

TEAGAN JOHNSON
Valedictorian
Swensrud Scholarship
Moen Scholarship
Iowa Bar Association



JADYN BELAND
Salutatorian
Swensrud Scholarship
Julseth Scholarship



GRADY BUENZOW
Swensrud Scholarship



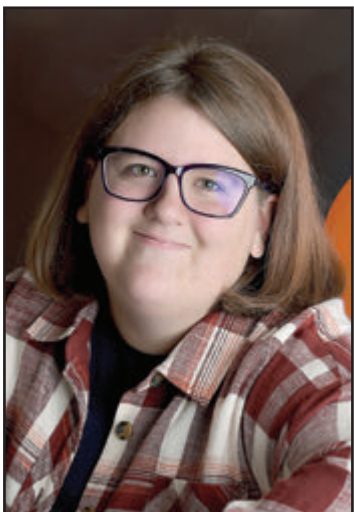
PEYTON SHOGER
Swensrud Scholarship



DALTON LOGEMAN
Julseth Scholarship
Hellen Holstad Scholarship
Janssen Family Scholarship



TEGAN HACKENMILLER
Janssen Family Scholarship



ELLIE EHRHARDT
Janssen Family Scholarship
Moen Scholarship



MONTE SIMS
Janssen Family Scholarship



KENNEDY CHRISTIANSON
Moen Scholarship



TAYLOR RODEMEYER
Moen Scholarship



DANTE SIMS
Igou Scholarship



TRISTEN SCHNULLE
Igou Scholarship

2023 Northwood-Kensett grads awarded \$606,974 in college scholarships

Northwood-Kensett’s class of 2023 graduated this past Sunday. During the commencement ceremony, scholarships and scholarly recognitions were announced. This year’s graduating class received \$450,174 for their first year of college

and \$606,974 in support of their full college careers from scholarships announced on Sunday. Of the scholarship money going to this year’s graduating class, \$206,300 went to 13 students from local scholarships. A total of \$400,674 went to graduat-

ing seniors from the Worth County Development Authority’s education funds. Teagan Johnson earned the highest academic honor in her class, as the N-K Class of 2023 valedictorian. Jadyn Beland earned salutatorian honors.

Johnson was also presented with the Iowa Bar Association’s American Citizenship Award. The American Citizenship Award is voted on by faculty, with qualities that include being a leader, a serious student, having an informed education and

being reliable. A total of 30 students each received a scholarship for \$13,355.08 from the WCDA’s education funds. The WCDA scholarship money is given to students who live in Worth County for their junior and senior



NOLAN SENNE
Igou Scholarship

Briefs

NVFC BBQ set for June 10

The Northwood Volunteer Fire Company will hold a drive up to-go barbecue on Saturday, June 10. The meal includes pulled pork, beans and a salad. It is available with a free will donation. The barbecue will be served from 4-7 p.m., or until the food is gone. Funds raised will support fire protection and ambulance services.



The Week’s WEATHER

from National Weather Service Data

Date	Hi	Lo	Prec.
Tues. May 9	77	54	0.8
Wed. May 10	72	53	T
Thurs. May 11	78	54	
Fri. May 12	79	57	1.2
Sat. May 13	69	59	0.45
Sun. May 14	74	51	1.8
Mon. May 15	66	43	

Council discusses housing, troubles with youth, street safety

The Northwood City Council approved the preliminary plans for a new housing development on the south side of Northwood at its recent regular meeting. Also discussed were issues with youth misbehavior.

The development, dubbed Southwind Estates, will be built east of Highway 65 on the south side of the city, behind the existing homes on the road.

According to a resolution approved by the council, Southwind Estates will be developed from land currently used for agriculture into 16 residential lots. The proposed development plan includes a street built for potential future expansion, as well as a cul-de-sac at the half way point. On the south side of the street would be five lots, with space for a future street expansion to the south, located between the second and third lot. On the north side, would be six lots across from the

others, as well as four more larger lots to the north, around the end of the cul-de-sac. The lots would range in size from 8,915 square feet to 34, 552 square feet. With the approval for the plans for the lots and street, the Southwind Estates developer has the City of Northwood’s go ahead to proceed with the development. Also discussed at the meeting were ongoing issues with young people causing problems in the community. Worth County Sheriff Dan Fank shared that his deputies had been responding to a number of incidents caused by minors. Fank declined to share specifics at the public meeting. He said that he didn’t want to give any other young people ideas to copy. While Fank did not detail specifics, he did mention damage done to City parks and bathrooms. That was Council, See Page 2



It’s elementary
Before they walked the halls of the high school for a final time as students, the Northwood-Kensett class of 2023 walked the elementary halls. The students in their commencement attire traveled throught the elementary school, receiving cheers, congratulations and high fives from the younger students, and from many of their former teachers.

N-K students recognized for artistic efforts

Each year as the school year comes to a close, just before the senior class graduates, students in artistic programs and extracurricular activities are recognized for their talents and their efforts over the school year and in the case of seniors, over their high school careers. That happened at the annual Fire Arts Awards night.

Northwood-Kensett High School held its annual Fine Arts Awards and Spring Concert on Tuesday, May 9. The high school band and choir performed, and students were recognized for their accomplishments in Art, Speech, Drama, Choir and Band.

Emily Abbas presented awards for Art.

Teagan Hackenmiller received Hardest Working Artist for his high productivity and high quality artwork. Josiah Bass received Most Resourceful Artist because his portfolio consists of numerous well-crafted cardboard sculptures. Ellie Ehrhardt received Most Original Artist for her one-of-a-kind artworks that included her own characters, settings and storylines. Top of Iowa Conference Art Show entries were on display in the lobby, including a first place photograph in the non-edited category taken by Lexi Hanson-Brandsoy.

Beth Butler presented awards for Drama and Speech.

Seven high school students were recognized for their participation in the performance of the play "Peter Pan" in February. Students receiving recognition included Ellie Ehrhardt, Kenny Conlin, Topher Madsen, Mallory Rheingans, Nyx Mayberry, Sophia Butler and Weston Willand.

Next, Mrs. Butler awarded students who had participated in Speech. The following students received awards for the 2022-2023 speech season: Weston Willand received one Division II medal, Addyson Runde received one Division I medal and two Division II medals, Merrin Hanson

received one Division II medal, MacKensy Tomlinson received one Division I and one Division II medal, Nyx Mayberry received one Division I and two Division II medals, Luisa Bremer received two Division I medals, Pete Kelly received one Division I and one Division II medal, Teagan Johnson received three Division I medals and two Division II medals, Ellie Ehrhardt received three Division I medals and one Division II medal, Grady Buenzow received one Division I and one Division II medal, and Jadyn Beland received four Division I and

two Division II medals. Additionally, Jadyn Beland, Ellie Ehrhardt and Teagan Johnson earned their Speech letter. Johnson also earned a bronze medal for total speech points. Annually, an award is given to the senior speech performer who has earned the most points in his or her career. The 2022-2023 Outstanding Speaker was awarded to Teagan Johnson. Nikkole Koenig presented awards for Choir.

Alexandria Hanson-Brandsoy, Laney Miles and Mallory Rheingans earned their choir letters.

Jared Barnes presented

awards for Band.

The following Band students earned a letter for the 2022-2023 school year: Jessika Ausborn, Kamryn Backhaus, Alex Bewley, Aden Bice, Chloe Costello, Kenny Conlin, Annalisa Coyle, Shawn Echelberger, Ellie Ehrhardt, Topanga Hackenmiller, Madalynn Hanson, Merrin Hanson, Zach Heiken, Christopher Madsen, Lindsey Moore, Loghan Nelson, Damaris Peterson, Damon Reyerson, Sophie Rye, Trent Tiedemann, MacKensy Tomlinson and Weston Willand.

Several Band students participated in the Iowa High School Music Association's Solo and Ensemble Festival in Greene. The following students received a Division II, Excellent ratings: Alex Bewley, alto saxophone solo; Zach Heiken, horn solo; Annalisa Coyle, trumpet solo; Weston Willand, trumpet solo; Kamryn Backhaus and Kenny Conlin, trom-

bone duet; and Jessika Ausborn, Madalynn Hanson and Sophie Rye, flute trio. Finally, Kenny Conlin earned a Division I, Superior rating for his trombone solo. He was only one point away from a perfect score!

The final Band award presented was the John Philip Sousa Award. This award is presented to a

senior in recognition of their outstanding achievements and interest in instrumental music, for singular merit in loyalty and cooperation, and for displaying those high qualities of conduct that school instrumental music requires. The 2023 John Philip Sousa Award was awarded to Ellie Ehrhardt.



Teagan Johnson was recognized for her speech efforts.



Ellie Ehrhardt received the John Philip Sousa Award.



Speech coach Beth Butler recognized students for their efforts in speech events.

Graduates Cont. from Page 1

years. The funds are given to the colleges where seniors attend, to be used in four years.

Northwood High School graduate and successful businessman Sidney Swensrud established the Swensrud Scholarship in 1953.

This year's Swensrud scholarship recipients include Jadyn Beland, Teagan Johnson, Grady Buenzow and Peyton Shoger.

This year's Swensrud Scholarship recipients will each receive \$2,000 for the coming school year. They will receive \$10,000 in their second, third and fourth years of college, for a total of \$32,000. This year's Swensrud scholars will receive a total of \$128,000 in their college careers. In the history of the Swensrud

Scholarship, 409 recipients have been awarded over \$3 million.

Dalton Logeman was named this year's recipient of the Hellen K. Holstad Scholarship. The award is a four year renewable scholarship. Logeman will receive \$2,000 for his freshman year, \$2,100 for his sophomore year, \$2,300 for his junior year and \$2,500 for his senior year in college, for a total of \$8,800.

The Janssen Family Scholarship was established by the estate of 1954 Northwood High School graduate Don Janssen. Jadyn Beland and Dalton Loeman received the scholarship, for \$2,500 for each of their first four years of college.

Kennedy Christianson, Ellie Ehrhardt, Teagan Johnson and Taylor

Rodemeyer received the Richard Moen Aviation Scholarship, which is a one year award given to graduates pursuing a career in aviation, education or medicine. This year's recipients will each receive \$5,000.

The Truman and Lorraine Julseth Scholarship was established in memory of avid N-K supporters Truman and Lorraine Julseth. Jadyn Beland and Dalton Logeman were awarded the scholarship this year, receiving \$2,500 towards their college education.

Dante Sims, Tristen Schnulle and Nolan Senne were named the recipients of the Oren and Carrie Igou Scholarship. They will each receive \$1,500 for their first year of college.

Council Cont. from Page 1

echoed by city superintendent Dirk Van Ryswyk, who later in the meeting talked about time spent by the public works crew cleaning up and repairing damage done by young people.

Fank said that to address the issue, the Sheriff's Office planned to pursue truancy offenses more diligently, making parents liable when their children are out when they shouldn't be, doing things they shouldn't.

Fank also said that to help stop incidents from occurring, or from happening more than once, people need to report what they see.

Fank said that his depart-

ment had received several calls telling about something that had happened well after the act had occurred. He said that they need people to call as soon as something happens in order to help find who committed the crime and hopefully stop it from happening more than once.

In other business, the council discussed the speed strips that have been placed on Eighth Street South, on the way to the pool.

Following up on a citizen concern, the City has been seeking ways to slow traffic on the street leading to the pool, making it safer for the

children on their way to swim.

The City recently put in place speed strips meant to make drivers slow as they get to the pool hill.

Van Ryswyk said that the City is trying different locations and will more permanently fix the speed strips in place.

Van Ryswyk added that the strips have been effective and have slowed traffic.

Van Ryswyk said that once the best location has been found, they will add signs that will hopefully make them even more effective.

May SPECIALS

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N-K seniors recognized with scholarships, awards at Senior Awards Night

Northwood-Kensett graduates were recognized during a ceremony held on Senior Awards Night on May 10. Academic awards and scholarships were announced during the ceremony.

Following are the awards announced at the event:

Aristocrats Car Club Scholarship (\$750) to Dalton Logeman and Will Tindall

Bernie Saggau Award to Dalton Logeman

Worth County Farm Bureau (\$500) to Teagan Johnson and Dalton Logeman

Iowa Farm Bureau Scholarship (renewable \$2,500 a year for 4 years) to Jadyn Beland

Coloff Media Scholarship (\$500) to Dante Sims

Wrestling Boosters Scholarship (\$400) to Treycen Rollene, Michael Janssen, Dalton Logeman

Polly Schiltz Memorial Scholarship (\$500) to Kennedy Christianson

Northern Prairie Pheasants Forever (\$500) to Jadyn Beland and Isaiah Heeren

Esther E. Losee Memorial Scholarship (\$800) to Lamonte Sims

Ernie and Erma Hanson Heritage Farm Scholarship (\$1,000) to Jadyn Beland, Teagan Johnson and Dalton Logeman

Aureon (\$2,000) to Jadyn Beland

Mason City Area Retired School Personnel Association (\$500) Merit Award to Taylor Rodemeyer P.E.O. Chapter ES (\$150) to Ellie Ehrhardt

Naeve Hospital Alumni and Nurse's Club Award (\$1,000) to Teagan Johnson

Lions Award (\$500) to Jadyn Beland

Glenn VanSabben Memorial Scholarship (\$500) to Haydan Pectorious, Josh Stevens and Treycen Rollene

Ryan Weisert Building Trades (\$1000) to Treycen Rollene

Governor's Scholar Recognition Program to Jadyn Beland

Des Moines Register Academic All State to Jadyn Beland

KIMT Scholastic All Stars to Jadyn Beland and Teagan Johnson

Top of Iowa Conference All-Academic Team (seniors who have participated in 4 years of a sport during 1 season and who have a cumulative 3.25 GPA at the end of the 1st semester of their senior year) to Jadyn Beland, Madison Berry, Grady Buenzow, Kennedy Christianson, Nick Hanson, Dalton Logeman, Haydan Pectorious, Nolan Senne, Lamonte Sims and Peyton Shoger

Top of Iowa Conference Academic Excellence Award- Junior or Senior who is enrolled in their home district, and has one of the top 5 ACT scores to Jadyn Beland, Grady Buenzow, Teagan Johnson and Pete Kelly

Top of Iowa Conference Academic All Conference-Language Arts- Teagan Hackenmiller, Mathematics- Jadyn Beland, Science- Lamonte Sims, Social Science- Dalton Logeman, Vocational Education- Dalton Logeman, Business- Nicholas Hanson, Music- Ellie Ehrhardt, Speech and Drama- Ellie Ehrhardt and Visual Arts- Josiah Bass

NIACC Foundation Area 2 High School Scholarship

Faculty and staff from the high school select the student for this award, to Elizabeth Ehrhardt.

Dr. Martha Ann Thomson Barclay Scholarship

Dr. Martha Ann Thomson Barclay established this scholarship in 2000 for a full-time freshman student majoring in humanities or fine arts. The recipient is Elizabeth Ehrhardt.

NIACC Link Scholarship

This scholarship is for graduates that have earned college credit and achieved a college GPA of 3.25 or higher. The recipients are Kennedy Christianson, Teagan Hackenmiller, Teagan Johnson Dalton Logeman and Peyton Shoger.

Delbert D. and Mary I. Laudner Endowed Scholarship

Del and Mary Laudner established this to assist NIACC students. The recipients are Teagan Johnson, Peyton Shoger and William Tindall.

Florence Liebl Memorial Scholarship

Florence Liebl was a member of the first graduating class of Mason City Junior College (NIACC's predecessor) in 1920. The recipient of the Florence Liebl Memorial Scholarship is Lamonte Sims.

NIACC President's Scholarship

Seniors with ACT Composite scores ranging from 23-36 are awarded the President's scholarship. Teagan Johnson is the recipient of the President's Scholarship.

Holmlund Scholarship

Sisters Linda and Marilyn Holmlund established the Holmlund Scholarship in 2015. The scholarship assists a full-time female student with a GPA of 3.0 or higher. Peyton Shoger receives the Holmlund Scholarship.

Clayton Scholarship

Longtime Mason City educators Dave and Carol Clayton believe education is the key to success. Dalton Logeman is this year's recipient of the Clayton Scholarship.

John S. Rothamel Memorial Scholarship

John S. Rothamel, a 1948 graduate of Mason City Junior College taught in the College's Business Department and also served as NIACC's Director of Institutional Services, Dean of Instruction and Executive Dean. Scholarships are awarded to NIACC business majors. This year's award goes to Teagan Johnson.

Charles H. Debban Scholarship

Charles H. Debban, who graduated from Mason City High School in 1939, spent most of his working life in the public-school system, first as a teacher and later in Cedar Rapids as a teacher and principal. Kennedy Christianson receives the Charles H. Debban Scholarship.

Clifford H. Beem Memorial Scholarship

Due to his love for education and belief that all students should receive an education, Clifford Beem established the Clifford H. Beem Memorial Fund in 1980. Elizabeth Ehrhardt is the recipient of the Clifford H. Beem Memorial Scholarship.

Mary Ann Eisenmann Scholarship

Mary Ann Eisenmann spent her adult life as a kindergarten teacher. This scholarship will assist NIACC students planning to obtain their bachelor's degree in elementary education. Kennedy Christianson is the recipient of this scholarship.



MASON CITY AREA RETIRED SCHOOL PERSONNEL ASSOCIATION



WRESTLING BOOSTERS



PHEASANTS FOREVER



LAUDNER SCHOLARSHIP



POLLY SCHILTZ MEMORIAL



GLENN VANSABBEN MEMORIAL



HIXSON OPPORTUNITY



MATH CLUB



PEO CHAPTER ES



NIACC AWARDS



TOP OF IOWA ALL ACADEMIC TEAM



TOP OF IOWA ACADEMIC EXCELLENCE

N-K graduates share talents, efforts at Senior Showcase

By JoAnn Lower

From body builders to dragon slayers and everything inbetween, the annual Senior Showcase had it all.

Nicholas Hanson built a desk using repurposed wood for his project. "Almost all of the wood I used was from old projects around my house, so I didn't spend much money on it. The desk will be used for my college next year."

Michael Janssen modified his 2002 Ford Mustang for his project. "I added new tires and LEDs, did some exhaust work and added a sound system. I did this project because I enjoy working on and driving cars, and I hope to work on cars in the future."

Pete Kelly dedicated his project hours to the Northwood-Kensett News. "I did the writing, directing, promoting, editing and half of the acting (thanks to Grady Buenzow). At First Lutheran Church Grady and I set up a big green screen and shot the desk segment every week, followed by clips of student activities and a brief weather segment. It was a lot of fun and taught me so much about the process that goes into scripting, acting and especially editing."

Dalton Logeman's project was to restore a tractor. "I restored the 1955 Allis-Chalmers WD45 that I got from my great-uncle. The tractor was first bought by my great-great-grandpa, which makes me the fifth generation to have the tractor. I did some slight work to the motor and then did a little body work before I gave it a new coat of paint and new stickers."

Kennedy Christianson's project was to create a scrapbook of her high school years. "I started by finding a scrapbook and fun pages to use in it as well as markers, stickers and printed tons of pictures. I created pages for each year of homecoming and prom, sports I've been involved in, vacations, friends, National Honor Society and more. Each page has a different background making it look artistic and unique. I really enjoyed doing this project and being able to use my creative skills."

Jadyn Beland made a memory quilt for her project. Since it was the first quilt she'd ever made, her grandma Terri Beland was there to help. "Every piece of my life is in the quilt," said Jadyn. "I'm a member of 4-H and FFA, so in the middle of the quilt is my senior picture taken with Lucille, my favorite cow."

Haydan Pectorious has been interested in Legos his entire life. His project was building a 1:24 scale of the Titanic with Legos. "I ordered the set directly from the Legos Company; mine is one of only 100 sets made." In this exact replica of the Titanic, all the ship's floors, the smokestacks and lifeboats are lifelike. The instruction book includes the history of the Titanic, even the grand staircase.

The total project to this point has taken Haydan 33 hours. "It's okay to be a kid now and then," he smiled.

De'Angelo Ferguson's project was Taekwondo. He has been a student of Taekwondo for three years, his classes taught at Northwood's First Lutheran Church. After first earning his white belt, followed by his yellow and green belts, he is rightfully proud to have earned his orange belt. "When I tested, I took a big guy down four times," he said proudly. Now with a torn ACL, De'Angelo is waiting and hoping to go back to the martial art of Taekwondo in December.

Maddie Berry, focusing on the importance of children reading, created a Little Library "so kids can get a book free." Following a plan she researched on the internet, Maddie first designed a layout and then carefully constructed, board-by board, a free little library to be accessed by all.

Jasmine Renteria's dad's hobby is wood-burning. "That's how I came up with the idea of wood-burning for my project," she said. After printing her own design and choosing the wood, Jasmine constructed an eloquent tribute to Northwood-Kensett softball. "Wood-burning has now become my hobby."

Josiah Bass has turned his fascination for folklore into an artform. Previously designing houses and other buildings from cardboard, Josiah carefully constructed the life-like dragon "Ignatius" for his project. "My hope is that my art inspires others to make their art."

Dante Sims is a football player and enthusiastic body builder using progressive resistance exercise to control and develop his muscles. For his project Dante displayed before and after photos of his body-building self. "It's a lifestyle. I work out 2 1/2 hours a day with an online coach."

Anthoni Martin has loved the game of basketball since he was a small child. His senior project was the huge task of creating a Youth Basketball Camp for Boys. "I want to help kids by passing on to

them my love for the sport." Iowa Central Community College in Ft. Dodge, Iowa has recruited Anthoni for their basketball team.

Isiah Heeren's project was researching the science behind deer. "My goal was to collect white tail antlers. My goal was accomplished when I found several antlers around Lake Mills, at Elk Creek and the Land of Two Waters." This fall Isiah will attend Riverland Community College where he will study to become a conservation officer.

Peyton Shoger's project was showing the process of getting her lambs ready for the Worth County Fair, the Iowa State Fair and jackpot shows around Iowa. "This time-consuming process included building the trust of my lambs, plus feeding and watering. I've learned an immense amount about myself and livestock throughout my show career, and it's hard to believe it's almost over."

Taylor Rodemeyer's project consisted of removing wallpaper from the walls of her home. "After removing the wallpaper, I scraped off the glue and painted the walls."

Thomas Rodemeyer's project involved taking something that needed to be done and doing it. "I took out a wall downstairs and fully finished the bathroom, making it usable and accessible. This included appliances, plumbing and anything else you may think of."

Lamonte Sims' project consisted of redoing his gaming setup and bedroom. "I first built my computer, which took about five hours. I then painted my walls and ceiling in shark-fin grey with white polar bear trim. The colors went together and looked way better than the white walls and tan trim I had to look at every day."

Teagan Johnson's project was creating sensory blankets for residents with Alzheimer's or dementia in the Breen Center at the Lutheran Retirement Home. "These blankets help prevent wandering, keep residents occupied and content and serve as many different forms of therapy." Teagan created a total of seven blankets, a blanket

for each resident.

Nolan Senne refurbished his snowmobile trailer for his project. "My grandfather and dad bought the trailer back in 1997. I did this project because we want to go out West snowmobiling with the family — just my dad, sister and me."

Teagan Hackenmiller's project was a circuit board that detects light as a light source moves closer to it. "A photoresistor allows the LEDs to light up when detecting light and is one of 24 circuits I've assembled. The photoresistor circuit is one of my favorite circuits."

Elizabeth Ehrhardt's project was a mural she created for the elementary school. "My mural has a Dr. Seuss style of color and a large tree with several school subjects hanging from vines. It took me about 51 hours to get this project done, and I'm quite proud of it!"

Will Tindall originally planned to get his 1972 Ford Mustang running, driving, and stopping for the showcase. However, after discovering a damaged engine, he changed his project to pulling, disassembling, evaluating and reassembling the engine. "I chose this Mustang as my project because of my love of classic cars. I have completed my 1st and 2nd year automotive degree at NIACC while still being a senior at Northwood-Kensett."

Grady Buenzow built a cabinet and display case for his vinyl record collection as his project. "I bought, cut, assembled, sanded, and stained the entire oak project by hand. The biggest challenge was trying to assemble the desktop and sides with dowel rods. Another challenge was that the oak was so tough it broke several screws. Along with the cabinet and shelf, I used colorful LED lights to give it an extra pop. Overall, it was a lot of fun, and I think I would do it again because I'm so proud of how it turned out."

N-K Counselor Amy Hansen is the original co-creator and still a collaborator and avid supporter of the Senior Project. She and

Mrs. Faugstad originated the project 11 years ago. Mr. Leo Frost was chiefly in charge of the project this year, his first year to take over the project after Mrs. Faugstad's retirement.



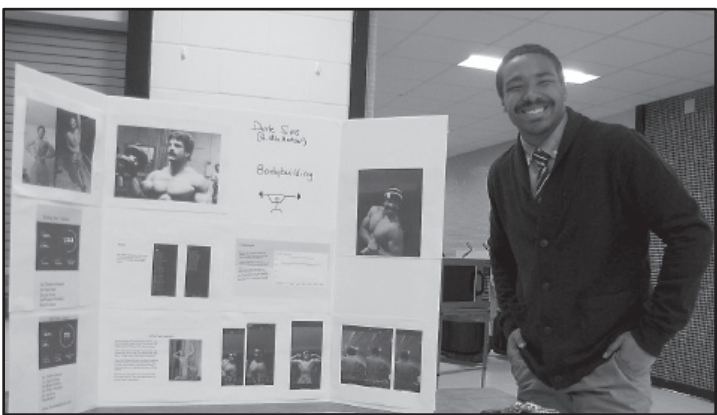
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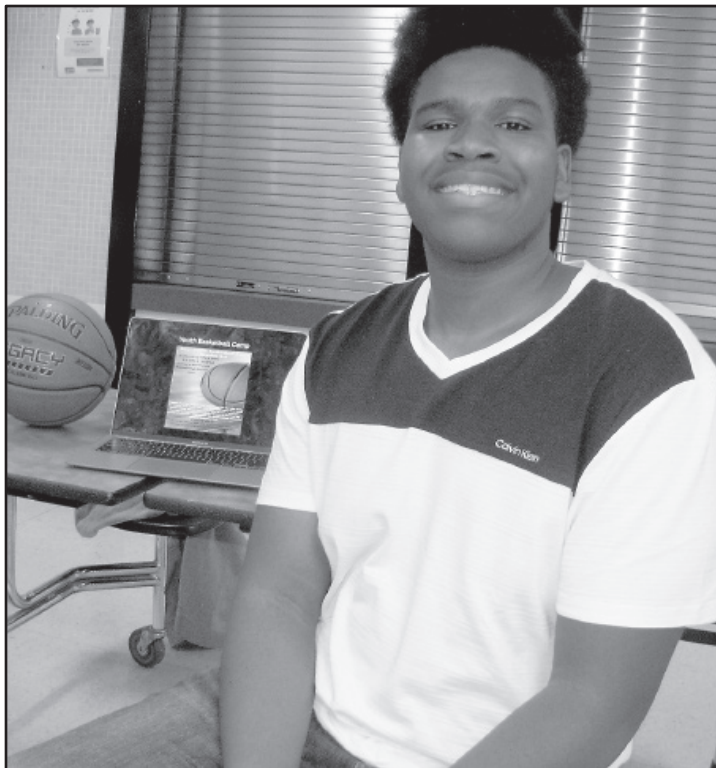
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Veterans honored with ‘Quilts of Valor’

It was once again a packed house at the American Legion post home in Manly as 12 more local veterans were honored for their service with a Quilts of Valor ceremony held on April 30.

Dianne Weide, representing the North Central Iowa Quilts of Valor group, introduced the history of the program and its mission to recognize and honor the service of members of the community.

The Quilts of Valor program began in 2003, when founder Catherine Roberts' son was stationed in Iraq. Roberts had a dream of a man hunched over in despair. She next saw him wrapped in a quilt, and his demeanor changed completely. For Roberts, that showed that quilts equal healing.

That was the inspiration for the Quilts of Valor program, which seeks to honor and provide comfort to area veterans.

That includes the members of the North Central Iowa Quilts of Valor group, who prepared the quilts given on April 30. The group meets regularly and also works on the quilts from home, each taking on tasks based on their particular talents. Once completed, each quilt receives a label that includes the names of the quilters that contributed.

Information on each veteran's service was shared. That was followed by the presentation of their unique quilts, which was draped around their shoulders as they were applauded for their service.

The honorees then received their folded quilts, along with information on the program, certificates of the recognition and a pillow case to take home as well. They were also encouraged to put the quilts to good use, and not leave them up for display.

Those that would like more information, to donate or to nominate a veteran, local or nationwide, can do so on the Quilts of Valor website, online at www.qovf.org.

Following is the information read as each veteran received their quilts:

Chief Warrant Office 4 Ronald Balek served in the United States Navy from 1969-1973 and the Navy Reserves 1973-2000. Ron had his basic training in San Diego, California.

Ron spent 18 months as a Communication Technician at the Naval Communication Station Philippines, in support of Vietnam.

Ron was transferred to the Naval Reserve Center in San Diego and spent two years working in Personnel Administration of 4 reserve units.

Ron was discharged from active duty as a Petty Officer 2nd class and went into the Naval Reserves for the next 27 years, advancing to Chief Warrant Officer 4.

Ron was stationed in La Crosse, Wisconsin, for 16 years and Minneapolis, Minnesota for 11 years. During these 27 years Ron completed 4 training duties at the National Security Agency; 4 Tours at the Naval Technical Training Center in Pensacola, Florida; 3 tours at the Naval Security Group Activity Homestead, Florida; 3 tours at Naval Communications Wahiawa, Hawaii; and 2 tours at Commander Naval Security Group Command Headquarters, Washington, DC.

Ron's most memorable tours were at Joint

Intelligence Center Pacific at Pearl Harbor, Hawaii; Joint Analysis Center Molesworth, England; and Commander in Chief, European Command Stuttgart, Germany. Other commands were in San Diego, Norfolk, Great Lakes and Skaggs Island near San Francisco.

Ron received the Navy Good Conduct Medal, National Defense Medal with Bronze Star, Naval and Marine Corps Achievement Medal, Navy Meritorious Unit Commendation Ribbon, Joint Meritorious Unit Award, Naval Reserve Meritorious Service Ribbon with bronze star, Armed Forces Reserve Medal with Hourglass and Navy Commendation Medal with Silver star.

Specialist 5 Michael Dehnert served in the United States Army from 1968-1971 and the Army Reserves from 1974-1975.

Mike had his basic training at Fort Bliss, Texas; AIT and Wheel Vehicle Mechanic Course at Fort Huachuca, Arizona; second AIT and Tracked Vehicle Mechanic Course at Fort Sill, Oklahoma, achieving a rating of above 90% for the course.

Mike's original orders for Vietnam were cancelled and new orders came for deployment to Germany. Mike was assigned to Headquarters Company Erlangen, West Germany, about 60 miles from the Soviet Czechoslovakian border.

Mike's responsibility was vehicle maintenance. The overall mission was to stop any Soviet military forces invading into West Germany. Mike's battalion had many field training exercises to prepare for unexpected alerts that would be called if the Soviets had crossed the border. The entire battalion would move to predetermined sites to confuse the Soviets. The big exercise was the annual tank gunnery qualification at a place called the "Graf".

Mike received a certificate of achievement in recognition of faithful and honorable service for duty during the 1970 "Graf". Mike spent one year in the Army Reserves stationed in Garner, Iowa.

Chief Petty Officer Victor Boehmer served in the United States Navy from 1963-1981.

Victor had his basic training and A-school at Navel Training Center San Diego, California.

Victor served as a personal-man aboard the USS Gilmore, USS Protous, and the USS Coucal. During his time aboard ship, he was deployed to Vietnam, Spain and Italy.

Victor was part of Training Squadron 25 at Naval Station Cuba and was awarded Sailor of the Year.

Victor also served as the Assistant Personal Officer with the Seabees and ran construction with Naval Construction Battalions at serval naval bases.

Victor received the Good Conduct Medal, National Defense Service Medal, Vietnam Service Medal, Vietnam Campaign Medal, Meritorious Unit Commendation, Republic of Vietnam Meritorious Unit Citation, Civil Actions Medal with Palm, Combat Action Ribbon, Sea Service Ribbon, and Expert M-17 and Pistol.

Specialist 5 Robert (Eldean) Garnas served in the United States Army form 1965-1967.

Robert had his basic



These veterans received Quilts of Valor at the ceremony held at the American Legion post in Manly on April 30. Pictured are (front row, from left) Dennis Johnson, Thomas R. Hanna, Ronald Balek, David Meyer, Michael Dehnert, Robert (Eldean) Garnas, (back row) Victor Boehmer, Larry Heagel, Jon Badker, Gene E. Watson, Steve Merrill and Tyler S. Michalek.

training at Fort Leonard Wood, Missouri.

Robert was stationed at Camp Roberts, California, as a motor pool dispatcher. Robert was next transferred to NAHA Military Port, Okinawa, Japan, as part of the transportation company.

Robert drove tractor trailers carrying supplies, including B-52 bombers, from Port to Air Bases. Robert then transferred to Thailand where he continued to deliver supplies where needed.

Robert received the Good Conduct Medal, National Defense Service Medal and the M-14 rifle and Sharpshooter badge.

Specialist 4 Larry Heagel served in the United States Army from 1964-1966.

Larry had his basic training at Fort Leonard Wood, Missouri, and advanced training for Helicopter Mechanics at Fort Rucker, Alabama.

Larry served in Furth, Germany, as a helicopter mechanic and crew chief, providing repair and upkeep on the Huey and HB Helicopters.

Larry received the Good Conduct Medal.

Sergeant First Class Gene E. Watson served in the United States Army from 1961-1964 and the Army Reserves 1976-1985.

Gene had his basic training at Fort Leonard Wood, Missouri; Army Language School for Albanian at Presidio of Monterey, California; and typist school at Fort Ord, California.

Gene served as a top-secret documents' controller and courier at Patch Barracks, Germany, for over two years. While in the Reserves Gene worked as a motor Sergeant at 299 Ordnance, Waterloo, Iowa, and payroll Sergeant at Civil Affairs Command Center in Riverdale, Maryland.

Gene received the Good Conduct Medal, National Defense Service Medal, European Occupation Medal and two Army Commendation Medals.

Gene said the closest he came to war was the time he almost shot a full bird Colonel.

Specialist 4 Thomas R. Hanna served in the United States Army from 1962-1964.

Tom had his basic training at Fort Knox Louisville, Kentucky. Tom received schooling in intelligence at Fort Holaberd, Dundalk Maryland.

Tom was assigned to the motor pool, transporting officers with food lockers

and locked briefcases, to different government office buildings ending at the Pentagon. Tom also drove for the Commanding officer.

Tom later became a dispatcher, arranging transportation of the officers who were in charge of moving the intelligence materials to different bases and government buildings in and around Washington, D.C.

Tom received the Good Conduct Medal and Expert rifle badge.

Specialist 4 David Meyer served in the United States Army from 1964-1966.

Dave had his basic training at Fort Leonard Wood, Missouri, and Tank Mechanic Schooling at Fort Hood, Texas. Dave was stationed at Fort Hood, Texas, serving as a mechanic, a parts clerk, and jeep driver for the company commander.

Dave received the Good Conduct medal and Sharpshooter badge.

Specialist Tyler S. Michalek served in the United States Army from 2010-2013.

Tyler had his basic training at Fort Jackson, South Carolina, and AIT and wheel vehicle operator training at Fort Leonard Wood, Missouri. Tyler was sent to Germany for pre-deployment training then to Kuwait for 12 months, where he ran gun trucks and convoy security.

Tyler returned to Germany until his discharge from the Army.

Tyler received the Good Conduct Medal, National Defense Service Medal, Global War on Terrorism Medal, Iraq Campaign Medal with star, Army Commendation Medal, Army Service Ribbon, Overseas Ribbon and Driver and Mechanic badge.

Corporal Jon Badker served in the United States Marine Corps from 1992-1997.

Jon had his basic training at Marine Corps Recruit Depot San Diego, California. Jon attended schooling at Naval Air Station Millington, Tennessee, for Aviation Machinist Mate Turbo jet.

Jon was sent to Naval Air Station Cecil Field, Florida, for F/A 18 indoctrination, power plant and related systems consolidated O-Level Maintenance course.

Jon was stationed at Marine Corps Air Station Beaufort, South Carolina and worked on F/A 18D. Jon qualified as a Plane Captain, Collateral Duty Inspector and also low power turn qualification, which allowed him to run the jets at low

power for maintenance inspections.

Jon participated in training Combined Air Exercises in Twenty-Nine Palms, California, as well as Weapons and Tactics Instruction in Yuma, Arizona. Jon's Squadron was deployed to Aviano Air Base in Aviano, Italy, for operations over Bosnia and Herzegovina.

Jon participated in Operation Provide Promise 1993-1994 and Operation Deny Flight in 1995, where his squadron's pilots were able to help locate U.S. Air Force pilot Captain Scott O'Grady, who was shot down over Bosnia.

Jon received the Good Conduct Medal, National Defense Service Medal, Meritorious Unit Commendations, Armed Forces Service Medal, NATO Medal, Sea Service Deployment with 2 stars, and two Meritorious Mast.

Master Sergeant Steve Merrill served in the United States Army from 1978-1982, discharged as a Sergeant and served in the Army Reserves from 1982-2020.

Steve had his basic and AIT training at Fort McClellan, Alabama. Steve worked in Military Police at Fort Lewis, Washington; Fort Riley, Kansas; Fort Lee, Virginia; and Fort Benning, Georgia.

Steve discharged from active duty and entered the Army reserves. Steve worked in Military Police in Fort McCoy, Wisconsin, before attending Medic training at Fort Sam Houston, Texas. Steve worked as a medic and MP in Fort Irwin, California, then served in 16 missions in South and Central America.

Steve was the Sergeant Major in charge of combat missions in Guatemala, Honduras and Columbia. Steve was part of a unit in Des Moines and ended his career as NCO of operations in Wichita, Kansas.

Steve received the Soldier's Medal, Meritorious Service Medal 2nd award, Army Commendation Medal 8th award, Army Achievement Medal 12th award, Good Conduct Medal, Army Reserve Component Achievement Medal, National Defense Medal, Armed Forces Service Medal, Humanitarian Service Medal, Armed Forces Reserve Medal, NCO Professional Development Ribbon 5th award, Army Service Ribbon, Army Reserve Over Seas Ribbon 16th award, Combat Medal Badge, Expert Field Medic Badge, Jump Wings, Drivers

Badge.

Specialist 5 Dennis Johnson served in the Unites States Army from 1963-1967.

Dennis had his basic training at Fort Leonard Wood, Missouri and AIT training Fort Gordon, Georgia. Dennis received U.S. Army Signal schooling at Fort Gordon, Georgia, and was an Honor Graduate in Teletype Repair.

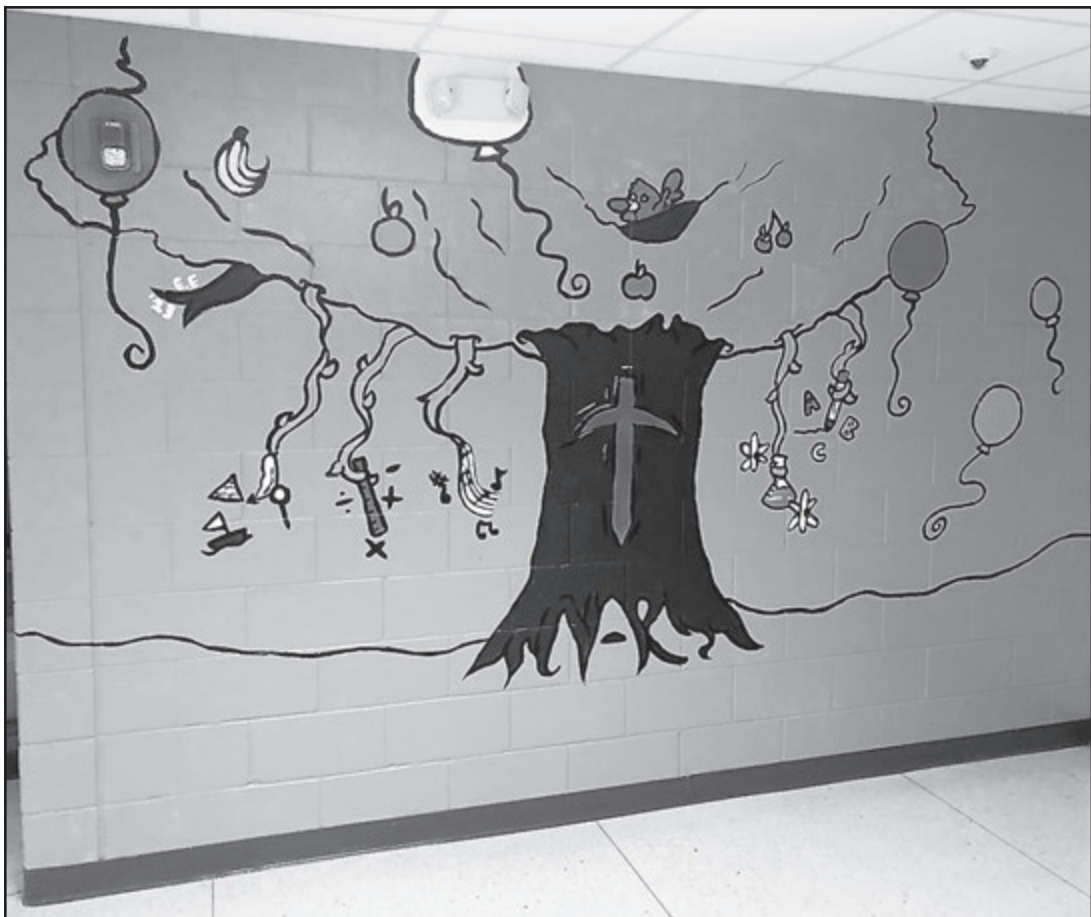
Dennis was sent to Sinnop, Turkey, twice, once for one year and another short stay, providing Teletype equipment repair.

Dennis spent 3 months in Japan installing new equipment. Dennis was served for 18 months at Vent Hill Farms Station, Virginia, where he tore apart and rebuilt teletype equipment.

Dennis received a Letter of Commendation.

See more pictures, on page 10

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Tree-riffic

This wall at Northwood-Kensett Elementary was used as the canvas of recent N-K gradute Ellie Ehrhardt. Ehrhardt shared her artistic talents for her senior project. The end result is the mural pictured here.

Bird feeding 101 – attracting birds and maintaining feeders

Bird feeding is among the most popular pastimes in the country, enjoyed by an estimated 57 million people who spend roughly \$4 billion annually on seed, baths and feeders, books and binoculars.

Whether attached to decks, hanging in the backyard or off the front porch, Iowans enjoy watching birds come and go from their feeders all year long. Anna Buckardt Thomas, avian ecologist with the Iowa Department of Natural Resources, said beginning bird feeding is easy and including different types of feeders and a bird bath will increase bird use and species diversity.

“Birds eat different foods and in different ways. For example, woodpeckers attach to trees and approach the food vertically, so suet feeders will attract woodpeckers, nut-hatches and chickadees,” she said. “Tube feeders with black oil sunflower or thistle seeds will attract finches. Platform feeders will bring in blue jays, cardinals, and sparrows that like to eat standing on the platform.”

For do it yourselves, she said slice an orange or clementine in half and place it in a suet feeder, on a nail or spe-

cially designed feeder to attract grosbeaks and orioles in the spring and summer. Soaking raisins or currants overnight (pat dry before placing in a feeder) will attract cedar waxwings, orioles, and gray catbirds. Bluebirds prefer meal worms.

Nectar feeders attract hummingbirds, and the nectar can be made at home by bringing four cups of water to a boil then stirring in one cup of white cane sugar – and only white cane sugar - till dissolved, then allow to cool. Do not add any coloring. Hummingbirds will be attracted to the feeder itself, not the color of the liquid inside. Also consider planting native flowers are a natural hummingbird feeder.

Buckardt Thomas said she rotates the type of food seasonally, with fruits and nectar preferred during the late spring and summer months, and seeds and suet during the colder months, but used by birds all year long.

Other birds, like warblers, don’t use the seed but will come for water.

Provide a shallow birdbath set close to the ground, in the shade if possible. Birds will drink from it and splash

around in it. Replace the water and clean the birdbath with a 10 percent bleach solution once per week.

Maintaining bird baths and feeders is important to prevent mold and diseases from causing health issues among the feathered visitors.

Clean the feeders once per month with the bleach solution and make sure the feeder is dry before filling with seed. Buckardt Thomas also recommends cleaning the ground underneath the feeders periodically to prevent mold. Nectar feeders should be emptied and cleaned with soap and hot water or the bleach solution every three days or so.

“If you see birds not moving like normal, or see something like conjunctivitis, remove the feeders and wash them and keep them down for at least a week to reduce the spread of any diseases,” she said. “That will help to prevent congregating birds in close proximity and spreading disease.”

Hawks and Cats
Feeders can be hunting grounds for bird eating predators including Cooper’s and sharp-shinned hawks and



Flag placing

As Memorial Day approaches, a group of local veterans and volunteers will once again dedicate their time to the patriotic display at the Worth County Courthouse. For years the group has placed flags along the sidewalks. However that has become more challenging, with the spots becoming more difficult to find. That is until last week when the crew from Springer Construction installed new flag place holders, more clearly marking the spots for the flags to fly proudly.

Northwood Church

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, MANNA Open, 4:30-6:30 p.m.; Saturday, Valesak/Bratrud Wedding; Sunday, Graduation Sunday, Worship - Elk Creek, 9 a.m., Sunday School - Elk Creek, 9:45 a.m., Worship Bethany, 10:30 a.m.; Monday, MANNA Open, 10 a.m. - Noon
Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan
Wednesday, Linda Nydegger’s Home, Musical Program will be presented, 1 p.m.; Friday, Church Garage Cleaning, 9 a.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., Trinity UWF, 2 p.m.; Thursday, Girl Scout Meeting; Saturday, Pastor at Circuit Leader Meeting, 9 a.m.; Sunday, Bethel Worship Service, 8 a.m. & 10:30 a.m., Trinity Worship, 9:10 a.m.
Northwood United Methodist Church
Friday, Bible Study at Northwood, 10 a.m.; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.; Tuesday, Swallow Coffee House, 10 a.m.
Rev. Rob Lanphere

One In Christ Lutheran Parish

Sunday, Worship Services 10:30 a.m. available online at “One in Christ Lutheran Parish” Facebook Page and YouTube under “One in Christ Lutheran Parish.” Sunday Worship Services, 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.; Sunday, Service, 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. Wills, Pastor

Sacred Heart Church, Manly

Mass Wednesday, 8 a.m.; Mass Saturday, 5:30 p.m.
Rev. Neil Manternach, Pastor
Fr. Jake Dunne, Associate Pastor
www.sacredheartmanly.org

Faith Lutheran Church, London

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

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The Northwood Movie Theatre will be closed until further notice. Watch for notification of re-opening. Unfortunately, the projector of 13+ years decided to retire on us, and we are now going to be in the process of getting a replacement. Thank you for your understanding!

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Wednesday: Crunchy Pollock, Potato Wedges, Broccoli Raisin Salad, Berry Fluff Jell-O Salad

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POTENTIAL

All it takes is one look at the headlines to see how flawed the human race is. God loves us anyway. For years, He has seen past our flaws and focused on our potential to repent and serve Him. If you haven’t already, repent of your sins, believe in and serve God faithfully, and you will receive eternal life.



But we are bound to give thanks alway to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth: 2 Thessalonians 2:13 (KJV)

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 Robertson

by Sandy Olson



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

I'm doing a deep dive into the treasure trove of Pillsbury Classic Cookbooks® that I mentioned a few weeks ago. I found a boxed set of 11 of them at a thrift store. All different; all tested and all delicious I'm sure. "Casseroles and Easy Skillet Meals" (1999; Pillsbury Publications, Minneapolis) is the perfect collection of recipes for this time of year. On cold days you light the over; on warmer days you use the stovetop. What's not to love? The recipes have been adapted for 21st century kitchens.

Chicken Pot Pie, Paprikash Style

- 1 package (15oz) Pillsbury refrigerated pie crusts
- 4 slices good quality bacon, cut into 1/2-inch pieces
- 12 oz. boneless, skinless chicken breasts, cut into 1/2-inch pieces
- 1 medium yellow onion, coarsely chopped
- 1 cup coarsely chopped red or green bell pepper
- 1 cup medium-size sliced carrots
- 1 cup frozen small green peas
- 1/2 cup regular sour cream, not low-fat/no-fat
- 1 jar home-style chicken gravy, about 12 oz.
- 3 tablespoons cornstarch
- 3 teaspoons sweet paprika

Preheat the oven to 425 degrees. Place one of the pie crusts into the bottom of a 9-inch pie pan. In a large heavy skillet, cook the bacon until crisp; drain off the drippings but reserve 1 tablespoon to put back into the skillet. Add the chicken to the skillet and cook, stirring until it is no longer pink. Add the onions, peppers and carrots and cook, stirring frequently, until the vegetables are tender. Stir in the peas. In a small bowl, combine the remaining ingredients, mixing well. Stir this into the chicken mixture in the skillet to combine. Pour this into the prepared pie pan with the bottom crust and top with the second crust. Crimp or flute the edges to seal and cut several small slits into the top crust to vent steam. Bake for 30-35 minutes until the crust is golden. You might want to cover the edges of the pie with strips of foil if they are browning too quickly. After cooking, let the pie stand for 10 minutes before serving. Serves 6 with a crisp salad and dessert.

Southwestern Egg Bake

- 12 oz. spicy pork breakfast sausage
- 1/2 cup chopped yellow onion

- 1/2 cup chopped green bell pepper
 - 4 cups frozen hashed-brown potatoes, thawed.
 - 6 oz. shredded sharp Cheddar cheese
 - 4 large eggs, slightly beaten
 - 3/4 cup half and half or whole milk
 - 1 cup chunky salsa, hot or mild
- Preheat the oven to 350 degrees F. Grease an 8-inch square baking dish. In a medium heavy skillet, brown the sausage with the onion and bell pepper. Drain away excess grease. Arrange the potatoes in the bottom of the prepared dish and top with half of the shredded cheese. Layer the sausage mixture on top of this and finish with the remaining cheese. In a small bowl, mix the eggs and half & half. Pour this over the casserole and cover with non-stick foil. Bake for 1 hour, uncover the dish and bake for an additional 10-15 minutes until a knife inserted into the center comes out clean. Let the casserole stand for 5 minutes, then serve topped with the salsa. Makes either a breakfast or lunch dish. Serves 6.

Mediterranean Shrimp and Pasta Skillet

- 6 oz. uncooked bow-tie pasta (farfalle)
 - 1 tablespoon olive oil
 - 1 pound shelled, deveined raw medium shrimp
 - 1/2 cup chopped green onion, cut into 1/2-inch slices
 - 2 large cloves of fresh garlic, minced
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon salt
 - 2 tablespoons lemon juice, fresh if possible
 - 1/2 cup sliced Kalamata olives (or ripe olives if Kalamatas are not available)
- Cook the pasta to your desired doneness according to package directions. Drain and keep warm. Meanwhile, heat the oil in a large heavy skillet over medium-high heat until hot. Add the shrimp, onions and garlic. Cook, stirring often, for 3-5 minutes or until the shrimp turn pink. NOTE: don't overcook; shrimp get tough if cooked too long. Remove from the heat and add the pasta to the skillet with the remaining ingredients. Cook over low heat until everything is heated through, about 2 more minutes. Serve with a crisp green salad and dessert. Serves 4.

These Pillsbury® cookbooks are were a real find and I'll be telling readers about them from time to time over the spring and summer. This company knows its way around food and recipes never really grow old. And...that's all she wrote.

Northwood Anchor Society



N-K Blood Drive

Northwood-Kensett played host to a blood drive on May 5. The donation celebration was organized and presented by the N-K FCCLA (Family, Career and Community Leaders of America) chapter. There were 33 donors registered to give blood at the drive. Seven of those were first time donors. Thanks to the students' efforts and the generous community donors, 32 pints of blood were collected, which could be used to save as many as 96 lives.



Beland recognized by Governor for academic excellence

Jadyn Beland, a student at Northwood-Kensett, was recognized by Gov. Kim Reynolds and Lt. Governor Adam Gregg for outstanding academic achievement at the 21st Annual Governor's Scholar Recognition Ceremony on April 30 at the Iowa Events Center in Des Moines.

The statewide program, sponsored by the Iowa Governor's Office, Iowa High School Athletic Association (IHSAA) and its title sponsor the Iowa Farm Bureau Federation (IFBF), honored 422 high school seniors from across Iowa.

"Iowa Farm Bureau members are proud that their organization showcases its commitment to youth and education in many ways, including the half million dollars in scholarships we provide each year. Our 21-year title sponsorship of the Annual Governor's Scholar Recognition Ceremony is just one way we celebrate Iowa's exceptional high school students," said IFBF President Brent Johnson. "We all recognize the need for supporting youth, because they hold the keys of Iowa's continued innovation and economic success."

Each high school was invited to select a senior student with the highest academic ranking, based on grade point average for their first seven semesters. Students selected for the award also had the



LT. GOVERNOR ADAM GREGG, JADYN BELAND AND GOV. KIM REYNOLDS

opportunity to recognize their favorite/most influential teacher and will receive a photo plaque of their meeting with Governor Reynolds and Lt. Governor Gregg.

"The principles learned through academic success, like those learned from participation in education-based activities, help develop outstanding leaders and citizens," said IHSAA Executive Director Tom Keating. "The partnership between the

IHSAA and the Iowa Farm Bureau, along with the great cooperation of the Governor's Office has made this prestigious event possible for many years."

Ninety-nine percent of those recognized also participate in extra-curricular school activities, with more than 80 percent participating in at least one interscholastic sport. More than 65 percent of the group plan to continue their education in Iowa.

NIACC recognizes 718 graduates at commencement on May 5

At the four North Iowa Area Community College (NIACC) graduation ceremonies on Friday, May 5, 718 graduates were recognized as earning 756 Degrees, Diplomas, and Certificates during the 2022-23 academic year. Several honors and awards were also presented.

NIACC'S Class of 2023 represents nine countries, 17 states, and 105 Iowa communities.

Following are local graduates:

- Grafton - Carissa Lynn Blake
- Hanlontown - Madison Ann Rieck, Mikenzi Mae Roberts
- Joice - Trisity Faith Behrens, Isaac Ryan Bergo, Madelyn Elizabeth Kolasch, Levi Jon Olson
- Kensett - Thomas Edward Hakes, Jasmyn Haley

Schmidt

- Manly - Willow Rose Anderson, Zachary Jon Badker, Kalliape Ann Balance, Rachel Diane Balance, Sebastian Alden Beck, Brooklyn Delores Benson, Natalie JoAnne Cordle, Jana Joann Crimmins, Zoey Danielle Francis, Gracie Mae Halbach, Alyssa L. Hausman, Anna Marie Hawkins, Jessica Marie Jordal, Jonathon Lee Kreamer, Austin Michael Lloyd, Jozalyn Jo Munson

- Nora Springs - Margaret Ferne Arickx, Nathaniel, Edward Grashaff Berge, Amanda Lois Black, Anna Marie Bryant, Ashley Ann Hagen, Drew Russell Kelley, Carly Mae O'Donnell, Charlene Jennifer Ramon, Hannah Ella Roe, Rebecca Ann Stevens, Jaiden Cory Thompson, Jordan Conrad Van Horn, Kyle Allen Wy-

borny

- Northwood - Nicholas Matthew Alan Anderson, Madelyn Paige Berge, Mackenzie Paige Davis, Sarah Roxanne Eglseider, Joshua John Fick, Laura Ann Hopperstad, Brandon Carl Kilbourn, Holly Jo Low, Brandon Lee Magritz, Tyler Thomas Mills, Casson James Moretz, Jessica Rose Newell, Bruce Brandon Oldfather, Haydan Robert Pectorious, Chase James Preece, Brandon Scott Severson, Carter Lee Severson, Jacob Jon Springer, Ethian Edward Tasker, Dylan Michael Tews, Sydney Ann Welch, Alli Jodanne Wurtzel, Chad Lee Wurtzel

- Albert Lea, Minnesota - Kayla Irene Holst, Morgan Marie Sencer, Brynne Kyeong Vaught
- Glenville, Minnesota - Zoe' E. Gerlach

The Northwood Anchor a dog gone good read.

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Tristen Schnulle

Sunday, May 21
3 - 6 p.m.
Kuennen's Quarry Shelter House Northwood*

Northwood
Anchor

Opinion

Savvy Senior

Toenail trimming tips for seniors

Dear Savvy Senior,

Can you recommend some good toenail clipping solutions for seniors? My toenails have gotten increasingly thick since I've gotten older and have become very difficult for me to reach down and cut.

Almost 80

Dear Almost,

Trimming your toenails is a task that most people don't think much about, but as we get older it can become very challenging. For many older adults, like yourself, toenails can become thicker and harder to cut, and reduced flexibility can make it more difficult to even get into the right position to cut them. Fortunately, there are solutions available that can make this job a little easier.

One of the simplest tricks for cutting thick toenails is to simply take a bath or shower, or soak your feet in warm water, prior to cutting them. The water helps soften them for easier cutting.

There are also toenail softening creams you can buy, like "Miracle of Aloe Toenail Soft" and "Barielle Toenail Softening Cream," that temporarily softens thick, hard nails. Just rub it into your toenails at bedtime and in the morning, they'll be easier to cut and file.

Most people's toenails grow about 1/16 inch per month, so it's appropriate to cut them every six to eight weeks.

When cutting nails, take care not to cut too far down. Overaggressive trimming and cutting the toenails too short can lead to ingrown toenails. Podiatrists typically recommend leaving a very small bit (about 1/32 inch) of nail past the nail bed when trimming.

You may also want to avoid a rounded cut. It's best to cut the nails fairly straight across, ensuring that the corners of the nail do not cut into the skin folds of the toe. And use an emery board to smooth the jagged edges and corners that can snag and potentially tear the nail as it grows.

Top Toenail Clippers

There are a number of medical-grade or specialty toenail clippers recommended by professionals for older adults.

For thick nails the "New Huing Podiatrist Toenail Clippers" is a top option. This clipper has a sharp, curved blade that easily cuts through any toenail, no matter how hard or thick it has gotten, and a non-slip, cushion grip that allows for comfortable clipping.

For those with limited mobility, check out the "Clipperpro Omega Select Toenail Clipper," which has a long plastic grip that's much larger than that of a standard set of nail clippers and a blade head that swivels 180 degrees. Both of those features make this clipper much easier to use for anyone with arthritis or mobility issues, since they have more control and an added range they can reach.

And for people who have a hard time bending over, there are long handled toenail clippers like the "DriFeez Long Handle Toenail Clippers" which come in four sizes - 20, 24, 28 and 32 inches long. It also has a heavy-duty clipper with a 1/8-inch-wide jaw opening designed to cut thick toenails.

All of these clippers are available online at sites like Amazon.com or Walmart.com at prices ranging between \$10 and \$40.

Toenail Trimming Services

If you get to the point that you can't, or would rather not cut your own toenails, a podiatrist can provide both foot and toenail care. But be aware that routine foot care is not covered by Medicare unless you have an underlying condition or injury that requires a professional to tend to your feet.

If you are generally in good health, regular pedicures at a nail salon is good option for getting your toenails cut and is much cheaper than visiting a podiatrist.

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

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Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Ranger.

What color is the wind? Blew.

What do you call bees with ears?

Bears.

What should you do before getting off a bicycle? Get on it.

I've learned

The smaller the portion of food, the higher the bill.

When a man says he looked everywhere, everywhere is a tiny place.

Put things away in a place where you'd look for them first.

A bad shopping cart is a great exercise.

All-purpose glue isn't.

Three-fourths of the people make up 75% of the population.

Mother's Day

"Step on a crack, break your mother's back." I heard that often when I was a boy, but I didn't believe it. It was nonsense, but I loved my mother and tried not to step on any cracks. Her baked goods were baked greats. Mother taught me that gravity covers a multitude of sins and to never complain about food because you never know what's cooking tomorrow. I learned that each day is a gift. There isn't a day that goes by that I don't miss her.

Nature notes

Jerry Viktora of Ellendale asked when we'll see the moths that look and act like hummingbirds. The white-lined sphinx moth's rapid wing movement resembles a hummingbird in flight when it hovers over flowers while feeding. It has a 2-3.5-inch wingspan, visits flowers during the day and at dusk, and is active July-September. It uses a long proboscis for nectaring from evening primrose, columbine, jimson weed, lilac, cardinal flower, honeysuckle, hosta, penstemon, petunia, phlox

Echoes from the Loafers' Club Meeting

I always get my pizza delivered. Why?

Who wants liver on a pizza?

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Deep thoughts occur as I drive past his drive. I put on my understandings (shoes), a comfortable pair to wear while driving north to where I'd be teaching writing classes. The pickup truck ahead of me turned left without employing his turn signal. He wanted it to be a surprise. A Ram moves in mysterious ways.

I'd been staying in hotels with numbers in their names except for one stay at a hotel a rung higher on the amenities scale, where I was awakened by a robot vacuum cleaner, even though I hadn't ordered Roomba service.

Al Jaffee died at the age of 102. One of Mad Magazine's most famous regulars (The Usual Gang of Idiots) and creator of Snappy Answers to Stupid Questions and the magazine's iconic "fold-in," the illustration that ran on the back inside cover of every issue that when folded, revealed a second hidden image. The fold-in was originally designed to mock Playboy centerfolds. Alfred E. Neuman, the fictitious cover boy of Mad, had a motto "What? Me worry?" that became famous. My brother gave me a subscription to Mad Magazine when I was a lad. I loved it. I kept every issue, each with a crease in its back cover. Mad's nonsense made wonderful sense to me.

Bad jokes department

Who was the best-smelling TV cowboy of all time? The Cologne

Fit to print...

While Memorial Day is just over a week away, another recognition takes places this Saturday. While Memorial Day honors those that have served and are no longer with us, Armed Forces Day recognizes all those that are currently serving and have served, whether in wartime or otherwise.

Below is informaiton on Armed Forces Day, from the U.S. Department of Defense website:

Armed Forces Day History

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The single-day celebration stemmed from the unification of the Armed Forces under one department -- the Department of Defense. Each of the military leagues and orders was asked to drop sponsorship of its specific service day in order to celebrate the newly announced Armed Forces Day. The Army, Navy and Air Force leagues adopted the newly formed day. The Marine Corps League declined to drop support for Marine Corps Day but supports Armed Forces Day, too.

In a speech announcing the formation of the day, President Truman "praised the work of the military services at home and across the seas" and said, "It is vital to the security of the nation and to the establishment of a desirable peace." In an excerpt from the Presidential Proclamation of Feb. 27, 1950, Mr. Truman stated: "Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America's defense team of its progress, under the National Security Act, towards the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces of our land, sea, and air defense."

The theme of the first Armed Forces Day was "Teamed for Defense." It was chosen as a means of expressing the unification of all the military forces under a single department of the government. Although this was the theme for the day, there were

several other purposes for holding Armed Forces Day. It was a type of "educational program for civilians," one in which there would be an increased awareness of the Armed Forces. It was designed to expand public understanding of what type of job is performed and the role of the military in civilian life. It was a day for the military to show "state-of-the-art" equipment to the civilian population they were protecting. And it was a day to honor and acknowledge the people of the Armed Forces of the United States.

According to a New York Times article published on May 17, 1952: "This is the day on which we have the welcome opportunity to pay special tribute to the men and women of the Armed Forces ... to all the individuals who are in the service of their country all over the world. Armed Forces Day won't be a matter of parades and receptions for a good many of them. They will all be in line of duty and some of them may give their lives in that duty."

The first Armed Forces Day was celebrated by parades, open houses, receptions, and air shows. In Washington D.C., 10,000 troops of all branches of the military, cadets, and veterans marched past the President and his party. In Berlin, 1,000 U.S. troops paraded for the German citizens at Templehof Airfield. In New York City, an estimated 33,000 participants initiated Armed Forces Day "under an air cover of 250 military planes of all types." In the harbors across the country were the famed mothballed "battlewagons" of World War II, the Missouri, the New Jersey, the North Carolina, and the Iowa, all open for public inspection. Precision flying teams dominated the skies as tracking radar were exhibited on the ground. All across the country, the American people joined together to honor the Armed Forces.

As the people gathered to honor the Armed Forces on this occasion, so too did the country's leaders.

Some of the more notable of these leaders' quotes are stated below:

Armed Forces Day is Saturday

"Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America's defense team of its progress, under the National Security Act, towards the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces of our land, sea, and air defense."

Former Secretary of Defense Louis Johnson

"The heritage of freedom must be guarded as carefully in peace as it was in war. Faith, not suspicion, must be the key to our relationships. Sacrifice, not selfishness, must be the eternal price of liberty. Vigilance, not appeasement, is the byword of living freedoms. Our Armed Forces in 1950 - protecting the peace, building for security with freedom--are "Teamed for Defense ..."

General Omar N. Bradley
Former Chairman of the Joint Chiefs of Staff

"Real security lies in the prevention of war--and today that hope can come only through adequate preparedness."

General Omar N. Bradley, 1951
Former Chairman of the Joint Chiefs of Staff

"Armed Forces Day this year should serve to emphasize the practical application of unification in action, and to remind us of the continued need for unity in our Armed Forces and among all of our citizens in the interests of security and peace."

Robert D. Lovett, Former Secretary of Defense

"It is fitting and proper that we devote one day each year to paying special tribute to those whose constancy and courage constitute one of the bulwarks guarding the freedom of this nation and the peace of the free world."

President Dwight D. Eisenhower, 1953

Northwood Anchor

100 years ago

May 16, 1923

If someone were to ask me whom I considered the best farmer in Worth County, among many excellent farmers whom I found in my travels over the county it would be difficult for me to say, but there is one sure thing, the name H.D. Backhaus, farming 220 acres two miles northwest of Manly would not be far from the top of the list. Mr. Backhaus has built a fine farm plant in the past 18 years.

Hilmen Gaarder, one of the younger men in the farming industry in Worth County, is

75 years ago

May 13, 1948

Plans for a proposed town hall and fire station for Northwood have been prepared by a Mason City architect, at the request of a joint committee of the council and fire company, and were presented to the council for examination at Tuesday evening's meeting.

R.W. Soderberg of Northwood has been awarded a 5-year contract for a rat eradication campaign that is being spearheaded by the Exchange Club of Mason City, according to word from that city.

50 years ago

May 17, 1973

Northwood firemen were called at 11:45 a.m. to control a fire in the Clayton Gingerich home on North 14th Street. The explosion and resulting fire was caused by a leakage of gasoline from nearby storage tanks. Mr. Gingerich was not injured.

Two teachers have been added to the staff at Northwood-Kensett schools, according to Superintendent Frances Peterson. Larry Fevold, a native of Humboldt, will teach junior and senior high school industrial arts and will be head wrestling coach and

25 years ago

May 20, 1998

Northwood-Kensett High School seniors Nellie Chodur, Heather Lawson and Brian Wallin checked the fit of their graduation caps and gowns in preparation for commencement exercises, which will be held in the N-K High gymnasium this coming Sunday, May 24, beginning at 1:30 p.m.

The tornado pulled the rug out from under the visitors' bleachers on the southeast side of the Northwood-Kensett High School football field, but left the

10 years ago

May 15, 2013

This Sunday 45 Northwood-Kensett students will leave behind their high school days as they go through graduation ceremonies. The class of 2013 have chosen red and silver as their class colors, and red rose as their class flower and "I Go Back" by Kenny Chesney as their class song. Their class motto is "Remember yesterday, dream for tomorrow, live for today."

Kelli Welsh received a BS, Biol. Biomedical Sciences, Cum Laude, from Minnesota State University Mankato, on May 11. She is from

winning success in his farming operations, not because he happens to have been a student at Iowa State College for two years, but because he made the best use of his time there and then came back to Worth County and applies the things he learned from experts while in school.

A good example of real cooperation is this big 56 page special Agricultural Farm Bureau edition of the Anchor. Without the help of both town and country the publication would have been impossible, County Agent Lodwick tells the interesting story of work done by the Farm Bureau acting with township organizations. Prominent Farm Bureau members mentioned in the edition are:

One of the good Farm

Tuesday evening, May 11, was official charter night of the newly organized Kensett Lions Club. An attendance of more than 100 is reported, including 24 members and their wives of Northwood and others from St. Ansgar, Clear Lake and the newly organized Manly Lions Club.

Hubert Bang of Kensett, who for nine years operated a grocery store there prior to 1947, has this week purchased and taken possession of the Wold Hardware & Furniture Co. Store in Kensett, which has been operated the past five years under that name by Ole Wold.

Don Oliphant and Orville Westrum will operate a roller skating rink during the summer season on the vacant lot east of Hotel Win-

assistant football coach. He is a graduate of NIACC and Central Missouri Warrensburg. Mrs. Bonnie Dahl will teach French on a part time basis next school year. She is a native of New Ulm and a graduate of Mankato State College. Mr. Dahl farms south of Albert Lea.

Mark Davey, son of Mr. and Mrs. Ivan Davey, Northwood, graduated Cum Laude from American University, College of Public Affairs, Washington, D.C., with a bachelor of science degree in Administration of Justice on May 13. He is a 1966 graduate of Northwood-Kensett High School and has been employed by the Federal Bureau of Investigation since 1968.

Jeff Siestsema and John Midtgaard each shot 43 to

home bleachers, the press box, scoreboard and light poles unscathed.

Northwood attorney Phil Norland watched from the judge's bench as Northwood-Kensett High senior Ryan Bendickson and Noami Gentz played their respective roles as attorney and witness during the annual Senior Court Day proceedings at the Worth County courthouse. The skull resting on the witness stand was part of the evidence used in the mock trial conducted by Bendickson, Gentz and other seniors from N-K and North Central high schools.

The Kensett Lions Club was honored for 50 years of service last Tuesday night. Plaques were presented to

Bureau boosters in Worth County, who is a good farmer, is C.A. Molesberry of Union Township. Mr. Molesberry lives near Plymouth. He is a breeder of purebred Holsteins and believes alfalfa can be grown in Worth County and is a great feed for dairy cows.

O.N. Kjerland, besides building up a good farm property, has found time to take an active interest in his children, giving all his sons a good education. Mr. Kjerland is farming a quarter section of land and is doing it well. He believes in alfalfa and has some planted which is doing well. One of the best orchards in Worth County from a standpoint of car and production, may be found on the farm. Chickens are also a paying proposition.

ifred, the same location as that occupied last summer. The large canvas tent was raised and the floor installed this week.

An appropriation of \$150 to be used with a like amount appropriated by the town council for a fly control project in Northwood this season, was voted by the Chamber of Commerce at the regular meeting of that organization held Thursday evening at the Masonic Temple.

A good neighbor policy was shown at the Alfred Halvorson farm home last Tuesday when neighbors came in the early afternoon and plowed 25 acres of corn ground for Mr. Halvorson, who has been ill the past month of a heart ailment.

lead the Vikings in the North Iowa Conference meet at Lake Mills.

A 40 mile an hour gale wind failed to dampen the spirits of the 440 relay team in last week's triangular meet at Northwood. The team will travel to the state meet and are Vesta Nash, LuAnn Knudtson, Julie Berge and Terry Arendts. In addition, Arendts will represent the Vikings in the 100 and 200 yard dash and the high jump.

Neighbors and friends helped Larry Hansen, rural Carpenter, in a plowing, discing and planting bee recently. He had been hospitalized and unable to do his work. The group plowed and disked 65 acres and seeded 20 acres of oats during the morning and part of the afternoon.

charter members Otto Ostby and Chester Anderson. Chet Anderson was also recognized by District Governor James Sperr, Shell Rock, Iowa, for his 50 years of perfect attendance.

Northwood-Kensett sophomore Theresa Stotts set a new school record in the discus last Tuesday, and qualified for the girls state track meet in the bargain. Stotts threw the disc to a new N-K girls record of 118 feet, 11 inches in the Class 1A District meet at Parkersburg Tuesday afternoon. "Theresa's throw is the eighth-best in our class around the state," said coach Mike Reindl, "and beat the school record she set as a freshman by two feet and 11 inches."

in Nashua. Lombard's 106 was good enough to earn her second team all-conference honors.

Junior Taryn Van Ryswyk takes off in the long jump competition last Thursday afternoon on a cold and rainy day in Lake Mills. The Lady Vikings took fifth place in the district meet behind West Hancock, Bishop-Garrigan, Lake Mills and North Iowa.

Sonya Medlang, a student at Northwood-Kensett High School, was recently recognized by Governor Terry Branstad and Lt. Governor Kimberly Reynolds for outstanding academic achievement at the Eleventh Annual Governor's Scholar Recognition ceremony held on April 28 at Hy-Vee Hall in Des Moines.

Northwood Anchor Obituaries

Marjorie Lau

Marjorie Loraine (Paulson) Lau, 96, passed away peacefully on Sunday, May 7, 2023, at Oak Park Place in Albert Lea, Minnesota, where she had resided for the past five years.

Marjorie was born on July 16, 1926, to Walter and Helga (Sletten) Paulson in rural Emmons, Minnesota. She was baptized and confirmed at Lime Creek Lutheran Church and graduated fourth in her class from Emmons High School in 1944.

In 1949, she married Clifford Lau at her parents' home in rural Albert Lea, Minnesota. Together they raised their six children whom she was very proud of. She worked at Montgomery Ward as a bookkeeper and also at Fleetguard in Lake Mills, Iowa, as a silkscreen machine setup/operator. She retired from there in 1991 after 26 years. Marjorie enjoyed crocheting (which brought her several blue ribbons), and the annual family Lefse Day. She was also known for her amazing

Steven Kalvig

Steven L. Kalvig, 66, passed away at his home on Sunday, May 7, 2023, surrounded by family.

A celebration of life was held at 1:30 p.m. on Saturday, May 13, 2023, at the Emmanuel Lutheran Church, Grafton, Iowa.

Steven LeeRoy Kalvig was born on April 30, 1957, in Albert Lea, Minnesota, to Carl and Dorothy (Jensen) Kalvig. He grew up in Northwood and later north of Minneapolis, where he graduated high school. He worked as a painter and soon learned the skills of a carpenter. He soon built his own company, Kalvig Construction, better known as "Custom Fever." His favorite question was always: "Would you like the \$5 or the \$500 model?"

Steven was a man of many talents, finding joy in hobbies like deer hunting, fishing and tinkering

Cleo Kolpin

Cleo Ann Rustad Kolpin was born on May 27, 1931. She passed away at the St. Ansgar Good Samaritan Center on May 9, 2023, at the age of 91 years and 11 months. Cleo's parents were Carroll and Lila (Ruehlow) Rustad. She was born in Otranto Township.

Cleo attended eight grades in Mona. She liked to hunt and fish and play softball. She graduated high school from St. Ansgar in 1949, in what is now South Square. She attended college at Iowa State University, graduating in 1953, with a major in Dietetics - Management. Cleo was part of the Promenaders Square Dance Club, traveling for competitions. After graduation she worked at the Nevada Hotel, and then accepted a position at the Memorial Union on the ISU campus. She managed and supervised staff and student meals, summer 4-H camp food service and special occasion reception meals and dinners. She retired after 37 years at the Union.

Thomas Osten

Dr. Thomas J. Osten died unexpectedly at his home on March 15, 2023, at the age of 79.

He is survived by his wife of 49 years, Ann (Bergen); sons, Edward (Jennifer) and Robert (Ashley); and grandsons, Oscar and Graham; and sisters, Louise (Lani) Conrad and Susan Sayers.

Tom always gave freely of himself as a husband,



MARJORIE LAU

potato salad! She was a fan of the Minnesota Twins and Timberwolves, crossword puzzles and game shows.

Marjorie had been a member of the Christian Solo Club, The Red Hats, Tops Club, Senior Citizens Center and Church Circle at First Lutheran Church. She had also volunteered at St. John's Nursing Home.

She is survived by her children, Sharry (David) Watkins, Jeanne Cafourek, Rollin (Barbara) Lau, Marlys (Joel) Christianson, Luane (Susan)



STEVEN KALVIG

in his workshop. His skills extended beyond physical creations, as he built many creations around the house, including a hydrogen engine, wood burning heaters, pool slides and many more. He was a jack of all trades and a master of none. Steven's generosity knew no bounds, as he shared his wisdom and instilled a strong work ethic in those around him. His family revered him as a master carpenter, admired



CLEO KOLPIN

Cleo met her husband Raymond Kolpin at the Memorial Union. They were married at Mona Lutheran on July 2, 1967. They made their home in Ames for 50 years. During this time Cleo also rented houses to ISU college students, with a focus on kids from Mitchell and Worth counties. Cleo enjoyed getting to know these students. Cleo did most of the yard work to keep up these homes until into her 70s.

Ray died in February 2019. Cleo moved to the Good Samaritan Center in December 2019. Her parents preceded her in death in

Lau and Orlan (Mary) Lau; 23 grandchildren; and 36 great-grandchildren. She is also survived by her sister, Ruth Thompson, and brother, Harold (Myrna) Paulson.

She is preceded in death by her husband, Clifford Lau in 1999; parents, Walter and Helga Paulson; sister, Nan (Leonard) Yee; brothers, Roy (Lois) Paulson and Everett (Phyllis) Paulson; infant grandson, Adam Cafourek; sisters-in-law, Lila (Kenneth) Ellingson and Eldora (Sophus) Holstad; and brother-in-law, Earl Thompson.

Visitation was held on Saturday, May 13, from 1 to 2 p.m. at First Lutheran Church in Northwood, Iowa. A funeral service followed at 2 p.m. with Pastor Becky Sogge officiating. Burial was at the Wanderer's Rest Cemetery after the service and lunch.

Marjorie especially loved time spent with her family. She will be greatly missed by all who knew and loved her.

for his unmatched skill. As a devoted father, he embraced four children as his own, and was blessed with a fifth, leaving an indelible impact on all of their lives. With a heart of gold and an adventurous spirit, Steven lived a rich and meaningful life.

Those surviving him are his wife, Lorraine Kalvig; daughters, Stacie (Brian) Sliger of Grafton, Jessica Kalvig of Grafton and Rebekah (Cody) Deetz of Osage; 17 grandchildren; five brothers, Mike (Pam) Lorentzen, Ed (Roberta) Kalvig, Scott (Mary) Kalvig, Johnny Berg and Carl Kalvig Jr.; as well as numerous nieces, nephews and extended family.

Preceding him in death are his children, Kimberly Gerdom and Jason Steenblock; mother, Dorothy (Chuck) Lorentzen; and father, Carl (Carolyn) Kalvig.

1968 and 1992. Her brother, Robert Rustad, died in 2021. Her infant niece Gloria Rustad died in 1953. A sister-in-law, Anita Thorson Rustad, and brother in-law, Norman Kolpin.

Left to mourn her death are nieces, Debra Freeman (Dan) and Deanna Rustad; nephews, Dennis Rustad, Duane Rustad (Patti), David Rustad (Cindy); 14 great nieces and nephews, Jon Heimer, Jamie Rustad, Mandi Graham, Aaron Rustad, Joe Freeman, Megan Rustad, Danyelle Freeman, Taylor Huinker, Tyce Rustad, Rachel Freeman, Bayley Anshutz, Klay Rustad, Violet Rustad and Opal Rustad; step-great-niece, Jennifer Rodemaker; and step-great-nephews, Jeff Freeman and James Freeman. Additionally 20 great-great-nieces and nephews.

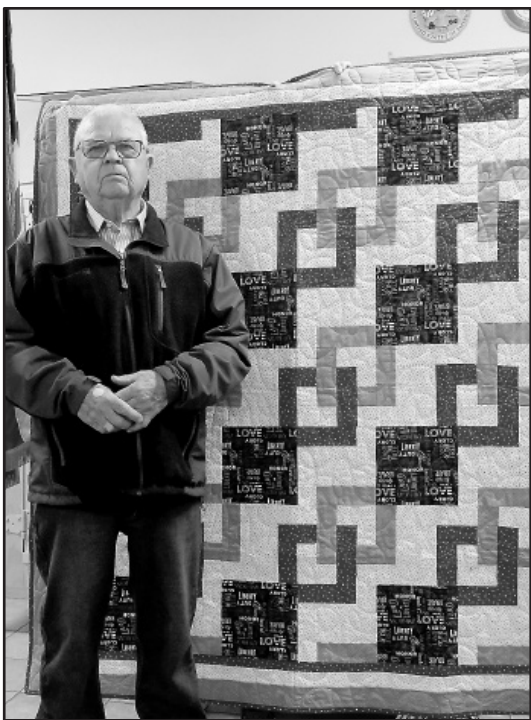
Funeral services will be held on Saturday May 27, 2023, at 9:30 a.m. at Mona Lutheran Church, Mona, Iowa. Interment will follow at Pleasant Hill Cemetery.



THOMAS OSTEN



JON BADKER



DENNIS JOHNSON



STEVE MERRILL



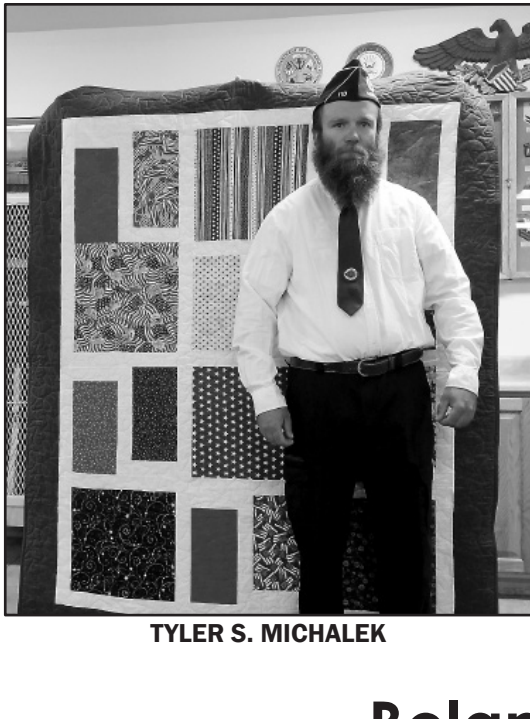
ROBERT (ELDEAN) GARNAS



LARRY HEAGEL



VICTOR BOEHMER



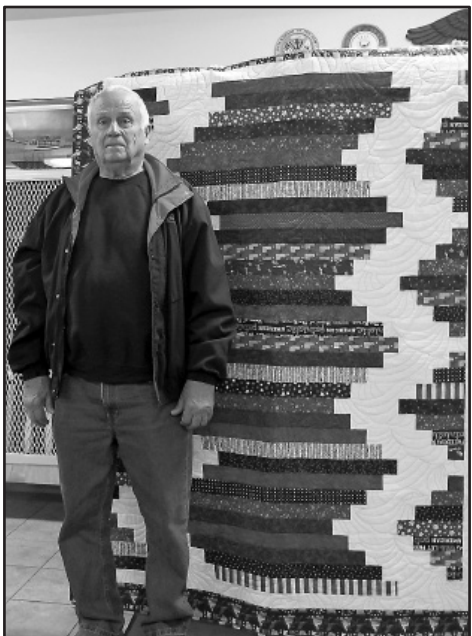
TYLER S. MICHALEK



GENE E. WATSON



THOMAS R. HANNA



DAVID MEYER



MICHAEL DEHNERT

Bolan

Joe and Linda Nydegger attended the Section 2A True Team Track and Field event at the United South Central High School in Wells, Minnesota on Tuesday afternoon. There were 16 teams competing. Evelyn Nydegger does the Triple Jump and came in second with a jump of 33 feet. In the 100 High Hurdles she came in second with a time of 17.2. It was her first time doing the 200 Meter Dash coming in ninth out of 32 participants with a time of 28.8. It was fortunate that the rain held off!

Mother's Day dinner guests at the Scott and Lori Willert home were Cole Willert of Reinbeck, Iowa, and Joe and Linda Nydegger.

Notice

Public Hearing Notice
The Worth County Board of Supervisors will hold a public hearing on Tuesday, May 30, 2023 at 9:00 a.m. in the Boardroom at the Worth County Courthouse, Northwood, Iowa. The purpose of this hearing is to receive public comment concerning proposed Worth County Ordinance No. 2023.06.12, an ordinance readopting the existing county code of ordinances. The second and third readings will be June 5, 2023 and June 12, 2023 at 9:00 a.m. Questions should be directed to the Worth County Auditor at (641) 324-2316. Written comments may be submitted to Worth County Supervisors, 1000 Central Ave, Northwood, IA 50459, no later than 8:30 a.m. May 30, 2023. Copies of the proposed ordinance may be accessed online at https://worthcountyiowa.gov/board_of_supervisors/county_ordinances/ or at the County Auditor's office.

City of Kensett

The Kensett City Council met in regular session 05/08/2023 at 7:00 P.M. at City Hall with Mayor Corey Pulju presiding. Council Members present were Bratrud, Woltzen and Heiken.

Absent: Douglas & Parker
Visitors: R. Bauer
Pulju called meeting to order.

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

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

Maintenance discussed lagoon drawdown, water meter reading equipment, Sanitary water survey and hydrant flushing.

Old Business: Have received several bids for repaving and chip and seal. Will inquire about the cost of redoing the entire town.

Motion by Heiken, 2nd by Woltzen to approve replacing the sewer pump, carried unanimously.

Motion by Bratrud, 2nd by Woltzen to approve Krystal Thompson and Wes Kramer for cemetery mowing, carried unanimously.

New Business: Approval by Heiken, 2nd by Woltzen to renew Peg Legs liquor license, carried unanimously.

Resolution #656- Transfer of funds, motion by Woltzen, 2nd by Heiken to approve, roll call vote taken, all ayes, carried unanimously.

Resolution #657- Special Assessment for delinquent water bills, motion by Woltzen, 2nd by Heiken to approve, roll call vote taken, all ayes, carried unanimously.

Resolution #658- Special Assessment for delinquent water bills, motion by Bratrud, 2nd by Heiken to approve, roll call vote taken, all ayes, carried unanimously.

Resolution #659- Special Assessment for delinquent water bills, motion by Heiken, 2nd by Bratrud to approve, roll call vote taken, all ayes, carried unanimously.

Ordinance 2023-1 water rate increase, motion by Woltzen, 2nd by Heiken to approve, roll call vote taken, all ayes, carried unanimously.

Ordinance 2023-2 sewer rate increase, motion by Heik-

en, 2nd by Woltzen to approve, roll call vote taken, all ayes, carried unanimously.

Ordinance 2023-3 garbage rate increase, motion by Heiken, 2nd by Bratrud to approve, roll call vote taken, all ayes, carried unanimously.

Approval by Woltzen, 2nd by Heiken to waive 2nd & 3rd readings of new ordinances, carried unanimously.

Treasurer's Report: April 2023 Revenues by Fund: General 5,501.90, Utilities 31,991.39, Special 4,626.46 Total Revenues: \$42,119.75. Stands approved as read.

Motion to approve bills by Woltzen, 2nd by Bratrud, carried unanimously.

Payable: Alliant Energy 2,710.84, WCTA 286.21, B. Luckason 515.39 (net), L. Luskey-Lestrud 549.90 (net) R. Bauer 1300.54 (net), K. Thompson 1330.37 (net), Visa 333.53 (IMFOA)C. Pulju 278.00 (conference), AgSource 158.75 (service-sewer-testing), C. Pulju 230.87 (payroll-net), KFD 400.00 (fire protection), Thofson Plumbing & Heating 350.68 (CC boiler), Kensett Water Works 104.00 (sewer fees), Waste Management 1493.35 (garbage & recycling), The Anchor 168.94 (publications), Nelson Septic 125.00 (Portapot), NIACC 60.00 (conference), Menards 637.32 (supplies), Peterson Excavating 7275.00 (snow removal), Kelly Hardware 5.79(supplies), K Thompson 201.88 (mileage), Knudtson Auto 32.19 (repairs), WO CO Treasurer 57.00 (prop taxes), The Library Store 131.58 (books), Arlys Bergdale 84.00 (cleaning), Staples 1280.90 (supplies), Midwest Tape 14.99 (supplies), Baker & Taylor 160.80 (supplies), Lisa Luskey-Lestrud 300 (petty cash)

Disbursements by Fund: General 13,104.00, Special 1,295.86, Utilities 660.34, Payroll 5,267.69 (gross)

Total Disbursements: \$20,327.89

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

Krystal Thompson, City Clerk

Corey Pulju, Mayor

City Council

The Council of the City of Northwood met in regular session at City Hall on May 8, 2023 at 6:00 pm with Mayor Moehle presiding and the following council members present:

George-Zenz, Peterson, Nerlien, Reeder, Tenold.

Motion to approve the agenda. Unam.

Motion to approve the following under Consent Agenda: Council Meeting Minutes of April 24, 2023; Treasurer Report; Approve 5 day Liquor License April 29-May 3 to Geneva Bar & Grill, LLC at Worth Co. Fairgrounds; Claims as follows:

Payable to: For: Amount
NSB, Monthly ACH \$20.00
Iowa Dept. of Rev.
Water Excise Tax \$1,038.58
Iowa Dept. of Rev.
Sales Tax \$359.78
Wellmark BCBS Insurance..... \$10,166.34
Wellmark BCBS Insurance..... \$655.20
Payroll, Wages..... \$20,116.35
Verizon Wireless
Phones-tr,fd..... \$106.66
Visa
Conference, supplies-cc., \$684.85
USPS, Mailing-cc \$347.04
Principal, Insurance..... \$475.77
Payroll, Wages..... \$22,814.03
Alliant Energy, Services..... \$16,187.94

Supervisors

May 8, 2023
Nineteenth Day

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

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

Motion Smeby/Second Stone to approve today's agenda and minutes from the May 1, 2023 meeting. Motion carried.

Motion Smeby/Second Stone to approve drainage claims in the amount of 640.00 as per the following schedule. Motion carried.
Rognes Bros Excavating, DD 4 Main, Beavers/Tree Removal.....640.00

Motion Smeby/Second Stone to approve repairs to replace tile in DD 46/Lat 16, with the exception of using non-perforated tile, so tree roots don't plug it up again. Motion carried.

Motion Smeby/Second Stone to approve claims in the amount of \$123,693.86 as per the following schedule. Motion carried.
Aramark, Service-Eng 293.83
At&T Mobility
Service-Shf.....1,842.18
Ben Telecom, Service-Gsr.. 104.41
Beaver Creek Cemetery

Amber Julseth
Milage-cc..... \$240.39
Asbestrol, Inc.
Services-pd \$16,838.90
Badger Meter, Services-cc. \$47.50
Beland Tree Service
Services-pw..... \$3,200.00
Carquest, Supplies-pw..... \$790.81
Clear Lake Sanitary Dist.
Testing-se \$186.00
Dakota Supply Group
Supplies-pw..... \$118.31
Falkstone, Supplies-pw. \$7,865.39
Hawkins, Supplies-pw \$10.00
Holiday Inn Airport
Lodging-cc..... \$268.80
Huber Supply
Cylinder rental-pw..... \$49.50
InControl, Repairs-pw .. \$5,587.82
Iowa One Call
Services-pw..... \$46.90
Jessica Freerkson
Water Deposit Refund ... \$130.00
John Deere Financial
Freight-pw \$144.95
John Greve
Legal Services \$500.00
Kaysha Williams
LL Refund-rec \$100.00
Kelly Hardware
Supplies-pw..... \$432.52
Knorr Electric Motor & Well
Repair, Labor-pw \$37.50
Knutson Oil Co.
Fuel-pw, tr..... \$3,379.90
Larsen Plumbing & Heating
Pool Heater..... \$20,011.99

MacQueen
Sweeper Parts-pw \$1,068.55
Microbac Lab
Testing-pw..... \$717.00
Nelson Septic Services, LLC
Services-parks \$425.00
NIACC
Wastewater Conference-pw \$120.00
NIRHA, Refund-cc \$84.64
Northwood Chiropractic
DATA-pw..... \$60.00
Northwood Sanitation
Bags-cc..... \$660.00
Northwood Sanitation
Services..... \$7,696.00
Northwood Sanitation
Spring Clean Up..... \$7,051.25
Northwood Senior Center
Monthly Donation \$800.00
Plunkett's Pest Control
Services-cc \$356.97
Proline Dist.
Supplies-pw \$406.68
Quality Pump Control
Repairs-pw..... \$1,072.88
The Rustic Thread
LL shirts-cc..... \$1,835.00
Unity Point Clinic, DATA.. \$42.00
WCTA, Phone/Internet.... \$638.39
Worth Co. Sheriff
28E Police Services ... \$31,170.75
Library:
Kelly Hardware, Supplies.... \$2.99
Marco , Services \$311.11
Alliant Energy, Utilities .. \$373.23
Marco, Repairs \$425.00
Visa, Supplies, materials. \$357.31

Baker & Taylor
Materials \$461.86
Center Point, Materials... \$180.49
Summary of April 2023 receipts by fund type: General - \$242,766.87; Special Revenue - \$85,599.74; Debt Service - \$101,923.49; Capital Projects - \$2,207.39; Enterprise - \$79,873.36; Trust & Agency - \$0.
Summary of April 2023 disbursements by fund type: General - \$48,152.83; Special Revenue - \$27,517.76; Debt Service - \$0; Capital Projects - \$0; Enterprise - \$120,036.14; Trust & Agency - \$0.
Roll was called and the following voted Aye: George-Zenz, Peterson, Nerlien, Reeder, Tenold.
Motion to approve Resolution No. 2305-09 Approving Southwind Estates Preliminary Plat & Plans. Unam.
Motion to approve Resolution No. 2305-10 Authorizing Transfer of RUT Certificate of Deposit to General Fund Checking Account. Unam.
Motion to hire Troy Eintertson as a part-time cemetery worker for \$12.00/hr. Unam.
Motion to adjourn. Unam.
Doug Moehle, Mayor
Amber Julseth
City Administrator/Clerk

Trading Post, Supplies-Con. 74.99
Van Diest Supply Company
Supplies-Eng 812.50
Verizon Wireless
Service-Ema 40.01
Winnebago Coop Telephone Assn
Service-Gsr 3,786.47
Worth Lumber Co
Supplies-Eng 45.53
Zach Hayden, Safety-Eng.. 150.00
Ziegler Inc, Parts-Eng..... 452.37
Grand Total 123,693.86
Motion Smeby/Second Stone to approve the sheriff's monthly report. Motion carried.
Motion Smeby/Second Stone to approve Resolution 2023-18 authorizing and approving a certain Loan Agreement, providing for the issuance of \$5,700,000 General Obligation Urban Renewal Bonds, Series 2023A and providing for the levy of taxes to pay the same. Roll call: Smeby - Aye; Stone - Aye. Motion carried. (Full text of resolution available in Auditor's Office).

Motion Smeby/Second Stone to approve application for open credit account between Farmers New AG, LLC and Worth County, Iowa. Motion carried.

Motion Smeby/Second Stone to adjourn at 8:46 A.M. Motion carried.
Jacki A. Backhaus, Auditor
Aaron Stone, Vice Chairperson



N-K's Emma Hengesteg explodes out of the blocks in last Thursday's district meet. Hengesteg was competing with teammates Chloe Costello, Marris Peterson and Megan Ocel in the distance medley relay.



Lady Viking Maddie Berry competes in the shot at last Thursday evening's District 8 State Track Qualifying Meet in Northwood.



The Lady Vikings' best shot at a state title at this season's state track and field championships in Des Moines is the district 8 champions in the shuttle hurdle that include Macy Thorson, Emma Hengesteg, Morgan Wallin and Lindsey Moore. Wallin and Moore were members of last season's third place team in the event.

Lady Vikings qualify in five events; Moore competes in four of the five

By Mike Simmons
Sports Editor

While hopes of winning a district title were not in the conversation last Thursday evening at Northwood's district 8 state qualifying track and field meet, the Lady Vikings had what could be described as a more than successful day, sending five girls down to Drake's Blue Oval and the Iowa State High School Track and Field Championships to compete in five events.

The Lady Vikings' Lindsey Moore, who placed 11th at Drake earlier in the season in the 100-meter hurdles, took one step closer to her goal of a state title with a first place finish at last Thursday's district meet. The talented junior's seed time for the event in Des Moines is 15.98.

"That was scary, how

close that was," Moore said after the race. "But I feel like being at Drake this season will help me when it comes to going to state, but it's nice to get this over with and move on so we can prepare for the Blue Oval."

But Moore wasn't done for the day by a longshot. While not winning the 400-meter hurdles her time was enough to get her in the field in this event as well with a seed time of 1:10.64.

Northwood-Kensett's other individual qualifier was sophomore sensation Macy Thorson, who placed second at the district meet in the 100-meter dash but made the cut for the state lineup, qualifying 23rd in the field of 24.

Moore and Thorson have led the way for the Lady Vikings all season and the duo will be at it again in Des Moines this week as

they both are participants in the team's other two state qualifying events, the 4x200-meter relay and the school's trademark event, the shuttle hurdle relay.

Members of the 4x200 include Moore, Thorson, Morgan Wallin and Chloe Costello, while the shuttle hurdle team consists of Emma Hengesteg, Thorson, Wallin and Moore.

The ladies shuttle hurdle team returns to Drake for some unfinished business as last season the team of Moore, Wallin, Costello and Carly Hengesteg placed seventh in their respective heat and then in the finals shocked the field with a third place finish.

The state track and field championships start this Thursday morning at Drake's famous Blue Oval in Des Moines and runs through Saturday.



N-K's Lindsey Moore and Morgan Wallin compete in the 100-meter hurdles last Thursday in Northwood. Moore would eventually beat out North Butler's Kiya Johnson for the district title with both athletes qualifying for the state meet.

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WORTH COUNTY AUCTION NOTICE

Worth County Secondary Road Department

has listed various used items for auction and can be viewed in the Government listings at www.purplewave.com. Auction for items listed ends on June 6, 2023.

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Single family split-level home that sits on a corner lot in a quiet neighborhood. This house features 4 bedrooms, 2 bathrooms, 2 living rooms and an attached double garage that is insulated and heated. Roof and siding are new in 2022. The basement is fully finished and features in-floor heat. This property also has a double unattached garage at the back of the property with easy access and a large yard, perfect for families.

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Lady Viking Peyton Wilder tees off after a quick lunch break at last Monday's TIC East Meet in Mason City. Wilder led the girls team with a 112 on the day.



The Vikings' Caden Helgeson lines up his putt last Wednesday at Spring Valley Golf Course in Livermore. Helgeson and his N-K teammates placed third in the tournament and advanced to play in Monday's district tournament in Mason City.

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

By Mike Simmons
Sports Editor

The Northwood-Kensett boys and girls golf teams wrapped up the regular season last week with the Top of Iowa Conference East Meet and then jumped right into the postseason with regional and sectional play.

The girls placed eighth in the conference with a team score of 467 last Monday at Highland Park in Mason City.

Individual scores were Peyton Wilder 112, Had-

die Hanson 113, Marisa Halbach 120, Ella Leonard 122, Kennedy Christianson 132 and Kenedie Berry 163.

The boys team failed to make it in the top of the conference standings as well, ending the day with a team score of 383, good for a sixth-place finish in the TIC East.

Boys individual scores at the conference meet include Nick Hanson 86, Caden Helgeson 92, Carter Anderson 102, Breyden Hoepfner 103, Brady Christiansen 105 and Kenny Conlin 115.

The girls team wrapped up its postseason play in the regional tournament last Friday in Lake Mills on the rain soaked course at Rice Lake in Lake Mills.

The Lady Vikings placed seventh in the regional tournament with a team score of 481.

Individual scores were Leonard 115, Hanson 118, Wilder 122 and Halbach 126.

The Vikings, who placed sixth in the TIC East, came into last Wednesday's sectional tournament held at

Spring Valley Golf Course in Livermore without many expectations, but thanks to a couple youngsters that came through with the team's top two scores, the team placed third and advanced to Monday's district tournament at Highland Park in Mason City.

After shooting a 92 and 102 respectively in the TIC East meet, Helgeson and Hoepfner came through with an 89 and 98 to help the Vikings secure the third place finish and a district berth. Other indi-

vidual scores at sectionals include Anderson 101 and Hanson 105.

Girls Team Scores at TIC East – North Butler 383, Newman Catholic 388, Nashua-Plainfield 408, Osage 426, West Fork 449, Saint Ansgar 454, Central Springs 460, Northwood-Kensett 467, Rockford 538

Boys Team Scores at TIC East – Osage 313, West Fork 344, Rockford 356, North Butler 360, Nashua-Plainfield 381, North-

wood-Kensett 383, Central Springs 390, Newman catholic 403, Saint Ansgar 410

Girls Team Scores at Regional – Newman Catholic 392, South Hamilton 417, Central Springs 431, Lake Mills 433, Bishop-Garrigan 447, AGWSR 453, Northwood-Kensett 481

Boys Team Scores at Sectional – West Fork 347, Bishop-Garrigan 366, Northwood-Kensett 393, Newman Catholic 415, Saint Ansgar 426



Vikings Aden Bice and Weston Willand take off with the pack in the 3,200-meter run last Thursday at the district 8 state qualifying meet in Northwood.



State Championship bound. Northwood-Kensett's boys 4x800-meter relay team of Kooper Julseth, Dalton Logeman, Treycen Rollene and Lamonte Sims celebrate their district title and state berth at last Thursday's district meet in Northwood.

Vikings send 4x800 relay team to state championships in Des Moines

By Mike Simmons
Sports Editor

With a number of competitive teams vying for a state championships berth in Des Moines this week, the Northwood-Kensett boys track team, while staying competitive in most events, were only able to get one relay team through the tough district 8 and onto Drake's Blue Oval.

The Vikings, who came into the district 8 meet the favorites to win the title in the 4x800-meter relay and with it a state championship berth, wound up having their work cut out for them.

The race started out with Lamonte Sims screaming past the other competitors in the first couple of turns and staking a sizeable lead over Nashua-Plainfield to complete the first lap of the race.

But the Huskies had a strategy in mind to take on the Vikings- try to expand the lead by the final leg so much that the Vikings anchor man, Treycen Rollene, would not be able to catch up.

And so it went, the second and third legs saw the Huskies expand that lead, second by second, meter by meter, until Rollene and the Vikings were looking at the possibility of a second place finish

in an event they dominated all season long, including in the TIC East meet in Nashua where they took home the conference crown.

But as Rollene had to wait

and watch the Huskies maneuver through the first turn and head for the second before he even had the baton in his hand, it was not looking good for the Vikings.



N-K's 4x800-meter relay anchor man Treycen Rollene extends the baton across the finish line at last Thursday's state qualifying meet. The team of Lamonte Sims, Dalton Logemann, Kooper Julseth and Rollene were the Vikings' lone state qualifiers.

Then, Rollene takes the baton and moves like he was shot out of a cannon, overcoming his N-P opponent before they both exited the second turn, expanding that lead and holding on for the crucial victory and a state berth in the 4x800.

"I knew I couldn't let them get out there any further," Rollene said after the huge win. "I knew I could catch him, but I wanted to do it as soon as possible and then make him chase me for the rest of the race, thankfully it worked."

The team of Lamonte Sims, Dalton Logemann, Kooper Julseth and Rollene will compete this Thursday at 12:10 p.m. at Drake's Blue Oval in Des Moines.

Amazing Spring Sales

 <p>\$5,399</p> <p>New Cub Cadet Ultima ZT2 60 60" Fab Deck, 24HP Kawasaki, Tuff Torq TZ 350, 7MPH</p>	 <p>\$6,499</p> <p>New Gravelly 60HD 60" Fab Deck, 24hp Kawasaki, ZT-3100 Hydro gear trans, 8MPH</p>	 <p>\$15,699</p> <p>New Altoz XC 610Z 61" Fab Deck, 35HP Kawasaki, Zt-5400 Trans, High/Low 19MPH, Electric deck lift, front suspension</p>
 <p>\$2,399</p> <p>New Cub Cadet XT1 42" Deck, 18hp Kohler</p>	 <p>\$9,099</p> <p>New Gravelly ProTurn ZX60 60" Fab Deck, 23.5hp Kawasaki, ZT-3200 Hydro gear, 8.5mph, Front suspension</p>	 <p>\$9,399</p> <p>New Altoz XE 610 SS 61" Fab Deck, 24HP Kawasaki, ZT-3200 Hydro Gear, 9MPH</p>

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