSI AND TJ AUSBORN



INSIDE CONFIRMATION

N-K Trap

By Dean Mueller
N-K Trap Team Coach

The Viking trap team attended a triangular hosted by St. Ansgar at the Mitchell County Trap Range on May 13.

Osage won the shoot with a team score of 226. The N-K Vikings were second with a score of 219 and St. Ansgar came in third with a score of 200.

High scores for the Vikings were Haydan Pestorious with a 49, Collin Houg with a 47, Cody Wahl with a 42, Loghan Nelson with a 41 and Breyden Hoeppner with a 40.

Men's champion was Haydan Pestorious with a 49, second was Andrew Thayer (O) with a 48 and third was Collin Houg with a 47 after shooting off against Alex Hemman (O), who also had a 47.

I did not write the women's scores down.

On Saturday, May 15, the N-K trap team attended the Osage Invitational held at the Mitchell County Trap Range. Other schools attending the event were Lake Mills, Central Springs, St Ansgar, Alden/Conger, Glenville Emmons, Garner/Hayfield/Ventura. The NK Vikings won the tournament with a score of 227, second was Osage with a score of 215, third was Garner/Hayfield/Ventura with a score of 211 and fourth was Lake Mills with a score of 209. High scorers for NK were: Haydan Pestorious with 47, Cody Wahl with 47, CollinHoug with 46, Casson Moretz with 43 and Breyden Hoeppner with 44. Women's champion was Ali Jean Petersen (AC) with a 45, second was Alexa Thayer (O) 45 (she lost the shoot off), third was Mae Gastiger (St A) with a 44 and fourth was Haley Swith (GHV) with a 41. Men's champion was Mike Huper (AC) with a 49, second was Hayden Pestorious with a 47, third was Cody Wahl 47 (lost shoot off) and fourth was Andrew Thayer (O) with 46. Collin Houg lost the shoot off for fourth place.

Help for kids who stutter is as close as the library

Kids who stutter have a lot to say, and friends can show them how in "Stuttering: For Kids By Kids," a DVD in English and Spanish starring kids who stutter, available at most public libraries or through interlibrary loan.

Many children who stutter have never met others who struggle with the same disability. In this DVD from the Stuttering Foundation, they meet kids who recount how they handle challenges such as teasing, speaking out in class, and teaching others about stuttering.

Swish, a lively and engaging animated basketball character designed by students at Purdue University, narrates the DVD. The children, who range in age from first-graders to high school students, offer frank and sometimes differing views of stuttering.

For example, Matthew, 10, says about his speech difficulties, "It's no big deal;" but Kate, 9, worries about talking, what is going to happen next and whether or not she'll stutter. Arianne, 14, says, "The hardest part about stuttering is to get through it and to stay in there when you're stuck." Umang, 12, agrees, "Sometimes it gets kind of annoying when you want to say something and you can't. I also get worried what other people might think if I do stutter and wonder if I'll be able to get out of my blocks and things."

"All those interested in helping kids learn more about stuttering will want to see this tape," said speech-language pathologist Bill Murphy of Purdue University. "The children featured are a perfect example of how to openly and honestly handle stuttering." "This is an important tool for families and teachers of kids who stutter," added Jane Fraser, president of the nonprofit Stuttering Foundation.

Other professionals and specialists in stuttering in this production include Kristin Chmela of Northwestern University, Joe Donaher of Children's Hospital of Philadelphia, Lisa Scott of Florida State University, and Lee Caggiano of Friends.

The 74-year-old nonprofit Foundation has provided free materials to public libraries nationwide. A library that will shelve them can download a request form at http://www.stutteringhelp.org/libraries-information.

Free Start Smart Workshop to be offered over Zoom

The NIACC Pappajohn Center and the Small Business Development Center to offer a free two-hour workshop designed for anyone who is considering starting a business. At Start Smart, participants will learn how to create a business plan, conduct market research, discuss different types of business ownership, and learn how to register a business.

Start Smart will be offered on Wednesday, May 26, online via Zoom from 6-8 p.m. in the afternoon.

The activities involved in starting a business fall under two broad categories—feasibility (the business plan) and administrative tasks. While we like to focus on the feasibility issue, Start Smart provides information and the chance to ask questions on numerous other topics, including:

- Business registration
- Doing customer research
- How bankers evaluate business concepts and loans
- Start-up costs
- Business plan tips
- And more

After attending Start Smart, individuals can make an appointment to meet over the phone individually with the Small Business Development Center Counselors to help review a business plan or provide guidance with other issues. Registration is required; go to our website www.pappajohncenter.com and click on the Program and Events tab to register.

For questions, contact Mary Spitz-SBDC office at NIACC: 641.422.4342 or at mary.spitz@niacc.edu.

Northwood Anchor Church

Fertile Lutheran Church
Sunday, Worship Service Graduation Sunday, 9:30 a.m., Sunday School, 10:30 a.m.; Monday, Ruth Circle, 7 p.m.

Bethlehem Lutheran, Manly
Wednesday, Grace Circle, 2 p.m.; Sunday, Worship at Bethlehem, 10:30 a.m., Grace Worship, 9 a.m.; Tuesday, Manly Care Center, 10 a.m.

Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran
Thursday, MANNA Open 4:30 - 6:30 p.m.; Sunday, Worship - Elk Creek, 9 a.m., Sunday School - Elk Creek, 9:45 a.m., Radio Broadcast of Worship on 97.1 FM or Kensettia.com, Worship Bethany, 10:30 a.m.; Monday, MANNA Open, 10 a.m. - Noon.

Pastor Tom Martin

Trinity United Methodist, Bolan
Wednesday, UMW Meeting at Sue Cowell's, Devotions: Mary Wendt, 6:30 p.m.; Sunday, Worship Service, 9:10 a.m.

Pastor Cory Allard

Northwood United Methodist Church
Sunday, Worship Service, 10:45 a.m.

Rev. Rob Lanphere

One In Christ Lutheran Parish
Sunday, Worship Services 10:30 a.m. available online at "One in Christ Lutheran Parish" Facebook Page and YouTube under "One in Christ Lutheran Parish." Sunday Worship Services, 11 a.m. Immanuel, 105 E. 3rd St., Scarville, 641-568-3666; 9 a.m., Bethany, 201 Franke St., Joice, 641-588-3366, Wednesdays 6 p.m., KC (Kids & Christ) Night; 8 a.m., Silver Lake, 705 Silver Lake Rd., Northwood, 641-293-5556, Sunday School, 9 a.m.; 10:30 a.m., Winnebago, 40029 210th Ave., Lake Mills, Sunday School, 9:15 a.m.; 9:30 a.m., Lunder, 14982 735th Ave., Albert Lea, Sunday School, 8:30 a.m.; All services require masks and social distancing.

First Lutheran Church, Northwood
Wednesday, 7-8 Grade Confirmation, 5:45 p.m., Bell Practice, 6 p.m., Senior Choir, SH Youth, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m., Taekwondo, 6:30 p.m.; Sunday, Service with Holy Communion, 9 a.m., Sunday School, 10 a.m., JH Youth, 6:30 p.m., also available to watch live on the Facebook page; Monday, Staff Meeting, 11 a.m.; Tuesday, AA-Al-Anon, 7:30 p.m.

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In Praise of Nature



The changing seasons inspire wonder. The plants and animals that fill the earth seem to respond perfectly to whatever nature sends their way. As the days of Spring grow longer and warmer, the plants put forth their leaves and buds, eager to draw energy from the sun and grow into what will become Summer's bounty. With Autumn's arrival, the days shorten and the harvest is reaped, and plants begin to drop their leaves, nature's way of providing fertilizer for next year's crop. The sap recedes and nature prepares for the period of dormancy that is Winter, when animals seek their dens and people too seem to hibernate, staying indoors more and slowing down a bit. There is something beautiful in the changing seasons that inspires us to praise the God who made this ever-changing world. And who is God that made our world just so? We can sometimes wonder when nature seems uncaring and harsh, when hurricanes wash our brethren out to sea, or when droughts cause famine. Nature is certainly a mixed bag when it comes to human affairs, and yet it seems so kind and generous most of the time, providing food and sustenance for all God's creatures, and presenting such a beautiful place to call home. – Christopher Simon

"How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures."
—Psalm 104:24 NIV

The Sponsors of this feature do so with the hope that more people will attend the church of their choice on a weekly basis

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Cook Bookin'

We may live without poetry, music and art; We may live without conscience and live without heart; We may live without friends; we may live without books; But a civilized man cannot live without cooks.
Bulwer Lytton, Edward Robert



by Sandy Olson

To contact Sandy Olson for comments or suggestions, please email her at: midwestfoodie@gmail.com

Farm Journal has been around for decades, supporting the agricultural life-style of men and women homemakers with magazines, news articles and cookbooks. Anyone who has cooked since back in the day will be familiar with their recipes and the delicious outcomes of "regular" food preparation. "Cook Ahead Country Style" (1971) is a slim cookbook that seems to be a compilation of recipes from some of their other books such as the Busy Woman's Cookbook and Timesaving Country Cookbook. All were published by Farm Journal Inc, Philadelphia, Pennsylvania. Cooking ahead has been around a long time; it's now called meal prep! These recipes are adapted from the chapter titled Main Dishes.

Braised Beef in Cream

1 boneless pot roast, such as sirloin tip, round roast or rump, 4 pounds
2 tablespoons olive or vegetable oil
1/2 cup water
2 cups heavy cream
1/2 cup real butter, unsalted
2 large cloves, fresh garlic, peeled and smashed
4 tablespoons fresh lemon juice (yes, fresh does make a difference)

In a heavy kettle or Dutch Oven, heat the oil and brown the roast on all sides. Do this slowly over medium heat. Season generously with salt and pepper. Add the water, cover and simmer 2 1/2 – 3 hours on low, or until tender. Remove the meat from the pan and allow to stand for 20 minutes. Pour off the pan juices and save for another use. Slice the roast thinly. Heat the butter until it bubbled and browns, in the same pan. Add the cream, garlic and lemon juice with about 1 1/2 teaspoons salt and 3/4 teaspoon black pepper. Simmer over medium heat, stirring constantly, for about 3 minutes to combine the flavors. Pour half of this sauce into a shallow baking dish. Arrange the meat slices, slightly overlapping, in the sauce and pour the remaining sauce over the top. Preheat the oven to 350 degrees F. Bake, for about 10 minutes or until heated through. Sprinkle very generously with chopped fresh parsley or chives. Serves about 8 people. NOTE: you can prepare this dish up to the heating point and refrigerate, covered, until needed. Increase the heating time to about 20 minutes in a pre-heated oven.

Tagliarini Casserole

1 pound lean ground beef
1/2 pound bulk pork breakfast sausage
1 cup chopped yellow onion
1 medium green bell pepper, chopped
1 can (12 oz.) whole kernel corn, well drained
1 can (10.5 oz.) tomato sauce
1/3 cup sliced stuffed green olives
1 clove garlic minced OR use equivalent amount of jarred garlic
8 oz. shredded sharp Cheddar cheese
8 oz. wide egg noodles, cooked al dente (about 5 minutes) and drained

Preheat the oven to 350 degrees F. Brown the two meats together, crumbling into small pieces. Drain off any drippings. Add the remaining ingredients except the cheese and cooked noodles and combine well. Taste for seasonings and add salt and pepper if needed. Remove from heat and stir in 1/2 of the cheese and the noodles. Pour into a sprayed 3-quart casserole dish and top with the remaining 1/2 of the cheese. Cover and bake for 35 minutes. Uncover and bake an additional 10 minutes. Serves 10.

Chicken Chrunch

(This one is different as it has both chicken and tuna included)

1/2 cup whole milk
2 cans (10.5 oz. each) cream of chicken soup
3 cups diced cooked chicken
1 can (7 oz.) white tuna, drained and flaked
1/4 cup minced yellow onion
1 cup diced celery
1 can (5 oz.) sliced water chestnuts, drained
1 can/package (3 oz.) chow mein noodles
1/3 cup toasted sliced almonds, optional

Preheat the oven to 325 degrees F. Blend the milk into the soup in a 2-quart casserole dish. Mix in the remaining ingredients except the almonds if you are using them. Bake for 40 minutes, uncovered. Just before serving, sprinkle with the toasted almonds. Serves 8. NOTE: if you don't like water chestnuts, you can replace them with an additional 1/3 cup chopped celery.

I love to read old cookbooks where ingredients such as cream, butter, whole milk and other staples were used with not much thought to their health benefits or lack of same. Life in the kitchen is still good, it's just different! And….that's all she wrote.

Northwood Anchor Society

Conlin recognized by Governor Reynolds for academic excellence



GOVERNOR KIM REYNOLDS, RUTH CONLIN AND LT. GOVERNOR ADAM GREGG

Ruth Conlin, a student at Northwood-Kensett, was recognized by Governor Kim Reynolds and Lt. Governor Adam Gregg for outstanding academic achievement at the 19th Annual Governor's Scholar Recognition Ceremony on April 25 at Hy-Vee Hall in Des Moines.

The statewide program, sponsored by the Iowa Governor's Office, Iowa High School Athletic Association (IHSAA) and its title sponsor the Iowa Fann Bureau Federation (IFBF), honored 424 high school seniors from across Iowa.

"Iowa Farm Bureau members are proud that their organization showcases its commitment to youth and education in many ways, including the half million dollars in scholarships we provide each year. Our 19-year title sponsorship of the Annual Governor's Scholar Recognition Ceremony is just one way we celebrate Iowa's exceptional high school students," said IFBF President Craig Hill. "We all recognize the need for supporting youth, because they hold the keys of Iowa's continued innovation and economic success," said Hill.

Each high school was invited to select a senior student with the highest academic ranking, based on grade point average for their first seven semesters. Students selected for the award also had the opportunity to recognize their favorite/most influential teacher and will receive a photo plaque of their meeting with Governor Reynolds and Lt. Governor Gregg.

"The principles learned through academic success, like those learned from participation in education-based activities, help develop outstanding leaders and citizens," said IHSAA Executive Director Tom Keating, "The partnership between the IHSAA and the Iowa Farm Bureau, along with the great cooperation of the Governor's Office has made this prestigious event possible fur many years."

Ninety-eight percent of those recognized also participate in extra-curricular school activities, with more than 75 percent participating in at least one interscholastic spurt. More than 63 percent of the group plan to continue their education in Iowa.

Graduation Open House
honoring
Tyler Husske
Saturday, May 22
11 a.m. - 4 p.m.
Worth County
Izaak Walton
4189 Orchid Ave.
Kensett*


Graduation Open House
honoring
Isaac Renteria
Saturday, May 22
3 - 6 p.m.
Kuennens Quarry
1555 450th St.
Northwood*


Graduation Open House
honoring
Jake Steinman
Saturday, May 22
1 - 4 p.m.
Northwood Civic Center
(City Hall)*


Graduation Open House
honoring
Olivia Stilley
Daughter of Bruce & Emerlee Stilley
Saturday, May 22
1 - 4 p.m.
at her home
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Glenville, MN


Graduation Open House
honoring
Shallon Batton
Saturday, May 22
3 - 6 p.m.
Olson Community Room
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Class of 2021
Graduation Open Houses


Graduation Open House
honoring
Jesslyn Sims
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4 - 7 p.m.
Northwood Country Club
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Graduation Open House
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Graduation Open House
honoring
Kayla Senne
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3 - 6 p.m.
Community Room
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Fairgrounds
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Graduation Open House
honoring
Carter Severson
Sunday, May 23
2 - 5 p.m.
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Northwood*


Graduation Open House
honoring
Cody Wahl
Sunday, May 23
3:30 - 6:30 p.m.
at his home 308 4th St. S.
Northwood*


Graduation Open House
honoring
Madelyn Berge
Sunday, May 23
2:30 - 6 p.m.
Kuennens Quarry
1555 450th St., Northwood*


Graduation Open House
honoring
Evelyn Ocel
Sunday, May 23
2:30 - 5:30 p.m.
Northwood Civic Center
627 Central Ave.
Northwood*


Graduation Open House
honoring
Kael Julseth
Sunday, May 23
2 - 6 p.m.
Northwood Country Club
Northwood*


Graduation Open House
honoring
Alex Eilertson
Saturday, May 22
2 - 5 p.m.
1796 400th St.
Kensett


Graduation Open House
honoring
Cade Hengesteg
Saturday, May 22
3 - 7 p.m.
The Hengesteg Residence
1970 480th St.
Northwood*


Graduation Open House
honoring
Ella Fritz
Sunday, May 23
3 - 6 p.m.
Olson Community Room
at the Northwood Library
906 1st Ave. S., Northwood*


Graduation Open House
honoring
Collin Kilbourn
Saturday, May 22
5 - 8 p.m.
at the Bolan
Schoolhouse*

Northwood Anchor **Opinion**

Words of entertainment, if not encouragement

It is once again time for graduation, with schools in the county bidding farewell to their graduates over the course of the past and coming week.

Below you will find words of wisdom or at least whimsy shared about graduation and during commencement speeches shared by some noteworthy speakers:

"There are far, far better things ahead than any we leave behind."

C.S. Lewis

"My dear terrified graduates, you are about to enter the most uncertain and thrilling period of your lives. The stories you are about to live are the ones you will be telling your children, and grandchildren and therapists."

Lin-Manuel Miranda

"To those of you who received honors, awards and distinctions, I say well done. And to the C students, I say you too may one day be president of the United States."

George W. Bush

"I have not failed. I've just found 10,000 ways that won't work."

Thomas Edison

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

Mark Twain

"If you hear a voice within you say 'you cannot paint,' then by all means paint and that voice will be silenced."

Vincent Van Gogh

"I think I'm quite ready for another adventure!"

Bilbo Baggins

"The unfortunate, yet truly exciting thing about your life, is that there is no core curriculum. The entire place is an elective."

Jon Stewart

"Graduation: A ritual event where they award you a diploma, in the hope that you have learned enough to be able to read it."

Unknown

"You know that point at your graduation ceremony where everyone tosses up their caps? Isn't it great that we all celebrate how smart we are by throwing sharp pointy objects in the air?"

Unknown

"The Lord gave us two ends: One to sit on and the other to think with. Success depends on which one we use the most."

Ann Landers

"You don't have a job? Get one. Any job! Don't sit at home waiting for the magical opportunity. Do something until you can do something else."

Shonda Rhimes

"Keep reaching. Keep seeking. Keep using your abilities to bring out the best in those around you, and let them bring out the best in you. Become the next great generation! You can and you will—dare I say it, change the world!"

Bill Nye

"So, what's it like in the real world? Well, the food is better, but beyond that, I don't recommend it."

Bill Watterson

"Life's not easy. Don't try and make it that way. It's not fair, it never was, it isn't now, it won't ever be. Do not fall into the entitlement trap of feeling you are a victim, you are not. Get over it and get on with it. And yes, most things are more rewarding when you break a sweat to get them."

Matthew McConaughey

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."

Dr. Seuss

"Well, I'm not usually one for speeches. So, goodbye."

Ron Swanson

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Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club

I eat an apple every day.

Do you think an apple a day keeps the doctor away?

Only if you have a strong throwing arm.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. We watched softball games. More to the point, we watched granddaughters play softball. The doctor is an 8th grader and the lawyer is in the 7th grade. My wife had a bottle of water she'd purchased at a nearby convenience store. It was a brand she favored. Its website said, "Smartwater has now expanded with an offering of smart hydration options for every occasion, hydration to support everyday replenishment, active performance, healthy living and moments of pause & recharge." My wife tried the strawberry-blackberry flavored edition. She had swigged only the plain, unflavored variety before. She learned she didn't care for the strawberry-blackberry product. Smartwater works. She had become smarter.

My mother-in-law died recently. Anyone who has searched a junk drawer knows there is magic in finding things you weren't looking for. I wasn't looking for a mother-in-law, but I got one I cherished.

Softball redux

I enjoy watching softball and baseball. I've watched one live cricket match and I think I enjoyed it. The sample was too small to be certain and I wasn't always sure what was going on. Baseball has changed over my life of playing and following it. I'm not a big fan of the designated hitter rule. It skews the records. Both baseball and cricket have endless statistics. Cricket has a bowler on a pitch and wickets that can be wicked. It has a googly. I had to look that up. A googly is a ball bowled as if to break one way that breaks the opposite way. One day, I'll watch another cricket match. For now, I'll listen to the crickets singing in my yard and watch softball and baseball.

Customer comments

Rick Draper of Albert Lea said his attorney told him that there is nothing heirs fight about more than who gets the John Deere riding lawn mower.

Mary Steil of Faribault wrote this about her mother, "One of her favorite sayings was 'If you don't know what I'm thinking then I'm not going to tell you,' which was perfectly sensible at the time but now is a 'huh?'"

A trucker hauling stories

I spoke at things in the Outer Banks of North Carolina. The Lost Colony of Roanoke Island is the name given to the 115 men, women and children lost to history after settling in Dare County in 1587. John White, the leader of that colony, went back to England for more supplies, but the Anglo-Spanish War delayed his return to the colony.

When he returned, he found an abandoned settlement. The only clue to the fate of the colonists was the word "CROATOAN" carved into a fence. I remember learning of this in school. Their disappearance was declared a mystery. In 2020, a pair of discoveries near Roanoke Island gave credence to the theory that the colonists were assimilated with Native Americans. Croatoan was the name of an island south of Roanoke, now called Hatteras Island, which was home to a Native American tribe of the same name.

Bad jokes

Have you read Marx? Yes, I think they're from the wicker chair.

I dropped my mail on the ground. One package said, "Do not bend." I can't figure how to pick it up.

Silence is golden unless you have children. Then silence is suspicious.

Not having to wear a mask all the time will be a good thing, but it will halt my budding career as a ventriloquist.

Nature notes

Kathy and Daryl Paulsen of Geneva found a young owl in their yard at Easter. Great-horned owls are early nesters. It takes a great-horned about a month to incubate its eggs, so if it laid eggs in January, it would be feeding young in February. After the young hatch, the female keeps them warm for the first two weeks. After that the nestlings can usually stay warm on their own as long as we don't get severe low temperatures. Young owls roam from the nest onto nearby branches at 6-7 weeks but aren't skilled at flying until 9-10 weeks old. They become branchers. They might fall from or be blown out of a nest. The adults keep track of the grounded youngsters and feed them during this period. Adult owls are well camouflaged and it's easy to miss seeing one watching. If you find a fluffy, young owlet alone, it's generally best to leave it be.

Meeting adjourned

"Any idiot can face a crisis—it's day to day living that wears you out."—Anton Chekhov

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Fit to print...

Help a friend or yourself through a mental health challenge



From ISU Extension and Outreach:

May is Mental Health Awareness Month. If a friend, neighbor or community member were experiencing mental health issues, would you be able to intervene so they could get help? If you needed help, would you know where to turn?

According to the National Alliance on Mental Illness, one in five adults experiences mental illness each year. Demi Johnson, behavioral health program specialist with Iowa State University Extension and Outreach, says there are warning signs you may notice in yourself or others that indicate a need to seek help. Those signs include a drastic change in mood, behavior or personality; an increase in substance use; or ongoing difficulty in sleeping. Moreover, someone may be overwhelmed with intense worries or concerns that get in the way of daily activities.

"If you or someone you know is experiencing any of these signs of mental health challenges, there are several ways to help," Johnson said.

Incorporating self-care into daily routines is a great way to reduce the risk and symptoms of mental illness, and it's best to do it before experiencing a mental health challenge. Consistent sleeping habits, healthy food choices and regular exercise are well-known, healthy maintenance strategies. Furthermore, activities such as journaling, reading, meditating or listening to music can help improve mental well-being, Johnson explained.

"When there are noticeable changes in our friends and family that could be signs of a mental health condition, it's best to approach the person in a private setting and ask questions that allow that person to talk openly for as long as needed," said Donna Mills, Sioux County PROSPER Team leader with ISU Extension and Outreach.

Mills suggested saying something like, "I've noticed that you have been quieter in the past two weeks. I really want to help. What can I do to help you right now?"

"Sometimes talking with someone who cares is the only help the person needs. Sometimes a person may need to be referred to an appropriate professional for help," Mills said.

When reaching out to provide resources to your friends, neighbors and community, there are a few key things to keep in mind for yourself and for others:

• Stay close to your support network.

• Engage socially with family, friends, teammates and your faith community.

• Be realistic and mindful about your own needs and know your limits.

• In case of an emergency, such as a suicide crisis, call 911 or the National Suicide Prevention Hotline at 800-273-8255.

ISU Extension and Outreach is offering statewide programs to help individuals practice noticing and helping during a mental health challenge. Community members can join a Mental Health First Aid course for a training on identifying, engaging and responding to mental health challenges. To register, go to www.extension.iastate.edu/humansciences/MHFA. Additionally, Iowans are encouraged to participate in Question. Persuade. Refer. to learn how to respond and refer a friend in a mental health crisis to appropriate help. To learn more or register for an upcoming Question. Persuade. Refer. class go to www.extension.iastate.edu/humansciences/QPR. Private programs are available to groups of 10 or more who would like to host a mental health education program. Contact Demi Johnson at demij@iastate.edu or 515-344-4907 to ask about a private mental health education program.

Northwood Anchor Early Files

100 years ago

May 18, 1921

Mason's modernized "Uncle Tom's Cabin" company will give a performance in their tented theatre in Northwood on May 21. Most of us have seen the production at different times and will go and see it again, as there is something that appeals to the better senses in this grand old production that has been played for 60 years.

A deal was closed last week whereby the Whitcomb garage was sold to Alfred Anderson and son Alvin, these gentlemen taking possession on Monday of this week. Hersechel and Roy Whitcomb, who retired from the business, have not announced their plans.

About 50 neighbors and friends gathered at the A. L. Urdahl home on Sunday and gave Mr. Urdahl a surprise, the occasion being his 64th birthday anniversary. The guests brought well filled baskets and left a purse as a reminder of the day.

Members of the various athletic organizations and the faculty of the Northwood high school enjoyed a banquet last Wednesday evening served by the girls of the domestic science department in the high school laboratory.

Over 100 relatives and friends of Mrs. Tom Ferley dropped in unannounced at the Ferley home in Silver Lake Township last Sunday to assist that lady in celebrating her 59th birthday, the crowd gathering following church service. A fine lunch was brought by the visitors, which was served during the afternoon.

The dance in the E.L. Virchow barn, north of town, on Saturday night, attracted a large crowd from surrounding neighborhood young people. The barn is well constructed and a roomy affair, which makes a good place for dancing for a few weeks before haying time.

75 years ago

May 16, 1946

A low temperature of 26 degrees registered by the government thermometer in Northwood early Saturday morning, with somewhat lower readings in open country, wrought much damage to fruits and garden products in this vicinity.

Dr. Oscar O. Mosby, 41, former Northwood veterinarian, died suddenly of a heart attack in the post office at Sioux Falls, South Dakota, late Wednesday afternoon of last week while on his way home from the Morrell & Co. packing plant, where he was an inspector.

For the present only men 20 to 25 years of age will be inducted under the draft law as revised in legislation signed by Pres. Truman on Tuesday night, which extends the law to July 1, 1946, but prevents induction of young men who have not reached their 20th birthday.

Mrs. Elizabeth Reeck, 74, a resident of Grafton for nearly 50 years, died last Thursday at the home of her son Floyd at Grafton, following a long illness.

Lightning struck at the Olaus Colbertson farm three miles southwest of Northwood during the thunderstorm about 1 a.m. Wednesday and destroyed a machine shed and granary.

Junior Turvold, older son of Mr. and Mrs. G.C. Turvold, arrived at home Tuesday morning with his honorable discharge from the marines, received Monday at Great Lakes, Ill.

Six fewer foxes will be marauders of chicken yards in the Julseth neighborhood west of Kensett as the result of a hunting expedition of five young men last Sunday. Alvin Julseth, Orville Julseth, Adrian Foss, Luwayne Evans and Clarence Sparby shot the six young foxes on Sunday afternoon on the Clif Julseth farm.

50 years ago

May 20, 1971

Crissy Welsh, daughter of Dr. and Mrs. M.P. Welsh, is escorted to the car, en route to the Junior-Senior banquet on Friday evening by Tom Vorland, son of Mr. and Mrs. Howard Vorland, all of Northwood. The banquet was followed by a prom, which was followed by a post prom dance at the Northwood Country Club.

A yardstick falls short of measuring the huge elm tree in front of the North Star Senior Citizens clubrooms, Ron Olson finds. The tree is estimated to have been well over 100 years old.

The Northwood-Kensett girls golf team hosted the conference meet on Monday, but ended up in fifth place with a score of 245. Kathy Stehn was low for the Vikings with 59 strokes. Final scores were Lake Mills 206, Osage 218, Britt 240, Forest City 241, Northwood-Kensett 245 and Belmond 260.

Approximately 60 relatives and friends gathered at the Bennie Harmon home on North Ninth Sunday to greet him on his 80th birthday. Most of the social afternoon was spent on the lawn of the home. Their children who were hosts entertained guests from Kiester, Rochester, Lake Mills, Kensett and others in the area.

Coach Ray Ihnen is shown with 26 members of his girls track team, who finished their season on May 6 at the district tournament at Ackley. One of the team members, Terry Arendts, qualified for the state meet in the 60-yard dash and the 100-yard dash.

This unidentified golfer is putting out at the sectional golf tourney at Northwood, held on May 8. Clear Lake and Lake Mills won first and second and qualified for the district meet.

25 years ago

May 15, 1996

Hartland Township farmer Ron Christianson planted seed corn into corn stubble on this minimum-tillage field west of Northwood on Saturday. Approximately 90 percent of Worth County's 1996 corn crop was in the ground by Sunday night, according to Extension agent Dennis Johnson. "Our farmers have done real good", considering the cool, wet conditions they had to work with," Johnson said.

Emma Holton lent a hand to Congregate Meals-Meals on Wheels kitchen manager Joyce Willand last week in preparation for another round of noon deliveries with Betty Peterson. Margaret Godfrey and Punky Kraft waited to do their part.

The Twenties Club held their annual Senior Tea at the Northwood Country Club on Thursday, May 9. Laurie Welsh, president, is serving tea or coffee to Angella Crawford, Nancy Rheinfels and Donna Schutz.

Baccalaureate and commencement exercises were held on Saturday, April 20, at Waldorf College in Forest City for 120 graduating sophomores. Graduating from this area were Amanda Peterson and Gustavus Sorbo, both of Northwood.

Dayna Hickman graduated from North Iowa Community Area College on May 3, 1996, with an Associate Degree of Arts, Associated Degree of Science, and Associated Degree of Registered Nursing. Dayna is currently employed by North Iowa Mercy Health Center on 6-West. She is the daughter of Buck and Becky Hickman of Northwood. A reception was held following her pinning ceremony on April 28, at her apartment in Mason City.

Northwood city crew member Blair Madden had his hands full last Friday, tearing out the old boardwalk on the Swensrud Park footbridge to Central Avenue. The bridge was closed on Friday morning and will remain barricaded until the new boardwalk is in place.

10 years ago

May 18, 2011

Last Friday students in Mrs. Hanson's kindergarten class and Mrs. Myhre's first grade classes "pigged out" with some good books. Besides some enjoyable pig-related reading, the students also viewed a movie about the three little pigs. They also got some face time with a real-life little pig. For the two boys, Nicholas Hanson and Lamonte Sims, the squealing response of the pig, held by Mrs. Hanson, was clearly an unexpected surprise.

Dan Bestul, Northwood, a senior majoring in business at Upper Iowa University, Fayette, was presented the Marshall Award scholarship as an outstanding graduating senior.

Travis Kruger, Grafton, attending the University of Michigan majoring in nursing was awarded a $1,500 scholarship funded by the Dr. George I. And Eunice A. Time Scholarship and Eduction Fund. The fund is administrated by Mercy Medical Center Foundation - North Iowa.

Four-time state qualifier Spencer Capitani crosses the finish line in the 100 meter dash Thursday afternoon at the district meet in Lake Mills. Capitani earned his way to state in the 100, 200, and the 4x200 meter relay.

Junior Dylan Nitcher navigates the hurdles on Monday afternoon at the CBC Meet at Nashua-Plainfield. Nitcher will be making his first trip to state as a member of the 4x200 meter relay team.

Northwood-Kensett recently hosted its 2011 spring Quiz Bowl. Students from several area schools gathered to compete against each other to test their knowledge and who would be the fastest ones to share that knowledge. Two N-K High School students that served as managers for the Quiz Bowl, Mary Bjorklund and Brook Burnes.

Northwood Anchor Obituaries

Robert 'Bob' Wilder

Robert "Rob" Wilder, 94, of Northwood passed peacefully away on Monday, May 10, 2021, at Thorne Crest Senior Living Community in Albert Lea, Minnesota.

A funeral service to honor his life was held at 10:30 a.m. on Tuesday, May 18, 2021, at First Lutheran Church, Northwood, with Rev. Becky Sogge officiating. Following the service, Rob was laid to rest at Sunset Rest Cemetery, Northwood. A funeral luncheon was served immediately after internment at First Lutheran Church in the lower level Fellowship Area. Elevator access was available.

A livestream of the service was available.

Visitation was held from 5 to 7 p.m. on Monday, May 17, 2021, at Conner Colonial Chapel, Northwood. Visitation continued one hour prior to the service on Tuesday at the church.

Masks were required and Social Distancing guidelines were followed.

Memorials may be directed to the family to be given in Rob's honor in the future.



ROBERT 'BOB' WILDER

Robert John Wilder was born on September 23, 1926, at the family home in Manly. The son of Albert A. and Mabel (Holmgren) Wilder, he was baptized on April 8, 1928, and confirmed in 1940 at the Manly English Lutheran Church. Rob graduated from Manly High School with top honors in 1944, participating in both baseball and basketball, and played first chair clarinet in the band. The day after graduation, Rob left to proudly serve his country in the United States Air Corp. He spent the next year at Coe College, Cedar Rapids, in preparation as a member of the air crew. He was given an opportunity to attend Officer Training at Amherst, Massachusetts, to qualify for a treasured position at West Point. Though he did not make the cut due to a minor cosmetic issue, Rob finished his service time as a Crew Chief for B25s and C45s. Soon after Rob's honorable discharge, he attended State Teachers College (UNI) in Cedar Falls, earning a triple major in Math, Physics and Industrial Arts. Later, he attended the University of Northern Colorado in Greeley to earn a Master's degree in Industrial Arts.

On June 12, 1955, Rob married Janet LaMae Candee, of Maynard, Iowa, and were the first couple to marry at Bethlehem Lutheran Church in Manly. They lived in Manly for five years before moving to Northwood, where they have resided for the past 61 years. After a honeymoon in Niagara Falls, later years found the couple traveling to Alaska, the Boundary Waters, Europe, Hawaii, Florida, Disney World, two trips to Washington, D.C., and Rob's Honor Flight trip in 2011.

They were blessed with three daughters, JoAnn, Marcie and Amy.

Rob started a long and distinguished career teaching high school physics, general science and physical education; and later teaching Industrial Arts (automotive, carpentry, welding, foundry and drafting), where he "built" three shops during his career. He taught one year at Roland, Iowa, and five years at Kensett before he began at Northwood for the 1956-57 year, where he stayed until his retirement in May 1988.

Rob loved everything about teaching and coaching and worked to instill a "pursuit of excellence" in each of his students. He coached baseball, leading them to conference championships in 1969, 1970 and 1971. He was also head coach for freshman-sophomore "JV" boys basketball and assistant coach for senior high basketball, retiring in 1991.

Rob especially enjoyed hunting and fishing, while frequenting local woods, lakes and streams with his daughters and later his grandchildren. Camping each summer was a beloved family activity, and they loved the upgrade from the green canvas tent to a pop-up camper! At home, Rob continued his love of the outdoors in his bountiful garden, sharing his harvest at the Worth County Fair for over 50 years.

As the family grew, Rob became excited to attend the numerous activities of his eight grandchildren. An obvious figure in the crowd, with such loving grandfatherly support, many of the grandchildren's friends continue to call him Grandpa!

As a member of First Lutheran Church in Northwood since 1962, Rob designed and built several kidney-shaped Sunday School tables, free standing bulletin boards/class dividers, holiday wall and cross decorations for the pastors and the beautiful, hard maple Unity Candle Stand used for weddings.

Those left to cherish his memory include his wife, Janet, of 65 years, and beloved children, JoAnn Wilder (Boyd Manges) of Petoskey, Mich., Marcie (Todd) Missman of Thompson, Iowa, and Amy (Tim) Parcher of Charles City. He has eight grandchildren, Dr. Kirstin Manges, Rob Manges (Jillian Hoppe), Michael (Stacy) Cole, Jason (Jocelyn) Cole, Chelsea (Greg) Hanson, Samantha (Nicholas) Gulick, Tom (Paige) Parcher and Leah Parcher (Ryan Russell). He is also survived by 18 great-grandchildren, Matthew, Corey, Demetrious, Keith and Rielle Cole; Rogan, Marleigh, Greyson and Hudson Cole; Levi, Riley, Brooke, Isabel and Indiana Hanson; Emery Gulick; Lane Parcher; and Jordynn and Bennett Russell; as well as numerous friends and extended family members.

Greeting him in Heaven are his daughter, Karen; his parents, Albert and Mabel; his sister, Betty Lou; mothers and father-in-laws, Lee Candee, Ethel (Johnson) Candee and Margaret (Snodgrass) Candee; as well as extended family members and friends.

May Rob be at peace in his final sleep.

The family would like to sincerely thank the kind, compassionate staff of Thorne Crest Senior Living Community and Mayo Hospice Care. We are eternally grateful for your dedication and service to Rob and our family.

Betty Johnson

Betty Jean Johnson, 87, of Northwood, died on Saturday, May 15, 2021, at the Lutheran Retirement Home in Northwood.

Funeral services will be held at 11 a.m. on Wednesday, May 19, 2021, at the First Lutheran Church, 309 Ninth St. N., Northwood, with Rev. Becky Sogge officiating. Burial will be at Memorial Park Cemetery in Mason City.

Visitation will be held one hour prior to the service at the church.

Family suggests memorial contributions to a cancer research organization to one's choice.



BETTY JEAN JOHNSON

Betty was born on November 4, 1933, the daughter of Lester John and Bessie Beulah (Peebles) Ruby in Spencer, Iowa. She married Virgil Johnson on February 21, 1953, in Arkadelphia, Arkansas.

Following high school, Betty attended Hamilton Business College in Mason City. While living in Iowa, she worked on the family farm while raising her family. In 1975, Betty and Virgil moved to Vancouver, Washington, where she was a bookkeeper for Grover Electric. Nearly 20 years later, they returned to Iowa.

Betty was a member of First Lutheran Church in Northwood. She liked working with ceramics, playing the piano, camping, quilting, shopping and having tea with friends. She was also a great cook and baked delicious treats. Most of all, she cherished time spent with her family; especially her grandchildren and great-grandchildren.

Betty is survived by her children, Kathy (Leon) Plantz of Oronoco, Minn., Mark Johnson of Northwood and Mike Johnson of Joice; grandchildren, Eric (Karen) Peters, Brian Plantz, Christa Keehr, Travis (Brittany) Johnson and Carly (Noble) Walkner; great-grandchildren, Jacob and Hannah Keehr, Samantha Plantz, Vayda and Frankie Walkner; siblings, Dorothy Berschman, Delores Rinden and Jim Ruby; and many nieces and nephews.

She was preceded in death by her husband; parents; daughter-in-law, Dolores "Dee" Johnson; and siblings, Donald, Eldon and Russell Ruby.

Paul Foss

A funeral service for Paul Foss will be held at 10 a.m. on Wednesday, May 19, at Deer Creek Valley Lutheran Church. Rev. Josh Blair will officiate. Burial will be in Hillcrest Cemetery. Visitation was from 4 to 7 p.m. on Tuesday, May 18, at Bayview Freeborn Funeral Home and also one hour prior to the funeral on Wednesday at the church. The service will be livestreamed via the Bayview Freeborn Funeral Home Facebook page.



PAUL FOSS

Paul Robert Foss, 83, of Northwood, passed away on May 14, 2021, at St. Johns Lutheran Community - Fountain Lake.

Paul was born on October 13, 1937, in London Township, the son of Harlan and Ione (Tue) Foss. He grew up on the family farm near Deer Creek and graduated from Northwood High School. Paul served in the Army for three years, and was based in the Missiles Department in Chicago.

He worked for Sorensen Brothers of Albert Lea, running heavy equipment and building roads for 15 years. He then worked for the Freeborn County Highway Department for 22 years, and had a shop in Myrtle. He also took over the Foss Family Farm, and had livestock as well as crops.

On September 15, 1963, Paul was united in marriage to Genie Garnas at First Lutheran Church in Northwood, Iowa. They had four children: Susan, Sandy, Sara and Eric.

Paul was an active member of the Masonic Temple of Northwood, Iowa, for over 50 years. He served in various leadership positions, including Grand Master. He was also a member of the Shriners of Albert Lea, Minnesota, for over 50 years, and enjoyed driving the Shriner Cars in the various parades in the area.

He was a member of the Deer Creek Valley Lutheran Church, taught Sunday School and served several years on the church counsel.

He was a member of the Freeborn County Pork Producers and an Adult 4-H Livestock Leader for the Myrtle 4-H Club.

Paul enjoyed hunting and fishing. He was a true family man. One of his greatest joys was watching his children and grandchildren at their various activities, whether it was a volleyball game or a sheep show. You could always count on Paul to be there cheering from the sidelines.

Paul is survived by his wife, Genie Foss; daughter, Susan (Gary) Jerdee and their daughters, Jennifer (Gio) Gioia and their son, Wyatt, Jessica (Jake) Johansen and their son, Luca; Sandy (Billy) Mogen Jr. and their children, Colton (Nataly) Koster and Alicia (Chris) Fuchs and their daughter Kendall; Sara (Scott) Westphal and their children Samantha and Alex; Eric (Val) Foss and their children Austin, Jackson and Taylor; and many nieces and nephews. Paul's Godchildren were very important to him as well. They were Jody (Foss) Ellertson, Linette Clark, Dan Foss, Lisa (Eggum) Lambert, Carol (Thompson) Stiffler, Stacy Davis and Shelly Wolfe.

Paul was preceded in death by his parents, Harlon and Ione (Tue) Foss; sister, Joanne (Foss) Thompson; brothers, John Foss, Larry Foss, Bernard Foss, Allen Foss and Michael Foss; sister-in-law, Mary (Allison) Foss; brother-in-law, Roger Thompson; and son-in-law, Jason Meyer.

Janet Bergo

Janet Ledene (Eilertson) Bergo, beloved mother, grandmother and friend, died on May 15, 2021, at Mercy Hospital in Mason City, Iowa, at age 78.

She was born in Albert Lea, Minnesota, on September 25, 1942, to Leslie and Irene (Godfrey) Eilertson. She was baptized at Deer Creek Valley Lutheran Church in Albert Lea, Minnesota, on May 1, 1949. She continued her faith through confirmation on August 12, 1956. She graduated from Northwood-Kensett Community High School on May 11, 1960. She married Jerald Dean Bergo on December 5, 1964, in Deer Creek Valley Church in Glenville, Minnesota.



JANET BERGO

Janet worked at Fleetgard Childcare Center and Universal Circuits for many years until her retirement when she continued her favorite job - being a grandmother.

Janet's door was always open to anyone who wanted to play cards, share a laugh or drink a cup of coffee. She loved to travel with friends, capture her favorite memories through her camera, and "dance" to country music. She loved her friends, children and grandchildren fiercely, and would often show her support by cheering on her grandkids at all sporting and school events.

Survivors include her siblings, Illene (Roger) Jaycox, Marlys Wood and David (Sue) Eilertson; three children, Jayme Bergo, Jim (Lori) Bergo and Jodi (Doug) Beebe; and nine grandchildren, Taylor Beebe, Kallie Beebe, Max Bergo, Adam Bergo, Cole Bergo, Tanner Beebe, Isaac Bergo, Mady Beebe and Brooke Bergo; along with many nieces and nephews, extended relatives and friends.

Janet was preceded in death by her parents; her siblings, Rita Rosenberg and Doyle (Barb) Eilertson; brother-in-law, Byron Wood; and her husband, Jerald Bergo.

Join us in celebrating Janet's wonderful life with a visitation from 4 to 7 p.m. on Thursday, May 20, 2021, at Mittelstadt Funeral Home. As many of you know, Janet loved to take pictures. Per family request, please bring a photo of you with Janet, or a photo that Janet gave to you. From there, a photo collage will be created as you arrive at the funeral home, and later given to the family as a cherished photo collage of Janet's closest family and friends.

Memorial services will be held at 11 a.m. on Friday, May 21, 2021, at Salem Lutheran Church in Lake Mills, Iowa, with Rev. Joel Guttormson officiating. Visitation will also take place one hour prior to the service at the church. Inurnment will follow the service at Salem Memorial Cemetery.

Janet was the best mother, grandmother and friend.

"If there ever comes a day when we can't be together, keep me in your heart. I'll stay there forever."

You can contact the family with online condolences at www.schottfuneralhomes.com.

Century and Heritage Farm applications due June 1

Iowa Secretary of Agriculture Mike Naig reminds eligible farm owners to apply for the 2021 Century and Heritage Farm Program now.

The program was created by the Iowa Department of Agriculture and Land Stewardship and the Iowa Farm Bureau Federation to recognize families who have owned their farms for 100 years and 150 years, respectively.

To be included in the 2021 Century or Heritage Farm Program, completed applications must be received by June 1, 2021.

Those interested may apply by downloading the application on the Department's website at iowaagriculture.gov/century-and-heritage-farm-program.

Applications may also be requested from Kelley Reece, coordinator of the Century and Heritage Farm Program, at 515-281-3645 or Kelley.Reece@IowaAgriculture.gov. Written requests can be mailed to Century or Heritage Farm Program, Iowa Department of Agriculture and Land Stewardship, Henry A. Wallace Building, 502 E. 9th St., Des Moines, Iowa 50319.

The ceremonies recognizing the 2021 Century and Heritage Farm families will be held at the Iowa State Fair on Aug. 19-20, in the Pioneer Livestock Pavilion.

Craig Hengesteg

Craig William Hengesteg, 66, of Northwood passed away on May 11, 2021, in Northwood.

The family is planning a celebration of his life at a later date.

Arrangements have been entrusted to Conner Colonial Chapel.

Bolan

The Bolan Trinity UM Church family had a meeting on Thursday evening at the Joe and Linda Nydegger. One of the main topics was the upcoming September 19, 126th Anniversary of the Trinity Church. Being this event didn't take place last year as the 125th, it will be necessary to again make contact with previous pastors, or their spouses, plus those who have been very supportive of Trinity over the years. In the plans are having special music and a catered meal at noon.

Collin Kilbourn was recognized during the worship service at Bolan Trinity as a graduating senior from Northwood- Kensett High School. He was given a red rose from the congregation and a "Class of 2021" decorated chocolate chip cookie. He is wished all the best in his future plans.

District Superintendent Rev. Ron Carlson gave the message at Bolan Trinity on Sunday.

The Missouri Valley Conference, which includes the University of Northern Iowa, had its Outdoor Championships this past weekend in Carbondale, Illinois. The UNI boys track team won the Conference.

Supervisors

May 10, 2021
Nineteenth Day

The Worth County Board of Supervisors met pursuant to adjournment with A.J. Stone, Mark Smeby and Enos Loberg present.

Stone led the meeting in the Pledge of Allegiance.

Unless otherwise indicated, all of the following motions offered at this meeting were carried with the following vote: Ayes: Stone, Smeby and Loberg. Nays: none. Abstentions: none. Absent: None.

Motion by Loberg, second by Smeby, carried to approve the May 10, 2021 board agenda.

Motion by Loberg, second by Smeby, carried to approve the May 3, 2021 board minutes.

Motion by Smeby, second by Loberg, carried to approve claims in the amount of $127,688.60 as per the following schedule:

A & I Auto Body Inc
Service-Eng 2,939.64
Alliant Energy
Service-Gsr 5,326.51
Aramark, Service-Gsr 162.78
At&T Mobility
Service-Shf..... 1,509.89
Bcn Telecom, Service-Gsr 91.69
Berge Oil Company
Fuel-Eng 18,992.47
Black Hills Energy Inc
Service-Eng 417.56
Bmc Aggregates Llc
Rock-Eng 8,854.74
Brian Lund, Service-Gsr..... 50.00
Carquest Auto Parts Inc
Parts-Eng..... 995.49
Central Ia Distributing Inc
Supplies-Con 1,804.90
Certified Laboratories
Fuel-Eng 755.70
Cintas Corporation
Supplies-Eng 370.25
City Of Fertile
Rutf-Eng 4,676.20
City Of Grafton
Rutf-Eng 2,688.05
City Of Hanlontown
Rutf-Eng 1,092.77
City Of Joice, Rutf-Eng... 2,728.78
City Of Kensett
Rutf-Eng 1,336.36
City Of Manly, Service-Eng. 62.01
City Of Northwood
Service-Gsr 449.48
Cnh Capital Prod Plus Account
Supplies-Con 334.45
Culligan Of Mason City
Service-Gsr 136.80
Dana Young, Service-Mex . 100.00
Dylan J Thomas
Service-Chm 123.50
Falkstone Llc
Rock-Eng 3,181.47
Fastenal Company
Supplies-Con 563.64
Feh Design
Service-Ndp 7,376.07
Goodale Custom Pumping Co
Service-Wwt 4,375.00
Green Canopy Inc
Service-Con..... 325.00
Greve Law Office
Rent & Payroll-Aty
6,131.50
Heartland Power Coop
Service-Wwt 2,805.90
Huber Supply Co Inc
Supplies-Eng 187.26
Ia Law Enforcement Academy
Edu-Shf..... 2,000.00
Ia Secretary Of State
Notary-Aud..... 30.00
Iccs, Dues-Con..... 1,500.00
Keltek Inc
Supplies-Dap 1,192.60
Lawson Products Inc
Supplies-Con 1,196.97
Lexisnexis
Service-Aty 171.00
Mail Services Llc
Service-Trs..... 345.98
Marco Technologies Llc
Service-Dap 81.55
Mediacom
Service-Gsr 241.83
Medline Industries Inc.
Supplies-Phd 32.97
Midwest Pipe Supply Inc
Supplies-Eng 3,172.24
Municipal One
Service-Dap 800.00
Napa Auto Parts
Supplies-Eng 10.01
Nassco Inc.
Supplies-Gsr 176.34
Nelson Family Trust
Rent-Shf..... 300.00
North Iowa Media Group
Service-Sup..... 123.75
Northwood Sanitation Llc
Service-Gsr 191.50
Pathology Assoc Of Mason City
Service-Mex 250.00
Plunkett's Pest Control Inc
Service-Shf..... 124.80
Purchase Power
Service-Trs..... 968.68
Quick Supply Co
Supplies-Eng 2,700.00
Ram Systems
Service-Phd..... 720.00
Reinhart Food Service Llc
Supplies-Shf 392.01
Ronald L. Brockman
Rent-Soc..... 500.00
Schumacher's Nursery
Supplies-Con 312.50
Southeast District Of Assessors
Edu-Asr..... 175.00
Van Diest Supply Company
Supplies-Eng 1,612.80
Veenstra & Kimm, Inc
Service-Ndp 955.61
Verizon Wireless
Service-Ema 40.01
Viafield, Supplies-Gsr..... 357.94
Visa, Service-It/Gis 301.93
Wex Bank, Service-Tra... 1,944.74
Winnebago Coop Telephone Assn
Service-Gsr 3,355.63
Worth County Engineer
Fuel-Shf 5,059.30
Wuerflein Chevrolet Buick Gmc
Service-Eng 579.24
Ziegler Inc, Service-Eng 14,825.81
Grand Total 127,688.60

Motion by Loberg, second by Smeby, carried to approve the sheriff's monthly report.

Motion by Smeby, second by Loberg, carried to approve payroll eligibility verification for Justin Bruns at $15.57/hr. as submitted by the sheriff.

Motion by Loberg, second by Smeby, carried to approve acknowledgment of county receipt of manure management plan annual updates from the following: Double K Farming for Facility #58357 located in Section 29, Newburg Township, Mitchell County.

Motion by Smeby, second by Loberg, carried to approve resolution # 2021.05.10 naming the Temporary Redistricting Commission:

WHEREAS, the United State Department of Commerce conducts the United States Census every ten years; WHEREAS, Iowa Code Section 331.210A states that a Temporary County Redistricting Commission shall be established to adopt the County's precinct boundaries; NOW THEREFORE, BE IT RESOLVED that the following named individuals shall be appointed to the Worth County Temporary

Redistricting Commission: Larry M. Johnson, Don Knudtson, Aaron Stone

Dated this 10th day of May, 2021.

Aaron Stone, Chair
ATTEST: Jacki A. Backhaus, Worth County Auditor

Motion by Loberg, second by Smeby, carried to authorize Chairperson to sign letter to AFLAC regarding existing employee policies. Employees will be able to keep existing policies in place to keep pretax benefit, but the County will not accept new policies for payroll deduction.

Motion by Loberg, second by Smeby, carried to adjourn at 10:13 A.M. The next meeting of the Board of Supervisors will be Monday, May 17, 2021 at 8:30 A.M.

Jacki A. Backhaus, Auditor
Aaron Stone, Chairperson

Notice

Public Notice
IN THE IOWA DISTRICT COURT FOR WORTH COUNTY
IN THE ESTATE OF MICHELLE M. RUNDE, Deceased
Probate No. ESPR009261
NOTICE OF APPOINTMENT OF ADMINISTRATOR AND NOTICE TO CREDITORS

To All Persons Interested in the Estate of Michelle M. Runde, Deceased, who died on or about March 12, 2021:

You are hereby notified that on the 19th day of April, 2021, the undersigned was appointed as Administrator of the estate.

Notice is hereby given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated this 6th day of May, 2021.

Dennis D. Runde
22375 Thrush Avenue
Mason City, Iowa 50401
Administrator of Estate

Jacqueline R. Conway
ICIS Pin No. AT0001627
Laird Law Firm, P.L.C.
11 Fourth Street NE
P.O. Box 1567
Mason City, IA 50402-1567
Attorneys for Administrator

Date of second publication 19th day of May, 2021.

19-2t

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY
NO. ESPR009246
IN THE MATTER OF THE ESTATE OF ARLYNN L. MCHENRY, DECEASED
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS

To All Persons Interested in the Estate of Arlynn L. McHenry, Deceased, who died on or about November 8, 2020:

You are hereby notified that on January 8, 2021, the last will and testament of Arlynn L. McHenry, deceased, bearing date of April 8, 2004, was admitted to probate in the above named court and that Sarah A. Wacholz was appointed executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated January 10, 2021.

Sarah A. Wacholz
23808 State Hwy 13
New Richland, MN 56072
Executor of the Estate

John H. Greve
ICIS#: 000001969
Greve Law
736 Central Ave.
P.O. 167
Northwood, IA 50459
Attorney for the Executor

Date of second publication 19th day of May, 2021.

19-2t

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY
NO. ESPR009262
IN THE MATTER OF THE ESTATE OF ESTA REYERSON, DECEASED
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS

To All Persons Interested in the Estate of Esta Reyerson, Deceased, who died on or about April 29, 2021:

You are hereby notified that on April 30, 2021, the last will and testament of Esta Reyerson, deceased, bearing date of February 24, 2020, was admitted to probate in the above named court and that RaChael Ann Hanna was appointed executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated April 30, 2021.

RaChael Ann Hanna
203 Franke Street
Joice, IA 50446
Executor of the Estate

Douglas A. Krull
ICIS#: 000008531
714 Central Avenue
P.O. Box 200
Northwood, IA 50459
Attorney for the Executor

Date of second publication 19th day of May, 2021.

19-2t

Notice

The Annual Report of the Truman and Lorraine Julseth Scholarship Fund is available at the address noted below for inspection during normal business hours by any citizen who so requests within 180 days after publication of this notice of its availability.

Truman and Lorraine Julseth Scholarship Fund.
736 Central Avenue, Northwood, IA 50459.
The Principal Manager is John H. Greve, Secretary.
Telephone: 641-324-1327.

Notice

Notice

The annual report of the Janssen Family Charitable Trust is available at the address noted below for inspection during normal business hours by any citizen who so requests within 180 days after publication of this notice of its availability.

Janssen Family Charitable Trust
736 Central Avenue
Northwood, IA 50459
The Principal Manager is:
John H. Greve Secretary
Telephone:
641-324-1327

Notice

The annual report of the Kinney-Lindstrom Foundation, Inc. is available at the address noted below for inspection during normal business hours by any citizen who so requests within 180 days after publication of this notice of its availability.

Kinney-Lindstrom Foundation, Inc.
Northwood, Iowa 50459
The Principal Manager is;
John H. Greve, Secretary
Telephone: 641-23-1327

Notice

The annual report of the Northwood Swensrud Scholarship Fund is available at the address noted below for inspection during normal business hours by any citizen who so requests within 180 days after publication of this notice of its availability.

Northwood Swensrud Fund
736 Central Ave.
Northwood, IA 50459
The Principal Manager is:
John H. Greve,
Secretary
Telephone:
641-324-1327

Notice

IOWA DISTRICT COURT
FOR WORTH COUNTY
NO. ESPR009200
IN THE MATTER OF THE ESTATE OF DENISE BETTE DESPENAS, DECEASED
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS

To All Persons Interested in the Estate of Denise Bette Despenas, Deceased, who died on or about December 22, 2019:

You are hereby notified that on February 18, 2020, the last will and testament of Denise Bette Despenas, deceased, bearing date of October 23, 2018, was admitted to probate in the above named court and that Christopher E. Despenas was appointed executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated February 25, 2020.

Christopher E. Despenas
38 West River Point Drive
Hampton, Virginia 23669
Executor of the Estate

Kristy B. Arzberger
ICIS#: AT0000530
Arzberger Law Office
1531 South Monroe Avenue
Mason City, Iowa 50401
Attorney for the Executor

Date of second publication
19th day of May, 2021.

19-2t

Legal

Notice

The annual report of the Sidney A. Swensrud Scholarship Fund is available at the address noted below for inspection during normal business hours by any citizen who so requests within 180 days after publication of this notice of its availability.

Sidney A. Swensrud Scholarship Fund
c/o Superintendent of Schools
Northwood, IA 50459
The Principal Manager is:
Michael Crozier, Chairman
Telephone:
641-324-2021

People's Right To Know

City Council

The Council of the City of Northwood met in regular session at City Hall on May 10, 2021 at 6:00 pm with Mayor Moehle presiding and the following council members present:

George-Zenz, Nerlien, Tenold, Meyer. Absent: Reeder

Motion to approve the agenda. Unam.

Motion to approve the following under Consent Agenda: Approve Council Meeting Minutes of April 27, 2021; Treasurer Report; Claims as follows:

Payable to: For: Amount
NSB, Monthly ACH $20.00
IA Dept of Revenue
Sales Tax $420.00
IA Dept of Revenue
Water Excise Tax $1,336.00
Payroll, Wages..... $18,116.10
Wellmark BCBS
Insurance..... $10,583.34
Verizon
Cell Phone, router-tr,fd.. $107.14
Visa
CPO Class, Supplies-pw $499.99
Alliant Energy
Services..... $14,445.60
Principal, Insurance..... $410.62
USPS, Mailing-cc $280.44
Payroll, Wages..... $19,223.54
Agri-Sales, Supplies-pw... $249.00
Amber Julseth
Mileage-cc..... $197.68
Aquafix, Supplies-pw $390.09
Beland Tree Services
Services..... $1,800.00
Carquest, Supplies-pw..... $61.10
Cemstone, Supplies-pw..... $85.25
Clear Lake Sanitary
Testing-pw..... $1,896.00
David Patrick, Services-cc . $57.00
ES OPCO USA LLC
Supplies-pw $2,035.00
Eilertson Repair
Repairs-pw..... $1,127.58
Falkstone
Supplies-pw $913.98
Green Canopy
Services-pw..... $350.00
Heartland Asphalt
Supplies-pw $1,005.60
Holiday Inn Des Moines Airport
Lodging-cc..... $224.00
Huber Supply Co.
Supplies-pw $34.47
Jim Hanson
Expenses-tr..... $16.04
John Deere Fin.
Freight-pw $135.86
John Greve
Legal Services $500.00
Kelly Hardware
Supplies-pw,lib,pool $725.97
Keystone Labs
Testing-pw $2,142.20
Knutson Oil
Fuel-pw,tr..... $1,087.00
Med Compass
Physicals-fd $2,750.00
Memorial Park Cem
Columbarium-cem..... $7,825.00
Miltona Blacksmith
Dep. For Trailer $250.00
NIACC, Conference-pw..... $80.00
Northwood Anchor
Publications..... $442.43
Northwood Chiropractic
DATA-pw $90.00
Northwood Electric
Repairs..... $181.36
Northwood Sanitation
Clean-up services, bags.....
..... $7,499.74
Northwood Sanitation
Services..... $7,696.00
Northwood Senior Center
Monthly Donation $650.00
Northwood Waterworks
Water Deposit Transfer $5.00
Peterson Excavating & Drainage
Water Intake $39,592.50
Plunkett's Pest Control
Services-cc $320.60
Productivity Plus
Repairs-pw..... $244.75
SCP, Service-pw $154.20
Sherwin Williams
Supplies-park $882.19
Truck Center Co.
Repairs-pw..... $1,577.11
Unity Point
DATA-pw $84.00
Van Diest Supply
Supplies-pw $1,430.00
WCTA, Phone/Internet $668.34
Westrum Leak Det.
Services-pw..... $2,100.00
Worth Co. Sheriff
Police Services..... $29,669.42
Worth Lumber Co.
Supplies-pw $100.83
Xylem Water Sol.
Repairs-pw..... $410.98
Library:
Center Point Large Print
Materials $98.03
Kelly Hardware
Supplies $20.56
Baker & Taylor
Materials $612.72

Summary of April 2021 receipts by fund type: General - $254,775.69; Special Revenue-$270,673.35; Debt Service - $96,950.91; Capital Projects-$3,094.78; Enterprise-$98,658.93; Trust & Agency - $0.

Summary of April 2021 disbursements by fund type: General - $199,334.75; Special Revenue-$49,487.09; Debt Service-$0; Capital Projects-$0; Enterprise-$55,331.24; Trust & Agency - $0.

Roll was called and the following voted Aye: George-Zenz, Nerlien, Tenold, Meyer. Absent: Reeder.

Motion to approve Resolution No. 2105-10 Amending Retirement Facility Revenue Note, Series 2007. Unam.

Motion to approve Resolution No. 2105-11 Transfer of Funds from 1% LOST Infrastructure to General Fund. Unam.

Motion to approve Resolution No. 2105-12 Transfer of Funds from 1% LOST Property to General Fund. Unam.

Motion to approve the bid of $2,500 submitted by Springer Construction for the columbarium cement pad. Unam.

Motion to accept the sealed bid of $600 for the 2003 Chevrolet Pickup. Unam.

Motion to adjourn. Unam.

Doug Moehle, Mayor
Amber Julseth
City Administrator/Clerk

City of Kensett

The Kensett City Council meet in regular session 4/12/21 at 7:00 P.M. at City Hall with Mayor C. Pulju presiding. Council Members present were Woltzen, Pilkington, Heiken, Parker & Douglas.

Absent: none.

Visitors: R. Bauer – city maintenance.

Mayor called meeting to order.

Motion to approve agenda by Parker, 2nd by Douglas, carried unanimously.

Motion to approve minutes by Woltzen, 2nd by Parker, carried unanimously.

Maintenance discussed Iowa One Call procedures, flushing, and general maintenance.

Clerk discussed break-in, IMFOA conference and correspondence.

Old Business: Reminder of city clean-up May 1st. hazardous waste day on June 7th.

New Business: Motion by Heiken, 2nd by Woltzen to accept bid from Peterson Excavating for under Hwy 65 water line updates, carried unanimously.

Motion to approve replacing fire hydrant at 5th and Ash by Parker, 2nd by Pilkington, carried unanimously.

Motion to approve Cahoy bid for well maintenance by Heiken, 2nd by Douglas, carried unanimously.

Motion by Parker, 2nd by Pilkington to approve Peg Legs liquor license, carried unanimously.

Motion to approve Resolution # 615 – Transfer of Funds by Douglas, 2nd by Parker, carried unanimously.

Community Center still has water issues coming down the handicap ramp.

Interest from another town in purchasing ball diamond bleachers, tabled.

Mayor has been in contact with Street repair firm.

Treasurer's Report: March 2021 Revenues by Fund: General 6,617.78, Utilities 7,121.57, Special 5,080.81. Total Revenues: $18,820.16. Stands approved as read.

Motion to pay bills by Heiken, 2nd by Pilkington, carried unanimously.

Payable: Alliant Energy 2854.86, WCTA 278.57, B. Luckason 441.59 (net), S. Overy 590.39 (net), R. Bauer 1330.88 (net), L. McNally 1545.58 (net), Federal & SS 1405.40 (payroll), Ipers 852.02 (payroll), State tax 567.00 (payroll), League of Cities 223.00 (conference – general), Ag Source 25.50 (water tests), Kensett Water 102.25 (sewer fees), L. McNally 117.60 (mileage – general), Waste Management 1426.02 (garbage & recycling), C. Pulju 184.70 (net), KFD 400.00 (fire protection), Tractor Loan Payment #26 – 321.98 (casino $ – general), R. Bratrud 210.00 (sexton – quarterly – general), Hawkins 200.25 (chemicals – sewer), Menards 363.24 (supplies – general), R80 52.16 (gas – city – road use), Northwood Anchor 150.42 (publications – general), Pioneer Power 868.64 (generator – hall – general), Cahoy 1109.00 (well maintenance – water), Unicover 31.94 (brake light – road use), Floyd & Leonard 32.98 (lawn mower parts – general), Baker & Taylor 97.24 (books), Midwest Tape 26.99 (dvd's), Staples 1405.80 (computers – grant $), Culligan 37.83 (water), A. Bergdale 84.00 (cleaning), L. Albright 10.00 (snow removal), Northwood Anchor 132.00 (publications), The Library Store 150.18 (supplies).

Disbursements by Fund: General 7,415.09, Special 1,466.63, Utilities 1,803.73, Payroll 6918.56 (gross).

Total Disbursements: $17,631.01.

Motion to adjourn by Parker, 2nd by Woltzen, carried unanimously.

Lori J. McNally, City Clerk
Corey Pulju, Mayor

Northwood-Kensett School

The Northwood-Kensett Board of Directors met in a Regular Meeting on Tuesday, May 11, 2021 in the Secondary Media Center at 7:00 P.M.

Members present: Larry Hovey; John Anderson, Cindy Pangburn; Susan Kliment, and Roger Harris. Members Absent: None

(5-0) Approved the Agenda; April 8, 2021 regular meeting minutes; Financial Reports for April; May bills for payment

Public Comments

The following people spoke regarding preschool transportation; Matt Thompson, Kayla Hauge, Teresa George-Zenz and Gary Nerlien

Reports

Elementary Principal: 1) K-3 Summer School 2) Preschool Registration 3) Kindergarten Orientation 4) Elem Track & Field Day, May 24th 5) Preschool Programs May 10-14th

Secondary Principal: 1) Senior Showcase Wed., May 19th at 6:00 followed by Senior Awards Night at 7:00 2) Graduation Ceremony Sunday, May 23rd at 12:30 on football field

Superintendent: 1) COVID Money 2) Construction Update 3) School Board Recognition 3) Per diem Teacher pay for Summer School and Extended Summer School

School Board: 1) Next regular board meeting scheduled for Jun 15, 2021 at 7:00 pm

Old Business:

None

New Business:

(5-0) Approved continuing to explore the idea of a Middle School at the Secondary Building

(5-0) Approve discontinue offering distant learning for the 2021-2022 school year

(5-0) Approve Audit Report for Fiscal Year 2020

(5-0) Approved the Class of 2021 for Graduation

(5-0) Approved disposal of old computers by selling at fair market value to staff, students, community member and then to company that buys used PC's

(5-0) Approved Student Fees for 2021-2022

(5-0) Approved Nutrition Pricing for 2021-2022

(5-0) Approved the resolution of Interfund Loan from Capital Projects to Debit Service of 32,000 to cover Bond Payment

(5-0) Approved open enrollment of Emilie Diamond and Abby Diamond

(5-0) Accepted the resignation of Alexandria Black as Elem Teacher at the end of the 2020-21 school year

(5-0) Accepted the resignation of Ashley Williams as K-8 Counselor at the end of the 2020-21 school year

(5-0) Accepted the resignation of Pattie Trenhaile as secondary associate at the end of the 2020-21 school year

(5-0) Accepted the resignation of Jeanette Berge as elementary associate due to retirement at the end of the 2020-21 school year

(5-0) Accepted the resignation of Nikkole Koenig as drama director pending suitable replacement

(5-0) Approve the hire of Kelli Helgeson as elementary special education teacher at the MA 15-8 for the 2021-2022 school year

(5-0) Approved Kevin McClure as sub bus driver

(5-0) Adjourned the meeting at 8:45pm

Northwood-Kensett Community School District
05/11/2021

A & I AUTO
Lube & 15W Shell 350.55
A1 Storage, storage unit 536.00
AGVANTAGE FS, INC
LP..... 248.20
AHLERS & COONEY, P.C.
Professional Serv..... 31.00
AIRGAS USA, LLC
air Liquide..... 583.87
All Star Pest Control
Service for April 75.00
ALLIANT ENERGY
electricity..... 9,111.48
Amazon Capital Services
graduation program paper 43.48
AUDITOR OF STATE
FYE 2020 filing fee 425.00
Buehrer, Nathan/Beth
refund drivers ed..... 310.00
CARQUEST AUTO PARTS
OWI DEF457..... 40.40
CITY OF NORTHWOOD
Transit Ride..... 26.00
CITY OF NORTHWOOD
water/sewer 1,108.79
CULVER HAHN ELECTRIC
SUPPLY, ELTRN BL..... 2,052.00
FALLGATTER'S MARKET
Meat for 8th grade meats unit ...
..... 690.50
Grizzly Industrial, Inc
Belt for Metal Lathe 32.74
H2I GROUP
Bleacher Pendant Control 190.00
HOVEY'S LAWN AND GARDEN
LLC, lawn care serv..... 5,000.00
Iowa Water Management Company, Service for April 200.00
John Deere Financial
UPS..... 12.17
JOSTENS, INC.
graduation covers..... 591.40
Kelly Hardware, supplies .. 558.83
LARSEN PLUMBING & HEATING, INC.
Rplc sink shutoffs..... 225.39
Total
LARSEN PLUMBING & HEATING, INC. 225.39
MARTIN BROTHERS
supplies..... 2,444.99
MASON CITY COMMUNITY SCHOOL
Educare Program 276.08
NORTH IOWA AREA COLLEGE
concurrent enroll..... 58,471.60
NORTHWOOD ANCHOR
Ad..... 234.76
NORTHWOOD CHIROPRACTIC PC, DOT Physicals..... 300.00
NORTHWOOD SANITATION
service..... 610.00
One Source Background Check Company..... 101.50
PITSCO EDUCATION
Industrial Tech/AWIM..... 84.65
PLUMB SUPPLY COMPANY - MC..... 145.97
Rye, Janet
ice cream making supplies 70.85
Staples Business Credit..... 303.05
Symmetry Energy Solutions LLC
Natural Gas..... 4,440.00
Thofson Plumbing & Heating
water leak restroom concession stand 84.55
Thorson, Megan
Reimburseent for Steaks for CAFE 119.88
TRADING POST
Metal band saw blades 73.98
Unity School Bus Parts
Bus #4 Front Door Repair 215.41
VER HELST DRUG
supplies..... 5.29
VISA
Registration for ACTE national conf..... 240.69
WINNEBAGO COOPERATIVE TELECOM ASSN
services 959.02
WORTH COUNTY ENGINEER
Fuel Statement March.. 1,585.80
Worth Lumber Company
Industrial Tech/Fritz Sign. 74.02
Fund Number 10..... 93,284.89
NIACC Continuing Ed Dpt
FFA Scholarship-Ryder Lestrud 500.00
Fund Number 81..... 500.00
A & I AUTO
Tires for Athletic Wagon.. 287.92
Amazon Capital Services
Prom Decorations..... 260.31
ANDERSON'S
Prom Decorations..... 150.62
CARQUEST AUTO PARTS
Shop Supplies..... 121.21
Cotter, Martin
Reimbursement state conference 199.61
Davis, Clifton
Basketball Scoreboard 180.00
DECKER SPORTING GOODS
Softball Equipment..... 82.00
Ehlke, Brendan
Drake Relays Fee Reimbursement..... 15.00
FALLGATTER'S MARKET
supplies..... 158.93
Family, Career & Community Leaders of America
National FCCLA Conference registration..... 780.00
Graffix Inc - Wall of Fame
Uniforms for girls..... 275.97
Hartman, Steve
Girls regional golf meal funds 20.00
Iowa FFA Association
Conference registration 85.00
IOWA GIRLS HIGH SCHOOL ATHLETIC UNION
JH and HS IGHSAU Membership Fees..... 100.00
IOWA SPORTS SUPPLY CO.
Softball Equipment..... 280.00
John Deere Financial
Planter parts 17.47
Kelly Hardware
misc supplies 273.02
Lakeside Golf Course
Boys district golf entry fee 5/21.. ..... 60.00
Manson Northwest Webster CSD
State Wrestling Hotels . 1,242.90
MIRACLE RECREATION
Replacement slide for equipment 583.51
Mueller, Dean
Trap supplies..... 4,302.55
NASSP
NHS Membership Renewal 385.00
North Union School
track entry fee 4/29/21 ..... 20.00
Parks, Gregory
Sectional funds..... 120.00
PIONEER MANUFACTURING CO.
Red paint for golf course out hazards 63.00
RICE LAKE GOLF COURSE
Girls regional golf 5/17..... 40.00
rSchool Today (DWC)
Activity Scheduler Membership Renewal 300.00
RUSTIC THREAD, THE
Screen printing All-State speech banner..... 20.00
SPRING VALLEY GOLF COURSE
Boys sectional golf 5/14..... 60.00
Staples Business Credit
graphing calculator..... 98.99
Thorson, Megan
Teacher Appreciation..... 144.30
Travel Train
Bands for girls..... 20.00
TROPHIES PLUS, INC.
senior awards..... 658.22
VER HELST DRUG
Track Batteries 8.49
Worth Lumber Company
Rebar for Softball Batting Cage. 73.20
Fund Number 21..... 11,587.22
Atura Architecture
Athletic Rec Center..... 5,286.00
Beland Tree Service LLC
tree removal service..... 4,815.00
BOLTON & MENK, INC
Professional Services 85.00
IMEG, CX Testing..... 750.00
PETERSON EXCAVATING & DRAINAGE INC. 40,222.70
Piper Sandler & Co.
services 32,616.00
UMB Bank NA, service..... 300.00
Fund Number 33..... 84,074.70
Marco, COPIERS 1,232.58
Software Unlimited, Inc
Annual Fees..... 7,195.00
Fund Number 36..... 8,427.58
ANDERSON ERICKSON DAIRY
milk/dairy 2,090.09
EMS DETERGENT SERVICES
Detergent Services..... 265.90
MARTIN BROTHERS
Food 8,465.00
PAN-O-GOLD BAKING CO
Bread 505.91
Fund Number 61..... 11,326.90

NOTICE OF PUBLIC HEARING - AMENDMENT OF CURRENT BUDGET
WORTH COUNTY
Fiscal Year July 1, 2020 - June 30, 2021

The WORTH COUNTY will conduct a public hearing for the purpose of amending the current budget for fiscal year ending June 30, 2021

Meeting Date/Time: 6/1/2021 09:00 AM | **Contact:** JACKI A. BACKHAUS | **Phone:** (641) 324-2316 ext: 3626

Meeting Location: WORTH COUNTY COURT HOUSE

There will be no increase in taxes. Any residents or taxpayers will be heard for or against the proposed amendment at the time and place specified above. A detailed statement of: additional receipts, cash balances on hand at the close of the preceding fiscal year, and proposed disbursements, both past and anticipated, will be available at the hearing.

REVENUES & OTHER FINANCING SOURCES		Total Budget as Certified or Last Amended	Current Amendment	Total Budget After Current Amendment
Taxes Levied on Property	1	4,986,593	0	4,986,593
Less: Uncollected Delinquent Taxes - Levy Year	2	32,428	0	32,428
Less: Credits to Taxpayers	3	352,123	0	352,123
Net Current Property Tax	4	4,602,042	0	4,602,042
Delinquent Property Tax Revenue	5	40	0	40
Penalties, Interest & Costs on Taxes	6	29,794	0	29,794
Other County Taxes/TIF Tax Revenues	7	4,509,026	0	4,509,026
Intergovernmental	8	4,331,654	0	4,331,654
Licenses & Permits	9	25,487	0	25,487
Charges for Service	10	296,094	0	296,094
Use of Money & Property	11	210,653	0	210,653
Miscellaneous	12	4,205,443	56,406	4,261,849
Subtotal Revenue	13	18,210,233	56,406	18,266,639
Other Financing Sources:				
General Long-Term Debt Proceeds	14	0	0	0
Operating Transfers In	15	1,284,017	0	1,284,017
Proceeds of Fixed Asset Sales	16	0	0	0
Total Revenues & Other Sources	17	19,494,250	56,406	19,550,656
EXPENDITURES & OTHER FINANCING USES				
Operating:				
Public Safety and Legal Services	18	2,604,212	0	2,604,212
Physical Health and Social Services	19	1,109,859	0	1,109,859
Mental Health, ID & DD	20	220,860	0	220,860
County Environment & Education	21	1,065,164	69,506	1,134,670
Roads & Transportation	22	5,259,274	0	5,259,274
Government Services to Residents	23	467,609	13,000	480,609
Administration	24	1,954,968	10,000	1,964,968
Nonprogram Current	25	0	0	0
Debt Service	26	2,278,010	1,000	2,279,010
Capital Projects	27	7,555,000	0	7,555,000
Subtotal Expenditures	28	22,514,956	93,506	22,608,462
Other Financing Uses:				
Operating Tranfers Out	29	1,284,017	0	1,284,017
Refunded Debt/Payments to Escrow	30	0	0	0
Total Expenditures & Other Uses	31	23,798,973	93,506	23,892,479
Excess of Revenues & Other Sources over (under) Expenditures & Other Uses	32	-4,304,723	-37,100	-4,341,823
Beginning Fund Balance - July 1, 2020	33	9,786,049	0	9,786,049
Increase (Decrease) in Reserves (GAAP Budgeting)	34	0	0	0
Fund Balance - Nonspendable	35	0	0	0
Fund Balance - Restricted	36	6,038,629	0	6,038,629
Fund Balance - Committed	37	371,243	0	371,243
Fund Balance - Assigned	38	0	0	0
Fund Balance - Unassigned	39	-928,546	-37,100	-965,646
Total Ending Fund Balance - June 30, 2021	40	5,481,326	-37,100	5,444,226

Explanation of Changes: Revenue Amendments: MISC Reimb (WCDA Grant for Conservation Van) - $36,606.00, Election Grant $ from State - $14,800.00 & CTCL - $5,000.00
Expense Amendments: Addt'l Election, Supplies, Officials and Capital Outlay due to Grants - $13,000.00; Conservation - Motor Vehicle-Capital Outlay - $42,006.00; Data Processing Services - $10,000.00; Non-Departmental Budgetary/Planning & Management Cons - $27,500.00 (FEH County Building Study) and Long Term Debt Services - Fiscal Agent Fees - $1,000.00

PROFESSIONAL CARD
Business Announcements

VETERINARIAN
WORTH COUNTY
VETERINARY SERVICE
Michael E. Dierenfeld, D.V.M.
Clinic: 324-1084
Home: 324-1147

PHYSICIANS
MERCYONE
803 9th Avenue North
Northwood, IA 50459
641-324-1221

NORTHWOOD INSURANCE AGENCY
John Midtgaard, Agent
900 Central Ave., Northwood, IA
Office 641-324-1023 Home 324-1391

Alcoholics Anonymous Alanon
Regular meeting each Tuesday, 7:30 p.m.
Beginners/12 Step meeting 7:30 p.m. Thursday
First Lutheran Church
For more information call 324-3070

Congregate Meals
MEALS ON WHEELS
324-1244

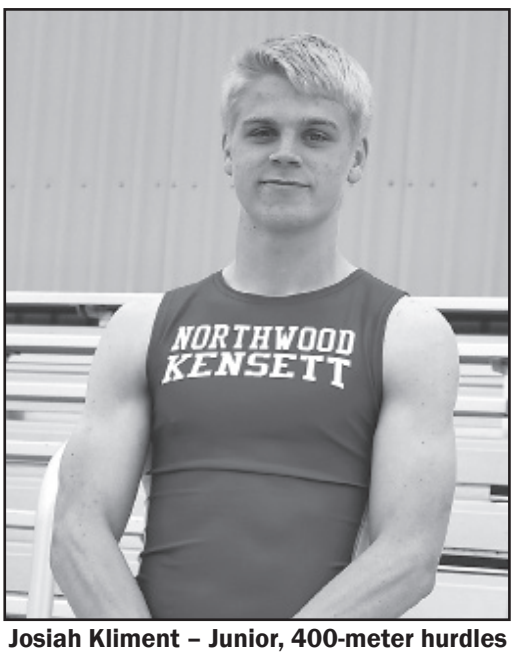
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DAVID PENFOLD, DDS
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Wed. 8 a.m. - 5 p.m.,Thurs. 7 a.m. - 1 p.m.
Fri. 8 a.m. - 4 p.m.
641-324-1364
www.northwooddentistry.com
802 9th Ave. North
Northwood, Iowa 50459

CONGRATULATIONS

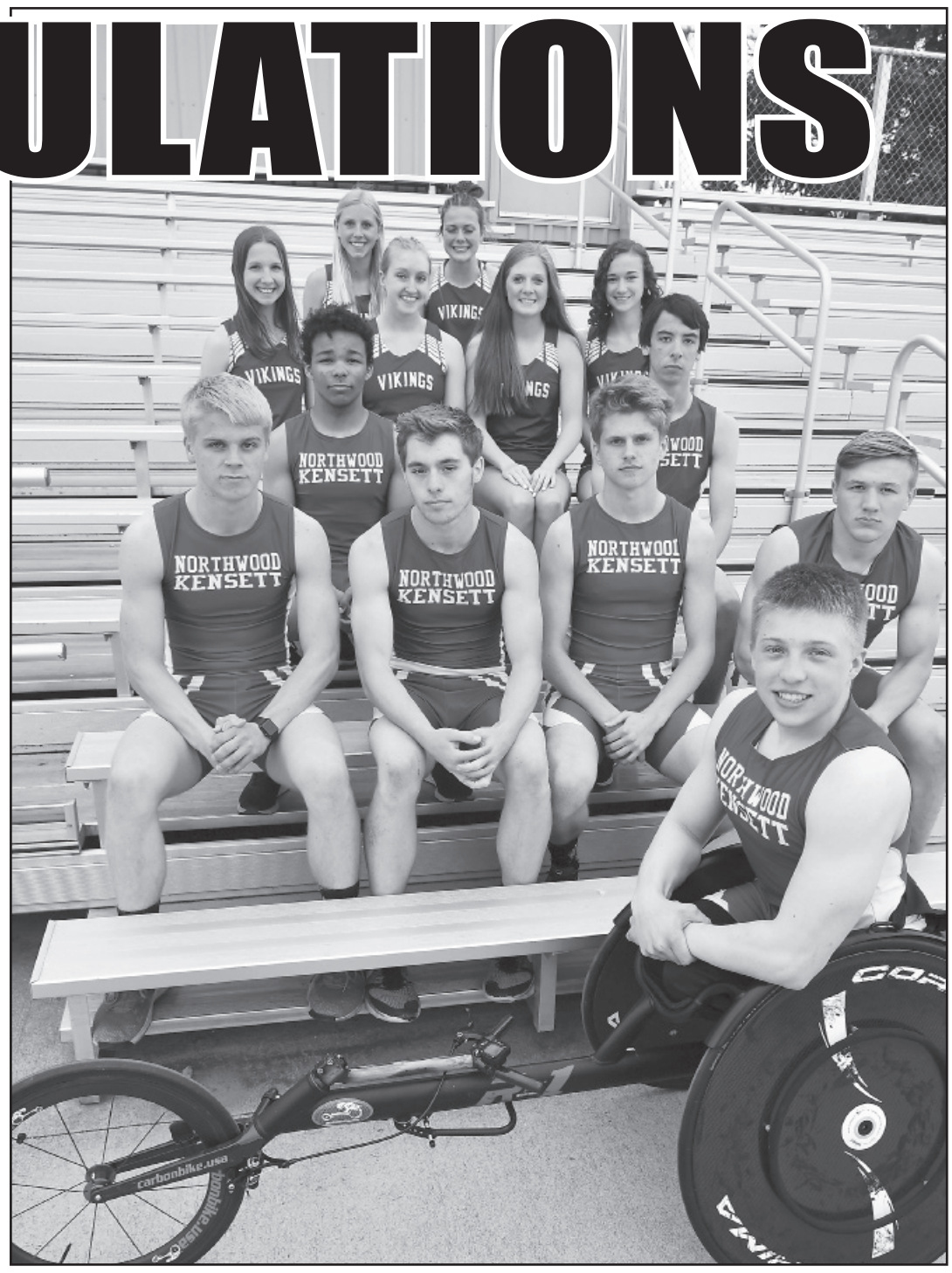
2021 N-K TRACK STATE QUALIFIERS



Josiah Kliment – Junior, 400-meter hurdles



Wyatt Willand – Junior
100, 200, 400, 800-meter wheelchair





Bella Efflandt – Senior, 400-meter hurdles



Carly Hengesteg – Junior, 400-meter dash



Boys Shuttle Hurdle Relay – Josiah Kliment, Drake Tiedemann, Brandon Varner, Hayden Moore and alternates in back row are Thomas Block and LaMonte Sims.



Girls Shuttle Hurdle Relay – Lindsey Moore, Kayla Senne, Bella Efflandt and Morgan Wallin.



Girls 4x100-Meter Re3lay – Carly Hengesteg, Kayla Senne, Bella Efflandt and Ruthie Conlin.

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Northwood Electric Inc.

Northwood Insurance
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Shellrock Repair
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Troy Hillman
ASE Certified Technician
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700 Central, Northwood 324-2912

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J. W. WELSH, D. C.

Conner Colonial Chapels

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1602 Central Ave., Northwood
641-323-0096

POET biorefining HANLONTOWN

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Darrin Kliment, Taxidermist
klimenttaxidermy.com
641-390-0748

Worth County Abstract

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AUTO PARTS STORES

EXIT Realty Mason City
Kris Gordon
Realtor®
Cell: 641-390-1529
Office: 641-424-3005
krisgordonrealtor@gmail.com
EXITRealtyMC.com
2401 South Federal Ave.
Mason City, IA 50401

Mason City Glass Service
(641) 423-3960

PETERSON
EXCAVATING AND DRAINAGE

State Farm
Dave Osborne
Agent
88 8th St. North
Northwood, Iowa
(641) 324-2141

WORTH Lumber Co
706 8th Street North
Northwood,
www.WorthLumber.com
324-0117

641-390-0785
641-845-2188
Brad LOGEMAN CONSTRUCTION
Kensett Iowa

INJECTION TECHNOLOGY
DIESEL SERVICE

VER HELST Drug Center

STRIKE ZONE
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641-454-2292
103 N. Todd St. Manly, IA 50456
507-406-1203
120 E. Main St., Suite 1 Glenville, MN 56036

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Doug Krull, Attorney

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2 Maple St., Kensett
845-2033

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Northwood, IA 50459
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KNUDTSON AUTOMOTIVE SERVICES
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The Northwood Anchor

Anchor Sports



One of this year's seniors who was denied the opportunity to compete last year because of COVID-19, TJ Whitelow runs in the 100-meter dash last Thursday at the class 1A district meet held in Northwood.



N-K's Brandon Varner catches up with a Bishop-Garrigan hurdler in the shuttle hurdle relay at last Thursday's district meet in Northwood. N-K's shuttle hurdle team of Varner, Hayden Moore, Josiah Kliment and Drake Tiedemann placed second in the event, punching their tickets to the state meet with a time of 1:06.23.

Kliment, Willand lead Vikings to state track meet



The Vikings' Dante Sims throws the discus in last Monday afternoon's Panther Coed Relays in Manly. Sims placed fourth on this attempt with a throw of 105-01.

By Mike Simmons
Sports Editor

The Northwood-Kensett boys track team will send two individuals and one relay team to this year's Iowa High School State Track and Field Meet at Drake's Blue Oval in Des Moines, less of course than in previous years, but considering the stiff competition at this year's district meet it's a nice bookend to what has been a long and stressful year for all in sports.

Josiah Kliment, just a junior, will represent the Vikings in two events, the 400-meter hurdles and the shuttle hurdle, while Wyatt Willand will compete in four wheelchair events, the 100, 200, 400 and 800.

Kliment took home the district title in the 400-meter hurdles with a time of 57.67 that earned him an 11th seed at the state meet, while the shuttle hurdle team of Kliment, Hayden Moore, Drake Tiedemann and Brandon Varner placed second with a time of 1:06.23, good for a 19th seeding at state.

Other top finishers at the district meet included Kliment in the 400 (5th), Treycen Rollene in the 1,600 (4th), Varner in the 110-mter hurdles (3rd), Varner in the 400-meter hurdles (2nd) and the 4x400-meter relay (4th).

Before the district meet though the Vikings ran at the Panther Coed Relays in Manly last Monday and came away with a number of top finishes, including the shuttle hurdle relay (1st), the 4x400-meter relay (1st), the 4x200 (2nd), the distance medley (3rd), the sprint medley (3rd), Nathan Hannemann in the 1,600-meter run (2nd), Moore in the 800-meter run (3rd), Varner in the 110-meter hurdles (4th), Dante Sims in the discus (4th) and Ben Yezek in the long jump (6th).

The state meet starts this Thursday and runs through Saturday with Drake Stadium being relegated to 33 percent capacity due to local COVID-19 social distancing regulations.

Team Scores at Panther Coed Relays – Clear Lake 147, Central Springs 101, Nashua-Plainfield 82, North Union 70, Northwood-Kensett 64, Rockford 42, North Iowa 39, Riceville 15

Team Scores at N-K District – saint Ansgar 148, Nashua-Plainfield 88, West Fork 82, North Union 75, Lake Mills 66, West Hancock 66, Northwood-Kensett 59, West Bend-Mallard 41, Bishop-Garrigan 33, Rockford 25, Newman Catholic 20, North Iowa 20, GTRA 9, Riceville 2



Freshman Chloe Costello runs the anchor leg in the sprint medley relay after taking the stick from teammate Ruthie Conlin in last Monday's Panther Coed Relays in Manly. The team of Costello, Conlin, Kayla Senne and Carly Hengesteg placed second in the event.



N-K senior Kayla Senne runs the second leg of the shuttle hurdle relay at last Thursday night's district meet in Northwood. Senne, Bella Efflandt, Morgan Wallin and Lindsey Moore placed fourth in the event but posted the 12th best time in the state on this night, securing their spot at the state meet.

Efflandt shines at district, qualifies in three events headed to state

By Mike Simmons
Sports Editor

After everyone had to sit out last season because of the COVID-19 pandemic a lot of the area's track teams, the Lady Vikings included, had to start this season basically from scratch, not knowing exactly who would run or what they would run. It was a season starting in turmoil. But as the season wore on, experienced teams like the Lady Vikings eventually found their way and were able to put together a very successful track season.

That regular season came to an end last Thursday night in Northwood at the Class 1A District Meet, where the Northwood-Kensett girls finished fifth overall as a team, scoring 59 team points.

But despite facing some of the big dogs in the area, Saint Ansgar, Bishop-Garrigan and Nashua-Plainfield, the Lady Vikings still managed to earn their fair share of state qualifying slots, including Bella Efflandt, who heads to the Blue Oval for the first time in her career as a senior after making the cut with a second-place finish in the 400-meter hurdles.

Efflandt also was a member of the 4x100 team (Efflandt, Carly Hengesteg, Kayla Senne, Ruthie Conlin) and the shuttle hurdle team (Efflandt, Morgan Wallin, Lindsey Moore, Senne) that placed third and fourth respectively at last Thursday's district meet.

Others with top five finishes in the district include Moore in the 100-meter hurdles, where the talented freshman placed fifth with a time of 17.08 and the sprint medley relay team, who took home fifth-place medals.

The Iowa High School State Track and Field Meet starts this Thursday and runs through Saturday at Drake's Blue Oval in downtown Des Moines.

The Lady Vikings also ran in a tune up meet last Monday at Central Springs, an opportunity to see where the team stands heading into the district meet.

At the Panthers Coed Invitational the shuttle hurdle team that eventually qualified for state took home a first-place medal while the sprint medley placed second and the 4x400 relay placed third.

Top individuals at CS were Moore with a second-place finish in the 100-meter hurdles and Laney Miles with a third-place finish in the 100-meter dash.

At this time Drake Stadium will allow only 33 percent capacity at this year's state tournament, including two tickets per each state qualifier with the remaining seats being distributed among the participating schools.

Team Scores at Panther Coed Relays – Nashua-Plainfield 185, Central Springs 118, North Union 86, Riceville 56, Northwood-Kensett 50, Clear Lake 40, North Iowa 23, Rockford 23

Team Standings at N-K District – Saint Ansgar 110, Bishop-Garrigan 107, Nashua-Plainfield 94, West Bend-Mallard 63, Northwood-Kensett 59, West Hancock 59, West Fork 54, North Union 49, GTRA 39, Lake Mills 38, Riceville 25, Newman Catholic 22, North Iowa 18, Rockford 1

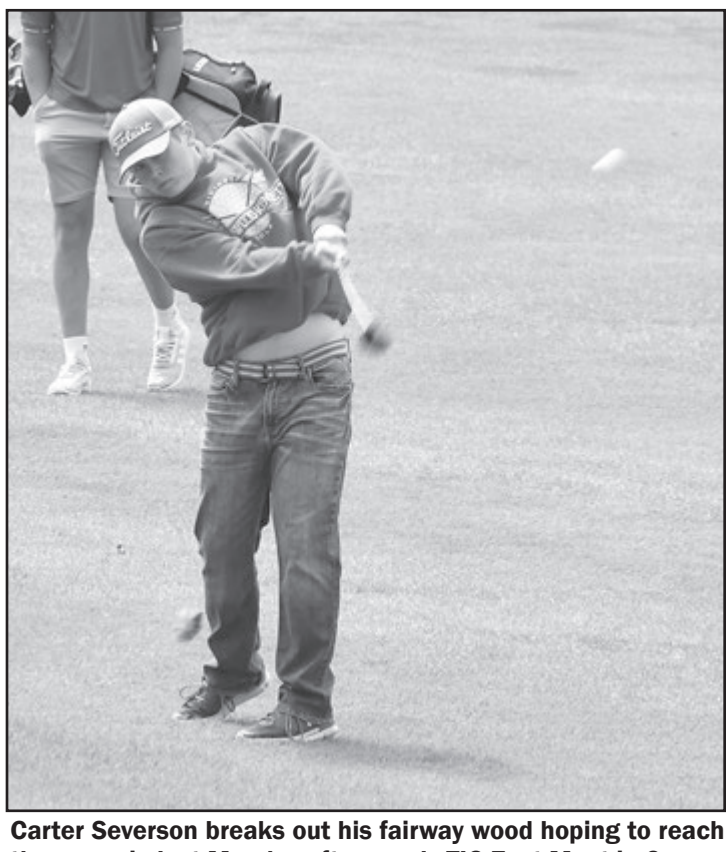
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N-K's Kael Julseth watches his putt last Friday morning at Livermore's Spring Valley Country Club. Julseth shot 94 on the day as the Vikings advanced to this Friday's district tournament with their third place finish at sectionals.



Hayley Wallin chips on the green in last Monday's TIC East Meet in Northwood. Wallin shot a round of 125 for the sixth place Lady Vikings.



Carter Severson breaks out his fairway wood hoping to reach the green in last Monday afternoon's TIC East Meet in Osage. Severson shot a 99 to help the Vikings secure a third place finish in the conference.

N-K boys golf finish third at sectionals, advance to district play

By Mike Simmons
Sports Editor

The Northwood-Kensett boys and girls golf teams have had a spectacular year out on the links. The regular season ended last week with the Top of Iowa Conference East Tournaments held in Northwood and Osage.

The Vikings boys played at Osage's Sunny Brea and while they didn't come away with a conference title, they did finish the day solidly in third place with a team score of 359.

With the top 10 finishers earning all-conference honors, the boys from N-K had two golfers that fit that criteria, fourth place Drew Wilder, who shot an 83, and sixth place Kael Julseth, who was just one stroke back of Wilder, shot an 84 for the day.

Other Viking scores at the TIC Meet were Cater Severson 99, Nick Hanson 93, Mason Thofson 106 and Jason Hanson 116.

The Lady Vikings, who played their TIC East round on their home course in Northwood, were led by Emma Davidson, who shot a 92, just two strokes shy of conference medalist Kirsten Boerjan of Saint Ansgar, who ended her round with a score of 90.

Other Lady Vikings competing at the TIC East Meet include Peyton Wilder (117), Hayley Wallin (125) and Haddie Hanson (134).

The boys team also started postseason play last week, competing last Friday in the sectional tournament at Spring Valley Country Club in Livermore, where they placed third 387, good enough to advance to this Friday's district tournament at Lakeside Golf Club in Fort Dodge.

Leading the boys at the sectional tournament were Wilder (88), Julseth (94), Mason Thofson (100) and Cater Severson (105).

Girls Team Scores at TIC East – Saint Ansgar 396, Newman Catholic 400, North Butler 407, Central Springs 427, Osage 458, Northwood-Kensett 468, Rockford 506, West Fork 521

Boys Team Scores at TIC East – Osage 322, Newman Catholic 345, Northwood-Kensett 359, North Butler 369, West Fork 371, Central Springs 374, Nashua-Plainfield 381, Rockford 396, Saint Ansgar 429

Build a strong family to benefit children and adults

Children and adults benefit from being supported by a strong family unit, no matter how it is defined. This support can come from parents with a positive relationship, extended family and friends, and the community, says Joy Rouse, a human sciences specialist with Iowa State University Extension and Outreach.

Nick Stinnett and John D. Defrain from the University of Nebraska studied the characteristics of strong families, Rouse noted. The researchers found strong families shared six characteristics:

• Family members have a strong commitment to each other and make their relationships a high priority.

• They make it known that they appreciate each other.

• They talk to each other about small things and big issues.

• They spend time together.

• They believe in a greater power and have shared beliefs.

• Strong families cope with difficulties and crises effectively.

Building a strong family requires effort, Rouse said.

Identify people you can depend upon

"Part of building a strong family is identifying the people you can depend upon for support. This may be immediate or extended family or someone with whom you have a special connection," said Rouse, who specializes in family life issues.

Support can come in many forms such as love, encouragement, money or advice.

Setting goals can be part of making family a priority.

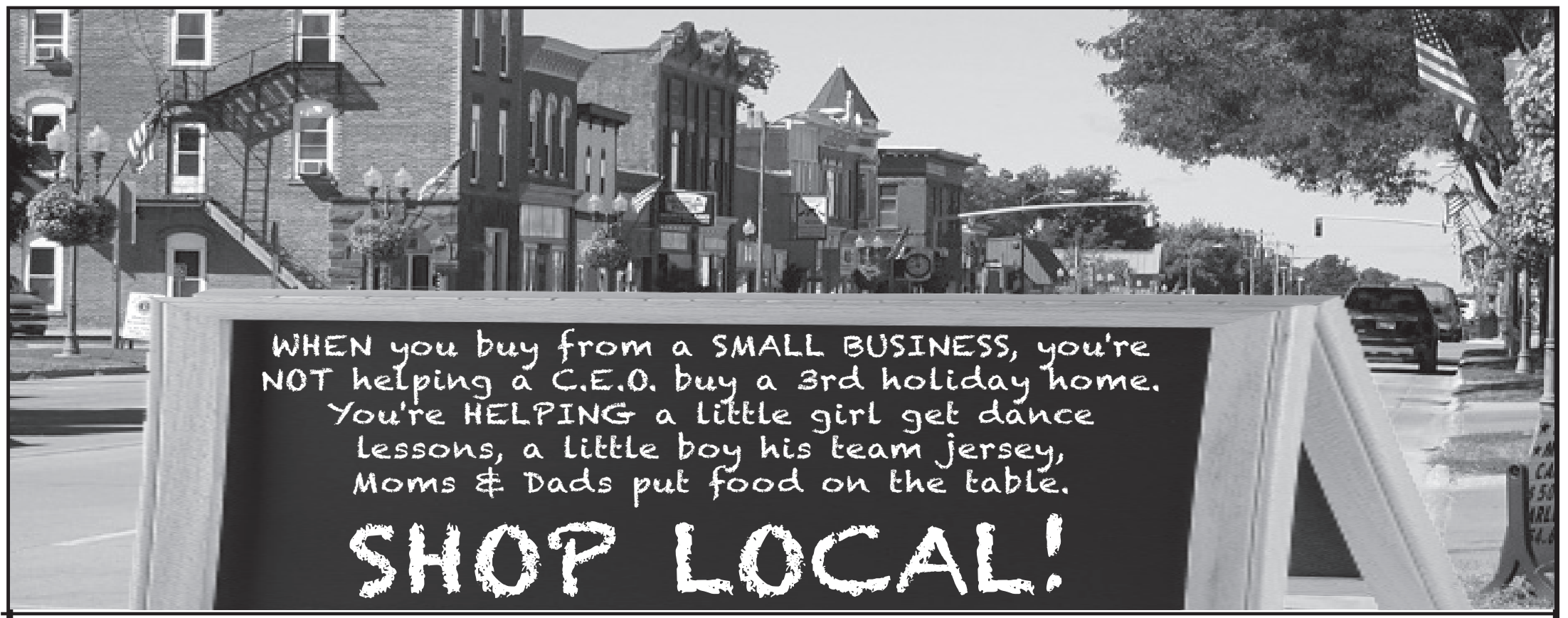
Working on these goals together will open communication between family members and help plan for coping with difficult situations.

A good formula to follow is to set goals that are SMART – specific, measurable, achievable, relevant or realistic, and time-bound, Rouse said.

Adults who take care of themselves are more prepared to support children and others. This includes learning coping and stress management skills.

"If you are sick or stressed, how can you effectively care for your children and others? We cannot remove all stress from our lives, but we can manage the stress we have so we don't hurt ourselves or our family members," Rouse said.

"Know how stress affects your body physically and emotionally. Find ways to relieve stress that work for you. Remember, some stress can be good, as it moves us to act," Rouse said.



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ABSTRACT
Worth County Abstract

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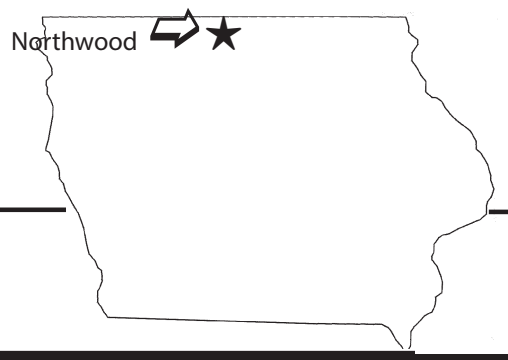
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Work experience: Real-life successes for students with disabilities

By Ann Lupkes
Work Experience/ Transition Coordinator with Central Rivers Area Education Agency (AEA)

Iowa schools, in partnership with business and industry, are providing students with skill development to meet the 21st Century and Iowa Future Ready work readiness. One of the ways schools meet the needs of students in the area of work is through a school or community job placement or what is referred to as work experience. For students with a disability, a work experience helps the student build sound work habits and attitudes. In addition, the experience helps develop realistic expectations by participating in actual work prior to entering the workforce and allows students to work on the necessary social and personal skills needed to live and work as a productive member of the community.

Many school districts contract with Central Rivers Area Education Agency (AEA) to provide work experience for students with a disability. A Central Rivers AEA Work Experience Coordinator collaborates with the school team to determine what skills the student needs to develop. Once the skills are identified the student is placed on the job. Skill instruction and evaluation are done in conjunction with the job supervisor. For many students, a high school work experience leads to successful employment upon graduation. Here are a few student success stories from across Central Rivers AEA.


ANN LUPKES

"Chris" started work experience in the school custodial department where he developed social skills and learned how to follow directions by using video modeling. He then moved on to work in an auto shop where he practiced repetition of tasks using a customized key ring with visual prompts to help support him. From there, "Chris" worked with a peer mentor in a grocery store where he learned how to successfully interact with customers. The use of a specially designed card kept in his wallet helped "Chris" remember to complete his assigned tasks. After graduation, "Chris" was hired at that same grocery store while enrolling in a welding program at the local community college. Upon earning his welding certification, "Chris" secured a job at a local factory where he has successfully maintained employment.

"Andrew," a student in a residential placement, has worked to develop appropriate work behaviors and self-advocacy skills through his work experience opportunities. He started with small group activities to learn and practice skills and moved to an on campus work site with custodial tasks. Presently, "Andrew" is working in the community at a local church performing custodial tasks. He has utilized the supports of multiple community agencies to improve his academic skills, maintain positive work behaviors and has taken steps to enroll in community college after high school.

Successful transition to adult living, learning and working is the goal for all students as they graduate from high school. For students with disabilities, reducing barriers and supporting skill development to meet future expectations is key in the educational process. A work experience placement can provide all students with the skills needed to reach their incredible potential as successful adults.

Ann Lupkes is a Work Experience/Transition Coordinator with Central Rivers Area Education Agency (AEA). She can be reached at alupkes@centralriversaea.org. Central Rivers AEA supports educators, parents, and the communities we serve as we work together toward one ultimate goal: to improve student learning. We provide support in the areas of quality classroom materials, curriculum planning, best practices in teaching and learning, safe and caring learning environment, appropriate educational opportunities for all learners, technology planning, professional learning, assessment, special education, leadership development, and more. Learn more at www.centralriversaea.org.

MercyOne General Surgery welcomes Amy Polson

MercyOne North Iowa General Surgery and Mason City Clinic are pleased to welcome Amy Polson, PA. Polson is a physician assistant with clinical interest in bariatric surgery, gastroesophageal reflux disease (GERD) surgery and hernia repair.

Polson grew up in the Denver, Colorado area and received her undergraduate degree from Colorado Christian University. She obtained her Master of Physician Assistant Studies degree at the University of Nebraska Medical Center in Omaha, Nebraska.

Polson chose a career in medicine to help people be happy and healthy. "Caring for patients allows me to use my gifts and abilities to help people in a surgical setting, but also to get to know and follow patients in a clinical setting," she said. "Working in bariatric surgery the past two years has also allowed me to understand the impact of obesity on our society and help patients take steps to improve their health and quality of life."

MercyOne North Iowa General Surgery is dedicated to providing a safe environment for patients and colleagues. In addition to in-person care, patients can also continue to receive the quality care they need in the comfort of their home with telehealth visits.

Amy Polson, PA is currently accepting new patients, including through telehealth. Call 641-494-5260 to schedule an appointment.

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Learning at the lake

Northwood-Kensett's second graders got a chance to start their school day with some outdoor education last Tuesday, as they spent their morning at Worth County Lake. While there, Worth County naturalist Dakota Popp led them on a few outdoor educational activities. That included a scavenger hunt around the park. They took part in activities that recreated animal behaviors and abilities. That included standing one-legged like a heron. As ducklings they followed the path and movements of a mother duck. They also practiced holding their breath like a turtle. They clapped to get a "sense" of a bat's echo location abilities. They also enjoyed some time on the park's playground before a picnic lunch ended their time.





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