The Northwood Anchor

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Briefs

Fertile library hosts taco night Saturday

The Fertile Public Library will holds its annual taco night and silent auction fundraiser this Saturday, March 18, from 5-7 p.m.

The event will be held at the Fertile Community Center.

Funds benefit the Fertile Public Library, used for books and library programs.

Elk Creek soup supper Sunday

Elk Creek Lutheran Church in rural Kensett will host a soup supper this Sunday, March 19, from 5-6:30 p.m.

The meal will include chili, chicken noodle and cream of potato soup and home made pies.

The cost is $8 for adults, $5 for those ages 5-10 and free for children under 5.

Take out orders are available by calling 845-2386.

Trinity hosts potato and pie meal

Bolan Trinity United Methodist Church will host a dine-in and make-take meal on Sunday, March 26, from 11 a.m. to 1 p.m.

The options will include a baked potatoes with various toppings, homemade pies and cold beverage, for a $10 donation.

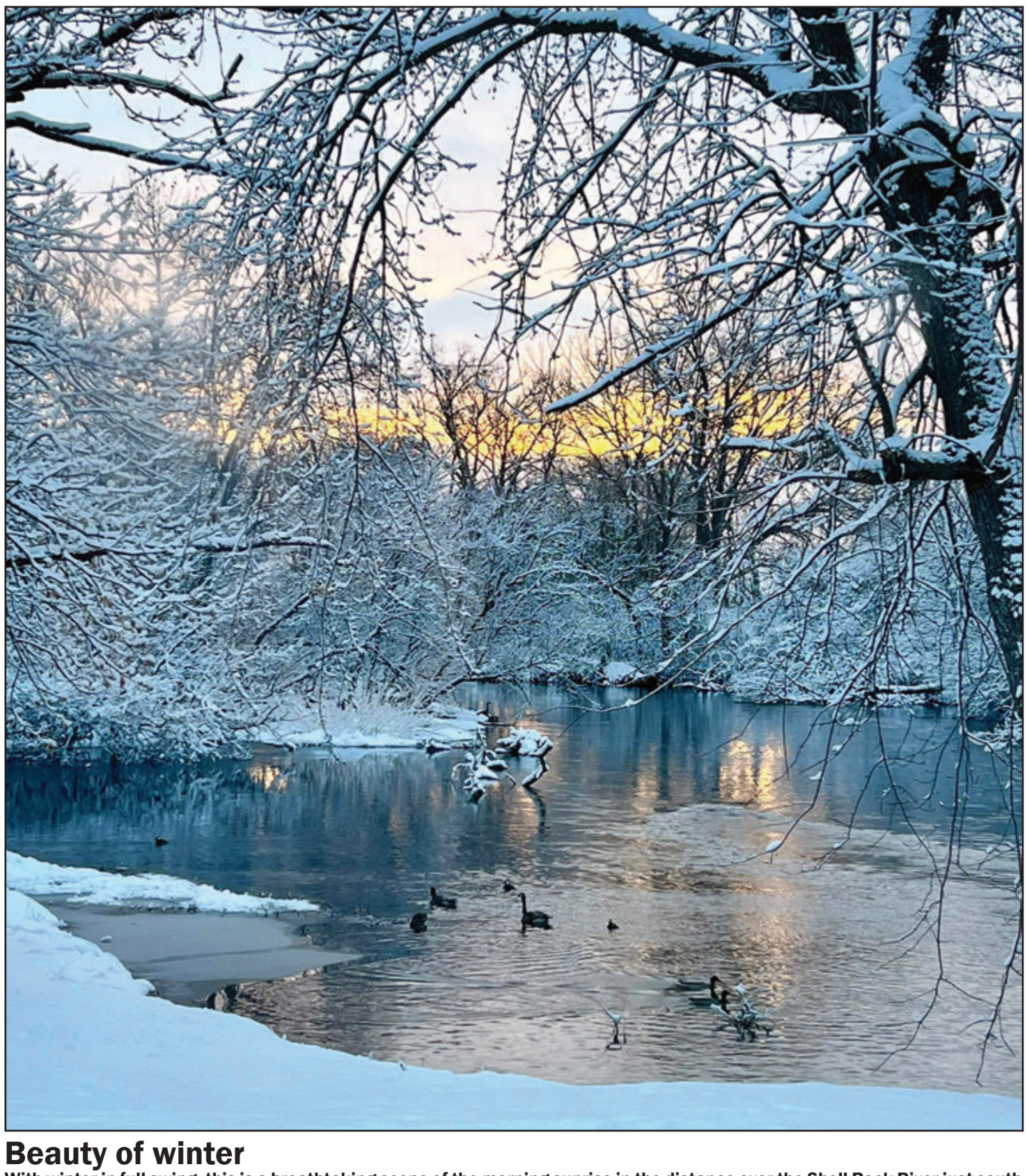
The meal is being held as a fundraiser for a new outdoor sign for the church.

5 Days until Spring



The Week's WEATHER
From National Weather Service Data

Date	Hi	Lo	Prec.
Tues. March 7	38	32	
Wed. March 8	41	33	
Thurs. March 9	36	32	0.02
Fri. March 10	34	23	0.23
Sat. March 11	33	24	
Sun. March 12	32	24	M
Mon. March 13	29	22	



Beauty of winter
With winter in full swing, this is a breathtaking scene of the morning sunrise in the distance over the Shell Rock River just south of Northwood. Several ducks enjoy the water just off of the banks of the river on this nice brisk day.
Photo credit: Jodie Bachtle

Council discusses night rides for UTVs, 65 project update, budget extension

The Northwood city council heard a request to extend hours for the use of UTVs, received an update on the Highway 65 resurfacing and were updated on the State's property tax valuation decision.

The council heard from Bradley Christianson, who was returning to the council after 5 years, asking the City to update rules for the use of ATVs (otherwise known as all terrain vehicles or 4-wheelers) and UTVs (utility task vehicles) on city streets, after the State loosened rules last year.

In 2018, Christianson came to the council, asking them to allow the use of ATVs and UTVs in the city, under the same rules as golf carts were allowed.

Last year, the State of Iowa updated statewide UTV laws, opening up all county and many city roads for the use of ATVs and UTVs day and night.

Council, See Page 2

NVFC discusses ambulance plans with Northwood council

The NVFC (Northwood Volunteer Fire Company) spoke with the Northwood city council to discuss the City's critical involvement with the fire department's planned ambulance service.

NVFC chief Blake Severson discussed the ambulance plans and status and answered questions, along with other members of the department's ambulance organizers.

In early February, the NVFC announced that it plans to begin transporting patients, in addition to its ongoing fire and rescue duties. The goal is to begin the service by July 2023.

The department plans to do so without asking for any money from the City, county or township taxpayers.

As Severson explained to the council, the NVFC has low overhead and should be able to cover costs with charges for ambulance service, even without full payback from Medicaid, Medicare and other insurance providers.

The NVFC has two vehicles ready to use as ambulances. And much of the equipment is already in place as well. Severson said that there are donors in place to help purchase the other items needed to fully equip both ambulances.

The NVFC has two paramedics on hand and could have up to 14 EMTs ready to respond by July, after 8

NVFC, See Page 2





Getting a trim
As the Iowa DOT prepares to resurface Highway 65 in Northwood, Beland Tree Service has been removing trees that are expected to be in the path of the project. That will include several dozen trees, located between city sidewalks and Highway 65.

Supervisors discuss a second ambulance vote, city funding

As the start of the new fiscal year approaches, the question of who could and should pay for ambulance coverage, and the potential for another EMS ballot measure, were discussed by the Worth County supervisors recently.

The biggest question, shared by supervisor Enos Loberg, is who will choose the Northwood Volunteer Fire Company for ambulance coverage, once the department gets underway with its service.

Supervisor AJ Stone referenced a comment that had been shared with the supervisors, asking about the possibility of putting ambulance funding back on the ballot this November.

Loberg said he thought that would be rushing the process again. He said there wouldn't be enough time to inform the public, making the same mistake as the rushed process for the vote in November 2022.

Supervisors, See Page 2

National Ag Day — See Pages 7-8

Council
Cont. from Page 1

However, the change in state law did not impact rules on local city roads. Northwood rules limit the use of ATVs and UTVs to daylight hours, and those rules remain in place.

Christianson approached the council more recently to ask them to consider updating city code to allow for the use of ATVs and UTVs in the city day and night.

Christianson noted that the night time use was not a safety issue, as ATVs and UTVs have lights and other safety measures, required by state law.

Christianson said that the council should also separate its rules for golf carts and the other small vehicles. He noted the lights, speed and other safety measures on ATVs and UTVs, not present on carts.

Christianson said that many people use the UTVs as a sort of third, alternate vehicle all four seasons, traveling to school events, to meals, to golf, amongst other places.

It was also noted that many may travel into the community on their UTVs.

Worth County Sheriff Dan Fank was asked if he saw any issues with after dark use of the vehicles.

Fank said that there aren't many problems with the vehicles. Fank did make it clear that if the council decided to allow day and night use of ATVs and UTVs, state law prevents the use of golf carts on public streets after dark.

Council member Teresa George-Zenz said that she didn't have a problem expanding the use of UTVs. However, George-Zenz, and other council members, wanted to make it clear that the 18 year age limit that corresponds with the state would also be in effect, and that carts would not be included.

The City is in the midst of revising it's code book. Part of the revisions prevents the use of carts, ATVs and UTVs on Highway 65 and Highway 105 in the city.

The State law opened the use of all roads, except those with more than two lanes, to ATV and UTV use.

Based on the proposed change, UTVs would not be able to enter the city if they couldn't drive on either highway.

The council was asked to alter its updated code. After some discussion, the consensus was to allow UTVs to drive on the highways only to access other city streets.

The council also received an update on plans for the Highway 65 resurfacing in the city.

City superintendent Dirk Van Ryswyk discussed the project. He noted the tree removal, which had started the day of the council meeting. Van Ryswyk said that after the tree and other prep work, the work on the sidewalks and roadway is expected to take place starting in May and wrapping up in July.

The road will remain open, but will only have one lane for portions of that time.

The council received an update on how the State will address an error it made when a change to property taxes presented inaccurate valuations to local taxing bodies, like cities.

The State lowered property tax rollbacks, meaning that counties, cities and schools will have less taxable property value in their property tax calculations, than when they began the budgeting process months ago.

Based on the need to recalculate budget figures, the local governments have been given an extended deadline to publish budgets, hold hearings and take other steps in the process.

Previously, the deadline would be in March. That has been extended to April 30.

NVFC
Cont. from Page 1

complete their training.

Severson said that the plan is to pay those in the ambulance service for their time while transporting patients.

With little start up costs and no ongoing salaries, Severson said that the cost charged to those being transported should cover additional the expenses of paying members, fuel and maintenance involved with the ambulance service.

The NVFC members were asked about the ability to respond with a full crew, and the potential issues when some volunteers are paid to transport, while others aren't.

Severson said that with a schedule and people that agree to be available within 5 minutes while on call, response times shouldn't be an issue.

As for any conflict about payment, Severson said those members that aren't involved in a transport call will benefit from shorter demands on their time. He explained that currently, those NVFC members that are first on the scene have to wait until an ambulance arrives, so they can share information and pass on patient care before they can go home. With an NVFC based ambulance, the volunteers not involved in transport can expect to have to dedicate roughly half the time on many rescue calls.

Asked about the access to paramedic care, Severson said neighboring ambulance services will share resources. So when the NVFC's paramedics aren't on the scene, the EMTs will still be able to begin life-saving measures and transport to meet with a paramedic from another service, and in less time than if a patient waited for a paramedic to arrive from another service.

Jake Loken, one of the NVFC's paramedics, who has experience working for an ambulance service, also clarified that EMT-trained responders can undertake the majority of the same treatments, tasks and measures that paramedics can. The only difference is that paramedics are allowed to administer some additional tools and medications that mostly, Loken said, make you more comfortable.

While the department has vehicles, equipment, staffing and the other elements in place or in the works, it would all be moot if the City of Northwood is not on board to have them be the City's designated ambulance provider.

Severson said that before they can start meeting with township leaders and those from other cities to offer their service, they first need to make sure that the City of Northwood will continue to be the supporting local government, as it has throughout the history of the NVFC.

City administrator Amber Julseth asked about issues like insurance, workman's comp and other operational costs that the City of Northwood would be responsible for.

Severson said that the only ongoing expense to the City is for insurance. He said that he had spoken with the City's insurance agency and the City could expect to pay an additional $2,500 if the NVFC adds transportation to its duties.

Council member Dan Reeder expressed his concern about the potential liability to the City. He said he just wants to be sure that the City is protected.

The council asked that the City's insurance provider and city attorney be consulted to see how the NVFC's plans might impact the City.

When asked for a deadline to have the City's decision about its support for their plans, Severson said that they would need to know within a month to move on to conversations with the townships and other communities that they will offer ambulance coverage to.

Supervisors
Cont. from Page 1

Meanwhile, how to pay the two services that currently serve the county, and will still serve portions of the county even with the NVFC in service, remained in question.

The supervisors have told the townships and cities that they will be responsible for finding the money after the first year, but there was some question about whether cities should be involved sooner.

The supervisors had determined that it could use pandemic relief funds to pay for one year of ambulance coverage from the Mason City Fire Department, requesting $292,000, and the Forest City Ambulance Service's paramedic response, for $40,000.

Those requests and what was being asked for different areas of the county was raised by supervisor Mark Smeby, who lives in the area served by the FCAS.

Smeby raised the question of why those in his area of the county would be asked to pay a disproportionate amount, when the service for the area comes with a smaller price tag.

The impact of the NVFC on the need for the MCFD also brought into question how much their area of the county should be asked to pay.

Smeby said it brought up questions of how to fund ambulance service properly and fairly.

Loberg said that, depending on the NVFC coverage, the request from the MCFD should be up for negotiation.

Smeby also questioned why the County is covering all of the first year of ambulance service. He said that the cities should have pandemic relief funds and that they should be involved in funding ambulance service.



Emerald Ash Borer confirmed in three more Iowa counties

Emerald ash borer has been discovered in Monona, Osceola and Woodbury counties for the first time. Since its original detection in 2010, the invasive, ash tree-killing insect from Asia has now been confirmed in all but three of Iowa's 99 counties.

Insect samples were collected by Iowa Department of Agriculture and Land Stewardship staff from ash trees in rural Blencoe (Monona County), Melvin (Osceola County) and Sioux City (Woodbury County). Federal identification confirmed these samples positive for EAB.

EAB is a significant threat to native ash tree species, typically killing a tree within two to four years after becoming infested. The cumulative damage by the larvae (immature stage) feeding on the inner bark eventually kills ash trees. The feeding cuts off the tree's ability to transport water and nutrients.

Indicators of an infestation may include canopy thinning, leafy sprouts shooting from the trunk or main branches, serpentine ("S"-shaped) galleries under the bark, bark splitting, woodpecker damage and 1/8-inch, D-shaped, exit holes.

While adult beetles can disperse locally by flying, long-distance spread of this insect is attributed to people moving infested material, including firewood. People are encouraged to use locally sourced firewood where it will be burned to help limit the spread of EAB.

Now is the time to decide a course of action for ash trees at risk of EAB attack (within 15 miles of a known infestation). Landowners and managers can wait and see what happens, remove declining ash trees and replace them with other species, or use preventive insecticide treatments to preserve and protect valuable and healthy ash trees. The best time to treat for EAB is in the spring, from mid-April to mid-May. Insecticides are most effective when the ash tree is actively growing and uptake is at its peak. Tree service companies can apply insecticide trunk injections through the summer if soil moisture is available.

Iowa State University Extension and Outreach has produced a publication about EAB treatments. For more information, download Emerald Ash Borer Management Options.

The State of Iowa continues to evaluate the potential spread of EAB on a county-by-county basis. Before a county can be declared positive, a life stage of the insect must be collected and confirmed. Anyone who suspects an infested ash tree in a county not currently known to be confirmed with EAB is encouraged to contact one of the following:

Iowa Department of Agriculture and Land Stewardship, State Entomologist Office, 515-725-1470.

Iowa State University Extension and Outreach, Entomology, 515-294-1101.

Iowa Department of Natural Resources, 515-725-8200.

Additional information on EAB, including a county detection map, can be found at iowatreepests.com.

Wildlife Wednesday- stumped

The Worth County Conservation has been sharing scenes of nature on its Facebook page, with Wildlife Wednesday. "Have you ever been out hiking and stumbled across a tree that looks like this? Trees that have been gnawed on in this manner indicate that there are beavers in the area! Beavers are North America's largest rodent species, and will inhabit areas along bodies of water. They are a species that will commonly change and alter an ecosystem through building dams and lodges."

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New research aims to increase safety for those in and around snowplows



From the Iowa DOT:

Our mission is to make lives better through transportation, which includes looking for ways to make you safer when traveling on wintry Iowa roads, especially when you come up on one of our massive snowplow trucks.

Light it up – testing new lighting for our snowplow trucks

You would think that our very large orange trucks would be difficult to miss, but we still have dozens of them hit from behind every year. In a crash like that, it's generally the motorist who suffers the most serious consequences. To help you better see our trucks in winter weather, we're researching new ideas to improve the lighting that is visible when coming up behind one of our trucks.

New A-lights

The new lighting system has one light on each side of the top of the truck, instead of one central light above the cab.

Tina Greenfield from our Maintenance Bureau has been working on this project and says, "Last year we were able to outfit our smaller fleet of pick-ups with additional LED lighting to help them be more visible. The results of that have been very positive, so we're now turning our efforts to the fleet of larger trucks."

Currently, there is an amber light that's about the size of a loaf of bread centered on the top of a plow truck. For the research project, Greenfield says they are testing two new lighting strategies. She explained, "For the first strategy, we're simply switching to a brighter LED light bar. The second strategy is to replace the center light with two lights, one on each side of the truck. These could be programmed to be amber, white, or blue."

Greenfield said the benefits of the two-light system include:

Two lights help drivers see each side of the truck

Mechanically, this setup is simpler, leading to fewer issues

Right now, these two lighting strategies are being tested on a few trucks in each of the Iowa DOT's six districts. At the end of the season, the results will be analyzed, and a decision made on where and when to adopt the new lighting options.

Greenfield remarked, "The new lights are wired to work with existing lighting, and we anticipate it could have a big impact on the safety of both motorists and our operators who are out in winter weather."

Wipe it off – new wiper blade technology helps our snowfighters see better

Anyone who has driven in the snow knows that visibility can be a real issue. The wiper blades on your vehicle are a vital safety tool when the weather turns nasty. Our snowfighters are out in some of the worst weather an Iowa winter can throw at them. The ability to see out the windshield is key to their safety and the safety of everyone else on the road.

Greenfield also leads research on wiper blades and said, "So much of what our snowplows push through comes up over the hood of the cab and onto the windshield. That means our snowfighters have significantly more visibility issues than the average vehicle."

Wiper blade heater switch

A switch in the cab of some of our trucks allows the operator to heat the wiper blades.

There are several options for wiper blade technology being tested this winter season. Heated wiper blades are one option, with two versions being tested. According to the manufacturers, these blades are supposed to burn through fine frost and mist. Greenfield said, "The heated wiper blades were put on some plows last year, but we didn't have much for winter. We're continuing the testing on the two different versions this winter in the northwest, central, and eastern parts of Iowa."

Other wiper blade technology being tested comes from our own crews' ingenuity. In our DeWitt garage, they are testing heated wiper fluid. The crew plumbed the wash fluid hose to run around the radiator pipe, heating the fluid inside.

Another simple solution that has been around for a few years is a "wiper shaker." Greenfield explained the concept, "It's a little motor attached to the wiper that shakes the blades. It's very common for our operators to have to reach out and snap the wiper to get rid of ice buildup. This wiper shaker is an automated way to do that. We've tried several different setups for the wiper shakers over the years, and we're continuing to collect data from operator surveys to see which options work the best."

Greenfield said, "No one knows the issues our crews face better than they do. We have a lot of new people who are asking really great questions and helping us all think about things a little differently. I'm always amazed at the solutions they come up with."

Greenfield says once the concept is proven through research and data collection, each district can decide what improvements they want to implement. Once those decisions are made, the Maintenance Bureau looks into funding that new technology, either on a district basis or statewide.

The DOT has a priority goal over five years to grow innovation. This research, combined with the empowerment of our staff to constantly find ways to make our jobs safer or more convenient work towards this goal, ultimately making the lives of our crews and everyone on the roads better through transportation.



A thankful message

On March 8, Northwood-Kensett middle and high school students welcomed a speaker, V.J. Smith. Smith shared a message of the power of being thankful, and sharing the sentiment by sharing people's appreciation for each other.

Catch-photo-release tournament encourages walleye anglers to report catches

The Iowa Department of Natural Resources (DNR) is partnering for a second year with MyCatch by Angler's Atlas to conduct a statewide walleye fishing challenge starting May 1 through June 30. The Iowa Chapter of the American Fisheries Society has joined as a research partner for the 2023 challenge.

Anglers will have the chance to win weekly prizes while also contributing to fisheries research, helping improve walleye fishing in the state.

The Iowa Walleye Challenge uses the MyCatch mobile app to record the length of a fish. Participating anglers take a picture of the fish on a measuring device using the app. Once the fish is reviewed by the catch team and meets the rules, it automatically appears on a live leaderboard where anglers can see who is in the lead to win prizes.

Participating anglers are encouraged to report all the walleye they catch in May and June through the MyCatch mobile app. The mobile app maintains anonymous location data, so angler's secret sports stay secret. DNR fisheries biologists will use the generalized lake and river catch data entered to assess and manage walleye populations across Iowa.

"Results from year one were very promising," said Jeff Kopaska, DNR fisheries research biometrician. "Iowa anglers can expand the data available, simply by reporting their walleye catches."

Anglers can register for the Iowa Walleye Challenge at www.anglersatlas.com/event/680/2023-iowa-walleye-challenge-2023. There is a $25 fee to enter the tournament.

NRCS announces funding available for conservation innovations grants in Iowa

USDA's Natural Resources Conservation Service (NRCS) is announcing the availability of funding to support Conservation Innovation Grants (CIG) in Iowa to support the development of innovative approaches and technologies. Grant proposals are due May 7, 2023.

CIG generally funds pilot projects, field demonstrations, and on-farm conservation research. Project proposals must be more than $25,000 but not exceed $200,000 and run 1 to 3 years. The CIG requires applicants to supply at least a 50-50 match.

This year's state priorities are:

- Soil Health/Climate Smart Ag
- Water Quality and Quantity
- Wildlife Habitat
- Urban Agriculture
- Equity/Reaching Underserved Customers

Applications must be submitted electronically through grants.gov. For those new to the grants.gov system, there are several preliminary steps required before an application can be submitted. To register in the grants.gov system, go to www.grants.gov, click on "Applicants," then click on "Get Registered." All non-Federal entities and individuals are invited to apply.

Funded through NRCS, CIG helps stimulate the development and adoption of innovative conservation approaches and technologies in conjunction with agricultural production. CIG projects are expected to lead to the transfer of conservation technologies, management systems, and innovative approaches (such as market-based systems) to agricultural producers, into government technical manuals and guides, or to the private sector.

More information is available by visiting the Iowa NRCS CIG webpage.



N-K speech succeeds at district speech



Northwood-Kensett Speech Team in front from left: senior Jadyn Beland, sophomore Nyx Mayberry, sophomore MacKensy Tomlinson, back row from left: senior Ellie Ehrhardt, freshman Addyson Runde, senior Teagan Johnson, junior Luisa Bremer and freshman Merrin Hanson.

The Northwood-Kensett Speech Team traveled to Clear Lake High School on Saturday, February 25, to participate at the District Individual Speech Contest. Eight students performed.

In the category of Prose, senior Ellie Ehrhardt performed "A Mouthful" by Paul Jennings and earned a Division I rating; senior Jadyn Beland performed "So God Made a Farmer's Daughter" by Whitney Turek and earned a Division I rating; and freshman Addyson Runde performed "Charles" by Shirley Jackson and earned a Division I rating.

In the category of Storytelling, senior Teagan Johnson performed "The True Story of the Three Little Pigs" by Jon Sciezka and earned a Division I rating and freshman Merrin Hanson performed "The Gruffalo" by Julia Donaldson and earned a Division II rating.

In the category of Improvisation, Ellie Ehrhardt earned a Division I rating.

In the category of Radio News Announcing, sophomore Nyx Mayberry earned a Division II rating.

In the category of Poetry, junior Luisa Bremer read poems written by herself and earned a Division I rating; sophomore MacKensy Tomlinson read poems written by herself and earned a Division I rating; and Nyx Mayberry read "Alone" by Edgar Allan Poe and earned a Division I rating.

Students earning a Division I rating will advance to the State Individual Speech Contest this Saturday, March 11, at Starmont High School in Arlington, Iowa.

The team is coached by Beth Butler.

Iowa's high school graduation rate holds steady

Iowa's high school graduation rate remains high for the graduating class of 2022, the second full year following the pandemic, according to figures released today by the Iowa Department of Education.

State data show 89.9 percent of students in Iowa's Class of 2022 graduated within four years, which is only a slight decrease from 90.2 percent for the Class of 2021. Following several years of steady progress prior to the onset of the pandemic, Iowa's four-year graduation rate for the graduating class of 2022 is still 0.6 percentage points above where it was 10 years ago.

Despite this small drop, Iowa's graduation rate is higher than its neighboring states. Illinois, Missouri, Nebraska and South Dakota all recently reported graduation rates below Iowa's, ranging from 82.2 to 89.7 percent. 2022 graduation rates for Minnesota and Wisconsin are not yet available.

For the districts that serve Worth County students, the Northwood-Kensett and St. Ansgar districts showed 4-year graduation rates of 100% for the class of 2022, as well as the class of 2021. That was up 2.3% from 10 years ago for N-K and 1.8% for SA.

For Central Springs, the 2022 graduate rate was up 6.4%, to 92.8%. After 10 years, the CS grad rate was down 1.7%.

The Forest City district's 2022 graduation rate was 87.3%. That was down 3% from 2021 and 5.4% from 10 years ago.

The Lake Mills rate in 2022 was 90.9%, down 2% from 2021 and 9.1% from 10 years ago

"Students in the graduating class of 2022 were in 10th grade when the pandemic forced us to close schools in the spring of 2020," said Ann Lebo, director of the Iowa Department of Education. "Students transitioned between learning models while facing a multitude of challenges during their junior year. But I have learned that students are resilient. As we move forward, we must continue to work with our school partners to ensure all students have the support and resources needed to succeed."

Iowa received nearly $775 million in 2021 through a third round of federal relief funding for Pre-K-12 schools to address a variety of pandemic-related expenses and strategies. At least 20 percent of the American Rescue Plan Elementary and Secondary School Emergency Relief (ESSER III) funds available to school districts must be used to address disruptions to learning caused by the pandemic. Districts have until September 2024 to expend the funds.

Iowa graduation rates are calculated with a formula established by the U.S. Department of Education. Unique student identification numbers allow school districts to account for all ninth-grade students as they move through high school. At the state level, the method helps determine when a student graduates, even if the student has switched districts during high school.

Iowa's five-year graduation rate — which reflects students who were part of a graduating class but took an extra year to finish high school — was 92.5 percent for the Class of 2021, down slightly from 93.5 percent for the Class of 2020.

At Worth County schools, 3 districts' graduation rates remained the same after an additional year for the class of 2021. The five year graduation rates for N-K and St. Ansgar were at 100%, and for Lake Mills was 92.86%

In the the Forest City district, the extra year meant one additional graduate, for 91.57%.

In the Central Springs district, 4 additional students graduated, for 95.45%.

Iowa's annual dropout rate reflects the percent of students in grades 9-12 who dropped out of school during a single year. The annual dropout rate was 3.04 percent for the 2021-22 school year. The state's 2021-22 dropout rate represents 4,698 students in grades 9 through 12.

The drop out rates for Worth County schools in the 2021-2022 school year included five students, for a rate of 1.53% at Forest City; 6 students, for a rate of 2.82% at Lake Mills; 8 students, for a rate of 3.42% at Central Springs; and no drop outs for the N-K and St. Ansgar districts.

More information on Iowa's graduation rates and dropout rates, including rates by school district and student group, are available on the Department of Education's Graduation Rates and Dropout Rates webpage.

The Northwood Anchor

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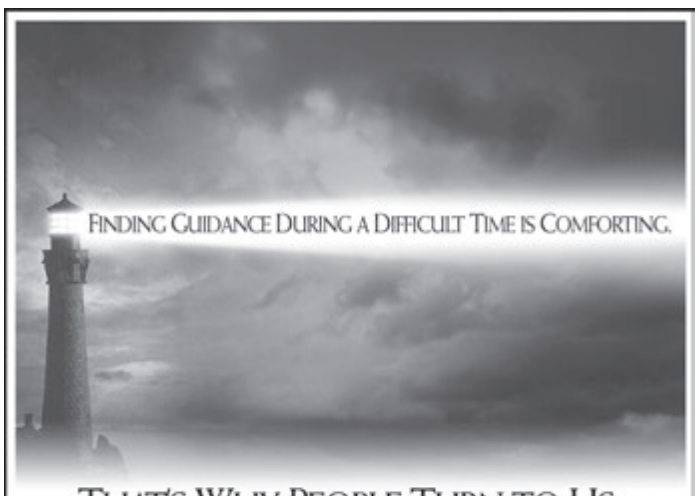
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Report shows that Iowa is only state with increasing cancer risk

The Iowa Cancer Registry, part of the Iowa Health Registry, recently celebrated a milestone of 50 years recording, tracking and reporting on the rates of cancer in Iowa and its counties.

The National Cancer Act was signed in 1971, as the disease became the second leading cause of death in the U.S. That included an increased push for more cancer research. That brought about the Surveillance, Epidemiology and End Results (SEER) program, which includes the Iowa Cancer Registry.

The ICR began in 1973, collecting data on cancer in Iowa residents. It's funded through the SEER program, as well as the State of Iowa and the University of Iowa.

"Cancer is a major burden in Iowa and throughout the United States… The Iowa Cancer Registry helps us to study the cancer experience of Iowans… Reducing the nation's cancer burden requires the cooperation of many people, including providers, patients, researchers, public health professionals, policy makers and advocates."

"The picture of cancer has changed in the last 50 years in Iowa. We now record almost twice as many cases than we did when the registry was first established. One reason for this is Iowa's aging population, as advancing age is the leading risk factor for cancer. In fact, persons over age 65 accounted for almost 60% of newly diagnosed cancers and 75% of all cancer deaths during the last five years (2015-2019). Another reason for the increased number of cases includes the increasing size of Iowa's population from 2,864,031 in 1973 to 3,207,779 in 2023. A third reason is the overall increase in the development and detection of cancer among Iowans."

"Overall cancer survival has increased in Iowa since the 1970s. Many factors can affect survival, including type of cancer, screening, stage of disease, general health of the individual, and available treatments."

"Iowa has the second highest incidence rate for cancer in the U.S., (behind Kentucky), and is the only state with an increasing rate of cancer. Increasing awareness of risk factors can help Iowans lower their risk for cancer and inform policies, programs and initiatives designed to address cancer risk factors at a population level."

Risk factors listed in the report include obesity, diet, less physical activity, alcohol, cigarette and tobacco use, infections, radiation and environmental risk factors, such as exposure to chemicals and other substances.

The report projects the impact of cancer on Iowans in 2023, and includes information for the state as a whole, as well as in individual counties.

According to the Report, there are estimated to be 20,800 new cases of cancer in 2023 in Iowa. That was up from 20,000 projected for 2022.

In Worth County, the report estimates that there will be 60 new cases of cancer in the year. That was up from the 55 cases expected in 2022.

Based on past Report data, the rate of new cases from 2015-2019, Worth County was in the category just above the rate for the state as a whole.

The report also broke down the number and percentage of types of cancer projected statewide, with breast cancer projected to make up 14%, prostate 13.2%, lung 13%, colon and rectum 8% and skin melanoma 6.3%.

Estimated cancer deaths in Iowa in 2023 are expected to reach 6,200, based on data from the Iowa Department of Health and Human Services. That was down from 6,3000 deaths projected by the 2022 report.

In Worth County, the Report projects that 15 people will die of cancer in 2023. That was down from 20 in 2022..

Worth County is also projected to be just above the state rate for cancer deaths.

The top cancers leading to death projected for 2023 are lung, with 22.9%, colon and rectum, with 87%, pancreas with 7.6%, breast with 6.6% and prostate with 5.5%.

Based on the Registry's data there are an estimated 164,270 Iowans that are survivors of cancer that were diagnosed since 1973. This includes those that have survived cancer and those currently living with cancer. The 2022 report showed 159,700 cancer survivors in Iowa.

In Worth County, the Registry lists 440 cancer survivors. There were 430 listed in the 2022 Report.

The cancers that Iowans have survived include breast, with 22%, prostate 18.2%, colon and rectum 9.6%, skin melanoma 7.9% and uterus 5.4%.









A characteristic event

As they wrapped up the week-long celebration of Dr. Seuss and reading, the students at Northwood-Kensett Elementary also held their monthly event to celebrate an element of character. The February student role models limboed to celebrate the month where they learned about showing kindness in the classroom and beyond.

Secretary Pate sets Iowa high school voter Registration Day on Wednesday, March 22

Iowa Secretary of State Paul Pate is calling for every Iowa high school to conduct a voter registration drive on Wednesday, March 22.

"Engaging in Iowa High School Voter Registration Day is a great opportunity for students to participate in their communities and encourages civic engagement for our next generation of voters," Secretary Pate said. "It is vital for students to understand that their involvement in elections is the best way to make their voices heard. I encourage every Iowa high school to participate in this statewide event."

To check the voter registration status, register to vote or update information, visit VoterReady.Iowa.gov.

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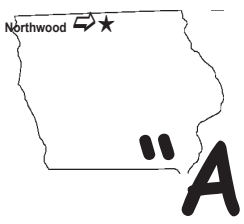
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Red Hot Chilli Pipers perform at NIACC Auditorium on March 22

The Red Hot Chilli Pipers will perform at the North Iowa Community Auditorium on the NIACC campus at 7 p.m. on Wednesday, March 22. This presentation is part of the 2022-2023 Performing Arts and Leadership Series.



It's The Red Hot Chilli PIPERS – (NOT the Peppers!) -- a 9-piece ensemble consisting of pipers, guitarists, keyboards and drummers -- who have been rocking the world from New York to Beijing to Melbourne and everywhere in between with musicianship of the highest order and a passion for pipes that will leave you breathless. The band has four music degrees from the Royal Scottish Academy of Music and Drama and all the pipers and drummers have played at the top level in bagpiping.

"The Chillis have never been more in demand for their infectious style of feel-good music which appeals right across the age range to people all over the world. Theirs are the very best musicians from Scotland and across the globe – many holding World Champion titles and all serious players with impressive credentials and qualifications. There has never been anything quite like The Red Hot Chilli Pipers. Feel the Chilli heat: It's time to come closer to the fire!"

More informaton about the Red Hot Chilli Pipers, is available by visiting their website at rhcp.scot.

For tickets to the show, call the NIACC Box Office at 641-422-4188. Tickets may also be purchased online at niacc.edu/boxoffice.

Wild-Harvested Mushroom Certification classes set for Spring

Mushroom gatherers who wish to sell wild-harvested mushrooms can attend one of two certification workshops to be held in March and April.

The certification is a requirement for those selling any of eight state-regulated mushrooms in Iowa, and participants will learn how to distinguish those eight from look-alikes that could potentially be poisonous.

People can be poisoned by eating misidentified mushrooms, according to Harbach.

The common names of mushrooms that require certification to sell are morel, oyster, chicken of the woods, hen of the woods, chanterelles, bear's head tooth/lion's mane, pheasant back, and black trumpet.

The in-person workshops will be held on March 25 and on April 15, from 2-5 p.m. on the Iowa State University campus, inside room 1302 of the Advanced Teaching and Research Building (1302 ATRB).

Iowans who have not been certified to sell morel mushrooms for three or more years much recertify this year. Registration is open to out-of-state individuals who hunt and sell in Iowa, but keep in mind local certification may be required to sell in your home state.

Participants will receive a copy of the Safe Mushroom Foraging guide, an 80-page field guide published by Iowa State University Extension and Outreach, that contains information about



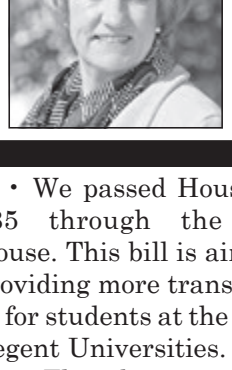
Image of a yellow morel (Morchella americana) (image courtesy of Lina Rodriguez-Salamanca)

mushrooms found throughout Iowa.

Registration is $60 and can be done online. For the March 25 workshop, register by March 18; for the April 15 workshop, register by April 8.

More information is available by contacting Chelsea Harbach at pidc@iastate.edu.

Week 9: Floor debate ramps up



Jane Bloomingdale
Iowa House
District 51

After the first funnel week, we have increased our floor debate schedule and decreased our committee work. Bills that moved out of committee last week were brought to the floor this week and we spent most of Tuesday and Wednesday in debate. We passed over 50 bills off the floor. A couple bills receiving more media attention included: HF 623 which prohibits gender surgeries and hormone therapy on children under 18 and HF 348 which limits curriculum and promotion of gender identity and sexual orientation in elementary school. Below are a few bills that received a little less media attention:

SF 75 - Rural Emergency Hospitals

• Senate File 75 establishes a licensure in Iowa for Rural Emergency Hospitals.

• A rural emergency hospital is a health care facility that maintains a 24-hour emergency room, but does not include acute inpatient care.

• Establishing licensure in Iowa for this kind of health care facility allows them to be more successful by receiving reimbursement from Medicare and Medicaid at a higher rate.

HF 135 – Student Right to Know

• We passed House File 135 through the Iowa House. This bill is aimed at providing more transparency for students at the state's Regent Universities.

• This bipartisan bill requires the Board of Regents to publish a report that includes information on income, debt, and post-graduate degree completion by major, institution, and class, helping students make informed decisions about their futures.

HF 614 - Out-of-State Teacher Licensure

• This bill allows a student who has completed a practitioner prep program in another state to apply and receive licensure in Iowa.

HF 630 - Human Trafficking Penalties

• House file 630 increases penalties for people convicted of human trafficking and removes deferred judgements and suspended sentences.

Iowa High School Voter Registration Day is coming up on Wednesday, March 22nd. Voter registration takes only a few voter registration forms and students prepared with their driver's license, non-operator ID, or last four digits of their social security number. For more information on how to register to vote in Iowa or update your voter registration visit VoterReady.Iowa.gov/RegistertoVote. Schools' participation on the 22nd can qualify for them for the Carrie Chapman Catt Award. Schools who register at least 90% of their eligible students to vote will receive a trophy, and those who achieve at least 50% will receive statewide recognition. For more information visit sos.iowa.gov/CarrieChapmanCatt Award.

Next week, I am looking forward to bring the State Government Streamline bill to the House floor, working on bills to increase childcare, address our workforce shortage, and continue to reduce the tax burden for Iowans.

It is an honor to serve as your Representative and as always, please feel free to contact me with any questions and concerns. My email is jane.bloomingdale@legis.iowa.gov

Bolan

Linda Nydegger was able to attend the production of "Shrek" at North Iowa High School in Buffalo Center, on Friday evening. Joslyn Koppen, who is in eighth grade, was in the Ensemble Members group. Others attending were Derek and Jane Koppen, Jacob Koppen, from rural Lakota and Jenna Koppen of Des Moines.

Watch the papers and other ads regarding the upcoming Bolan Trinity UM Church "Dine-In or "Make-Take" lunch which will be held on Sunday, March 26, in the church basement. It features baked potatoes with a variety of toppings available and either homemade pie or refrigerated desserts, plus a beverage.

This will be a fundraiser for an updated outdoor church sign.

Northwood Anchor Church

Fertile Lutheran Church
Sunday, Worship Service, 9:30 a.m., Sunday School & Confirmation, 10:30 a.m.

Bethlehem Lutheran, Manly
Wednesday, Grace Circle, 2 p.m., WAGS at Grace, 5:30 p.m., WELCA Board Meeting at Bethlehem, 6 p.m., Lenten Service at Grace, 7 p.m., Meal, 6 p.m.; Saturday, Bethlehem Quilting, 9 a.m.; Sunday, Grace Worship, Bethlehem Adult Bible Study, 9 a.m., Bethlehem Sunday School, 9:30 a.m., Bethlehem Worship, 10:30 a.m., Grace Chili Cook-off, 11 a.m. - 12:30 p.m., Community Lenten at Sacred Heart, 4 p.m., Early Communion Class at Grace, 6:30 p.m.; Tuesday, Manly Care Center, 10 a.m., BLC Altar Guild, 1 p.m., Grace Council, 6:30 p.m.
Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/ Elk Creek Lutheran
Wednesday, Lent, 7 p.m., Grace meal, 6 p.m.; Thursday, Manna Open, 4:30 - 6:30 p.m.; Sunday, Worship - Elk Creek, 9 a.m., Sunday School - Elk Creek, 9:45 a.m., Worship Bethany, 10:30 a.m.; Monday, Bethany Council, 9:30 a.m., MANNA Open, 10 a.m. - Noon
Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan
Sunday, Worship Service/ Communion, 9:10 a.m., Coffee Fellowship, 10 a.m., Lenten Service at Sacred Heart, 4 p.m.
Pastor Cory Allard

Bethel United Methodist Church
Wednesday, Diner, 8:30 a.m.; Thursday, Trinity UWF, 2 p.m.; Sunday, Bethel Worship Service, 8 a.m. & 10:30 a.m., Trinity Worship, 9:10 a.m., Sunday School, 9:15 a.m., 4-H Meeting, 1 p.m., Lenten Service at Sacred Heart, 4 p.m.

Northwood United Methodist Church
Friday, Bible Study at Northwood, 10 a.m.; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.; Tuesday, Swallow Coffee House, 10 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, 9 a.m., Sunday School, 10 a.m., Silver Lake, 705 Silver Lake Rd., Northwood, 641-293-5556; 9 a.m., Bethany, 201 Franke St., Joice, 641-588-3366; 9:30 a.m., Lunder, 14982 735th Ave., Albert Lea; 10:30 a.m., Winnebago, 40029 210th Ave., Lake Mills; 11 a.m. Immanuel, 105 E. 3rd St., Scarville, 641-568-3666.

First Lutheran Church, Northwood
Wednesday, Lent - Holden, 12 p.m., Maple Court Chapel, 2 p.m., Confirmation, 5:15 p.m., Choir, 5:30 p.m., Lent - Holden, 7 p.m., SH Youth, 7:50 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m., Taekwondo, 6:30 p.m.; Sunday, Service with H.C., 9 a.m., Church Council, 10:10 a.m., JH Youth, 6:30 p.m.; Tuesday, Staff Meeting, 11 a.m., Bell Choir, 6:30 p.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
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God was once like us



One of the valuable lessons which I learned growing up was that family is important. My father was fond of saying that friends would come and go, but that family would always be there for you. I also recall how painful it was to both of my parents when there was an argument between siblings. Brothers and sisters shouldn't fight like mortal enemies, a little healthy competition is okay, but siblings should always stick up for each other. If there are rifts in your family, do your best to heal them, and strive to help your family and always be there in times of need. We should have this same attitude to our extended family, to our aunts and uncles, nieces and nephews, and even distant cousins. But, we should also realize that we are all God's children and thus part of the human family. No doubt it pains God to see his children fighting and killing each other, no less than it pains human parents when they see their children fighting.

"From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands. God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us. . . As some of your own poets have said, 'We are his offspring.'"
– Acts 17: 26-28

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Agriculture Council of America announces 2023 National Ag Day

The Agriculture Council of America (ACA) hosted National Agriculture Day on March 21. This will mark the 50th anniversary of National Ag Day, which is celebrated in classrooms and communities across the country. The theme for National Ag Day 2023 is "Growing a Climate for Tomorrow."

On March 21, the ACA hosted a virtual Ag Day event and events in Washington, D.C. Additionally, the ACA brought college students to Washington "virtually" to deliver the message of Ag Day to the Hill. A core leadership team of college students attended events in D.C.

These events honor National Agriculture Day and mark a nationwide effort to tell the true story of American agriculture and remind citizens that agriculture is a part of all of us. Many agricultural associations, corporations, students and government organizations involved in agriculture are expected to participate.

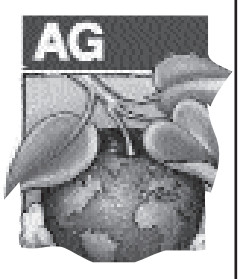
National Ag Day is organized by the Agriculture Council of America. The ACA is a nonprofit organization composed of leaders in the agricultural, food and fiber community, dedicating its efforts to increasing the public's awareness of agriculture's role in modern society.

The National Ag Day program encourages every American to:

- Understand how food and fiber products are produced
- Appreciate the role agriculture plays in providing safe, abundant and affordable products
- Value the essential role of agriculture in maintaining a strong economy
- Acknowledge and consider career opportunities in the agriculture, food and fiber industry

In addition to the events on March 21, the ACA once again featured the Ag Day Essay Contest. The winning essay was presented on National Ag Day, and can be found in this issue.

The National Ag Day program believes that every American should:



- Understand how food, fiber and renewable resource products are produced.
- Value the essential role of agriculture in maintaining a strong economy.
- Appreciate the role agriculture plays in providing safe, abundant and affordable products.
- Acknowledge and consider career opportunities in the agriculture, food, fiber and renewable resource industries.

Where does food come from?

Many Americans would answer this question with "the grocery store." And frankly, that is disturbing. The grocery store isn't where food comes from - it's just from where it's distributed. In reality, far too many people are unaware of the role of American agriculture in their daily lives . . . and what it really takes to have food on their dinner table.

Just a few generations ago, most people were a part of - and had friends or relatives involved with - agriculture. Today, that's no longer the case. Agriculture is responsible for providing the necessities of life . . . food, fiber, clothing, and shelter. And it's about time Americans recognize that contribution!

American farmers are working harder than ever, and it shows. Today, each American farmer feeds more than 144 people. And the need for food produced in the United States is dramatic. Agriculture is this nation's No. 1 export and vitally important in sustaining a healthy economy.

And it's not just the farmer who makes food possible. The entire agriculture industry, all the way to the grocery store, are vital links in a chain that brings food to every citizen - and millions of people abroad.

Frankly, it's easy to take agriculture for granted in America, because food is readily accessible and safe. This March 21, 2023, is National Ag Day, hosted by the Agriculture Council of America. Ag Day is a good time to reflect - and be grateful for - American agriculture!

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Ag Day Essayist: 'Growing a Climate for Tomorrow'

The Agriculture Council of America (ACA) has announced the 2023 National Ag Day video and written essay winners. The winners were chosen based on the theme: "Growing a Climate for Tomorrow: How American Agriculture Does It Every Day." Entrants chose to either write an essay or create a video.

The national written essay winner, Timothy Hill of Orlando, Florida, receives a $1,000 prize and read his winning essay at the virtual Ag Day event on March 21. The contest also named three merit winners who receive $100 and blog posts featuring their essays. They are Sophie Griswold of Chadds Ford, Pennsylvania; Libby Ramge of Marysville, Ohio; and Elsha Valluru of Highland Village, Texas. This year's video essay winner, Olivia Lee of Aliso Viejo, California, wins a $1,000 prize. The winning entries can be viewed online at www.agday.org/2023-contest-winners.

The Ag Day Essay Contest is sponsored by CHS Inc., National Association of Farm Broadcasting, Farm Progress and Successful Farming.

Celebrating 50 years, National Ag Day encourages every American to understand how food and fiber products are produced; appreciate the role agriculture plays in providing safe, abundant, and affordable products; value the essential role of agriculture in maintaining a strong economy and acknowledge and consider career opportunities in the agriculture, food, and fiber industry.

Below is the winning essay:

Growing a Climate for Tomorrow: How American Agriculture Does it Every Day

By Timothy Hill

Orlando, Forida

As our world continues to face the devastating impacts of climate change, it's becoming increasingly important to find ways to reduce our carbon footprint and create a more sustainable future. American agriculture is at the forefront of this movement, working hard every day to grow a climate for tomorrow. From sustainable farming practices to innovative technologies and reducing carbon emissions, American agriculture is paving the way for a brighter, more sustainable future.

One of the key ways American agriculture is working towards a sustainable future is through sustainable farming practices. Crop rotation, conservation tillage, cover cropping, and precision agriculture are all examples of sustainable farming practices that help reduce soil erosion, improve soil health, and increase water efficiency. These practices also reduce greenhouse gas emissions, helping to combat climate change. By adopting sustainable farming practices, American agriculture is making a commitment to the environment and to future generations.

In addition to sustainable farming practices, American agriculture is embracing innovative technologies to increase efficiency and reduce its environmental impact. Precision agriculture is a technology that allows farmers to monitor crops and make informed decisions about inputs such as fertilizers and pesticides. Drones can be used to monitor crops, identify areas that need attention, and reduce the need for labor-intensive tasks. Genetically modified crops can reduce the need for pesticides and herbicides. By using innovative technologies, American agriculture is reducing its environmental impact while also increasing efficiency.

Reducing carbon emissions is also a critical component of growing a climate for tomorrow. Carbon sequestration, renewable energy sources, and reducing greenhouse gas emissions from livestock are all initiatives that American agriculture is pursuing. Carbon sequestration involves capturing carbon from the atmosphere and storing it in the soil, which can help combat climate change. Renewable energy sources like solar, wind, and biomass can reduce the dependence on fossil fuels. Reducing greenhouse gas emissions from livestock can be achieved through diet management and using feed additives. By reducing carbon emissions, American agriculture is making a significant contribution to a more sustainable future.

In conclusion, American agriculture is doing its part to grow a climate for tomorrow. Sustainable farming practices, innovative technologies, and reducing carbon emissions are just a few examples of the ways American agriculture is working towards a sustainable future. As we continue to face the challenges of climate change, it's important to remember that each of us has a role to play in creating a brighter future. By supporting sustainable agriculture practices and making environmentally-conscious decisions, we can all work towards a more sustainable tomorrow.

Possible careers in agriculture

The most obvious careers in agriculture are directly related to the farm or ranch. But only 10 percent of Americans are involved in traditional farming? If that is the case, then what other careers comprise the agricultural field? There are approximately 22 million people who work in agriculture related fields. Unlike agriculture of our grandparents' day, today's agriculture offers over 200 rewarding and challenging careers.

Career Categories

Agricultural careers may be divided into various categories. These include: Agribusiness Management, Agricultural and Natural Resources Communications, Building Construction Management, Agriscience, Resource Development and Management, Parks, Recreations, and Tourism Resources, Packaging, Horticulture, Forestry, Food Science, and Fisheries/Wildlife.

Job Descriptions

Agribusiness Management focuses on the managerial functions performed by organizations throughout the food system. Sample job titles: Commodity Trader, Agricultural Production Specialist, Purchasing Manager, Financial Manager, Farm Owner and Manager, and Wholesale/Retail Buyer Manufacturing Manager.

Agricultural and Natural Resources Communications focuses on careers in journalism, public relations, and advertising/marketing. Sample job titles: Marketing Communications Manager, District Sales Representatives, Advertising Manager, Reporter, Editor, and Account Manager.

Building Construction Management focuses on land development and structural buildings. Sample job titles: Project Manager, Estimator, Construction Scheduler, Controller, Purchasing Agent, Site Manager, Field Engineer, Land Developer, and Real Estate Appraiser.

Agriscience provides a foundation for careers in agricultural and natural resources industries. Sample job titles: Agriscience Educator, Extension Educator, Farmer, and Human Resource Director.

Resource Development and Management focuses on policy analysis, planning, evaluation, budgeting, and program management. Sample job titles: Environmental Analyst, Environmental Planner, Solid Waste Coordinator, Water Resource Specialist, and Economic Development Specialist.

Parks, Recreation and Tourism Resources focuses on planning and managing programs, areas, and facilities that are designed to meet people's leisure needs and enhance quality of life. Sample job titles: Park Ranger, Interpreter/Naturalist, Environmental Educator, Travel and Convention Planner, Youth Program Director, Camp Counselor, Park and Recreation Director, and Tourism Consultant. agement. Sample job titles: Land Management Specialist, Water Quality Specialist, Habitat Specialist, and Fish Hatchery Manager.

Fun food fact

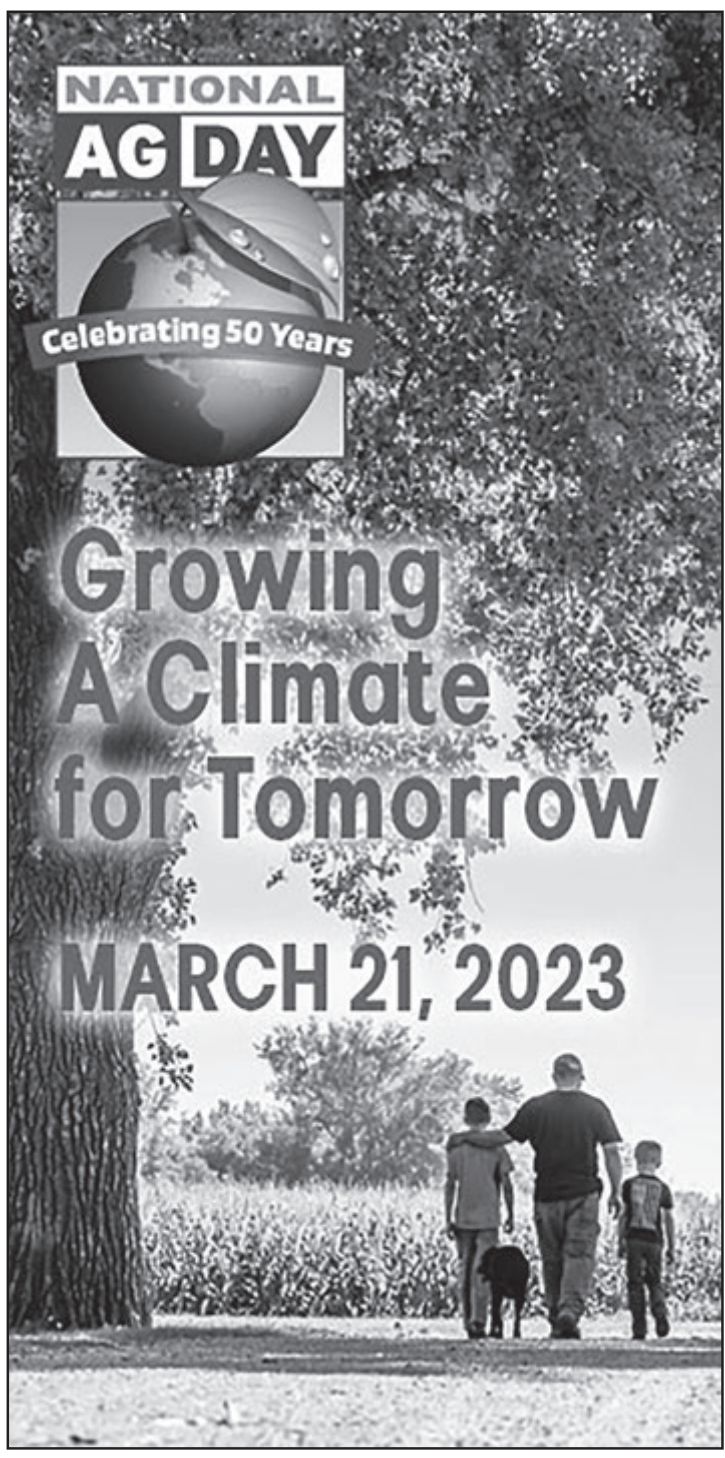
Stacking Up!



The batter used to make pancakes is almost exactly the same as the batter used to make regular cakes. The pancake batter is just a little thinner.

Pancakes have become so popular, that people don't just eat them for breakfast anymore. Many people like to eat pancakes for dinner!

On Pancake Day in Newfoundland (the day before Ash Wednesday, the beginning of lent), items are placed in the pancake batter before it is cooked to foretell the future for family members. If a boy received an item for a trade, it meant he would enter that trade. If a girl received an item for a trade, it meant she would marry a person from that trade.



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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

I truly love thrift stores and second-hand shops of most kinds. I don't look for antiques; I look for vintage cookbooks and kitchen gadgets that people have donated because they don't use them. This past week I found the "10th Annual Readers' Best Recipe Cookbook" (1987, Minneapolis Star and Tribune). It's a soft-cover oversized book packed with recipes submitted by their readers as well as by the winners of the 1987 cooking contest. One of the sections features "Past Contest Favorites." It sounded like a good place to start among the more than 200 recipes in the book. Some have been adapted from the original for today's kitchens and grocery items.

Hawaiian Nut Bread
Georgianna Adams, Cosmos, MN

1 can (20 oz.) crushed pineapple
1/2 teaspoon salt*
1 jar (8 1/2 oz.) Macadamia nuts
1/2 teaspoon baking powder
1 cup flaked coconut
3 large eggs, well beaten
3/4 cup all-purpose flour
1 teaspoon real vanilla
3/4 cup sugar

Preheat the oven to 300 degrees F. Grease 3 small (1 pound) loaf pans and line with parchment paper. Chop the macadamia nuts into small pieces. Drain the pineapple very well. In a large bowl, mix the pineapple, nuts and coconut to combine well. Sift the flour, salt and baking powder over the top of the pineapple mixture and stir in. Add the sugar and mix well. Stir in the beaten eggs and vanilla to make a batter. Pour into the prepared pans and bake 60-70 minutes or until they test done with a wooden toothpick. Remove from the pans and cool on a wire rack. *if you use salted nuts, omit the salt in the batter.

Wild Rice Clam Chowder
Jay Berne, Minneapolis

6 medium red potatoes
1/2 cup all-purpose flour
6 cups chicken broth
3 bay leaves
2 cans (6 1/2oz. each) minced clams
1/2 teaspoon pepper
Juice of 1/4 fresh lemon
1 1/2 cups heavy cream
1 1/2 medium onions, diced
2 1/2 cups cooked wild rice
6 oz. fresh mushrooms
4 1/2 tablespoons butter

Peel the potatoes and cut into 1/2-inch cubes. Drain the clams, reserving the juice. Slice the mushrooms into thick slices. Place the potatoes, broth, clam juice and lemon juice in an 8-quart stock pot or Dutch oven. Bring to a boil and simmer for 20 minutes. Sauté the onions and mushrooms in the butter until the onions are clear but not browned. Add the flour to the onion/mushroom mixture and stir until smooth. After the potatoes have cooked 20 minutes, add the onion/mushroom mixture, the bay leaves and pepper. Salt to taste. Cook an additional 10 minutes then add the clams, cream and wild rice. Heat through while stirring but don't boil again. Remove the bay leaves before serving.

Caramel Apples with Rum
Jennifer Schoneman, Rockford, MN

1 1/2 sticks unsalted butter
4 medium cooking apples
1 1/3 cups sugar
1 1/2 tablespoons dark rum
1 teaspoon fresh lemon juice
1 quart rich vanilla ice cream

Peel and core the apples. Slice them into thin slices. Melt the butter in a heavy skillet. Add the sugar and lemon juice and cook over medium heat, stirring, until the sugar turns light brown. Stir in the apple slices and continue to cook and stir for another 3-4 minutes until the mixture is smooth and clear. Remove from the heat and stir in the rum. Cool for 5 minutes then spoon over dishes of the vanilla ice cream.

One of the nice things about vintage recipes is the use of real products, cream, butter, sugar with no worry about fat, carbs or calories. Of course people wanted to stay as healthy as possible, be slender and attractive but the current trend of watching every morsel that goes into one's mouth wasn't prevalent then. Food was to enjoy, both the preparing and the consuming. Food was to please family and friends and guilt didn't enter into it as often as it does now. Preparing a delicious meal or dessert has always been one way to show affection and still is. And…that's all she wrote.

Northwood Anchor Society



N-K members succeed at FFA event

The members of the Northwood-Kensett FFA chapter recently traveled to Nashua to take part in sub-district contests, and they came away with success. The Conduct of Meetings team received a Gold award. They are also the alternate to take part in the District contest. Taylor Foss earned a Silver in the Creed Speaking. MaKensie Tomlinson received a bronze for Public Speaking.

NIACC presents 'Our Planet Live in Concert set for March 19



Our Planet Live in Concert will be presented at the North Iowa Community Auditorium on the NIACC campus at 3 p.m. on Sunday, March 19. This presentation is part of the 2022-2023 Performing Arts and Leadership Series.

The Emmy Award-winning Netflix Original documentary series "Our Planet" has been transformed into Our Planet Live in Concert, a 60-city U.S. tour. Presented by GEALive, Silverback Films, and World Wildlife Fund (WWF), Our Planet Live in Concert fuses breathtaking cinematography projected on a large HD screen with new orchestrations by Oscar-winning composer Steven Price (for the film "Gravity") that are performed by a live 18-piece orchestra. The live show is co-narrated on screen by Sir David Attenborough and William Shatner.

From forests to high seas to frozen worlds and beyond, Netflix's global phenomenon "Our Planet" features jaw-dropping imagery of the Earth's most beautiful, intriguing, and surprising wildlife. It inspires viewers to learn how climate change impacts all living creatures and what can be done about it.

Our Planet Live in Concert brings together some of the world's greatest creatives, filmmakers, musicians, and conservationists to provide an experience like no other. "The creators of 'Our Planet' have edited the most breath-taking sequences from the series to deliver a unique and compelling narrative to live audiences on a large screen in full HD quality," says Floris Douwes, concert producer at GEAlive.

The show's run time is approximately two hours, including intermission.

Part of the proceeds of ticket sales from Our Planet Live in Concert will be donated to WWF's global conservation work.

More information about Our Planet Live in Concert is available by visiting their website at OurPlanetInConcert.com and following Our Planet Live in Concert on Facebook @OurPlanetLive and Instagram @OurPlanetInConcert.

For tickets to the show, call the NIACC Box Office at 641-422-4188. Tickets may also be purchased online at niacc.edu/boxoffice.

DOT shares safety message for St. Patrick's Day

Although Irish in its roots, St. Patrick's Day is most widely celebrated in the United States. To help keep Iowa's roads safe, the Governor's Traffic Safety Bureau is partnering with local law enforcement March 11-19, to spread the message about the dangers of impaired driving.



Last year, during the week of St. Patrick's Day, 48 people were either seriously injured or killed in car crashes on Iowa Roadways (March 11-March 19, 2022). Nationally, St. Patrick's is one of the deadliest times on our nation's roads.

Impaired driving is not only illegal, but also a matter of life and death. As you travel to festivities, help spread the word; Buzzed Driving is Drunk Driving!

This year, St. Patrick's Day falls on a Friday which means more parties throughout the weekend. If you're going to drink, make the smart choice and plan for a sober ride. If you're the designated driver, make sure you keep that promise of safety to yourself and your passengers.

GTSB Bureau Chief Brett Tjepkes says, "It's vital people plan ahead. If you wait until you've been drinking to make a smart decision, you might not. Designate a sober driver, call a taxi, or use a ride-share service. Our law enforcement partners across Iowa will be looking for impaired drivers."

The Governor's Traffic Safety Bureau works with city, county, state, and local organizations to develop and implement strategies to reduce deaths and injuries on Iowa's roadways using federally funded grants.

Worth County Historical Society meets on March 21

The Worth County Historical Society will be at the main museum in Northwood on Tuesday, March 21, 2023, at 9:30 a.m.

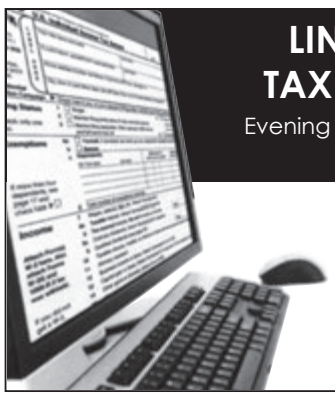
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Northwood Anchor **Opinion**

Savvy Senior

Getting paid as a family caregiver

Dear Savvy Senior,

I have been taking care of my elderly father for over a year and it's taking a toll on my finances because I can only work part-time. Are there any resources you know about that can help family caregivers get paid?

Seeking Support

Dear Seeking,

Caring for an elder parent can be challenging in many ways, but it can be especially difficult financially if you have to miss work to provide care. Fortunately, there are a number of government programs and other tips that may be able to help you monetarily while you care for your dad. Here are some options to explore.

Medicaid Assistance

All 50 states and the District of Columbia offer self-directed Medicaid services for long-term care. These programs let states grant waivers that allow income-qualified individuals to manage their own long-term home-care services. In some states, that can include hiring a family member to provide care.

Benefits, coverage, eligibility and rules differ from state to state. Program names also vary. What's called "consumer directed care" in one state, may be called "participant-directed services," "in-home supportive services" or "cash and counseling" in another. Contact your state Medicaid program to ask about its options or to start the sign-up process.

Veterans Benefits

If your dad is a military veteran, there are several different VA programs he may be eligible for that provide financial assistance to family caregivers, including:

- Veteran-Directed Care: Available in most states, this program provides a needs-based monthly budget for long-term care services. (VA.gov/geriatrics/pages/Veteran-Directed_Care.asp)
- Aid & Attendance or Housebound benefits: These programs provide a monthly payment to veterans and survivors who receive a VA pension and who either need assistance with activities of daily living (i.e., bathing, dressing, going to the bathroom), or are housebound. (VA.gov/pension/aid-attendance-housebound)
- Program of Comprehensive Assistance for Family Caregivers: This provides a monthly stipend to family members who serve as caregivers for veterans who need assistance with daily living activities because of an injury or illness sustained in the line of duty. (Caregiver.va.gov/support/support_benefits.asp)

Other Options

If your dad has some savings or other assets, discuss the possibility of him paying you for the care you provide, or talk to your siblings to see if they can chip in.

If they agree, consider drafting a short-written contract that details the terms of your work and payment arrangements, so everyone involved knows what to expect. A contract will also help avoid potential problems should your dad ever need to apply for Medicaid for nursing home care.

Also, check to see if your dad has any long-term care insurance that covers in-home care. If he does, in some cases those benefits may be used to pay you.

Tax Breaks

There are also tax credits and deductions you may be eligible for as your dad's caregiver that can help.

For example, if your dad lives with you and you're paying at least half of his living expenses, and his gross income was less than $4,400 (in 2022) not counting his Social Security, you can claim him as a dependent on your taxes and get a $500 tax credit.

If you can't claim him as a dependent, you may still be able to get a tax deduction if you're paying more than half his living expenses including medical and long-term care costs, and they exceed 7.5 percent of your adjusted gross income. You can include your own medical expenses in calculating the total. To see which medical expenses you can deduct, see IRS Publication 502 at IRS.gov/pub/irs-pdf/p502.pdf.

Or, if you're paying for in-home care or adult day care for your dad so you can work, you might qualify for the Dependent Care Tax Credit which can be worth as much as $1,050. To claim this credit, you'll need to fill out IRS Form 2441 (IRS.gov/pub/irs-pdf/f2441.pdf) when you file your federal return.

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.

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Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

This radio is priceless, but I'm willing to let it go for a measly $559.63 even though it was the radio Abe Lincoln listened to when he was a boy.

The radio hadn't been invented yet when Abe Lincoln was a boy.

I know, that's what makes it so valuable.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Deep thoughts occur as I drive past his drive. Everyone makes remarks about the weather. The kindest ones said bad weather is inconvenient. The weather seems like a constant kerfuffle, but that might be because nice weather is easier to forget than uncomfortable weather.

It snowed again. The nearest I've ever been to Woodstock, New York, is Woolstock, Iowa. At Woodstock in August 1969, the weather was wet. A tremendous storm barreled toward the festival grounds as the stage was covered in tarps and Joe Cocker took cover. John Morris, the Production Coordinator at Woodstock, told the crowd, "If you think really hard enough, maybe we can stop this rain!" A chant of "No rain, no rain, no rain" started in the crowd and built to where attendees were dancing in the torrential downpour. You can't stop the weather by chanting, any more than you can alter it by wearing heated socks, but I chanted, "No snow, no snow, no snow." It didn't work.

I grew up with a davenport and now I live with either a sofa or couch. Davenport was the name of a series of sofas made by the furniture manufacturer, A.H. Davenport and Company, now defunct. Due to the popularity of that furniture, the name davenport became a generic trademark, like aspirin. I can't tell the difference between a couch, a sofa and a davenport. I use the three terms interchangeably.

I've learned, the medical version

I had hiccups for three weeks. I didn't try to have them. Kind folks offered cures. Saying "pineapple" and thinking of six bald men didn't work. Neither did anything else except the harness of time.

I had my ears cleaned once by a medical professional, who used a high-pressure hose and yelled "hit it" to an assistant, who cranked a giant valve to release the water. The force knocked me across the room where I hit a file cabinet, which tipped over. I was stunned for a moment, but it was worth it to have clean ears.

I have Autosomal Dominant Compelling Helioopthalmic Outburst Syndrome, which is characterized by uncontrollable sneezing in response to sudden exposure to bright light, typically intense sunlight. Sunlight is something to sneeze at. Also known as photic sneezing or photic sneeze reflex, these sun or solar sneezes are a phenomenon referenced by Aristotle. The "PBS News Hour" said 10 to 35% of the population has a photic sneeze reflex. Pressing fingers against an upper lip causes the urge to sneeze to subside for some. This results in a sneeze freeze or an arrested sternutation.

Nature notes

Before European settlement, wild turkeys were found only along the Iowa border in southeast Minnesota. Those scarce turkeys were eliminated by hunting and habitat loss as early as 1880. By 1910, turkeys were extirpated from Iowa. Wild turkeys didn't exist in Minnesota for almost 100 years before successful reintroductions. Turkeys were reintroduced in Houston County in 1973 with 29 birds from Missouri. The Minnesota DNR traded ruffed grouse for them. Pen-raised turkeys from Maryland, Pennsylvania and Texas had been released in southern and central Minnesota in the 1920s and 1957; and those trapped in Nebraska, South Dakota and Arkansas were released in the Gopher State from 1964 to 1968. They all perished. The class of 1973 did well, its population grew rapidly and the first hunting season was held in 1978. Over the years, Minnesota sent gray partridges to New York, black bears to Arkansas and Canada geese to Oklahoma in return for wild turkeys. T.S. Roberts, in his 1932 "The Birds of Minnesota," concluded wild turkeys likely never resided in Minnesota before early, failed efforts at introduction, but Aldo Leopold reported he'd found written accounts of turkeys living in southern Minnesota in 1773 and 1871 but added that no "single statement in this report is offered as final or sufficient fact." Wild turkeys are found in every state but Alaska.

Meeting adjourned

I was in Wetzlar, Germany, and walked where the famous writer Goethe had in 1772. He wrote, "One ought, every day at least, to hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words." Please make those words kind.

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Fit to print...

Letter to the legislature

By Kris Kenison
Publisher

The Iowa Legislature, specifically the Iowa Senate, is considering a change to the requirements of school districts, cities and counties in the state. If passed, these governments would no longer have to publish in newspapers their meeting minutes, notices of public hearings and all other records.

Instead, the State would set up a website and charge fees to the local governments to post their records there instead. In the process, it would make it more difficult for the public to remain informed and would compete directly and in many cases, fatally, with local newspapers.

If you want to show your support for access to public information, and for your small town Iowa newspaper, please consider sharing your opposition with your senator. It would be greatly appreciated.

Below is a letter sent to local Senator Waylon Brown, of Osage, about the detrimental changes being considered.

Hello,

I'm writing in regards to SF480. In case you are not aware of what this bill "accomplishes," it would have local governments in the state move their public notices to a state website, and out of local newspapers. I'm sure this measure is being sold as one of convenience or cost saving, but what it actually accomplishes is that it helps those governments operate with less public oversight, while also directly competing with, and in some cases killing the small businesses that are a central part of the rural communities that make up the majority of those in Iowa. In no way does this legislative action benefit Iowans.

By allowing local governments to avoid publishing the notices in print, including minutes and agendas and notices and other records of their actions, you challenge the public they serve to take the extra step and extra effort of keeping tabs by seeking them out at their inconvenience.

I'll speak for myself, as an example of a publisher in a small community in your district, similar to hundreds throughout the state.

In Worth County, thousands of readers of the local newspaper can see what their school districts, cities and counties do because they can read it in the legal notices that are printed once a week. If a public hearing is on the way, they know about it because they see it in their newspaper. They see how much they as taxpayers are spending on a weekly basis. They know when their local utilities are going up and know when and where they need to be if they want to comment and share their concerns, because they see it in their newspapers.

Now, if this foolish law is passed, how will they know? Will these same thousands of readers of Worth County newspapers go to a State website every couple days to see if a public notice has been posted? Will they keep checking at arbitrary times and dates because busy local clerks, business managers and auditors sometimes do not post things on a regular schedule? Today, based on their own busy schedules, these officials send and post notices any day of the week and at any time of day, when it is convenient amongst all their other duties.

And what about the seniors and other members of the community that don't have the ability, or those that don't have the resources to regularly access an internet site, but can find out what they need to know by reading a paper?

Fortunately, in a system designed with convenience and transparency to the taxpayers in mind, concerned citizens know they only have to look at their newspaper once a week (in the case of most local papers) to stay informed. That's when and where they know they will see the latest information available, right there in print.

If you approve this change, you make it harder for the public you serve to know how their local taxes are spent, how local laws will impact them and all the other important work done by local governments. And you make it more difficult for them to have a say in the process.

But the impact doesn't stop with asking the public to dedicate more time and effort to being informed.

What will be the impact when there is no oversight of these local governments because the State decides it should collect fees for public notices, and take that out of the hands of the local newspapers that have faithfully and consistently performed the task with no issues for decades?

Without the revenue from its part in informing the public, many local, small town newspapers will close. Gone will be the local watchdogs of small governments, gone will be the celebrations of community events. No more school events, no more school sports. No more sharing what makes small town Iowa special with those that make them special.

The chain reaction of losing small town newspapers then carries on to the rest of the community. No way to advertise. No way to show community support. No way to show that there is a community around you. And no way to preserve the history of those communities as well. Without years of newspaper coverage, there is no record of those that have come before that make the communities what they are today. The histories of many Iowa communities will no longer be documented, because some legislators decided they should get in the public notice business, and that they can do it better than a private industry has done for years.

So, I hope you read this and realize that public notices are no small thing that should be taken lightly and taken out of local hands, even if that sort of thing is the trend this legislative session.

There is no surer way to negatively impact the future of small Iowa communities than to kill their local newspapers. And there's no better way to do that then to hide public notices on a State website.

Thank you for your time

Northwood Anchor

Early Files

100 years ago

March 14, 1923

Mr. and Mrs. Carl Witt drove up from Grafton and found the roads in very bad condition, their car being stuck twice in the mud on the new road east of Manly. Mr. and Mrs. Witt will reside in the E.S. Johnson residence formerly occupied by C.S. Willing, whose former business is now owned by Mr. Witt and his partner, Axel Johnsansen.

At the home of Mr. and Mrs. W.O. Ebert, a large group of friends gathered to give a miscellaneous shower for Miss Thea Anderson, a bride-to-be in the near future. Piano and vocal solos were given by Geneva Knutson, Luella Butler and Margie Jaspers and in the mock wedding which followed members of the wedding party were: Norma Anderson, Luella Hillman, Mabel Anderson, Esther Fenney and Clara Peterson.

J.O.E. Johnson has been chosen president and treasurer and Chas H. Dwelle secretary of the Northwood-Kensett Electric Co., succeeding Dr. E.H. Dwelle, deceased, and M.H. Kepler, recently appointed judge. Both the new officials were chosen as directors at the recent meeting of stockholders of the company.

Raymond Behrens, 15, died on Friday morning 45 minutes after a bullet from a small rifle had entered his eye and pierced the brain. The tragedy occurred about 9 a.m. after the boy's parents had left for Northwood from their farm, as the gun was being transferred from a younger brother to Raymond who just climbed to the hay mound.

Only 69 votes were cast at the school election of which an even dozen were women's ballots. The results were L.F. Madson, for the 3-year term, 68; Guy C. Toye for the 3-year term, 66; Paul G. Thonn, for the one-year term to fill vacancy, 65.

75 years ago

March 11, 1948

Manager M.A. Ruffridge of the Peoples' Gas & Electric Co. reports that the additional lights requested installed on Northwood streets have now been put in place. Several of the new lights are in residential areas where there have been no lights, while other have been installed nearer the business section to encourage use of side streets for parking.

John M. Slosson, lifelong resident of this vicinity and well known local realtor, was nominated for the office of mayor of Northwood at the Citizens' caucus at the court house. O.J. Wardwell, the incumbent mayor, had declared that he would not be a candidate for the office at the municipal election to be held on March 29.

Miss Anna W. Edwards, 89, a resident of Northwood for nearly 60 years, died at the Eastern Star home in Boone, where she had made her home since the late summer of 1939.

Tripping on the bottom step as she was descending the basement stairs at the Methodist parsonage shortly before 1 p.m. Monday afternoon. Mrs. Fred A. Smith, wife of the pastor of the local Methodist church, suffered fractures of both bones of her left leg just below the knee.

Mrs. Emma Evanson Johnson, 70, widow of the late Albert O. Johnson, who as a well known Northwood clothing merchant for many years, died at her home at San Diego, California, of pneumonia. She was ill only a short time.

Ivan Davey has sold the Northwood City Bakery business to Hjalmer Anderson and George Thompson, both of whom have been employed in the bakery. Anderson has worked with Davey for nearly two years and before coming to Northwood had also worked in a bakery.

Northwood's school band will hold its "coming out" event and appear in the new uniforms for the first time at the concert to be played on March 19, in the school auditorium, it is announced by Supt. Russell J. Baker. Contributions are being received from alumni members and former students, and last week's gold medal basketball tournament added a net profit of approximately $200 to the band uniform fund, Supt Baker said.

50 years ago

March 15, 1973

Elmer Helgeland, Northwood, has been named temporary chairman of the Worth County Republican party, succeeding William Imlau, who resigned for business reasons. Plans are being made for county-wide meeting later this spring to get a permanent chairman. Helgeland, who also serves as Worth County GOP treasurer.

Cindee Low, daughter of Mr. and Mrs. Richard R. Low, Northwood and William Nicholson, son of Mr. and Mrs. David Nicholson, Northwood were married on March 10 at Elk Creek Lutheran Church, west of Kensett by the Rev. Roger Buhr of Northwood.

The 1973 version of the N-K track squad began practice on March 6 with 30 young men reporting. This year's squad is a veteran group led by 10 seniors and 10 juniors. The seniors are Bill Alexander, Jim Hanson, Wade Bendickson, Eldon Krull, Bruce Crom, Ray Gaskill, Jim Marker, John Welsh, John Janssen and Herb Walk. The juniors include Dan Robb, Allan Hove, Ron McMullsen, Steve Cook, Gary Hanson, Kevin Schachterle, John Tenold, Mark Iverson, James Bloomingdale and Rick Roe. This is the backbone of the last two years' squads, both varsity and fresh-soph, who finished second in the conference in both events both years.

Plans are being finalized for the United State Navy Band concerts in Northwood on March 26. The performances will be held at the Northwood-Kensett High School gymnasium.

JoAnn Wilder, seventh grade student in Northwood-Kensett schools, has been named one of seven regional winners in the United States in the Daughters of the American Revolution history essay contest. Here inning essay pertaining to a patriot of 1773, compared colonial diplomat Benjamin Franklin with present day diplomat Henry Kissinger.

25 years ago

March 18, 1998

Northwood resident Arnie Hogen dropped in at Wesley Hall to pick up several bunches of bright yellow blossoms from American Cancer Society volunteer Lowell Walk of Grafton and Worth County ACS unit mission coordinator Charlene Hauser of Manly. The Worth County unit distributed 6,00 daffodils during the Cancer Society's annual Daffodil Days promotion.

Kirk S. Paulson has joined NSB Bank as Assistant Vice President/Branch Manager in Mason City. Paulson is a graduate of the University of Wyoming, with a bachelor's degree in finance. He previously served as a commercial and consumer loan officer with the Bank of Jackson Hole, Jackson, WY.

Carol Hengesteg has been promoted to Operations Manager with Northwoods State Bank. Carol has worked at the bank for 10 years. Her job duties consist of overseeing internal operations.

The Northwood-Kensett seventh-grade boys basketball team finished the 1997-98 season with a 4-5 won-lost record. The Little Vikings defeated Grafton twice, 41-27 and 47-15, and beat Lake Mills 29-24 and North Central 58-19. Osage and Forest City defeated N-K twice, the Imps winning 47-40 and 34-25 and the Indians winning 43-35 and 31-28. N-K's other loss came in a 32-30 squeaker against Lake Mills.

Dan Reeder has fond memories of his first season as coach of the Northwood-Kensett girls basketball team. The Vikings compiled their best won-lost record in years this past season, finishing 7-7 in the North Iowa Conference and 9-13 overall. The latter included a Class 1A District tournament championship and a season-ending loss to State tournament qualifier Armstrong-Ringsted.

Pam Perkings accepts a check of $400 from Northwood Men's Club officers, Bill Imlau, Ron Olson, Jerry Olson, and Chris Mielke to help with costs for the Worth County Parenting Fair.

10 years ago

March 13, 2013

Officers and staff of the Iowa Cattlemen's Association recently attended the signing of the proclamation by Governor Terry Branstad of the commemoration of the 40th anniversary of the establishment of the Iowa Cattlemen's Association.

The Northwood Volunteer Fire Company recently began a new tradition to recognize those have served the department for more than 25 years. Russ Julseth was the first to receive a golden axe for his years of service to the department and to the community, presented by chief Rick Hanson. Julseth retired as a firefighter last year after 26 years with the NVFC.

With an improvement from 3-20 last season to this year's 10-12 mark, comes post season accolades from around the Corn Bowl Conference as the 2012-2013 all-conference teams were announced with Northwood-Kensett well represented. After having just two Vikings on last year's list (Brady Cotter and Garrett Olson), the new and improved N-K saw four players selected, a number equaled only by class 2A state runner up West Fork. Senior Brady Cotter took home first team all-conference honors for the second year in a row, missing out on an unanimous choice by just one vote.

Last summer a vehicle collision led to the death of the two young girls and the injury of four others. The driver of the van carrying those girls was charged and sentenced this year. Nicole Streets, at the time an intern with Worth County Conservation, was charged with a failure to have a valid license while operating a motor vehicle and failing to obey a stop sign. She was sentenced to pay a fine of $200 for not having a valid license and a fine of $1,000, as well as having her license suspended for 180 days for the stop sign charge, as it involved death and injury.

Northwood Anchor

Obituaries

James Watts

James W. Watts, Msgt. USAF (Ret.) son of Alice and Wendell Watts died in Anchorage, Alaska, on March 3, 2023, at the age of 78.

Jim served at many bases throughout the world and served in Viet Nam in 1966 and 1967.

Jim and Chen lived in Sterling, Alaska, along the Kenai River for 25 years. They enjoyed everything outdoors, especially salmon fishing in the Kenai.

Jim and Chen were married 56 years and had two children, Sue Lynn and Daniel.

Survivors include his wife; Sue Lynn and her children, Haley and Dalton and great-granddaughter, Wendelynn; Daniel and his wife, April and daughters, Kirsten and Kylie; brother, Tom Watts and wife, Joan; sister, Kandie and husband, Ron Shupe and sister, Wendy and husband, Roger Urbatch, Brunswick, Ga.



JAMES WATTS

USDA announces conservation reserve program signup for 2023

Agriculture Secretary Tom Vilsack announced that agricultural producers and private landowners can begin applying for the Conservation Reserve Program (CRP) General signup starting on February 27 through April 7, 2023. CRP is a cornerstone voluntary conservation program offered by the U.S. Department of Agriculture (USDA) and a key tool in the Biden-Harris administration's effort to address climate change and help agricultural communities invest in the long-term well-being of their land and natural resources.

"The Conservation Reserve Program is one of the largest private lands conservation programs in the United States, offering a range of conservation options to farmers, ranchers and landowners," said Matt Russell, FSA State Executive Director in Iowa. "CRP has and continues to be a great fit for farmers with less productive or marginal cropland, helping them re-establish valuable land cover to help improve water quality, prevent soil erosion, and support wildlife habitat. Under this administration, we have made several updates to the program to increase producer interest and enrollment, strengthen the climate benefits of the program and help ensure underserved producers can find a pathway to entry into CRP."

Producers and landowners enrolled more than 5 million acres into CRP through signups in 2022, building on the acceptance of more than 3.1 million acres in the largest Grassland CRP signup in history. There are currently 23 million acres enrolled in CRP, with 1.9 million set to expire this year. USDA's Farm Service Agency (FSA) is aiming to reach the 27-million-acre cap statutorily set for fiscal year 2023.

General CRP helps producers and landowners establish long-term, resource-conserving plant species, such as approved grasses or trees, to control soil erosion, improve water quality and enhance wildlife habitat on cropland. Additionally, General CRP includes a Climate-Smart Practice Incentive to help increase carbon sequestration and reduce greenhouse gas emissions by helping producers and landowners establish trees and permanent grasses, enhance wildlife habitat, and restore wetlands.

Under Continuous CRP, producers and landowners can enroll in CRP throughout the year. Offers are automatically accepted provided the producer and land meet the eligibility requirements and the enrollment levels do not exceed the statutory cap. The Climate-Smart Practice Incentive is also available in the Continuous signup.

FSA offers several additional enrollment opportunities within Continuous CRP, including the Clean Lakes Estuaries and Rivers Initiative (CLEAR30), the State Acres for Wildlife Enhancement (SAFE) Initiative, the Farmable Wetlands Program (FWP), and the Conservation Reserve Enhancement Program (CREP). The CLEAR30 Initiative, which was originally piloted in 12 states in the Great Lakes and Chesapeake Bay watershed, has been expanded nationwide, allowing producers and landowners to enroll in 30-year CRP contracts for water quality practices. Under this administration, FSA also moved SAFE practices back to the Continuous CRP signup, giving producers and landowners more opportunities to participate in the initiative. Through the FWP, producers and landowners can enroll land in CRP as part of their efforts to restore previously farmed wetlands and wetland buffers, to improve both vegetation and water flow.

This administration has also made significant improvements to CREP, which leverages federal and non-federal funds to target specific State, regional or nationally significant conservation concerns. Specifically, USDA made significant improvements to CREP to reduce barriers and make the program more accessible to a broad range of producers and new types of partners. These updates included flexibility for partners to provide matching funds in the form of cash, in-kind contributions, or technical assistance, along with an investment in additional staff to work directly with partners. Through CREP, for the first time ever, three Tribal Nations are now partnering with USDA to help conserve, maintain, and improve grassland productivity, reduce soil erosion, and enhance wildlife habitat.

FSA will announce the dates for Grassland CRP signup in the coming weeks. Grassland CRP is a working lands program, helping landowners and operators protect grassland, including rangeland and pastureland and certain other lands, while maintaining the areas as working grazing lands. Protecting grasslands contributes positively to the economy of many regions, provides biodiversity of plant and animal populations, and provides important carbon sequestration benefits to deliver lasting climate outcomes.

Landowners and producers interested in CRP should contact their local USDA Service Center to learn more or to apply for the program before their deadlines.

Producers with expiring CRP acres can use the Transition Incentives Program (TIP), which incentivizes producers who sell or enter a long-term lease with a beginning, veteran, or socially disadvantaged farmer or rancher who plans to sustainably farm or ranch the land.

Signed into law in 1985, CRP is one of the largest voluntary private-lands conservation programs in the United States. It was originally intended to primarily control soil erosion and potentially stabilize commodity prices by taking marginal lands out of production. The program has evolved over the years, providing many conservation and economic benefits.

USDA touches the lives of all Americans each day in so many positive ways. Under the Biden-Harris administration, USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to safe, healthy and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit usda.gov.

OBITUARIES

To place an obituary in the Northwood Anchor
Call 641-324-1051

Email full obituary and photo to anchor1@nwdanchor.com

Cost is $45

The peoples right to know

Some members of the Iowa Senate do not think that public notices published in newspapers remain relevant and necessary. A bill filed in the newly formed Technology Committee just over a week ago moved through committee in two days and last week moved through the Ways & Means Committee in one day. Senate File 546 would result in removing a major component of government transparency. This legislation would require legal notices to be posted on a website controlled by the very government legal notices are designed to oversee and notices would not be required to published in a local newspaper.

This is the wrong move today, tomorrow and for the future. Government transparency is more important than ever. In truth it is critical.

While The Northwood Anchor and other Iowa newspapers have an economic interest in seeing that the public notice publishing requirement remains, the issue goes far beyond a few dollars. Maintaining the legal requirement to publish government actions and meetings in local newspapers is crucial for ensuring accountability and keeping the public informed of important information that affects people's lives. And it is the job of our local newspapers to serve as a check on government, not the government to check itself.

The proposed savings under the guise of modernization would come at a very high cost to Iowa's communities.

While many people now browse digital platforms for information – including www.nwdanchor.com – not everyone has access to the internet or the technological know-how to navigate online platforms. And the staggering amount of information available online, representing every viewpoint, degree of accuracy, hidden agendas and motivations from every philosophy and side of the political spectrum, makes it more and more likely public notices posted online would be lost among the chaff. Worse, they may be vulnerable to manipulation or not easily accessible through search algorithms.

By publishing public notices in newspapers, government bodies can ensure that critical information is available to everyone in a format that has stood the test of time for accuracy and accessibility. It requires governments provide timely information for citizens to participate in their government. The notices are appearing in the communities in or very near where the decisions are made. Public notices cover a range of activities – bids and leads for public projects, minutes from government meetings, foreclosures, petitions, election information, water quality reports and other information that is important to citizens and vibrant communities.

The basis for public notices published in newspapers remains as important as ever:

• Requiring an independent, third-party to publish the notices in accordance with the law helps prevent government officials from hiding information they prefer the public not to see. The government cannot be in charge of holding itself responsible. A public notice must be published in a forum independent of the government. As an independent and neutral third party, a newspaper has an economic and civic interest in ensuring that the notice delivery requirements are followed.

• Publishing the notice in a newspaper ensures that the information is widely accessible to the public. Unlike social media or other online platforms, newspapers are trusted sources of information that are available to everyone, regardless of whether or not they have access to the internet or social media accounts. This helps to ensure that all members of the public have an equal opportunity to be informed and involved in government decision-making.

• A public notice must be archived in a secure and publicly available format. Newspapers have always fulfilled this requirement because a public notice published in a newspaper is already archivable and accessible. This is particularly important for notices that contain information about government decisions and actions that impact individuals and communities for years to come. Requiring governmental bodies to publish legal notices in newspapers ensures that this information is always accessible.

• The public must be able to verify that a legal notice is not altered after being published. In a newspaper notice, an affidavit is provided by the publisher, which can be used in an evidentiary proceeding to demonstrate that a true copy was published as well as the exact wording that was used. Legal notices published in newspapers are subject to public scrutiny and can be easily monitored by journalists or concerned citizens. This guarantees that governmental bodies are held accountable and acting in the best interests of their constituents.

• Community newspapers have established relationships with readers and have a deep understanding of the issues and concerns that matter most to them. When public notices appear in newspapers, government bodies can tap into these relationships.

• Newspapers have a long history of serving as watchdogs for their communities, holding local officials accountable and shining light on issues that might otherwise go unnoticed. By requiring government bodies to publish public notices in newspapers, we are ensuring that these important watchdog functions are preserved and that the public has access to information that might otherwise be hidden from view.

• Many newspapers also publish the public notices on their websites and nearly all public notices across the state are also uploaded to a centralized website at iowanotices.org, a site run by newspapers at no additional cost to government or taxpayers. It is available for those who prefer accessing an electronic version.

There may be parts of the country where newspaper readership is receding, but not in Iowa. Iowa has 241 community newspapers with one or more newspapers in every county. Market research conducted in 2022 showed 84% of Iowa adults read local print or digital newspapers. And newspaper readers are more engaged in their community. Newspapers reach 93% of Iowans who report, "I feel that I have a responsibility to help share the future of my community."



It is true that newspapers charge a nominal fee, set by Iowa law, for publishing legal notices. This is a very small price for freedom, as it is typically under 1% of any government body's spending. All Iowans should demand more scrutiny of government affairs, never less.

While the bill does not prohibit local government bodies from publishing public notices in newspapers, it removes the current requirement for doing so. Removing the legal requirement would most certainly result in local governments discontinuing all public notice publications in their local newspapers. But the long-term costs communities and citizens would pay far exceed the price paid by government bodies to publish legal notices in newspapers.

We believe that requiring governmental bodies to continue publishing legal notices in local newspapers is crucial for ensuring transparency, accountability, and accessibility in government decision-making. Newspapers – especially Iowa newspapers – remain a trusted source of information that is widely accessible and easily searchable.

As a newspaper, we strongly urge Iowa's senators to vote "no" on this short-sighted bill.

As should all Iowans.

Notice

IN THE IOWA DISTRICT COURT FOR WORTH COUNTY
CASE NO. ESPR009356
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTORS

IN THE MATTER OF THE ESTATE OF DONOVAN DAHLBY, Deceased.

To All Persons Interested in the Estate of Donovan Dahlby, Deceased, who died on or about February 16, 2023:

You are hereby notified that on the March 7, 2023, the Last Will and Testament of Donovan Dahlby, deceased, bearing the date of June 11, 2019, was admitted to probate in the above named court and that Dale Dahlby and Deanna Krull 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 of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

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

Dated March 9, 2023.

Dale Dahlby
4851 Olive Ave.
Northwood, IA 50459
Executor of the Estate

Deanna Krull
204 5th Ave. N.
Northwood, IA 50459
Executor of Estate

John H. Greve
Greve Law Office
736 Central Ave.
P.O. Box 167
Northwood, IA 50459
Attorney for Executors

Date of second publication 22nd day of March, 2023.

11-2t

Supervisors

March 6, 2023
Tenth Day

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

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

Motion Smeby/Second Stone to approve today's agenda and minutes from the February 27, 2023 meeting. Motion carried.

Motion Smeby/Second Stone to approve Resolution 2023-04 Approval of the Thrush Avenue Paving Project and County Engineer Authorization to Sign Contract Document in Doc Express. Roll call: Smeby – Aye; Stone – Aye; Loberg – Aye. Motion carried. (Full text of resolution available in the Auditor's Office).

Motion Stone/Second Smeby to approve claims in the amount of $159,818.82 as per the following schedule. Motion carried.

A.H. Hermel Vending & Foodservice, Supplies-Shf 16.56
Access Systems Leasing
Service-Dap 99.51
Aramark, Service-Gsr 107.16
Austin Office Products
Supplies-Shf 114.85
Berge Oil Company
Fuel-Eng 13,270.80
Black Hills Energy Inc
Service-Eng 3,029.33
Brian M Kuchay, Md
Ems Contract 100.00
Carquest Auto Parts Inc
Supplies-Shf 17.98
Cintas Corporation
Supplies-Eng 277.96
City Of Fertile
Rutf-Eng 1,650.45
City Of Grafton, Rutf-Eng . 983.47
City Of Hanlontown
Rutf-Eng 428.66
City Of Joice, Rutf-Eng... 1,095.20
City Of Kensett, Rutf-Eng . 546.58
City Of Manly, Service-Eng. 56.00
Forest City Ford, Inc.
Vehicle-Shf 76,550.00
Hanlontown Fire Dept
Service-911 ..... 1,901.95
Hawkeye Community College
Edu-Shf..... 200.00
Heartland Business Systems, Llc
Service-Dap 10.00
Huber Supply Co Inc
Supplies-Eng 213.97
I35/105 Welcome Center Inc.
Fy23 3rd Qtr H/M Tax-Ndp.....
..... 5,500.38
Iaccvso, Edu-Vaf..... 60.00
Ip Pathways, Service-Dap . 239.00
Joe's Collision & Performance Inc
Service-Shf..... 110.28
Kari Osheim, Meeting-Asr .. 20.70
Kings Radiator
Service-Eng 81.25
Knudtson Automotive Service
Service-Eng 2,711.07
Lair's 66, Fuel-Eng..... 55.00
Lawson Products Inc
Supplies-Eng 126.24
Lea Mobile Glass Inc
Service-Eng 301.00
Mail Services Llc
Supplies-Trs 351.18
Marco Technologies Llc
Service-Dap 88.88
Mark Thoma, Meeting-Asr .. 24.24
Midwest Wheel Companies Inc
Parts-Eng..... 194.70
Napa Auto Parts
Supplies-Eng 17.92
Northwood Sanitation Llc
Service-Gsr & Eng 371.50
Performance Food Service
Supplies-Shf 574.68
Pitney Bowes
Supplies-Trs 105.00
Powerplan, Service-Eng 13,500.00
R80 Llc, Fuel-Gsr 21.37
Reserve Account
Postage-Asr 2,669.52
Sorenson's Appliance & Tv
Service-Shf..... 247.00
Veenstra & Kimm, Inc
Service-Cap..... 163.00
Verizon Wireless
Service-It/Gis..... 143.15
Winnebago Coop Telephone Assn
Service-Eng 221.04
Winn-Worth Betco
Fy23 3rd Qtr H/M Tax-Ndp.....
..... 8,250.58
Worth Co Historical Society
Fy23 3rd Qtr H/M Tax-Ndp.....
..... 5,500.38
Worth County Fair
Fy23 3rd Qtr H/M Tax-Ndp.....
..... 8,250.58
Ziegler Inc, Service-Eng.. 9,248.75
Grand Total 159,818.82

Motion Stone/Second Smeby to approve the monthly sheriff's report. Motion carried.

Motion Smeby/Second Stone to approve the FY24 ISAC Benefits Renewal. Motion carried.

Motion Stone/Second Smeby to approve the Legal Services Engagement Letter - $6,000,000 between Worth County Iowa and Dorsey & Whitney LLP. Motion carried.

Motion Smeby/Second Stone to approve appointment of Stephanie Hengesteg, Amy Jorgensen and Callie Flattum as deputy treasurers per treasurer, Jake Hanson. Motion carried.

Motion Smeby/Second Stone to approve Resolution 2023-05 to fix a date for public hearing on proposal to enter into a General Obligation Urban Renewal Loan Agreement and to borrow money thereunder. Roll call: Smeby – Aye; Stone – Aye; Loberg – Aye. Motion carried. (Full text of resolution available in the Auditor's Office).

Motion Stone/Second Smeby, carried to adjourn at 9:08 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

Northwood Anchor

Legal

Notice

NOTICE OF PROPOSED ACTION TO INSTITUTE PROCEEDINGS TO ENTER INTO A LOAN AGREEMENT AND TO BORROW MONEY THEREUNDER IN A PRINCIPAL AMOUNT NOT TO EXCEED $6,000,000 (GENERAL OBLIGATION)

The Board of Supervisors of Worth County, Iowa, will meet on March 27, 2023, at the Supervisor's Room, Worth County Courthouse, Northwood, Iowa, at 9:00 o'clock a.m., for the purpose of instituting proceedings and taking action on a proposal to enter into a loan agreement (the "Loan Agreement") and to borrow money thereunder in a principal amount not to exceed $6,000,000 for the purpose of paying the costs, to that extent, of undertaking aspects of the Worth County Road, Bridge and Culvert Improvement Projects, an urban renewal program of the County which was authorized by action of the Board of Supervisors on October 17, 2022.

The Loan Agreement is proposed to be entered into, and bonds will be issued thereunder, pursuant to authority contained in Section 331.402 and Section 331.441(2)(b)(14) of the Code of Iowa. The Loan Agreement and the bonds will constitute general obligations of the County.

At that time and place, oral or written objections may be filed or made to the proposal to enter into the Loan Agreement. After receiving objections, the County may determine to enter into the Loan Agreement, in which case, the decision will be final unless appealed to the District Court within fifteen (15) days thereafter.

At any time before the date fixed for taking action to enter into the Loan Agreement, a petition may be filed with the County Auditor asking that the question of entering into the Loan Agreement be submitted to the registered voters of the County, pursuant to the provisions of Section 331.441(2)(b)(14) of the Code of Iowa.

By order of the Board of Supervisors of Worth County, Iowa.

Jacki Backhaus
County Auditor

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
91 9th St. S., Northwood, IA
Office 641-324-9844 Fax 641-324-9844

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

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

Spring is ideal time for planting fruit trees in Iowa

By Suzanne Slack
Extension Fruit
Crops Specialist

For those looking to grow and enjoy fruit from their backyard, spring is the ideal time to start. However, to ensure healthy growth and good yields, it is important to select fruit tree cultivars that will be successful in Iowa's cold climate, and to plant them in a way that will set them up for a lifetime of enjoyment. Suzanne Slack, Iowa State University Extension and Outreach fruit crops specialist, discusses tips for planting successful, fruitful fruit trees this spring.

The first step in planting a new fruit tree is deciding what to plant. While apple trees are an excellent option that is well suited to Iowa's frigid temperatures, Slack also recommends tart cherry trees, especially the variety 'Montmorency'. Some cultivars of sweet cherries can be successfully grown; however, it is best to purchase cultivars bred for colder climates, such as 'North Star' and 'Black Gold', to ensure adequate winter hardiness.

Plum and pear trees generally do well in Iowa also, but may experience some disease issues, so it is important to monitor them closely. For a less traditional option, Slack recommends the native paw-paw tree, which produces a small, green fruit with a sweet, banana-like flavor and is deer resistant.

An additional factor to consider when selecting a fruit tree for your backyard is that many fruit trees are self-incompatible, meaning that they require a nearby pollination partner in order to produce fruit. Pawpaw, pear, apple, plum and most sweet cherry trees (exceptions include the two recommendations above) require a partner to produce fruit; however, apple trees can be cross-pollinated by nearby crabapple trees as well. Tart cherries are self-pollinated, and do not require a partner.



While some nurseries may claim to sell self-pollinating apple varieties, Slack warns that these trees often produce lower quality fruit, both in size and general taste without a pollinizer partner.

When selecting a site for a fruit tree, one of the most important factors to consider is light availability. Fruit trees generally require full sun, and will produce significantly less fruit when shaded out. They also prefer well-drained soil. As Slack explains, it is also important to plan for the tree's mature size, especially when planting near homes, roads, neighboring trees and other obstacles.

As far as planting fruit trees, planting too deep is one common mistake. Most commercially available fruit trees have been grafted on to a rootstock (a totally different tree) for benefits such as increased disease resistance, drought tolerance or size control. Gardeners may see the graft union, where the fruit-producing upper portion of the tree and the beneficial rootstock are joined together, as undesirable, and attempt to bury it. However, this will cause the top portion of the graft to grow its own roots, completely overriding any benefits from the rootstock. This can cause trees to grow much larger than intended, or suffer decreased disease, pest or drought resistance.

Pruning is also an important part of caring for fruit trees, as sun exposure and air circulation are essential for fruit formation. Fruit trees require regular pruning, even in their first year. Late February is the perfect time to prune fruit trees. For more information on pruning, visit the extension pruning guide available on the ISU Extension and Outreach Horticulture and Home Pest News webpage.

For many fruit trees, obtaining edible fruit is a bit of a waiting game. However, the length of time between planting and harvesting is largely dependent on the size of the tree. Some dwarf varieties may produce fruit in their first year after planting. However, Slack recommends removing the blooms from these trees before the fruit is formed in order to encourage the tree to invest in more shoots and leaves, which will be more beneficial long-term.

Most semi-dwarf varieties will produce edible fruit between two and three years of age, while full size rootstocks can require between five and eight years to produce fruit.

While fruit trees can provide a wonderful opportunity for homeowners to enjoy food grown in the backyard, Slack warns not to expect grocery store quality from backyard trees. "If you're sick of paying Honeycrisp prices and want to buy your own Honeycrisp tree, you will find out quickly why Honeycrisp apples are so expensive at the grocery store," she said. "It takes a lot of effort to get a perfect fruit."

More information is available by contacting Slack at 515-294-0035 or slacksuz@iastate.edu

Yard and Garden: Growing moth orchids at home

Many species of orchids bloom at all times of the year. The popular moth orchid (Phalaenopsis spp.) often blooms indoors during the cold months of winter. Moth orchids are one of the easiest orchids to grow indoors. The beautiful blooms can last for months and plants can be grown and brought into bloom year after year. In this article, horticulturists with Iowa State University Extension and Outreach answer questions about caring for moth orchids.

How do I water my orchid?

Moth orchids grow in a coarse bark medium that is best kept evenly moist but never wet. Plants should be watered well and then allowed to dry between waterings. When ready to water, a wooden chopstick inserted into the coarse media will come out completely dry. To water, run water over the media until it wets the entire rotting media and runs out the bottom of the container. Avoid wetting the foliage. Water with copious amounts of water, since much of it will flush away.

Moth orchids purchased from retailers are often grown in coarse sphagnum moss. This material stays wetter longer than the traditional bark media but can also be challenging to re-wet when it dries out completely. Make sure that all the rooting media (whether it's moss or bark) is thoroughly wetted. Always empty saucers, trays, or outer pots and never allow plants to sit in water. Plants are susceptible to root rots and death when watered too frequently or allowed to sit in water.

What are the lighting requirements for moth orchids?

Moth orchids grow best in bright, indirect light. Direct sun may actually harm the foliage. Ideal sites are east- and north-facing windows. Plants in a south window may need to be shaded with a sheer curtain. Often when



moth orchids receive too much light, their leaves develop a reddish color.

Phalaenopsis orchids will not grow or flower well in poorly lit areas. Supplement lighting can be used to provide more light when light levels from the window are not sufficient. Select high-output, full-spectrum fluorescent or LED lights and position them within 6 to 12 inches of the foliage. Keep the lights on for 12 to 16 hours each day.

What are the preferred temperature and humidity levels for moth orchids?

Moth orchids prefer daytime temperatures of 70 to 80 degrees Fahrenheit and nighttime temperatures of 60 to 70 F. Cool nighttime temperatures of 55 to 60 F in fall help initiate flower development. Avoid exposing plants to temperatures below 55 F.

Phalaenopsis orchids require a relative humidity of 40-60%. Unfortunately, the humidity levels in most homes during the winter months are well below this range. Humidity levels indoors can be increased with a room humidifier or by placing the plant on a tray or saucer filled with pebbles and water. The bottom of the pot should be kept above the water line. The evaporation of water from the tray will increase the relative humidity near the plant.

How often should I repot my orchid?

Orchids benefit from repotting every two to three years. Over time, the coarse potting media breaks down, allowing it to hold more water and causing root rot issues. Regular repotting with fresh bark media (even if in the same size container) helps roots and plants stay healthy. Only move moth orchids to larger containers when you cannot physically fit the root mass in the container. The container size is determined by the root mass, not the size of the leaves and stems. After many years, the orchid's root system can become too large for the container, pushing the plant up and out. Repot these plants in a new, larger container with fresh potting media.

Why has my moth orchid failed to re-bloom?

Moth orchids typically initiate flowers in the cool temperatures of fall and bloom over the winter months. Providing all the proper environmental conditions, such as light, temperature, water and fertilizer, will allow the orchid to bloom.

Several factors may lead to a moth orchid that fails to rebloom. Address these factors to get plants to bloom again. Insufficient light is one of the primary reasons why many orchids do not rebloom. Ensure plants receive bright indirect light from a bright window or supplemental light source. Orchids that have not been adequately fertilized will not flower well. During the spring and summer months, fertilize often using a dilute solution of a balanced fertilizer. A fertilizer mixed at half or quarter strength and applied with every other or every third watering works well. Moth orchids also need several weeks of a 10-15 degree drop in temperature at night – ideally down to 55-65 F to initiate flowers. When grown indoors, occasionally this drop in temperature from day to night does not happen. Be sure to provide a temperature drop at night in the fall to trigger flowering.

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Once upon a time for POPS LV

The annual POPS concert was held on March 3. It once again featured musical performances by talented Northwood-Kensett choir and band students, as well as skits. With a theme of "Once Upon A Time," the concert featured fantastical and magical music along with funny depictions that included a trip to Wal-Mart and synchronized swimming.



2022/2023 N-K YOUTH WRESTLING TEAM

N-K Youth Wrestling

The 2022/2023 Youth wrestling season is the 11th season as Northwood-Kensett Youth Wrestling Club. The club had 51 members this year, 12 of which were girls. The club is in a brand new wrestling room this year large enough to accommodate the growing team. Coaches this year are Dennis Paulson, Tim Davis, Lane Elsbury and Val Paulson.

The club had 11 kids go to AAU Districts with two of them qualifying for AAU State. One girl went to AAU Girls State, two boys went to AAU Super PeeWee State and two girls went to AAU Girls Super PeeWee State.

AAU Districts
February 5 - Humbolt, IA

3rd grade - Lawson Perkins - A62, 5th place
3rd grade - Ethan Binnebose - A58, 5th place
3rd grade - Callan Brunsvold - A78, 6th place
3rd grade - Baylor Abrams - A115, 2nd place
3rd grade - Ryder Duvall - A66, DNP
3rd grade - Reese Hulshizer - A70, DNP
3rd grade - Kaelix Iverson - A62, 6th place
4th grade - Gabriel Hulshizer - A150, 1st place
4th grade - Malachi Anderson - B103, DNP
6th grade - Owen Binnebose - B94, DNP
6th grade - Tucker Duvall - B94, DNP

AAU State
February 25 & 26
Des Moines, IA

3rd grade - Baylor Abrams - A115, DNP
4th grade - Gabriel Hulshizer - A150, 3rd place

AAU Girls State
February 26 - Des Moines, IA

6th grade - Harley Logeman - B136, 5th place

AAU Super PeeWee State
Saturday, March 4
Waterloo, IA

Kindergarten - Zander Duvall - 38, DNP
1st grade - Kase Bachtle - 58, DNP

AAU Girls Super PeeWee State
March 5 - Waterloo, IA

1st grade - Sophia Hulshizer - 82, 7th place
2nd grade - Harper Sheffield - 82, 1st place



HARPER SHEFFIELD AND SOPHIA HULSHIZER



GABE HULSHIZER



HARLEY LOGEMAN



