



Briefs

Help asked to place flags at cemetery

With Memorial Day on the way, local veterans and volunteers will once again help prepare the Sunset Rest Cemetery, but they are asking for help.

Those that would like to help place the flags along the paths are asked to come to the cemetery at 9 a.m. tomorrow (Thursday, May 25.)

Relay party set for June 3

The Relay For Life of Worth County will hold its annual celebration of cancer survivors and supporters with a party on Saturday, June 3.

The event honors those that have celebrated birthdays as they have survived cancer and those that have been there for them. It supports those fighting cancer and remembers those that have been lost.

The event also raises funds to fight cancer and support those that are surviving or have survived the disease.

The party will include a meal, desserts, a bake sale, a live auction, games, luminaries, lanterns, a photo booth and more.

The event will be held from 4-7 p.m. Survivors are invited to register beginning at 3 p.m., and enjoy some games of bingo before the event starts.

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.



Preparing for safe summer riding

With just a few days left in the school year, students at Northwood-Kensett Elementary headed to the playground where they were taught about bicycle safety and hand signals before representatives of the Worth County Sheriff's Office inspected their bikes. The students then rode through a course to test their signals and their bicycling abilities. Deputy Dennis Paulson is pictured above guiding one of the students through the course.

WCDA awards \$921,500.52 to Worth's class of 2023

This year Worth County's graduating seniors received many awards and recognitions that will help them as they continue their education after high school. That includes the WCDA scholarship.

Since its inception, the WCDA has dedicated roughly half of its funds to education, with a portion dedicated to scholarships for students living in Worth County.

This year, 69 Worth County seniors were awarded scholarships for \$13,355.08 each. That was a total of \$921,500.52.

In 2022, 90 seniors each received \$10,363.21, for a total of \$932,688.90.

The total amount for scholarships was down \$11,188.38, or 1.20%

Northwood-Kensett seniors received the most, with 30 seniors receiving a total of \$400,652.40.

At Central Springs, 12 seniors received a total of \$400,652.40.

WCDA, See Page 2

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WCDA, See Page 2

City of Northwood ups minor curfew enforcement

After several instances of vandalism and youth misbehavior, the City of Northwood's regulations of minors have been more strictly enforced in recent weeks.

At a recent Northwood city council meeting, Worth County Sheriff Dan Fank shared concerns of increasing bad activity amongst young people in the community. While Fank hadn't shared specifics, citing concerns that others may copy them, other discussion at

the meeting suggested at least two examples.

Amongst the incidents was apparent damage to park property and bathrooms, and young people throwing rocks from above at spots in the fairgrounds and other places.

At that meeting, Fank said that his deputies would be more aggressively enforcing the City's rules for minors, and for the parents of the minors that violate the rules.

Recent posts on social

media suggest that some parents in the community have been in contact with deputies after their children broke the City's youth curfew.

According to Chapter 46 of the Northwood Code of Ordinances, a curfew is necessary for the welfare of the City and to reinforce the responsibility of adults for minors. That includes protecting the public from illegal acts committed by minors after curfew, and to

Minors, See Page 2

Northwood-Kensett learns more about ag as they visit farms businesses

In recent weeks, students in Northwood-Kensett kindergarten and first grade classes paid visits to several Worth County area farms and businesses to get a first hand look and learn about the North Iowa ag industries, the employees and the families that play their part.

The educational farm field trips were organized with Worth County Farm Bureau outreach coordinator Teresa Stehn, who is a leader of the Ag in the Classroom program.

The farm forays began on May 5, when the first graders traveled to Kibble Equipment in Northwood.

They toured the sales yard where the tractors and equipment are kept.

They also toured the facilities where Kibble employees repair and main-

tain farm and lawn equipment.

They saw pieces of equipment in the midst of repairs and learned about what each piece does. In the process they were also taught about farm safety.

The students left with an expanded knowledge of farm equipment, along with a squishy toy tractor, crayons and coloring pages.

Following the visit to Kibble, the group traveled to the farm of Chad and Allyson Krull.

While there they walked across the pastures and fields the Krulls' cattle call home. Chad talked about the life of cattle on their farm, and how they move to different areas depending on the time of year.

Inside the barn, Allyson and their daughter Kendall talked about the calves that

Kendall helps care for and will show at the fair next month, as well as the chores involved in caring for their cattle.

Following the visit on the Krull farm, the kids enjoyed a meal involving the products raised on the farm with beef from the Worth County Cattlemen and Worth County Farm Bureau served in the form of walking tacos.

The next farm visit took place on May 11, when the N-K kindergarten class visited three farms over the course of the day.

That started at the Morris Medlang dairy farm near Kensett.

While there Sarah Heiken and Morris taught about how the dairy cows are cared for, what they eat, Ag, See Page 9

Memorial Day observed around Worth County Monday

This Monday, people throughout the nation will honor those who gave their lives serving their country.

Several area communities will hold their own Memorial Day services this Monday.

Government offices and most businesses will close

on Monday to allow family and friends to gather to honor the memory of their loved ones.

In Northwood, Memorial Day services begin at 11 a.m. at the Sunset Rest Cemetery.

Musicians from the Memorial, See Page 2



ELLIE EHRHARDT

Ehrhardt represents N-K as band royalty

This weekend, Northwood-Kensett marching musicians will take part in the 84th North Iowa Band Festival in Mason City, with a theme of "All-American Band Festival." As N-K joins other area schools, one member of the band, Ellie Ehrhardt, will represent them for the last time.

Each school taking part

in the parade sends students to represent them as band royalty. Recent graduate Ellie Ehrhardt was selected as this year's N-K band queen.

Ehrhardt is the daughter of David and Jill Ehrhardt. She has played in the school's Band, Jazz Band, Marching Band and Concert Band.

Ehrhardt, See Page 2



Allix Braun shows kindergarteners how technology is used on the Braun cattle farm. See more pictures of the farm visits on page 9.



The Week's WEATHER

From National Weather Service data

Date	Hi	Lo	Prec.
Tues. May 16	68	45	
Wed. May 17	80	50	
Thurs. May 18	81	50	T
Fri. May 19	82	45	
Sat. May 20	58	45	
Sun. May 21	72	44	
Mon. May 22	78	54	



Setting the new sidewalk

The Highway 65 resurfacing project in Northwood has continued in recent weeks, with work focused on replacing sidewalks. That included the downtown portion last week. It started last Monday when the old sidewalk was removed as new cement was poured in its place.

Historic Highway Conference includes Northwood stop

On Thursday, June 8, a group traveling the historic route of the Jefferson Highway will pay a visit to Northwood as they take part in the nearby Jefferson Highway Conference.

The Jefferson Highway Conference is set for June 7-10, based out of Mason City. The Conference includes a bus tour of the Jefferson Highway route, including its stop in Northwood on June 8.

MercyOne in need of volunteers, recruiting in several areas

National Volunteer Week was held in April and MercyOne celebrated the many volunteers who help hospitals operate.

“The most satisfying part of volunteering is the people I meet,” said Jean Curley, a MercyOne volunteer since 2017. “If I can help them in any way make their visit to the hospital any less stressful, it makes me feel very good. It is the most rewarding thing that I have done.”

Volunteer opportunities at MercyOne are available

for those that can come in several times a week, or just a couple times a month. Duties vary by position and include greeting and escorting patients and visitors, assisting customers at the gift shop or Cancer Center Boutique, and greeting families of patients in our waiting rooms.

“We are in need of volunteers. Whether you’re a high school or college student, have recently retired or just looking to help the community, we have some-

thing for you,” said Stephanie Duckert, manager of volunteer services at MercyOne North Iowa. “We enjoy meeting people who can offer their time and unique talents to help carry out our Mission.”

“We’re currently looking for volunteers to help in the following areas at MercyOne North Iowa Medical Center:”

- Assist patients and visitors with navigating the hospital
- Gift Shop and

Cancer Center Boutique - ring up sales, provide customer service

- Baking cookies for families in the Birth Center
- Special projects

Volunteers must be at least 16 years old and are required to have a health assessment at MercyOne employee health. Volunteers must also have been vaccinated against COVID-19 or

have a qualified medical exemption. A TB test and a blood draw to prove immunities to communicable diseases are required. The TB test and blood draw will be done at MercyOne at no charge to the volunteer.

For more information and apply to become a MercyOne volunteer please visit MercyOne’s website.

WCDA
Cont. from Page 1

\$160,260.96.

There were 10 students open enrolled in a school district or home-schooled, for a total of \$133,550.80.

Six students attending St. Ansgar schools received \$80,130.48.

There were also six students in the Forest City district received \$80,130.48.

At Lake Mills, 5 students received a total of \$66,775.40.

Ehrhardt
Cont. from Page 1

Ehrhardt listed the N-K band’s repeated successes at the Band Festival event amongst her accomplishments.

Ehrhardt has also performed as a member of the school’s choir.

Outside of music at N-K, Ehrhardt has participated in National Honor Society, Student Council, Speech, Drama, FFA and 4-H. Ehrhardt has also served with the Meals on Wheels

program, the local Shriners, the Youth Group and was named a Student of the Month.

Ehrhardt plans to attend NIACC to earn an Associate in Arts degree before transferring to UNI for a Bachelor’s Degree to pursue a career as an art teacher.

Ehrhardt and the rest of the N-K marching band will take part in the North Iowa Band Festival Parade this Saturday, as a part of the

84th year of the “largest free marching band competition in the Midwest.” The parade begins this Saturday, May 27, at 10 a.m.

Ehrhardt will join other school band royalty for the awards ceremony that will take place at 1:30 p.m. at the Principal Pavillion. Marching band awards will also be announced at that time.

Memorial
Cont. from Page 1

Northwood-Kensett High School band, directed by instructor Jared Barnes, will provide patriotic music. The VFW Color Guard will provide military honors.

The speaker of the ceremony will be John Wills. Pastor Barb Wills will deliver open and closing prayers

In case of rain, the observance will be held at the N-K High School.

• Memorial Day services conducted by the VFW Color Guard will be held at the State Line Cemetery north of Northwood at 9 a.m.

In case of inclement weather, the ceremony will be held at the Shell Rock Community Center in Gordonsville.

• Memorial Day ceremonies will be held in the Kensett Community Center beginning at 9 a.m.

Mark Walker will give the Memorial Day address, as well as the invocation and benediction. Mackensy Thomlinson and Ellie Ehrhardt will recite passages at the ceremony.

The Northwood-Kensett Junior/Senior High School band will provide music throughout the ceremony. A Salute to the Dead will be provided by the local Honor Guard. Also speaking at the ceremony will include Herb Thompson, opening and closing the ceremony, as well as giving a tribute to deceased veterans.

Refreshments will be served afterwards by the Kensett Library Board.

• Memorial Day services in Manly will begin at the city park at 8:40 a.m. for those assembling to parade to the Manly Cemetery, for the Memorial Day services, which begin at 9 a.m.

The Central Springs band, directed by Cole Younger, will perform “The Star Spangled Banner” and “America the Beautiful.”

The Memorial Address will be given by Peter Bieber, who served in the U.S. Army.

The American Legion Auxiliary will provide the decoration of the cannon. Crosses recognizing recently deceased veterans will also be in place.

The American Legion Honor Guard will provide a salute to the dead.

The American Legion Auxiliary #110 will serve a pancake and sausage breakfast at the Legion Hall from 7-11 a.m. for a free will donation.

• Memorial Day services will be held at the Grafton Cemetery, beginning at 10 a.m.

Participating will be the American Legion Honor Guard and the St. Ansgar Middle School band. Post Commander Philip Hackbart will lead the service. The opening scripture and prayer will be led by Mark Borchardt. Sheila Lundon will pro-

vide special music.

This year’s speaker will be Kelsie Willert, a native of nearby Bolan and the daughter of Lori and Scott Willert. She graduated from St. Ansgar High School, went on to NIACC and Grand View University in Des Moines, where she earned a degree in history and played basketball. Kelsie went on to pursue a Graduate degree from UNI in Public History. She currently resides in Des Moines, where she gives tours at the Iowa State Capitol.

In case of rain, the services will be held at the Grafton Community Center.

• A Memorial Day Lunch will be served at Silver Lake Lutheran Church, 705 Silver Lake Road, from 9 a.m. to 1 p.m. The meal will include sloppy joes, potato salad, pies, coffee and lemonade.

• Sion Lutheran Church will host a Memorial Day dinner from 11 a.m. to 1 p.m., serving escalloped potatoes and ham, beans, salads, desserts, coffee and lemonade. The cost is \$10 per adult or \$5 per child.

• Elk Creek Lutheran Church will hold a dinner from 11 a.m. to 1 p.m. The menu includes scalloped potatoes and ham, baked beans, salads and bars for a free will donation.

Minors
Cont. from Page 1

protect minors from the improper influences and criminal activity that are more likely after curfew.

To be clear, the city code defines minors as those under 18.

The curfew applies in public places that include stores, parking lots, parks, playgrounds, streets, alleys and sidewalks, as well as areas used by the general public. That includes vehicles in any of those areas.

The City code established a curfew for those under 18 that is in place from 11 p.m. to 5 a.m. Sunday through Thursday; and from 1-5 a.m. Friday through Saturday.

There are exceptions to the curfew. That includes when the minor is accompanied by an adult; when they

are traveling to or returning from a job, church, political, economic or cultural assembly; when they are on the most direct route to or from school or a school event or recreational or social event with parental permission; when they are on the sidewalk by their home; when they are on emergency medical errands; or when their job requires them to be in a public place between those hours.

The code chapter also holds adults responsible when minors they care for are allowed to be in a public place after curfew.

The code lists how the curfew should be enforced. It states that law enforcement should first determine the age of the person using documentation or their best

judgment if that isn’t available.

It is grounds for arrest if the person does not stop what they were doing, refuses to provide identification, or if they present a threat to the public.

The code states that minors can’t be restrained unless they physically resist or present a threat to themselves or others. Minors can’t be jailed for curfew violations, but can be brought to other facilities.

A first curfew violation brings a warning for the minor and/or the responsible adult.

Further violations are a simple misdemeanor, with sentences that could include fines or community service.

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Brett Backhaus
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EMR/Driver
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Northwood has the only fire, rescue and soon-to-be ambulance department in Iowa that is totally funded by donations. Rural residents of the Northwood Fire District and the residents of the City of Northwood are not taxed for Fire and Rescue.

EMS/Ambulance Division



Justin Peterson
Second Assistant Chief
EMS Driver
Serving 6 years



Ryan Schoon
Firefighter
EMS Captain/Paramedic/
Instructor
Serving 6 years



Jake Springer
Captain
EMT Student
Serving 4 years



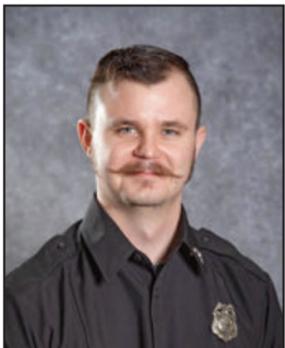
Brandon Oldfather
Firefighter/Secretary
EMS Lieutenant/EMT
Serving 2 years



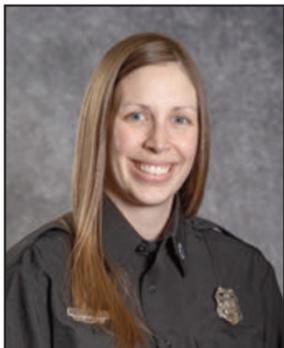
Kory Jaspers
Lieutenant
EMT
Serving 2 years



Cody Strand
Firefighter/Treasurer
EMS Driver
Serving 3 years



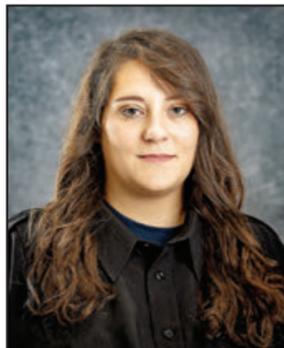
Jake Loken
Firefighter
Paramedic
Serving 7 years



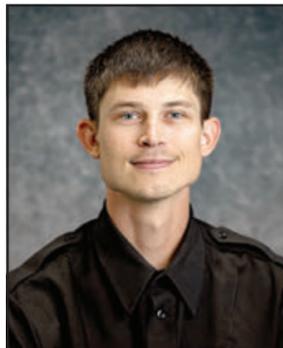
Kelli Wallin
Firefighter
EMT
Serving 6 years



Brandon Magritz
Firefighter
EMT Student
Serving 3 years



Jessica Magritz
EMS Responder
Serving 1 year



Brandon Severson
Firefighter
EMT Student
Serving 1 year



Misty Hakes
Firefighter
EMT
Serving 1 year



Nick Anderson
Firefighter
EMT Student
Serving 1 year



Chad Wurtzel
Firefighter
EMT Student
Serving 1 year



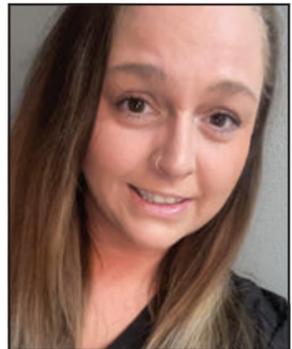
Allie Wurtzel
EMT Student
Serving 1 year



Brandon Kilbourn
Firefighter
EMT Student
Serving 1 year



Melissa Schoon
RN/Paramedic
Serving 1 year



Jessica Newell
Firefighter
EMT Student
Serving 1 year

Firefighters



Kenny Quam
Firefighter
Serving 57 years



Kevin Locky
Firefighter
Serving 20 years



Jesse Harang
Firefighter
Serving 8 years



Sawyer Schulz
Firefighter
EMT
Serving 6 years

The NVFC celebrates National EMS Week

Recognizing those who serve the emergency medical needs of our community



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Northwood Anchor Northwood

Local students receive college honors

Pederson Named to Mercy College of Health Sciences Dean's List

Sarah Pederson of Northwood, Iowa, has been named to the Dean's List for the Spring 2023 term at Mercy College of Health Sciences in Des Moines, Iowa. To qualify for this academic recognition, students must attain a grade point average (GPA) between 3.50 and 3.749 for a minimum of six semester credit hours or four quarter credit hours in their most recent term.

average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Sterrenberg graduates with Alpha Alpha Alpha Honors at Central College

Summer Sterrenberg from Joice is one of 24 Central College students in the Class of 2023 to graduate with Alpha Alpha Alpha honors.

These honors are awarded to students who have completed at least 36 credit hours toward a degree, have an overall grade point average of at least 3.2 on a 4.0 scale and do not have parents, stepparents or legal guardians who have completed a bachelor's degree.

Daniel Horning Named to SNHU President's List

Daniel Horning of Northwood (50459) has been named to Southern New Hampshire University's Winter 2023 President's List. The winter terms run from January to May.

Full-time undergraduate students who have earned a minimum grade-point

Correction

Last week's Anchor featured a story on the Senior Showcase, in which the graduating seniors shared the projects they had spent 30 hours researching and developing.

The story incorrectly listed the sport that was the focus of Anthony Martin's project and for his college plans. The correct information is below:



ANTHONI MARTIN

Anthony 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 Anthony for their basketball team.



Preschool performers

With the end of the school year, Northwood-Kensett Elementary younger pre-school students put on a musical performance for their families. They sang several songs, including some enthusiastic dancing and movements in the process.



Book donated to library

Worth County Farm Bureau donated the AFBF Book of the Year, "I Love Strawberries" to elementary libraries in the county. Deanna Katcher accepted the book on behalf of the Northwood-Kensett elementary school library. "I Love Strawberries" is geared towards children five to eight years of age and tells the story of a young girl who loves strawberries and is determined to grow her very own plants. But her parents aren't sure she's ready. Jolie and her rabbit find out just how fun and complicated it can be to grow food in a delicious story.

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

The North Iowa Area Community College (NIACC) John Pappajohn Entrepreneurial Center (Pappajohn Center) will again be conducting the Youth Entrepreneurial Academy (YEA) on June 12-16, 2023, with pitch presentations on Tuesday, June 20. The generous financial support from the John K. and Luise V. Hanson Foundation will once again make this a free event for the students participating. YEA is now entering its 26th year of providing a unique entrepreneurial education to high school students. The academy has been designed to help students launch their own businesses with a

chance to earn seed money using a curriculum called the Business Model Canvas. The Academy will be held on Monday, June 12 through Friday, June 16 from 8:30 a.m. - 4 p.m. daily. The objectives of the Youth Entrepreneurial Academy are to expose students to entrepreneurship, provide students with an opportunity to apply their skills and creativity, help students understand critical thinking skills, and give students another career option of being a "job creator" instead of a "job taker." Participants will receive an automatic \$500 Youth Entrepreneurial Academy Scholarship for NIACC for

completing the academy. Students can participate for two years if they don't win seed monies in the first year. The students will receive gas cards to pay for the week's travel from their homes or can stay in Student Housing. On Tuesday, June 20, starting at 5:30 p.m. at the Muse Norris Conference Center at NIACC, students will compete for \$500 in seed money in front of a panel. They present pitches and slide decks and will be judged on their businesses that they developed during the week. More information, is available by contacting Kelley O'Rourke at the John

school graduation party at his home. His parents, Loren and Renee, hosted family and friends to celebrate this event. Scott, Lori, Cole and Carol returned home in the evening, but Joe and Linda stayed over to attend Commencement and the Parade of graduates around town held on Sunday afternoon at the Mount Vernon Community High School. Ben was one of 113 graduates. He graduated with Honors wearing a Gold Cord and received a Mount Vernon Community School District Foundation Scholarship. He will continue his studies at Wartburg College.

Vacation Bible School is fast approaching. It will be held again in Bolan the week of June 19 - 24. There will be a meeting for the Station Leaders and Crew Leaders on Wednesday, May 24, at 6 p.m. in the Bolan Trinity UMC basement. Need more information, please contact Lori Willert, or the Bethel UMC in Manly.

CLOSED~NOTICE

will be closed to honor the Memorial Day Holiday on Monday, May 29

Deadline for the May 31 paper will be Thursday, May 25

Thank You

The Northwood Anchor Staff

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N-K SPRING SPORTS



N-K Trap Team

Members of the Northwood-Kensett trap team include (in front, from left) Iver Girouard, Keenan Jacobs Davidson, Trinity Vandiver, Ivy Toresdahl, Dominick Authier, Aidan Moretz, (back row) Haydan Pectorious, Loghan Nelson, Kaeden Malli, Collin Houg, Will Tindall and coach Dean Mueller.

N-K Trap takes top spots in recent events

By Dean Mueller
N-K Trap Team

Last Monday the Vikings Trap team attended the Cardinal Classic at the Ventura Gun Club.

Schools participating were Garner-Hayfield-Ventura, Osage, Mason City, Lake Mills, St. Ansgar and Northwood-Kensett.

Osage won the event with a score of 234, second was Mason City with 229 and third was N-K with 226.

High scores for the Vikings were Loghan Nelson 49, Aidan Moretz 45, Collin Houg 44, Will Tindall 44 and Haydan Pectorious 44.

Woman's Champion was Alexa Thayer of Osage with a score of 47, second was Jordan Carpenter of Mason City with 46 and third was Hailey Herr of Lake Mills with 44.

Men's Champion was Gunner Ober of Mason City with a perfect score of 50, second was Jace Popp of Osage with 49 and third was Loghan Nelson of N-K with 49 (Loghan lost the

shoot off to Popp).

On Thursday, May 11, the Vikings hosted a shoot with Osage, Garner-Hayfield-Ventura and Riceville.

Osage won the event with a score of 236, second was N-K with a score of 217 and third was GHV with a score of 216 and Riceville posted a 211.

Top five scores for N-K were Collin Houg 46, Aidan Moretz 46, Haydan Pectorious 44, Will Tindall 41 and Loghan Nelson 40.

Male champion was Jace Popp of Osage with a 50, second from Osage was Chet Brunner with 47 and Carver H. of GHV with 47.

Ladies champion was Alexa Thayer from Osage with a score of 49, second was Caitlyn Bjorker 39, and tied for third were Jordyn Carpenter and Alxes Kolbert with 34.

On Saturday, May 13, the Vikings traveled to Osage for two 50 target events.

In the first 50 St. Ansgar aced the Vikings out of third place by one target.

N-K's high five scores were Haydan Pectorious 47, Will Tindall 44, Collin Houg 41, Iver Girouard 40 and Kaedan Malli 39.

In the second 50 targets N-K came in third with a score of 216. N-K's high five scores were Haydan Pectorious 49, Collin Houg 43, Will Tindall 43, Aidan Moretz 41 and Loghan Nelson 40. There were no individual awards at this shoot.

The following Monday the Vikings traveled to the Ventura Gun for the Riverhawk Invitational.

Schools attending were Mason City, GHV, Osage, St. Ansgar, Lake Mills, Charles City, Blemond-Klemme, Emmetsburg, Algona, Bishop-Garigan and Nashua Plainfield.

In total there were 240 athletes shooting this event. Squad scoring was used for this shoot, so each squad is treated as a team.

Algona 1 posted a 233 for a first place tie with Algona 2 with 233, third place went to Osage 4 with a score of

231.

N-K's top squad was Haydan Pectorious 48, Will Tindall 45, Aidan Moretz 44, Loghan Nelson 43 and Collin Houg 43 for a total of 223. Again, no individual awards were given.

On Thursday, May 18, the Vikings hosted Osage, Riceville and Central Springs at the Ikes. Osage won with a score of 227, second was N-K with a score of 214 and third was Riceville with a 204.

The top five scores for N-K were Collin Houg 47, Haydan Pectorious 46, Trinity Vandiver 40, Iver Girouard 40 and Will Tindall 39.

Ladies champion was Alexa Thayer of Osage with 44, second was Trinity Vandiver 40 and tied for third were Gracie White of Central Springs and Lydia Koch of Osage with 31.

Men's champion was Jack Sparrow of Osage with 48, second was Collin Houg with 47 and third was Haydan Pectorious with 46.

On Saturday, May 20, the Vikings traveled to the Ventura Gun Club for a 100 target event hosted by the Mason City Riverhawks.

Schools attending were Osage, Lake Mills, Mason City, Emmetsburg, GT-RA, N-K and Cedar Valley Conservation.

Osage won the event with a score of 474 (out of 500), second was Lake Mills with 471, third was Cedar Valley with 455.

The Vikings posted a 451: Haydan Pectorious 96, Collin Houg 95, Aidan Moretz 92, Will Tindall 84 and Loghan Nelson 84.

Ladies champion was Paisley E (ECCB) with a score of 97, second was Hailey H. (LM) 96 and third was Alexa T. (O) with 95.

Men's champion was Ethan L. (LM) with a score of 99, Jace P. (O) with 98 and third was Aidan H (ECCB) 98.

The USA Clay Target League state championship will be held at the Stockdale Gun Club in Ackley on Sat-

urday, June 3.

JUST IN: The Northwood-Kensett Vikings won the spring 23 USA Clay Target electronic league in class 1A with 477 team points, second was Lake Mills with 376 team points.

The Vikings swept the men's division with Collin Houg in first with an average of 23.5, second was Haydan Pectorious with an average of 23.0 and third was Loghan Nelson with an average of 22.3.

In the woman's division first was Hailey Herr of Lake Mills with an average of 20.4, second was Olivia Walton of Lake Mills with an average of 19.5 and third was Trinity Vandiver of N-K with an average of 17.4.

Trinity is a seventh grader and this is her first year shooting with the Vikings team. Congratulations to all the Vikings and good luck at the championships on June 3.

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Worth County Abstract

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The Northwood Anchor

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Culinary investigation

Students in the Family and Consumer Sciences classroom recently took on an investigative challenge. The classroom kitchen, marked with caution tape, was the scene of a variety of safety and sanitation issues. The students identified all the issues in the classroom and then learned how to clean them up.



Scam letter from 'County Deed Records' circulates in Iowa

On Monday May 1, the Webster County Recorder's Office assisted a resident with questions about a confusing letter they received, which was quickly identified as a scam and reported to local law enforcement.

The letter claimed to be from "County Deed Records" with false information about the recipient's home warranty expiration date. The letter also contained a "renewal fee voucher" for \$199, which resembles a check and requests immediate action to call or be left vulnerable to repair costs.

The Iowa County Recorders Association in partnership with Iowa Land Records confirm that this information is not legitimate. Similar illegitimate letters have been found across the country.

Thankfully, in the Webster County incident, the resident came into the Webster County Recorder's office with questions before taking any action.

If anyone has received a letter claiming to be from the County Deed Records, they should not respond to

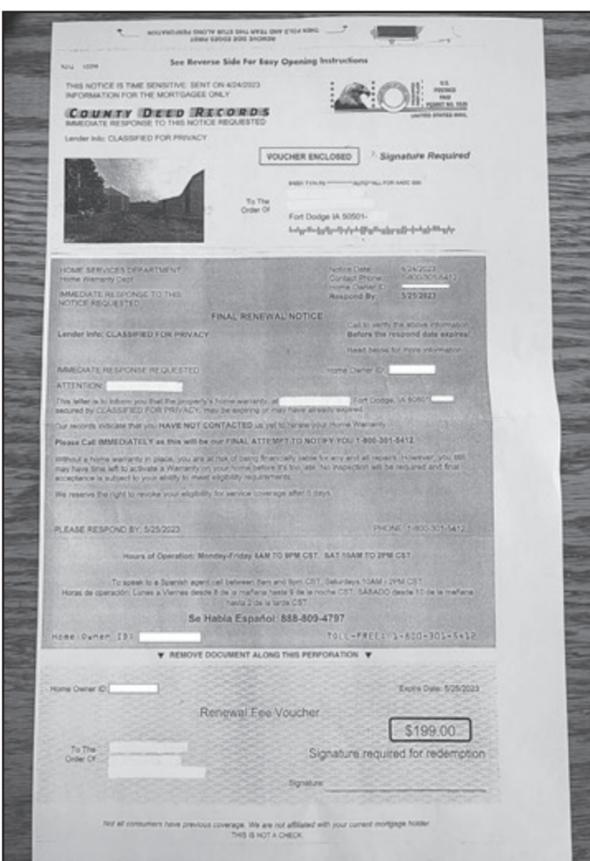
the letter in any way.

- Do not pay
- Do not call
- Do not go to the website
- Do not return any mail requests

Webster County Recorder Lindsay Laufersweiler had this to say about the scam letter, "Scams are everywhere! Thankfully this individual came into the office to research. This mailing was not sent by County Recorders. (Please remember to) do your research and ask questions. You'll be glad you did!"

Since 1839, county recorders are responsible for the maintenance and management of any official property and real estate documents in the state. The Iowa County Recorders Association was created by Recorders to provide additional resources and governance to each recorder's office and supporting staff.

Created and maintained by County Recorders and the Electronic Services System, Iowa Land Records is an easy-to-use online database and electronic submission service that allows



users to search and submit real estate documents in all of Iowa's 99 counties. To find the local County

Local churches invite families to get ready for 'STELLAR, Shine Jesus' Light'

Vacation Bible School will have an out-of-this-world theme, held in Bolan, on Monday, June 19 through Friday, June 23, the week after the Worth County Fair.

A free-will supper and program will be held on Friday, June 23, at 6 p.m. "At STELLAR VBS, kids discover what it means to shine Jesus' light in everyday life. STELLAR is filled with awesome Bible-learning experiences kids see, hear and touch! Scieny-Fun Gizmos, team-building games, unforgettable Bible songs and tasty treats are just a few of the stand-out activities that help faith flow into real life. Kids will also participate in a mission project."

VBS is for children in preschool through the completion of fifth grade.



Anyone older is welcome to participate as a volunteer.

"While this is free, we still need all participants to pre-register, so we know amounts to order for supplies, materials and food, plus how to organize the crews." Transportation can be made available by contacting one of the churches or Lori Willert.

To be a part of all the STELLAR fun, contact any of the United Methodist churches in Bolan, Manly, Northwood, Plymouth, Rock Falls, Rudd or Nora Springs or the Lutheran churches in Manly or Hanlontown for registration forms and information, or contact Willert at 641-903-9472 or willert@wctatel.net or visit www.bolaniowa.com.

Northwood Church Anchor

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

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

Bethany Lutheran Church/Elk Creek Lutheran
Thursday, MANNA Open, 4:30-6:30 p.m.; Sunday, Worship - Elk Creek, 9 a.m., Sunday School - Elk Creek, 9:45 a.m., Worship Bethany, 10:30 a.m.; Monday, Memorial Day Dinner, 11 a.m. - 1 p.m.
Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan
Wednesday, VBS Meeting at Church, 6 p.m.; Sunday, Worship Services, 9:10 a.m., Coffee Fellowship, 10 a.m.
Pastor Cory Allard

Bethel United Methodist Church
Wednesday, Diner, 8:30 a.m., Pastor Cory at Circuit Meeting; Sunday, Bethel Worship Service, 8 a.m. & 10:30 a.m., Trinity Worship, 9:10 a.m.
Northwood United Methodist Church
Thursday, Pub Theology, 7 p.m.; 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. No Sunday School for June, July & August.
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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Northwood Theatre
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!
Show Times: Fri., Sat., Mon. 7 p.m. Sun. 4 p.m.
740 Central Ave. • 324-0064
Adults \$5
Students (18 & Under) \$3
2 & Under Free
Monday Madness: Free popcorn when you bring your own container

Sue's Cornerpost
CLOSED Saturday, May 27 and Monday, May 29
Open for dine-in! **641-324-2912**

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CLOSED Saturday
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Friday - Enchilada
Saturday - Burritos Deluxe
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May 25-31 **641-324-1244**
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Friday: Crispy Chicken, Sweet Fries, Baked Vanilla Pudding
Monday: CLOSED
Tuesday: Turkey Sandwich, Potato Soup, Green Beans, Pears
Wednesday: Chicken & Mushrooms, Roasted Red Potatoes, Asparagus, Baked Apples

Subscribe to the Northwood Anchor ONLINE!
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PREPARATION

When it is time for you to leave this earth, will you be ready? If you believe in God, repent of your sins and remain steadfast in your faith, you will be. It won't be easy, but with God's help, you will resist temptation, uphold your convictions and live out eternity with Him in the Kingdom of Heaven.



For I am now ready to be offered, and the time of my departure is at hand. I have fought a good fight, I have finished my course, I have kept the faith.
- 2 Timothy 4:6-7 (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 Robert



by Sandy Olson

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

"From Our Kitchen to Yours" is a church cookbook compiled by St. Patrick's Church in Marengo, Iowa (1981; Brennan Printing, Deep River, Iowa). I am just in hog heaven when I find these vintage books full of recipes from people who love God and love to eat. In the days before we had to seriously think about every morsel that entered our mouths, cooking had a totally different enjoyment level than it might now. Because I miss those carefree days, I'll share recipes from the chapter on "Cookies and Bars."

Coconut Rum Balls

1 package (12oz.) vanilla wafers, coarsely crushed
1 cup finely chopped walnuts
1 package (3.5oz) flaked coconut
1 can sweetened condensed milk, NOT evaporated milk
1/4 cup dark rum
1/2 teaspoon real vanilla extract
Sifted confectioners' sugar

Mix the wafer crumbs, nuts and coconut together, blending well. Add the condensed milk, vanilla and rum. Mix gently but thoroughly. Make into 1-inch balls and roll in the confectioners' sugar. Refrigerate for 24 hours to develop the flavor. Makes about 5 dozen.

Czech Sugar Cookies

1 cup margarine*
1 cup shortening such as Crisco®
1 cup confectioners' sugar
1 cup granulated sugar
4 cups all-purpose flour
2 large eggs
1 teaspoon real vanilla extract
1 teaspoon baking soda
1 teaspoon cream of tartar
Preheat the oven to 375 degrees F.

Cream the shortening, shortening and sugars until fluffy. Add the eggs and vanilla and blend well. Stir in the remaining ingredients forming a smooth dough. Form into walnut-sized balls and roll in more confectioner's sugar. Place on a greased cookie sheet about 2 inches apart. Flatten down with a fork. Bake for 10-12 minutes; makes 6 dozen.

*just a note: I HATE to cook with margarine; real butter is so much better but this recipe calls for margarine and I know it helps cookies not spread out as thin. Use an "old fashioned" type in the stick rather than the newer tub types with lots of oil in them as they are too liquid.

Jello Cookies

3/4 cup shortening such as Crisco®
1/2 cup sugar
1 package (3oz) any flavor gelatin dessert such as Jello®
2 large eggs
1 teaspoon real vanilla
2 1/2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon salt

Cream the shortening, sugar, eggs and vanilla until well combined. Add the dry ingredients and continue to mix well. Preheat the oven to 400 degrees F. Make 3/4-inch balls from the cookie dough and place on a parchment-lined cookie sheet. Flatten with a glass dipped in granulated sugar. Bake for 6-8 minutes of until golden. Makes about 36 cookies.

Marengo, Iowa is a small town of about 2,500 residents and it seems many of them were good cooks back in the day. I'm betting some of them still are! And... that's all she wrote.

Century and Heritage Farm Program Applications due June 1

Iowa Secretary of Agriculture Mike Naig reminds eligible farm owners to apply for the 2023 Century and Heritage Farm Program through June 1.

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

Iowa's multi-generational farm families.

To apply, download the program application on the Department's website at iowaagriculture.gov/century-and-heritage-farm-program. Please complete the application and return it to:

Century and Heritage Farm Program
Iowa Department of Agriculture and Land Stewardship
Wallace State Office Building

502 E. Ninth St.
Des Moines, IA 50319

You may also send a written request for an application to the address above, or contact Kelley Reece, coordinator of the Century and Heritage Farm Program, at 515-281-3645 or kelley.reece@iowaagriculture.gov.

Special ceremonies recognizing 2023 Century and Heritage Farm families will be held at the Iowa State Fair on Thursday, Aug. 17 in the historic Livestock Pavilion.

Mailbox Improvement Week arrives in time for Spring cleaning

The U.S. Postal Service is asking all homeowners to inspect and repair their mailboxes during Mailbox Improvement Week, May 21-27.

The Postal Service makes this annual request because of the wear and tear that occurs to mailboxes every year. Repair-

ing suburban and rural mailboxes improves the appearance of communities and makes delivering and receiving mail safer for postal carriers and customers. Some typical activities homeowners may need to do include:

- Replacing loose hinges on a mailbox door.

- Repainting a mailbox that may have rusted or has started to peel.

- Remounting a loosened mailbox post.

- Replacing or adding house numbers.

If a homeowner plans to install a new mailbox or replace a worn one, he or she must use only Postal Service-approved traditional, contemporary, or locking full/limited service mailboxes. Customers may use a custom-built mailbox, but they must consult with their local Post Office to ensure it conforms to guidelines applying to flag, size, strength, and quality of construction.

Northwood Anchor

Society



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HELEN TRENHAILE AND FAMILY



PHYLLIS MORTENSON AND FAMILY

LRH celebrates Mothers Day with a tea party

This past Saturday May 13 the residents at the Lutheran Retirement Home and their families had our first Mothers Day Tea party in four years.

They enjoyed music that was provided by pianist Sam Cresser as well as coffee, tea, cinnamon rolls and fresh fruit.

It was so wonderful to

be able to gather together after so long and with no masks!



Graduation Open House honoring

Josh Stevens

Friday, June 2
4-6:30 p.m.

4561 Quail Ave.
Northwood*

A CELEBRATION OF LIFE for

Pam Siebrecht Williamson

will be on **Saturday, June 3 • 1-3 p.m.**

at the Worth County Fairgrounds
Community Room (South Entrance)
Northwood*

The Northwood Anchor
a dog gone good read.

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MEMORIAL DAY DINNER

Monday, May 29

11 a.m. - 1 p.m.
(Dine in or Carry Out)

Sion Lutheran Church
4525 Finch Ave., Lake Mills
7 miles East of Lake Mills
10 miles West of Northwood

Menu includes -
Homemade Scalloped Potatoes & Ham, Baked Beans, Salads, Desserts, Coffee & Lemonade
\$10 per adult
\$5 per child (10 and under)

Memorial Day Lunch

Monday, May 29
9 a.m. - 1 p.m.

Silver Lake Lutheran Church
705 Silver Lake Road
Northwood, Iowa

Menu includes -
Sloppy Joes, Potato Salad, Pies, Coffee & Lemonade

Elk Creek Cemetery

Memorial Day Dinner

Monday, May 29
11 a.m. - 1 p.m.

at Elk Creek, 4108 Kildeer Ave., Kensett

Dinner Menu consists of -
Scalloped Potatoes & Ham,
Baked Beans, Salads & Bars

Take Out will be available

Free Will Offering will go to the cemetery upkeep

Worth County Cattlemen celebrate Beef Month

**By Melissa Moretz
Worth County Cattlemen**
May is Beef month and the Worth County Cattlemen are excited to celebrate and share what their organization has to offer. The county board is made up of 9 members and Kevin Braun, was recently elected in 2022 to serve as the president. Kevin and his family have a cow calf operation where they focus on raising quality show cattle and purebred

breeding stock. The Worth County Cattlemen put on several events during the year, including sponsoring halters for 4-H members showing beef, sponsoring the rate of gain contest and giving out cash prizes to winners, custom grill for several events throughout the summer, including donating and cooking the meat for the Relay for Life event happening June 3rd and will be

providing a beef roast lunch on Sunday June 18th at the shelter house on the Worth County Fairgrounds located in Northwood. Bring you dads out and treat them to a delicious lunch cooked by the cattlemen for Father's Day this year! Outside of Worth County, the cattlemen serve as a voice advocating for cattle producers in the state of Iowa as well on the national level. Be sure to "like" Worth County

Cattlemen on Facebook to follow along for your chance to win prizes throughout the month of May and keep up to date with all of their events during the year. As part of beef month, I would love to share an easy crockpot taco meat recipe. Happy beef month and remember the beef producers when you are grilling your next burger or steak this summer.

Classic Meatloaf

Ingredients:

- 2 lbs of ground beef
- 2 taco seasoning packets
- 1 can rotel

Cooking Instructions:

Combine all ingredients into the crockpot and cook on high for 2.5 hours or low for 4 hours. Stir, serve, and enjoy! Optional, you can blot the grease with a paper towel if your meat is on the greasy side.

Information for National Beef Month

From the Iowa Beef Industry Council

ABOUT IBIC

Funded by the \$1 per-head National Beef Checkoff Program and the \$0.50 per-head Iowa State Beef Checkoff Program. The Iowa Beef Industry Council Board of the Directors is comprised of beef and dairy farmers from across the state who provide guidance and oversight of beef checkoff investments for the beef industry. Checkoff dollars are invested in beef promotion, consumer information, research, industry information and foreign market development, all with the purpose of strengthening beef demand.

ABOUT BEEF - NUTRITION

It's hard to beat the nutrients you get from a serving of real beef. Beef supplies 10 essential nutrients that support a healthy lifestyle, including protein, zinc, iron and B vitamins. Beef is an authentic source of high-quality protein without a long list of ingredients and no added sodium—it's just beef that you're getting for dinner.

• One serving of beef is 3 ounces, about the size of a deck of cards, and provides 25 grams of protein (roughly 50% of your daily value) in about 170 calories.

• Animal proteins such as lean beef are complete, high-quality proteins that contain all the essential amino acids your body needs.

• All beef choices have to meet the same safety standards. Vigilance on farms, rigorous safety inspections, and strict government guidelines ensure the highest level of safety for whichever type of beef you choose.

• You would have to eat 6 tablespoons of peanut butter (564 calories) to get the same amount of protein provided by one 3-oz serving of lean beef (150 calories).

• Lean beef has less than 10 grams of total fat per 3-oz serving. About half the fat in beef is monounsaturated fat, the same heart-healthy kind found in olive oil.

ABOUT MEAT SUBSTITUTES

Beef demand is up—that signals to us that consumer continues to crave beef's great taste and the essential nutrients and

high-quality protein that comes from consuming it. When it comes to a healthy, sustainable diet, it's all in the name of: "Beef. It's What's For Dinner."

• When you look at the market for beef and beef substitutes, beef substitutes account for less than 1 percent of sales.

• The beef industry has always been in market with other proteins, and right now beef demand is up—which tells us consumers are clearly craving beef and its great taste, which is hard to replicate.

• Consumers have always had a variety of different protein options to choose from. Research shows that consumer consider beef one of the best sources of protein. In the same research, plant-based and lab-grown alternatives are not as good.

ABOUT THE BEEF COMMUNITY

• Livestock turn feed-grade grains into high quality protein for our diets. Less than 5 percent of global grain production is used to feed livestock.

• One farmer or rancher today raises enough food to feed 155 people compared to

just 19 in 1940. In fact, less than 1% of the U.S. population raises our food.

• The beef community directly or indirectly accounts for more than 1.4 million jobs and contributes more than \$188 billion in output to the national economy.

• Cattle farmers and ranchers have invested more than \$30 million since 1993 in safety research and outreach programs. The beef community as a whole invests at least \$550 million in safety annually.

• 87% of farmers and ranchers who raise beef follow best management practices consistent with BQA because it's the right thing to do.

• Raising beef today requires less water, land, and energy and has a smaller environmental footprint thanks to continuous improvements by farmers and ranchers.

• Compared to 1960, there are half as many farmers and ranchers today feeding a U.S. population that has more than doubled.

• Approximately 85% of U.S. grazing lands are unsuitable for growing crops. Grazing cattle on this land more than doubles the area that can be used to raise food.

ABOUT UPCYCLING

• Cattle do more than recycle – they upcycle human-inedible plants into high-quality protein.

• 90% of what cattle eat is forage and plant leftovers that people can't eat and would otherwise go to waste.

• Cattle generate more protein for the human food supply than would exist without them because their unique digestive system allows them to convert human-inedible plants into high-quality protein

TOUGH QUESTIONS:

1. Are Americans eating too much beef?

On average, Americans consume 5.1 oz of protein each day from all foods, including meat, poultry, eggs, fish/seafood, nuts, and soy products. Compared with the 5.5 oz of the Dietary Guidelines recommend daily, Americans are note over-consuming protein.

2. Does eating beef increase your risk for heart disease and high cholesterol?

Contrary to conventional wisdom, beef can be good for heart health. New research shows that eating lean beef

every day, as part of a heart-healthy diet and lifestyle, can improve cholesterol levels.

3. Are beef choices such as natural and organic better for you than conventional beef?

No. All beef offers the same primary nutritional benefits in a healthy, balanced diet. There is no major nutritional or safety advantage to choosing on type of beef over another.

4. Is the livestock industry overusing antibiotics and creating "super bugs"?

Evidence shows the proper use of antibiotics in livestock is not creating a public health risk. Farmers and ranchers work with veterinarians to first prevent, and then judiciously treat, illness in cattle.

5. Does raising beef have a huge carbon footprint?

According to the U.S. Environmental Protection Agency (EPA), livestock accounts for just 3.4 percent of total U.S. greenhouse gas emissions. In addition, beef's carbon footprint has significantly decreased in the last 30-plus years.

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May is Beef Month, and we are proud to salute all of our area Beef Producers!

Thank you for keeping Iowa's ag industry strong!



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The Iowa beef industry generates \$5.1 billion annually and creates jobs for nearly 40,000 Iowans.

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Worth County
CATTLEMEN

Invite You to the Worth County Fair!

Saturday, June 17

4-H Junior Beef Show

Donating Halters with
Worth Co. Vet Dr. Dierenfeld and
Worth County Cattleman

Sunday, June 18 Noon

Beef Barbeque

Prepared and Served by Cattlemen

Directors

Kevin Braun President

Dr. Mike Dierenfeld Treasurer

Nathan Moretz Vice President

Keith Braun Secretary

Annual CATTLEMEN PICNIC

Tuesday, July 18, 2023

Board

Chad Krull

Brian Wallin

Jayson Olson

Randy Oswald

Kyle Baker

Ag
Cont. from Page 1

the milking process and what is involved as the members of the family milk the cows and maintain the facilities. They also learned about how the milk is stored and where it goes to be made into cheese.

The students also got a chance to meet some of the newest addition to the farm as they met and fed recently born calves.

They ended the visit with a sample of dairy products with cheese and crackers and milk or chocolate milk.

The group left the Medlang farm and traveled to the Braun family farm, where they enjoyed a lunch of another beef product with hamburgers, chips and other treats, made possible by the Worth County Cattlemen and Farm Bureau.

After lunch Keith and Kevin showed them some of the equipment used on the farm and to transport crops. Keith showed them around inside the cab of a tractor while Kevin showed a semi cab. Kevin also talked to them about how to stay safe around the large farm equipment.

Kennedy Eskildsen led a tour of the cattle barn, showing off where the cattle are cleaned and cared for and where they stay from calf to show cattle. They also got the chance to tour the plastic huts the calves stay in when young.

Their other stop on the Braun farm was the garage, where Allix Braun talked about the about the technology used to keep an eye on the different areas of the farm. Using two tablets the

students took a look at the view from cameras placed around the farm. That included seeing spots that they had toured in the barn.

Following the visit to the Braun family farm, the students traveled to the Chad and Brooke Anderson farm.

At the farm the students paid a visit to the pigs and young chickens that shared a farm together. The pigs were excited to greet the students, several times climbing the walls of their pens to say Hi.

The students also had a chance to learn more about horses, courtesy of Hadley Anderson and Kara Heideman, who talked about horse biology, safety, care and riding. They also got a chance to pet the horse before they had to end their day of farm visits.

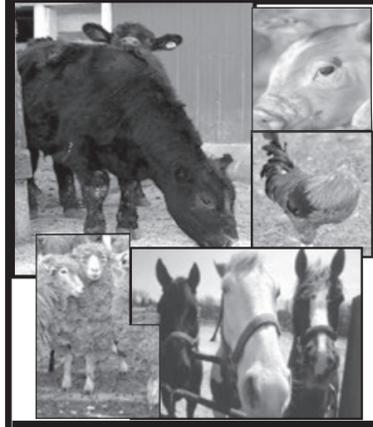


KEVIN BRAUN
641-390-0383

KEITH BRAUN
641-390-0384

BRAUN SHOW CATTLE

1649 430th St. Northwood, IA 50459



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Northwood Anchor **Opinion**

Savvy Senior

How Medicare covers physical therapy services

Dear Savvy Senior,

Does Medicare cover physical therapy, and if so, how much coverage do they provide? My 66-year-old husband was recently diagnosed with Parkinson's disease and will need ongoing physical therapy to help keep him moving.

Worried Wife

Dear Worried,

Yes, Medicare does indeed pay for physical therapy along with occupational and speech therapy too, if he needs it, as long as it's prescribed by his doctor. You'll also be happy to know that Medicare has no limits on how much it will pay for therapy services, but there is an annual coverage threshold you should be aware of. Here's what you should know.

Outpatient Therapy

To get Medicare Part B – which covers outpatient care – to help cover your husband's physical therapy, it must be considered medically necessary and will need to be ordered by his doctor. The same holds true for occupational and speech therapy.

He can get these services as an outpatient at a number of places like a doctor or therapist office; in a hospital outpatient department; at an outpatient rehabilitation facility; at skilled nursing facilities if he is being treated as an outpatient; and at home through a therapist connected with a home health agency when he is ineligible for Medicare's home health benefit.

For outpatient therapy, Medicare will pay 80 percent of the Medicare-approved amount after you meet your Part B deductible (\$226 in 2023). You will be responsible for the remaining 20 percent unless you have supplemental insurance.

But be aware that if his therapy costs reach \$2,230 in a calendar year (2023), Medicare will require his provider to confirm that his therapy is still medically necessary. Medicare used to set annual limits on what it would pay for outpatient therapeutic services, but the cap was eliminated a few years back.

You also need to know that treatment recommended by a physical therapy provider but not ordered by a doctor is not covered. In this situation, the therapist is required to give your husband a written notice, called an Advance Beneficiary Notice of Noncoverage or ABN, that Medicare may not pay for the service. If he chooses to proceed with the therapy, he is agreeing to pay in full.

Inpatient Therapy

If your husband happens to need physical therapy at an inpatient rehabilitation facility like at a skilled nursing facility or at your home after a hospitalization lasting at least three days, Medicare Part A – which provides hospital coverage – will pick up the tab.

To be eligible, his doctor will need to certify that he has a medical condition that requires rehabilitation, continued medical supervision, and coordinated care that comes from his doctors and therapists working together.

Whether you incur out-of-pocket costs such as deductibles and coinsurance, and how much they are, will depend on the setting for the treatment and how long it lasts. For more information on inpatient therapy out-of-pocket costs see Medicare.gov/coverage/inpatient-rehabilitation-care.

Medicare Advantage Coverage

If your husband is enrolled in a Medicare Advantage plan (like an HMO or PPO), these plans must cover everything that's included in original Medicare Part A and Part B coverage. However, some Advantage plans may require a person to use services from physical therapy practices within an agreed network. If he has an Advantage plan, you'll need to contact his specific plan before selecting a physical therapy provider to confirm they're within the network.

More Questions?

If you have other questions about coverage and costs for therapeutic services, call Medicare at 800-633-4227 or contact your State Health Insurance Assistance Program (SHIP), which provides free Medicare counseling. Visit ShipHelp.org or call 877-839-2675 to connect with a local SHIP counselor.

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



Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

I had to see a veterinarian about my nose.

Why a veterinarian?

Nose hares.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Deep thoughts occur as I drive past his drive. I went to town and back, 4 miles each way, without my phone. That's 8 miles without a cell-phone. GASP! Am I crazy or forgetful? I didn't need to hold my breath like a Navy Seal. I did it on purpose. I wasn't awaiting to hear if I'd garnered a MacArthur Genius Grant and if I'd gotten a spam call, whoever called would call back. Johnny Cash sang, "Don't take your phone to town, son. Leave your phone at home, Al. Don't take your phone to town."

Cataract cavalry

Mom had cataract surgery. It was a long ordeal in those days. It involved a hospital stay and brick-like pillows to keep her from moving her head while she was in the hospital bed. I worried about her. It was only fair. She worried about me. As I drove her home after the surgery, she was quieter than normal. Then she said, "When did they put all these lines on the highway?" Humor was the cavalry that rode in and saved the day with a smile.

Sarah McLachlan started a crying epidemic

I sat on the sofa between two small granddaughters. We were watching something easily forgettable on TV when an ASPCA ad came on. There were images of sad and abused dogs

and cats as Sarah McLachlan sang, "You're in the arms of the angel. May you find some comfort here." One of the little girls began to cry. Then the other. It was too much for me. I joined them. My wife entered the room and saw the three of us crying. She looked at me and said, "What did you do now?"

Bob lived through his autopsy

I was having lunch between classes when a man I didn't know took a seat next to me and asked if I'd like to see photos of his autopsy. He didn't wait for my answer before showing me printed photos of him on a gurney. He appeared to have had an autopsy performed on his body before it was sewed back together. Large stitches covered his torso. He'd been in a movie. He gave me a button reading, "Share a smile with a stranger."

I've learned

Bad penmanship is creative writing.

Post-It Notes were made to have "kick me" written on them.

"Last in, first out" applies to leftovers in the refrigerator.

Nature notes

Ken Nelson of Clarks Grove wondered when Baltimore orioles leave after nesting and how many broods they have. They have one brood. In July, most young orioles leave the nest and become independent. The parents molt their body and flight feathers in anticipation of their migration south. By September, it's rare to see any orioles hanging around. Their durable sock-like nests continue to hang, thanks to a tightly woven construction, strong knots and superior building materials.

"Do robins find worms by sight or

sound?" Robins hop around our yards, with heads cocked, searching for worms. Research published in the journal Animal Behavior concluded robins could use either visual or auditory cues to find worms, but probably use both.

"Why do squirrels insist on stopping in a street and then running in front of my car?" Why do squirrels run into the path of an oncoming car? Are they panicking or just goofy? Squirrels spend their lives trying not to be killed and then they do this? Instinct drives this behavior while you're driving your car. Squirrels run in a serpentine or zig-zag pattern to throw hunting hawks off their swooping game. This method helps squirrels dodge raptors and other predators, but not Dodges. I must add that this is a commonly held theory, which squirrels have refused to confirm or deny.

"What do hummingbirds feed on when they return in a cold, late spring?" Sap and insects. Yellow-bellied sapsuckers, which winter in the southeastern U.S. and Central America, migrate north in early spring when the sap is running. They use their strong bills to notch rows of saps wells in trees. They drink the sap and feed on the insects attracted to it. Hummingbirds rely on the bounty of sap provided by sapsuckers and visit the wells to drink the sweet liquid and feed on the insects attracted to it. For hummingbirds, this is an important food source that helps them survive until the flowers bloom.

Meeting adjourned

"I feel fairly certain that my hatred harms me more than the people whom I hate."—Max Frisch. Be kind.

©Al Batt 2023

Fit to print...

From the U.S. Department of Veterans Affairs:

Three years after the Civil War ended, on May 5, 1868, the head of an organization of Union veterans — the Grand Army of the Republic (GAR) — established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Maj. Gen. John A. Logan declared it should be May 30. It is believed the date was chosen because flowers would be in bloom all over the country.

The first large observance was held that year at Arlington National Cemetery, across the Potomac River from Washington, D.C. The ceremonies centered around the mourning-draped veranda of the Arlington mansion, once the home of Gen. Robert E. Lee. Various Washington officials, including Gen. and Mrs. Ulysses S. Grant, presided over the ceremonies. After speeches, children from the Soldiers' and Sailors' Orphan Home and members of the GAR made their way through the cemetery, strewing flowers on both Union and Confederate graves, reciting prayers and singing hymns.

Local Observances Claim To Be First

Local springtime tributes to the Civil War dead already had been held in various places. One of the first occurred in Columbus, Miss., April 25, 1866, when a group of women visited a cemetery to decorate the graves of Confederate soldiers who had fallen in battle at Shiloh. Nearby were the graves of Union soldiers, neglected because they were the enemy. Disturbed at the sight of the bare graves, the women placed some of their flowers on those graves, as well. Today, cities in the North and the South claim to be the birthplace of Memorial Day in 1866. Both Macon and Columbus, Ga., claim the title, as well as Richmond, Va. The village of Boalsburg, Pa., claims it began there two years earlier. A stone in a Carbondale, Ill., cemetery carries the statement that the first Decoration Day ceremony took place there on April 29, 1866. Carbondale was the wartime home of Gen. Logan.

Approximately 25 places have been named in connection with the origin of Memorial Day, many of them in the South where most of the war dead were buried.

Official Birthplace Declared
In 1966, Congress and President Lyndon Johnson declared Waterloo, N.Y., the "birthplace" of Memorial Day. There, a ceremony on May 5, 1866, honored local veterans who had fought in the Civil War. Businesses closed and residents flew flags at half-staff. Supporters of Waterloo's claim say earlier observances in other places were either informal, not community-wide or one-time events. By the end of the 19th century, Memorial Day ceremonies were being held on May 30 throughout the nation. State legislatures passed proclamations designating the day, and the Army and Navy adopted regulations for proper observance at their facilities. It was not until after World War I, however, that the day was expanded to honor those who have died in all American wars. In 1971, Memorial Day was declared a national holiday by an act of Congress, though it is still often called Decoration Day. It was then also placed on the last Monday in May, as were some other federal holidays.

Some States Have Confederate Observances

Many Southern states also have their own days for honoring the Confederate dead. Mississippi celebrates Confederate Memorial Day on the last Monday of April, Alabama on the fourth Monday of April, and Georgia on April 26. North and South Carolina observe it on May 10, Louisiana on June 3 and Tennessee calls that date Confederate Decoration Day. Texas celebrates Confederate Heroes Day January 19 and Virginia calls the last Monday in May Confederate Memorial Day.

Gen. Logan's order for his posts to decorate graves in 1868 "with the choicest flowers of springtime" urged: "We should guard their graves with sacred vigilance. ... Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no neglect, no

The origins of Memorial Day

ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic."

The crowd attending the first Memorial Day ceremony at Arlington National Cemetery was approximately the same size as those that attend today's observance, about 5,000 people. Then, as now, small American flags were placed on each grave — a tradition followed at many national cemeteries today. In recent years, the custom has grown in many families to decorate the graves of all departed loved ones.

The origins of special services to honor those who die in war can be found in antiquity. The Athenian leader Pericles offered a tribute to the fallen heroes of the Peloponnesian War over 24 centuries ago that could be applied today to the 1.1 million Americans who have died in the nation's wars: "Not only are they commemorated by columns and inscriptions, but there dwells also an unwritten memorial of them, graven not on stone but in the hearts of men."

To ensure the sacrifices of America's fallen heroes are never forgotten, in December 2000, the U.S. Congress passed and the president signed into law "The National Moment of Remembrance Act," P.L. 106-579, creating the White House Commission on the National Moment of Remembrance. The commission's charter is to "encourage the people of the United States to give something back to their country, which provides them so much freedom and opportunity" by encouraging and coordinating commemorations in the United States of Memorial Day and the National Moment of Remembrance.

The National Moment of Remembrance encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a minute of silence to remember and honor those who have died in service to the nation. As Moment of Remembrance founder Carmella LaSpada states: "It's a way we can all help put the memorial back in Memorial Day."

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Northwood Anchor Early Files

100 years ago

May 23, 1923
The city council, acting with the Northwood Commercial Club, is putting through some improvements in Crescent Park and will be ready for the tourists. Two new toilets have been installed, new cooking equipment is contemplated and the city has purchased more land to the south and a road will be built around it and rejoin the present road. Private citizens have discussed the matter of other improvements in the park by private subscription but until the water in the river below the dam can be

permanently raised and the uncouth banks on the town side landscaped or screened with greenery it is not likely much can be done.

In response to invitations sent to them by the Civic League, about 100 ladies attended the session of mock court at the courthouse. Mrs. J.O.E. Johnson presided as judge; Mesdames Sabin, Williams, Dillon, Robertson and Miss Keller were attorneys. A jury was drawn and several cases tried.

Movies shown at the Northwood Theatre were Gloria Swanson in "The Great Moment," Anita Stewart in "Her Mad Bargain" and "The Young Diana" starring Marion Davies.

Northwood will have a new physician soon in the

person of Dr. L.W. Larson of partnership with Dr. L.G. Hewitt, one of the pioneer physicians of this city and county. The two doctors have arranged to take over the offices and equipment of the late Dr. E.H. Dwelle.

The main interest now is the approaching events of Commencement week, which begin with the Junior-Senior banquet at the schoolhouse. Rev. Carl B. Ylvisaker will Norwegian Lutheran church. The Senior class play, "Come Out of the Kitchen" will follow at the Northwood Theatre. The cast is as follows: Vivian Williams, Jennie Nelson, Lenore Lund, Florence Sanders, Louis Williams, Anton Lund, Lester Lande, Arthur Bergo and Arthur Halland.

75 years ago

May 20, 1948
The Rev. G.B. Odegaard, pastor of Silver Lake Lutheran congregation since August 1945, has tendered his resignation to that group effective on August 15, 1948. He will round out three years in this pastorate on that date.

Leon Citurs of Northwood, a lifelong resident of Worth County, has been engaged as salesman for Northwood, Kensett and Manly by the Peoples' Gas & Electric Co. of Mason City.

Wright & Olson Appliance Store will have a formal opening next Saturday when free coffee and doughnuts or cookies will be served during the afternoon and evening hours. The appliance business was bought last month from J.A. Gerk, who built it from a small washing machine agency to a business that inclines one of the largest lines of appliances in a town of this size in Northern Iowa.

Three young men were instantly killed and a fourth member of their party suffered injuries when the car in which they were driving northward on Highway 69 near Emmons drove into the path of a semi trailer truck, going

south. Dead are Royden and Ellsworth Ulve of Lake Mills, and Glenn Gaskill of Albert Lea. Lawrence Engebretson, of Scarville, the fourth occupant of the car, was taken to the Naeve hospital in Albert Lea, where his condition is reported as satisfactory.

Sale of two of Northwood's largest businesses, with interlocking ownership, was announced. The G&M Lumber Co., owned by Ted Gran and Loren McDonald, was sold to O.H. Koch of St. Ansgar, and the Coast-to-Coast store owned and operated by Ted Gran was sold to Hugh Markel of Minneapolis.

control of drug misuse.

Martha Rinden, daughter of Mr. and Mrs. Oscar Rinden, Joice, graduated from California Lutheran Bible School in Los Angeles on May 11. She has completed a two year Bible course and her plans for the fall are indefinite at this time. She will travel with the L.E.M. Crusaders this summer. They are training in Thompson for two weeks in June prior to their tour.

The Garner Cardinals won the North Iowa Conference Track Meet at Osage with the Vikings coming in third with 51 points. The Vikings finished first in the pole vault with Frank Orth jumping 10-6; the 220 yard dash with Charlie Nowlin running in :24.8 and the 880 yard relay in 1:40.8. Members of the re-

lay team are Charlie Nowlin, Bob Gaskill, Bill Stading and Rick Hanson.

JoAnn Wilder, daughter of Mr. and Mrs. Robert Wilder, receives an award from State D.A.R. Regent Mrs. Flounay Corey of Cedar Rapids. JoAnn was a regional junior high history essay winner, and also won fourth place in Iowa for her anti-litter poster.

Terry Arendts, Northwood-Kensett junior, placed fourth in the 220 yard dash at the girls state track meet held in Des Moines Saturday. She ran the 220 in 26.2 seconds. Winning time was by Debbie Carroll, Collings, and Sherry Edwards, Hampton, in :25.0. Record for the 220 dash is held by Connie Knott of Manilla, whose time was :24.3 in 1967.

Legion Auxiliary, the VFW Auxiliary, Daughters of the American Revolution, the Northwood-Kensett High School band and Northwood Girl Scouts. Northwood Baptist Church pastor Bob Luebbert was the featured speaker.

Northwood-Kensett Junior High School students and faculty spent time in Sunset Rest Cemetery, cleaning up after the previous week's twister. Their thorough sweep through every section of the cemetery helped the city crew put the landmark in shape for Monday's annual Memorial Day services.

Lisa Helgeson, daughter of Harlan Helgeson, Northwood, and Kathy Barber, Tipton, graduated

Elementary took part in an annual field trip that had them taking a step into the past. Each year fourth grade students visit the Pixley Log House and nearby Creamery Museum to learn about life in the mid 1800s. Their guide on the trip is Worth County Naturalist Dan Block.

N-K sent two individuals to Des Moines to compete in the state track meet, Hattie Davidson in the girls 100 meter dash, and senior Hunter Gerken in the boys 100 and 200 meter dash. Davidson finished 14th while Gerken took home a fourth and sixth place medal in his events.

Local welder Jack Barber has sold his business in Northwood to Northwood resident Cliff Davis, who will continue to operate a welding

business under the name Viking Welding. The original Northwood Welding was started in 1966 in downtown Northwood in a building that was located in the current parking lot between Northwood City Hall and Dewey Kruger Music.

Northwood-Kensett track athletes were well represented at Iowa State High School Track and Field Meet held at Drake's Blue Oval in downtown Des Moines. The Lady Vikings' Hattie Davidson, just a freshman, made it to the state meet in her first try and came away with a 14th place finished in the 100 meter dash. N-K's other individual qualifier, senior Hunter Gerken, qualified in the 100 and 200 meter dash.



Deputy Paulson participates in Honor Guard

In honor of National Police Week, Worth County Sheriff Deputy Dennis Paulson, along with other members of the ISSDA (Iowa State Sheriffs and Deputies Association) Honor Guard, traveled to Washington, D.C., recently. They were honored to escort several families of fallen Iowa officers.



Lack of seat belt use, deadly on Iowa roads

From the Iowa DOT:
The Governor's Traffic Safety Bureau is urging Iowans to buckle up during the National Highway Traffic Safety Administration's (NHTSA) Click It or Ticket high-visibility enforcement effort. The national seat belt campaign, which coincides with the Memorial Day holiday, is May 22-June 4, 2023.

In 2022, 55% of traffic fatalities in Iowa were unbelted or unknown. So far, in 2023 that number is about 60%. It is perceived everyone wears a seat belt, yet over half of our fatalities are unrestrained. This

translates to 100's of lives lost over the last few years.

"No matter the type of vehicle you're traveling in, where you're seated, or what type of road you're driving on, the best way to protect yourself in a crash is to buckle up," says Brett Tjepkes, Iowa GTSB Bureau Chief. "Unfortunately, many families are suffering because their loved ones do not follow this simple step. If this enforcement effort alerts people to the dangers of unrestrained driving, we'll consider the mission a success".

If you know a friend or a family member who does

not buckle up, please talk to them about changing their habits. Help GTSB and our law enforcement partners spread this lifesaving message before one more friend or family member is killed. Seat belts save lives, and everyone — front seat and back, child and adult — needs to buckle up.

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

25 years ago

May 27, 1998
Northwood-Kensett High band queen Jessica Madson and band king Ben Hengesteg are ready to lead the N-K band in North Iowa Band Festival Parade.

Members of the "Our Buddies" Post 6779 firing squad provided a 21-gun salute at the conclusion of the Memorial Day services at Sunset Rest Cemetery Monday. A crowd of several hundred turned out to witness the ceremonies, which involved members of the local American Legion Post, the American

10 years ago

May 22, 2013
This year's graduating class received \$295,009.60 for their first year of college and \$486,909.60 in scholarships for their full college careers during commencement exercises held at Northwood-Kensett High School. Of the scholarship money going to this year's graduating class, \$254,900 went to 20 students from local scholarships. A total of \$232,009.60 went to 40 graduating seniors from the Worth County Development Authority's education funds. Fourth grade students at Northwood - Kensett

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Supervisors

May 15, 2023
Twentieth Day

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

Loberg led the Pledge of Allegiance and then called the meeting to order.

Motion Smeby/Second Stone to approve today's agenda and minutes from the May 8, 2023 meeting. Motion carried.

Motion Stone/Second Smeby to approve drainage claims in the amount of \$24,778.00 as per the following schedule. Motion carried.

Bolton & Menk Inc, DD 2 Main, Prof Services.....\$5,513.50
Bolton & Menk Inc, DD 11/ Main A Open Ditch, Prof Serv es.....\$13,499.00
Bolton & Menk Inc, DD 14, Prof Services.....\$1,743.50
Bolton & Menk Inc, DD 49 North Main Tile/Lat 2, 3, 4, 5, 5A, 6, Prof Services.....\$1,750.00
Goodwin Law Office, PC, D D 72 Main Open Ditch, Prof Serv es.....\$609.50
Bolton & Menk Inc, DD 72 Main Open Ditch, Prof Serv es.....\$1,662.50
Grand Total.....\$24,778.00
Motion Smeby/Second Stone to approve claims in the amount of \$91,430.74 as per the following schedule. Motion carried.
A.H. Hermel Vending & Foodservice, Supplies-Shf..... 122.32

Aaron Stevens, Safety-Eng 150.00
Agvantage Fs Inc
Fuel-Eng..... 11,015.11
Amazon Capital Services
Supplies..... 366.25
Aramark, Service-Eng..... 369.11
Austin Office Products
Supplies-Shf..... 92.86
Bethel Lutheran Brethren Church
Service-Vaf..... 96.00
Bmc Aggregates Llc
Rock-Eng..... 2,280.37
Brightree Home Health & Hospice Llc, Service-Phd..... 3,080.91
Care Connections Of Northern Iowa, Service-Mha..... 1,921.84
Carquest Auto Parts Inc
Supplies-Eng..... 1,546.51
City Of Fertile, Service-Eng 76.37
City Of Kensett
Service-Eng..... 51.60
Colton Kisner, Safety-Eng... 49.99
Culligan Of Mason City
Service-Gsr..... 139.50
Eugene Mueller
Service-San..... 490.00
Falkstone Llc, Rock-Eng. 1,487.39
Fallgatter's Market Inc
Supplies-Con..... 5.97
Five Star Cooperative
Fuel-Eng..... 70.35
Galls, Llc, Supplies-Shf..... 236.89
Grafton Welding
Service-Eng..... 175.00
Graham Tire
Supplies-Shf..... 2,101.00
Guardian Rfid
Service-Shf..... 2,175.00
Heartland Power Coop
Service-Wwt..... 2,882.40
Helps Drain Cleaning
Service-Shf..... 200.00
Ia Dept Of Public Safety

Service-Shf..... 1,737.00
Iaccvso, Dues-Vaf..... 50.00
Institute Of Ia Cert Assessors
Edu-Asr..... 700.00
Jessica Reyerson
Reimb-Phd..... 50.00
Kelly Hardware
Supplies-Con..... 276.95
Larsen Plumbing & Heating Inc
Service-Shf..... 145.00
Lea Mobile Glass Inc
Supplies-Eng..... 283.10
Lexipol, Llc, Service-Shf15,235.91
Lynn Butler, Safety-Eng... 150.00
Marco Technologies Llc
Service-Dap & Asr..... 504.15
Menards Inc, Supplies-Eng. 35.58
Midwest Pipe Supply Inc
Supplies-Eng..... 5,320.00
Midwest Wheel Companies Inc
Parts-Eng..... 338.46
Nassco Inc., Supplies-Gsr.. 316.57
Pinnacle Quality Insight
Service-Phd..... 174.50
Plunkett's Pest Control Inc
Service-Shf..... 98.38
R80 Llc, Supplies-Shf..... 130.22
Robert Aamott
Safety-Eng..... 150.00
Shield Technology Corporation
Service-Shf..... 12,957.00
State Hygienic Laboratory
Service-San..... 172.00
Trading Post, Supplies-Eng. 66.97
Waste Management Of Iowa Inc
Service-Sdp
2,250.00
Wex Bank, Service-Tra... 2,486.73
Whks & Co, Service-Eng11,480.00
Worth County Engineer
Fuel-Con..... 2,225.52
Ziegler Inc, Service-Eng.... 672.31
Zoho Corporation

Service-Dap..... 2,241.65
Grand Total..... 91,430.74
Motion Stone/Second Smeby to approve the clerk of court's monthly report. Motion carried.
Motion Smeby/Second Stone to approve salary changes for Jesse Luther to \$71,905.60/year, John Smith to \$69,409.60/year and Dawn Knudtson at \$19.49/hour as submitted by the sheriff. Motion carried.
Motion Smeby/Second Stone to approve Class C Retail Alcohol License (5 day) for The Stock Tank LLC. Motion carried.
Chairperson Loberg recessed the regular session at 8:51 A.M.
Motion Smeby/Second Stone to open the FY23 Budget Amendment public hearing at 9:00 A.M. Motion carried. Auditor Backhaus explained the amendment. There was no public comment.
Motion Smeby/Second Stone to close the public hearing at 9:04 A.M. Motion carried.
Chairperson Loberg reconvened the regular session at 9:04 A.M.
Chairperson Loberg recessed the regular session at 9:04 A.M.
Chairperson Loberg reconvened the regular session at 9:30 A.M.
Motion Smeby/Second Stone to adjourn at 9:40 A.M. Motion carried.
Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

Northwood-Kensett School

The Northwood-Kensett Board of Directors met in a Regular Meeting on Monday, May 15, 2023 in the Administrative Office at 7:00 P.M.

Members present: Larry Hovey, Bradley Christianson, John Anderson and Cindy Pangbrun
Absent: Susan Kliment

(4-0) Approved the Agenda for May 15, 2023; April 13, 2023 Regular Meeting Minutes; Financial Reports for April; May bills for payment

Reports:
Elementary Principal: 1) K-3 Summer School 2) Kindergarten orientation took place on Friday, May 5th 3) Elem track and field day on May 17th 4) Preschool Advisory Meeting 4) Reading Specialist

Secondary Principal: 1) Summer concession stand, looking for groups to run baseball/softball concessions for this summer
Superintendent: 1) GEER and ESSER I, II, and III Funds 2) Preschool 3-year-old tuition 3) School Board Recognition

School Board: 1) Next regular board meeting scheduled for Tuesday, June 13, 2023 at 7:00 pm

New Business:
(4-0) approve second reading of policy 802.03, 802.04-R(1), 802.04-R(2), 803.01, 803.02, 804.07, and 804.07-R(1)

(4-0) approve the minutes of the District Advisory Committee meeting held on May 9, 2023 as listed in the packet

(4-0) approve no increase in student fees for 2023-24 school year

(4-0) approve the increase in nutrition pricing for the 2023-2024 as listed in packet. The adult meal price will be set by the Federal Government

(4-0) approve the Teacher Leadership Positions as presented by Mr. Crozier in the packet

Personnel
(4-0) approve the resignation of Steve Hartman for Girls Varsity golf for the 2024 season pending suitable replacement

(4-0) approve the resignation of Darrin Kliment as Route Driver at the end of the 2022-2023 school year

(4-0) approve the resignation

of Morgan Young secondary associate

(4-0) approve the resignation of Nikkole Koenig as K-12 Vocal Music teacher

(4-0) approve Sam Butler as the Student Council Advisor for the 2023-2024 school year

(4-0) approve Sarah Yezek as the Speech Coach for the 2023-2024 school year

(4-0) approve the hire of Heather Rheingans as the head volleyball coach for the 2023 season

(4-0) approve Mike Pitt as the part-time custodian for the VAC at a rate of \$14.00 per hour

(4-0) approve the hire of Kevin McClure as a route bus driver for the 2023-2024 school year

(4-0) approve the resignation of Elizabeth Virchow as Secondary cook

(4-0) adjourn the meeting at 7:24 pm
Northwood-Kensett Community School District

AGVANTAGE FS, INC
propane..... 1,729.60
AHLERS & COONEY, P.C.

legal services..... 96.00
AIRGAS USA, LLC
SUPPLIES..... 283.32

All Star Pest Control
pest control..... 75.00
ALLIANT ENERGY
ELECTRICITY..... 11,282.56

Amazon Capital Services
SUPPLIES..... 598.16
AUDITOR OF STATE
Filing fee..... 425.00

BATTON, SHANE
Lawn Care..... 2,937.50
CARQUEST AUTO PARTS
SUPPLIES..... 87.50

Central Rivers Area Education Agency, work experience 5,125.00
CITY OF NORTHWOOD
water/sewer..... 868.01

Dalco, supplies..... 459.67
FALLGATTER'S MARKET
SUPPLIES..... 660.48

Iowa Water Management Company, boiler service..... 215.00
IowaASCD
curriculum academy reg.. 320.00

JMC COMPUTER SERVICE
student software..... 9,421.48
JOSTENS, INC.
supplies..... 504.10

Kelly Hardware
SUPPLIES..... 346.95
Knudtson Automotive Services

transportation services. 1,819.67
LARSEN PLUMBING & HEATING, INC., services. 818.87
MANKATO CONTROL SYSTEMS, repairs..... 531.10
MARTIN BROTHERS
supplies..... 1,365.71

N-K JR/SR HIGH OFFICE
petty cash..... 99.79
Nieman, Vince, repairs..... 950.00
NORTH IOWA AREA COMM. COLLEGE
concurrent enrollment 59,919.90
NORTHWOOD ANCHOR PUBLICATION..... 213.19
NORTHWOOD CHIROPRACTIC PC, physical..... 100.00
NORTHWOOD SANITATION
garbage..... 630.00
PERFECTION LEARNING
books..... 155.64
Roto-Rooter of Mason City
drain service..... 250.00
SCHOOL SPECIALTY LLC
SUPPLIES..... 30.54
Taylor Construction
repairs..... 1,125.00
Thorson, Megan
reimb supplies..... 86.04
TIMBERLINE BILLING
SERVICE LLC
MEDICAID BILLING..... 259.72
TRADING POST
supplies..... 31.98
VISA, supplies..... 408.22
Waldorf University
tuition..... 1,750.00
WINNEBAGO COOPERATIVE
TELECOM ASSN
phone/internet service.. 1,151.14
WORTH COUNTY ENGINEER
diesel/gas..... 3,235.16
Worth Lumber Company
supplies..... 114.90
Lashier Graphics & Signs
wall plaques..... 285.00
Musicians Institute..... 1,000.00
Checking Account ID
1..... 111,766.90
Albert Lea Steel, Inc.
supplies..... 167.46
Boyd, Bill, official..... 260.00
CARQUEST AUTO PARTS
SUPPLIES..... 930.92
Cheer Buttons and Bows
supplies..... 334.10
Cotter, Martin
reimbursement..... 109.08
DECKER SPORTING GOODS
supplies..... 598.75
DINGMAN, DAN, official.. 130.00
Ehlke, Brendan, official... 150.00
FALLGATTER'S MARKET

SUPPLIES..... 211.46
Family, Career & Community
Leaders of America
supplies..... 1,000.00
Flower Forager, supplies... 298.00
FREDERICKSON, TIM
official..... 240.00
GERHARDT, STEVE
official..... 130.00
Giles, Ron, official..... 120.00
HIGHLAND PARK GOLF
COURSE, fee..... 60.00
HOPPEL, SCOTT, official.. 130.00
IOWA FCCLA, supplies..... 330.00
Iowa FFA Association
fee..... 285.00
JENSEN, STEVE, official.. 120.00
Kelly Hardware,
SUPPLIES..... 95.34
KRUKOW, ARNIE, official 120.00
LAKE MILLS CSD, fee..... 85.00
Leber, Brandon, Official... 130.00
McColloch, Dan, Official... 240.00
Miller, John, official..... 130.00
Music in Motion, DJ..... 200.00
Newton, Jeff, official..... 120.00
O'Hern, Tony, official..... 120.00
Parks, Gregory, official... 60.00
Peterson, Scott, official... 130.00
Rieman Music, Inc
supplies..... 67.45
Schiff, Christian, official... 120.00
SPOTTS, MARCUS
official..... 130.00
Staples Business Credit
supplies..... 77.64
SULLIVAN, TOM
official..... 120.00
Travel Train, supplies..... 130.00
TROPHIES PLUS, INC.
supplies..... 457.98
VISA, supplies..... 3,811.33
Whitehill, Scott, official... 130.00
Yates, Mark, official..... 130.00
Fund Number 21..... 12,209.51
UMB Bank NA
bond payment..... 1,000.00
Fund Number 33..... 1,000.00
Marco, copier lease..... 1,875.67
Software Unlimited, Inc
accounting software..... 7,500.00
Fund Number 36..... 9,375.67
ANDERSON ERICKSON DAIRY
MILK..... 2,779.53
EMS DETERGENT SERVICES
SUPPLIES..... 388.50
MARTIN BROTHERS
Food/Supplies..... 11,894.12
PAN-O-GOLD BAKING CO
BREAD..... 503.53
Staples Business Credit
supplies..... 168.16
Fund Number 61..... 15,733.84

21-2t

People's Right To Know

Legal

Northwood Anchor

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY

CASE NO. ESPR009364
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF GARY ALAN PANGBURN, Deceased
To All Persons Interested in the Estate of Gary Alan Pangburn, Deceased, who died on or about January 5, 2023:

You are hereby notified that on May 8, 2023, the Last Will and Testament of Gary Alan Pangburn, deceased, bearing date of March 18, 2016, was admitted to probate in the above named court and that Riley Pangburn was appointed Executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

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

Dated May 17, 2023.
Riley Pangburn
1205 First Avenue South
Northwood, IA 50459
Executor of Estate

John H. Greve
ICIS#: AT000003086
Greve Law Office
736 Central Ave.
P.O. Box 167
Northwood, IA 50459
Attorney for Executor
Date of second publication the 31st day of May, 2023.

21-2t

PROFESSIONAL CARD

Business Announcements

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

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Northwood, IA 50459
641-324-1221

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

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Beginners/12 Step meeting 7:30 p.m. Thursdays
First Lutheran Church
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Congregate Meals
MEALS ON WHEELS
324-1244

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The Northwood Anchor



Floral cubing

These students arranged the colors and squares on the Rubik's cubes seen above to create a summery image. The students used 675 cubes to create the image. Cube arrangers pictured include (from left) Cayleigh Pepper, Mia Fierova, Ivy Toresdahl and Konlin Perry.



Teamwork-out

Northwood-Kensett fourth graders recently had the chance to practice their teamwork skills as a part of their guidance class work. The students divided into groups and worked to build the tallest tower out of provided materials, with a marshmallow on top.



Check mate

Northwood-Kensett students recently traveled to take part in the Central Rivers AEA to put their pawns, knights, kings and queens into place, as they took part in a chess event with other area schools.

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A zoo field trip

Students in the second grade recently spend a school day at the Minnesota Zoo. The trip included all the animals they could see, and in some cases touch, with the aquarium portion of the zoo.



N-K's senior long distance runner Treycen Rollene maneuvers through the traffic in the 800-meter relay finals last Thursday afternoon in Des Moines. The team of Rollene, Lamonte Sims, Dalton Logemann and Kooper Julseth placed 11th in class 1A with a time of 8:25.47.

N-K boys golf team competes at district meet

By Mike Simmons Sports Editor

The Northwood-Kensett boys golf team extended its time on the links into the post season with last Monday's appearance in the district tournament played at Highland Park Country Club in Mason City.

The Vikings shot a 396 as a team but was well behind the tournament's top schools, including the four teams that

advanced, West Fork 329, AGWSR 330, East Buchanan 333 and Turkey Valley 368.

BCLUW's freshman sensation Zaden Eggers took medalist honors with a three over par 75.

N-K's scores include Nick Hanson (20th) 89, Caden Helgeson (28th) 92, Breyden Hoepfner (43rd) 105, Carter Anderson (46th) 110, Brady Christianson (50th) 124 and Kenney Conlin (51st) 128.

Northwood-Kensett's boys and girls golf teams celebrated the successful season with its annual postseason awards night. Receiving awards this year were boys Newcomer Caden Helgeson, boys MVP Nick Hanson, girls co-MVPs Ella Leonard and Peyton Wilder, girls most improved Marisa Halbach and boys most improved Carter Anderson.



Eggs-citing education

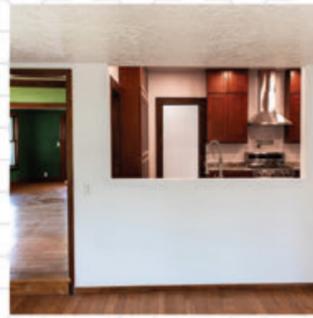
Teresa Stehn, Worth County Farm Bureau Outreach Coordinator, recently went into the kindergarten classrooms in the county for the end of their embryology units with the hatching of their eggs. Out of 24 eggs, the classrooms hatched 17 chicks. The students got to tell fun stories and facts about their chicks before heading to their new home on the farm. The students went home with a fact sheet with an activity and had a tasty treat to celebrate the chicks' birthday.



The Northwood-Kensett boys and girls golf teams held their annual awards banquets last week. This year's award winners include Caden Helgeson (Newcomer), Nick Hanson (MVP), Ella Leonard (MVP), Peyton Wilder (MVP) and Marisa Halbach (Most Improved). Not pictured is Carter Anderson, who also received the Most Improved award.

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 Other: New Appliances
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Lady Viking Macy Thorson runs her leg of the shuttle hurdle relay in last Thursday morning's prelims. The team of Thorson, Emma Hengesteg, Morgan Wallin and Lindsey Moore placed first in the 1A prelims with a time of 1:07.66.



N-K junior Emma Hengesteg clears the hurdles in the shuttle hurdle relay finals last Saturday at the state championships in Des Moines. The team of Hengesteg, Macy Thorson, Morgan Wallin and Lindsey Moore took home the second place medal in the event with a finals time of 1:07.46.

Hengesteg, Thorson, Wallin and Moore place second at state

By Mike Simmons
Sports Editor

The Northwood-Kensett boys and girls track teams had a pretty successful state track meet last week.

The boys had just one event to run, the 4x800-meter relay on the meet's opening day. Placing 11th in class 1A were Lamonte Sims, Dalton Logemann, Kooper Julseth and Trey-cen Rollene.

The Lady Vikings, led by some of the best female athletes the school has ever produced, placed 21st overall in class 1A as a team, posting 13 points.

Leading the way for the Lady Vikings were Lindsey Moore and the shuttle hurdle relay team of Moore, Macy Thorson, Emma Hengesteg and Morgan Wallin.

This group of young ladies, none of them seniors, placed first in their prelim heat with a time of 1:07.66, which placed them No. 1

heading into the Saturday finals.

As the race got underway on Saturday morning on Drake's famous Blue Oval, N-K fell behind to third but when Moore took the baton for the final leg, the most technical hurdler I've ever seen quickly made up time and crossed the line in second place.

The girls from Stanton won the state title with a time of 1:07.26 with the Lady Vikings posting a time of 1:07.46.

In other action on day one, N-K's Thorson ran her personal best in the 100-meter dash and placed 22nd with a time of 13.47.

Day two was pretty busy for the Lady Vikings as well with three events on the schedule, including the 100-meter hurdle prelims, the 4x200-meter relay finals and the 400-meter hurdles.

Moore and Wallin, two veteran hurdlers who were

the only returning athletes from last season's third place shuttle hurdle team, were both in the 100-meter hurdles field, Wallin placing 16th with a PR of 16.74 and Moore qualified for Saturday's finals with a PR of 15.26, placing her third in the prelims.

The last event of the day for the Lady Vikings had Moore running in the 400-meter hurdles, where she placed 20th with a time of 1:11.05.

As you all know, Saturday at the Iowa High School Track and Field Championships is finals day, and the Lady Vikings had two events that they were still competing in, the shuttle and the 100-meter hurdles, both featuring Moore.

The shuttle hurdle team of course placed second as previously mentioned while Moore took home a fourth place medal in the 100-meter hurdle finals with a time of 15.50.



N-K's Lindsey Moore navigates the hurdles last week at the Iowa High School Track and Field State Championships at Drake's Blue Oval in Des Moines. Moore was the anchor of the second place shuttle hurdle relay team, she placed fourth in the 100-meter hurdles, placed 20th in the 400-meter hurdles and she was a member of the 4x200-meter relay team that placed 21st in 1A.



N-K's Morgan Wallin hands off the baton to Chloe Costello in the 4x200-meter relay last Friday morning on Drake's Blue Oval. The team of Wallin, Costello, Lindsey Moore and Macy Thorson placed 21st in 1A with a time of 1:51.07.

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