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The Northwood Anchor

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Briefs

Bible reading marathon begins tomorrow

Worth County residents are once again invited to take part in the seventh year of reading the Bible in each of Iowa's 99 counties, which begins on June 29.

The public is invited to read on the Worth County courthouse lawn between June 29 and July 4 this year.

This year's Bible read-

Bible, See Page 2

Help sought with flags Friday

Volunteers with the Northwood VFW chapter will once again help make the community more patriotic by raising flags at the Worth County Courthouse. And they're looking for help to do it.

Those that would like to help place flags for the Fourth of July holiday should be at the courthouse at 9 a.m. this Friday, June 30.

The volunteers will also need help taking down the flags after the Fourth. Those that can help should be at the courthouse on Friday, July 7, at 9 a.m.

NKCEF golf tournament Saturday

The Northwood-Kensett Community Educational Foundation will hold its annual golf tournament this Saturday, July 1.

The tournament will be held at the Northwood Country Club, starting at 11 a.m. Registration begins at 10:30 p.m.

The cost is $160 per team or $40 per person.

The tournament is a

NKCEF, See Page 2



The Week's WEATHER
from National Weather Service Observer data

Date	Hi	Lo	Prec.
Tues. June 20	86	66	
Wed. June 21	86	67	
Thurs. June 22	90	65	
Fri. June 23	91	65	
Sat. June 24	85	70	0.03
Sun. June 25	80	65	0.64
Mon. June 26	74	63	



Al and Ivan Fredericks, former owners of A & I Auto



Dan Hendrickson, former owner of CarQuest Auto Parts

Longtime business owners lead parade Tuesday

This year's Fourth of July parade will be led by three longtime Northwood business owners who have a combined 129 years in the auto industry and as community leaders.

The grand marshals of this year's Fourth of July parade will be Dan Hendrickson, retired as owner of CarQuest Auto Parts and Al and Ivan Fredericks, who owned A&I Auto.

Al and Ivan Fredericks opened A&I Auto in 1976. The business closed after 46 years in business at the end of 2022. At the end of last year they sold the business to Knudtson Automotive. Al retired and Ivan has stayed with the new business at the former A&I Auto location.

As he prepared to retire, Al said, "Northwood has been a terrific community."

Longtime, See Page 2

Ribbon sale raises $78,350 for county fair youth exhibitors

The 2023 Worth County Fair 4-H Livestock Ribbon Sale once again raised funds to reward local livestock exhibitors for their time and dedication, while allowing local individuals and businesses the chance to show their support.

On June 19, the ribbon auction was held. A total of $78,350 was paid for 104 show participants' ribbons. The average price paid per ribbon was $753.

Both numbers were up from 2022, when 90 participants received a total of $55,725.

"Top dollar" this year went to Kenley Meyer for her blue ribbon in the Beef Show. Meyer received $2,000 from BGB Cattle. Meyer's parents are Brad and Rachel Meyer. She is a member of the Golden Banner 4-H Club.

The youth receiving the most for ribbons in the sale was Jessika Ausborn, a member of the Hartland Achievers and the daughter of Larry and Kristy Ausborn. Ausborn received a total of $2,150 for her purple ribbon in the Beef Show, Champion Senior Showmanship award in the Dairy Show and the Reserve Champion Top Rate of Gain award in the sheep show.

A total of 30 youth received $26,250 for their participation in the Beef Show, for an average of $875. The Beef show

Ribbon, See Page 2

Winifred recognized tomorrow

The Jefferson Highway Association recently visited Northwood's Hotel Winifred as a part of its tour of local historic highway destinations.

The tour included information about the plans to renovate the historic Hotel Winifred into a boutique hotel.

Following their conference in Mason City on June 7, the group recognized Hotel Winifred for its efforts.

The Waking Miss Winifred group was chosen for the Carol Ahlgren Preservation Award, named for a Jefferson Highway Board member and promoter of historic preservation.

"The passion and teamwork shown by this organization to preserve this special hotel property in their community fits perfectly with the award criteria. Though, their remains much to do in order to complete the full renovation and initial operations, we sincerely applaud the great effort and look forward to the day when we can visit again and stay overnight in this special property along

Winifred, See Page 2



Fourth of July festivities begin this weekend

With the Fourth of July on the way Tuesday, the celebration begins this Friday in Northwood.

That starts with a pool party for kids in grades K-12 this Friday, June 30, from 5-7 p.m. with music, games and food at the Northwood Swimming Pool.

From 6 p.m. to midnight, the beverage garden will be open on Central Avenue.

Food offerings during the beverage garden will include downtown restaurants, along with the Casper Friendly food trailer, formerly Mr. Taco and the Cedar Valley Express food truck.

Rhino will be the evening entertainment, from 8:30-11:30 p.m.

Saturday activities begin with a pancake breakfast served by the members of the Our Buddies 6779 VFW at the post home on

Fourth, See Page 2

Fireworks rules in effect in Worth

With the Fourth of July events on the way, many in Worth County may be planning a fireworks display as a part of their celebration. Part of that should include the rules in place in each community in the county.

State law, which applies outside of incorporated areas in the county, says that the sales and setting off of fireworks can take place from June 1 through July 8, from 9 a.m. to 10 p.m. On the Saturdays and Sundays before the Fourth, fireworks may be set off until 11 p.m.

Those buying fireworks must be at least 18 years old.

Fireworks, See Page 2

Worth County sets department funding for fiscal year

At a recent meeting, the Worth County supervisors approved the funding amounts for county offices, infrastructure and departments.

By resolution, the supervisors approved appropriations that give the different departments and offices the authority to spend budgeted amounts over the course of the fiscal year that starts on July 1, 2023, and ends on June 30, 2024.

The funds come from a combination of taxes, state and federal funds, payment for services and other sources.

The combined total spending allowed by the appropriations is $16,149,342.

There are 36 County departments that divide that total.

The department with the largest funding is that of the County Engineer, which was set for $5,986,135. The Engineer's department includes road projects and road maintenance, equipment and staff.

The next largest portion of the funds went to the Sheriff's Office, which will have $2,153,362 in the fiscal year that begins

Funding, See Page 2

Happy 4th of July!

Longtime
Cont. from Page 1

Ivan added, "We've been in business so long that our customers have become like family. We've seen them grow up; we've seen their kids grow up and now their grandkids are bringing their vehicles to us. The joy of a small town is being able to take care of people and get to know them."

Dan Hendrickson, born and raised in Northwood, was the owner of Northwood's Carquest Autoparts store for 37 years, before retiring in 2021.

As he was set to retire, Hendrickson said, "We would like people in our community to know that we treasure the relationships we've made over the years. We will miss that, but we will stay in the area and will be able to see everybody."

Now the three will be recognized for their combined 129 years as pillars of Northwood's business community.

They will lead the Northwood Fourth of July parade, which begins at 11 a.m. on Tuesday.

Fourth
Cont. from Page 1

Highway 65. The meal will be served from 6-9 a.m.

TUNE will host its annual 5K run/walk, starting at the Timbers. Registration starts at 8:30 a.m. and the start time is 9 a.m.

Registration for a Northwood-Kensett Community Educational Foundation Golf Tournament starts at 10:30 a.m., with the tournament starting at 11 a.m.

Another tournament starts at noon at Swensrud Park, with a bags competition. Those taking park should bring their own partner and bags. The cost is $40.

The beverage garden, including food options, opens at 6 p.m. on Saturday, July 1.

Not Quite Brothers will perform from 8:30-11:30 p.m. in the beverage garden.

The Fourth of July begins with a mullet contest at the shelter house at the fairgrounds at 10 a.m.

The annual parade begins at 11 a.m.

After the parade, the fairgrounds will be the place to be for food from Signatures, Hot Beef Sundae, Mini Donuts of Northwood and Shaka Shaved Ice.

Also at the fairgrounds will be Half Pint the Clown, and bounces houses.

A pedal pull will be held in the shelter house at 1 p.m. on July 4.

The Northwood Lions Club will pluck their winning ducks at the fairgrounds at 1:30 p.m.

At 2 p.m. citizens will be recognized for their commitment to their community. Also recognized will be the Mister, Miss, Junior and Lil' Northwood namesakes.

A horse shoe tournament starts at 3 p.m. in Swensrud Park.

The Fourth of July events end with fireworks at the Northwood Airport.

Ribbon
Cont. from Page 1

brought in the most in ribbon sales.

The livestock category that brought in the second most in sales was the Junior Swine Show. A total of $18,600 was paid by 30 bidders with an average price of $620 paid per ribbon.

The top ribbon price in the Swine show went to Katelyn Rogstad, who received $1,000 for her Reserve Champion Derby Barrow award from Superior Livestock. Rogstad is the daughter of Karla Knudtson and a member of the Silver Lake Huskers.

Total sales in the Junior Dairy Show reached $16,600. A total of 20 bidders paid an average of $830 for ribbons from the Dairy show.

The top prices in the show went to three exhibitors. Zach Heiken recieved $1,200 for his Junior Champion Holstein, Reserve Champion Senior Holstein, Reserve Supreme Senior Champion and Reserve Intermediate Showmanship awards, from D&L Equipment. Heiken is the son of Adam and Sarah Heiken and a member of the Grove Progressive Farmers. Layla Scarlett received $1,200 for her purple ribbon from LR Falk Construction. Scarlett is the daughter of Amy Scarlett and a member of the Hartland Achievers. Aspen Beland received $1,200 for his blue ribbon from Daiane Rosenberg. Beland is the daughter of Jeff and Steph Beland and a member of the Green Shamrocks.

In the Junior Sheep Show, 14 ribbons sold for a total of $9,900, at an average of $707 per ribbon.

Piper Backhaus got the top price of $950 for her blue ribbon from Right Start Farm Supply. Backhaus is the daughter of Brett and Jacki Backhaus and a member of the Golden Banner 4-H Club.

A total of 10 ribbons earned in the Junior Goat Show were sold for $7,000, for an average of $700 per ribbon.

The top Junior Goat Show sale went to Brekken Haberman, who received $900 for his blue ribbon from LR Falk Construction. Haberman is the son of Brad and Sammie Haberman and a member of the Grove Progressive Famers.

Winifred
Cont. from Page 1

the Jefferson Highway route. Everyone involved in this project is commended and praised by our organization."

The Waking Miss Winifred group will receive the award in a ceremony set for tomorrow, June 29.

The group will also offer free hot dogs starting at noon and tours of the hotel to see the progress made and what's planned.

Bible
Cont. from Page 1

ing will be held the same as in the past two years. People, friends and families can choose which book or books of the Bible they'd like to read. People can then call Sharyl Ferley at 641-324-1279 or 641-390-0194 to tell her which books are being read.

People may choose the day and time they'd like to read. They can bring a lawn chair, golf cart or car to read in, but are asked to read aloud, either one at a time or different chapters or verses simultaneously.

Funding
Cont. from Page 1

Saturday. That includes funding for the offices, jail, staffing, deputies, vehicles and all that they do.

Another appropriation comes to the Sheriff to cover the City of Northwood's law enforcement needs. The total, $395,801 is repaid to the County by the City.

The next largest category of appropriations comes in the non-departmental category, with $1,205,723.

The combined categories of data processing and IT/GIS would have $902,805 appropriated. That covers the computers and other technology used by the County, as well as the County's web resources and other technology needs.

A total of $1,178,846 is set for health and home and transportation assistance to Worth County residents. That includes $629,798 to Worth County Public Health, $239,560 to Homemaker Aide Services, $73,400 to environmental health and $236,088 for the county transit service.

Funds available to the offices of County elected officials include $195,776 to the supervisors, $335,318 to the county treasurer, $247,151 to the recorder, $362,693 to the auditor and $211,438 to the attorney.

Other offices and departments include $54,852 to Veterans Affairs, $33,172 to planning and zoning, $643,321 to the Conservation department and $137,200 to the recycle center

Those funds cover all the needs of the office, including supplies, equipment and the salaries of each department, amongst others.

Other funds for court, legal, law enforcement and related needs include $35,000 for the medical examiner, $1,8000 for court administration, $3,200 for criminal services and $36,000 for juvenile justice.

Other funds listed include $934,767 for capital projects, $3,500 for chemical dependency, $300 for domestic/apiary, $20,100 for social services, $7,675 for general drainage, $90,080 to disaster services, $2,700 to emergency medical services, $133,000 to libraries, $28,000 to the Worth County fairgrounds, $462,000 to insurance, $221,486 to general services, $123,991 to outside organizations and $1,150 to township officials.

The resolution does not obligate that the funds be spent. However, no department is allowed to spend more than what was designated, without taking other action.

NKCEF
Cont. from Page 1

nine hole, four person team best shot event.

Sandwiches and chips will be provided. There will also be raffle prizes.

Those interested in taking part should contact the country club at 641-324-1662.

Celebrate the 4th of July responsibly

From the Iowa Department of Public Safety:

The 4th of July is a time for celebration, full of backyard cookouts, pool parties, and fireworks. The buzz of a drink is not needed to feel the thrill of summer holiday festivities but if you do indulge, plan for a sober ride home. The Iowa Governor's Traffic Safety Bureau is partnering with local law enforcement for the National Highway Traffic Safety Administration's (NHTSA) Drive Sober or Get Pulled Over high-visibility enforcement campaign July 1-5. The primary goal of the increased law enforcement presence is to prevent tragedies previously seen around the July 4th holiday.

Annually, about one-third of all traffic fatalities are alcohol/impaired related. In Iowa last year, 57% of the July 4th holiday weekend traffic fatalities were alcohol related*. There are plenty of options to help impaired drivers get home safely; designate a sober driver, schedule a taxi/ ride-share, or use your community's sober ride program. A few dollars spent on a ride is a lot cheaper than an OWI, which can cost thousands of dollars.

"We want people to enjoy the holiday and to celebrate responsibly," says GTSB Bureau Chief Brett Tjepkes. "Drunk driving endangers those behind the wheel, their passengers, and other people on the road. Our law enforcement partners know how to spot an impaired driver and will not hesitate to pull them over. If you're going to drink, plan for a sober ride."

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.

Fireworks
Cont. from Page 1

Fireworks can only be set off on personal property or someone else's with their permission. Fireworks are not allowed on public, state, county or city property or parks.

If a burn ban is in place, fireworks are not allowed, regardless of the holiday.

There are different rules for those that want to set off fireworks in Worth County cities.

In Fertile, Grafton, Hanlontown and Joice, those that want to use fireworks have to get a permit for all dates.

In Kensett, fireworks can only be set off on July 3 and July 4, in addition to the New Year holiday. They are only allowed from 10 a.m. to 12:30 a.m. the next day.

In Manly, fireworks can only be used use on July 3-4, from 12:01 to 10 p.m. each day.

In Northwood, fireworks are only allowed on July 3 and July 4 from 6-11 p.m.

Have a Safe & Happy 4th of July

TUNE hosts 5K Saturday

TUNE will once again host its Firecracker 5K run/walk this Saturday, July 1.

Registration will be at The Timbers at 8:30 a.m. with the run/walk starting at 9 a.m.

Those taking part will receive a T-shirt for coming to walk/run.

Those taking part can contact TUNE through Facebook Messenger to pre-register and share their shirt size.

TUNE and the Worth County Fence Stretchers are also co-sponsoring the beer garden this Friday, June 30, and Saturday, July 1, starting at 5:30 p.m. and going until 11:30 p.m. Proceeds from these two activities will go toward the betterment of Northwood.

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Story time at the Northwood Library









Painting in the park

Last week, as the part of the summertime story time activities at the Northwood Library, several young people had a chance to make some art inspired by the story of the day. They warmed up by using sidewalk chalk to draw on the nearby Central Park basketball courts. That was followed by a snack of Goldfish and the story "Duck and Goose Go to the Beach." Then, with the help of local artist Carolyn Reeder, they painted sea shells to take home.





EARLY DEADLINE

Deadline for the July 5 paper will be Thursday, June 29

CLOSED

We will be CLOSED on Tuesday, July 4

Thank You The Northwood Anchor Staff

NORTHWOOD JULY 4TH CELEBRATION

Friday, June 30

5-7 p.m.	Pool Party! — K-12, Music, Games, Food
6 p.m. - Midnight	Beverage Garden Open on Central Ave.
6 p.m.	Food being served by Casper Friendly Food Trailer & Cedar Valley Express Food Truck
8:30 - 11:30 p.m.	"Rhino" in the Beverage Garden



Saturday, July 1

6 - 9 a.m.	VFW Pancake Breakfast
8:30 a.m.	5K Run/Walk Registration at The Timbers
9 a.m.	Start Time for 5K Run/Walk
10:30 a.m.	Registration of NKCEF Annual Golf Tournament at Northwood Country Club
11 a.m.	Golf Tournament Start
Noon	Bags Tourney — Swensrud Park, Bring your own Partner & Bags, $40 Double Elimination
6 p.m. - Midnight	Beverage Garden Opens on Central Ave.
6 p.m.	Food being served by Casper Friendly Food Trailer
8:30 - 11:30 p.m.	"Not Quite Brothers" in the Beverage Garden

Tuesday, July 4

10 a.m.	Mullet Contest at Shelter House at Worth County Fairgrounds
11 a.m.	Parade
	After Parade at the Fairgrounds — Signatures, Hot Beef Sundae, Mini Donuts of Northwood, Shaka Shaved Ice, Half Pint the Clown, Bounce Houses
1 p.m.	Pedal Pull in Shelter House at Fairgrounds
1:30 p.m.	Lions Club Duck Pluck at Fairgrounds
2 p.m.	Royalty & Citizen Awards in the Shelter House at Fairgrounds
3 p.m.	Horseshoe Tournament at Swensrud Park
10 p.m.	Fireworks at the Airport



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Survey shows rates increased an average of 9%

Average cash rents in Iowa are the highest on record, according to the Cash Rental Rates for Iowa 2023 Survey conducted by Iowa State University Extension and Outreach.

The survey shows an increase of 9% in 2023, for a state average of $279 per acre. The new record is 3.3% higher than the previous record set in 2013, when rent was $270 per acre. The increase in rent since 2013 compares to a 2.8% increase in the non-inflation adjusted price of corn, and a 4.4% decrease in the price of soybeans.

Results of the survey are summarized in the May edition of Ag Decision Maker, in an article written by Alejandro Plastina, associate professor in economics and extension economist with ISU Extension and Outreach. Land rents chart, 2023.

The survey is based on 1,306 usable responses about typical cash rental rates in Iowa counties for land producing corn and soybeans, hay, oats and pasture. Of the responses, 42% came from farmers, 37% from landowners, 9% from professional farm managers and realtors, 7% from agricultural lenders, and 5% from other professions and respondents who chose not to report their status.

Across the state

There was considerable variability across counties in year-to-year changes, as is typical of survey data, but 91 out of the 99 Iowa counties experienced increases in average rents for corn and soybeans. Only Des Moines, Jefferson, Lucas, Muscatine, Van Buren, Wapello, Warren and Woodbury counties saw declines in their overall average cash rents. The complete 2023 summary by county, along with surveys from previous years, can be accessed on Ag Decision Maker.

Average cash rents increased proportionally more for higher quality lands. Low quality land experienced a 6% increase, from $217 per acre in 2022 to $230 in 2023.

Medium quality land saw an 8.6% increase, from $255 per acre in 2022 to $277 in 2023. High quality land saw an 11.1% increase, from $297 per acre in 2022 to $330 in 2023. Corn and soybean yields are provided as a baseline for determining high, medium and low quality acres. These yields, along with five-year average yields for corn and soybeans, are included with the survey results.

Plastina says that survey information can serve as a reference point for negotiating an appropriate rental rate for next year. However, he reminds Iowans that rents for individual farms should be based on productivity, ease of farming, fertility, drainage, local price patterns, longevity of the lease, conservation practices and other factors.

Future projections

Although rents are at a record high, Plastina notes that farm income projections are expected to decline over the next couple of years, putting downward pressure on cash rents.

However, he says landowners who rent their land will also continue to evaluate their own investment, including their rate of return, cost to maintain their land and the conditions surrounding the farmland market.

State Auditor visits Worth

Iowa Auditor of State Rob Sand paid a visit to Worth County last week to share information about legislation that impacts his office and to hear from members of the community.

Sand was at Central Park in Northwood on his fifth "100 Town Hall" tour. It was his fourth of five stops in North Iowa on Thursday, June 22.

Sand heard from a few local residents who were at the town hall gathering.

One person, Paul Norland, shared his experience opposing concentrated animal feeding operations. Now he said, a similar grassroots effort is underway in opposition to carbon pipelines.

Jane Podgorniak, publisher of the newspaper in the Nora Springs area, noted that the Nora Springs-Rock Falls school district had officially declared themselves against the pipeline.

Sand said that the pipeline project aren't the purview of his office, but was curious about how the district signaled their opposition.

Asked about another issue that is more connected to his office's duties, Sand spoke on his issues with the state's education savings program.

Sand said that he had issues with the lack of oversight for the ESA program. He said that his concerns are that once the public dollars are given to private schools, there are no rebates. Those schools can keep the funds and are under no obligation to spend them on education. Sand said that the schools should have to show that the funds are used on education, just as public schools do.



Iowa Auditor Rob Sand (second from left) was in Northwood last week to talk with local residents as a part of his "100 Town Hall" tour.

Sand added that unlike public schools, there are no requirements for private schools to hold public meetings, provide access to records or to hold audits to show how they are spending taxpayer dollars.

Sand did say that there is a case for educational vouchers for private school educations. However, Sand said that there needs to be oversight and more effort to minimize the impacts on public education.

Sand also mentioned changes to the access to state records for his office.

After changes in state law law earlier this year, State agencies were given the ability to deny the State Auditor's office access to records, with the governor's approval, and State courts can't check those decisions.

Sand said that the change was opposed by CPA agencies, Iowa and national auditors associations and experts in the field.

Asked about potential local impacts due to the State agency reorganization, particularly in health care agencies, Sand said that it makes sense to streamline the government. However, the process to implement the changes happened without any chance to amend it to fix potential issues.

Sand also took issue with paying an out of state company $1 million to restructure the State government.

Asked about the process of selecting Iowa Supreme Court justices, Sand noted the merit system that brings lawyers and justices up for selection by their prior service, something he said is better than other states.

Sand also noted the results of a court case that may change state law. Sand said that previously those in government that violate the state's public records laws could be fined personally. That may now change, as a court settlement will have the State and its taxpayers paying instead of the violator.

Sand closed saying that he always welcomes the chance to meet with the public, including those that oppose him.

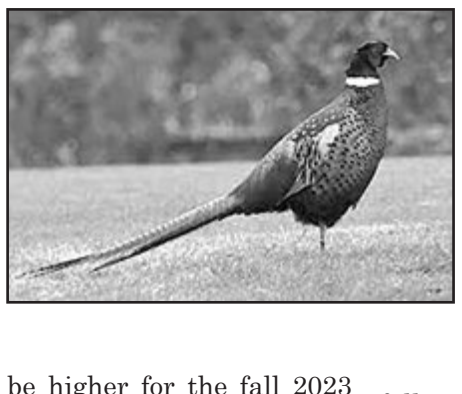
Sand said that he has made efforts to maintain a bipartisan perspective in his own office, including have senior members of his staff that he said donated to his political opponents in the past.

Weather model forecasts bump in Iowa pheasant population

Favorable winter and spring weather across much of Iowa is expected to benefit pheasant hunters this fall.

Todd Bogenschutz, upland wildlife research biologist with the Iowa Department of Natural Resources (DNR), said each summer, the DNR uses a model based on winter and spring weather conditions, previous weather data and more than 50 years of pheasant roadside population surveys to predict pheasant population trends for the fall.

"Given the statewide information, our weather model is predicting pheasant populations will likely be higher for the fall 2023 hunting season," Bogenschutz said. "There will likely be regional differences given the tougher winter in northern regions and more favorable conditions in central and southern Iowa."



Statewide, snowfall from December through March averaged one inch above average, but the northern third of Iowa, and the central region, saw significantly more snowfall, likely reducing hen survival in the northwest and northcentral regions where total winter snowfall exceeded three feet.

Conversely, the southern third of Iowa saw very little snowfall all winter, about one foot, and hen survival should be excellent in these regions. Southern Iowa's mild winter will likely lead to higher quail numbers, too.

"Even with the regional fluctuation, the best pheasant densities will likely still be in northern and western regions of the state," he said.

Every model comes with a caveat and the spring nesting forecast is no different. This prediction is based on weather data and it can be wrong, Bogenschutz said. "The August roadside survey is the best gauge of what upland populations will be this fall."

The August roadside survey is conducted each year between Aug. 1-15, over the same 218, 30-mile routes. Survey results will be posted online at www.iowadnr.gov/pheasantsurvey around Sept. 15.

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Annual All-Alumni NKCEF Golf Tournament
Northwood-Kensett Community Educational Foundation
Saturday, July 1, 2023
Registration 10:30 p.m. • Tee-Time 11 a.m.
9 Holes – 4 Person Team Best Shot • $160 per Team/$40 per Person
Contact Northwood Country Club at 641-324-1662
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Miss/Mr. Northwood Contestants

Queen/King crowned on July 4 at 2 p.m. at the Worth County Fairgrounds



Lindsey Moore
Daughter of Todd & Shannon Moore



Grady Buenzow
Son of Shane Buenzow & Angie Buenzow



Haddie Hanson
Daughter of Mitch & Jess Hanson



Dante Sims
Son of April Sheimo & Lee Appel



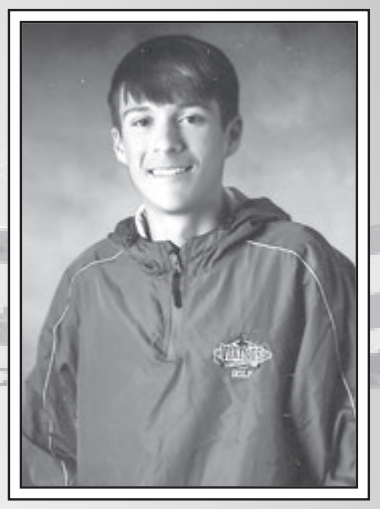
Jadyn Beland
Daughter of Jeff & Stephanie Beland



Lamonte Sims
Son of April Sheimo & Lee Appel



Madalynn Hanson
Daughter of Jake & Tristan Hanson



Nicholas Hanson
Son of Ruth & James Hanson

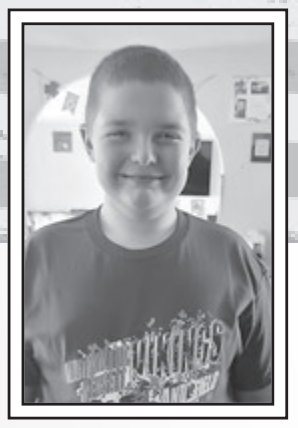
Jr. Miss/Mr. Northwood Contestants



Ivy Toresdahl
Daughter of Emily & Barnes Toresdahl



Ariah Bode
Daughter of Michael & Kimberly Bode



Konner Dowd-Mincks
Son of Matt Mincks & Courtney



Trinity Vandiver
Daughter of Martina Thompson & Kevin Eckenrode



Kale Bode
Son of Michael & Kimberly Bode



Hallie Hanson
Daughter of Mitch & Jess Hanson



Lexis McHenry
Daughter of Kelly Liddle

Lil' Miss/Mr. Northwood Contestants



Sophia Hulshizer
Daughter of Ryan & Katie Hulshizer



Zander Duvall
Son of Dexter & Ashley Duvall



Brynlee Haberman
Daughter of Brad & Sam Haberman



Evan Struck
Son of Matt & Jeni Struck



Cambria Schreiber
Daughter of Sam & Annika Schreiber



Bauer Akemann
Son of Shelby & Trent Akemann



Cambry Schulz
Daughter of Sawyer & Michelle Schulz



Kennedi Struck
Daughter of Matt & Jeni Struck



Andrew Ballantyne
Son of Mariah & Chris Ballentyne



Solara Navratil
Daughter of Jon & Donna Navratil



Hunter Ralston
Son of Christina & Chris Stromley



Cohen Bode
Son of Kimberly & Michael Bode



Aurora Navratil
Daughter of Jon & Donna Navratil



Willow Newell
Daughter of Torin & Jessica Newell



Clay Bauers
Son of Zane Bauers & Jenna Klingson



Evelynn Ralston
Daughter of Christina & Chris Stromley



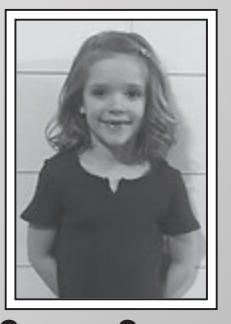
Harrisyn Severson
Daughter of Blake & Hannah Severson



Hudson Anderson
Son of Chad & Brooke



Adrianna Boser
Daughter of Matt Mincks & Courtney



Collyns Schulz
Daughter of Sawyer & Michelle Schulz



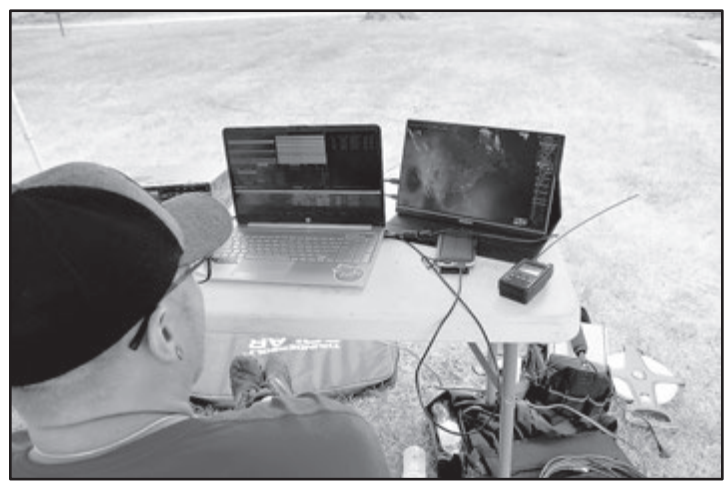
Koen Bachtle
Son of Michael & Kaitlyn Bachtle

Sponsored by the Northwood Chamber

Radio group competes, tests emergency skills in Manly park







This past Saturday, Bosworth Park in Manly played host to a group making connections across the country and across the world.

The Northland Amateur Communications Group was set up in the park to put their skills and their equipment to the test as a part of an annual field day.

Several members were at stations scattered around the park. Each station featured ham radios, antennas and their own power source.

The group in Manly was just one of many throughout the world taking part in the day's activities.

The event was held to test equipment in something like an emergency situation. It was also a competition between all those around the world taking part.

The emergency experience had the group setting up equipment with no connection to the power grid.

Some used batteries, some solar panels and some a combination of both. But the intent was to operate in a scenario as if the power grid and other forms of communication were no longer available due to a disaster or emergency situation.

Depending on the scenario, when power is lost or cell towers are no longer operational, or overwhelmed, phone communication would no longer be a viable form of communication. The same is true of digital radio technology.

In those cases, ham radio can, and has served as the only available back up form of communication.

That's why all those taking part in Bosworth Park relied only on batteries and solar panels to power their radio equipment.

Club president Tip Piper said that they have worked with emergency agencies in the past, like the North Iowa CERT (Community Emergency Response Team), as a secondary form of communication when others fail.

He also noted that ham radio operators flew to Puerto Rico and provided the only form of communication available following the hurricane in 2018.

For most in the club, ham radio is an interesting hobby, connecting with others through the world and working with technology in interesting ways.

But it's also a public service, ready to keep up lines of communication in emergencies.

"It's a hobby and a service, that's true," Piper said. "On an average day you can get on the radio and chat with someone you don't know in a different part of the world. Or young people can learn more for school reports and have someone from another culture sharing their experience. It's a great way to spend time during the winter.

"And it's not just an old guy's event. There's plenty of us, especially some of the younger members, that have their equipment connected by computer for even more options."

That was true during the other part of Saturday's event.

The other part of the event was a contest, challenging each person taking part to make as many contacts as they can over the course of the field day as possible.

For a contact to be scored, each person shares their id, frequency and location, and in order to score as often as possible, often little else.

Some made contacts solely by talking over the air. Others added other technology, so that computers automatically exchange the information, as well as mapping the locations.

People visiting were also invited to take part, at the GOTA, or Get On The Air, Station. It was set up so that visitors and curious newcomers could have a chance at the ham radio experience.

Many taking part have been interested in ham radio for the majority of their lives. That included Jim Montgomery, whose interest was piqued at a young age and has continued for roughly 60 years.

Montgomery credits his interest in ham radio for helping develop a focus on learning and problem solving that carried through to education and made it possible to learn in school.

It has also helped him learn more about other cultures around the world and helping others communicate back home.

Montgomery shared stories of talking with a military base in Greenland, whose antenna was pointed towards Manly for a time. He also mentioned making contacts with people in other parts of the world like Slovenia and Hungary.

Others are newer to the hobby, like Jim Peshak, who has learned from the older Jim and helped at the GOTA station Saturday.

Younger members like Justin Bonjour are also bringing some of the new technology to the group, delving into new options.

The event lasted overnight, completing the next day. Some stayed in the park overnight in tents or campers to further recreate an emergency experience.

Besides the testing of their skills and services, the event was also a chance for the group to share their time in person, comparing equipment and enjoying a meal together as well.

When not taking part in field day events, or their own radio operations at home, the group also holds regular events to help others learn more about ham radio operation, hold training and certification opportunities and other activities.

More information can be found online at https://ke0pou.com.



Celebration of Community, of Family, of Life

Margaret & Lyle Krumm

(1925-2023) (1931-2023)

Special Tribute to son, Doyle Hanson

St. Ansgar Graduate of 1971

(1953-2020)

Come celebrate with us!

Saturday, July 1 • 1 p.m.

Carpenter Community Center • Carpenter, Iowa

Fellowship to Follow

Special gathering in memory of Doyle hosted by his nieces & nephew at

Worth Brewing, Northwood, Iowa

Same Day • 4-6 p.m.

Come have a beer & reminisce!

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99 B 9th Street North • Northwood, Iowa

Tues. 9 a.m. - 5 p.m. / Wed. 11 a.m. - 5 p.m. / Thurs. 7 a.m. - 1 p.m.

641-324-0480

Please call to confirm that your Veterans Service Officer is available.
An effort will be made to accommodate your schedule.

The 7th annual Roll Call event, ROLL CALL VII, will be held at Noon on Saturday, November 4, at "The Timbers" in Northwood. This event is sponsored by Worth County Veterans Affairs, and is free to all Worth County Veterans, and a guest. There will be a catered meal, live band, a guest speaker, fellowship with your veteran neighbors, and a chance to win one of twenty flags. Don't miss a good time.

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Northwood Theatre

Show Times
Fri., Sat., Mon. 7 p.m.
Sun. 4 p.m.

SHOWING
June 30 - July 3
"Guardians of the Galaxy 3"
Rated PG-13

COMING
July 7-10
"Little Mermaid"
Rated PG

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
Monday, July 3 and Tuesday, July 4

Open for dine-in!
641-324-2912

Signature's Supper Club

OPEN
Thursday - Saturday
CLOSED
Sunday

Call for reservations
324-1052

Tequila's

Open for Dine-In
Daily Specials
Monday - Closed
Tuesday - Pollo Loco
Wednesday - Shrimp Burrito
Thursday
$1 Off Fajitas & 1/2 Off Margaritas
Friday - Enchilada
Saturday - Burritos Deluxe
Sunday
Kids Free with each Adult Meal

641-323-0000

Congregate Meals

June 29-July 5
641-324-1244

Thursday: Ground Beef Stroganoff, Egg Noodles, Green Beans, Chocolate Chip Cookie
Friday: Taco Casserole, Corn Bread, Steamed Carrots, Banana
Monday: Closed
Tuesday: Happy 4th of July
Wednesday: Brown Sugar Glazed Pork, Mashed Potatoes w/ Gravy, Steamed Carrots, Banana, Peanut Butter Cookie

Northwood Anchor

Subscribe to the Northwood Anchor ONLINE!
www.nwdanchor.com

Call for details
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P.O. Box 107
Northwood, IA 50459
anchor1@nwdanchor.com

Northwood Anchor Church

Fertile Lutheran Church

Sunday, Worship Service, 9:30 a.m.

Bethlehem Lutheran, Manly

Sunday, Bethlehem Worship, Bethlehem Adult Bible Study, 9 a.m., Grace Worship, 10:30 a.m.

Linda Johnson Presthholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran

Thursday, MANNA Open, 4:30-6:30 p.m.; Sunday, Worship - Elk Creek, 9 a.m., Worship Bethany, 10:30 a.m.

Linda Johnson Presthholt, Pastor

Trinity United Methodist, Bolan

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., Sunday, Bethel Worship Service, 8 a.m. & 10:30 a.m., Trinity Worship, 9:10 a.m.

Northwood United Methodist Church

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, 8 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, SH Youth, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m., Taekwondo, 6:30 p.m.; Sunday, Worship Service, 9 a.m., JH Youth, 6:30 p.m.; Tuesday, 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.

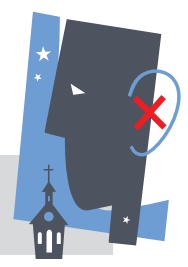
Rev. Neil Manternach, Pastor
Fr. Jake Dunne, Associate Pastor
www.sacredheartmanly.org

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

God's silence or man's inability to hear



In the face of events like the Holocaust or the genocide in Rwanda and Darfur, God's silence may seem troubling. If the accounts of the Old Testament are to be taken literally, God spoke directly to his people at certain crucial times, telling Noah to build the Ark and directing Moses and Aaron to speak to Pharaoh. In the book of Job, we hear Job calling God to account for the suffering that has befallen him, and God answering him out of the whirlwind. By the time of the great kings of Israel such as David and Solomon, however, God has fallen silent, or speaks only in a whisper, as in the "still small voice" that speaks to Elijah. There is almost a divine pivot here, where God goes from speaking in a thunderous terrifying voice to speaking in a whisper. Notice that in the case of Elijah, God was not in the earthquake or the great wind, as Elijah expected, but in the still small voice. (1 Kings 19:11-13) And in Ecclesiastes, Solomon tells us that God "has put eternity into man's mind," and we seem to have thereby reached a point in human development where God has been internalized in our hearts and minds, God's voice becoming the still small voice of conscience. So in the face of horrors like the Holocaust, perhaps the real question is not whether God has remained silent, but whether the people who knew of these atrocities heard the voice of God within them and failed to speak out.

O that today you would hearken to his voice! Harden not your hearts. – R.S.V. Psalm 95:7-8

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

TERRY AND JOANNE STEINMETZ

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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

A major summertime focus is food and drink. Since we always discuss food on these pages, this week we'll see what there is for adult drinks. I dipped into my collection of vintage Pillsbury Classic Cookbooks and found "The Best Appetizer Cookbook" (1977, The Pillsbury Co, Minneapolis). This little cook booklet has a dandy chapter titled "Lively Libations, A bevy of beverages from punches to cocktails add pizzazz to your party." Just the ticket for sitting out on the porch, deck or patio on a warm evening.

Lemon Margaritas

3/4 cup good quality tequila
1/2 cup freshly-squeezed lime juice (6-8 medium limes)
1/4 cup orange-flavored liqueur
1 can (6 oz.) frozen lemonade concentrate, thawed and stirred
3 cups small ice cubes
Coarse salt or sugar (optional)

If using the salt or sugar, dip the tops of 4 margarita glasses into water and then into the salt or sugar to coat the rims. In a blender, combine all the remaining ingredients, cover and blend until slushy. Pour the tequila mixture carefully into each glass and garnish with a slice of lime if desired.

Banana Daiquiri Slush

2 ripe bananas, soft but not mushy, cut up into several pieces
2 cans (6 oz. each) frozen limeade concentrate, thawed and stirred
1 1/2 cups good quality light rum
2 cups lemon-lime flavored soda pop, such as Sprite®, chilled

In a blender, combine the bananas and limeade concentrate. Cover and blend until smooth. In a large freezer-safe plastic container, combine the banana mixture, rum and 2 cups of the soda pop; mix well. Freeze at least 5 hours or until solid. About 20 minutes before serving, remove the mixture from the freezer and place in a large bowl. Add the remaining 2 cups of soda pop and stir until slushy. Spoon into glasses and garnish if desired. Makes 8 (1 cup) servings.

Cranberry Raspberry Wine Coolers
(Skip the bottled stuff!)

1 package (10 oz.) frozen raspberries in syrup, thawed
2 cups raspberry/cranberry juice cocktail, chilled
3 cups good quality white zinfandel wine, chilled
1 1/2 cups lemon-lime soda pop, chilled
12 orange slices for garnish, if desired.

In a medium bowl, combine the raspberries and 1/2 cup of the juice cocktail, mixing well. Spoon this into 12 sections of an ice cube tray and freeze until firm, at least 4 hours. To serve, place one cube in each of 12 wine glasses. In a large pitcher, combine the remaining raspberry/cranberry cocktail drink, the wine and the lemon-lime soda pop. Stir gently. Pour into the glasses over the frozen cubes. Garnish with the orange slices if desired.

Sandy's Apple Pie Moonshine
(This one is a bonus, not in the cookbook!)

In a large slow cooker, combine 1 gallon of apple cider (not apple juice) and 3 cinnamon sticks. Set on LOW and let it "cook" for 8 hours. Cool to room temperature and remove the cinnamon sticks. Add a bottle (750 ml) of good vodka and stir. Place in quart mason jars, lightly cap and store in a dark place for about 3 weeks. Enjoy warm or cold! Don't add the vodka until the cider is cold so the alcohol doesn't evaporate; the same with heating it to serve. Just warm, not hot. Don't forget where you put the jars; I did that once with a bottle of homemade vanilla extract that was supposed to "age". That was in 2007 and I haven't found it yet. And…that's all she wrote.

Northwood Anchor Society

Donald and Darlene Kenison celebrate 75th anniversary



DONALD AND DARLENE KENISON

Don and Darlene Kenison, long time North Iowa-South Minnesota residents, observed their 75th wedding anniversary. Donald Kenison of Bolan, Iowa and Darlene Jones of Manly, Iowa were married on July 7, 1948 at the Evangelical United Brethren Church in Manly. They currently live at St. Johns-Knutsen Place in Albert Lea, Minn.

The couple met when Darlene, then 14 years old, was in Central Park in Manly and threw a snowball at a friend and missed and hit Don in the head. At that time they were strangers and he was in town with other friends. Don washed her face with snow and then walked her home. They remained high school sweethearts. Darlene was a cheer leader and played on the girls basketball team for Manly. Don played basketball and baseball for Kensett, so sporting events were interesting.

The couple lived in Bolan the first year of their marriage as Don worked for the general store in Bolan. They moved to Manly and Don went to work for the Rock Island railroad. In 1963 and four sons later, they moved to Albert Lea. In 1975 the industrial rail switching was slowing down and they moved to Inver Grove Heights, Minn. to continue working on the Rock Island. They returned to Albert Lea upon retirement from the railroad.

They made many friends over the years by being active in church and their son's school and scouting events. While in Manly, Don was active in the Volunteer Fire Department, City Council and Cub Scout Leader. They are charter members of Albert Lea Crossroads Campers and continued friendships with Freeborn County Winter Texans during their 27 years of winter trips to Donna, Texas.

The couple has four sons; Dennis (Patricia) Northfield, Minn., Douglas (Sharon) Albert Lea, Daniel (Deborah) Geneva, Minn., and Donavon (Terri) Inver Grove Heights, Minn.

They have been blessed with 12 grandchildren, 29 great-grandchildren, and six great-great-grandchildren.

Cards can be sent to 801 Luther Place #203, Albert Lea, MN 56007

Krull completes leadership program

A Northwood resident was recently recognized as a graduate of a state leadership program.

Allyson Krull, of Northwood, working as the vice president and in workforce and leadership development for the Mason City Chamber of Commerce, took part in the Leadership Iowa program as a part of the 2022-2023 year.

Leadership Iowa is an issues-awareness program that promotes leadership and civic responsibility in the state.

To take part, individuals have to be nominated to apply. The application includes an online process and answering essay questions. Applications are reviewed by a committee and selected based on leadership potential, community engagement and other aspects.

Those taking part also pay a fee to cover the cost of materials, experiences and meals, often covered by employers.

Those taking part participate in eight sessions and in other experiences that highlight the opportunities and challenges for Iowa.

The program accepts 40 individuals each year. They participate in monthly two-day session in Iowa communities, each focusing on different topics or issues. That includes agriculture, education, government, health care, economic development, advanced manufacturing, the workforce and other.

The sessions include interactive experiences, meeting industry experts and touring industries, group activities and networking opportunities.

Homestead credits, exemption applications due Saturday

On May 4, Governor Kim Reynolds signed House File 718, establishing a homestead tax exemption for claimants 65 years of age or older.

In addition to the original homestead tax credit, eligible claimants who own the home they live in and are 65 years of age or older on or before January 1 of the assessment year are now eligible for a homestead tax exemption. For the assessment year beginning on January 1, 2023, the exemption is for $3,250 of taxable value. For assessment years beginning on or after January 1, 2024, the exemption is for $6,500 of taxable value. An exemption is a reduction in the taxable value of the property rather than a direct reduction in the amount of property tax you pay.

The Iowa Department of Revenue has amended the original Homestead Tax Credit and Exemption (54-028) form to allow claimants to apply for the new exemption. Applications are due July 1 to the local assessor. If the exemption is granted, the exemption will be allowed for future years without future filing as long as the claimant continues to qualify.

Application forms can be found at the Assessor's office in the Worth County courthouse in Northwood.

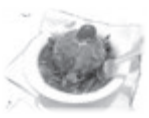
More information and questions are available by contacting the Assessor's office at 641-324- 1198 or emailing assessor@worthcounty.org.

The deadline to apply is this Saturday, July 1, 2023.

R & A Concessions



Will be Serving
Hot Beef Sundaes



After the Parade on Tuesday, July 4 at the Worth County Fairgrounds

Happy 80th Birthday "Mom"
LINDA (KOPPEN) NYDEGGER



on Friday, July 7
5-8 p.m.
Bolan Schoolhouse





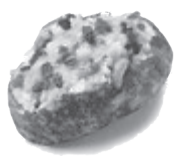
Let's Celebrate!
It's not a surprise, let's make it fun & memorable
No gifts please!

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60th Wedding Anniversary
OPEN HOUSE
honoring
Darrel & Karen Belville
Sunday, July 2 • 1-3 p.m.
Olson Community Room
906 1st Ave. S., Northwood
*~No Gifts Please~**

Signatures
SUPPER CLUB
Will be Serving
Butterflys/Brats
Hamburgers & Hot Dogs
After the Parade on Tuesday, July 4 at the Worth County Fairgrounds

Northwood United Methodist Church
Baked Potato Bar
Sunday, July 9
12 - 1:30 p.m.



Menu: Baked Potato with a Selection of Toppings, Coleslaw & Dessert

A free will donation will be used to send volunteers on a mission trip to Port Charlotte, Florida, to assist with rebuilding efforts after Hurricane Ian

Veterans in Worth County!

The Annual Veterans Recognition Ride is looking for 8 veterans in Worth County to ride the troops seats in the back of the 1967 M715 in the Worth County 4th of July Parade. Also looking for a young veteran or interested High School student to help me.



Please call me at 641-529-0975 to express interest and give me information on your service and age. I'll select the oldest responders and let you know July 2.*

Worth County Fair 2023 Swine Show



Weston Willand- Champion Pen of Three, Champion Derby Barrow



Josh Leerar- Reserve Champ. Pen of Three



Sydney Schilling - Champion Prospect Purebred Barrow, Reserve Champion Purebred Gilt



Katelyn Rogestad- Reserve Champ. Derby Barrow



Justin Mills- Champion Derby Gilt, Champion Market Gilt, Ch. Rate of Gain Gilt, Ch. Rate of Gain Barrow



Lauren Petznick- Champion Market Barrow, Reserve Champion Breeding Gilt



Jaxon Arthur- Champion Purebred Barrow



Hayley Wallin- Reserve Champion Prospect Purebred Barrow



Khloe Kruger- Reserve Champion Market Barrow



Cayson Chodur- Champion Breeding Gilt



Emelia Nelson- Reserve Champion Junior Showman

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Dave Osborne, Agent



Lloyd Heggestad- Champion Intermediate Showman, Res. Ch. Prospect Market Gilt, Res. Ch. Prospect Purebred Gilt



Adylyn Peterson- Res. Ch. Intermediate Showman, Res. Ch. Rate of Gain Gilt, Res. Ch. Rate of Gain Barrow



Alise Wallin- Champion Prospect Breeding Gilt, Champion Prospect Purebred Gilt, Reserve Ch. Prospect Barrow



Daniel Wallin- Champion Prospect Barrow



Wyatt Hanna- Reserve Champion Senior Showman





Ayden Schutz- Champion Showman



Austin Schutz- Champion Junior Showman

1-24
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Northwood Anchor **Opinion**

Savvy Senior

Best meal delivery services for seniors who don't cook

Dear Savvy Senior,

Can you recommend some good healthy meal delivery options for seniors who don't cook or get out much? My 80-year-old father, who lives alone, has a terrible diet and I worry about his health.

Concerned Daughter

Dear Concerned,

There are actually a wide variety healthy meal delivery options that can help non-cooking seniors who live at home. Here are several top options to check into.

Community-Based Programs

A good place to start, is to find out if there's a senior home delivery meal program in your dad's area. Meals on Wheels is the largest program that most people are familiar with, but many communities offer senior meal delivery programs sponsored by other organizations that go by different names.

To find services available in your dad's area, visit MealsOnWheelsAmerica.org, which offers a comprehensive directory on their website, or call the area aging agency near your dad. Call the Eldercare Locator at 800-677-1116 to get the local number.

Most home delivered meal programs across the U.S. deliver hot meals daily or several times a week, usually around the lunch hour, to seniors over age 60 who have problems preparing meals for themselves, as well as those with disabilities. Weekend meals, usually frozen, may also be available, along with special diets (diabetic, low-sodium, kosher, etc.).

Most of these programs typically charge a small fee (usually between $2 and $9 per meal) or request a donation, while some may be free to low-income seniors who qualify for Medicaid. There are also some Medicare Advantage plans that cover limited meal service benefits.

Meal Delivery Service Companies

Another great option for your dad is to order him some pre-made meals online from a meal delivery service company. These companies provide a wide variety of tasty meal choices and will usually post the nutrition information for their meals right on their website.

Most companies will also cater to a host of dietary and medical needs, such as low-sodium and low-carb meals, diabetic meals, gluten-free, dairy-free, and vegetarian options. Plus, the ordering process is very easy.

Depending on the company you choose, the food arrives either fresh or frozen and most deliver all across the U.S. Prices generally start at around $8 to $13 per meal, plus shipping, however many companies provide discounts or free shipping when you order meals in bulk. And most companies work with Medicaid and some Medicare Advantage plans to help reduce costs.

Some of the best meal delivery companies for older adults, as rated by Verywell Health for 2023 include:

- Best Variety: Magic Kitchen (magickitchen.com)
- Best Value: Mom's Meals (momsmeals.com)
- Best for Nutrition Consultation: BistroMD (bistromd.com)
- Best Plant-Based Meals: Mosaic (mosaicfoods.com)
- Best Gluten-Free: ModifyHealth (modifyhealth.com)
- Best Chef-Prepared: CookUnity (cookunity.com)
- Best for Customization: Snap Kitchen (snapkitchen.com)

For more information on this list and their testing methodology, visit VerywellHealth.com and search "Best Meal Delivery Services for Seniors."

Grocery Stores and Restaurants

Depending on where your dad lives, he may also be able to get home delivered meals from local grocery stores or restaurants. Some grocery stores offer a selection of pre-cooked meals and foods, including roasted chicken, mashed potatoes, and fresh soups and salads. Contact the grocery stores in your dad's area to inquire about this option. Or check with some of his favorite restaurants to see if they offer home delivery, or he could use a restaurant delivery service like UberEats.com, DoorDash.com or GrubHub.com.

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

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Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

Do you still have that book I gave you for your birthday?

Of course, I do. I just started reading it.

Well, it's due back at the library next week.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Deep thoughts occur as I drive past his drive. I miss those hoses that dinged when I drove up to the gas pumps and an attendant either scurried or shuffled out to fill my gas tank, clean the windshield, check the oil, radiator and tires, give directions and tell a joke. As I motored by a business that once was a gas station, I could picture that old enterprise in my mind. I wished my phone had a photo of the old gas station. A majority of people (80%) have photos or videos on their phones that they haven't looked at since the day they took them. https://www.mixbook.com/inspiration/states-that-phlush-away-memories. I take cellphone photos, but I take most of my photos with a Sony camera. I enjoy taking photos and have been lucky enough to have them published in newspapers, magazines, calendars, brochures, books, etc. How good am I at labeling those photos? I'm pathetic. I am overwhelmed, underwhelmed and whelmed adjacent by the thought of completing that task. Reluctance to caption photos is a family tradition. About once a year, my mother sat down and put names to a few photos and then life got in the way. That left us with many images of mysterious strangers.

I tend to ramble.

The road can be bumpy even when it's not a road. My flight had been delayed because a couple of planes had arrived on time and gummed up the works. I sat near my departure gate and read a few chapters of a book. It didn't seem long before I was moving along at 518 mph into a 43-mph headwind at an altitude of 35,011 feet. The outside temperature was -60°F. Everything was copacetic until I heard the person in the next seat on the airplane say, "The only time I wear adult diapers is when I fly."

Signs of the times

A bumper sticker on a minivan carrying a Missouri license plate: I used to be cool.

0n the wall of the dining area of Bridge Community Church in Albert Lea: The fondest memories are made when gathered around the table.

I saw a funny sign that read: The first rule of passive aggressiveness is … you know what, never mind. It's fine.

I've learned

I've forgotten most of the things I thought I'd never forget.

Memory Lane doesn't require a GPS.

Bees feed on flowers; wasps feed at our picnics.

A cloud of gnats and mosquitoes doesn't provide much shade, but it's still shade.

I've been traveling a bit, which leads to time spent in public restrooms. I've learned that the pandemic didn't teach men they should wash their hands.

I watched a robin weighing less than 3 ounces build a 7-ounce nest with its bill. We build things and then get a bill.

I don't know who put the bomp in the bomp bah bomp bah bomp or who put the ram in the rama lama ding dong or who put the bop in the bop shoo bop shoo bop or who put the dip in the dip da dip da dip.

Bad jokes department

What's orange and sounds like a parrot? A carrot.

What is the ending of everything? The letter "g."

What nut always has a cold? Cashew.

Why was the mathematician late getting to school? He took the rhombus.

Nature notes

For centuries, scientists speculated that fish eggs reached isolated lakes and ponds by hitching rides on water birds' feathers or feet. But findings published in the Proceedings of the National Academy of Sciences USA, the mode of transport for at least some eggs could be more intimate: the new research provides the first evidence that soft-membraned fish eggs, eaten and pooped out by birds, can hatch into viable young.

Is it a pigeon or a dove? Pigeons and doves belong to a bird family called "Columbidae." There is no clear distinction between the names. Today, I saw rock pigeons, mourning doves and Eurasian collared-doves. Most pigeons are larger than doves and are generally more colorful. Doves travel with their mates and pigeons roam around in flocks. Both feed their young a liquid called crop milk or pigeon milk that is produced by both parents. Racing pigeons have been able to sustain a velocity of 90 mph.

Meeting adjourned

Keep being kind in mind.

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Fit to print...

After Iowa Supreme Court rebuke, Reynolds settles open records lawsuit

By William Morris
Des Moines Register

Gov. Kim Reynolds is settling three lawsuits from journalists and others seeking public records after losing a key Iowa Supreme Court case this spring, agreeing to pay $175,000.

Reynolds' office was sued by journalists Clark Kauffman of the Iowa Capital Dispatch and Laura Belin of the politics blog Bleeding Heartland and others for failing to respond to multiple requests for documents in 2020 and 2021, during the early stages of the COVID pandemic.

After a district court refused to dismiss the case, Reynolds appealed to the Iowa Supreme Court. In April, the unanimous court ruled the lawsuit could continue, finding that open-ended failure to fulfill records requests, or even to affirmatively deny them, violated the state's open records law.

Now, Reynolds is settling the lawsuit and others like it.

The Iowa Appeals Board, which approves settlements for state entities, on Wednesday greenlit a $135,000 settlement to cover legal fees and costs for Belin and her co-plaintiffs over the objections of State Auditor Rob Sand, who is a member of the board.

According to settlement documents, the deal will dismiss the plaintiffs' claims against the governor, but the district court will keep the case open for an additional year to adjudicate any additional disputes over the production of documents sought in the case.

The board also approved an additional nearly $40,000 settlement for Suzette Rasmussen, a Utah attorney who had filed two lawsuits against Reynolds and the Iowa Department of Public Health for failing to respond to records requests related to COVID-19 testing contracts.

In a statement Wednesday, Reynolds' spokesperson blamed the unprecedented conditions of the pandemic for the delays, but called them "not acceptable."

"The COVID-19 response put unprecedented demands on the Governor's team to meet the immediate needs of Iowans. As a result, responses to requests were unintentionally delayed, which is not acceptable," Deputy Communications Director Kollin Crompton said. "Our office has assessed our internal processes and we continue to reevaluate the process to improve timeliness."

Auditor Rob Sand: 'Disgusting abuse of power'

Sand, one of three members on the board, said in a statement he was voting against the Belin and Rasmussen settlements.

"These insiders have no shame. They abuse your rights and then want to use your money to pay for having abused you," Sand said. "I will not go along with this disgusting abuse of power."

Sand noted that Iowa law requires officials found to have violated the open records law to pay a civil fine of up to $2,500, with multiple infractions potentially resulting in an official being removed from office.

Offenders are also required to pay attorney fees. Because the case is settling before the district court could make a determination on the merits, none of these consequences will apply here.

"This is a brazen scam by those whose salaries are paid by taxpayers, to skirt a law requiring their own personal responsibility for the fees and fines for hiding public records and using taxpayer funds instead," he said.

Wednesday's settlements aren't the first Sand has opposed. In March he voted against a $4 million racial discrimination settlement with former University of Iowa football players, saying he opposed the use of taxpayer funds unless Iowa Athletics Director Gary Barta was fired. (Barta has since announced his retirement.)

The settlements were approved on the votes of State Treasurer Roby Smith and Department of Management Director Kraig Paulsen, the board's two other members.

ACLU praises open records settlement for plaintiffs

The plaintiffs in the journalists' lawsuit were represented by the American Civil Liberties Union of Iowa. ACLU attorney Thomas Story said in a statement his clients were "pleased" with approval of the settlement.

"The agreement specifies that the Governor's Office agreed to a one-year period of judicial oversight over its compliance with Iowa's Open Records Act and payment of reasonable attorney fees and costs incurred during this year-and-a-half-long litigation," Story said.

Story said the ACLU will have additional comment once the settlement is filed and approved by the Polk County court.

The Iowa Attorney General's Office, which represented the state in the case, did not immediately return messages Wednesday seeking comment.

Northwood Anchor

Early Files

100 years ago

June 27, 1923

The first county Farm Bureau meeting for Grove Township was held at the home of Mr. and Mrs. Ed Swensrud, northeast of town, and was a great success. The grounds were illuminated by the Carey Electric Co. The Farm Bureau moving picture machine was there and instructive pictures were thrown on the screen from time to time. Mrs. H.H. Douglass was master of ceremonies, community singing was led by Miss Agnes Rustad with Mrs. Conrad Olson as pianist.

C.A. Sharp, operator for the Western Union at Northwood and one of the most popular employees of the company, has been notified that he will be the owner of a new Hudson Six touring car on July 1 when the St. Paul Daily News delivers the automobile to him for exceptional work in securing subscribers for that paper. Mr. Sharp turned in to the Daily News approximately nine million more votes than the next closest worker.

A pretty home wedding was that of Mr. Edward Westbrook and Miss Lenore Krogh, which was solemnized at the home of the bride's sister, Mrs. R.G. Mellem on North Eighth Street. Rev. Carl B. Ylvisaker, pastor of the Northwood Lutheran Church, was the officiating minister.

Mayor Sabin has notified Orlando S. Peabody that a section of Crescent Park will be ready for his cavalrymen when they arrive and that pasturage for the horses has been procured on the Dr. Hurd land adjoining. Troop G of the 14th Cavalry, Fort Des Moines, will be here that morning on their way from headquarters to Fort Snelling.

The Farmers Co-operative Company will resume actual business on July 2, when manager Lincoln E. Whitcome, Auditor Dows Simmonds and Grain Shipping Manager Gilbert E. Gunderson will, for the first time in 10 years, open the elevator under the banner of the farmer owners.

75 years ago

June 24, 1948

Passage in congress of the peace time draft measure will apparently bring about the re-establishment of the wartimes local draft boards in all communities.

An attendance of 200 is reported at the annual 4-H girls' club rally day program held at the Kensett High School. Gloria Dahl of the Bristol Club was selected as winner in the better groomed girl contest.

Old age assistance payment totaling $5,313.70 was paid to 139 persons in Worth County for the month of June, an average of $38.23 per person, according to the monthly report of the Iowa department of social welfare.

The Northwood school band under the direction of A.J. Witham, and Jackie Plowman as band queen, participated in the 10th annual North Iowa Music Festival in Mason City.

Garbage collection under city supervision started in Northwood and on the whole seemed to prove highly satisfactory, according to reports.

H.B. Wulff, sheriff of Freeborn County for the past 10 years, died at his home in Albert Lea, after an illness of nearly two years.

Mrs. Leo Dralla of Northwood has a hand woven rug exhibit on display in the window of the Weir & Wigdahl store. Through the course of weaving, just completed at the loom room of Mrs. Avo W. Weir, Mrs. Dralla has learned to introduce the colonial pattern into her weaving.

A team of examiners for issuing driver's licenses will be at the courthouse in Northwood to start the special task of renewing licenses under the new "birthday renewal bill," as the present regulation is termed.

In a double ring, candlelight ceremony solemnized under a lattice arch entwined with red and white roses, Miss LaVonne Ann Ellingson, daughter of Mr. and Mrs. W.C. Ellingson, became the bride of Alton H. Flatness, son of Mr. and Mrs. H.O. Flatness at the First Lutheran Church. The Rev. Alf W. Jorgenson officiated.

50 years ago

June 28, 1973

Temperatures in the high 80s and low 90s during the past week induced most of the younger generation in Northwood to escape to the municipal swimming pool. The pool is used during the mornings for Red Cross swimming lessons and is open to the public from 12:30 to 9 p.m. An estimated 200 persons use the facilities during the afternoon and evening periods.

Connie Enderson, rural Manly, was named District Pork Queen at a contest in Charles City. Miss Enderson, the daughter of Mr. and Mrs. Ernest Enderson, was selected Worth County Pork Queen at pork appreciation days held last fall in Hanlontown. She is a junior at North Central school, Manly.

The Northwood-Kensett girls softball team won three of the last eight games played as of this week. At Forest City last week the B team lost 16-7 and the varsity lost 11-7. Julie Berge was the pitcher and LuAnne Knudtson had three hits.

Three Northwood Senior Girls Scouts and four from St. Ansgar left for a week's backpacking trip on Isle Royale in Lake Superior. They were accompanied by Mrs. Joe Orth. Pug, who supervised the loading operation remained home, however. Northwood girls on the trip are Gretchen Orth, Jennifer Block and Marguerite Ohland.

Mr. and Mrs. Marvin R. Anderson, rural Northwood, will be honored on their silver wedding anniversary with an open house reception on July 1. Hours will be from 2 to 5 p.m. at Bethlehem Lutheran Church, Myrtle. A program will be presented at 2:30 p.m.

The Vikings boys baseball team lost Thursday evening to Britt 10 to 2 in a game played at Northwood. The game had been postponed from June 11 because of a wet field. The Eagles came on strong with a run in the second; seven runs in the third and a run in each of the fifth and seventh innings. The Viking scored in the forth and seventh innings.

25 years ago

July 1, 1998

A volunteer crew including police chief Tom Lines, Doyle Eilertson and Orvis Orpen converged on Dilene Orpen's home to cut away the top limbs of a tall ash tree that slammed down on the roof during the severe thunderstorm that struck Northwood around 7 p.m. Orpen was not home at the time.

A small group of spectators gathered to watch the groundbreaking for the new Northwood-Kensett elementary school. Those performing the honors included architect Craig Schwerdtfeger, N-K superintendent Jerry McIntire and school board members Larry Hovey, Pam Perkins, Kate Midtgaard and Lynn Tenold.

Bridget Anderson, daughter of Quentin and Jan Anderson of rural Joice, was named Worth County Fair queen. Laurie Steinmetz, daughter of Terry and Joanne Steinmetz of Northwood, was named first runner-up and "Miss Congeniality."

The Worth County Fair Society served lunch to 102 visitors from Norway on opening day, thanks to Irma Perkins and her crew at the Deer Creek 4-H food stand. The Norwegians also visited the South Shell Rock Cemetery and the Top Iowa Welcome Center before heading on to Lake Mills and Albert Lea. The group's ultimate destination was Moorhead, Minnesota, where they attended the dedication on an exact replica of the Hopperstad stavkirk near Vik in Sogn, Norway.

The Northwood-Kensett girls varsity softball team improved to 10-10 overall and to 5-4 in the North Iowa Conference with victories over Osage and Nora Springs-Rock Falls Friday and Saturday. The Vikings displayed their scrappy attitude and never-say-die spirit in Friday's 9-8 come-from-behind win here over Osage. "We came out real flat, real lackadaisical in the heat," said N-K coach Sue Tanner. "But we came back and started hitting the ball well and took the game away from Osage."

10 years ago

June 26, 2013

The residence of Menno and Miriam Borntreger, 5052 Nuthatch Avenue, Northwood, went up in flames. The Northwood Volunteer Fire Company and the Kensett Fire Department were called to extinguish the flames. The NFVC arrived about 40 minutes after the fire had been burning because family members were getting personal items out of the home, which delayed the call. About 35,000 gallons of water were used to keep the fire under control, but the home was burned to the ground.

For the past nine years Tom Nugent has been leading the daily operations and finances of the Northwood-Kensett school district and following through on and advising the district school board's decisions. That will change this July as a new superintendent takes on the job.

Ninety-five kids from Northwood, Manly, Nora Springs and the Rockford areas gathered in the community of Bolan to attend "Kingdom Rock" Vacation Bible School. Twenty-five preschool through kindergarten, 70 elementary kids and 62 volunteers helped with the week-long event.

Nancy Amundson has recently become a member of the Northwood Lions Club. "Most of my life has been spent in Northwood, and it's a good feeling to give back to my community by joining this service organization," she said.

N-K's Sam Butler has been a pleasant surprise this season for the 9-6-1 Lady Vikings. Butler, who is arguably the best first baseman in the CBC this season, is second on the team with a .447 batting average. But where the talented sophomore really shines is on the field, where she leads N-K with a .990 fielding percentage, the result of 99 chances with just one error.

Sophomore Brandon Severson delivers a pitch last week against Saint Ansgar in JJV action.

Northwood Anchor

Obituaries

Alton Groven

Alton Travis Groven was born on January 4, 1936, in Northwood, Iowa. He passed away peacefully at MercyOne North Iowa Medical Center in Mason City, Iowa, on June 24, 2023, at the age of 87.

Alton worked as a roofer until 1995. He had a total of seven children, Stephen (Marilynn), Dennis (Shelly), Robert (Cheryl), Allene (James), Dean, Todd and Amanda (Christopher); 20 grandchildren; and 27 great-grandchildren. He is also survived by two siblings, Darlene (Roger) and Donald.

Alton is preceded in death by his parents, Albin and Anette Groven; two brothers; one sister; and two daughters-in-law.

Funeral services will be at 2 p.m. on Thursday, June 29, 2023, at Elk Creek Lutheran Church, 4108 Killdeer Ave., Kensett, Iowa. Visitation will be held at the church prior to the funeral from 12:30 – 2 p.m. Burial will be at Elk Creek Cemetery.

If anyone is unable to attend, but wishes to send condolences please send to: Amanda Jewell, 174400 Davis Rd., Dundee, MI 48131.

Dorothy 'Dode' Williams

Dorothy "Dode" Williams, 91, of Northwood passed away peacefully on Monday, June 26, 2023.

A Memorial service will be held at 1 p.m. on Friday, June 30, 2023, at Bethany Lutheran Church, 600 Fifth St., Kensett, with Rev. Linda Johnson-Prestholt officiating.

She will be laid to rest beside her husband, Bud, at Kensett Cemetery. The family will greet friends and relatives in a time of fellowship following the service at the church.

Conservation efforts needed to support monarch butterfly population recovery



The last year was a difficult one for the eastern monarch butterfly, according to a report just released that indicates monarchs occupying forest canopy in their wintering grounds in Mexico decreased by 22%, down from approximately 7 acres in 2021 to a little under 5½ acres during the winter of 2022-2023. Scientists estimate that a long-term average of 15 acres is needed to sustain the eastern monarch population and its continental migration.

The report, produced annually by the World Wildlife Fund in collaboration with the National Commission of Natural Protected Areas (CONANP), the National Autonomous University of Mexico (UNAM) and the Monarch Butterfly Biosphere Reserve (MBBR), is based on annual surveys that go back to the 1990s. The surveys provide critical data to assess status and trends of the North American Eastern monarch population and inform conservation practices in Mexico, Canada and the United States. The goal, to maintain a long-term average of 15 acres of occupied forest canopy during the winter, in turn shapes objectives for establishing breeding habitat in the Midwestern states, including Iowa through the Iowa Monarch Conservation Consortium.

Many factors contribute to the decline of monarch butterflies. In addition to habitat loss in their wintering grounds, the availability of breeding habitat with milkweed plants and blooming forbs in the Midwest is also key to the species' long-term survival. Milkweed is the only plant that monarch butterflies will lay their eggs on, and it is also the primary food source for monarch caterpillars.

The international announcement comes at a pivotal time for monarch conservation, with the US Fish and Wildlife Service's re-evaluation of the monarch's status under the Endangered Species Act slated for 2024. Conservation efforts are one aspect that will be used to inform the species status assessment by providing an estimate of the change in habitat due to conservation efforts since 2018 and anticipated change in the future.

Fortunately, there are steps that Iowans can take to help support the monarch butterfly population. One of the most important things is to establish appropriate habitat. This can be as simple as planting a few milkweed plants in yards or gardens, or as involved as establishing more extensive pollinator habitat. To encourage Iowans to establish habitat, consortium members have collaborated with Iowa State University Extension and Outreach to develop a Habitat How-To webpage that provides practical steps and additional resources to guide planning efforts.

An updated mobile app to track habitat establishment, HabiTally, is available as a free download for iOS and Android devices from the App Store and is designed to improve data collection about monarch habitat. "Now is a good time to remind Iowans about planting monarch friendly habitats around their homes, businesses, farms, and even ditches, and then documenting it by adding their habitat to the HabiTally app and joining their friends and neighbors in supporting monarch conservation," said Kayla Lyon, director of the Iowa Department of Natural Resources.

There is hope for the future. In September 2022, the Iowa consortium released a Monarch Conservation Effort Report, which showed that from 2018 through 2020, Iowans added 430,000 acres of habitat in the state. A new interactive Monarch Conservation Effort Dashboards lets users see how state or county habitat establishment has changed over this time.

"As we work to protect our natural resources and improve water quality in rural, suburban and urban settings, Iowans are also ensuring that habitat is available for pollinators and wildlife in their communities," said Iowa Secretary of Agriculture Mike Naig. "Pollinators like the monarch are important to the ongoing productivity of Iowa agriculture. The practices pursued by the Iowa Monarch Conservation Consortium and many other partners will continue to provide long-term habitat for monarchs and other beneficial pollinators."

A recent article in the journal BioScience integrates years of ISU monarch research showing how adding habitat will help conservation efforts. The findings estimate that the state's monarch conservation plan has the potential to increase the size of the breeding monarch population in Iowa and the Midwest by 10-25% per generation.

"The challenges the eastern monarch butterfly population continues to endure is a cause for concern and our continued focus and energy," said Daniel J. Robison, holder of the endowed dean's chair in the College of Agriculture and Life Sciences. "Through Iowa State University's research efforts and collaborative work with the Iowa Monarch Conservation Consortium, we are learning more about the species and its habits and habitat and building habitat to help it thrive. We continue to partner with individuals and organizations at the state and national levels to inform science-based decisions toward the sustainability of this important species in Iowa and throughout our region."

The Iowa Monarch Conservation Consortium is a group of 50 organizations, including agricultural and conservation associations, agribusiness and utility companies, universities, and federal agencies. To learn more about the Iowa Monarch Conservation Consortium, visit iowamonarchs.info and follow @IowaMonarchs on Facebook, Twitter and YouTube.

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The seeds of a good story

Julie Tweeten, with the Ag in the Classroom program recently paid a visit to the Northwood Public Library, to share a few stories about agriculture, seeds and planting. That was followed by an activity that had them place cotton balls in cups, sprinkle water on them and then placing seeds inside. After a few days, the seeds were expected to be sprout and could be planted in soil. Each of the young people at the library left with the beginnings of pea, sunflower and green bean plants.

DNR offers safety tips as summer water recreation season begins

From the Iowa DNR:

The unofficial beginning to summer is just days away and that also marks the unofficial beginning of Iowa's boating season. Boaters across the state are anxious to get out on lakes and rivers after the cool and wet spring and are preparing their watercraft for the long holiday weekend.

Susan Stocker, boating law administrator and education coordinator for the Iowa Department of Natural Resources, said safety should be the top priority for all boaters.

In 2022, there were 28 reported boating incidents on Iowa waters: seven of those were personal injury; 17 involved property damage, and four resulted in fatalities. Of the four fatalities, one involved alcohol as a contributing factor.

"Now is the time to review Iowa boating laws and plan to have patience at the ramp and on the water," she said. "With the recent storms across the state, boaters should use extra caution for floating debris and higher waters."

Stocker advised to have someone on your watercraft be a lookout for large debris that is often under the water with only a small portion showing above water. It is easy to miss and can cause major damage to your vessel. Be sure to check ahead that the boat ramps are open before heading out.

Just like any party on land, boaters should plan ahead to have a designated sober operator that is cautious with speed and on the lookout for other vessels.

Another way boaters can stay on the water is by inspecting their vessels prior to heading to the lake.

Lifejackets should be in good condition and the right size for each person onboard. Check the fire extinguisher, boat and trailer lights, whistle, and throwable floatation.

Boaters are reminded about the requirement that drain plugs and other water draining devices must be removed and/or remain open during transport to avoid spreading invasive species. Anglers leaving with fish are recommended to put them on ice, whether in a cooler, a bucket or a live well (plug must still be removed and/or opened).

Iowa has more than 231,000 registered boats.

BOATING SAFETY TIPS

Alcohol and boating don't mix. Wind, sun glare and heat can enhance the effects of alcohol hindering the operator's ability to make decisions.

Check for open ramps or water hazards before heading out.

Before leaving the house, check the trailer lights, wheel bearings and the hitch.

Make sure there is a current fire extinguisher and horn/whistle, a wearable life jacket for everyone and a USCG approved flotation device onboard.

File a float plan with a friend, including your destination, expected time of return and type of boat.

Wear your lifejacket - it floats, you don't.

Inflatable lifejackets are light weight, comfortable and USCG approved. Wear it.

Take a boater education course available online at https://www.iowadnr.gov/Things-to-Do/Boating/Boater-Education. It has valuable information and many insurance companies will offer a discount on boat insurance. Familiarize yourself with Iowa's boating laws.

The top two safety violations in Iowa are having inadequate life jackets and operating too fast and too close to other vessels.

More on river safety:

Rivers are dynamic systems that change with high flows and have obstacles hidden just beneath the water surface. Iowa rivers can have sudden drop-offs, holes, submerged shelves, foot holds and rock ledges. Current strength is often deceiving even for strong swimmers.

Follow these simple steps for a fun and safe summer on Iowa rivers:

Wear it! Always wear a properly fitted, personal flotation device (PFD). Make sure kids wear their life jackets before getting in the water. Most drowning victims in river incidents were not wearing a life jacket.

Become a proficient swimmer Swimming is a life-saving, life-long healthy activity that makes time near water enjoyable. If you haven't swam in a long-time, refresh your abilities. And all ages—tots to elders—can learn to swim. Instructors make learning relaxing, especially for those who fear the water. Inquire at municipal pools, colleges or YMCA facilities or with a private instructor. All children should learn to swim with formal lessons.

Be alert. Using drugs or alcohol reduces judgment. Alcohol is a factor in more than half of drownings.

Avoid areas near dams. Avoid getting in the water – swimming, wading, or boating – near low-head dams. Unexpected "roller" currents at dams are related to an average of 1.5 river fatalities per year.

Stay clear of obstacles. Downed trees, common in rivers, can act like kitchen sink "strainers," catching people and holding them in it. Other obstacles like bridge piers, scrap metal, or clusters of rocks or concrete can be hazardous in similar ways. Avoid wading in fast water. Look for known hazards that have been reported to DNR through their interactive river map at iowadnr.gov/Things-to-Do/Canoeing-Kayaking/Where-to-Paddle.

Watch your kids. Constantly watch young children when swimming or playing near water. Drowning occurs quickly and quietly. Be close enough to touch the child at all times. Even in ankle deep water, the current can be strong enough to sweep you off your feet and out into deeper water.

Learn CPR. CPR from a bystander is proven to save lives and improve outcomes for near-drownings. The quicker CPR begins, the better the results. In the time needed for paramedics to arrive, your CPR skills could save a life or prevent permanent damage. If already certified, learn the latest techniques and refresh your skills by recertifying. Inquire at your local hospital, workplace or doctor's office for classes.

Boxes to Boots donations sought for area soldiers

KCMR Radio and local community supporters are hosting a drive to provide Boxes to Boots hundreds of female and male soldiers of the 1133rd Iowa National Guard.

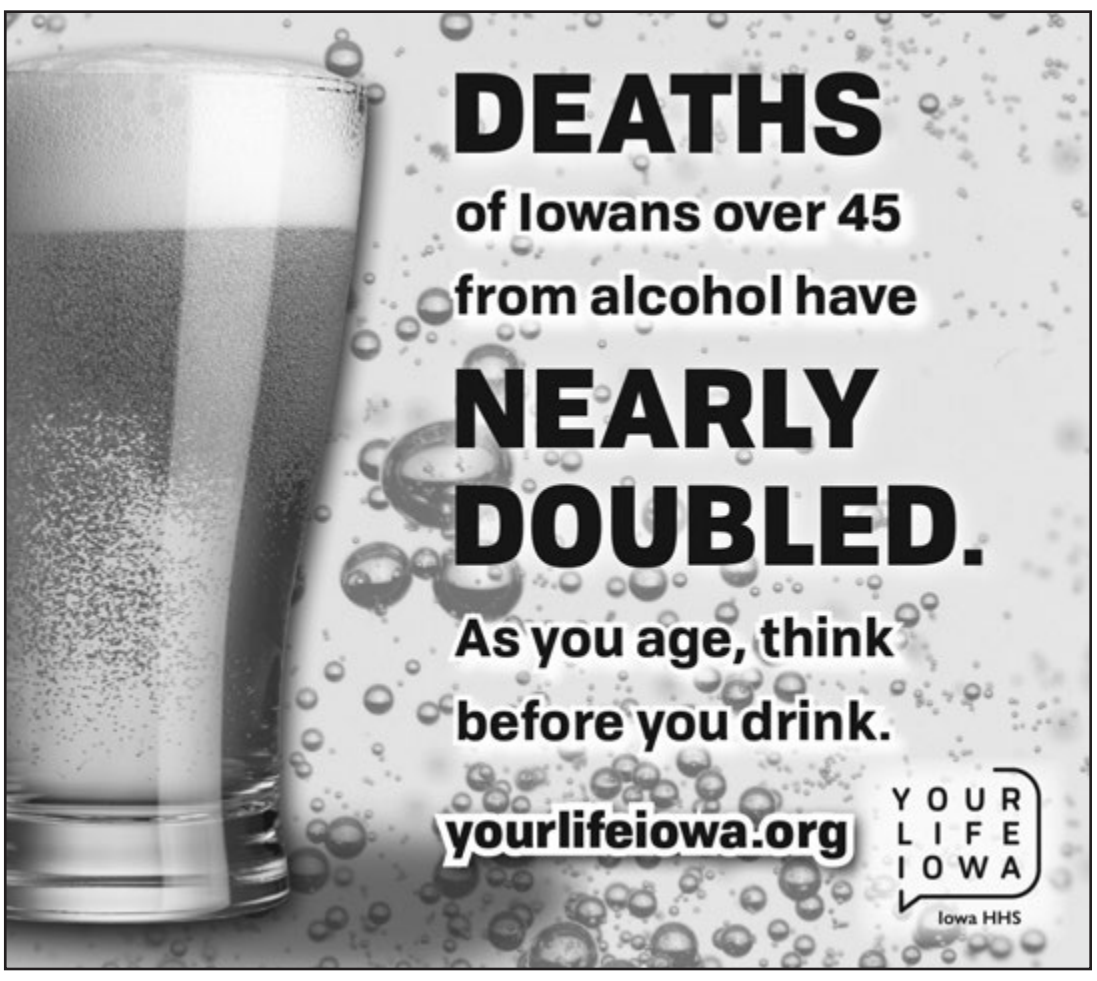
All during the month of July they will be collecting items to ship to Poland.

Their plans are to provide each of the troops with their very own box of travel size personal care items, puzzle books and other items like that plus lots of ready to grab snacks. Each member of the 1133rd will receive their very own box.

Personal care kittens should be placed in a sedparate plastic bag to avoid contamination of food products.

Donated items should be returned unsealed by Tuesday, July 25, to KCMR Radio 316 North Federal, Mason City.

KCMR Radio is open from 8 a.m. - 4 p.m. Monday through Friday.





BOLAN VACATION BIBLE SCHOOL





Some of the children participating in the program held Friday evening in the HOT wood quonset. They are holding up the Bible point posters.

Bolan hosts VBS

The "STELLAR, Shine Jesus' Light" Vacation Bible School in Bolan last week had 46 registered children Pre-K through fifth grade, and nearly that many volunteers. Everyone opened and closed in the wood quonset, where the Bible verse and point of the day were introduced, a video about the comet of day was shown, they learned songs, watched a skit and collected a mission offering. Pre-K then traveled to the church basement while the older ones rotated around to five stations in Bolan when the school bell rang: Bible Story, Cinema, Snack, Science and Games.



Using soaked-in-water-sponges to represent passing and sharing Bibles at the Games station led by Lindsey Davidson.



Twelve crews being shown a video lesson about the galaxy



Michelle Hill, one of the helpers with the Pre-K in an awesome "galaxy world" Hannah Hill created



Pastor Cory Allard and the youngest participant, two-year-old Auggie



Crews 11 & 12 led by Kamryn Backhaus and Jadyn Beland leaving snack time



Linda Nydegger sharing the Bible story at the snack time



Brothers Caleb and Travis Heiken at Games station



Nolan Enderson being shown how to make stars by Chase Deyle in Science station



Sisters Elenora and Elivia Colvin during Pre-K time outside



The loose change and bills that came in for the daily offering totaled $451.00. Half will go to World Vision Discipleship Fund to purchase Bibles for children, families, and communities internationally. The other half of the money was donated locally to Northern Lights Alliance for Homeless Shelters.

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Vikings earn sixth win of the year with 13-7 victory over RRMR

By Mike Simmons
Sports Editor

It's still hard to comprehend that the Vikings, who went 0-21 last season, are now sitting at six wins with 13 losses and after the seeding meetings, came out with the No. 4 seed in substate 2, district 4 and will face five seed Riceville (7-12) this Saturday at 5 p.m. in Saint Ansgar.

The Wildcats, once a Corn Bowl Conference rival who skipped out on joining the Top of Iowa Conference in 2015, are now a member of the Iowa Star North Conference, where they placed third with a 5-8 conference record.

Last Monday the Vikings traveled to Rockford and the two teams that occupy the bottom two rungs of the TIC East standings got into a slug fest with N-K scoring six runs in the final two innings to secure the 13-7 conference win.

The two rivals sent 64 batters to the plate combined but that only resulted in 20 hits, but there were nine walks, four batters reached on errors and the two teams' pitching staffs combined to hit six batters.

Reaching base safely for the Vikings against RRMR were Bowen Behne (2-4), Nolan Senne (2-3), Jace Lindberg (1-4), Brady Christianson (1-2) and leading the team at the plate last Monday was junior third baseman Noah Woltzen, who went 3-4 with one RBI.

Sophomore Evan Lorenzen (3-3) picked up his team-leading third win of the year with the 13-7 TIC East victory, working 6.1 innings with nine Ks, just three earned runs allowed, three walks and an incredible WHIP of just 1.74.

The Vikings, who are 2-13 against Newman Catholic since the 2013 season but 2-8 in the last 10 games played, this time around were no match for the No. 1 ranked team in class 1A.

N-K was down 9-1 at the conclusion of the fourth inning. It looked bad but not horrible considering the competition, but then in the top of the fifth the Knights bats erupted for 10 runs in an inning the Vikings just could not escape as they went on to to fall 19-1 in five innings.

Senior hurler Grady Buenzow suffered the loss after giving up five earned runs and is now 2-5 on the year with a respectable 5.36 ERA. At the plate the Vikings could manage only two hits, a single by Buenzow and a double by Senne that scored Behne with the team's lone run in the bottom of the fourth.

Before starting postseason tournament play this Saturday the Vikings will close out their regular season with games on Monday at Central Springs, Tuesday versus Saint Ansgar and Wednesday at Osage.

TIC East Baseball Standings

	TIC East	Overall
Newman Catholic	14-0	25-3
Nashua-Plainfield	11-3	14-5
Saint Ansgar	10-3	20-5
Osage	8-6	11-10
North Butler	5-8	7-10
West Fork	4-9	5-13
Central Springs	4-10	6-16
Northwood-Kensett	3-10	6-13
Rockford	2-13	2-17

Seven run fifth inning lifts Lady Vikings over RRMR in TIC East action

By Mike Simmons
Sports Editor

Leading by just one run heading into the top of the fifth inning last Monday night in Rockford, the Northwood-Kensett softball team pushed seven runs across the plate in one of its biggest offensive innings of the season, eventually overcoming the Lady Warriors 12-6 in seven innings.

The Lady Vikings won their second game in the last five outings last Monday against Rudd-Rockford-Marble Rock, coming out on top in this matchup for just the sixth time in the last 30 games dating back to the 2009 season.

N-K, which registered 17 hits on the night, including 15 singles, was able to score two runs in the top of the first before the Lady Warriors responded with four runs of their own in the bottom half of the inning, giving RRMR an early 4-2 advantage at home.

Collecting 17 hits, one of their better performances at the plate this season, the Lady Vikings scored three runs in the top of the third for a 5-4 lead before exploding in the top of the fifth for seven runs in the inning, securing the eventual 12-6 Top of Iowa Conference East win.

N-K's young pitching sensation Lauren Heiken, just an eighth grader, picked up her second win of her inaugural season with seven K's and just one walk allowed in seven complete innings of work.

The Lady Vikings were led at the plate by junior shortstop Kelsi Liddle's four hit performance while a number of others reached base on numerous occasions, including, Jasmine Renteria (3-4), Hadley Buenzow (2-4), Topanga Hackenmiller (2-4) Heiken (2-4) and Lexis McHenry (2-4).

Last Friday, in just N-K's second game of the week, the Lady Vikings ran up against class 1A's 13th ranked Knights of Mason City Newman in a game that lasted just four innings after Newman scored four in the first, seven in the third and closed out the 15-0 TIC East win with four in the top of the fourth.

After going 1-1 last week and 2-3 in their last five games the Lady Vikings have now turned what could have once been a disastrous season into one that can be built on for years to come, ending last week at 2-16 overall and 2-10 in the conference.

N-K had two games this week on Monday at Central Springs and Tuesday versus Saint Ansgar before starting class 1A regional play this Friday in Algona. The Lady Vikings will face the Golden Bears of Bishop-Garrigan at 7pm.

B-G is 12-8 overall and finished 10-3 in the TIC West, placing it second in the conference standings in the west.

TIC East Softball Standings

	TIC East	Overall
Central Springs	13-1	20-5
Newman Catholic	11-3	24-6
North Butler	8-5	11-8
Osage	8-5	23-7
West Fork	6-5	13-6
Saint Ansgar	6-7	18-10
Rockford	3-12	4-15
Northwood-Kensett	2-10	2-16
Nashua-Plainfield	1-13	2-22

Preparing your child for success after high school

By Jen Sigrist
Executive Director for AEA

Jobs in our country are increasingly requiring specialized training and education beyond high school. For many jobs, a high school diploma is not enough. According to data from the Bureau of Labor Statistics, between 2021 and 2031, jobs that require some formal education after high school are predicted to grow above average rates. Estimates suggest that as many as two-thirds of all jobs in the U.S. will require some form of post-secondary education or training by the end of the decade. The Future Ready Iowa goal is to have 70 percent of Iowans with education and training beyond high school by 2025. What can parents do to support their child's preparation for future success?

Support early literacy skills. Read to your child, talk about reading, and model the different ways reading is used in adult life. This can include books, articles, filling out applications, recipes and more.

Help your child explore interests. Talk about classes and career opportunities that could help them identify possible interests. Volunteering and community service projects are another way to explore. Even if they learn what they don't want to be, it helps narrow ideas and match the learning required with possible career fields.

Get to know the school counselor. The counselor has a role in supporting your child's social and emotional growth, and the school counselor helps provide guidance and opportunities for career exploration. They have access to resources for students and parents to support a child's growth and development.

Be involved with your child's Individual Career and Academic Plan (ICAP). This plan is required for each eighth-grader and is updated annually through the senior year. It includes an interest inventory, ideas for career pathways and helps a student consider classes and certificates needed for career preparation.

To learn more, consider investigating online resources for work-based learning opportunities and consider how to match your child's interests and the educational requirements for their career interest.

Future Ready Iowa https://www.futurereadyiowa.gov/

Search for work-based learning at Iowa Department of Education https://educateiowa.gov/

Iowa Workforce Development https://www.iowaworkforcedevelopment.gov/

Jen Sigrist is the Executive Director of Educational Services with Central Rivers Area Education Agency (AEA), based out of Marshalltown. She can be reached at jsigrist@centralriversaea.org. Central Rivers AEA provides special education and school improvement services to 53 public and nearly 20 non-public school districts across 18 counties of Iowa. Learn more at www.centralriversaea.org.

Bolan

It was a great week for Vacation Bible School in Bolan. There were almost 50 children and about as many crew and station leaders!

The children go to different stations after the opening in the Quonset. With the theme being "STELLAR Shine Jesus' Light" the Galactic Snack Shack kitchen crew had different snacks each day such as "stars; Saturn Rings; Rockets; the sun and moon pies!

There were many family members and friends that came to the light finger food supper served before the VBS Program also.

Northwood Anchor Legal

City of Kensett

- PUBLIC NOTICE -
City of Kensett, Iowa

Notice is hereby given that the Council of the City of Kensett, Iowa, will conduct a public hearing on the proposal to adopt the Kensett Code of Ordinances of 2023. A copy of said codified ordinances is now on file at City Hall and available for public inspection. Said hearing will be held July 10, 2023, at 7:05 P.M. at City Hall, Kensett, Iowa, at which time arguments for or against adopting said code as proposed will be heard and considered.

Comments, oral, or written may be submitted to the City Clerk prior to the public hearing. Any comments received will be included in the minutes of the public hearing as part of the permanent record.

City of Kensett

The Kensett City Council met in regular session 06/12/2023 at 7:00 P.M. at City Hall with Mayor Corey Pulju presiding. Council Members present were Bratrud, Douglas, Heiken and Parker.

Absent: Woltzen

Visitors: R. Bauer, Tom Dakin & Ryan Choon

Pulju called meeting to order.

Motion to approve updated agenda by Douglas, 2nd by Parker, carried unanimously.

Motion to approve minutes by Parker, 2nd by Douglas, carried unanimously.

Maintenance discussed that issues stated in the Sanitation Survey have been resolved, mowing overgrown lawns, taking a trailer to the landfill and what we should take and hydrant flushing.

Tom Dakin is the Sexton of the Kensett Cemetery. He discussed raising the prices for Cemetery lots, updating the plot system and the cemetery board.

Old Business: Road update-Chip and seal to different roads in Kensett was completed.

Cemetery mowing: Pricing was discussed.

New Business: Ryan Choon from the NWFD came to discuss the Worth County Ambulance Service coming to Kensett. Motion to approve the service was made by Parker, 2nd by Bratrud, roll call vote taken, all ayes, carried unanimously.

Changes to City Ordinances were discussed. Motion for approval was made by Bratrud, 2nd by Douglas, roll call vote taken, all ayes, carried unanimously.

Mowing of overgrown properties was discussed in employee reports.

Treasurer's Report: May 2023 Revenues by Fund: General 6,873.54, Utilities 6,029.01, Special 7,435.92 Total Revenues: $20,338.47. Stands approved as read.

Motion to approve bills by Douglas, 2nd by Parker, carried unanimously.

Payable: Alliant Energy 2,516.67, WCTA 279.13, B. Luckason 396.95 (net), L. Luskey-Lestrud 586.70 (net) R. Bauer 1915.10 (net), K. Thompson 1330.37 (net), Federal & SS 1061.40 (payroll), IPERS 839.51 (payroll), Tractor Loan Payment #52/60 321.98 (casino $-general), Visa 1640.61 (IMFOA), AgSource 289.00 (service-sewer-testing), C. Pulju 230.87 (payroll-net), KFD 400.00 (fire protection), Kibble Equipment 23.57 (repairs), Kensett Water Works 104.00 (sewer fees), Waste Management 1495.20 (garbage & recycling), The Anchor 151.19 (publications), Nelson Septic 125.00 (Portapot), Carquest 63.84 (oil/filters), Menards 51.35 (supplies), Viafield 3.37 (supplies), Kelly Hardware 21.86(supplies), IMWCA 940.00 (work comp premium), Central Lock 53.50 (locks), Pioneer Critical 887.63 (generator), Culligan 10.70 (water), Midwest Tape 59.21 (supplies), Baker & Taylor 49.68 (supplies), Arlys Bergdale 105.00 (cleaning), Northwood Anchor 72.00 (subscription)

Disbursements by Fund: General 7,582.35, Special 1,273.24, Utilities 808.90, Payroll 6,360.90 (gross)

Total Disbursements:
$ 16,025.39

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

Krystal Thompson, City Clerk
Corey Pulju, Mayor

Supervisors

June 12, 2023
Twenty-fifth 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 June 12, 2023 meeting. Motion carried.

Motion Stone/Second Smeby to set bid letting hearing date for July 17 at 8:45 A.M. for paving projects on 390th Street and Thrush Avenue. Motion carried.

Motion Stone/Second Smeby to approve plans for paving projects on 390th Street and Thrush Avenue. Motion carried.

Motion Stone/Second Smeby to appoint Rich Brumm as interim Flood Plain Administrator. Motion carried.

Motion Stone/Second Smeby to approve drainage claims in the amount of $23,410.58 as per the following schedule. Motion carried.

Bolton & Menk Inc., DD 2, Prof Services.....$6,794.00
Bolton & Menk, Inc., DD 14, Prof Services.....$12,599.00
Bolton & Menk, Inc., DD 21 West Main, Prof Services..$472.50
Bolton & Menk, Inc., DD 32, Prof Services.....$123.00
Bolton & Menk, Inc., DD 48, Prof Services.....$342.50
Bolton & Menk, Inc., DD 72 Main, Prof Services.....$1,544.50
Goodwin Law Office, PC, DD 72 Main, Prof Services...$1,357.00
Northwood Anchor Inc., DD 2, Prof Services.....$78.12
Northwood Anchor Inc., DD 48, Prof Services.....$99.96
Grand Total.....$23,410.58

Motion Smeby/Second Stone to approve the Annexation Amendment #1 letter from Jacob Hagan, Bolton & Menk, Inc., which further explained the reasons for annexation for DD #72. Motion carried.

Motion Smeby/Second Stone to approve claims in the amount of $52,809.01 as per the following schedule. Motion carried.

Access Systems Leasing Service-Dap 98.50
Agvantage Fs Inc Fuel-Eng 11,592.55
Airgas Usa, Llc Supplies-Eng 22.86
Albert Lea Seed House Inc Supplies-Con 213.00
Alliant Energy, Service-Shf. 29.68
Bmc Aggregates Llc Rock-Eng 281.50
Brian Lund, Reimb-Gsr 45.58
Brightree Home Health & Hospice Llc, Service-Phd..... 3,080.91
Carquest Auto Parts Inc Supplies-Shf 34.54
Centurylink, Service-Gsr... 163.07
Cerro Gordo Co Treasurer Service-Mex 1,543.35
Cindy Thompson Reimb-Asr..... 13.32
City Of Fertile, Rutf-Eng 1,791.64
City Of Grafton Rutf-Eng 1,067.60
City Of Hanlontown Rutf-Eng 465.33
City Of Joice, Rutf-Eng... 1,188.89
City Of Kensett, Rutf-Eng . 593.34
Conner Colonial Chapel Service-Soc..... 2,000.00
Culligan Of Mason City Service-Gsr 103.90
D & L Equipment Parts-Eng..... 97.07
District Ii Treasurer Edu-Trs..... 60.00
Eagle Business Credit Supplies-Shf 931.10
Five Star Cooperative Fuel-Eng 53.39
Grafton Welding Service-Eng 2,255.00
Heartland Power Coop Service-Wwt 2,401.91
Hotsy Equipment Supplies-Shf 93.00
Ia Law Enforcement Academy Edu-It/Gis 375.00
Isac, Edu-Rec..... 1,000.00
Jay Heims, Reimb-Asr 109.48
Jessica Reyerson Reimb-Phd 50.00
Joe's Collision & Performance Inc Service-Shf..... 123.19
Kensett Cemetery Service-Vaf 576.00
Knudtson Automotive Service Service-Phd..... 638.98
Larsen Plumbing & Heating Inc Service-Shf..... 687.78
Lawson Products Inc Parts-Eng..... 94.20
Marco Technologies Llc Service-Dap & Asr..... 504.15
Mason City Rentals, Llc Supplies-Eng 317.95
Mercyone North Iowa Occupational Health Service-Shf..... 177.00
Midwest Pipe Supply Inc Supplies-Eng 157.16
Nassco Inc., Supplies-Gsr .. 325.40
Neapolitan Labs Llc Service-Dap 1,500.00
Nelson Family Trust Rent-Shf..... 300.00
North Central District Of Assessors, Edu-Asr..... 300.00
Northwood Anchor Inc Service-Ema 292.08
Pinnacle Quality Insight Service-Phd..... 174.50
Pitney Bowes Global Service-Dap 454.38
Safety Solutions Service-Eng 500.00
Sam Warren Mileage-It/Gis..... 174.24
Shi International Corp Service-Dap 10,110.25
State Hygienic Laboratory Service-San..... 151.00
Trading Post Supplies-Eng 91.99
Visa, Service-Ema 981.33
Waste Management Of Iowa Inc Service-Sdp..... 2,600.00
Grand Total 52,987.09

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

Motion Smeby/Second Stone to approve payroll eligibility verification for Kimberly Bode at $22.00/hour as submitted by secondary roads. Motion carried.

Motion Stone/Second Smeby to approve the fireworks permit for 4G's Pyrotechnics/Todd Buseman for fireworks at Country View Acres, 628 430th Street, Joice on July 8, 2023. Motion carried.

Motion Smeby/Second Stone to approve the appointment of Dr. Jadon Wiese as a County Medical Examiner in Worth County, effective July 24, 2023. Motion carried.

Motion Smeby/Second Stone to approve the request from Sharyl Ferley to use the court house grounds for Bible Reading from June 29 – July 4, 2023. Motion carried.

Motion Stone/Second Smeby to approve Resolution 2023-25 Setting Forth Percentage of Funding for Property Tax Credits & Exemptions for Assessment Year 2022. Roll call: Smeby – Aye; Stone – Aye, Loberg – Aye. Motion carried. (Full text of resolution available in auditor's office).

Motion Stone/Second Smeby to appoint Scott Heagel to the NIACOG Board as Worth County's City Representative. Motion carried.

Motion Stone/Second Smeby to adjourn at 9:05 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

PROFESSIONAL CARD
Business Announcements

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Home: 324-1147

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Office 641-324-9844 Fax 641-324-9844

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Beginners/12 Step meeting 7:30 p.m. Thursday
First Lutheran Church
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MEALS ON WHEELS
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Fri. 8 a.m. - Noon
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Yard and Garden: Selecting and planting perennials in Spring

Perennials can help keep a garden interesting all season

Perennials are a great way to provide flowers and color in the garden and by planting perennials with different seasons of bloom, you can have interest throughout the growing season. In this article, horticulturists with Iowa State University Extension and Outreach provide tips for selecting and planting perennials in your Iowa garden.

What should I look for when purchasing perennials?

It is important to select perennials well-suited for the planting location. Be sure the soil moisture, light levels and winter hardiness of the garden site match the growing requirements of the perennial. Additionally, check the mature height and width of the perennial and be sure there is enough space for the plant to reach full size.

Select high-quality plants by first looking at the condition of the plant. The overall habit or shape of the plant should be well-balanced and not too big or small for the container. Perennials should be sturdy, robust and compact. Bigger is not necessarily better, as spindly or lanky plants do not transplant well. Leaves should not be off-colored or mottled. While a few brown leaf edges or missing leaves can be expected from a perennial growing in a container, avoid plants with excessive leaf damage or loss. Plants with overly dry or wet soil often indicate poor care and should be avoided. Plants should be firm and upright, not limp or wilted. Look under the leaves and near the crown of the plants for signs or symptoms of disease and insect pests. Do not purchase plants that show signs of insects or disease.

Remember, while flowers are pretty, they are not required for the purchase of your plants. Buying only plants that are in bloom often creates garden spaces with heavy spring bloom and little interest later in the season because many gardeners do most of their plant shopping in spring. Pretty flowers are nice, but are not a universal sign of good health and high quality.

How do I plant perennials?

Planting container-grown perennials starts with digging a hole at least twice as wide as the container. The depth of the hole should equal the depth of the soil in the container. It is important not to plant perennials too deeply as it may cause poor growth or flowering. Pull the perennial out of the container by squeezing the sides of the pot and then gently pulling the root ball out. Carefully loosen the root ball and roots, especially those roots that are circling the root ball. Set the perennial in the ground at the same level as in the container and backfill with the soil that came out of the hole. If the soil is of very low quality, such as those that are poorly drained or have a lot of clay, the planting hole should be dug three or four times the container's width and the native soil can be amended with compost. In nearly all cases, amendments are unnecessary, and the soil dug out of the planting hole goes back into the hole.

Most perennials don't need a starter fertilizer, but you can use one if you choose by following the label directions. Place 3 to 4 inches of mulch around the base of the perennial to help conserve soil moisture and prevent weed growth. The last step is to water the newly planted perennial. Watering after planting is important because it settles the soil and gets the roots in contact with the surrounding soil getting the plant off to a good start.

What are some good low-maintenance perennials?

All perennials require some maintenance. Watering, fertilizing, pinching, staking, deadheading, dividing and providing winter protection are common maintenance chores. Some perennials require frequent attention throughout the growing season. Others require minimal care.

Low-maintenance perennials for sunny locations include butterfly weed (Asclepias tuberosa), false blue indigo (Baptisia australis), hardy geranium (Geranium spp.), false sunflower (Heliopsis helianthoides), daylily (Hemerocallis spp.), Siberian iris (Iris sibirica), blazing star (Liatris spp.), daffodil (Narcissus spp.), peony (Paeonia hybrids), Russian sage (Salvia yangii, syn. Perovskia atriplicifolia), moss phlox (Phlox subulata), balloon flower (Platycodon grandiflorus), coneflower (Echinacea spp.), perennial salvia (Salvia x superba), sedum (Sedum spp.), speedwell (Veronica spp.) and ornamental grasses (various species).



Full sun perennial garden.

Low-maintenance perennials for partial to heavy shade include lady's mantle (Alchemilla mollis), Canadian wild ginger (Asarum canadense), heartleaf brunnera (Brunnera macrophylla), turtlehead (Chelone spp.), bleeding heart (Lamprocapnos spectabilis and Dicentra spp.), barrenwort (Epimedium spp.), hosta (Hosta spp.), creeping phlox (Phlox stolonifera), lungwort (Pulmonaria spp.), bloodroot (Sanguinaria canadensis), foam flower (Tiarella spp.) and ferns (various species).

Which perennials are long-lived?

Perennials are any plant that lives in the garden for three or more years. Some perennials grow well for a few years and then decline and fade away. When given favorable growing conditions and good care, long-lived perennials often thrive for 20 or more years. Long-lived perennials make great low-maintenance additions to the garden because they rarely need to be replaced.

Long-lived perennials include black snakeroot (Actaea racemosa), lady's mantle (Alchemilla mollis), goat's beard (Aruncus dioicus), butterfly weed (Asclepias tuberosa), false blue indigo (Baptisia australis), gas plant (Dictamnus albus), ferns (various species), hardy geranium (Geranium spp.), ornamental grasses (various species), daylily (Hemerocallis spp.), hosta (Hosta spp.), Siberian iris (Iris sibirica), blazing star (Liatris spp.), daffodil (Narcissus spp.), peony (Paeonia hybrids), balloon flower (Platycodon grandiflorus), lungwort (Pulmonaria spp.), black-eyed Susan (Rudbeckia fulgida), stonecrop (Sedum spp.) and Carolina lupine (Thermopsis villosa).

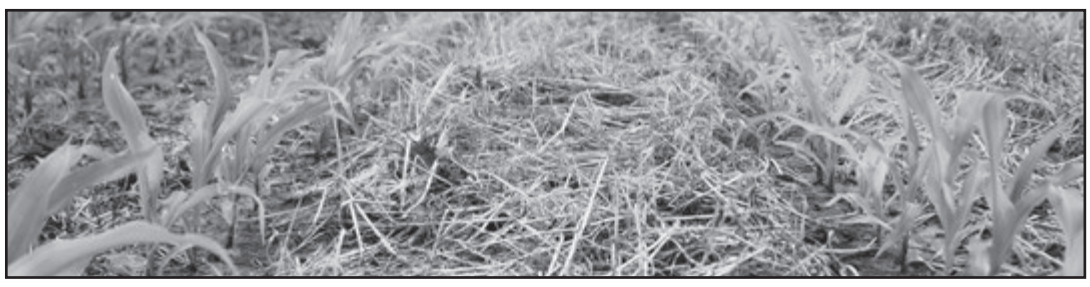
New USDA grant supports research to initiate Ag DIRT experiment, refine cover crop recommendations

A team of scientists led by Iowa State University has won a $649,000 grant from USDA's National Institute for Food and Agriculture to study the intricacies of cereal rye cover crops.

One of the grant's top objectives is to launch an innovative Ag DIRT (Detritus Input and Removal Treatments) study to quantify how biomass from cover crops impacts long-term soil carbon levels. Thought to be the first DIRT investigation of an agricultural system, the project is modeled on an international network of DIRT projects that started with forests and now include grasslands. Their purpose is to track how plant litter inputs over decades control the stability, accumulation and chemical nature of soil organic matter.

"This is an exciting project, but it represents just the beginning of work we hope to learn from over decades," said Marshall McDaniel, associate professor of agronomy at Iowa State, who will lead the DIRT component of the grant. "It can take a long time to see significant changes in soil carbon, but we'll also be looking for some potential changes in indicators of soil health that can show up more quickly."

At field plots on Iowa State's research farm property near Boone, Iowa, the project team will establish 24 test plots with three biomass treatments of cereal rye: roots only (below-ground); shoots only (above-ground stems and leaves); and roots and shoots, and compare them to a control plot without cover crops. The treatments will also compare the effects of varying nitrogen fertilizer rates.



These test plots will also be the setting to study the research grant's other main objective – intensively exploring the interplay between the rye and corn to better understand why Iowa's most popular cover crop poses an increased risk for yield drag in the next season's corn crop.

These aspects of the grant will be led by Alison Robertson, professor of plant pathology, entomology and microbiology and extension plant pathologist, working with Mark Licht, associate professor of agronomy and extension cropping systems specialist, and Peter O'Brien, research agronomist with the USDA Agricultural Research Service.

In several earlier projects funded by the Iowa Nutrient Research Center at Iowa State, Robertson, Licht and others found that roots of rye, a species related to corn, can provide a "green bridge" for pathogens like Pythium to cross and more easily infect corn. They also found rye roots exude allelopathic chemicals that discourage competition and can make corn seedlings more susceptible to disease.

Other possible reasons for yield drag they have been studying include:

Nitrogen immobilization, when soil microbes decomposing the rye compete with corn seedlings for available nitrogen.

Inadequate moisture, if the rye soaks up water the growing corn crop needs.

Shade-avoidance, where young corn plants are shaded by cover crop biomass still standing in the field.

The researchers have documented this mix of challenges and explored ways to reduce the related impact on yields, for example, by distancing the rye and corn in time (killing the rye at least 10 days of planting corn) or in space (physically distancing the rye and corn roots).

"This grant will support foundational research to help build a more complete understanding of cover crops' influence on factors like disease, nutrient cycling and crop response for corn, in addition to cover crops' potential contributions to long-term soil quality," Robertson said.

"Some farmers have been very successful with cover crops," she said. "They tend to be the ones who keep tweaking their practices. They know which tweak helped even if they don't completely understand why. We want to understand the 'why' so we can make recommendations farmers can rely on."

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A prehistoric place to play

On Saturday, a celebration was held in the Grafton park. The open house introduced the community and visitors to the city's new playground. Made possible with WCDA grant funding, the new equipment includes a dinosaur skeleton to climb on, a bouncing squirrel to ride on, a merry-go-round and new swingsets, all on a rubbery bouncy surface. Pictured at left and above are pictures before and the other pictures are the park in use on Saturday. The open house included games, ice cream made with liquid nitrogen and other treats.











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