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The Northwood Anchor

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Briefs

N-K facility open house today

Northwood-Kensett will host an open house and ribbon cutting ceremony for its new administrative offices and transportation facility this afternoon, Wednesday, April 27.

The district is inviting the public to see the renovated building during an open house today, Wednesday, April 27, from 3:30-5 p.m.

Carpenter offers lunch Saturday

The Carpenter Community Club will be serving a to go lunch this Saturday, April 30.

The meal of smoked pork loin sandwiches and fixings, prepared by Farm Boy BBQ, will be offered from 11 a.m. to 1 p.m. at the Carpenter Community Center with a free will donation.

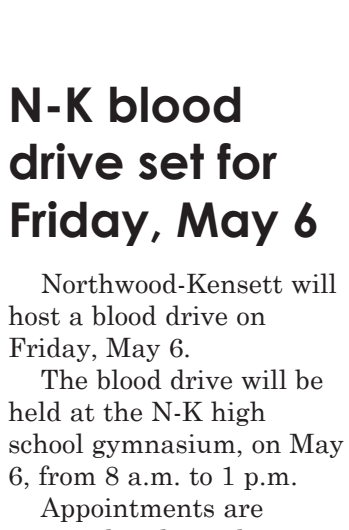
Proceeds will go towards future kitchen and restroom renovations.

N-K blood drive set for Friday, May 6

Northwood-Kensett will host a blood drive on Friday, May 6.

The blood drive will be held at the N-K high school gymnasium, on May 6, from 8 a.m. to 1 p.m.

Appointments are required and may be scheduled online at donor.lifeservebloodcenter.org/donor/schedules/drive_schedule/177696. Appointments may also be scheduled by contacting Megan Thorson by email at mthorson@nkvikings.com.



The Week's WEATHER
by National Weather Service Observer John Podgorniak

Date	H	L	Prec.
Tues. April 19	34	21	
Wed. April 20	43	21	T
Thurs. April 21	45	33	
Fri. April 22	57	38	.19
Sat. April 23	61	48	.10
Sun. April 24	72	40	.23
Mon. April 25	48	29	T



Northwood-Kensett juniors Ellie Ehrhardt and Josiah Bass will be amongst the students celebrating prom "under the Stars" this Saturday.

Clean up days begin today

The annual spring clean up begins in Northwood today, Wednesday, April 27, continuing through this Saturday, April 30.

The City is offering a chance for residents to dispose of unwanted items as they do some spring cleaning.

Dumpsters will be provided for Northwood residents at the Northwood city yard, located on the east side of Northwood along Highway 105.

Clean up days are intended for discardable items that would not be picked up through normal garbage collection, meaning regular day-to-day garbage will not be accepted.

Other items that will not be accepted include computers and accessories, construction debris, tires, batteries, paint, hazardous and flammable items and fluorescent light bulbs and tubes.

In addition to the items being accepted by the City of Northwood, containers will be available at the site for those that wish to dispose of scrap metal and automotive batteries. Those items will be sold, with proceeds donated to the Relay For Life of Worth County.

The City is asking that the public not remove any items from the dumpsters during clean up week.

The dumpsters at the Northwood City Yard will be open today, Wednesday, April 27, and Friday, April 29, from 7 a.m. to 6 p.m.; tomorrow, Thursday, April 28, from 7 a.m. to 3:30 p.m.; and this Saturday, April 30,

Clean up see Page 2

Supervisors pushed for more progress on tax borrowing process

After several weeks that have included discussion of preparing documents needed to borrow funds for a variety of needs and projects, the Worth County supervisors received a nudge for more action at a recent meeting.

Over the course of several meetings, the supervisors have discussed the need to update the county's urban renewal plan (URP), a document that sets areas the County can borrow against future taxes, and also provides information on planned uses of those borrowed taxes.

Updating the URP is a necessary first step the supervisors have to complete before they can use tax increment financing (TIF), or taxes borrowed against future tax value, to fund projects.

Attorney John Danos, with the Dorsey & Whitney law firm, spoke to the supervisors to ask them to clarify and focus on presenting the information needed to progress on the URP process.

Danos said that he has been working with auditor Jacki Backhaus to gather information, but that they needed more details and direction from the supervisors to proceed.

The specific information needed includes more on

Tax see Page 2

N-K holds celestial celebration for Prom 2022

This Saturday, students at Northwood-Kensett High School will take part in a spacial prom event.

This year's prom will feature a theme of a "Under the Stars." It will be held this Saturday, April 30, with N-K juniors and seniors and their dates taking part in a variety of activities.

That begins with the grand march at 4:30 p.m. in the high school gym, when students' family, friends and members of the community are invited to view prom attire and decorations.

Following grand march the students will enjoy a meal at the high school, catered by Tequila's Mexican Bar and Grill.

The prom dance begins at 7 p.m. at the school.

Following the dance, students will have the opportunity to take part in a variety of activities at he Worth County fairgrounds.

Before they call it a night (or early morning) the students will be entertained by a hypnotist.

N-K board discusses girls wrestling, staff bonuses and construction/ equipment

The Northwood-Kensett school board recently met to discuss options for a shared girls wrestling team, bonuses for left out staff and several construction and equipment purchases.

Amongst the athletic opportunities for students at N-K next year will likely be a new addition in the form of girls wrestling.

With an increasing number of girls joining their school's wrestling teams in recent years, it was during this school year that Iowa's student athletic associations officially approved a separate division for female wrestlers.

For local schools, that has led to discussion about how to send a full team with lower numbers at individual schools.

Superintendent Mike Crozier shared that there has been discussion amongst several schools, including N-K, St. Ansgar, Central Springs, Lake Mills and Forest City about an agreement that would allow their athletes to field a shared complete team.

Under that approach, the girls would practice in their home district for most of the week, and have joint practices in a central location. Crozier suggested that the new Viking Activity Center would be a good choice.

The plan is still being discussed with more on

N-K see Page 2



Northwood-Kensett High School Band students taking part in the Iowa High School Music Association's State Solo and Ensemble Festival included (in front, from left) Emma Hengesteg, Emma Davidson, Kamryn Backhuas, (back row) Lindsey Moore, Kenny Conlin, Chloe Costello, Thomas Block, Isabella Hoch and (not pictured) Madalynn Hanson.

N-K musicians superior at State Festival

Nine Northwood-Kensett High School Band students participated in the Iowa High School Music Association's State Solo and Ensemble Festival in Britt on Saturday, April 9.

All Northwood-Kensett solos and ensembles earned Division One (Superior) ratings. This rare feat also occurred during the previous, traditional in-person festival in 2019. (The festi-

Musicians see Page 3

FFA Banquet — See Sports Pages 7-8





Planting the seed

With Earth Day just a few days away, students in Mr. Urbatsch's second grade class at Northwood-Kensett Elementary were paid a visit that came with a gift of green. Erik Butler, with the Worth County office of the Natural Resources Conservation Service, visited the classroom. He was there to teach the students about trees. Part of the lesson included how to plant, support and encourage the growth of a tree of their own, whcih Butler brought with and gave to the students that day.

Trinity Health to become sole parent of MercyOne

Trinity Health and CommonSpirit Health announced last week they have signed an agreement for Trinity Health to acquire all facilities and assets of MercyOne.

Since 1998, MercyOne has operated under a joint operating agreement between not-for-profit Catholic health care organizations Trinity Health and Catholic Health Initiatives, which is now CommonSpirit.

MercyOne is a leading health system in Iowa and serves more than 3.3 million patients each year. The system includes 16 medical centers, 27 affiliate organizations and more than 420 care sites offering a range of health and wellness services, including provider services and urgent care, and more than 20,000 colleagues including 2,000 of the state's most talented doctors and providers.

"True to our shared Catholic mission, our goal is to provide high-quality, compassionate care with the best patient/member experience possible. We will accomplish that goal through a holistic approach, with a range of health services and technologies that are fully connected and coordinated," said Mike Slubowski, president and chief executive officer at Trinity Health. "This agreement creates a fully integrated MercyOne to care for more people in a unified way."

After months of analysis and due diligence, Trinity Health and CommonSpirit determined a sole parent is the best path forward for MercyOne and for the communities it serves. Trinity Health, a national health system spanning 25 states, will bring unified strategies and operations to MercyOne's care sites, including one set of system services.

As an example, MercyOne will transition to Trinity Health's common platforms, including a single electronic health record (EHR), ultimately allowing patients to easily manage their care across all MercyOne services and facilities.

"After two decades of successful collaboration, we are immensely proud of our partnership with Trinity Health and our efforts to advance health care statewide," said Marvin O'Quinn, president and chief operating officer at CommonSpirit Health. "While the current structure has been instrumental in growing our health care services in Iowa, we believe this decision is ultimately what is best for our patients, colleagues, and our communities."

"We strongly believe this transition to become a full member of the Trinity Health family will result in a stronger, more cohesive health system better able to offer a convenient and personalized circle of care for all we serve," said Bob Ritz, president and chief executive officer at MercyOne. "We are delighted to have the agreement in place as we plan for the future of our mission. We are grateful to CommonSpirit for more than 20 years of partnership."

Trinity Health and CommonSpirit will now plan for integration, complete regulatory filings and take other steps necessary to finalize the transaction, which is expected to be completed summer 2022. This process will be seamless for the communities MercyOne serves, and patients can continue to expect the same compassionate care they have always received.

N-K
Cont. from Page 1

details like head and assistant coach roles and how costs would be shared undecided as well.

The school board continued discussion from their previous meeting, about how to compensate employees that worked throughout the early days of the pandemic, who were not compensated due to the specifics of Iowa Governor Kim Reynolds' Retention Bonus Plan.

Through Reynolds' bonus plan, all teachers in the state of Iowa received $1,000, as long as they are full time classroom teachers who weren't teaching classes online.

N-K's board and administrators, along with those throughout the state, have struggled with the school employees left out of that bonus plan, who worked in the same environments throughout the pandemic.

At N-K the plan left out several teachers whose duties meant that they weren't classified as full time teachers, but still worked full time at the school. It also left out the various support staff, including associates, bus drivers, maintenance staff, nutritional staff, administrative staff and others.

The district approved the State-funded bonuses for the full time teachers at their March meeting, with Crozier asking time to present a recommendation to compensate the other district staff.

At the meeting held on April 11, Crozier said that there are some unspent funds that the district would have to put to other uses, which could include the bonuses. Those funds include money the district receives for professional development, teacher leadership and preschool. During the pandemic, the district received those funds at the full rate, even though expenses like travel were down. The State asked the district to redirect the unused funds. The district could also save an estimated $11,176.13 in wages by not making up five snow days.

The school board approved $1,000 bonuses for 46 district staff that didn't qualify for the State's bonus funding.

In other business at the meeting, the school board approved several construction and equipment expenses related to the new middle school and activity center uses, as well as making repairs to sidewalks.

At the Viking Activity Center, the board approved $1,764.90 to add lines to the gym floor to set up pickle ball courts.

As noted by Crozier, the stage curtain in the elementary gym is "on its last leg." The board approved a bid to replace the long-standing curtain, along with related equipment, for $49,795.52.

Also approved was a bid for new lockers to serve the district's new middle school students. With the sixth grade joining grades 7-8 in the middle school in August, new lockers are needed. The board approved a bid of $13,100 for the lockers and installation.

The other construction cost approved was $22,500 to replace sidewalks, as required after the City of Northwood's inspection process that took place last year.

Clean up
Cont. from Page 1

from 8 a.m. to noon.

A number of the items not accepted during clean up week may be disposed of at the Worth County Recycle Center.

All Worth County residents may dispose of used tires without rims, old appliances, waste oil and scrap metal.

There are fees associated with disposing of tires and appliances. Waste oil, scrap metal and computer towers are accepted at no charge.

More information on the Worth County Recycle Center, including hours of operation and fees, is available at the Worth County website, www.worthcounty.org, under the departments link at the top of the page, or by calling the Recycle Center at 641-845-2200.

Tax
Cont. from Page 1

the projects that will be paid for, as well as what exact land will be used as the basis for tax borrowing.

In regards to the latter question, a group of property owners had approached the supervisors at a previous meeting to request their land be added to the URP.

However, Danos suggested that may not be a good idea at this time.

Danos said that when property is added to the URP, that essentially starts a clock of 20 years, in which time taxes based on increased valuation can be used for TIF.

If there is no known project planned for a property, Danos suggested it would be better to amend the URP later, when a project bringing a potential increase in tax value is expected.

Other than potentially capturing increased taxes on the Viafield grain bunker near Manly, there has been no official discussion of new projects in the area requested by the landowners.

That would leave the new wind turbines in the northeast corner of the County as the primary tax-generating property to be added.

The supervisors did discuss the potential decision to only include, or to only use a percentage of the wind turbines and their tax revenue, returning the rest to the tax rolls.

The other end of information for the URP update is how TIF revenue might be spent.

Danos listed the potential uses that have been discussed and asked for a final list and some additional details.

Amongst those is a list of road and bridge projects, presented by county engineer Rich Brumm. Listed were projects that were estimated at roughly $5 million.

Another designated use is more of a hypothetical need. The County has been in discussion with ReadiFuels Iowa, and may serve as a guarantor for the company's plans to build a natural gas pipeline to provide access to the Manly Terminal area. The County would need access to roughly $10 million for that purpose.

Recent meetings have also included discussion of a potential incentive for more Viafield area development near Manly, though no details, specifics or confirmation of plans have been mentioned.

However, if Viafield did want to seek a TIF incentive of some form, some details of their plans would have to be written into the URP to qualify.

The other potential TIF use discussed has been the construction of a new courthouse and/or renovations of the existing structure.

Danos said that more information is still needed for that project as well, including at least a potential scope and the potential range of TIF funds that could be spent towards the project.

The supervisors said that they would reach out to the parties involved about potential projects, and work to gather the other information needed to advance the URP process as they look to access wind turbine TIF to support County efforts.

Musicians
Cont. from Page 1

val was canceled in 2020, and held "virtually" with recordings in 2021.)

The following students and ensembles participated in the event:

SOLOS: Thomas Block, senior, trombone solo; Kenny Conlin, sophomore, trombone solo; and Isabella Hoch, senior, flute solo.

MIXED WOODWIND TRIO: Chloe Costello, sophomore, alto saxophone; Madalynn Hanson, sophomore, flute; and Isabella Hoch, senior, flute.

TROMBONE ENSEMBLE: Kamryn Backhuas, freshman; Thomas Block, senior; Kenny Conlin, sophomore; Emma Davidson, senior; Emma Hengesteg, sophomore; and Lindsey Moore, sophomore.

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Getting on board

Northwood-Kensett sixth graders recently played the part of Parker Brothers and Milton Bradleys as a part of the functional text writing unit. The students created their own board games and then wrote the directions. Then, to put their games to the test, third grade students paid a visit to play the games with the game-makers.



Top of Iowa group continues effort to make trails in Worth

As weather (eventually) becomes more favorable for those that want to spend more time outdoors, the group working to provide trails for that purpose is continuing its efforts.

The Top of Iowa Trail Committee recently met to discuss progress on several projects.

The first of those is the ongoing effort to build the County's first stretch of what is hoped will become a county-wide trail network, and connect to other counties.

The project is a four mile trail between the communities of Fertile and Hanlontown.

The committee is working with an engineering firm on a feasibility study for the construction of the trail.

Besides a scenic trail in Worth County, it would be designed so that it could connect with the nearby Pilot Knob trail in Winnebago County and trails in Cerro Gordo County.

The discussion so far has been between representatives of the two towns and county officials.

Both Fertile and Hanlontown officials have agreed that they would take responsibility for trail maintenance like mowing and removing trail debris.

That left the County supervisors with questions about liability, insurance and other less routine maintenance.

Representatives of the trail committee planned to discuss the proposed trail agreements with the supervisors further to see if they are ready for a presentation of the proposed trail, or if more information is needed.

While the trail between Hanlontown and Fertile is still in the works, another, more specialized riding opportunity recently became available.

The Worth County Conservation Board has approved the use of fat tire bikes at Ochee Yahola Park. The fat tires of the bikes allow people to ride on more unstable terrain, like the trails at Ochee Yahola.

Potential rides are being planned to gauge interest in the county and to see if a group of volunteers can be organized to maintain trails at the park.

Leave wildlife babies where they belong --- In the wild

From the Iowa DNR:

It's as predictable as May flowers - from border to border, the Wildlife Baby Season has arrived in Iowa. From now until at least mid-June, DNR field offices across the state will be inundated with hundreds of phone calls and scores of deliveries regarding "orphaned wildlife."

Most calls begin with something like, "We were walking in the park when . . .," or "I looked out my window and saw. . ." In nearly every instance, the scenario ends with something [or several somethings] being rescued from their mother.

During a typical season, the species will range all the way from baby robins and squirrels to spindly-legged white-tailed fawns. At this time of the year it is not at all uncommon for biologists to discover that complete litters of baby raccoons, foxes, or even skunks have mysteriously appeared on their doorsteps.

Why this happens is no real mystery. From fuzzy yellow ducklings to tiny baby bunnies, nothing appears more cute and cuddly than a wildlife baby. But in reality, most of the wildlife reported to DNR field offices is not really orphaned at all. And while the people who attempt to "rescue" these babies have the best of intentions, they are in fact dooming the very creatures they intend to help.

The babies of most wildlife species leave their nests or dens well in advance of being able to care for themselves. Although broods or litters may become widely scattered during this fledgling period, they still remain under the direct care and feeding of their parents.

For many songbirds, the transition to independence comes quickly and may take as little as four or five days. For other species such as Canada geese, kestrels, or great horned owls, the young and parents may stay in contact for weeks -- even months.

At the beginning of the fledgling period, young birds appear clumsy, dull-witted, and vulnerable. The reason for this is because they really are clumsy, dull-witted, and vulnerable. But as the education process continues, the survivors smarten up fast, while slow learners quickly fade from the scene. Most birds have less than a 20 percent chance of surviving their first year. While this seems unfortunate or cruel, this is a normal occurrence in nature. In the real out-of-doors, it's just the way things are.

Most mammals employ a slightly different strategy when it comes to caring for their adolescents. Since most mammals are largely nocturnal, the mother usually finds a safe daytime hideout for her young while she sleeps or looks for food. Consequently, it is perfectly normal for the young to be alone or unattended during the daylight hours.

Nevertheless, whenever a newborn fawn or a nest full of baby cottontails or raccoons is discovered by a human, it quite often is assumed that the animals are orphaned. The youngster's fate is usually sealed when it is promptly "rescued from the wild."

Many wildlife babies die soon after capture from the stress of being handled, talked to, and placed into the unfamiliar surroundings of a slick sided cardboard box. Should the animal have the misfortune of surviving this trauma, they often succumb more slowly to starvation from improper nourishment, pneumonia, or other human caused sicknesses.

Whether they are adults or young, all species of wildlife have highly specific needs for survival. "Rescuing a baby from its mother" not only shows bad judgment, it also is illegal.

Observing wildlife in its natural habitat is always a unique privilege. Taking a good photo or two provides an even more lasting memory. But once you've done that, let well enough alone. Leave wildlife babies where they belong -- in the wild.

A list of wildlife rehabilitators is available online at http://www.iowadnr.gov/Conservation/Iowas-Wildlife.

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Northwood Anchor
Northwood

Dorsey an Upper Iowa University honors and awards recipient

Upper Iowa University has announced its 2022 Honors and Awards program recipients.

As one of the honorees to receive a grant, award and/or scholarship, Madison Dorsey of Hanlontown, was awarded the Beecher Beal and Bertha Beal Roberts/Thomas R. Roberts Student Scholarship.

NIACC inducts students into Phi Theta Kappa

North Iowa Area Community College (NIACC) inducted 100 students into the College's Alpha Psi Beta chapter of Phi Theta Kappa, an international honor society that recognizes the academic accomplishments of students attending two-year colleges.

Inductees of Phi Theta Kappa must have a 3.5 grade point average, completed 12 semester hours at NIACC and be enrolled in at least three semester hours of classes.

Students who achieved these standards and are this year's Phi Theta Kappa inductees at NIACC include Kelsie Kinne of Hanlontown, Jessica Jordal of Manly and Cayden Kelley and Violet Stayner both of Nora Springs.

N-K students host garage sale May 7

The Northwood-Kensett National Honor Society and Student Council will host a rummage sale on Saturday, May 7. They are currently looking for donations, as well as inviting people to the sale.

Donations can be brought to NHS and council advisor Mrs. Clark at the high school, or given to NHS or Student Council members.

The garage sale will include a "sack sale," where anything too large will have a sticker with a price.

The sale will be held on Saturday, May 7, from 10 a.m. to 2 p.m. in the N-K High School gym.

The money raised will be donated to the Children's Cancer Connection in Des Moines and the New Beginnings House of Hope (Women and Children's Shelter) in Mason City.



Getting ready for summer reading

Each month since the fall, students at Northwood-Kensett Elementary have received a free book, courtesy of donations from local families, groups or businesses. The next to last free book of the year was provided by Kenison Publishing and the Northwood Anchor. As seen above, free book day has become a highly anticipated event for the elementary students each month.

Worth County 8-12th grade 4-H members invited to Iowa 4-H Conference in June

Worth County Extension would like to invite 4-H'ers to consider attending this year's Iowa State 4-H Conference on the Iowa State University Campus on Tuesday, June 28, to Thursday, June 30.

The 4-H Conference includes two nights of dances, motivational speakers, educational workshops, community service projects and a 4-H formal banquet dinner in Hilton Coliseum.

The cost of the three day event, which includes all meals, free round trip bus ride to Ames, all rooming and workshop fees is as follows:

- Total Cost is $180 with several scholarships included
- $80 of support for first time participants from Worth County 4-H Foundation
- $50 of support from the Julseth Family Trust
- Three day grand total cost for first time participants us $50.

No payment is necessary when registering and those interested can register at www.extension.iastate.edu/4h/iowa4hyouthconference.

The $50 payment can be made payable to Worth County Extension after the individual gets registered.

There will also be an opportunity to sign up for some animal science round-up workshops during the three day conference and there are full $180 payment scholarships available for dairy cattle, dog, horse, sheep and swine.

Must sign up by May 1 to be eligible for the free $180 scholarships to attend one of the five Animal Science Roundup three day workshops during State 4-H Conference.

Call the Worth County Extension Office at 641-324-1531 with any questions or with needs about additional financial support to attend this years conference.

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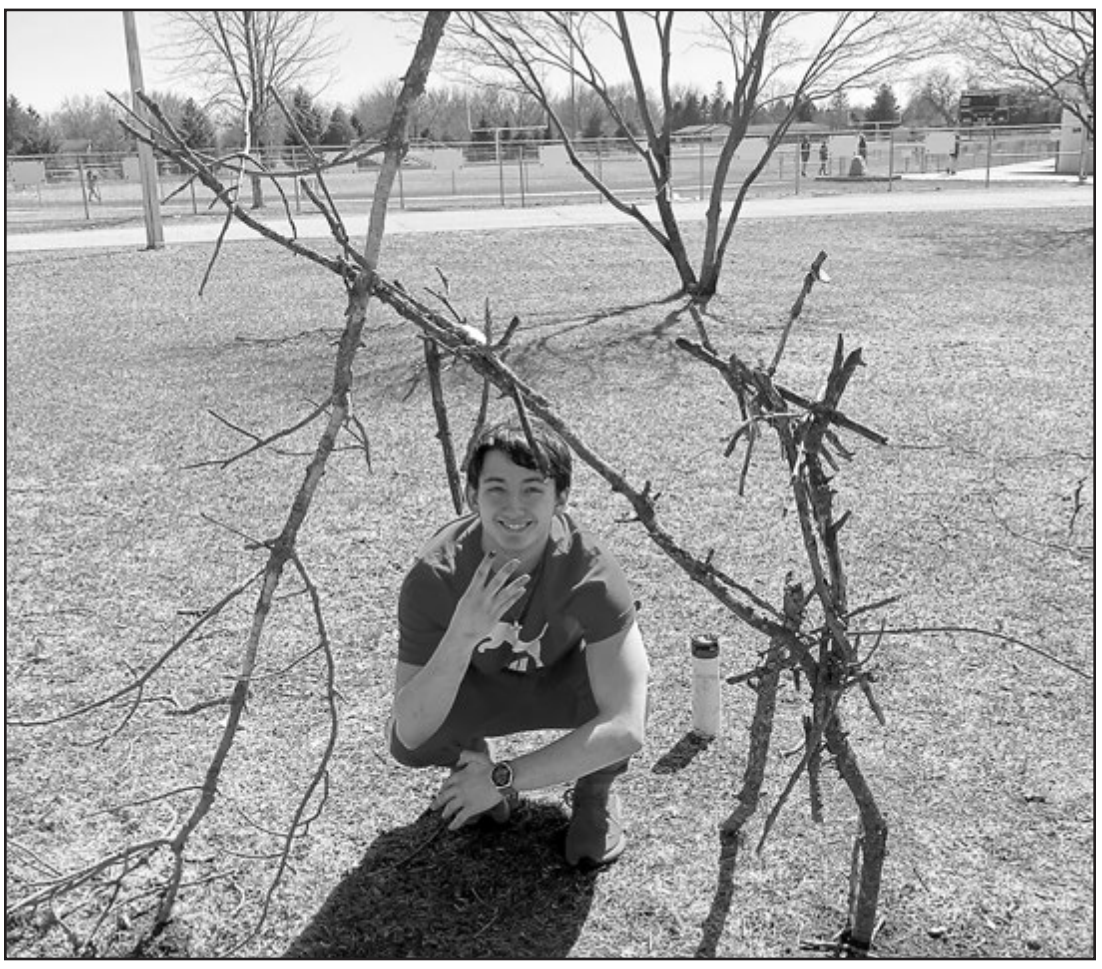
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Northwood-Kensett Land Art



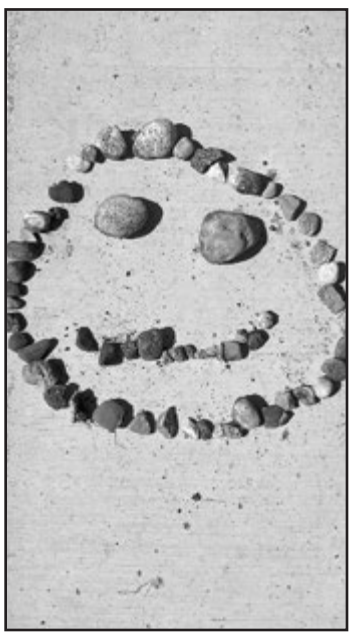




Land artists

A brief respite of nice weather offered a chance for the Sculpture class at Northwood-Kensett to take their talents to the outdoors. The students used materials found on the school grounds to craft "land art." Pictured are the students with their artistic endeavors.





N-K trap competes at home before shoot on the road

By Dean Mueller
Northwood-Kensett Trap Coach

The Northwood-Kensett Vikings hosted a triangular with Osage and Riceville at the Ikes on Thursday, April 21.

Riceville won the shoot with a score of 218. The Vikings and Osage tied with a team score of 207. In the team shoot off Osage beat the Vikings with a score of 88 to 74.

The top five shooters for the Vikings were Haydan Pestorious, Loghan Nelson, Aiden Moretz, Will Tindall and Iver Girouard.

In the men's division Haydan Pestorious was champion with a score of 47, second was Zander from Riceville with a 45 (15) and third was Jack Sparrow (Osage) with a 45 (14). The scores in parenthesis are from the shoot off to break the tie.

In the woman's division Alexa Thayer was champion with a score of 43.

On Saturday the Viking trap team attended the St Ansgar Invitational at the Mitchell Co. Trap Range.

Teams shooting were Glenville-Emmons, Alden Conger, Southland, Lake Millls, Garner-Hayfield-Ventura, Riceville, Osage, Northwood-Kensett and St Ansgar. In total there were 83 athletes participating.

Glenville-Emmons won the shoot with a score of 215, second was Lake Mills with 206, third was Riceville with 206 and fourth was Garner-Hayfield-Ventra with 204.

The Vikings had a team score of 193. Scoring for N-K were Haydan Pestorious, Aiden Moretz, Will Tindall, Brody Pace and Loghan Nelson.

In the women's division Oliva (Lake Mills) was champion with 41, second was Caitlyn (GHV) with 40, third was Haily S. (GHV) with 40 and fourth was Haily (LM) with 38 (she had to beat Corina (St. A) in a shoot off).

In the men's division Haydan Pestorious (NK) was champion with a score of 49, second was Ithan Attig (GE) with 46, third was Sean G (GHV) with 46 and fourth was Joe (LM) with 45.

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Iowa's Low-Income Telephone & Broadband Assistance Programs

Programs are available in Iowa offering discounted phone and Broadband service if a subscriber or member of the subscriber's household meets certain qualifying criteria. This program is also called "Lifeline".

An application must be completed along with proof of participation in one of the qualifying programs and sent to Winnebago Cooperative Telecom Association.

The Low-Income program offers discounts of up to $9.25 per month depending on the rate of your local phone company. See Winnebago Cooperative Telecom Association for an application form.

Qualifying Criteria for Low-Income Program

An individual is eligible if he or she participates in one of the following programs:

- Federal Public Housing Assistance
- Supplemental Nutrition Assistance Program (SNAP)
- Medicaid
- Supplemental Security Income (SSI)
- Tribal Programs
- Veterans & Survivors Pension Benefit

In addition, a consumer may be eligible if his or her household income is at or below 135% of the federal poverty guidelines. You may only receive low-income assistance from one wireline or wireless telephone, or one broadband service provider per household. See Winnebago Cooperative Telecom Association at 704 East Main St., Lake Mills, IA 50450 (800-592-6105) for Iowa guidelines.

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800-592-6105 www.wctatel.net



Confirmation at Elk Creek Lutheran Church

Elk Creek Lutheran Church, west of Kensett, recently held its confirmation on Sunday, April 24. Those confirmed were (from left) Sophia Butler, Viola Dokken, Hayden Pals, Mason Gaetske and Pastor Linda Johnson Prestholt.

Ernst offers traveling office hours in May

U.S. Senator Joni Ernst (R-Iowa) announced recently that her office will be holding traveling office hours in all 99 counties across Iowa at different times in the coming weeks to provide constituents assistance with casework.

Ernst herself will not be present, but representatives from Ernst's office will be available in every county across the state throughout the month of May to assist Iowans with problems or questions about issues involving Social Security, veterans' benefits, military affairs, passports, immigration issues, and other federal programs.

"Since I was elected in November 2014, my highest priority has been ensuring that my staff and I are available to help constituents with any federal assistance they may need," said Ernst. "When issues arise, we are here to help. That's why throughout May we are bringing our office and staff to you."

Constituents seeking assistance with federal agencies who are unable to attend the traveling office hours can contact one of the senator's offices directly or submit a casework request online at www.Ernst.senate.gov.

Anyone with questions may contact Ernst's office.

Ernst representatives will be in Worth County on Wednesday, May 11, form 1-2 p.m. in the Board of Supervisors room at the Worth County courthouse in Northwood.

NIACC John Pappajohn Entrepreneurial Center to host Youth Entrepreneurial Academy in June

The North Iowa Area Community College (NIACC) John Pappajohn Entrepreneurial Center (Pappajohn Center) will again be conducting the Youth Entrepreneurial Academy (YEA) on June 13 – 17, 2022.

Generous financial support from the John K. and Luise V. Hanson Foundation will once again make this a free event for the students participating.

YEA is now entering its 25th year of providing a unique entrepreneurial education to 25-30 individuals. The academy has been designed to help students launch their own businesses with a chance to earn seed money using a curriculum called Lean Canvas.

The NIACC Pappajohn Center has extended invitations to all North Iowa high school students via area high school guidance counselors. Marketing materials and applications have been sent to all area schools. Applicants are asked to complete an application packet including a personal and parent recommendation followed by a student essay and interview with Pappajohn Center staff. The deadline to apply is May 16 or until full.

The Academy will be held Monday-Friday from 8:30 a.m. - 4 p.m. daily. The objectives of the Youth Entrepreneurial Academy are to expose students to entrepreneurship, provide students with an opportunity to apply their skills and creativity, help students understand critical thinking skills and give students another career option of being a "job creator" instead of a "job taker."

Participants are eligible for an automatic $500 Youth Entrepreneurial Academy Scholarship if they choose to attend NIACC following their high school graduation. Students can participate two years if they don't win seed monies the first year. The students will receive gas cards to pay for the week's travel from their homes or the NIACC Campus View Student Housing will be available. Additionally the top business ideas will receive $500 in seed money for their businesses they develop during the week.

More information is available by contacting Kelley O'Rourke at the John Pappajohn Entrepreneurial Center at 641-422-4234 or kelley.o'rourke@niacc.edu.

The national NACCE Innovation Award-winning NIACC John Pappajohn Entrepreneurial Center provides comprehensive consulting services for business start-ups, existing industries and owner transitions in the North Iowa region.

The NIACC Business Division offers 25 degrees, diplomas and certificates, including a degree and certificate in Entrepreneurship.

More information is available by contacting the NIACC Pappajohn Center at 641-422-4111 or NIACC Business Division at 641-422-4290.

Northwood Anchor

Church

Fertile Lutheran Church

Thursday, Mary Circle, 9:30 a.m.; Sunday, Worship Service, 9:30 a.m.

Bethlehem Lutheran, Manly

Wednesday, WAGS, 5:30 p.m., Confirmation at Bethlehem, 5:30 p.m., BLC WELCA, 5:30 p.m.; Friday, Fuller/Holden Rehearsal at Bethlehem, 6 p.m.; Saturday, Fuller/Holden Wedding at Bethlehem, 3 p.m.; Sunday, Adult Bible Study at Bethlehem, 8 a.m., Bethlehem Worship, 9 a.m., Joyful Noise Choir Practice at Grace, 9:15 a.m., Sunday School at Bethlehem, 10:15 a.m., Grace Worship, 10:30 a.m., Confirmation at Elk Creek

Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran

Thursday, MANNA Open, 4:30 - 6:30 p.m.; Sunday, Worship - Bethany, 9 a.m., Sunday School - EC, 9:45 a.m., Elk Creek Worship, 10:30 a.m.; Monday, Manna Open, 10 a.m. - Noon

Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan

Sunday, Worship Service with Communion, 9:10 a.m., Coffee Fellowship, 10 a.m.

Pastor Cory Allard

Northwood United Methodist Church

Wednesday, Swallow Coffee House LM, 10 a.m.; Thursday, Pub Theology, 7 p.m.; Friday, Discipleship Journey, 10 a.m.; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 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, 8 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; 9:30 a.m., Silver Lake, 705 Silver Lake Rd., Northwood, 641-293-5556; 11 a.m., Sunday School, 10:15 a.m., Winnebago, 40029 210th Ave., Lake Mills; 11 a.m., Lunder, 14982 735th Ave., Albert Lea; All services require masks and social distancing.

First Lutheran Church, Northwood

Wednesday, Holden Service, Noon, Inspire, 6 p.m., Choir, SH Youth, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Gr., 9 a.m., Taekwondo, 6:30 p.m.; Sunday, Service, 9 a.m., Sunday School, 10:10 a.m., JH Youth, 6:30 p.m.; Tuesday, Staff Meeting, 11 a.m., AA-Al-Anon, 7 p.m.

Peace Lutheran Church, Northwood

Sunday Worship Service with Holy Communion at 9 a.m.

Rev. Barbara M. Wills, Pastor

Sacred Heart Church, Manly

Mass Wednesday, 8 a.m.; Mass Saturday, 5:30 p.m.

Rev. Neil Manternach, Pastor

Fr. Jake Dunne, Associate Pastor

www.sacredheartmanly.org

Faith Lutheran Church, London

Sunday School and Adult Bible Class, 9:30 a.m. (Fall through Spring); Sunday, Worship, 10:30 a.m.

Pastor Kent Otterman

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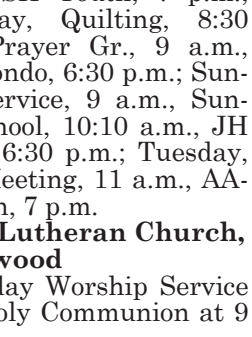
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Occasions For Prayer



The notion that we should come to the Lord on bended knee and with a humble heart is familiar to most religions. Pride and arrogance are inappropriate attitudes for approaching the all-powerful creator and ruler of the universe, and all of the world's major religions reflect this. In fact the word "Islam" derives from an Arabic word meaning submission or surrender. The idea that we should surrender or submit to the will of God can be hard to accept. We like our freedom and independence, and no one likes to be "under the thumb" of someone else. But the notion of surrender or submission here does not entail that you give up your own free will, but rather that you freely and of your own accord choose to submit to a higher power. There should be no coercion in religion, but rather each must make his or her own decision about submitting to God. This is not something that one can do once and for all, but rather one must do this almost continuously, as one will find that one's natural tendency is to fall back into our own selfish willfulness.

"Submit to God and be at peace with him; in this way prosperity will come to you. Accept instruction from his mouth and lay up his words in your heart."
– Job 20:21-22

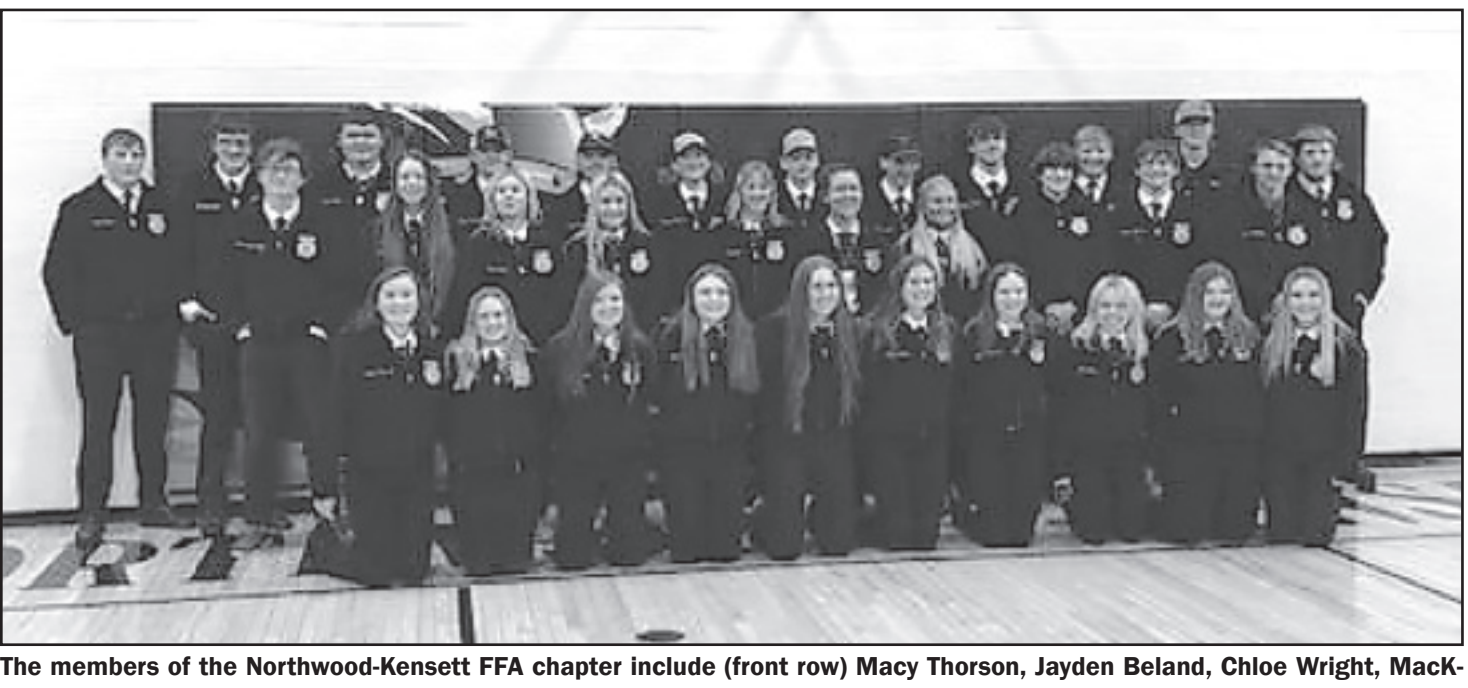
The Sponsors of this feature do so with the hope that more people will attend the church of their choice on a weekly basis

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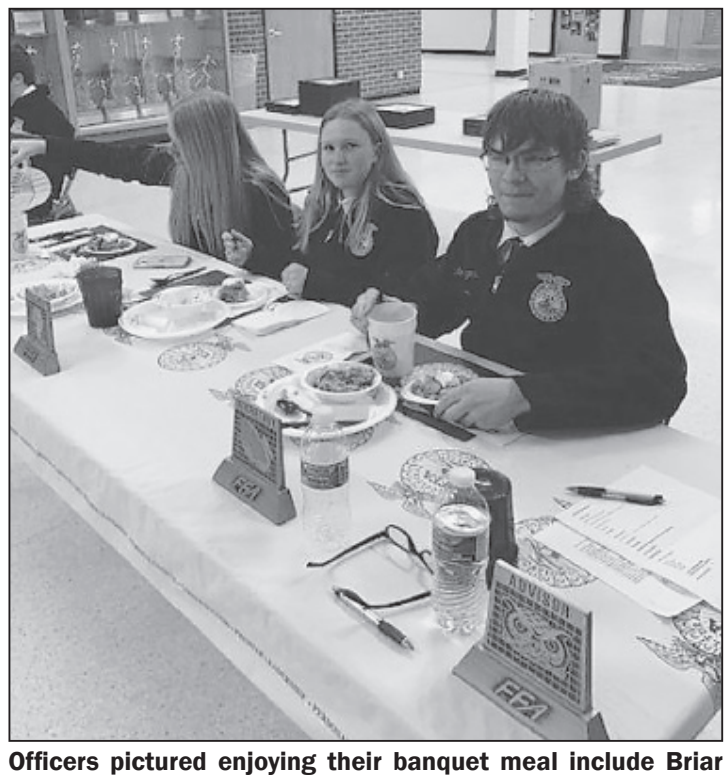
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Northwood-Kensett FFA Awards Banquet 2022



The members of the Northwood-Kensett FFA chapter include (front row) Macy Thorson, Jayden Beland, Chloe Wright, MacKensy Tomlinson, Hayley Wallin, Morgan Wallin, Madalynn Hanson, Laney Miles, Addison Tasker, Ashlynn Rollene, (middle row) Christopher Madsen, Hadley Buenzow, Kyle Buehrer, Hailey Krambeer, Megan Ocel, Emma Logeman, Briar Anderson, Micheal Janssen, Dalton Logeman, Hayden Pestorious, (back row) Justin Mills, Jackson Foss, Josh Stevens, Brody Paulson, Jackson Faber, Brayden Hoeppner, Evan Lorenzen, Loghan Nelson, Carter Anderson, Tyler Mills, Dylan Tews and Jace Gentz.



Officers pictured enjoying their banquet meal include Briar Anderson, Jayden Beland and Dalton Logeman.



Seen here are Star Chapter Degree recipient Morgan Wallin and Star Greenhand Degree recipient Macy Thorson.



Greenhand Awards went to Jackson Faber, Brody Paulson, Carter Anderson, Evan Lorenzen, Loghan Nelson, Brayden Hoeppner, Addison Tasker, MacKensy Tomlinson, Hadley Buenzow, Madalynn Hanson, Ashlynn Rollene, Macy Thorson, Hailey Krambeer, Kyle Buehrer and Chloe Wright.



Receiving FFA scholarships were Dylan Tews, Tyler Mills, Jace Gentz, Briar Anderson, Emma Logeman and Hayley Wallin.



Chapter Degrees went to Megan Ocel, Laney Miles, Justin Mills, Jackson Foss, Morgan Wallin, Christopher Madsen.

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Other officers pictured at the head table are Tyler Mills, Jace Gentz and Jackson Foss.


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FFA members and their families eating at the banquet.

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State 4-H Recognition Day offers youth opportunity to practice interviewing skills

Iowa 4-H members practiced and tested their leadership, communications, and college and career readiness skills as they participated in the annual State 4-H Recognition Day interviews March 27 at Iowa State University. This statewide event, held each spring, is the culmination of the year's recognition process.

Senior 4-H members in grades 9-12 can apply to be selected for special statewide opportunities, awards and trips, including National 4-H Conference, State 4-H Council, Iowa 4-H Reporters Program and Iowa 4-H Healthy Living Ambassadors. On State 4-H Recognition Day, they participate in hands-on educational application and interview activities to demonstrate their skills.

The State 4-H Recognition Day coordination team worked with 4-H volunteers to review written applications and conduct panel interviews, delivering an engaging, skill-building experience for 4-H participants.

"Through evaluating 4-H project areas, it is clear we have inspiring 4-H members doing amazing things throughout our state," said Leann Baumhover, State 4-H Recognition Day volunteer. "It is exciting to think of these 4-H members as the strength of our future. The ripple effects of their efforts will certainly affect our communities for years to come."

Awards are made possible by donors to the Iowa 4-H Foundation. The event ran smoothly with the support of 114 caring adult volunteers from across Iowa. They reviewed 4-H award applications and interviewed the youth participants. Approximately half the participating youth were interviewed in person, while the rest chose to be interviewed virtually using video teleconference platforms.

Some of the awards, and the Worth County 4-H'ers recognized are listed below:

National 4-H Conference

National 4-H Conference engages young people in a week-long focus group in Washington, D.C., where they share their perspectives on important issues with national leaders, including members of Congress.

Teagan Johnson, Worth County

Sydney Schilling, Worth County

Holden Willrett, Worth County

National 4-H Congress

Youth applied for National 4-H Congress, a week-long trip to Atlanta, Georgia, which promotes leadership, community service, team building and cultural issues.

Jack Willrett, Worth County

State 4-H Council

State 4-H Council members work directly with Iowa 4-H, representing the program across the state. They also plan the annual Iowa 4-H Youth Conference held at the end of June, which hosts over 700 Iowa youth on the Iowa State University campus.

Teagan Johnson, Worth County

Sydney Schilling, Worth County

Holden Willrett, Worth County

Healthy Living Ambassadors

These youth will be immersed in a community health and wellness learning experience addressing issues such as hunger and food insecurity, nutrition and physical health, and mental well-being.

Project Award Winners

Fifty youth were selected around the state to win project area awards. These young people have demonstrated mastery, leadership, communication and service in a specific project area throughout their 4-H career. Winners will receive an Iowa 4-H Foundation cash award of $125 with the support of project area award sponsors Glen and Mary Jo Mente.

Teagan Johnson, Worth County – Leadership

Emma Davidson, Worth County – Leadership

Iowa 4-H Reporters

Iowa 4-H Reporters receive hands-on training in video production, radio and journalism from 4-H partner organizations, and then work in teams covering events at the Iowa State Fair.

Safety and Education in Shooting Sports Ambassadors

These individuals will advocate for the Safety and Education in Shooting Sports program at the county, regional and state level, while gaining leadership, public presentation and public relations experience.

For more information about Iowa 4-H Youth Development or Iowa 4-H Recognition opportunities, please contact Bonnie Dalager at bdalager@iastate.edu.



FFA Banquet, continued

The N-K FFA officers include Sentinel - Jace Gentz, Treasurer - Jayden Beland, Vice President - Tyler Mills, President - Briar Anderson, Secretary - Dalton Logeman and Reporter - Jackson Foss.



Participating at the FFA Sub Districts were Christopher Madsen, Brayden Hoeppner, Jackson Foss, Justin Mills, Kooper Jelseth, Morgan Wallin, Madalynn Hanson and Macy Thorson.

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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

Once again, this cookbook review is not about a "real" cookbook. I was looking around in the crypt (the library where all my cookbooks live) and found an old, yellowed copy of what looks to have been an insert in a long-gone magazine. The title is "Better Homes 50 Recipes to Beat High Food Prices." With food costs soaring over the past months this was an amazing find that fits in with 2022's need to stretch the grocery budget. There is no date, no actual author and I'm assuming Better Homes is an off shoot of Better Homes & Gardens publishing. At any rate, there are some good recipes to consider. There are several categories of recipes in this pamphlet.

Start With Lower-Cost Meats:
Make-Ahead Oriental Beef Stew

1 1/2 pounds beef stew meat, cut into 1-inch cubes
2 tablespoons vegetable oil
1/2 cup chopped yellow onion
1 small clove garlic, minced
1 can (16 oz.) diced tomatoes with juice
1/4 cup soy sauce
1/2 teaspoon ground ginger
1 large green bell pepper, seeded and cut into strips
2 tablespoons cornstarch
Hot cooked rice to serve with

Heat the oil in a large, heavy skillet and brown the meat on all sides of the cubes. Add 1 cup water, the onions and garlic. Bring to a boil, cover, reduce heat and simmer for 1 1/2 hours to tenderize the beef, stirring occasionally. Skim off any visible grease then add the tomatoes with their juice, the soy sauce and ginger. Simmer, covered, a few minutes then add the green pepper and cook about 10 minutes so the pepper is tender-crisp. Mix the cornstarch with 2 tablespoons cold water and stir into the stew. Simmer uncovered and stir until thick and bubbly. Serve over the hot rice. Serves 5 or 6 depending upon appetite.

Start With Cooked Meat (leftovers!)
Chicken (or Turkey) and Stuffing Scallop

1 3/4 cups herbed seasoned stuffing mix (about 1/2 of a 6 oz. package)
2 cups diced chicken or turkey
4 tablespoons real butter
1/4 cup all-purpose flour
1/8 teaspoon salt; dash of black pepper
Two cups chicken broth
3 large eggs, slightly beaten

Prepare the stuffing mix according to package directions; spread in the bottom of a buttered 10x6-inch baking dish. Top with the chopped chicken. In a medium heavy saucepan, melt the butter and stir in the flour to make a roux (paste with no lumps). Slowly stir in the broth and cook until it is thickened and bubbly. Put the beaten eggs into a mixing bowl and stir about 1/4 cup of the hot broth mixture slowing into the eggs to temper them, blending well. Return this mixture to the hot broth. Preheat the oven to 325 degrees F. Pour the hot sauce over the chicken and stuffing but don't stir. Bake for 35 minutes or until a knife inserted just off center comes out clean. Let the dish rest for 5 minutes before cutting into squares for serving. May be topped with gravy or another type of sauce as you desire. Makes 6 servings.

Take a Pound of Ground Beef
Spanish Noodles

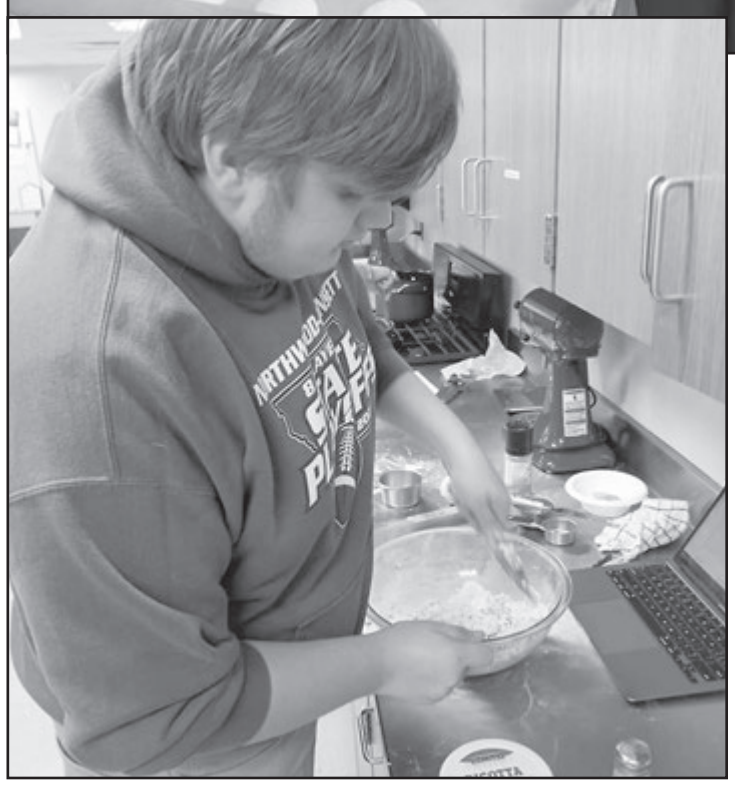
2 slices of bacon
1 pound lean ground beef
1/2 cup chopped yellow onion
1 can (28 oz.) diced tomatoes with their juice
1/2 cup chopped green bell pepper
1/4 cup bottled chili sauce
1/4 teaspoon salt; dash of black pepper
3 cups medium-width egg noodles

In a large, deep skillet or Dutch oven, cook the bacon until crisp. Drain off the drippings and crumble the bacon. In the same skillet cook the ground beef and onion until the beef is brown and the onion tender. Add all the remaining ingredients except the bacon, stirring gently so the noodles are covered with liquid. Cover and simmer for 30 minutes or until the noodles are cooked, stirring frequently. Stir in the bacon crumbles and serve hot. Makes 6 servings.

One important thing to remember about the price of meat is not to only consider the price per pound, but also the price per serving. If 93% ground beef is $4.99 a pound but there is no waste and it serves 6 people (by adding other ingredients to stretch it) the cost of the meat is only 83 cents per serving. Cheaper ground beef is as much as 20%-25% fat which gets thrown away so it significantly increases the cost of what you eat. Lean pork, turkey or ham may be more per pound but there is almost no waste. And…that's all she wrote.

Northwood Anchor Society





Noodling around

Students in Northwood-Kensett's Foods and Viking Cafe classes have spent time recently working on Italian foods. The most recent Viking Cafe had students serving homemade ravioli, macarons and more. Many, including the Anchor reporter, enjoyed the results of the student-run restaurant experience. Meanwhile, students in N-K's Foods class have spent weeks learning how to make a variety of dishes, also including homemade pastas and sauces and more.

A Senior Moment

By Sandy Olson

The old saying that "time flies when you're having fun" is not accurate in my opinion. Time flies no matter what you are doing; it just seems to take longer when you're NOT having fun! It's almost the end of April and there are so many things to do in Northwood over the next few months that it's really hard to keep up with them. My calendar is starting to fill with spring and summer activities and many of them are happening at the Senior Center. Now, being a "Senior" myself (and not the N-K variety) I want to address a rumor that seems to have circulated around town for decades. It seems the Senior Center was seen as a place for OLD people! Or, just a place to have a hot meal. Well, I'm here to tell you that is definitely not the case, if it ever was. Some of the "old" people who hang out at the Senior Center are so young at heart it's amazing. I like to think I'm one of them! Here's what we'll be doing in May:

Fun Bingo is, as always, the first and third Monday of the month. Dates are May 2 and 16 at 12:30 p.m. Prizes, Prizes, Prizes! Free to play and easy to learn; no 'dabbers' necessary!

The Northwood Bookworms book club will also meet on Monday, May 2. Time is 2 p.m. at the Public Library. This is a good chance to read the book of the month and discuss it with the group. When everyone reads the same book it's amazing how many different opinions are expressed. Mary Songstad will lead the discussion on April's book. Lorri Hagen will introduce May's selection, The Simple Truth by David Baldacci. The library will get enough copies for the club so no one has to purchase books.

Our lunchtime concerts and "name that tune" will continue with Lois Meyer on Thursday, May 12 and Thursday, May 26 at 11:45 a.m. Music helps the digestion; Lois brightens the soul!

Amy from ISU Extension will present her very interesting Fresh Conversation program at 11:15 a.m. on Tuesday, May 17. She always has good ideas about nutrition for a "senior body" and tasty samples as well!

We have a special speaker on Wednesday, May 18 when Peter Ausenhaus of the Worth County Historical Society comes to visit. He will tell us all about the history of our Senior Center building, what it was used for in the past and how it has remained in use for such a long time. Don't miss this one; we will start at Noon.

It seems everyone enjoys Lorri's trivia questions so she'll try to stump you again on Monday, May 23 at Noon. Put your thinking caps on; she's tough!

Deanna Luedtke has agreed to share more about her extensive collection of antiques. Come to see what she has in her closet and try to guess what some of them were used for back in the day. Wednesday, May 25 at 12:30 p.m.

Remember, there are no organized activities on Tuesdays because that's when our unorganized things take place. Bring your friends, your snacks, your decks of cards or board games and enjoy the space at the Senior Center. Just call 324-1244 to let Judy know you plan to be there either before or after lunch so they can set the doors to lock after the last person leaves. Better yet, come for lunch too!

The Northwood Senior Center welcomes men and women over 60 no matter where you live. If your town doesn't have a gathering place, come and gather with us! It's a welcoming, newly redecorated and most pleasant place to spend a few hours any day Monday - Friday. Be sure to view our local artists' gallery on the wall as you enter the front door. Each quarter of the year we feature the work of another talented area resident. The new display for April - June is up now thanks to JC Dawald who is heading up that project.

Bolan

On Thursday evening Bev Lucas hosted the April meeting of the Bolan Trinity United Methodist Women at her home.

On Sunday Scott and Lori Willert and Joe and Linda Nydegger attended the United Methodist Church in Mt. Vernon, Iowa. Clare Nydegger, daughter of Loren and Renee, was one of the 14 in the Confirmation Class. Also attending the church service were Kelsie and Cole Willert of Cedar Falls, Larry and Daniel Nydegger of Ellendale, Minnesota, David and Lisa Kragenbrink of Dubuque, and Mike and Suzette Kragenbrink of Mt. Vernon. They were all dinner guests following the service at the home of Loren and Renee, Anna and Ben and Clare.

Graduation Open House Announcements

Deadline Friday, May 6



The Northwood Anchor
801 Central Avenue, Northwood
641-324-1051
Published **May 11** in the Northwood Anchor

Carpenter Community Club
TO-GO LUNCH
Saturday, April 30
Carpenter Community Center
11 a.m. - 1 p.m.
Serving . . .
Smoked Pork Loin Sandwich, & Fixings
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Meat prepared by Farm Boy BBQ
Proceeds go towards future kitchen & restroom renovations

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Northwood Anchor **Opinion**

Savvy Senior

How to Find Educational Trips for Retirees Who Love to Learn

Dear Savvy Senior,

My wife and I planning to travel much more frequently in retirement and are very interested in educational trips and adventures. Can you recommend any groups or firms that specialize in this type of travel geared towards retirees?

Love to Learn

Dear Love,

Educational travel, which combines travel with in-depth learning opportunities has become a very popular way of travel among retirees. Here are a few good places to turn to find these types of trips in the U.S. and abroad.

Tour Organizations

One of the best places to start is with Road Scholar (RoadScholar.org), which invented the idea of educational travel for older adults in the mid 1970s. The Boston-based organization offers 5,500 learning adventures in all 50 states and 150 countries.

You can search for learning adventures by location, interest, activity level and price. Road Scholar also offers "Choose Your Pace" senior travel tours that allow participants to adjust their level of challenge on a daily basis. And for skip-gen vacations, they offer tours designed specifically for grandparents traveling with their grandkids.

Another excellent option is Smithsonian Journeys (SmithsonianJourneys.org), a nonprofit travel group affiliated with the Smithsonian Museum. They lead 350 educational trips a year on every continent that are led by experts from a variety of fields — academia, the diplomatic corps, scientists and curators, among others.

If you're seeking more adventure, you may want to consider ElderTreks (www.ElderTreks.com), which offers 50-plus travelers small-group adventures by both land and sea in more than 100 countries. Their trips center on adventure, culture and nature, letting you get up close and personal with the locals.

Academic Travel

Another good source for educational trips is colleges and universities. Some of my favorites include Cornell University's Adult University (SCE.Cornell.edu/travel), which offers a half-dozen educational trips and courses in the U.S. and abroad, each lasting a few days to a week or more. And Stanford Travel/Study (Alumni.Stanford.edu) that offers educational travel journeys to more than 80 countries each year.

Most college/university trips are led by faculty who share their expertise, along with regional experts and local guides, and you don't need to be an alumnus to participate.

Also check out the Traveling Professor (TravelingProfessor.com), a small-group touring company led by Steve Solosky, formerly a professor at the State University of New York. They offer a dozen or so tours abroad each year and take between 8 and 16 people.

Cruising Options

If you enjoy cruising, consider Grand Circle Travel (GCT.com), which offers educational travel aboard small ships, and Naturalist Journeys (NaturalistJourneys.com), which specializes in nature and birding tours.

American Cruise Lines (AmericanCruiseLines.com) also offers more than 35 river and coastal itineraries in the Northeast, Southeast, Pacific Northwest and along the Mississippi River. And it has themed cruises (Lewis and Clark, Mark Twain, Civil War, etc.) for people with specific historical, literary or other interests.

And Viking River Cruises (VikingRiverCruises.com), which is geared to older travelers, focuses on European art, history and culture. Each cruise makes one to two port stops a day as the ship winds its way up or down Europe's most famous rivers like the Rhine, Seine, Danube and Douro. A free sightseeing tour is included at all stops, and special-interest excursions are available for additional fees. Viking offers tours in the United States too.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

Do you have a toothpick?

What do you want with a toothpick? We haven't eaten anything.

I feel lucky.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. It was so windy I wanted to hide behind the toaster. A hood ornament blew past. It was a Dodge Ram blown from the hood of a truck. I wonder why a Dodge doesn't win every demolition derby?

The weather report had been: wind, snow, wind, cold, wind, rain, wind, repeat. The weather hadn't been all sunshine and rainbows. It never has been. We are overly optimistic about spring and spring things. We try to tease out bits of spring before they want to provide us company. The pessimists among us maintain Minnesota has only two seasons—winter and road construction. I want the National Weather Service to issue a nice weather warning. Perhaps they will offer a calm advisory on days that aren't windy?

Life is good. An oncologist hugged me, which meant it was terrible news or marvelous news. It was marvelous. According to a poll conducted on behalf of Ancestry, only 47% of respondents could name all their grandparents. Only 4% could name all eight of their great-grandparents. I thanked all eight or nine (there is disagreement on one great-grandparent) for providing the genetics to make it possible for me to continue to exist.

A plentitude of photos

Do you ever get the feeling you're the only one who has too many photos? Cheer up, there are at least two of us. You and I are in this together and I'm happy to have your company. I have thousands of bird, mammal, insect and wildflower photos for use in magazines and newspapers, but I'm fixing to delete most of them. I'm like your brother who replies to every email—eventually. "Fixing to" means I'll get around to it sometime—maybe, but first, I need to take a few more photos of those bald eagles on those two nests that look like upside-down Volkswagen Beetles in king trees.

I've learned

If the police were here to protect us, we'd all be under arrest.

Playing Scrabble is fun until someone loses an "I."

If they want to speed up baseball games, MLB umpires should call a batter out anytime a fan in the stands catches a ball.

If you're being chased by an angry mob of taxidermists, don't play dead.

If I were a spy, tying me up in front of a TV showing any of the 24-hour news channels would quickly cause me to spill the beans.

Bad joke department

I don't trust stairs. They're always up to something.

A sock puppet is wanted in connection with a robbery. Police suspect someone else had a hand in it.

Exercise and extra fries sound too much alike.

How many conspiracy theorists does it take to change a light bulb? Do your own research.

What has four legs and if it fell out of a tree, it could break your leg? A pool table.

Does anyone else forget the abbreviation for Maine or is it just ME?

Nature notes

What's all the yellowing about? It's about American goldfinches. They are turning a brilliant yellow. Dandelions are spring to some folks. The yellowing of spring. Is a group of dandelions called a pride? Mark Twain said, "In the spring, I have counted 136 different kinds of weather inside of 24 hours."

Turkey vultures are checking the expiration dates of roadkill. I've seen bald eagles in a few nests. The similar-sized golden eagle doesn't nest in Minnesota.

I'm in awe of the birds in the April snow. I make it a cardinal rule to look at every cardinal. A red-tailed hawk soaring high caused me to think of the line from "Oklahoma," "We sit alone and talk and watch a hawk making lazy circles in the sky."

European starlings were introduced into this country by Shakespeare enthusiasts in 1890. Starling population is declining in the UK and North America. The Harris's sparrow is named after Edward Harris, Audubon's pal and a horse breeder. The breeding range of this sparrow is all in Canada.

The crow-sized peregrine falcons returned in February to nest on the roof of the Mayo Building in Rochester. In early April, the female lays 3-4 eggs that hatch 35 days later in early to mid-May. Patients, staff and visitors name the nestlings.

My nature blog is at https://www.albatt.com/blogs

Meeting adjourned

Be the author of a great day written in kind words.

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Week 15- 100 days, service awards, solar credits, softball



Jane Bloomingdale
Iowa House
District 51

Week 15

This week we marked our 100th day of session and the final scheduled day of session. It is not unusual for us to go over the 100 days and there are still a handful of policy bills to work out the details. The House has completed their budgets and we are waiting for changes from the Senate. When you have 150 legislators, you will have 150 ideas of how and where to spend taxpayer dollars. Your dollars are important and some years you need a few extra days to get it right.

Beyond the budgets, we still have a few policy bills that I am hoping will move this session. The House has sent HF2574 to the Senate with a unanimous vote. This bill allows governing bodies to set up a Length of Service Award Program for our volunteer firefighters, EMS, and reserve police officers. These volunteers are a large part of all of our communities and this program is a great opportunity to say thank you. Another bill of interest is HF 2556, relating to the solar energy system credit. This bill states that an individual that completed a solar project in 2021 will be able to apply or reapply and receive the state tax credit. This does not extend the credit, just fulfills and obligation to those that earned the credit by completing their projects in before December 31, 2021.

Although this week allowed me to finish several Income Tax returns, file fewer extensions than normal, and enjoy birthday parties for my grandson and great niece; I am ready to get back to the Capitol and finish this our work.

Inaugural Legislative Slowpitch 2022

On May 1, we will be playing our first Legislative Slowpitch Game for Charity. We will play immediately after the Iowa Cubs game (about 4 p.m.) at Principal Park in Des Moines. The teams will consist of House and Senate Republicans v House and Senate Democrats. The money raised from sponsors and ticket sales will go to benefit two charities chosen by the respective teams. The Republicans have chosen the Puppy Jake Foundation and the Democrats will play to benefit the Iowa Food Bank Association. For tickets or to make a donation follow the links below.

Republican Tickets: https://fevo.me/iowarepublicans

Democrat Tickets: https://fevo.me/iowademocrats

These tickets will grant you access to both the ICubs game at 1:08 p.m. and the legislative game that will immediately follow.

If you would like to learn more about the two charities that will benefit from this game, you can visit their sites here: https://www.puppyjakefoundation.org and https://www.iowafba.org.

Letter to the Editor

Dear Editor,

A BIG SHOUT OUT TO NKCSD nurse Kaitlyn Bruns for testing school children for 14 possible eye abnormalities that if caught early enough may be corrected to eliminate or reduce future problems in their vision.

The Northwood Lions Club provided the means for this testing and Nurse Bruns sent the results to the University of Iowa Hospitals for potential follow-up.

We appreciate Kaitlyn for her efforts beyond what her job description requires. We are sure parents throughout the district feel the same.

The Northwood Lions Club (Bob Perry)

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Northwood Anchor Early Files

100 years ago

April 26, 1922

It is rumored that Mr. Raymond Bjorgo and Miss Pearl Thoen, of this city, were married in Des Moines. Both are former residents of Kensett, Miss Then having recently made her home in Northwood, being a daughter of county auditor Thoen. Bjorgo is employed in Des Moines.

One hundred and two men, students of the Agricultural College at Ames, have qualified as eligible to the chartered life saving corps of the Red Cross through passing certain tests ins swimming and first aid to the drowning. Among the men is Reginald Kjerland, son of Mr. and Mrs. O.N. Kjerland, southeast of Northwood. He is an electrical engineering student at Ames.

The minstrel show, which will be given as a benefit for the Northwood band, is now in preparation and judging from the reports of those who have heard the music rehearsals, those in charge are arranging something that will be pleasing.

Mr. and Mrs. Emil Iverson, who live about three miles west of Northwood, were made the recipients of a splendid present about one o'clock when a four-week-old baby boy was left on their doorstep. The neighbors are already calling the little chap "Deputy," Mr. Iverson being a candidate for sheriff in the coming primary election.

For the purpose of raising money with which to entertain the senior class at the annual Senior-Junior banquet the Juniors of Northwood High School will give a vaudeville entertainment in the school assembly hall. Miss Tenold has charge of the rehearsals and two shows will be given, at 7:30 and 9:30. Miss Meder has charge of the musical features. "The World in 1972" with appropriate characters and dressing will be part of the entertainment and between the farces extra specialties will be throwing for good measure. The orchestra will play.

75 years ago

April 24, 1947

Continued unfavorable weather has prevented any very great amount of field work as yet, especially in the areas where fields are low or flat. Freezing temperatures were recorded for 16 consecutive nights until April 21 and this has been a strong factor in the slowness with which the ground had dried.

A call has been issued by Dr. A.J. Heiny, chairman of the Northwood Planning Committee, for a meeting of the members of his committee jointly with the Town Council to be held tomorrow evening at 8:00 o'clock in the court room to listen to the report of the engineers who have made the survey and platted the proposed storm sewer drainage system for Northwood.

Mrs. Jean Perry of Northwood has received word that her son Dale has received promotion to the rank of technician fourth class, which is said to be equivalent to that of sergeant, and that her daughter Ruth, a member of the WAC, has received the rank of staff sergeant.

Prof. Everett Frink, vocational agriculture instructor in the Northwood schools, went to Fort Dodge with 11 of the local agriculture students to attend the state Future Farmers of America convention, which was held in that city. Students who accompanied Mr. Frink are Wilfred Roisen, Norman Davis, Laurell Davis, Alton Lokken, Harley Lehman, Warren Williams, Harlan Williams, Dale Flatness, Virgil Grosland, Norman Dierks and Merle Aase.

Plans have been completed locally for a four-team baseball league for this summer. Northwood, Grafton, Plymouth and Joice will be the member teams. E.C. Seater, Barton township farmer and well known baseball enthusiast, has been named as manager of the Northwood team, and will be assisted by Dr. A.J. Heiny, one of Northwood's leading diamond "fans." Art Ruffridge will be the business manager.

50 years ago

April 27, 1972

Steve Brunsvold, James Krull and Russell Thompto, were named Iowa State Farmers at the annual Leadership conference in Des Moines. All are seniors at Northwood-Kensett School. Howard Rupert is chapter advisor.

Chad Wymer, director of the Iowa Development Commission, Mrs. Velma Fry, Van Horne, Art Holden, Manly, and Kenneth Fulk, Secretary of the Iowa State Fair, display the Betsy Ross flag used as a symbol for the 1976 USA Bicentennial Celebration. Wymer, Fulk and Mrs. Fry were in Worth County last week promoting interest in the Bicentennial and the proposed World Food Fair. Holden is temporary chairman of Worth County for the event.

Mrs. Peggy Hauswirth, Lorenz, Worthy Grand Matron of Iowa was the special guest at the Northern Light Chapter, Order of Eastern Star on April 20. Mrs. Hauswirth are John McCallum, Worthy Patron and Mrs. Phyllis Reeder, Worthy Matron. Several other grand officers also attended.

The Northwood-Kensett Vikings placed in every event but the mile run to capture the Class B championship at the Clear Lake Relays Saturday. Viking track coach Robert Weselmann credited the win to "A lot of kids who want to put out" as the N-K cinder squad had more than one qualified in six events. The Vikings had more qualifiers in the 220 yard dash than in any other event as Jim Marker, Marty Ringham and freshman Chuck Nowlin finished third, fourth and fifth.

Both Viking boys and girls won meets. The boys topped the Bison Relays at Buffalo Center with a score of 81.5. First pace results were in high jump, discus and 2-mile relay. The girls were winners at the Osage Triangular with a score of 68. Osage was second with 62 and Lake Mills with 58.

25 years ago

April 23, 1997

The Arlow Rugland farm in Hartland Township reflected the hustle and bustle common on Worth County's cropland as farmers took advantage of warm temperatures and relatively dry soils and skies to get as much spring fieldwork done as possible. Here, Arlow's son Kris used a field cultivator to tear open topsoil in preparation.

Northwood-Kensett High School senior Ben Hengesteg and his date, N-K junior Jessica Madson, are one of 10 couples who will arrive at Junior-Senior Prom in Signature's limousine. Two trips will be required to deliver that well-dressed passenger list to its appointed revelry, according to limousine owner Rhonda Athey.

Approximately 55 Northwood-area residents helped raise $3,400 for the American Heart Association Saturday in the city's first-ever Heart Walk. Most of the hikers completed the 3-1/2 mile jaunt in 50 - 60 minutes, according to event organizer Betty Kruger. Northwood manufacturer Carroll George Inc. contributed $2,400 of the total and the walkers raised the remaining $1,000 on pledges from friends and family.

Anne and Jenny Adams, daughters of Judy and Frank Adams are preparing for prom. Ann is an N-K junior and will attend her first prom. Jenny is a freshman at NIACC and will attend her fifth prom at N-K.

Veteran Northwood dog exhibitor Lolita Hammes accomplished a career first by showing two dogs to championship points in the same show. Judges named Hammes's miniature Schnauzer "K" and her Brussels Griffon "Jumpers" best bitches in their respective classes Sunday at the Waterloo Kennel Club's annual show at the North Iowa Fairgrounds in Mason City.

10 years ago

April 25, 2012

Ryan and Jeri Severson and family have welcomed German foreign exchange student Svenja Hansen into their home this school year. They also welcomed her parents, Angela and Uwe, on a recent visit to American. Pictured were the Hansens, and Ryan, Jeri, Carter and Blake Severson.

At the most recent WCDA grant awards announcement, the Northwood Chamber of Commerce received the second largest award of the day, which will be used to enhance entertainment at Northwood events. The Chamber received an award of $111,560 for a "Showmobile" portable stage. Made in Owatonna by the Wenger company, the stage folds up into a rectangular container, which can be pulled to an event as needed. Once there it is unfolded into a stage with an overhang and lights in place and ready to be hooked up for whatever type of performance is planned.

The monthly reading day of "It's Raining Good Books," turned out to be somewhat prophetic, as it rained much of the day. Students were asked to bring umbrellas and rain gear, as well as a favorite snack to enjoy as they read "The Rain Came Down." Students in Mrs. Hanson's kindergarten class, Haddie Hanson, Chloe Costello, Ben Yezek, Alexis Rops, Christian Flatness and Collin Kuhimann.

Each year the inter Se Study Club in Northwood makes hundreds of May baskets to raise money for the Northwood Public Library. The attractive baskets are sold for $1 and contain a variety of wrapped candy decorated in colorful netting and an attractive ribbon. LeAnn Steif, Angie Carman, Deb Mueller, Colleen Hendrikson and Rebecca Hoag were busy assembling the baskets.

Northwood Anchor Obituaries

Steven Lippstock

Steven Morris Lippstock, 53, died on Wednesday, February 9, 2022, at his home in Rockwell, Iowa, after a long struggle with heart disease.

Steven was born on August 1, 1968, in Mason City, Iowa, the son of Edward and Karen Lippstock. He spent his early years growing up in Northwood, Iowa. Steven graduated from Mason City High School and lived in Mason City for some years prior to moving to Rockwell.

Steven was passionate about emulating his late father Eddie's good nature. He was always ready to help someone out. He enjoyed cars, fishing, camping and following his favorite sports team, the Green Bay Packers. Above all, his greatest passion was his love for his family.



STEVEN LIPPSTOCK

Survivors include his fiancée, Ann Swenson of Rockwell and her son, Conner; his daughter, KaLynn Johnson of Kiester, Minn.; his sons, Tyler Lippstock of Mason City, Iowa, and William Lippstock of Kasson, Minn.; his grandchildren, Ana Hinostroza and Satiago Hinostroza of Kiester, Minn.; his mother, Karen Lippstock of Northwood, Iowa; and sisters, Sandy Lippstock of Mason City, Iowa, and Susan Dike of Seattle, Wash.

A celebration of life will be held this summer and Steven will be laid to rest at the Northwood Sunset Rest Cemetery. His sweet nature and sparkling blue eyes will be greatly missed.

Debbi Vaske

Debbi Jean (Ritchey) Vaske, 65, died peacefully on March 30, 2022, under the care of hospice after a lengthy battle with cancer.

Debbi was born in Mason City, Iowa, to Actton Ritchey and Marcella (Braun) Ritchey of Northwood, Iowa. Debbi graduated from Northwood-Kensett High School.

Per Debbi's wishes her body has been cremated and the family will hold a memorial service at a later date.

Debbi was married to her first husband and was blessed with two wonderful children, Brian and Traci. In 2006, Debbi married her soul mate and love of her life, Fred Vaske.

She worked for 38 years in the Insurance industry. She earned the AINS designation on November 2, 2021. She retired from Mertz Insurance, where she worked for 21 years as a commercial underwriter.



DEBBI VASKE

Debbi is survived by her husband, Fred; son, Brian Weig (Kerry); her daughter, Traci Giles (Stephen); her stepsons, Scott Vaske (Stephanie) and Nick Vaske; her five grandchildren, Edison, Xavier, Mayzi, Gwen and Harper; along with her three step-grandchildren, Lilly, Ellie and Lacie Vaske; and her sister, Tammy (Mike) and their three children.

Debbi is preceded in death by her father, Actton Ritchey; mother, Marcella Ritchey; her grandparents, Herman and Ella Ritchey and Lawrence and Helen Braun; and several aunts and uncles.

Debbi was a blessing to everyone she knew and had a rich relationship with Christ.

Rethinking what it means to be college and career ready

By Jen Sigrist
Executive Director of Educational Services with Central Rivers Area Education Agency

It's easy to think of college and career readiness as simply graduating from high school, but we know there is so much more to it than the diploma alone. There are skills and experiences we want for children, so they are prepared for whatever path they choose.

There is essential content knowledge associated with being college and career ready. Students need the background knowledge to tackle the learning demands of any apprenticeship, certification program, two-year or four-year college course. And this might be where a traditional view of readiness ends.

Today, we also need to consider how to help students transition to their post-high school world by making goals, exploring career options, being aware of resources and financial aid opportunities for college and training programs, as well as how to apply for those programs, colleges and universities.

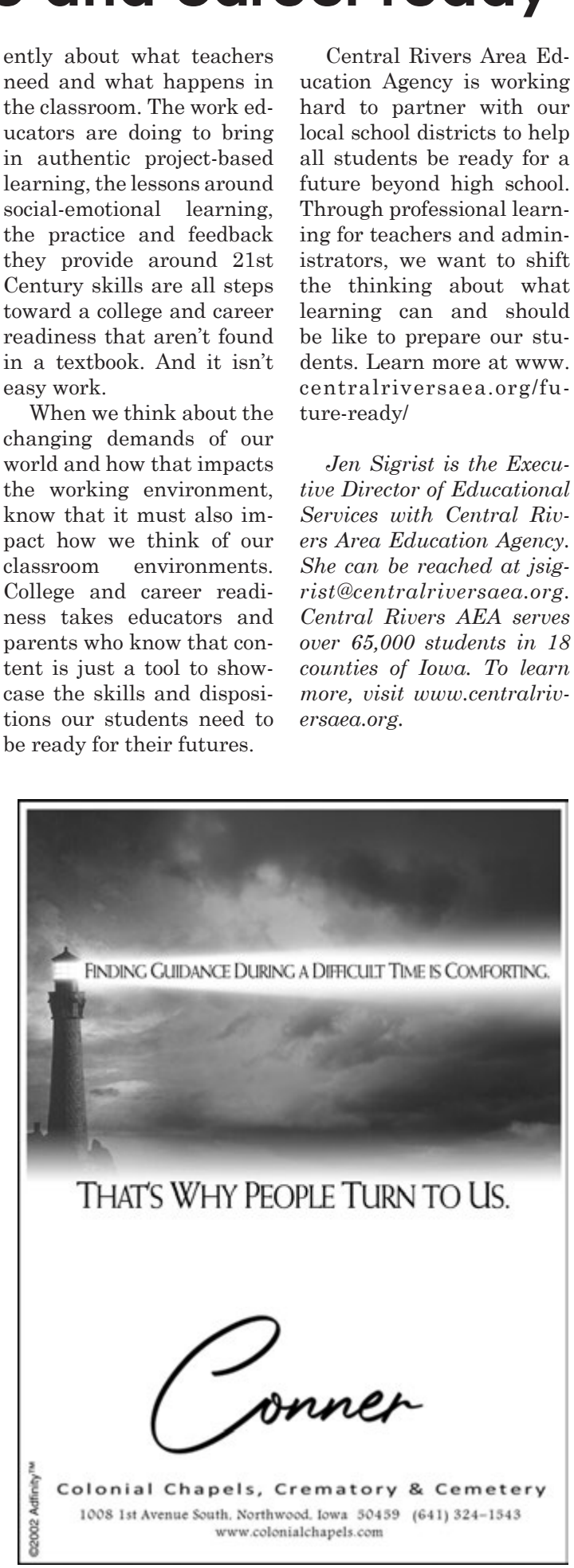
But all along as educators and parents, we are likely thinking about preparing our children to be lifelong learners with a strong understanding of themselves. We want our children to have the skills to advocate not only for themselves but for others and for causes that impact us all. We want our children engaged in issues that matter to them.

This requires a skill set beyond content knowledge alone and the scope of what a traditional view of the high school diploma implies. That change also requires us to think differently about what teachers need and what happens in the classroom. The work educators are doing to bring in authentic project-based learning, the lessons around social-emotional learning, the practice and feedback they provide around 21st Century skills are all steps toward a college and career readiness that aren't found in a textbook. And it isn't easy work.

When we think about the changing demands of our world and how that impacts the working environment, know that it must also impact how we think of our classroom environments. College and career readiness takes educators and parents who know that content is just a tool to showcase the skills and dispositions our students need to be ready for their futures.

Central Rivers Area Education Agency is working hard to partner with our local school districts to help all students be ready for a future beyond high school. Through professional learning for teachers and administrators, we want to shift the thinking about what learning can and should be like to prepare our students. Learn more at www.centralriversaea.org/future-ready/

Jen Sigrist is the Executive Director of Educational Services with Central Rivers Area Education Agency. She can be reached at jsigrist@centralriversaea.org. Central Rivers AEA serves over 65,000 students in 18 counties of Iowa. To learn more, visit www.centralriversaea.org.





A hole in one

The Northwood Public Works department, along with Peterson Excavating, recently dug deep at the intersection of Seventh Street North and Second Avenue North. The excavation was done to replace a manhole there, which is pictured being put in its place.

City of Kensett

The Kensett City Council met in regular session 4/11/22 at 7:00 P.M. at City Hall with Mayor Corey Pulju presiding. Council Members present were Pilkington, Douglas, Heiken, & Woltzen.

Absent: Parker.

Visitors: Annika Schreiber & Art Kuennan.

Mayor called meeting to order.

Motion to approve agenda by Heiken, 2nd by Pilkington, carried unanimously.

Motion to approve minutes by Woltzen, 2nd by Douglas.

Clerk discussed IMFOA conference April 20th-22nd and general correspondence.

Old Business: Reminder of City Clean-Up May 7th.

New Business: Renewal of Peg Legs Liquor License, motion to approve by Heiken, 2nd by Douglas, roll call vote taken, all ayes, carried unanimously.

Resolution #642 -transfer of funds, motion by Woltzen, 2nd by Pilkington, roll call vote taken, all ayes, carried unanimously.

Treasurer's Report: March 2022 Revenues by Fund: General 7057.86, Utilities 6125.89, Special 6260.60. Total Revenues: $19,444.35. Stands approved as read.

Motion to pay bills by Douglas, 2nd by Woltzen, carried unanimously.

Payable: Alliant Energy 3503.84, WCTA 272.63, B. Luckason 329.47 (net), R. Bauer 1371.04 (net), L. McNally 4950.40 (net/vacation payout), W. Hillson 684.90 (net), C. Hagen 1306.98 (net), Federal & SS 3479.57 (payroll), IPERS 2025.87 (payroll), Tractor Loan Payment #38/60 321.98 (casino $-general), Chantelle Rollene 50.00 (Hall deposit refund-general), IMFOA 50.00 (dues-general), AgSource 26.75 (service-water-testing), Kensett Water 104.00 (sewer fees), Staples 178.96 (supplies-general), C. Hagen 39.20 (mileage-general), Waste Management 1444.04 (garbage & recycling-general), C. Pulju 184.70 (net), KFD 400.00 (fire protection), Brown Supply 680.00 (water meters), NGT 49.76 (tech service-general), Nelson Septic Service 125.00 (service – general), R80 159.14 (KFD-diesel-road use), Northwood Anchor 249.39 (publications-general), Kelly Hardware 45.26 (supplies-general), A & I Auto 38.60 (tire-general), State Tax 913.00 (payroll), Peterson Excavating 4750.00 (snow removal-road use), Olson Insurance 125.00 (clerk bond-general), Arlys Bergdale 84.00, Herb Thompson 25.00, D & C Window Cleaning 30.00, Arlys Bergdale 105.00, Culligan 10.70, Baker & Taylor 384.65 (books),

Disbursements by Fund: General 5560.52, Special , Utilities 3158.10, Payroll 15,245.93 (gross).

Total Disbursements: $30,398.83.

Motion to adjourn by Heiken, 2nd by Pilkington, carried unanimously.

Carrie Hagen, City Clerk
Corey Pulju, Mayor

Supervisors

April 18, 2022
Sixteenth Day

The Worth County Board of Supervisors met pursuant to adjournment with Enos Loberg and A.J. Stone, present, and Mark Smeby, present via Zoom. All members voting "AYE" unless noted.

Meeting called to order by Smeby, followed by the Pledge of Allegiance.

Motion Stone/Second Loberg to approve today's agenda and minutes from April 11, 2022 meeting. Motion carried.

Motion Stone/Second Loberg to approve the Secondary Roads FY23 DOT Budget and Program. Motion carried.

Motion Loberg/Second Stone to approve claims in the amount of $77,473.85, as per the following schedule. Motion carried.

Agvantage Fs Inc
Supplies-Con 20.52
Amazon Capital Services
Supplies-Trs 106.56
Aramark, Service-Eng 176.24
C J Cooper & Associates Inc
Service-Tra 110
Centurylink
Service-Gsr 128.9
Cindy Thompson
Reimb-Asr 481.26
Crittenton Center
Service-Juj 933
Culligan Of Mason City
Service-Shf 259
Dickinson, Mackaman, Tyler & Hagen, P.C., Service-Sup 1224
Fallgatter's Market Inc
Supplies-Shf 401.05
Galls, Llc, Supplies-Shf 115.49
Grafton Welding
Service-Eng 278
Heartland Power Coop
Service-Wwt 3626.31
Huber Supply Co Inc
Supplies-Eng 130.61
I35/105 Welcome Center Inc.
Fy22 3rd Qtr H/M Tax ... 7359.92
Ia Law Enforcement Academy
Edu-Shf 150
Ia Secretary Of State
Service-Aud 66.58
Institute Of Ia Cert Assessors
Edu-Asr 680
Intoximeters, Inc
Supplies-Shf 125
Ip Pathways
Service-Dap 3008.02
Joe's Collision & Performance Inc
Service-Shf 101.45
Lake Mills Motor Sports Inc
Service-Eng 69.97
Manly Junction Signal
Service-Sup 679.73
Menards Inc, Supplies-Eng 349
Mercyone Family Pharmacies
Supplies-Phd 5.58
Napa Auto Parts
Supplies-Eng 192.36
Niacog, Service-Tra 1246.17
No Ia Juvenile Detention
Service-Juj 350
Northwood Anchor Inc
Service-Sup 1000.65
Nsb Bank, Service-Trs 28.8
Overhead Door Co Of Mason City
Service-Con 592
Plunkett's Pest Control Inc
Service-Ema 89.86
Quill Corporation
Supplies-Phd 42.36
State Hygienic Laboratory
Service-San 171
Trading Post, Supplies-Con 189.99
U S Postal Service
Renewal-Trs 130
Visa, Service-Ema 2103.78
Waste Management Of Iowa Inc
Service-Sdp 2650
Winn-Worth Betco
Fy22 3rd Qtr H/M Tax-Ndp 11039.87
Worth Co Emergency Mgmt
4th Qtr Pymt-Dis/Ema. 18636.25
Worth Co Historical Society
Fy22 3rd Qtr H/M Tax-Ndp 7359.92
Worth County Fair
Fy22 3rd Qtr H/M Tax-Ndp 11039.87
Youth Shelter Care Of N Ia Inc
Service-Juj 24.78
Grand Total 77,473.85

Motion Stone/Second Loberg to approve payroll eligibility verification for Kimberly Brown at $16.16/hr as submitted by the sheriff. Motion carried.

Motion Loberg/Second Stone to approve the update to the Worth County Safety Manual. Motion carried.

Motion Stone/Second Loberg to adjourn at 10:01 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Mark Smeby, Chairperson

Notice

THE IOWA
DISTRICT COURT
FOR WORTH COUNTY IN
THE MATTER OF THE
ESTATE OF
SHIRLEY MEYER,
Deceased
Probate No. ESPR009307
NOTICE OF PROBATE OF
WILL, OF APPOINTMENT
OF EXECUTORS, AND
NOTICE TO CREDITORS

To All Persons Interested in the Estate of Shirley Meyer, Deceased, who died on or about the January 29, 2022:

You are hereby notified that on February 24, 2022, the Last Will and Testament of Shirley Meyer, deceased, bearing date of the November 17, 2015, was admitted to probate in the above named court and that Dennis Meyer and Douglas Meyer have been appointed Executors 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 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 this April 19, 2022.

Dennis Meyer
4422 Thrush Avenue
Northwood, Ia 50459
Executor of the Estate

Douglas Meyer
4525 Thrush Avenue
Northwood, IA 50459

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

Date of second publication the 5th day of May, 2022.

17-2t

Annual Rate Notice - Iowa

Winnebago Cooperative Telecom Association is a telecommunications provider who provides basic and enhanced services within its service territory. Basic services are offered at the following rates and charges:

	Monthly Charges
Voice Grade Residential Service	$23.00*
Voice Grade Business Service	$20.00*
Federal Subscriber Line Charge–Single Line	$6.50
Access Recovery Charge–Single Line	$3.00*
Federal Subscriber Line Charge–Multi Line	$9.20
Access Recovery Charge–Multi Line	$3.00*

Toll Blocking is available at no charge for low income customers who qualify.

If you have any questions regarding the company's services and rates/charges, please contact us by visiting Winnebago Cooperative Telecom Association, 704 E. Main St., Lake Mills, IA 50450, or by calling 800-592-6105.

*In the Bancroft, Lakota, Ledyard, Manly, Northwood, Mason City, Britt, Garner, and Forest City Urban exchanges, the rates may vary from the listed rate.

WCTA

800-592-6105 www.wctatel.net

NOTICE OF PUBLIC HEARING
NORTHWOOD-KENSETT COMMUNITY SCHOOL DISTRICT

NOTICE IS HEREBY GIVEN, pursuant to Iowa Code Chapters 21 and 298A, that a public hearing will be held by the Northwood-Kensett Community School District on May 10, 2022, at 5:30 P.M., in the Northwood-Kensett Community School District Administrative Office, 1496 480th Street, Northwood, IA 50459. This hearing is on a proposed resolution to expend funds from the District's Flexibility Account for the purposes identified below. These funds were unexpended and unobligated from the sources identified below.

ORIGINAL SOURCE & PURPOSE	FISCAL YEAR	AMOUNT	PLANNED EXPENDITURE
Preschool Foundation Aid	2021	$17,465.28	Any General Fund expenditure
Preschool Foundation Aid	2020	$19,071.67	Any General Fund expenditure
Preschool Foundation Aid	2019	$94,337.00	Any General Fund expenditure
Professional Development Supplement	2021	$6,637.76	Any General Fund expenditure
Professional Development Supplement	2020	$14,141.14	Any General Fund expenditure
Professional Development Supplement	2019	$23,477.00	Any General Fund expenditure
Teacher Leadership Supplement	2021	$16,717.80	Any General Fund expenditure
Teacher Leadership Supplement	2020	$14,979.19	Any General Fund expenditure
Teacher Leadership Supplement	2019	$34,268.00	Any General Fund expenditure

All persons interested are invited to attend this hearing and be heard. Written comments may be submitted to the Board Secretary of the Northwood-Kensett Community School District prior to or at the date and time of the public hearing.

Published on order of the Northwood-Kensett Community School District, Board of Directors.

Secretary of the Board of Directors
Northwood-Kensett Community School District

NOTICE OF PUBLIC HEARING - AMENDMENT OF CURRENT BUDGET
NORTHWOOD-KENSETT School District
Fiscal Year July 1, 2021 - June 30, 2022

The NORTHWOOD-KENSETT School District will conduct a public hearing for the purpose of amending the current budget for fiscal year ending June 30, 2022

Meeting Date/Time: 5/10/2022 05:31 PM | **Contact:** Kim Hengesteg | **Phone:** (641) 324-2021 ext: 300

Meeting Location: Northwood-Kensett Administrative Offices
1496 480th St
Northwood, IA 50459

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.

EXPENDITURES	Total Budget as Certified or Last Amended	Amendment Increase	Total Budget After Current Amendment	Reason
Instruction	4,823,626	496,992	5,320,618	RPP, Bonus Pay, Open-enrollment
Total Support Services	2,552,632	0	2,552,632	
Noninstructional Programs	393,057	0	393,057	
Total Other Expenditures	3,520,933	0	3,520,933	
Total	11,290,248	496,992	11,787,240	

Legal
Northwood Anchor

Notice

DGOG Northwood-ia02232022, LLC plans to submit a Notice of Intent to the Iowa Department of Natural Resources to be covered under the NPDES General Permit No.2: "Storm Water Discharge Associated with Industrial Activity or Construction Activities."

The storm water discharge will be from construction grading located at Part of the NE ¼ of Section 29, T100N, R20W, Worth County.

Storm water will be discharged from 1 point source and will be discharged to the following stream: Unnamed Tributary of Ditch No. 13.

Comments may be submitted to the Storm Water Discharged Coordinator, Iowa Department of Natural Resources, Environmental Protection Division, 502 E. 9th Street, Des Moines, IA 50319-0034. The public may review the Notice of Intent from 8:00 a.m. to 4:40 p.m. Monday through Friday, at the above address after it has been received by the department.

Notice

The Annual Report of the Esther E. Losee 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.

Esther E. Losee
Scholarship Fund
714 Central Avenue,
Northwood, IA 50459

The Principal Manager is: Douglas A. Krull, Trustee; Telephone: 641-324-1981.

Notice

The Annual Report of the Carrie and Oren Igou 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.

Carrie and Oren Igou
Scholarship Fund.
Douglas A. Krull, Trustee.
714 Central Avenue,
Northwood, IA 50459.
Telephone: 641-324-1981.

The Principal Manager is Tom Watts. 641-324-2122.

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

NORTHWOOD PUBLIC LIBRARY
Monday & Friday 1-5 p.m.
Tues. - Thurs. 10 a.m.-7 p.m.
Open Saturday 10 a.m. - 2 p.m.
641-324-1340

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

Custom rate survey shows average costs of common farming practices

Many Iowa farmers hire some custom machine work in their farm business or perform custom work for others. Others rent machinery or perform other services.

In order to help producers and custom operators examine the market, Iowa State University Extension and Outreach publishes the Iowa Farm Custom Rate Survey.

This year's survey, published in March, includes 122 responses and nearly 3,400 custom rates for tasks related to tillage, planting and seeding, spraying, harvesting, farm labor and more.

Most custom rates saw an increase of 3-10%, according to Alejandro Plastina, associate professor in economics and extension economist at Iowa State, and one of the authors of the report.

The cost for labor increased almost 14%, reflecting the challenges of a tight labor market nationwide.

Vertical tillage averages $19.30 per acre, with a range of $12 to $31 per acre. Tandem disking costs an average of $16.20 an acre and heavy or offset disking costs an average of $18.60 per acre.

Custom planting ranges from $11 to $40 per acre, depending on the type of planter and setup. Combining corn shows an average of $36.75 per acre and combining soybeans averages $36.05 per acre.

Plastina said some costs have already trended higher, due to increases in diesel and fuel prices since the survey was issued. The survey assumed diesel prices would be $3.33 a gallon in 2022, based on forecasts from the U.S. Energy Information Administration.

Plastina said the information in the survey is meant to be a starting point for farmers and agribusiness to engage in conversations and negotiations.

"The survey is not meant to set the rate for a particular practice or operator," he said. "This is an opinion survey and represents the responses of participants."

Plastina said he appreciates the information that participants provide, although he noted there are fewer responses each year. In the future, if responses fall below five per cost item, that item will be removed.

This survey is only possible with the participation of Iowa farmers, custom operators and farm managers. To join the survey list for 2023, email the survey authors.

For more information, Plastina can be reached at 515-294-6160 or plastina@iastate.edu, and Ann Johanns can be reached at 515-337-2766 or aholste@iastate.edu.

Mayo Clinic Health System in Albert Lea to be enhanced, modernized with 15 million investment

Mayo Clinic Health System will invest an approximate $15 million to enhance and modernize several departments in Albert Lea.

As a continuation of the renovation and redesign of patient care areas across Mayo Clinic Health System in Southeast Minnesota, the project will:

Outpatient Fountain Centers and Behavioral Health

• Relocate outpatient services to vacated space on the second floor of the hospital building.

• Provide opportunities for further expansion.

Ambulatory Surgery and Infusion Therapy

• Relocate these areas to former outpatient Fountain Centers and Behavioral Health space.

• Include 16 large presurgical and postsurgical rooms, as well as a procedure room.

• Co-locate these areas with operating room suites toward the front of the building.

Emergency Department

• Expand space to 16 beds, with 10 general care rooms, three safe rooms with views of the lake, and three observation rooms.

• Add patient and visitor waiting areas, including a reflection space.

• Create staff workstations with an improved line of sight to patient rooms.

• Increase overall security for staff and patients.

• Equip each room with telemedicine capability that also will be available on mobile workstations.

"The relocation and redesign of these patient care areas will allow us to support the transformation and growth of the practice by leveraging the latest technology to treat patients locally; retain and recruit the best talent; and enhance patient, family and staff experiences to remain in alignment with our community needs assessment," says Robert Albright Jr., D.O., regional vice president of Mayo Clinic Health System in Southeast Minnesota.

The renovations and relocations are slated to begin in September and will occur in a phased approach over the following 18–24 months. All departments will remain fully operational throughout the project.

What is specially designed instruction?

By Kortney Owen
Special Education Consultant for Central Rivers Area Education Agency

Central Rivers Area Education Agency (AEA) is working with the Iowa Department of Education to improve outcomes for students with disabilities. A learning framework entitled, "Specially Designed Instruction, or SDI, has been developed by the Department of Education to support AEA and local school teams in this work.

The process begins with a school team working to fully understand a student's strengths and needs. For example, if a student is struggling in the area of math, the team works together to understand the student's strengths in math. They also learn what skills require more instruction. Understanding student strengths, even in areas that are difficult, has proven to be an important part of understanding the best place to begin instruction.



KORTNEY OWEN

Once the team knows a student's learning needs, they can design a learning plan. This plan focuses on the instruction of skills while supporting the student within their normal classes. This plan comes to life when general and special education teachers work together to design instruction. Imagine a special education teacher targeting basic math facts. Then the classroom teacher teaches larger math problems in the elementary classroom. The general education teacher uses the same strategies and makes connections for the student and other students needing support. General and special education teachers working together helps many students in a classroom be successful.

As the learning plan is put in place, teams continue to collaborate. Changes are always considered if learning continues to be difficult. This might be another style of instruction or the use of different materials. School teams celebrate with students and families when students make progress on learning goals.

The components of SDI provide students with disabilities with high-quality instruction. Teams can use this process to support any student who needs additional instruction to be successful, not just those receiving special education services.

When Central Rivers AEA and our local school districts team together, it can have a big impact on student outcomes. Reach out to your school district or Central Rivers AEA representative to learn more!

Kortney Owen is a Special Education Consultant for Central Rivers Area Education Agency. She can be reached at kortneyowen@centralriversaea.org. To learn more about Central Rivers AEA, please visit www.centralriversaea.org.

CLASSIFIED ADVERTISING RATES

First 50 Words $10 plus .10/ word over 50
(Minimum charge $10)
Classified Display; $6.40 per column inch
$1.50 Billing Charge
Phone 324-1051 or by
Deadline Noon on Fridays

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WANT ADS
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641-324-1051

Agricultural/Farming Services
SOYBEAN WHITE MOLD have you worried this year? We want to help with a winning strategy for 2022. Call Jeff, Heads Up Plant Protectants 309/278 2446

Agricultural/Farming Services
EARN $15,000 - $40,000 OVER 5 YEARS #1 Hunting Lease Company in America. Customize your contract. Call Base Camp Leasing | (888) 871-1982

Auction
Have an Antique or Classic Car For Sale??? Consign Now! Country Classics Antique and Classic Car Auction. Hallberg Auction 800-373-2255 www.hallbergauction.com Transportation Available-Free Consultation

Miscellaneous
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Carpenter, Iowa
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Cell: 641-390-0864
2000 Central Ave. • Northwood, IA

JOB OPPORTUNITY
The NORTHWOOD PUBLIC LIBRARY is seeking a NEW LIBRARY DIRECTOR.
Applicants must have knowledge of media materials, computer skills and have or be able to obtain (within first 2 years of employment) a certificate of library management.
Applications may be obtained at the Library or via our website www.youseemore.com/NILC/Northwood/.
Application deadline is Friday, April 29. E.O.E.

Villa Wood North
1 and 2 BD Apartments* in Northwood has IMMEDIATE openings.
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*Must meet income guidelines
For persons 62 or older, handicapped or disabled regardless of age.
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Saints Driving School
Offering Drivers Education
June and July sessions available
$330 for class and driving
Call 641-420-3594 for more information

FOR SALE
2017 Komatsu PC88MR
mini excavator, rubber track, with 128 hours. Sealed bids will be excepted with a deadline date of May 13, 2022 at 3:00 P.M.
City of Manly, 106 S. Broadway St., Manly, IA, mailing address: PO Box 516, Manly, IA 50456

The Kensett Public Library is taking applications for a Part-Time Library Director
This position requires someone who would work well with the public, have some computer skills, and willing to take classes to become a Certified Public Librarian.
Applications may be picked up at the Library.
You can also send applications to:
Kensett Public Library
214 5th St., Kensett, IA 50448
Application deadline is May 17, 2022
The City of Kensett is an equal opportunity service provider.

Mitchell County Acreage with Four-Bedroom Home Online Auction
For Linda and the late Charles Levan
4481 Quail Avenue, Stacyville, Iowa
(from Stacyville: 3 1/2 miles east to Quail, then 1.7 miles south)
Auction Close: Wednesday, May 18th @ 6:30 pm
Open House/Inspection:
Sunday, May 1 @ 12:00 - 1:30 pm • Monday, May 9 @ 5:30 - 7:00 pm
Modern four-bedroom, split-level home with two metal storage buildings on 4.8 acres!
Mark the open house dates on your calendar now!
See website for information and photos!

FoxAuctionCompany.com
Call 641-420-3243 for more info!
Auctioneer: Frank Fox
FOX AUCTION COMPANY

Sports Anchor



Senior golfer Emma Davidson takes her turn at the first tee last Monday in Nashua. Davidson placed second on the day with a 49, just one stroke back of medalist Paige Fgranzen from N-P who shot a 48.



Taking time away from his other spring sport of track, the Vikings' Mason Thofson watches his drive sail down the fairway last Tuesday at the Nashua Town and Country Club. Thofson shot a respectable 62 for the day to help the Vikings to a second-place finish with a team score of 197.

N-K girls golf team take top honors at Round Grove Golf and CC

By Mike Simmons
Sports Editor

The Northwood-Kensett girls golf team put its game together last Thursday afternoon in Greene and took home top honors, outscoring North Butler, Saint Ansgar and Osage, shooting a 235 as a team.

The Lady Vikings were led by senior Emma Davidson, who shot a team best 53, while Hayley Wallin and Payton Wilder scored a 56 and 60 to help secure the top spot. Other N-K girls scores included Haddie Hanson 66 and Ella Leonard 79.

The boys team didn't fare as well, placing fourth with a 205.

N-K's Drew Wilder shot an incredible 39, just three strokes off the winner's pace of 36 that was shared by Mitchell Staudt of North Butler and Leo Klapperich of Osage.

Other top boys scores included Jason Hanson 52, Nick Hanson 55, Breyden Hoeppner 59, Brody Paulson 64 and Camden Trenhaile 75.

In other action last week, the boys and girls golf team got a match in at Nashua's Town and Country Club on a gorgeous day last Tuesday afternoon.

Davidson was just one stroke shy of sharing medalist honors, shooting a 49 that was good enough for second place, just one stroke behind medalist Paige Fgranzen of N-P. Other girls scores included Wallin 62, Hanson 69 and Leonard 89.

The boys team had a solid showing at Nashua, placing second, just 14 strokes back from first-place Central Springs (183).

N-K's top golfers were Wilder, who earned medalist honors with a low score of 37, and Nick and Jason Hanson, who shot a 51 and 53 respectively on the day. Other N-K boys scores included Hoeppner 56, Mason Thofson 62 and Paulson 73.

The golf teams had three meets on this week's schedule, those include Monday at Mason City and Tuesday and Thursday at home at the Northwood Country Club.

Boys Team Scores at Nashua – Central Springs 183, Northwood-Kensett 197, Nashua-Plainfield 201

Girls Team Scores at Nashua – Central Springs 228, Nashua-Plainfield 232, Northwood-Kensett 239

Boys team Scores at Greene – North Butler 164, Osage 165, West Fork 197, Northwood-Kensett 205, Saint Ansgar 230

Girls Team Scores at Greene – Northwood-Kensett 235, Saint Ansgar 259, Osage 264, North Butler No Score



N-K senior Josiah Kliment cruises to an easy victory in the 400-meter hurdles last Tuesday night at the Comet Relays in Charles City. Kliment took home the team's only individual first-place medals in the 110 and the 400-meter hurdles.

Vikings shine at Charles City and North Iowa meets

By Mike Simmons
Sports Editor

The Northwood-Kensett boys track team was able to hit the oval twice last week, placing third last Tuesday at Charles City and fourth last Thursday at North Iowa in Buffalo Center.

Last Tuesday at the Comet Relays in Charles City, Josiah Kliment, Thomas Block and Treycen Rollene dominated the scoring for the Vikings, earning 20 and 16 points respectively for the team.

Block had strong runs in the 200 (24.47) and 400-meter dashes (54.38), taking home second place medals in each event while Kliment took home the Vikings' only individual first place medals with wins in the 100 (15.98) and 400 hurdles (59.66) and Rollene, who takes care of most of N-K's long distance running events, placed second in the 800 and the 1,600-meter run.

Other individuals scoring points for the Vikings at the Comet Relays were Kooper Julseth in the 800 (4th), Aden Bice in the 3,200 (3rd), Logan Mayberry in the discus (6th) and Julseth in the high jump (5th).

The Vikings, known for their relays, placed in the top four in the 4x100 (3rd), the 4x200 (4th), the 4x800 (3rd), the sprint medley (3rd) and the shuttle hurdle team of Hayden Moore, Block, Drake Tiedemann and Kliment took home the team's only first-place medals in the relays.

The Vikings, unlike their girls counterparts, were able for the first time this season to have two track meets in the same week as they traveled to North Iowa last Thursday for the annual North Iowa Bison Boys Relays.

At North Iowa, Kliment and Block continued to make a name for themselves with Kliment placing first in both the 100 and 400 hurdles, while Block took home a first place medal in the 400-meter dash and placed fourth in the 400 hurdles.

Rollen followed up his great performance at Charles City and placed third in the 800 while Julseth placed third in the high jump and the Vikings' go to guy in the field events, Mayberry placed seventh in the discus.

The Vikings didn't have as much success at North Iowa in the relays as they would have liked but nonetheless placed second in the 4x800 and fifth in the distance medley.

But it was the Vikings' shuttle hurdle team that made the most noise, placing first with a time of 1:05.88, a time that ranks the team of Moore, Tiedemann, Block and Kliment 11th in class 1A.

After a little bit better week as far as the weather is concerned the Vikings hoped to get two more meets in this week, including Monday when they host the Viking Relays and Thursday when they travel to North Union.

Team Scores at Comet Relays – Saint Ansgar 158, Tripoli 103, Northwood-Kensett 101, Nashua-Plainfield 97, North Butler 69, Turkey Valley 42, Charles City 14, Riceville 3, RRMR 1

Team Scores at Bison Relays – Forest City 117, Saint Ansgar 108, Central Springs 86, Northwood-Kensett 68, Lake Mills 59.50, Bishop-Garrigan 57.50, North Iowa 46, North Union 37, GTRA 5, Newman Catholic 5

Lady Viking shuttle hurdle teams runs third best time in class 1A

By Mike Simmons
Sports Editor

With the cold, wind and rain last week wreaking havoc on high school sports schedules, the Northwood-Kensett girls track team was able to get one meet in, last Thursday's Nashua-Plainfield Girls Invitational in Nashua, where the Lady Vikings scored 44 team points, good for a fifth-place finish.

And while the team scores were a little low due to the number and shear talent of the teams competing, the Lady Vikings did see some success on the oval, especially in a couple of the relays.

The 4x100 team placed third at Nashua but their time of 53.49 ranks them 20th in class 1A while the shuttle hurdle team did even better. The team of Lindsey Moore, Chloe Costello, Morgan Wallin and Carly Hengesteg took home first-place medals with a time of 1"11.37, a blistering time that has them ranked third in all of class 1A.

In the individual events, Moore cashed in for her team, placing second in the 100 hurdles and the 400 hurdles, securing 16 individual points for N-K in the process. Other individuals who scored points for the Lady Vikings included Hengesteg, who placed fourth in the 400, and long-distance runner Megan Ocel, who placed second in the 3,000-meter run with a time of 12:28.39.

The Lady Vikings have just one meet on the schedule this week, Thursday night at North Union.

Team Scores at N-P Invite – Nashua-Plainfield 93, Wapsie Valley 74, Central Springs 64, Charles City 63, Northwood-Kensett 44, West Fork 37, Sumner-Fredericksburg 35, North Butler 22, Don Bosco 18, Riceville 14, Clarksville 12, Dunkerton 6, Tripoli 1, Janesville 0, RRMR 0

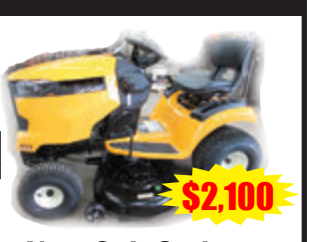
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