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Briefs

N-K blood drive set for Friday, May 5

Northwood-Kensett will host a blood drive on Friday, May 5. The blood drive will be held at the N-K high school gymnasium, on May 5, from 8 a.m. to 1 p.m. Appointments are required and may be scheduled online at lifeservebloodcenter.org, under the Donate Blood link. Appointments may also be scheduled by contacting Megan Thorson by email at mthorson@nkvikings.com.

Legion car show/rally set for May 6

The groups that make up the American Legion Family in Manly will hold a car show and membership rally on Saturday, May 6. A number of classic and unique cars, trucks and bikes will be welcomed to take part in the show, with an entry fee of \$10. There will be music by Mojo Productions DJ service, prizes, a 50/50 drawing and raffles. There will also be information on the American Legion, Legion Auxiliary, Sons of the American Legion and American Legion Riders, including requirements for those that are interested in joining or supporting the groups.



The Week's WEATHER

by National Weather Service

| Date | Hi | Lo | Prec. |
|-----------------|----|----|-------|
| Tues. April 18 | | | |
| Wed. April 19 | 58 | 28 | 1.2 5 |
| Thurs. April 20 | 58 | 28 | 0.75 |
| Fri. April 21 | 50 | 34 | 0.60 |
| Sat. April 22 | 44 | 30 | T |
| Sun. April 23 | 37 | 31 | |
| Mon. April 24 | 45 | 27 | |



A tree to go
Students in Northwood-Kensett second grade classrooms last week received a unique piece of homework. Erik Butler with the Worth County Soil and Water Conservation District visited the school to teach the students about how to care for a tree, and then he gave them each one to take and plant at their homes. See the second graders with their trees in a photo on page 2.

City clean up begins tomorrow

The annual fall clean up in Northwood begins tomorrow, Thursday, April 27, continuing through this Saturday, April 29. The City is offering a chance for residents to dispose of unwanted items as they do some spring cleaning. Dumpsters will be provided for Northwood residents at the Northwood city

yard, located on the east side of Northwood along Highway 105. The City yard will be open on Thursday, April 27, from 7 a.m. to 3:30 p.m.; Friday, April 28, from 7 a.m. to 6 p.m.; and this Saturday, April 29, from 8 a.m. to noon. Clean up days are intended for discardable items that would not be picked up

through normal garbage collection, meaning regular day-to-day garbage will not be accepted. Other items that will not be accepted include computers and accessories, construction debris, tires, batteries, paint, hazardous and flammable items and fluorescent light bulbs and tubes. **Clean up, See Page 2**

Officials review Worth County audit results

Last week Worth County officials heard the results of the audit of the County's books for the fiscal year that ended on June 30, 2022. Local governments in Iowa are required to hire an independent auditing firm to review their books and report on figures, procedures and any inconsistencies. Elizabeth Thyer, with Gardiner + Company, was at the April 17 meeting of the Worth County supervisors. Also at the meeting were the heads of several County offices and departments. Thyer explained that the audit was based on county records and random sampling of transactions. **Audit, See Page 2**

In discussing the County's accounts, Thyer noted the "business type activities" funds. For the County, this refers to water and wastewater accounts. Those accounts come from the systems in place to provide water and sewer services to the businesses at the Highway 105/Interstate 35 interchange. Thyer said that the accounts were operating at an almost \$100,000 loss to the County in the fiscal year. Thyer said that the loss is an accumulating result of water and wastewater rates that have not been adjusted in many years. While expenses have increased, the charges to interchange **Game, See Page 2**

Supervisors approve \$6 million in TIF funding for roads, bridges

The Worth County supervisors learned more about plans for borrowing for road and bridge improvements while also discussing potential participation in the state's oversize load limit program. At the April 10 meeting, the supervisors heard from Heidi Kuhl, a financial advisor with Northland Securities, advised the supervisors on the process of taking out bonds to pay for road system projects. The County will borrow \$6 million and repay the bonds using TIF (tax increment financing), with future wind turbine property tax revenue the source of that funding. The money will be used on a number of road and bridge projects that were included in the County's Urban Renewal Plan, a document that is used as the basis of potential TIF-backed projects. The County will borrow for \$6 million, and will be

able to use approximately \$5.9 million of that, after fees associated with the borrowing process. The County will repay the bonds over 8 years and, based on the proposed timeline, will have access to funds as soon as May 24. Also discussed at the meeting was the County's participation in a new state program that allows for annual oversized load permits. The permits allow for vehicles to haul loads over current legal limits on most State roads. Some county roads will also be included. Iowa's counties have been given until 2025 to designate roads that can be used by permit-holders. Worth County engineer Rich Brumm said that he has planned to hire a bridge consultant to begin the process of analyzing potential routes for those that may purchase the permits. **Supervisors, See Page 2**

'On Cloud Nine'
Prom 2023

Noah Woltzen and Reese Wahl are pictured as they prepared for this weekend's prom festivities. They will join other juniors and seniors "On Cloud Nine."

N-K board discusses potential JH game fees, projects

Potential charges for lower level athletic events were amongst the topics discussed at the April meeting of the Northwood-Kensett school board. Also discussed were school improvement projects set to be undertaken while students and staff are out for the summer.

Superintendent Mike Crozier shared that officials in the Top of Iowa Conference were considering charging for admission to junior high and lower level games. Crozier said that some schools in the conference need to raise funds to sup-

port the younger students' athletics and other activity accounts. It would also help pay for officials, uniforms and other expenses. Another consideration for many districts, is charging admission for the JH games would create difficulties finding people to **Game, See Page 2**

N-K's prom is 'On Cloud Nine'

Students at Northwood-Kensett High School will take part in the annual prom festivities this Saturday. This year's prom will feature a theme of a "On Cloud Nine." It will be held this Saturday, April 29, with N-K juniors and seniors and their dates taking part in a variety of activities. That begins with the grand march at 5 p.m. in the high school gym, when students' family, friends

and members of the community are invited to view prom attire and decorations. Following grand march the students will enjoy a meal at the high school, catered by Tequila's Mexican Bar and Grill. The prom dance begins at 7 p.m. at the school. Following the dance, students will move to the Viking Activities Center for post prom festivities. Post prom events and

activities were designed with students that attended planning meetings. That will include a photo booth, henna tattoos, chair massages, games, bingo and a hypnotist. Locally-based treats will also be available courtesy of Mini-Donuts of Northwood and Shaka Shaved Ice. The post prom goers will also receive a prize to take home with them.



Game
Cont. from Page 1

attend those games and collect admissions.

For N-K, there isn't as much of a need to collect additional funds, Crozier said. He noted that N-K has access to WCDA education dollars for youth program needs, unlike other districts.

The school board's general consensus was that they didn't want to add another charge for families, or members of the community to watch the younger athletes.

Crozier said that N-K will have to follow the conference if it does make the

change.

Crozier also shared an update on projects that are in the works at the school.

Projects planned for this summer include replacement of carpet in the high school, painting, door locks and blinds and replacement of windows in the older portion of the elementary.

Also discussed and approved at the board meeting was repairing the roof at the middle/high school building. The board approved a bid of \$169,873 for the roof repair project.

Supervisors
Cont. from Page 1

The goal would be to see which, if any, routes on county roads would be available, or worth using, for those that would have a need for oversized loads year round.

Alternately, Brumm said that they could just open up the county for permit-users and leave it up to them to find out which routes would

have bridges posted as unusable for larger weights. Supervisor Mark Smeby pointed out that is their responsibility anyway.

Brumm said it would be nice for the County to know.

Brumm also added that looking at potential paths could guide bridge project planning in the future.

Audit
Cont. from Page 1

customers have not.

Thyer said the County should be adjusting rates annually.

Supervisor AJ Stone said that engineers have been hired to study and recommend new water and wastewater rates. That will include meetings with system users. Stone said that the rates will be increased soon.

A number of findings discussed are common to most of the small governments in the state.

One of those is the segregation of duties. That refers to tasks that would ideally be undertaken by separate employees. However, due to the small numbers of staff in county offices, that is difficult to achieve.

Another finding detailed an incident where an employee paid a credit card without following the proper claims procedure. That mistake was immediately caught and corrected.

Thyer also reported on a software glitch that prevented the disbursement of ag land credits. Thyer said that funds for ag land credits came into the county, but a software issue meant that the funds were not recorded, and so were not dispersed. Because it wasn't noticed in the fiscal year, it would be adjusted in the current fiscal year.

Thyer talked about credit card procedures and policies.

First, she recommended that there should be one countywide credit card policy, and the separate boards that govern different departments shouldn't have their own policies.

Thyer mentioned one violation of the county's credit card policy, when an employee paid for alcohol with a County card.

Thyer also noted that County cards had been used

to pay sales taxes. She noted that some counties require employees to be responsible for bringing tax-exempt documentation for purchases, or be responsible for paying the sales taxes.

Thyer noted that the County had paid, late charges on a bill, something that Thyer said was beyond the public purpose that County expenditures should be driven by.

Thyer pointed out that related party transactions over \$6,000 had taken place. That refers to expenditures between people or businesses with relation to County staff. However, Thyer said that none were inappropriate, as the related employees were not involved in the process of acquiring the services.

Two issues with meetings and their records were noted. Thyer said that two closed session meetings of the supervisors were held without the required records.

Also, the County borrowed funds between two separate accounts. In order to pay for a road project, the County used funds established for Highway 105 projects, which were later repaid using TIF (tax increment financing), or funds borrowed against future property tax revenue.

Thyer said that the process should have involved posting notices and holding hearings.

While the discussion focused on issues with the county's records and procedures, overall Thyer said that the company presented what she referred to as an unmodified opinion on financial statements, which is the ideal result of audits for government entities like Worth County. It means that the financial statements were fairly presented.

Clean up
Cont. from Page 1

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

More information is available in the ad in this issue of the Northwood Anchor or by contacting Northwood City Hall at 324-

1075.

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

All Worth County residents may dispose of used tires without rims, old

appliances, waste oil and scrap metal.

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

More information on the Worth County Recycle

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



A sign for things that have come

Those coming to the Worth County Historical Society's main museum in Northwood will be welcomed with a new sign, which was recently installed.

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WCDA awards \$1,122,530.22 in spring grant ceremony

Last week the WCDA held its spring awards ceremony, providing funding to support projects in Worth County and in the region.

With the awards granted at the ceremony held on April 17, the WCDA has now provided over \$79 million in grants and education dollars.

As a sign of the times, WCDA director Deb Hanson added a new message before she began announcing award recipients. Hanson advised those that receive grants to begin their projects as soon as

possible. She noted that many of the more recent grant recipients cut the one year grant deadline close due to supply chain issues.

Over the course of the evening on April 17, Hanson announced \$1,122,530.22 in grants.

Worth County recipients received a total of \$1,006,333.69 at the event.

The largest grant of the evening went to Worth County Community of Promise, which received \$84,570 for roof repairs at the Northwood Community Center.

The City of Joice received

the second largest grant, \$76,000 for a park bathroom addition.

The third largest grant went to the City of Fertile for a solar project at its community center, for \$69,448.

Two other solar projects were awarded grants. Also receiving funds for solar projects were First Lutheran Church in Northwood, for \$45,000 and the Izaak Walton League north of Kensett for \$32,500. That made up a total of \$146,948 for solar energy.

Several county fire

departments received funds to purchase new radio equipment to help connect to the digital radio infrastructure in the County. A total of \$89,999.67 went to radio projects, including \$51,302.17 to the Northwood Volunteer Fire Company, \$33,500 to the Kensett Fire Department and \$5,197.50 to the Joice Fire Department.

Other projects in Northwood included \$43,890 to TUNE to blacktop the remainder of the parking lot at the Timbers Events Center; \$33,458 to

the City of Northwood for valves at the Water Treatment Plant; \$21,423.25 to the Worth County Historical Society for renovations of the main level of the Stromstein Building and \$3,600 for a chair lift at the main museum.

One of the newest Worth County groups to receive an award received four at the ceremony. Art Farm Iowa is being built on a farm north of Northwood. The effort will blend art and ag with plans for a facility to display local and visiting artists and hold

events. Art Farm Iowa received four grants totaling \$59,964.31. The grants will go towards kitchen appliances, cabinets, plumbing and concrete.

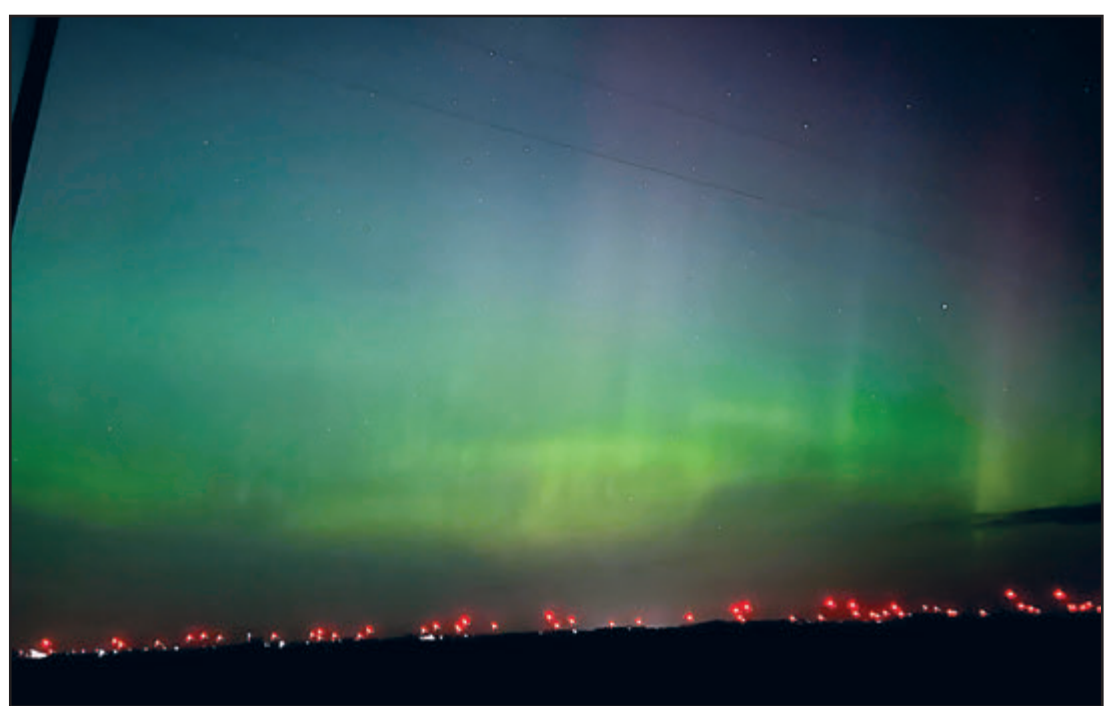
Grants awarded to groups outside of Worth County totaled \$116,196.53.

The largest grant outside of the county went to the Lyle Fire Department, which received \$38,200 for turn out gear.

The second largest regional grant went to the Friends of Winnebago County Conservation, \$18,545 for a well project.

WCDA spring 2023 awards

| WORTH COUNTY GRANTS | |
|--------------------------------------|----------------|
| Grafton Community Action | |
| Baseball Scoreboard | \$1,315.50 |
| New Bethel Baptist Church | |
| Steel Side Door | \$2,000.00 |
| City of Kensett | |
| Updated Signage..... | \$2,448.00 |
| Art Farm Iowa | |
| Kitchen Appliances..... | \$3,144.31 |
| WCHS | |
| Museum Chairlift | \$3,600.00 |
| Joice Fire Dept | |
| Hoze and Nozzles..... | \$3,865.62 |
| Joice Fire Dept | |
| Water Rescue Equipment | \$4,865.16 |
| Joice Fire Dept | |
| Radio..... | \$5,197.50 |
| Joice Fire Dept | |
| Thermal Imaging Camera..... | \$5,918.00 |
| Worth County Extension | |
| 4-H Lego League Items | \$5,982.00 |
| City of Hanlontown | |
| AC/Dehumifer | \$5,997.00 |
| City of Hanlontown | |
| Comm Center Tables/Chairs.. | \$6,273.11 |
| Bethlehem Lutheran Church | |
| Mini Split Cooling System | \$6,366.43 |
| Art Farm Iowa | |
| Cabinets | \$7,070.00 |
| WC Sheriff's Office | |
| Ballistic Vests | \$7,150.00 |
| City of Fertile/Public Library | |
| Update Technology | \$9,529.95 |
| Art Farm Iowa | |
| Plumbing | \$9,750.00 |
| City of Manly | |
| Bosworth Park Walking Lights | \$9,850.00 |
| American Legion Post 110/Ladies Aux | |
| Uniforms/Accessories..... | \$9,930.31 |
| City of Manly | |
| Playground Installation | \$11,600.00 |
| Worth County Extension | |
| Transport Club Car/Gator.... | \$12,834.65 |
| American Legion Post 110 | |
| Furniture..... | \$17,500.00 |
| Manly Senior Center | |
| Repairs and Restoration..... | \$20,783.91 |
| WCHS/Stromstein Building | |
| Main Level Reno..... | \$21,423.25 |
| WC Conservation Board | |
| All Terrain Mower..... | \$21,500.00 |
| City of Manly | |
| Comm Center Reno/Phase 1 | \$22,216.53 |
| City of Grafton | |
| Comm Center Anti Slip Floor | \$26,210.00 |
| Emmanuel Lutheran Church | |
| Landscape Reno/Phase 1..... | \$26,946.00 |
| Izaak Walton League | |
| Solar Project..... | \$32,500.00 |
| City of Northwood | |
| Air Valves Water Treatment | \$33,458.00 |
| Kensett Fire Dept | |
| Communication Radios | \$33,500.00 |
| New Bethel Baptist Church | |
| Church Garage..... | \$36,260.00 |
| Art Farm Iowa | |
| Concrete | \$40,000.00 |
| Sacred Heart Church | |
| Landscaping/New Sign..... | \$43,719.27 |
| TUNE | |
| Blacktop Timbers Parking Lot | \$43,890.00 |
| First Lutheran Church | |
| Solar Panels/Phase 1 | \$45,000.00 |
| Northwood Fire Dept | |
| Radio Project..... | \$51,302.17 |
| City of Fertile/Community Center | |
| LED Message Sign | \$60,419.02 |
| City of Hanlontown/Park Board | |
| Remodel Shelter House | \$65,000.00 |
| City of Fertile/Community Center | |
| Comm Center Solar Project . | \$69,448.00 |
| City of Joice | |
| Park Bathroom Addition..... | \$76,000.00 |
| WC Community of Promise | |
| Roof/Repair/Sealant..... | \$84,570.00 |
| WORTH TOTAL..... | \$1,006,333.69 |
| REGIONAL GRANTS | |
| Central Gardens of North Iowa | |
| Garden Tools/Supplies..... | \$1,521.45 |
| St Ansgar American Legion | |
| Uniform Updates | \$2,061.00 |
| Kum Along Club/Senior Center | |
| Window/Door Replacement.... | \$4,147.33 |
| City of Stacyville/Fire Dept | |
| New Hose Project..... | \$8,212.50 |
| Freeborn County Ag Society | |
| Family Shade Structure..... | \$9,000.00 |
| Cerro Gordo County Conservation | |
| Strand Park Sport Court..... | \$10,000.00 |
| City of Lake Mills/Rec Dept | |
| Park Musical Flowers..... | \$10,000.00 |
| City of Garner | |
| Batting Cage/Pitching Machines | \$14,509.25 |
| Friends of Winnebago Conservation | |
| Well Project..... | \$18,545.00 |
| City of Lyle/Lyle Fire Dept | |
| Turn Out Gear | \$38,200.00 |
| REGIONAL TOTAL..... | \$116,196.53 |
| GRAND TOTAL..... | \$1,122,530.22 |



Northern lights near Northwood
Exactly one month after the previous light show, a particularly strong geomagnetic storm took place starting on the evening of April 23. Solar winds interacted with magnetic particles in the atmosphere to create dancing lights on the horizon and overhead. The image at top was shared with the Anchor by Skylar Beresford. Pictured below is a photo taken by the Anchor photographer.

Graduation Open House Announcements

Deadline Friday, May 5

Graduation Open House
honoring
Andrew Breitsprecher
Saturday, May 21
11 a.m. - 2 p.m.
Northwood VFW
800 8th St. N.
Northwood*

Graduation Open House
honoring
Carly Hengesteg
Sunday, May 15
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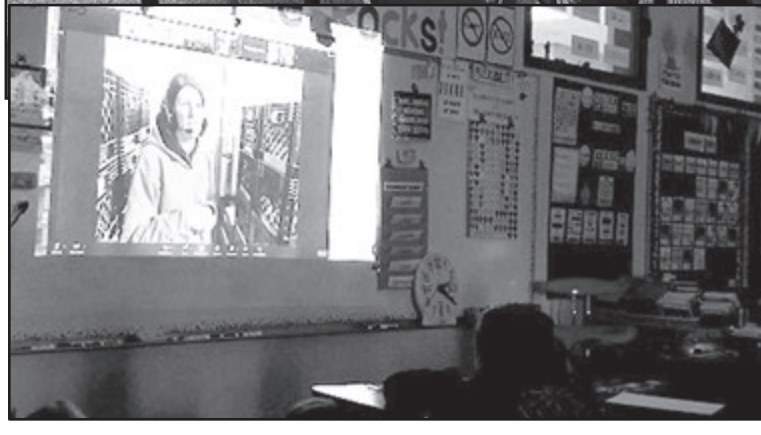
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A day for dairy

Third graders at Northwood-Kensett recently learned more about the dairy industry. Worth County Farm Bureau outreach coordinator Teresa Stehn with North Central visited the classroom, and was joined remotely for a Farm Chat at Hansen's Dairy in Hudson, Iowa. The students learned about the milking process, how Hansen's Dairy makes products that include butter, curds, ice cream and heavy cream on site and then sell them at their retail locations. After the lesson, Stehn returned with a sample of cheese curds for a hands on example of the process they learned about in the classroom.

Farm safety expert reminds lowans to share the roadways

Steve Freeman is a professor and safety research expert at Iowa State University, where he teaches classes related to occupational safety, including farm and rural safety. He grew up on a diversified farm/ranch in eastern Colorado. He holds a Ph.D. in agricultural engineering from Purdue University and has written numerous research articles about occupational safety.

Q: You've been an expert in farm and rural safety for more than 30 years. What motivates you to work in this area?

A: Growing up, I knew a lot of neighbors who had been injured while working on a farm. It was considered part of the price of farming and every time the old farmers gathered, the conversation often included stories of their injuries or of injuries to others. But when children were injured or killed, it was often ignored – just too painful to talk about and revisit. I knew there had to be a better way. Every farm injury is preventable. We have made progress, but still have work to do.

Q: Farm equipment and motor vehicles have improved significantly in terms of better lighting, signage and visibility, yet we still continue to have incidents and injuries. How important is this technology and what must we do to get the most from it?

A: First, we need to make sure that we maintain the technology and ensure that the technology is working correctly. Second, we need to make sure that we don't over rely on the technology.

We still need to ensure that our youth and workers are properly trained to complete all farm tasks safely.

Technology has made farming easier and safer, but safety is still a matter of our behavior and actions.

Q: What is the single biggest thing that farmers and non-farm motorists should do to safely share the roadways?

A: Everyone needs to be patient and accept that we share our rural roadways. Farmers need to ensure that their equipment is visible and they need to be cautious when moving equipment on roads. Motorists need to be aware of the possibility of farm equipment and to slow down. The difference in speed between cars and farm equipment often catches drivers by surprise. Drivers should not try to pass farm equipment unless they are sure the road is clear and the farmer is not planning on turning off the road to the left. Finally, farmers should not try to pull off the side of the road to let vehicles pass unless they know the side of the road is stable and safe.

Q: We remind people about roadway safety with farm machinery every year. Why is this necessary?

A: While farm equipment is a common sight on rural roads during specific times of the year (for example, planting season and harvest season), it is still relatively rare throughout the year. We all become complacent and forget about hazards that we don't deal with every day. These yearly reminders create awareness and remind everyone that we need to share the roads and work together, to keep our rural roads safe.

Freeman offers the following advice for both farmers and rural motorists.

Tips for the rural driver
Be prepared for farm ve-



hicles. Farm vehicles travel significantly slower than automobiles. You may only have a few seconds to react and slow down before overtaking a farm vehicle. Be prepared to slow down and follow; you may not have room to pass.

Slow down and keep your distance. Don't assume that the farmer can pull over and let you pass. Shoulder conditions may make it unsafe for the farmer to pull heavy equipment to the side of the road.

Be sure of the farmer's intentions before passing. Don't assume that a farm vehicle is turning right or pulling over to let you pass if it pulls to the right side of the road. A farmer may have to swing right in order to make a left turn. Wait until you know what the farmer is planning to do.

Be patient and enjoy the scenery if you find yourself following a farm vehicle. Even if you have to follow a farm vehicle for a couple of miles, it will only take a few minutes of your time.

Be especially alert in the evenings; farmers are returning from the fields and dusk makes farm vehicles more difficult to see.

Tips for the farmer
Only allow licensed, or appropriately trained, oper-

ators to take farm machinery onto the road. Youth who are able to operate machinery in the field may not be able to deal safely with traffic and other road hazards.

Make sure farm machinery is equipped with the lighting and marking safety devices recommended by the American Society of Agricultural Engineers and required by state and local laws. Be sure to remind all operators to use the appropriate hazard lights and turn signals when traveling on roads.

Minimize total vehicle width and secure equipment in the transport position before entering roadways.

Watch for approaching traffic and vehicles trying to pass. If possible, pull over and let traffic pass safely, but be alert for roadside hazards.

Obeys all traffic laws and signs.

Signal intentions to motorists and avoid sudden or unexpected maneuvers.

Exercise additional care when entering roadways, approaching unsigned or "blind" intersections, crossing narrow bridges, going around sharp corners or going over hills.

Fiesta cooking class to be held at Carlson Learning Tree Lodge in Hampton

Healthy Harvest of North Iowa will be teaching a series of cooking classes with Michelle Hartman the Crazy Tupperware Lady. These classes can be taken individually, based on your personal interest, or as a part of the Franklin County Cooking Class series.

The May class focuses on how to make homemade bread into pizza dough. You will learn how to incorporate local ingredients into your celebrations, using practical substitutions and easy to use resources.

"These classes are very exciting for participants with take home seasonal eating magnets, opportunities for purchase of take-home Tupperware, and so much more," says Michelle Hartman, The Crazy Tupperware Lady, "the classes are designed to be fun and informative".

"If you are looking to learn something new or trying to increase variety in your diet, our classes with an emphasis on local foods might just be the perfect fit for you," says Amelia Attwood RD, LD, Special Project Manager with Healthy Harvest, "the classes provide general nutrition recommendations and applications."

Dates/times/ for each class can be found at healthyharvestni.com/adult-cooking-classes/

The Carlson Learning Tree Lodge class will take place on Tuesday, May 2 from 6:30-8 p.m. Sign up today at <https://form.jotform.com/230437262201140> The cost for each class is \$25. Spots are limited, so early reservation is encouraged!

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Midwest Compost School to be held on June 20-22

Iowa State University Extension and Outreach will host the 2023 Midwest Compost School on June 20-22 at the Iowa State Dairy Farm and Composting Facility near Ames.

This is a specialized, three-day course for compost facility operators and composting professionals. Topics covered include feedstock selection, recipe development, operations, analysis, monitoring, odor and runoff management, and marketing strategies. An emphasis is on food residuals composting. Each day includes a combination of hands-on training, lecture, discussion and problem solving.

"Participants will receive hands-on experiences and hear from composting facility managers and other experts about techniques that will give them a competitive edge," said Kapil Arora, agricultural engineer with Iowa State University Extension and Outreach and the course

coordinator.

The program is approved by the Iowa Department of Natural Resources for compost facility operator certification as specified under the Iowa Administrative Code.

The school features instructors from Iowa State University, University of Minnesota, University of Wisconsin and Illinois State University and is presented in collaboration with the Iowa Composting Council and the Iowa Department of Natural Resources.

Early registration is \$450 and must be made prior to midnight, June 9. Late registration is \$475 and the registration deadline is midnight, June 14. Pre-registration is required and space is limited for this program. Registration includes course materials and meals listed on the program. For additional information and to register online, visit www.aep.iastate.edu/compost.



It runs to a river

The heavy rains that fell a few days last week left water standing and flowing strongly through city streets. In many cases, it eventually ended up being directed to the outlets seen here, along the Shell Rock River below Northwood's downtown.

National data breach impacts Iowa Medicaid members

The Iowa Department of Health and Human Services (HHS) announces recently that some Medicaid members' personal information was compromised in a national data breach affecting a contractor's computer system last year. The Iowa Medicaid system was not breached.

"Medicaid takes the privacy of Iowans' personal and health information seriously," said Elizabeth Matney, Iowa Medicaid Director. "We regret the inconvenience and the concern this incident may cause Medicaid members in Iowa. HHS will continue to do everything possible to protect member information from unauthorized access."

Iowa Medicaid, a division

of HHS, works with private contractors to help deliver health care in Iowa. One of those contractors is Telligen, Inc. which performs annual assessments for Medicaid members to ensure they are receiving the correct level of care. Telligen subcontracted part of that work to Independent Living Systems (ILS).

Between June 30 and July 5, 2022, ILS suffered a data breach that resulted in the exposure of personal information belonging to more than four million individuals across several states. Data for approximately 20,800 Iowa Medicaid members was involved in this breach. The breach led to the compromis-

ing of information, such as full names, Medicaid details, and other sensitive information.

ILS detected the network intrusion on July 5, 2022, and reported the incident to the FBI and other authorities. An investigation was launched to determine what data was compromised. As the investigation was concluding, ILS informed Telligen of the breach on February 14, 2023. Telligen notified Iowa HHS and Medicaid on February 17, 2023.

ILS has taken steps to mitigate the risk of this happening again by improving their network security environment and providing enhanced training to employees on deal-

ing with sensitive information.

Iowa Medicaid is mailing letters to all affected members this week. Those letters will include details on what information was compromised and how to protect themselves from unauthorized use of their information. The letters also include information on how to access free credit monitoring, and how to obtain a free copy of their credit report.

Medicaid members with questions can reach out to Iowa Medicaid Member Services toll free at 833-257-1764 Monday through Friday 8 a.m. to 5 p.m. central daylight time.



4-H Livestock Workshop Held at Nelson Farm

Worth County 4-H held a livestock workshop hosted by the Chad Nelson family earlier this month. The meeting was led by Ashlie and Mason Kolbet local Veterinarian and Livestock Specialists, who covered information about sheep, swine and goat selection, showmanship as well as proper handling and caring for their 4-H livestock projects. Dennis Johnson, Worth County Extension Education Specialist led an educational session on "Youth for the Quality Care of Animals" (YQCA). Pictured are the nearly 50 4-H members and parents who attended the workshop.

PUBLIC NOTICE RESOLUTION FOR THE DESTRUCTION OF NOXIOUS WEEDS

2023 CROP YEAR

Be it resolved, by the Board of Supervisors of Worth County, Iowa, that pursuant to the provisions of Chapter 317 of the Code of Iowa, as amended, it is hereby ordered:

1. That each owner and each person in the possession or control of any land in Worth County, Iowa, shall cut, burn or otherwise destroy all noxious weeds thereon, as defined in this chapter, at such time in each year and in such manner as shall prevent said weeds from blooming or coming into maturity and shall keep such lands free from such growth of any other weeds as shall render the streets or highways adjoining said lands unsafe for public travel. Noxious weeds shall be cut, or otherwise destroyed.

Primary noxious weeds, which shall include: quack grass, bull thistle, perennial sow thistle, horse nettle, Canada thistle, leafy spurge, perennial pepper-grass, European morning glory or field bindweed, Russian knapweed, buckthorn and palmer amaranth

Secondary noxious weeds, which shall include: butterprint annual, wild carrot biennial & perennial, sour dock perennial, multiflora rose, teasel biennial, cocklebur annual, buckthorn perennial, smooth dock perennial, wild sunflower annual, shattercane annual, wild mustard annual, sheep sorrel, poison hemlock and puncture vine annual

2. That all weeds on county trunk and local county roads and between fence lines thereof will be taken care of by the county.

3. That if the owners or persons in possession or control of any lands in Worth County fail to comply with the foregoing order, the Weed Commissioner shall cause this to be done and that the expense of said work, including costs of serving notices and other costs, if any, to be assessed against the real estate.

4. That the county auditor be and is hereby directed to cause notice of the making and entering of the forgoing order by publication in each of the official newspapers of the county by request of County Weed Commissioner, Mike Bode at 1000 Central Ave, Northwood, IA (641) 390-0268.

5. The Weed Commissioner be given full authority and power to carry out the provisions of the resolution.

Published upon order of the Worth County Board of Supervisors, Mark Smeby, Chair, this 24th day of April, 2023.

**Board of Supervisors
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Ditch Spraying NOTICE

The Worth County Weed Commissioner / Secondary Roads Department are about to begin spraying road ditches. You **MUST** contact the Worth County Engineer's Office and fill out the required paperwork if there are any areas that you do not want sprayed. A special color-coded and labeled flag is available at the office to mark your areas. If you have these flags from previous years, you may re-use them, but you will still need to make sure you are registered for the program. Replacement flags are also available.

**For registration paperwork,
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contact Mike at 641-390-0268**

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Senior Tea

Last week, the members of the Twenties Club, the local group that began in the 1920s and tries to maintain a group of at least 20 members, continued the annual tradition of inviting senior girls and their mothers or significant women in their life for the Senior Tea. They enjoy tea, treats and conversation. The seniors share some information about themselves, their plans and questions about the community. Pictured above are the seniors that gathered for the tea, including (from left) Ellie Ehrhardt, Kennedy Christianson, Maddie Berry, Jasmine Renteria, Peyton Shoger and Jadynd Beland.

Week 15

Another hurry up and wait week. Bills are moving back and forth from the House to the Senate to the House. Every amendment requires another vote on the floor of the opposite chamber. Along with moving bills back and forth, we continue to work on budgets and compromises with the Senate and Governor. Late last week the Senate, House, and Governor reached an agreement on the total budget. The joint targets for each individual budget are:

- Administration & Regulation, \$70,538,208
 - Agriculture & Natural Resources, \$43,544,227
 - Economic Development, \$41,799,448
 - Education \$982,908,928
 - Health & Human Services, \$2,123,773,594
 - Justice Systems, \$881,712,725
 - Standings \$4,372,330,778
 - TOTAL \$8,516,607,908
- How each budget will spend their dollars is not yet agreed upon, but our



Jane Bloomingdale
Iowa House
District 51

budget committees are working to get an agreement soon. We continue to work with the Senate for a property tax relief bill. We amended our bill (HF718) to move all budget certifications to April 15 which allows one mailing of proposed property tax and property assessments to be mailed with county, city, school, and other taxing entities included on one statement. We amended the bonding elections to be every November, not just general election dates. The reduction in the school foundation tax levy will be funded by the state using money from the Taxpayer Relief Fund. Other bills of interest

this week include:

- SF418 requires Iowa's public funds to establish a list of prohibited companies that are owned or controlled by Chinese military or government services, and prohibits public investment in those prohibited companies. Similar restrictions currently exist in Iowa Code for Sudan, Iran, and companies that boycott Israel
- SF319 allows the employer to designate what a "safety-sensitive" position is and allows the employee to choose to receive electronic communication for drug testing results. It also changes the burden of proof from the employer to the employee to prove by a preponderance of evidence that

Rising egg prices leads increased interest in backyard chickens

As recent outbreaks of Highly Pathogenic Avian Influenza continue to cause an increase in egg prices, consumers may consider starting a backyard poultry flock this spring. A recent article in Iowa State University Extension and Outreach's Acreage Living Newsletter highlights best practices for raising a backyard flock.

Planning is key, according to Christa Hartsook, small farms program coordinator for Farm, Food and Enterprise Development with ISU Extension and Outreach.

When selecting a breed of chicken, it is a good idea to select a heavy breed capable of withstanding Iowa's cold winters. "Heavier breeds generally lay brown eggs and include Americanas, Brahmas, Orpingtons, Silkes or Wyandottes," explained Hartsook.

For white egg layers, a popular breed is the White Leghorn.

Chicks for egg production typically ship via the United States Postal Service to a local post office and are subsequently available for pickup. In order to ensure survival, newly hatched chicks must be kept warm under a brooder light or brooder heater at 90 to 95 degrees Fahrenheit



for the first week. After the first week, reduce heat by 5 F each subsequent week until a temperature of 70 F is reached.

Other important considerations for chick health and survival include access to food and water.

As for feed, commercial starter diets available from local farm or co-op stores are best for the first eight to 10 weeks of life according to Hartsook. Egg layers also require grit for digestion, which can be added to feed starting the third day after receiving chicks.

Egg laying chickens will

begin to lay around 5 to 7 months in age. As chicks grow, it is important to provide them with a clean, adequately sized space. Keeping the coop area clean and changing shavings regularly minimizes ammonia buildup, preventing contamination of water and feed.

"Your coop can be housed in an existing building on your property, a small garden shed or new construction using one of the many plans found online," added Hartsook. "Attention should be given to roosting space, nesting space and easy access for someone to enter to refill food and water, collect eggs and clean the coop."

Those interested in backyard poultry can also complete the free, online course called Getting Started with Backyard Chickens eCourse, available on the Iowa State University Extension Store.

Northwood Anchor

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

Bethlehem Lutheran, Manly
Wednesday, Assemble Newsletter at Bethlehem, 9 a.m., WAGS at Grace, 5:30 p.m., Lenten Service at Elk Creek, 7 p.m., Meal, 6 p.m.; Sunday, Grace Worship, Bethlehem Adult Bible Study, 9 a.m., Bethlehem Sunday School, 9:30 a.m., Bethlehem Worship, 10:30 a.m.
Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran
Thursday, Elk Creek Quilting, MANNA Open, 4:30-6:30 p.m.; Friday, Elk Creek Quilting; Saturday, Funeral for Marian Helling - Elk Creek, 2 p.m.; Sunday, Congregational Meeting at Bethany, Worship - Bethany, 9 a.m., Sunday School - Elk Creek, 9:45 a.m., Worship Elk Creek, 10:30 a.m.; Monday, MANNA Open, 10 a.m. - Noon
Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan
Thursday, Guest Day, Program: Janet Johnson from One Vision, Refreshments following, 1:30 p.m.; Sunday, Worship Services, 9:10 a.m., Coffee Fellowship, 10 a.m.
Pastor Cory Allard

Bethel United Methodist Church
Wednesday, Diner, 8:30 a.m., Wonderful Wednesday, K-3rd Grade, 3 p.m., Mini Choir, 4:30 p.m., Mini Bells, 5 p.m., 4th-8th, 5:30 p.m., Meal & Confirmation, 6:15 p.m., JuBELLee Ringers, 6 p.m., High School Youth Group, 7 p.m.; Thursday, Pastor at Circuit Meeting, 10 a.m., Pastor at Sessions Meeting, 12 p.m., One Vision Speaker at Trinity, 1:30 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.
Northwood United Methodist Church
Thursday, Pub Theology 7 p.m.; Friday, Bible Study at Northwood, 10 a.m.; Sunday,

Church

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, 11 a.m., Sunday School, 10:15 a.m., Silver Lake, 705 Silver Lake Rd., Northwood, 641-293-5556; 9 a.m., Bethany, 201 Franke St., Joice, 641-588-3366; 8 a.m., Lunder, 14982 735th Ave., Albert Lea; 10:30 a.m., Winnebago, 40029 210th Ave., Lake Mills; 9:30 a.m. Immanuel, 105 E. 3rd St., Scarville, 641-568-3666.

First Lutheran Church, Northwood
Wednesday, Confirmation, 5:15 p.m., Choir, 5:30 p.m., Inspire, 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., Pub Theology, 7 p.m.; Friday, Wedding Rehearsal; Saturday, Wedding; Sunday, Service with N.O., 9 a.m., Sunday School, 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., Adult Bible Study and Children's Sunday School following service.
Rev. Barbara M. Willis, Pastor

Sacred Heart Church, Manly
Mass Wednesday, 8 a.m.; Mass Saturday, 5:30 p.m.
Rev. Neil Manterman, Pastor
Fr. Jake Dunne, Associate Pastor
www.sacredheartmanly.org

Faith Lutheran Church, London
Sunday School and Adult Bible Class, 9:30 a.m. (Fall through Spring); Sunday, Worship, 10:30 a.m.
Pastor Kent Otterman

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Congregate Meals
April 27 - May 3 **641-324-1244**
Thursday: Liver & Onions or Beef Patty, Mashed Potatoes w/ Gravy, Mixed Vegetables, Whole Wheat Roll
Friday: BBQ Pulled Pork Sandwiches, Potato Wedges, Carrots, Banana Cream Pudding
Monday: NA
Tuesday: NA
Wednesday: NA

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The Wisdom of Old Folks

It is worthwhile spending time with folks who have "been around the block a time or two." Older folks have been around long enough to have picked up some valuable wisdom along the way. I recently heard Supreme Court Justice Stephen Breyer being interviewed, and he mentioned that his father didn't give much advice, which is usually wise, but that before he died he told him to stay on the payroll and to do your job, i.e., to do your job well. That reminds me of something my father always said, which was to always give your employer an honest day's work. The first time I recall taking the time to sincerely listen to one of my elders was when I was in college and stopped my daily run to talk to an elderly gentleman from my neighborhood who was always out walking his small dog. He always smiled and said "hello" and so I decided one day to cut my run short and talk to him for a few minutes. His advice was a simple reflection of his own life. Smile and say "hello" to everyone you meet was his kind advice. And then he told me to "be your own doctor." His message was essentially that you know what's good for you and what's not, what to eat and how to keep your body healthy, so be your own doctor. Good advice coming from someone who was probably in his nineties at the time. -Christopher Simon



Wisdom is with the aged, and understanding in length of days.
- Job 12:12

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

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Cook Bookin'

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

by Sandy Olson



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

One of the best ways to entertain friends is with a salad luncheon. Let everyone bring a salad and you fix one to impress the others! This one features Michigan cherries, some of the best ever! Spring is the best time to do this type of luncheon and "Best of the Best" from Michigan Cookbook, (1996, Quail Ridge Press) edited by Gwen McKee and Barbara Moseley and part of their large series, is a perfect place to find the recipes.

Dried Cherry Chicken Salad

- 1 cup dried red tart Michigan cherries
- 1 cup coarsely chopped pecans
- 4 boneless chicken breast halves
- 1 1/4 cups real mayonnaise
- 3 stalks celery, coarsely chopped
- 1/2 cup chopped fresh parsley
- 2 Granny Smith apples
- 1 tablespoon raspberry vinegar
- Salt and pepper to taste

Poach the chicken breasts in chicken broth (canned or boxed is fine) until tender. Strain the broth and freeze for use another time. Cool the meat and tear them into bite-sized pieces. Core and coarsely chop the unpeeled apples. Mix the cherries, chicken, celery, apples and pecans in a large bowl. Combine the mayonnaise, parsley and raspberry vinegar in a small bowl, mixing well. Add this to the chicken mixture and toss lightly to coat the pieces thoroughly. Season with salt and pepper. Chill for at least 2 hours for flavors to blend. Mound onto a serving platter lined with large lettuce leaves, garnished with a few more cherries. Serves 6.

Spinach Salad with Sliced Apples

- 1 bunch fresh spinach*
- 1 bunch green onions
- 1 large red delicious apple
- 2 oz. Monterey Jack cheese
- 4 strips good bacon
- 1/2 tablespoon lemon juice

Wash and dry the spinach; remove stems and tear the leaves into bite-sized pieces. Cut the bacon into slivers. In a heavy skillet, over low heat, cook the bacon until it is crisp; drain on a paper towel. Wash the apple but leave the peel on. Slice it in half lengthwise then crosswise into quarters. Cut out the core and thinly slice the apple. Put the apple slices into a bowl and pour the

lemon juice over, coating all the slices so they don't turn brown. Drain the juice off. Cut the cheese into small cubes. Cut the green onion, both white and green parts, into thin slices. Place the spinach and apple slices into a serving bowl along with the bacon, chopped onions and cheese. Make the dressing as follows:

- 1/4 cup good olive oil
- 1/2 teaspoon dry mustard
- 3 tablespoons white wine vinegar
- Garlic salt to taste
- 1 teaspoon sugar
- Freshly ground pepper

Whisk all ingredients together to make vinaigrette. Pour this over the salad and lightly toss so everything is coated with dressing.

*you can use bagged baby spinach to save time washing and stemming the fresh spinach. Be sure to buy the kind that is triple washed and ready to eat.

Rice Salad

- 3 cups cooked, cold brown rice
- 2 teaspoons kosher salt
- 1 1/2 cup diced cucumber*
- 1/4 cup good olive oil
- 2 teaspoons diced red onion
- 1/2 teaspoon garlic powder
- 2 cups chopped ripe tomatoes
- 2 tablespoons lemon juice
- 1 1/2 cups finely chopped green pepper
- 1/2 cup chopped chives*

* You can substitute tiny green onions, both white and green parts, for the chives. Try to find English cucumbers, the thin ones with very few seeds. Leave them unpeeled but wash well to remove any wax.

Break up any clumps of cold rice and put it into a large mixing bowl. Add the remaining ingredients. If it seems too dry, add a bit more olive oil but not enough to make it greasy. Chill thoroughly for several hours, covered with plastic. Serve on lettuce leaves garnished with wedges of ripe tomato.

Salads are light and nutritious, both savory and sweet. Few people dislike salads unless the various ingredients are not pleasing to them. They can be hearty with plenty of meat or vegetarian/vegan according to the ingredients plus they always look attractive on the luncheon table. And....that's all she wrote.

Northwood Anchor

Society

Gentz amongst 'Who's who'

A former resident from Northwood has been inducted into "Who's Who of America." Charles W. Gentz appears in the "Business Services, Consulting and Human Resources" section.

Following is his entry:

Always possessing a managerial spirit and good-natured attitude, Charles W. Gentz served Pella Windows in Pella, Iowa, for numerous decades before his retirement. Most recently serving as the cost center manager, he is especially proud of doubling the production of Pella Windows upon being hired by the company.

As a result of his outstanding success, he was recognized by the president of Pella Windows. Subsequently, he completed seven hours of an industrial psychological assessment to ensure his promotion into a management role.

During his tenure with Pella Windows, Mr. Gentz witnessed the growth of the company from one site to several sites across the nation. Currently, Pella



CHARLES GENTZ

Windows hosts a total of 13 plants throughout Iowa, Ohio and California, among other U.S. states. Proud of the success of Pella Windows during his career with the company, Mr. Gentz felt humbled to take a management position, as he notes that the industry is constantly changing and, as a result, he desired to remain abreast of those changes.

Earlier in his career, Mr. Gentz pursued formal coursework at North Iowa Community College, from

which he received an associate degree in 1962.

Thereafter, he completed additional coursework in electronics for three years, coursework in basic and advanced machinists, and coursework in public speaking. He notably graduated from the Federal Communications Commission, as well, and attended seminars in management at the University of Wisconsin.

Mr. Gentz is a lifetime member of Veterans of Foreign Wars. Civically involved as well, he has maintained affiliation with the Eagle's Club.

As a testament to his efforts in the industry, he has received numerous accolades, including the Carnegie Award in 1975 and an Excellence Award for his improvements at Pella Windows.

Looking toward the future, Mr. Gentz intends to continue enjoying his well-deserved retirement. In his spare time, he enjoys golfing and riding his motorcycle.

Plan your spring wildflower walk with new bloom report

Experience the best of Iowa's spring season with the Iowa Department of Natural Resources (DNR) new weekly woodland wildflower bloom report.

Iowa's woodlands come to life with patches of color in early spring as native wildflowers start to bloom. Looking for wildflowers can be a fun, unique spring activity for kids and is a

great way to spend time outdoors as a family.

Visit the Woodland Wildflower Report webpage (<https://www.iowadnr.gov/wildflowers>) for an up-to-date list of wildflowers in bloom each week until mid-May. Similar to the fall color report, this weekly report is broken down by region (north, central, and south).

Iowa's woodland wildflowers are early bloomers - you have to catch them at the right time to see them. Commonly known as "spring ephemerals," they take advantage of the narrow window of time when sunlight reaches the forest floor, before the overstory canopy emerges and shades them out.

A Senior Moment

By Sandy Olson

It's truly amazing how quickly the months pass by. Since it is said that time flies when you're having fun, it's no surprise that activities and gatherings at the Northwood Senior Center fly by in no time flat. With May here in all her glory, here are some ideas for those who enjoy gathering with friends. You can't spend all your time digging in the flower beds and gardens!

The month begins with our Northwood Bookworms Book Club meeting at the Public Library on Monday, May 1. Time is 2 p.m. and the read for April will be discussed, dissected and digested! May's book will be introduced. The group talk is always friendly and interesting even if someone didn't enjoy last month's book choice.

Fun Bingo happens, as usual, on the second and fourth Mondays of the month (May 8 and 22). Come at 12:30 p.m. to see what fun it is to play bingo with a deck of cards instead of a regular bingo set and win a useful or tasty prize.

Our lunchtime concerts continue because of the talent and willingness of Lois Meyer to bring her keyboard to the Center twice a month. Lois will play at 11:45 a.m. on Thursday May 11 and on Thursday, May 25. Music and food are a long-time combination that doubles the enjoyment of each.

Amy with Fresh Conversations returns on Thursday, May 18 with her usual good ideas, recipes and a sample to help people stay on the road to good health through nutrition. She'll start at 12:15 p.m.; don't miss it.

Also on May 18, you'll have the chance to learn two new card games to enjoy all summer. Marcia Price will teach a game called Swisher and Sandy Olson will teach a game called Rats! Both are easy to learn, go quickly and make a nice change from the usual card games we've all played for years. Gather up some friends or come alone to give it a try; no charge for these classes. We'll start at 1:30 p.m.

Shana Butler from Worth County Public

Health Nurses will join the group on Tuesday, May 16 at 12:15 p.m. Shana knows so much about keeping seniors well and active so her topics are always interesting. She also answers questions we might have.

Every Tuesday is card and game day with no other planned activities. The nice long tables are available for people to host their card or game groups. Bring your own cards/games, snacks and beverages. Just be sure to tell the staff you will be staying to play after lunch. Better yet, come for lunch and you'll already be there!

Please mark your calendars for several of these activities. The Northwood Senior Center remains a safe and friendly place to come to alone, with a friend or with a group. All area men and women over age 60 are cordially invited to stop in.

CONGRATULATIONS!

Jill (Evans) Mellem
is retiring from Greve Law after
20+ years at the front desk

Thursday, April 27 • 2-4 p.m.
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Northwood Anchor **Opinion**

Savvy Senior

How to choose and use a walking cane
Dear Savvy Senior,

I have some hip and back problems and could use a walking cane to help me get around. Is there anything I should know about canes before I buy one?
Limping Linda

Dear Linda,
When it comes to choosing a cane, most people don't give it much thought, but they should. Walking canes come in many different styles, shapes and sizes today, so you need to take into account your needs and preferences to ensure you choose one that's appropriate for you. Here are some tips that can help.

Types of Canes
The first thing you need to consider is how much support you need. That will help you determine the kind of cane you choose. The three basic types of canes you'll have to choose from include:

1. **Straight canes:** These are basic, single point canes that typically incorporate a rounded "crook" handle or "L-shaped" ergonomic handle. Usually made of lightweight aluminum or wood, most of the aluminum models are adjustable in height and some even fold up.
2. **Offset-handle canes:** These also are single point straight canes but come with a swan neck curve in the upper part of the shaft that puts the user's weight directly over the cane tip for added stability. These canes are typically aluminum, adjustable-height and come with a flat, soft grip handle that's easy on the hands.
3. **Some straight canes and offset-handle canes** also come with triple or quad tipped bases that can add gripping support and allow the cane to stand up on its own when you let go, which is very convenient.

Both straight and offset-handle canes are best suited for people with a slight walking impairment.

3. **Quad canes:** These work best for people who need maximum weight bearing and support. Quad canes come with four separate tips at the base, they usually have an offset flat handle, and can stand up on its own.

Fitting the Cane
Once you decide on the type of cane, you need to make sure it has the weight capacity to support you, and it fits your height. To do this, stand up with your arms hanging straight down at your side. The top of the cane should line up with the crease in your wrist, so your arm is slightly bent at the elbow when you grip the cane.

The cane should also have a rubber tip at the bottom to prevent slipping. A worn or torn rubber tip is dangerous, so check the tip frequently to ensure it's in good condition and replace it when necessary.

The grip is also very important, so choose one that's ergonomically designed, or one that has a molded rubber or foam grip that's comfortable to hold on to.

And if you travel much, consider getting a folding cane that can be packed or stored away easily.

How to Use
When using a cane, it should always be held in the hand opposite of the leg that needs support. For example, if your knee pain is on your left side, you should use the cane in your right hand. The cane should then move forward as you step forward with the bad leg.

If you have to go upstairs, you should lead with the good leg. And when you go downstairs, you should put your cane on the step first and then step down with your bad leg.

The Mayo Clinic offers a slide show at MayoClinic.com/health/canes/HA00064 that will show you how to choose and use a cane. It's also a smart idea to work with a physical therapist.

Where to Buy
You can buy canes at drugstores, discount retailers, medical supply stores and online, usually between \$10 and \$50. You'll also be happy to know that Medicare covers canes with a written prescription from a physician.

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



Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

I can read minds.
Prove it.
You're thinking I can't read minds.
You are good.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Deep thoughts occur as I drive past his drive. I wore no jacket because I wanted spring to know I was on its side in its battle against winter. As I drove, I noticed the orange cones popping up here and there. The roadwork season is commencing. A driver must pay attention or suffer the cone-sequences.

As I fetched communication from the mailbox, a car swerved at the last moment and narrowly missed me. I have great neighbors.

I came to a 4-way stop. I'd easily found my place in the realm as I was the only car approaching the intersection. Bless our small towns! The day before, I came to a 4-way stop where there was at least one car at each stop sign. Who goes first? The first vehicle to arrive at the intersection. If two vehicles get there at the same time, the one on the left yields to the one on the right. That's what happened here. The fly in the ointment was the car behind the one that went followed right behind it. Two cars from one stop sign. The second driver was talking on a cellphone. So who goes first at a 4-way stop? Those who have an inflated sense of their importance or have a weak bladder.

I haven't been everywhere, but I'm willing to go

I talked to a friend who told me he'd spent 45 days on a cruise. That's an impressive feat. I gave talks in Great Falls, Montana, and a man told me he was on a three-month-long bus tour. I took him at his word, but it's possible he embellished a bit. I recall an RV tour that followed the Lewis and Clark Expedition's journey from St. Louis to Astoria, Oregon, and I think that took 48 days. That's a substantial slice of time. I enjoyed the Lewis and Clark Interpretive Center and the C. M. Russell Museum in Great Falls. Charlie Russell (1864-1926) captured the art and soul of the American West in his paintings and sculptures. Russell said, "A pioneer destroys things and calls it civilization."

I've learned

There is no home-field advantage greater than using your own bathroom.

No previous civilization was ever destroyed by lava lamps.

Lutefisk is just as afraid of you as you are of it.

If "Gilligan's Island" wasn't reality TV, why was it better than reality TV?

Nature notes

Both male and female American white pelicans develop a flattened protuberance on the upper bill, like a horn, during the breeding season and shed at its conclusion. This appendage is called a nuptial tubercle.

Baltimore orioles enjoy grape jelly because it tastes similar to the dark fruits they typically eat. The birds pay no attention to brand names but don't feed them sugar-free jelly and use a small dish to hold the jelly, which lessens the chance of a bird becoming mired in

the jelly.

A cardinal is territorial and instinctively attacks another cardinal in its breeding territory and will make an enemy of its own mirrored image in a window. A cardinal engages in beak-to-beak combat with itself. He becomes his own worst enemy. Since the birds in the window won't leave, the cardinal prolongs the fight. It's typically the male battling the glass with the female acting as an enabler, but she'll take a shot at her image too. Robins and cardinals are the most likely to battle with a Pella or a Marvin, but a diverse group of birds will attack windows. Covering the inside of the window enhances the reflected image. Drawing the blinds or pulling the curtains closed exacerbates the problem. Cover the outside glass with cardboard, paper, soap, painter's plastic drop cloth or plastic cling wrap. This makes Martha Stewart shudder but removes the reflection. It doesn't always eliminate shadowboxing as the bird may search for imaginary opponents in other windows or the outside mirrors of cars, which can be covered with plastic bags. The birds rarely do themselves great harm. Putting out a replica of an owl doesn't work.

If you missed "Birding With Batt" on the airwaves this week, you can hear it any time you like via the free KMSU radio streaming app. The app is available for Apple and Android devices, allowing you to livestream 89.7 the Maverick, find playlists and listen to shows on-demand.

Meeting adjourned

Look for something to like in every person. Be kind.

©Al Batt 2023

Fit to print...

This past weekend, I spent some time in a car with family, including my niece Bryn.

At Bryn's request, part of the time was spent asking Siri, the Apple phone digital assistant, to tell us jokes.

Bryn, 3 years old, likely didn't understand the jokes, but understood the joke structure. After every punchline, she understood that it was time to laugh. So she did, not with a genuine laugh, but a "Ha, ha, ha" meant to acknowledge that she understood if they joke were funny, now would be the time to laugh.

Here are a few of the jokes my phone told us. You can decide for yourself if you think they are worthy of an actual laugh or feel free to respond with a "Ha, ha, ha," even if you don't get it.

What did the bee say to the daffodil?
Hey Bud, when do you open?

How do you put a baby astronaut to sleep?
You rocket.

What did the green grape say to the purple grape?
Stop holding your breath.

Why did they call it the Dark Ages?
Because there were too many knights.

What did the hinges say to the wall?
I a-door you.

A teacher asks a student, "If I give you 4 cats today and then 2 tomorrow, how many would you have?"

The student answers, "Seven."
"That's wrong," says the teacher.
"No," protests the student, "You're wrong."

The teacher sighs and explains, "4 plus 2 is 6."

The student replies, "Yes, but I've already got a cat."

What did the plate say to the refrigerator?
"Stay cool. Dinner's on me."

Why is it impossible to play hide and seek with Pokemon?
Because they always Pikachu.

How many tickles does it take to make an octopus laugh?
Ten. Ten tickles.

Why should you never play poker at the zoo?
Too many cheetahs.

What's the easiest way to get straight A's?
Use a ruler.

I thought I spotted a leopard once.
Turns out they're born like that.

Two silkworms challenged each other to a race.
It ended in a tie.

What's more impressive than a talking parrot?
A spelling bee.

A sloth got robbed by the three turtles.

When the police showed up, they asked, "What did they look like?"
The sloth says, "I don't know. It all happend so fast..."

I went int a pet shop and asked for 12 bees.
They handed me 13 and said, "The last one is a free bee."

A woman got a pet parrot, but she was horrified to discover that all it did was say mean things and insult her. Nothing she did could

A few good jokes?

stop it. She was especially worried because her whole family was coming over for Thanksgiving.

But when Thanksgiving dinner finally came, the parrot didn't say a word the entire time. After the meal, the parrot turned to its owner and said, "Please forgive my behavior from before. I was entirely out of line."

"Wow," the woman said, "glad to hear it."

"If I may ask," said the parrot, "what on Earth did that turmey say to you?"

Did you hear about the restaurant that only caters to dolphins?

It only has one customer, but at least it serves a porpoise.

What do you call a dog that does magic?
A Labracadabrador.

I know a great joke for dogs about fetching sticks...
I wonder if they'll get it.

A sloth walks into a coffee shop, waves to get the barista's attention, and says, "I'll have... a cappuccino."

The baristas says, "Hey, why the long paws?"

Every time the doorbell rings, my dog runs and stands in the corner.
He's a boxer.

Why do fish have trouble dating?
There might be plenty of fish in the sea, but love is in the air.

A couple of years ago, two snails went on a stroll through the park.
They're having a great time.

What do you get when cross an elephant and a kangaroo?
Earthquakes in Australia.

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Northwood Anchor

Early Files

Northwood Anchor Obituaries

100 years ago

April 25, 1923

Mr. and Mrs. Carl N. Urdahl and little daughter of Medford, spent Sunday and Monday in Northwood and vicinity with relatives and friends, they being guests in Northwood of the Otto Buth, S.N. Urdahl and A.E. Urdahl families. They came overland, bringing with them in the car Mr. and Mrs. Buth, the parents of Mrs. Urdahl, who had been visiting at Medford since Thursday.

The Grove Township Farm Bureau again "pulled a winner" last evening with their monthly program and

get-together at Dwelle's Hall. A splendid program was given consisting of music, both vocal and instrumental, readings and a debate between Kensett and Grove townships was held, the subject being "Resolved, That Beef Production Is More Profitable than Dairying in Worth County." Glen Scott and Carl Rone represented Kensett township and Albert Linter and A.L. Smith represented Grove township. The latter two gentlemen had the dairy end of the argument and own the debate.

Ole Bakken is erecting a new residence in southeast Northwood on a lot just south of the residence of Mrs. H.T. Quandahl. Mrs. Bakken's father is doing the carpenter work which means a thor-

ough job.

The huge cake of ice which was put in the display window of the Rex Soda Grill Friday morning at 9 a.m. had all melted at 7:25 yesterday morning. Many guesses were received as to the time the ice would disappear. Three boxes of cigars were offered as prizes for the successful guessers. Mrs. S.O. Vold, won first, H.C. Finch second and Mrs. Ida Narum, third.

A very pretty wedding took place Sunday, April 22 at the A.O. Rye residence on north Ninth street, Northwood, when Theresa A. Olson was united in marriage to Thomas G. Kaasa, of Hanlontown. The wedding was a quiet one, witnesses only by the immediate relatives.

nounced his candidacy for the Republican nomination as state representative from Worth county. Mr. Gordon has had much experience in matters of public interest in his home community.

Worth County has been allotted \$28,000 as its share of the \$3,913,000 to be paid by the state production marketing administration to Iowa farmers this year in partial payment for approved conservation practices, it was announced last week. Of the total stated, \$150,000 will be used to train workers for the program, men who will show farmers how to practice contour farming, lay out drainage systems, etc.

Engineers from the Iowa state highway commission

have started negotiations for purchase of additional land to widen the right-of-way of highway 105 between Northwood and Lake Mills.

Mrs. George Lucken of Northwood has been appointed Junior Red Cross chairman for Worth County, succeeding Mrs. C.O. Christianson who was in charge of that branch of the Red Cross work for two years.

Saturday's high wind assumed destructive proportions on the farm of Claire Rye, northwest of Hanlontown, where the barn was blown to the ground. The cattle in the bar apparently became frightened and broke out of the building before it collapsed.

gatter's billfold. Fallgatters and Mrs. Allen Low and Mike Jacks were on duty at the time. He wore a mask below his eyes. The Sheriff's department, the Northwood Police and the Iowa Highway Patrol are investigating, although "there isn't much to go on," according to Davey.

Both the boys and girls golf teams won their opening match of the season when they hosted St. Ansgar. The boys won by 180 to 217 with Pat Otis as medalist with 39 strokes and John Midtgaard second with 43. The girls meet ended with the Viking 257 and St. Ansgar 342. Glenda Emmons was medalist with 58 and Laura Sister was second with 60.

The Northwood-Kensett

\$1,474.

Northwood-Kensett second-graders were a colorful sight last week when they dressed up in costumes to match their intended careers. A physician Marissa Nitcher, solidier Tanner Binnebose, undercover policeman Aron Beck, baseball player Zachary Katcher, doctor Jill Stuckey, basketball player Courtney Athey, copy machine saleswoman Dnielle Love, truck driver Dan Schmidt, teacher Brittni Miller, cheerleader Brittany McLaughlin, country western singer Kati Braun, and diabetic nurse Danielle Colby. Diane Hanson is their teacher.

Northwood-Kensett High School graduate Teresa A. Halvorsen has been

entering into an agreement with the Worth County Sheriff's Office. At the regular City Council meeting held on April 9, the Council had opted to explore the latter option.

Janet Lawler received the Roger H. And Marilyn J. Coleman scholarship for students of journalism and mass communication at the University of Iowa. Lawler worked at the Northwood Anchor during recent summer vacations. She is the daughter of Jack and Colleen Lawler of Northwood.

Students in third grad classes at Northwood-Kensett Elementary School took a walking field trip through Northwood last week, visiting city and county government offices. The students

Vikings won the class B division of the Clear Lake Relays with a score of 128 for the meet. Other standings were Garner, 81 1/2; Belmont, 58; St. Ansgar, 46; Lake Mills, 41; and Buffalo Center, 33 1/2. The Viking won every relay event except the mile medley as well as the 220, 440 and 880 running events and the long jump, the high jump and the pole vault in the field events.

Linda Krull, Northwood, who is majoring in home economics education and Julie Rye Dostal, Hanlontown, a major in food and nutrition dietetics were among those listed were the two area students that have been named to the deans list at Iowa State University for the winter quarter.

selected for membership in a national academic honor society in journalism and mass communication at Iowa State University. Teresa is the daughter of Deb Reuvers from Primghar, Iowa and Allen Halvorsen from LaCrosse, WI (they both recently moved from Northwood). She is also a 1995 graduate of N-KHS.

Northwood-Kensett

elementary guidance counselor Russ Knudson performed double duty Monday, working as high jump official at the Viking Relays. Knudson and his helpers, N-K junior highs students Kyle Hanson and Matt Tuft raise the high jump standard to six-foot level.

Worth County Transit recently announced that it has received two new buses. With the updated buses the comfort of the ride will be enhanced. Worth County Transit works through contract with NIACOG to provide affordable or free services within Region 2. Within the last year, enhancements have occurred at NIACOG. Medicaid recipients may ride for free. There are now shuttles to Iowa City. The rates vary depending on the rider's status.

Pamela Williamson

Pamela S. (Siebrecht) Williamson of Northwood, Iowa, passed away on Monday, April 10, 2023 at the Timely Mission Care Center in Buffalo Center, Iowa. Pam had encountered many health issues in the past few years.

She was born on May 24, 1948 in Albert Lea, Minnesota to parents, Palmer and Thea (Lien) Siebrecht of Northwood, Iowa. Pam attended school at Northwood-Kensett school district and graduated in 1966. During high school she worked at her mother's restaurant, The Hiway Café. After graduation she was employed at A.C. Nielson in Mason City in the data entry department from 1967 until 1992 when the company closed.

Pam's other jobs included Carroll George Inc., Viking Restaurant, J.J.'s Lounge (later called Shade Tree Lounge), BP Gas Station all in Northwood and Hometown Market in Thompson, Iowa. Her last employment was at Shade Tree Liquor store in Northwood which she really enjoyed.

Pam married Jerry Williamson of Glenville, Minnesota in April of 1974. They later divorced but re-



PAMELA WILLIAMSON

mained friends. Pam was a "Happy Go Lucky" person and loved to "Kid Around" with everyone. She was well known for her "Aunt Pam" license plates...being "Aunt Pam" to all who knew her. Her nieces and nephews knew her as their "Crazy Aunt Pam" who loved them and always was giving them advice. Family was important to her, and she loved attending family functions.

Survivors include her sister, Francene Lee of Forest City; nieces, Sandy (Rex) Swalve of Hayfield, Iowa, Kim Soost of Buffalo Center, Iowa and Kathy (John) Thompson of Topeka, Kan.; nephews, Brian (Maleah) Pedersen of Mapleton, Minn. and Tim Ped-

ersen of Meservey, Iowa; foster sisters, Betty (Kevin) Anderson of Alexandria, Minn. and Joan (Paul) Barber of Northwood, Iowa; cousins, Arlo (Julie) Rugland of Northwood, Iowa and Glenda (Hugh) Huston of Minneapolis, Minn.; also survived by many great and great-great nieces and nephews and countless friends.

Judy Jorgenson was a faithful friend to Pam, always checking in on her and her daily Yahtzee partner. Pam will be dearly missed by all who knew and loved her.

She was preceded in death by her parents; sisters, Darlene Pedersen and LaDonna Frye and brothers-in-law, Earl Pedersen and John Lee; grandparents, Fernie and Ida Siebrecht and Chris and Tena Lien; several aunts, uncles, and cousins.

Celebration of Life services for Pam will be held at a later date. Condolences and memorials may be directed to her sister, Francene Lee, 216 West B St. Forest City, Iowa 50436.

To plant a beautiful memorial tree in memory of Pamela, please visit our Tree Store or plant a tree.

Kathryn 'Katie' Lindsay

Kathryn "Katie" Lucille Lindsay 95, passed away on Tuesday, April 18, 2023, at MercyOne North Iowa Medical Center, Mason City.

A memorial service will be held at 1 p.m. on Thursday, April 27, 2023, at the Clear Lake United Methodist Church, 508 Second Ave. North, Clear Lake, with Rev. Sylvester Holima officiating. Inurnment will take place in Memorial Park Cemetery, Mason City, Iowa, later date. Visitation will be held one hour prior to the service at the church on Thursday.

Memorials may be directed to the Clear Lake Methodist Church or Planned Parenthood Action Fund in Katie's memory.

Kathryn Buffington was born on December 18, 1927, the daughter of Chet and Nettie (Chamberlin) Buffington, Mason City, Iowa. She attended Madison Elementary School, Roosevelt Jr. High School and graduated from Mason City High School in the class of 1945.

Katie married her high school sweetheart, Gerald "Jerry" Lindsay on October 5, 1946, at the First Methodist Church, Mason City. They were blessed with six children: Tom, Gary, Susan, Sally, Jay, and John. In 1959, they built a home in Clear Lake and resided there until their children were raised, then lived elsewhere in Clear Lake.

Besides being very busy raising her children Katie found time to be a Den mother, Brownie leader, Girl Scout leader and served on the Clear Lake Planning & Zoning Committee for eight years. She was a member of the United Methodist Church, United Methodist Women and Miriam Circle serving various committees in the church.

Katie enjoyed playing golf and was a member of the Clear Lake Women's Golf Assoc. She and Jerry played in many Husband/Wife Tournaments around the area. She also enjoyed playing Bridge with her friends. Her greatest joy was time spent at home



KATHRYN LINDSAY

cooking, baking, sewing, and spending time with her children and grandchildren.

After her family was grown, she got to visit several job sites around the country where Jerry was working. They spent five months in Oahu, Hawaii in 1980, where they saw the Hawaiian culture firsthand, played golf courses, the truly enjoyed the beauty.

After Jerry retired, they bought a travel trailer to visit Alaska in 1996, spending the whole summer on the trip. It also enabled them to spend winters in Arizona and be with their family there.

Katie is preceded in

death by her husband, Gerald "Jerry"; five brothers, Raymond, Gaylord, Howard, Clyde and Stanley; four sisters, Nellie (in infancy), Geneva Anderson, Myrna Mondt and Josephine Kay; her son, Jay Lindsay; grandson, Jeffrey Whitehill and daughter-in-law, Linda Lindsay.

Survivors include her children, Tom (Fran) Lindsay, Lansing, Iowa, Gary Lindsay, Cedar Rapids, Iowa, Sue Lindsay (Gary Brown), Mesa, Ariz.; Sally (Ron) Clay, Mason City, John Lindsay, Mason City; and special niece, Cheryl Buffington Ohden; 14 grandchildren, Michelle Dunn, Denise Hall, Gerry (Laurie) Lindsay, Robert Lindsay, Julie Lindsay (Kevin Drisko), Nathan (Alishia) Lindsay, John (Lisa) Locke, Katie Locke, James Whitehill, Jared (Dana) Whitehill, Jody (Greg) Falls, Holly (Justin) Platts, Max and Nicholas Lindsay; 20 great-grandchildren; and three great-great-grandchildren; along with many nieces, nephews and cousins.

75 years ago

April 22, 1948

Einar M. Gulbrandson, 68, a pioneer hardware dealer of Albert Lea, well known to many Worth County residents, died at his home in that city. Death was due to cancer, it is reported.

Mrs. Ralph Bliton, 48, of Glenville, died at St. Olaf's hospital in Austin of a heart ailment. She had been a resident of Glenville 23 years.

Teman O. Gordon, well known business man and land owner of Joice for the past 33 years, this week an-

50 years ago

April 26, 1973

Craig G. Ensign, Northwood attorney, has been named magistrate for Worth County. He will take over the duties of the justices of peace and mayors courts, which under state law, will cease to exist July 1. The annual salary is set at \$4,800, and the position comes under the unified trial court act of 1972 passed the same year.

A lone gunman held up Fallgatters Market in Northwood about 9:30 p.m. and took \$450 in cash from two cash boxes and Fall-

25 years ago

April 29, 1998

Northwood public works department members kept busy all last week loading up piles of discarded residential items and hauling them away. The city crew transported 67 tons — or 46 dumbstruck loads — to the North Iowa landfill, according to city superintendent Craig Toft. That's down from the 88 tons the city hauled away in 1997 but more than the 51 tons that went to the landfill during clean-up week '96. At \$22 per ton, this year's program cost the city an estimated

10 years ago

April 24, 2013

After several months with a steadily depleting police force, at a special meeting held last week, the Northwood City Council chose a different path for providing for the city's law enforcement needs. After many years with officers regularly leaving the Northwood Police Department, and with the NPD rarely fully staffed, in recent weeks the Northwood City Council has been discussing how it would proceed, whether that be hiring a new chief or revisiting the possibility of

FINDING GUIDANCE DURING A DIFFICULT TIME IS COMFORTING.

THAT'S WHY PEOPLE TURN TO US.

Conner

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My child is struggling with a mental health concern. Where do I turn for help?

By Kandice Bienfang-Lee
School Social Worker
Central Rivers AEA



KANDICE BIENFANG-LEE

As a parent/guardian/caretaker, you've noticed some social, emotional and/or behavioral changes in a child you are providing care for. Have you ever wondered, "Is this typical?" "Does everyone experience this?" "Do we need help?" Or, you might be thinking, "They aren't like they used to be...I don't know what to do. I feel so alone."

The good news is you don't have to do anything alone! There is support available. While some changes may just be typical, get a better sense of what's typical and what's not. It can be helpful to think about the impact the changes are having on everyday life, how long the changes have been happening and when they occur (certain times of the day, continuously and in certain places and/or around certain people).

You may already be supporting your child with everyday activities such as being present and spending time with your child, listening and validating (I hear you, tell me more, what do you need?), showing interest in what your child is involved in and/or managing emotions/staying calm when your child is struggling.

So...where do you turn for help? Reaching out to support systems such as friends, family, faith/spiritual community, etc., can relieve feeling alone or not knowing what to do. You

can also contact your child's school to ask questions or share concerns. Professionals to connect with can include school counselors, district school social workers, district student advocates and your local Central Rivers Area Education Agency (AEA) staff (<https://www.centralriversaea.org/>).

Trained mental health professionals are available through community mental health agencies, many of which have virtual telehealth support services. Connecting with your child's primary care doctor can be a good starting point to help determine if there are any physical causes.

Additionally, some go-to resources could be CICS (<https://www.cicsmhds.org/>), which have county resources, NAMI (<https://nami.org/help>), SAMSHA (<https://www.samhsa.gov/>) and the University of Iowa Scanlan Center for Mental Health (<https://scsmh.education.uiowa.edu/>).

Take immediate action if the child for whom you're

providing care expresses thoughts of self-harm (wants to kill himself, doesn't want to be alive, words of hopelessness, etc.) or threatens to harm someone else or you.

For thoughts of suicide, stay with your child; don't let them out of your sight. Options for support include the National Suicide and Crisis Hotline (988), 24-hour Your Life Iowa Crisis Line (855-581-8111) and ask for the Mobile Response Team or take your child to the nearest emergency room.

For immediate safety concerns, call 911 and ensure they know to provide support for suicidal thoughts.

Social, emotional and behavioral health needs are common. Early intervention can lead to positive outcomes for the child you're providing care for, help you feel less alone and prevent situations from becoming a crisis. Sometimes we can lose hope and feel overwhelmed, but support is available...don't ever hesitate to reach out. You've got this!

Kandice Bienfang-Lee is a School Social Worker/Team Representative for Central Rivers AEA. She can be reached at klee@centralriversaea.org. Central Rivers Area Education Agency provides leadership and service to 53 public and 18 non-public schools in an 18-county area of north central Iowa. Learn more at www.centralriversaea.org.

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY
Probate No. ESPR009361
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF CAREN K. BARTZ, Deceased.

To all persons interested in the estate of Caren K. Bartz, deceased, who died on or about March 30, 2023:

You are hereby notified that on April 13, 2023, the Last Will and Testament of Caren K. Bartz, deceased, bearing the date of March 6, 2023, was admitted to probate in the above-named court and that Curtis L. Bartz was appointed Executor of the estate. Any action to set aside the Will must be brought

in the District Court of the above 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 the surviving spouse and all heirs of the decedent and devisees under the Will whose identities are reasonably ascertainable, or thereafter be forever barred.

Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the Clerk of the above-named District Court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this Notice or one

month from the date of mailing of this Notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated this 13th day of April, 2023.

Executor of Estate:
Curtis L. Bartz
4250 Warbler Avenue
Grafton, Iowa 50440

Attorney for Executor:
James W. Hackbart,
ICIS# AT0003005
Law Office of
James W. Hackbart, PLC
304 Third Street
P.O. Box 113
Grafton, Iowa 50440

Date of Second Publication
26th day of April, 2023. 16-2t

Notice

NOTICE TO BIDDERS
Open Ditch Repairs
Drainage District No. 2
Worth County, Iowa

Time and Place for Filing Sealed Proposals. Sealed bids for the work comprising the repair & improvement as stated below must be filed before 9:30 A.M. on Monday, May 15th, 2023, in the office of the Worth County Auditor, Worth County Courthouse, 1000 Central Avenue, Northwood, Iowa 50459.

Time and Place Sealed Proposals Will be Opened and Considered. Sealed proposals will be opened and bids tabulated at 9:30 A.M. on Monday, May 15th, 2023, in the Board Room of the Worth County Board of Supervisors, for consideration by the Worth County Board of Supervisors at its meeting. The Worth County Board of Supervisors reserves the right to reject any and all bids.

Time for Commencement and Completion of Work. Work on the improvement shall commence upon approval of the contract by the Board, and as stated in the Notice to Proceed. All work under the Contract must be substantially completed no later than September 30th, 2023. Damages in the amount of \$500.00 per day will be assessed for each day the work remains incomplete.

Bid Security. Each bidder shall accompany its bid with bid security, as defined in Section 468.35a of the Iowa Code in the amount equal to five percent (5%) of the total amount of the Base Bid.

Contract Documents. Copies of the project documents are available for a price of \$0.00 per set. This fee is refundable, provided the plans and specifications are returned complete and in good usable condition, and they are returned within fourteen (14) calendar days after the award of the project. Please make your check payable to Bolton

& Menk, Inc. and send it to Bolton & Menk, Inc., 300 W. McKinley Street, P.O. Box 68, Jefferson, Iowa 50129, phone 515-386-4101. You may view the digital plan documents for free by entering Quest-CDN Project #8446954 on the website's Project Search page. Documents may be downloaded for \$0.00. Please contact QuestCDN.com at 952-233-1632 or info@questcdn.com for assistance in free membership registration, viewing, downloading, and working with this digital project information.

Preference of Products and Labor. Preference shall be given to domestic construction materials by the contractor, subcontractors, material, men, and suppliers in performance of the contract and further, by virtue of statutory authority, preference will be given to products and provisions grown and coal produced within the State of Iowa, and to Iowa domestic labor, to the extent lawfully required under Iowa statutes. Failure to submit a fully completed Bidder Status Form with the bid may result in the bid being deemed nonresponsive and rejected.

Sales Tax Exemption Certificates. The bidder shall not include sales tax in the bid. The County Auditor will distribute tax exemption certificates and authorization letters to the Contractor and all subcontractors who are identified. The Contractor and subcontractor may make copies of the tax exemption certificates and provide a copy to each supplier providing construction materials. These tax exemption certificates and authorization letters are applicable only for this specific project under the Contract.

Payment. Payment for work done will be in accordance with estimates approved monthly by the Engineer and in Drainage Warrants issued by the Drainage District, which, if registered and stamped "not paid for want of

funds", shall bear interest at a rate fixed by the Board not to exceed the maximum set by law in accordance with Chapter 468 of the Code of Iowa, as amended. The Board reserves the right to issue Drainage District Improvement Certificates pursuant to Chapter 468 of the Code of Iowa, as amended, which certificates may be given in exchange for outstanding warrants issued to the Contractor or to the holder thereof. Said warrants to be surrendered, if called by the Board, in exchange for Drainage District Improvement Certificates which shall be taken by the Contractor or holder at par and shall bear interest at a rate fixed by the Board not to exceed the maximum set by law in accordance with Chapter 468 of the Code of Iowa, as amended.

Progress payments will be made in an amount equal to ninety percent (90%) of the work completed. Final payment will be made not less than thirty (30) days after completion of the work and acceptance by the Board, subject to the conditions and in accordance with the provisions of Chapter 468 of the Code of Iowa, as amended.

Project Description. Open ditch repairs and tree clearing and grubbing within the district right-of-way. Work shall consist of excavation of 34 stations of open ditch, lowering one 54" CMP culvert, cleaning out a culvert under I-35, tree clearing along 650 stations of open ditch, and all incidentals required to complete the project. Majority of open ditch is clear or light shrubbery, approximately 2 miles of dense growth. No measurement of quantity was made, contractor is responsible to make their own determination of quantity within the right-of-way.

This Notice is given by authority of the Worth County Board of Supervisors
Jacki Backhaus,
County Auditor

Bolan

On Thursday afternoon, April 20, Bev Lucas hosted the Bolan Trinity United Women if Faith (UMW) at her home.

On Friday afternoon Lori Willert and Linda and Joe Nydegger drove to Mt. Vernon to see Ben Nydegger's soccer game. Ben happened to score the first goal with his team beating the team from Tama 4-0. In a game earlier in the week Clare got a goal in an overtime win over their competitor. In the evening they, along with Loren and Renee, attended the MVHS Theatre

Department presentation, A Velvet Curtain/1470 production, "Disney's Beauty and the Beast." There were four performances of this production, which were held in the Mt. Vernon Performing Arts Center. Ben was one of the Pit Musicians playing drums, and Clare was part of the ensemble. They were also overnight guests.

On Saturday morning Lori Willert and Linda Nydegger drove to Sioux City, Iowa, for the 10 a.m. funeral service of Sandra "Sandy" Call at the Grace

United Methodist Church. Following the interment at Memorial Park Cemetery, her daughter, Teresa Mathers, and grandsons, Jacob and Brock, hosted a gathering of relatives and friends at Sandy's home. Sandy was the wife of former Reverend Dr. Allen Call who had been the pastor at Bethel UM Church and Bolan Trinity UMC a few years back. He preceded Sandy in death in 2004 and their son, Todd Call, also preceded.

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY

CASE NO. ESPR009359
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF LYLE W. KRUMM, deceased

To All Persons Interested in the Estate of Lyle W. Krumm, Deceased, who died on or about March 3, 2023:

You are hereby notified that on March 17, 2023, the Last Will and Testament of Lyle W. Krumm, deceased, bearing date of September 30, 1986, was admitted to probate in the above named court and that Wendy Hanson was appointed

Executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance,

and unless so filed by the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated April 19, 2023.

Wendy Hanson
249 E. Louise Ave.
Salt Lake City, UT 84115
Executor of Estate

John H. Greve
ICIS#: 000001969
Greve Law Office
736 Central Ave.
P.O. Box 167
Northwood, IA 50459

Date of second publication the 3rd day of May, 2023.

17-2t

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY

CASE NO. ESPR 009362
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF LEROY E. JOHNSON, deceased

To All Persons Interested in the Estate of Leroy E. Johnson, Deceased, who died on or about March 15, 2023:

You are hereby notified that on April 19, 2023, the Last Will and Testament of Leroy E. Johnson, deceased, bearing date of December 8, 2020, was admitted to probate in the above named court and that Mark J. Johnson was appointed Executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of

the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

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

Dated April 18, 2023.

Mark J. Johnson,
Executor of Estate

275 Knolls Street
Lansing, IA 5 2151

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

Date of second publication the 3rd day of May, 2023.

17-2t

Legal

Northwood Anchor

Supervisors

April 17, 2023
Sixteenth 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 Stone/Second Smeby to approve today's agenda and minutes from the April 10, 2023 meeting. Motion carried.

Motion Stone/Second Smeby to approve Resolution 2023-11 - Board of Supervisors support of the current Local Option Sales Tax. Roll call: Smeby - Aye; Stone - Aye; Loberg - Aye. Motion carried. (Full text of resolution available in the Auditor's Office).

Motion Smeby/Second Stone to approve drainage claims in the amount of \$31,964.00 as per the following schedule. Motion carried.

Bolton & Menk Inc., DD 14.....
Prof Services..... \$13,057.00
Bolton & Menk Inc., DD 32.....
Prof Services..... \$1,355.00
Bolton & Menk Inc., DD 48.....
Prof Services..... \$11,847.50
Bolton & Menk Inc., DD 72.....
Prof Services..... \$5,704.50
Grand Total..... \$31,964.00

Motion Stone/Second Smeby to engage Robert Goodwin as attorney for Drainage District #72 regarding Notice of Appeal by landowners. Motion carried.

Motion Smeby/Second Stone to approve claims in the amount of \$68,239.30 as per the following schedule. Motion carried.

A.H. Hermel Vending & Foodservice, Supplies-Shf..... 237.08
Access Systems Leasing
Service-Dap..... 72.50
Agri Sales & Bldg Supply Inc
Supplies-Eng..... 15.00
Agvantage Fs Inc
Fuel-Eng..... 952.45
Aramark, Service-Eng..... 399.85
Auditor Of State, Fee-Ndp. 625.00
Bmc Aggregates Llc
Rock-Eng..... 11,181.76
Brightree Home Health & Hospice Llc, Service-Phd..... 3,080.91
Central Ia Distributing Inc
Supplies-Con..... 3,516.00
Certified Laboratories
Fuel-Eng..... 610.95
City Of Fertile, Service-Eng 80.00
Culligan Of Mason City
Service-Gsr..... 58.30
Enos Loberg, Reimb-Sup... 707.20
Falkstone Llc, Rock-Eng. 7,148.40
Gardiner & Company
Service-Ndp..... 9,300.00
Heartland Power Coop
Service-Wwt..... 3,499.79
Ia Secretary Of State
Service-Aud..... 31.45
J&L Autobody And Customs Llc
Service-Shf..... 200.00
Jessica Reyerson
Reimb-Phd..... 50.00
Joe's Collision & Performance Inc
Service-Shf..... 122.00
Kelly Hardware
Supplies-Con..... 315.48
Kevin Springer Construction

Service-Gsr..... 400.00
Lair's 66, Supplies-Eng..... 82.50
Manly Junction Signal
Service-Sup..... 405.54
Marco Technologies Llc
Service-Dap & Asr..... 504.15
Martin's Flag Company, Llc
Supplies-Gsr..... 179.00
Mid-Tech Services
Service-Eng..... 222.00
Napa Auto Parts
Supplies-Eng..... 160.60
Nassco Inc., Supplies-Gsr.. 264.15
Niacc, Edu-Phd..... 450.00
Niaccog, Service-Tra..... 331.18
Northwood Anchor Inc
Service-Sup..... 1,082.29
Nsb Bank, Service-Dap..... 243.30
Nuss Truck & Equipment Inc
Parts-Eng..... 265.94
Pinnacle Quality Insight
Service-Phd..... 174.50
Shred Right, Service-Phd.. 184.79
Singelstad's Hardware
Supplies-Eng..... 38.28
State Hygienic Laboratory
Service-San..... 268.00
Visa, Service-Phd..... 2,453.29
Von Bokern Associates Inc.
Service-Shf..... 2,950.00
Waste Management Of Iowa Inc
Service-Sdp..... 3,150.00
Whks & Co, Service-Eng. 4,920.00
Worth County Engineer
Fuel-Shf..... 6,514.21
Worth Lumber Co
Supplies-Eng..... 791.45
Grand Total..... 68,239.30

Motion Stone/Second Smeby to approve the monthly clerk of court report. Motion carried.

Motion Smeby/Second Stone to approve salary change for Mark Eilertson to \$27.49/hour, effective April 10, 2023 as submitted by the county engineer. Motion carried.

Motion Stone/Second Smeby to approve the contract to provide professional consulting services to Worth County, Iowa. Motion carried. This contract is between Cost Advisory Services, Inc. and Worth County.

Chairperson Loberg recessed the regular session at 8:56 A.M.

Motion Smeby/Second Stone to open the public hearing on the Sale of I-35/Hwy 105 Lots at 9:00 A.M. Motion carried.

Chairperson Loberg read the proposed Resolution for Sale of County Real Estate. There was no public comment.

Motion Smeby/Second Stone to close the public hearing at 9:01 A.M. Motion carried.

Chairperson Loberg reconvened the regular session at 9:02 A.M.

Motion Stone/Second Smeby to approve Resolution 2023-10 - Resolution for Sale of County Real Estate (I-35/Hwy 105 Lots). Roll call: Smeby - Aye; Stone - Aye; Loberg - Aye. Motion carried. (Full text of resolution available in the Auditor's Office).

Motion Smeby/Second Stone, carried to adjourn at 9:34 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

PROFESSIONAL CARD
Business Announcements

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

PHYSICIANS
MERCY ONE

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

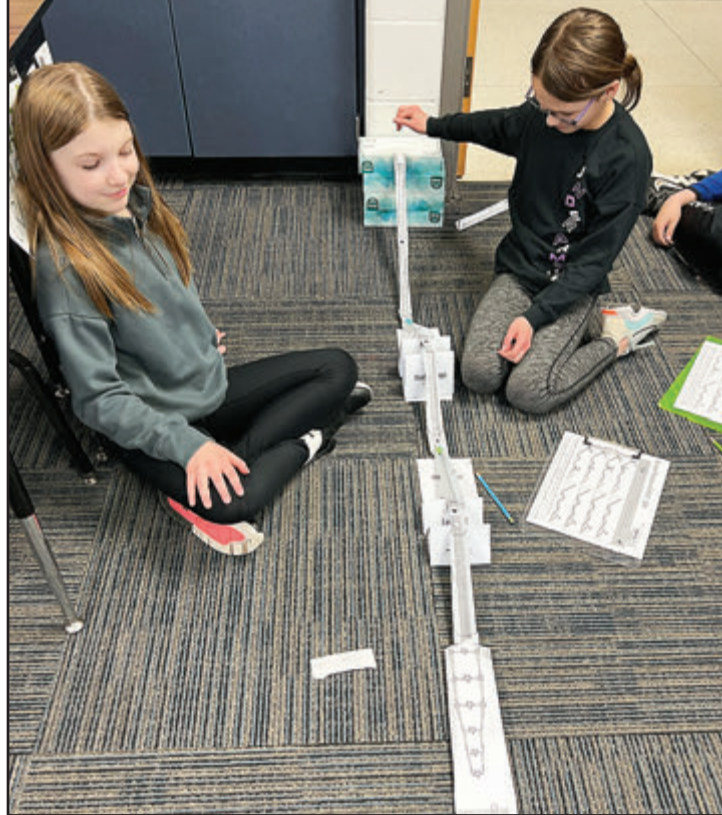
NORTHWOOD INSURANCE AGENCY
John Midtgaard, Agent
91 9th St. S., Northwood, IA
Office 641-324-9844 Fax 641-324-9844

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



Marbles in motion

Students in Mr. Park's fourth grade classroom recently crafted roller coasters to test the motion and momentum of marbles. They designed their coasters to learn how the dimensions of the hills and valleys impact the motion of the marbles on the courses.

CLASSIFIED ADVERTISING RATES

First 50 Words \$12 plus .10/word over 50 (Minimum charge \$10)
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 \$6.60 per column inch
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 Phone 324-1051 or by **Deadline Noon on Fridays**

THANKS

CARD OF THANKS:
 Thanks to all our friends and family who took time to send cards to make our 60th Anniversary special.
 Charlie & Ramona Rierce*

WANT ADS
 Miscellaneous
 GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-855-954-5087
 Miscellaneous
 Eliminate gutter cleaning forever! Leaf-Filter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-913-1560

FUELING OUR ECONOMY
 LISTEN FOR THE CUE TO CALL TO WIN LOCAL GIFT CARDS AND QUALIFY TO WIN THE GRAND PRIZE OF A \$500 FUEL CARD!
 107.3 FM KIOW
 COLOFF MEDIA

JOB OPENING
Worth County Engineering Department is seeking a qualified individual to fill a full-time Administrative Assistant position.
 Salary ranges from \$18-\$24 per hour based on qualifications and experience
 Applications and a job description may be picked up at the **Worth County Engineer's Office** 1000 Central Avenue, Northwood, IA, 50459 or on-line at www.worthcounty.org.
 Applications will be accepted until the position is filled.
 Worth County is an Equal Opportunity Employer.

KNUDTSON AUTOMOTIVE SERVICES
 641-324-9988
 • Diagnostics
 • Oil Changes
 • Tires
 • Engine Work
 • General Repair
 Kirby Knudtson, Owner
 616 Central Ave.

THOFSON PLUMBING, HEATING & COOLING
 Full Service Plumbing, Heating & Cooling Commercial, Residential & Remodeling
 Tim Thofson
 Bus.: 641-324-3253
 Cell: 641-390-0864
 2000 Central Ave. • Northwood, IA

HELP WANTED FULL-TIME COOK / DIETARY AIDE
 Applications can be picked up at:
Lutheran Retirement Home
 701 9th St. N., P.O. Box 108, Northwood
Nancy Schrupp, Dietary Manager
 641-324-1712 E.O.E.

Gasteiger Electric, Inc.
 • Agricultural
 • Commercial
 • Industrial
 • Residential
 • Generators
 Jarod Gasteiger
 Carpenter, Iowa
 641-390-1469 cell

Lutheran Retirement Home
 701 9th Street North
 Northwood, IA 50459
Position Openings for
Part-time LPN/RN • 2-10 p.m.
 LPN starting pay \$26 • RN starting pay \$40
 Pay based on experience
Full-time CNA • 10 p.m. - 6 a.m.
 CNA starting pay \$18
 Pay based on experience
 Part-time and Full-time positions eligible for yearly performance and longevity bonuses. Excellent benefit package for Full-time positions, 401K offered for Part-time and Full-time.
Apply to: Heather Rheingans, RN
 641-324-1712

Villa Wood North
 1 and 2 BD Apartments* in Northwood has **IMMEDIATE** openings.
 Call today at (641) 398-2524 TT 1-800-735-2942 and/or VOICE 1-800-735-2943
www.keywaymanagement.com
 We offer
 • Private Playgrounds & basketball areas
 • Laundry on site
 • Some utilities furnished
 • Quiet, clean and professionally managed.
 *Must meet income guidelines
 Equal Opportunity Provider & Employer

LARGE COIN AUCTION
SUNDAY, APRIL 30, 2023
8 A.M. ~ VIEWING STARTS at 10 A.M.
KENSETT COMMUNITY CENTER
300 WILLOW STREET, KENSETT, IOWA
 Approximately 500 lots including Silver Dollars, JFK Half Dollars, 7 Morgan CC Silver Dollars, Mercury dimes, Jefferson nickels, Standing Liberty quarters, Barber quarters, V-nickels, Jefferson quarters, Buffalo nickels, Indian head cents, 2-cent pieces, Washington quarters, Wheaties, Franklin half dollars, 1857 & 1858 Flying Eagle cents, Walking Liberty half dollars, War nickels, 1912 2 ½ Dollars Indian Gold pieces, 1881 \$5 Gold piece, 1911 2 ½ Gold piece, 1845 \$5 Gold piece, 1907 \$10 No Motto Gold piece, Bank Notes, Roosevelt Silver dimes, Complete Franklin Half dollar book (35) plus much, much more!!
 Like us on Facebook: Reeder Auction Service
We have just listed another huge coin auction scheduled for June 4! Mark Your Calendars!
Reeder Auction Services
 Col. Dan Reeder 641-324-1692
 Col. Dick Bauer 641-512-3349
 Not Responsible for Accidents

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 in Northwood
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www.keywaymanagement.com
 ADA Accessible
 • Community room for family gatherings
 • On site laundry
 • Professionally managed
 • Some utilities furnished
 • Local Taxi Available
 • Convenient access to medical facilities
 *Must meet income guidelines
 *For persons 62 or older, handicapped or disabled regardless of age.
 Equal Opportunity Provider & Employer

Come Join Our Growing Team
1st SHIFT and 2nd SHIFT PRODUCTION OPERATORS
 • Starting pay \$18.00/hour
 • \$2.50/hour Shift Premium for 2nd Shift
 • Benefits after 30 days
 • 136 hours of PTO for your first year
1st Shift Hours: Monday – Thursday (6 a.m. – 3 p.m.) and Friday (6 a.m. – 10 a.m.)
2nd Shift Hours: Monday – Thursday (3 p.m. – 1 a.m.)
 Qualified candidates will have:
 • High School Diploma or GED
 • Work Safety
 • Ability to read work orders and tape measure
 • Manufacturing experience preferred
 • Strong communication skills
 • Good attendance
 • Commitment to teamwork
 • Willing to work overtime as needed
 • Self motivated, demonstrate flexibility and be willing to change assignments
To fill out an application you can come to the plant or apply online at www.federalfoam.com/careers
FEDERALFOAM TECHNOLOGIES, INC.
 Attn: Human Resources
 91 16th Street South • Northwood, IA 50459
 HumanResources@federalfoam.com • www.federalfoam.com
 We provide a drug-free environment and are committed to diversity in the workplace.
 EOE M/F/D/V



Lady Viking Peyton Wilder hits from the tee last Tuesday afternoon at the Nashua Town and Country Club. Wilder shot a 53, just two shots from earning medalist honors.

N-K boys and girls golf teams both place second at Nashua Town and CC

By Mike Simmons
Sports Editor

The Northwood-Kensett boys and girls golf team got one match in last week before the snow, sleet and rain started and washed away the remainder of the week's spring sports schedules.

Last Tuesday afternoon in Nashua, competing against Central Springs and the Huskies, N-K's Nick Hanson, who was just one shot off of sharing medalist honors with the Panthers' Edric Coleman (43) and Carson Grady (43), posted a score of 44 to lead

the Vikings to a second place finish with a team score of 191.

Rounding out the Viking roster were Caden Helgeson (46), Breyden Hoepfner (50), Kenny Conlin (51), Carter Anderson (53) and Brady Christianson (55).

Junior Ella Leonard and Peyton Wilder set the pace for the second place Lady Vikings, leading their squad with a 52 and a 53 respectively. Other Lady Viking scores include Hadie Hanson (60), Kennedy Christianson (63), Marisa Halbach (73) and Kenedie

Berry (83).

The boys and girls team were set to hit the links three times this week, including Monday at Nora Springs, Thursday at N-K and Friday at Highland Park Golf Club in Mason City.

Boys Team Scores at Nashua Town and Country Club – Central Springs 180, Northwood-Kensett 191, Nashua-Plainfield 201

Girls team Scores at Nashua Town and Country Club – Nashua-Plainfield 213, Northwood-Kensett 228, Central Springs 243

Rollene, Sims and Julseth help Vikings earn fifth place finish at B-K

By Mike Simmons
Sports Editor

The North Iowa weather played havoc with the spring sports schedule last week, leaving the Northwood-Kensett boys track with just one meet. Last Tuesday with winter due back in the picture on Wednesday and the rest of the week, the Vikings traveled to Belmond to compete in the Belmond-Klemme Boys Invitational.

The big scorers for the Vikings on this day were Treycen Rollene, Lamonte

Sims and Kooper Julseth, who took home at least two medals, including two each in their respective individual events, Julseth with three.

Rollene posted 16 crucial points in his two events, placing second in both the 1,600 (4:50.53) and 3,200 (10:11.12). Sims placed fourth in the 400 while he picked up six points with his third place finish in the 400 hurdles, while Julseth placed fifth in the 400, fourth in the 1,600-meter run and fourth in the high

jump (5-04.00).

Helping those top three scorers with the team's fifth place finish were Justin Mills in the 200 (7th), Dalton Logemann in the 800 (6th), Christopher Madsen in the 400 hurdles (8th), Aden Bice in the 3,200 (6th), Trent Tiedemann in the shot (6th) and Mills in the discus (3rd).

The relays did a stand-up job as well at B-K with the 4x100 placing seventh, the 4x200 sixth, the 4x400 sixth, the 4x88 third, the sprint medley eighth and

the distance medley third.

Weather permitting this week the Vikings had two meets on this week's schedule, Monday in Northwood and Thursday at the North Union Coed Relays.

Team Scores at Belmond-Klemme – West Hancock 164, Belmond-Klemme 91, Bishop-Garrigan 82, Lake Mills 81.5, Northwood-Kensett 79, Clarion-Goldfield 77, North Iowa 67, North Butler 48, West Fork 28.5



Wildfire Wednesday- Who is it?

The Worth County Conservation Board has been sharing interesting pictures and fun facts weekly on its Facebook page. Here is a recent entry for Wildlife Wednesday: This fun creature was spotted the other evening through some binoculars. Can you identify this bird of prey? Hint: This birds call sounds like "Who cooks for you? Who cooks for you-all?" The answer? The Barred Owl.

Lindsey Moore earns spot at Drake Relays, Lady Vikings place fifth at G-H/V

By Mike Simmons
Sports Editor

While there isn't a whole lot to report on as far as last week's sports are concerned after the whole week was canceled save just one day, there is some good news coming out of the Lady Vikings track program.

Junior Lindsey Moore, the smoothest, most technically sound hurdler I've seen in my 20 years covering North Iowa sports, earned a spot at the annual Drake Relays in Des Moines.

Moore, who sets the standard for her team in all the hurdling events, ran the 24th fastest time in the state, regardless of class, in the 100-meter hurdles, earning a spot in the 32-person field with a time of 15.68, just 1.31 seconds behind the top high school qualifier in the state, Ali Frandsen of Ames, who recorded the fastest time at 14.37.

The annual Drake Relays got underway on Sunday while Moore will compete in the 100-meter hurdles this Friday at approximately 10:33 a.m.

The weather did permit for one track meet last week where the Lady Vikings got in some action at Garner-Hayfield/Ventura last Tuesday, just before winter made a comeback and cancelled the rest of the week's sports.

The Lady Vikings placed fifth overall with a team score of 105 points, competing against teams from Forest City, Clear Lake, West Fork, Bishop-Garrigan, West Hancock, Lake Mills, Central Springs, Hampton-Dumont, North Union, Garner-Hayfield, Ventura, North Butler, North Iowa, Eagle Grove, Pudd Peakford Marble Peak

Belmond-Klemme and Clarion-Goldfield.

Northwood-Kensett's relays didn't fare very well in Garner, but the individual events helped pull out the very respectable fifth place finish considering the size of the field and the talent on those teams.

N-K freshman Annalisa Coyle placed eighth in the 100, sophomore Macy Thorson took home a first place medal in the 200 with a time of 27.73, Chloe Costello placed eighth in the 200, Malory Rheingans placed second in the 800 with a time of 2:51.76, Megan Ocel (6:03.04) and Merrin Hanson (7:09.39) placed first and fifth respectively in the 1,500 meter run, Moore placed first in the 100-meter hurdles (15.68)

while her teammate, Morgan Wallin placed second with a time of 16.63, Hanson placed third in the 3,000 and freshman Logan Manning placed eighth in the discus.

The Lady Vikings had a meet on Tuesday at South Hamilton and will end the week on Thursday at North Union.

Team Scores at G-H/V – Forest City 156, Clear Lake 146, West Fork 111, Bishop-Garrigan 107, Northwood-Kensett 105, West Hancock 104, Lake Mills 95, Central Springs 85, Hampton-Dumont 79, North Union 71, Garner-Hayfield/Ventura 60, North Butler 57, North Iowa 50, Eagle Grove 50, RRM, 35, Belmond-Klemme 33, Clarion-Goldfield 15

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