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The Northwood Anchor

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Briefs

Triathlon set for Saturday

This Saturday, July 29, people will swim, bike and run through Northwood as they take part in the third "Bring in the Backup" Triathlon.

The event is held to support, or "back up" the community's first responders, with funds raised going to support several non-profit causes, as well as the Worth County Sheriff's Office and the Northwood Volunteer Fire Company.

The event includes a three stage race involving swimming for 150 meters, riding a bike for 10.4 miles and then running a 5K.

The triathlon begins at the Northwood swimming pool at 9 a.m. on July 29, followed by a bike ride outside of town and back before the run portion.

Those taking part can do so as individuals or as part of a 2-3 person relay. There are also options to take part in the aquabike (swim and bike ride) or a duathlon (a one mile run before the bike ride and 5K).

Registration for the event is currently underway.

Those interested may find more information by searching for Northwood Iowa Triathlon online.

Drivers are asked to be aware if traveling the route of the event on July 29.



TANNA QUISLEY

Quisley recognized by Goodwill of the Heartland

Tanna Quisley was recently recognized for her achievements in the Goodwill of the Heartland's Supported Community Living Program.

The Supported Community Living program provides assistance to those with disabilities or disadvantaging conditions. The services help them maintain their independence.

The program helps people with things like meal planning and prep, chore planning, emergency planning, scheduling, transportation, shopping, recreation, socialization, budgeting and more.

Tanna lives in Iowa City and has benefited from the SCL program. She receives regular visits with SCL staff like Mikayla and Emily.

Tanna has been recognized for the efforts she has made in the program and the results of her efforts. She was recognized by Goodwill of the Heartland as a 2022 Supported Community Living Achiever.

In a video announcing her achievement, Tanna was celebrated for her work in overcoming nervousness going to appointments, planning transportation, planning meals and other things that she wouldn't have been able to do just a couple years ago.

"I'm really seeing her blossom into this amazing independent woman," Mikayla Rosenthal, SCL associate, said. "It's just an amazing turnaround."

Besides helping her with home tasks, the program has also helped Tanna find a job that she loves, working in the cafeteria kitchen at the University of Iowa. She recently celebrated one year at the job.

During the year she has also helped out, appearing on posters to promote getting flu shots on campus.

In the video, Tanna said that she loves the program for making her more independent, helping her make friends and helping her love who she is.

"Her bubbly personality and friendliness makes her a joy to work with."

The video with Tanna can be viewed on the videos link for Goodwill of the Heartland on YouTube.

WCDA gift cards available Tuesday

The WCDA will once again be handing out gift cards to students in Worth County that are in grades K-12, starting this Tuesday, August 1.

The gift card program will begin on Tuesday and continue through Friday, August 25, available from 8:30 a.m. to 4 p.m. Monday through Friday at the WCDA office in Northwood. The office is located at 91 Eighth Street North in downtown Northwood.

Each student will receive a $75 gift card.

Only parents may pick up gift cards for their children.

Parents that received gift cards in 2022 must bring receipts from last year's purchases to receive a gift card in 2023.

Parents of students that

WDCA, See Page 2

GE seeks $37.4M bond for new school district building



The Glenville-Emmons school district is seeking a construction bond. If it passes, the district will have the funds to build a new school building. If it doesn't, the GE district may eventually be no more.

In a special election on Tuesday, August 8, voters of the GE district will be asked whether or not they support giving the district the authority to borrow up to $37,420,000 to acquire land and build facilities for a new PK-12 school.

According to information shared on the school website, the current school building is at the end of its "useful life," with expensive and extensive issues in the facilities..

The high school was building in 1956. The elementary school dates to 1970.

Issues listed include roof damage that cause leaks, which are beyond patching or repair; water damage; structural deterioration; asbestos tile flooring; a lack of ADA accessibility; outdated boilers and other HVAC infrastructure; outdated lighting; deteriorating and inefficient original plumbing; poor air quality; lacking fire control; and outdated electrical systems.

School security systems and features that do not align with recommended school safety and security measures create another concern.

It is estimated that fixing issues at the current school could cost in the range of $18-21 million, not including specific classroom or security needs.

A community taskforce was formed that studied options for the district to address these issues.

The process involved surveys answered by district residents and getting other input from school staff, students and members of the community over a two year period.

The end result was the recommendation that a new

GE, See Page 2

Glenville Days 125th event August 10-13

The annual Glenville Days celebration is set for Thursday, August 10, through Sunday, August 13, with a variety of events planned as they celebrate the 125th anniversary of the community.

Events start on Thurdsay, August 10, with a women's volleyball tournament, meal and free craft at Glenville Beach.

Friday, August 11, brings food vendors to Main Street, along with an alumni meal, medallion hunt, Little King and Queen contest, bike giveaway, garden tractor pull, the band Smokescreen and fireworks.

On Saturday, August 12, there will be food vendors, a 5K river run/walk, a carp fishing contest, the parade, the 507 Country band, a Show N Shine Car and Tractor Show, DC Chassis Dino, tours of the high school and an assembly, concessions, activities for kids in the park, a visit from the Reptile and Amphibian Zoo, a pedal tractor pull, a bean bag tournament, the Something Country Band, bingo, an alumni meal, and music from Chocolate Crackers and from Show Me Your Hits.

125th, See Page 2



The Week's WEATHER
From National Weather Service data

Date	Hi	Lo	Prec.
Tues. July 18	73	54	
Wed. July 19	77	55	
Thurs. July 20	83	59	
Fri. July 21	79	57	
Sat. July 22	80	58	
Sun. July 23	83	58	
Mon. July 24	84	59	

Training issues close area pools with no lifeguards available

Pools in Worth County and throughout North Iowa were forced to suddenly close last Friday as lifeguards found out that they had not properly been trained before the swimming season began.

With a week of particularly hot temperatures forecast, area pools were expected to be closed for some time as options were being investigated for 310 lifeguards who had learned they were no longer certified by the Red Cross.

A message sent to area life guards from the American Red Cross stated that an instructor working with the Mason City YMCA had failed to deliver a lifeguard class in full accordance with Red Cross requirements for certification.

Several elements of mandatory instruction were mentioned in the email to the no longer certified lifeguards.

That included a minimum of 30 hours of training or 19 hours and 55 minutes plus 7 hours of online learning; review courses of a minimum of 9 hours and 40 minutes; and breaks, lunches, changing, showers and transportation not counting towards those hours.

The message indicates that the YMCA instructor had not fulfilled the time requirements.

The message placed the responsibility for the incomplete instruction on the Mason City Family YMCA, as the agency that was responsible for making sure that lifeguard training was completed to the American Red Cross standards.As of July 20, any lifeguard that had been trained through the Mason City YMCA instructor had their lifeguard course certification revoked.

Lifeguards were urged to either seek a refund from the YMCA and/or seek immediate retraining.

The end result is that most pools in the North Iowa area no longer have certified lifeguards on staff.

This creates liability, insurance and other issues if they pools did decide to remain open.

As such, both public swimming pools in Worth County were amongst those that have been closed.

City officials in the county have posted to social

Pool, See Page 2

The Worth County Fair! — See Inside



Tanna Quisley is pictured with the staff of Goodwill of the Heartland after she was recognized as a 2022 Supported Community Living Achiever.

Parents Night Out Saturday

This Saturday, July 29, the Northwood Community Center will be holding a Parents Night Out, offering a place to take kids while their parents have a night to themselves.

The community center will welcome infants, toddlers and kids up to 13 years old.

Preregistration is advised, as spots are limited. The cost is $10 for one child and $8 for additional children from the same family. This includes supper and snacks for each child.

Those with a child with special needs or children under two years old, are asked to contact the community center to make sure a volunteer is available to accommodate them.

More information is available by contacting Angela, the Director of the WCCOP, at 641-324-9976.

Balance technology, traditional education to parent children in the digital age

Children are being immersed in the digital world and its infinite possibilities at an increasing rate. Parents are facing a daunting task as digital devices become more popular among children. They must raise digital natives who can navigate the digital world responsibly and reap its benefits, says Malisa Rader, a human sciences specialist with Iowa State University Extension and Outreach.

"With this paradigm shift, a new type of parenting has emerged called digital and technology parenting. It aims to equip children with the skills and knowledge they need for life in a modern digital society," said Rader, who specializes in family wellbeing.

Digital and technology parenting aims to strike a balance between screen time and real-world experiences. According to studies, excessive screen time in a child's early years can have negative effects on development. This includes language and cognitive delays. Experts recommend setting limits on device usage and encouraging children to engage in a variety of activities online and offline. Outdoor play, arts and crafts projects, and reading are all ways to promote holistic development without relying too heavily on digital devices.

Rader stressed the importance of technology and digital parenting to establish a responsible online presence in children, as they interact more with others online.

"Parents are essential in teaching their children about internet safety, privacy and cyberbullying. Open lines of communication between children and parents are necessary to build trust and to encourage children to report any online encounters that cause discomfort," Rader said.

Parents should become tech-savvy so they can participate actively in their children's digital journey. Knowing what apps, games and platforms their kids use will help them better evaluate the risks or benefits of various technologies, Rader noted.

Educational technology, often referred to as edtech, is a vital part of digital parenting, Rader continued. Edtech tools provide access to a wealth of educational resources, such as age-appropriate games, apps and tutorials, which can enhance the learning experience for a child. Parents must ensure that the content of edtech is engaging, credible and appropriate for a child's development stage.

"Digital and technology parenting is more than just regulation. It involves preparing children to be critical thinkers, responsible citizens and innovators," Rader said. "This parenting approach encourages creativity, problem solving and digital literacy skills. It also provides opportunities for children who are interested in STEM or coding activities to develop their imaginations and growth mindsets and prepares them for future job markets."

Digital and technology parenting is about finding a balance between the use of technology and traditional education. Parents can help their children become confident, competent and ethical digital citizens by being involved, setting limits, encouraging dialogue and emphasizing responsible behavior online, Rader said.

July is the month of purposeful parenting. For additional help understanding and caring for the children in your life, Iowa State University Extension and Outreach offers numerous resources on parenting at their website: extension.iastate.edu/humansciences/parenting.

GE
Cont. from Page 1

school building would be the best way to address the situation.

The basis for the decision revolve around reduced costs with more energy-efficient construction and equipment, less maintenance needs and reduced HVAC needs.

The new school would bring modern classroom environments, flexible spaces, newer technology and other education options and opportunities.

A new building would also present improved safety and security, air quality and fire suppression systems.

The building would be designed for ADA accessibility, community spaces, room to grow and with the current size of enrollment in mind.

The building is expected to be roughly 81,000 square feet and would be build where the current high school stands.

The elementary building would be sold or demolished.

If it passes, engineering would take place through 2024, with construction beginning in 2025 and the new school expected to open in 2026.

The cost of the proposed building is estimated to cost up to $37,420,000, as will be included in the bond quote.

As to how that would impact property owners in the district, it is estimated that, based on an average property value of $100,000, it would cost $19.96 per month, or $239.53 annually.

For those with commercial property worth $200,000, it would bring a cost of $90.33, or $1,084 per year.

Ag homesteads with a value of $6,000 per acre would see a $0.25 per acre expense per mont or $3 per acre annually Non homestead ag land valued at that price would see a cost of $0.50 per month and $6 per acre per year.

If the bond passes, those with agricultural property will see their impact decreased as a part of the MN Ag2School tax credit, reducing the bond's impact on property taxes by up to 70%.



District information says that would mean $16,215,000, or 43% of the costs would come from the State of Minnesota through the farm credits.

If the referendum fails, the district will continue fixing current issues as long as possible.

According to information shared by the district, if issues continue to worsen, building may be required to close. If that happens, the district may have to dissolve and students would be absorbed into neighboring districts in Minnesota.

If the Glenville-Emmons district dissolves, so too would any existing agreements with Iowa school districts, like Northwood-Kensett. That means any Minnesota students at N-K would no longer be able to attend the Iowa school.

The vote will take place on Tuesday, August 8, from 7 a.m. to 8 p.m., with Glenvile City Hall and Emmons City Hall as the polling places.

Early in-person voting at the Freeborn County Auditor's Office in Albert Lea is currently underway, as is absentee voting.

More information on the referendum and how to vote can be found online at sites.google.com/mnsouthmail.com/geref23.

Carpenter/ Otranto All school reunion held on September 9

The Carpenter/Otranto All Class School Reunion will be held at the Carpenter Community Center on Saturday, September 9, 2023, beginning with a noon meal.

Please plan to attend. Spread the word as we don't have everyone's contact information.

125th
Cont. from Page 1

Events conclude on Sunday, August 13, with a community church service, Dad's Belgian Waffles, swimming and a pizza fundraiser.

More information on all the Glenville Days events and activities can be found on the "Glenville Days-Glenville Community Boosters" Facebook page and in future issues.

Pool
Cont. from Page 1

media that the pools in Manly and Northwood would remain closed until the situation could be resolved with the American Red Cross.

An update on the Northwood Swimming Pool over the weekend shared that five lifeguards would be ready to go this past Monday. However, the shortage of lifeguards meant shorter, and potentially less regular hours and more frequent breaks.

More frequent updates can be found on the Northwood Swimming Pool Facebook page.

The Manly Aquatic Center has shared that some of its lifeguards have been taking part in classes so that the pool could reopen. No set date or hours had been announced as of press time Monday.

WCDA
Cont. from Page 1

are new to Worth County will need to bring a Worth County driver's license and school registration paperwork to receive a gift card.

No appointment is necessary to receive a gift card.

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We're older than we used to be, especially in these states

By Tim Henderson
Iowa Capital Dispatch
www.iowacapitaldispatch.com

The median age rose in almost every state last year, census estimates show, continuing a long-term trend that is pushing states to prepare for aging populations.

Seventeen states had median ages over 40 in 2022, according to new U.S. Census Bureau estimates of the age at which half of residents are older and half are younger. That's up from 12 states in 2020 and just seven in 2010.

Nationwide, the median age was below 30 until 1980, but it rose to 38.9 as of 2022, according to the bureau estimates. Iowa's median age is 38.8, according to the census.

That leaves more states planning for future health and housing challenges for older residents. Some states have issued or are considering executive orders, agency plans and legislation to assist state residents who need more help with health crises, housing and long-term care as they live longer.

Millennials started turning 40 last year, and the youngest baby boomers are quickly approaching 60.

"As the nation's median age creeps closer to 40, you can really see how the aging of baby boomers, and now their children — sometimes called echo boomers — is impacting the median age," said Kristie Wilder, a Census Bureau demographer, in a statement.

Lower birth rates also play a role and will likely continue to drive median age slowly but steadily higher, Wilder added. Some states have passed legislation requiring that health insurers cover fertility treatments in response to lower fertility rates, according to a University of California, Irvine study published last year. New York state's 2020 law, for example, requires coverage of in vitro fertilization in some cases.

No states saw a drop from 2021 to 2022, and states with unchanged medians were Alabama, Maine, Tennessee and West Virginia, along with the District of Columbia. The largest increase in median age in recent years was in Delaware, where it rose three years since 2010 to age 41.8. Iowa's median age rose slightly -- 0.3 years since 2020 and 0.7 years since 2010.

The portion of Delaware residents over 60 will jump from a quarter to more than a third of the state population by 2040, according to a 2020 state report, creating new challenges for state services. A Delaware Journal of Public Health report published in 2021 said a growing number of Delaware's older residents suffer from dementia, requiring more expensive help from the state and family caregivers.

Vermont held six public listening sessions around the state last year to help prepare recommendations this year for Age Strong Vermont, its road map for an "age-friendly state."

"Vermont had this older demographic for a long time but it's taken a while for the state broadly to really reckon with that," said Angela Smith-Dieng, Vermont's Adult Services Division director. Part of the challenge is that older Vermont residents tend to live in big rural houses and need help with in-home health care, renovations for mobility and transportation on demand, she said.

A New York executive order in November also calls for a statewide plan on aging.

Vermont and New York joined other states already planning comprehensive strategies for aging populations: California, Colorado, Massachusetts and Texas, according to a January report by the National Conference of State Legislatures.

California's Master Plan for Aging, released in 2021, aims to create an "age-friendly California" by 2030, including housing and health care strategies. A bill currently progressing in the state legislature would create a statewide system of respite providers by 2025 to help give primary caregivers of older adults enrolled in Medi-Cal, the state's Medicaid program for low-income residents, a break.

Elsewhere, an Oregon bill to study long-term care needs for older residents has passed both chambers of the legislature.

Only North Dakota is younger now than it was in 2010, down 1.2 years from age 37 to 35.8. The state's burgeoning oil industry has drawn younger workers to jobs that pay well and don't require four-year college degrees.

Energy counties in other states have seen similar influxes of young people. Loving County, Texas, for example, saw its median age decrease from 52.7 in 2010 to 35.3 in 2022, a difference of more than 17 years.

Skeet Lee Jones, county judge there, said the tiny county has work camps for more than 1,000 oil workers and hundreds more young workers living in recreational vehicle camps, with good-paying jobs that create their own challenges for county government.

"We've had to start paying our own county workers what we call 'oil-field wages' just to get things done, about four or five times minimum wage," Jones said.

The oldest state in the country remains Maine at 44.8. It also was the oldest in 2010, at 42.7.

Other states with median ages at 40 or above in 2022: New Hampshire (43.3), Vermont (43.2), West Virginia (42.8), Florida (42.7), Delaware (41.8), Pennsylvania and Connecticut (40.9), Hawaii (40.7), Rhode Island (40.6), Wisconsin (40.4), New Jersey, Oregon and South Carolina (all 40.3), Montana and Michigan (40.2), and Massachusetts (40.1).

The youngest states and the only ones with median ages below 37 were Utah (31.9), the District of Columbia (34.8), Texas (35.5), and Alaska and North Dakota (35.8).

On the county level, the median age in 2022 was as low as 20.9 in Madison County, Idaho, home of Brigham Young University-Idaho, where many young students are also starting families.

The median age was as high as 68.1 in Sumter County, Florida, part of the sprawling The Villages retirement community. In 2010 Sumter County's median age was 62.7, the only county with a median age of 60 or higher in the nation at the time.

In 2022 there were six others: Catron County, New Mexico (62.1); Jeff Davis County, Texas (61.7); Harding County, New Mexico (60.5); Jefferson County, Washington (60.4); Charlotte County, Florida (60.2); and Highland County, Virginia (60.0).



Pangburn home has curb appeal

The Green Thumb Garden Club is once again recognizing the efforts of Northwood residents to share their landscaping, gardening and lawncare talents. The first home selected for its curb appeal this summer is that of Cindy Pangburn. According to club member Coni Butler, "Cindy's yard is a beautiful addition to the front porch she added on a few years ago. The front is filled with colorful annuals in full bloom, while the east side has been planted with perennials. The other two sides of her home are lined with plants and flowers as well, including her treasured Peace Lily."



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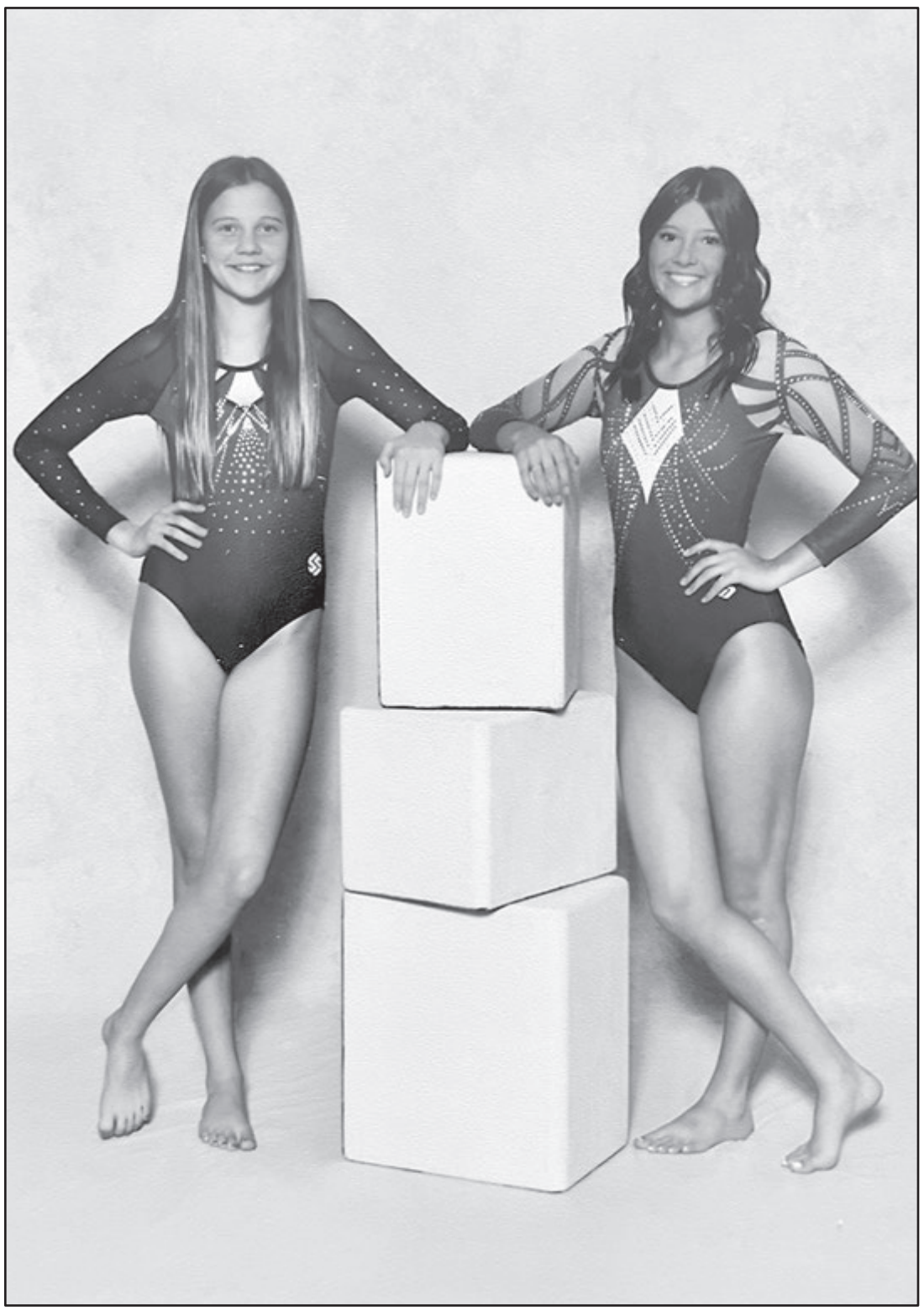
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Northwood Anchor

Northwood

Hanson sisters compete in Junior Olympics



Hallie and Haddie Hanson are daughters of Mitch and Jess Hanson

Two Northwood-Kensett students will soon complete their latest season of success in gymnastics competitions while working with a past N-K alum in the process.

Haddie and Hallie Hanson have completed another season as successful gymnasts. The Hanson girls are on the XTREME competition team. They practice weekly at their home gym in Ellsworth, Iowa, owned by Northwood native Leah (Ingersoll) Phipps.

The Hansons have attended multiple competitions as part of both the USTA (United States Tumbling Association) and AAU (Amateur Athletic Union).

Haddie, a senior this fall at N-K, earned the State and National Champion title in 2022. Haddie also earned the State Champion title this year-2023.

Haddie and Hallie, an eighth grader this fall at N-K, both qualified for the national competition in 2023. Although the sister duo decided to forego that competition, they both also qualified to compete in the Junior Olympics.

They are eager to take on that level of competition. Both girls will be competing in two events, both involving the trampoline.

The Junior Olympics are held in Des Moines this year at the MidAmerican Energy Company RecPlex, from July 25-29.



LINDSEY DAVIDSON

Davidson receives Central College women's track and field honor

Lindsey Davidson was among those receiving postseason honors for the Central College women's track and field team this spring.

Lindsey Davidson, a junior, and distance runner, from Northwood-Kensett High School received her third varsity letter; and was named American Rivers Academic All-Conference (2022, 2023).

South Dakota State announces spring 2023 graduation list

The following students graduated after the spring 2023 semester at South Dakota State University. More than 1,400 students completed all requirements for a degree and/or certificate program, and those requirements have been verified by the appropriate college.

Overall, students from 27 states and 20 nations graduated following the spring 2023 semester.

More than 50 students received two or more degrees or certificates from a college.

• Mackenzie Hanssen of Glenville graduated with a Bachelor of Science from SDSU's College of Agriculture, Food and Environmental Sciences.

• Will Steene of Glenville graduated with a Bachelor of Science from SDSU's College of Agriculture, Food and Environmental Sciences.

MSU announces 2023 Spring semester Dean's list

The Academic High Honor and Honor lists (Dean's lists) for the spring semester at Minnesota State University, Mankato, have been announced by Provost and Senior Vice President for Academic Affairs David Hood.

Among 3,434 students, a total of 1,081 students qualified for the High Honor List by achieving a 4.0 straight "A" average, while 2,353 students earned a 3.5 to 3.99 average to qualify for the Honor List.

To qualify for academic honors, undergraduate students must be enrolled for at least 12 credit hours for the semester.

Shae Peterson, Northwood, was one of those named to the Honor List.

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Summer wildfire threat could imperil unexpected US regions: the Northeast and Midwest

By Allison Winter
Iowa Capital Dispatch
www.iowacapitaldispatch.com



In a summer of drought, smoke and haze, wildfires could flare up in unusual locations in the United States over the next few months — including New England and the Midwest, according to federal forecasters.

"The predominant threat looks to be the Northeast, which is not normal," said Jim Karels, the fire director for the National Interagency Fire Center, the federal center in Boise, Idaho that coordinates the national response to wildland fires. "This year it looks like there is potential for elevated fire conditions all the way into August, from Minnesota to Maine and down along the Eastern Seaboard."

As wildfires continued in Canada, Chicago, Detroit and other parts of the Midwest and Great Lakes experienced poor air quality in late June, and by the last days of June it had encompassed some East Coast cities as well.

The Fire Center's recent summer outlook forecasts atypical wildfire activity also for the northern tier of the United States, but a reprieve across much of the West, which has in recent years been scorched by above-average fire activity. That's thanks, in part, to an unusually wet winter and record snowpack.

In a standard year, the lush green days of midsummer would be a quiet season for wildfires in the Midwest and Northeast. The regular wildfire seasons for these regions are early spring and early fall, before new growth has started in the spring and after the summer heat has dried out grasses and leaves that can fuel a fire.

The elevated fire danger this summer is due to the dry spring and forecasts for more hot, dry weather this summer.

"It is unusually dry for early June in the Great Lakes and there are above-normal temperatures. That is what is exacerbating the situation," said Steve Marien, a meteorologist and the Eastern Area Fire Weather Program Manager for the National Park Service. "There is quite a bit of drought either in development or in place … especially in the northeastern quarter of the U.S. It's abnormal for this early in the summer."

A June 22 update from the U.S. Drought Monitor shows a map blotted in drought warnings from Virginia to Vermont and over much of the Midwest. The East Coast has "abnormally dry" to "moderate drought" conditions. Most of Iowa, as well as Wisconsin, Minnesota and Michigan's lower peninsula are in moderate drought. And Kansas, Missouri and Nebraska have large areas of extreme drought.

That's highly unusual for this time of year, but Marien says conditions can change. Further drought could develop in parts of the Midwest and Northeast, or with some luck, rain could restore the region over the coming months.

But recent rains that cooled the mid-Atlantic around the days of the summer solstice were not enough to bring the region out of moderate drought.

Fire analysts use data and forecasts from the National Forest Service and National Weather Service to make the wildfire forecast, which they update monthly to help direct firefighting resources.

The unusual fire patterns could place a strain on some federal firefighting resources, which are usually centered in the West over the summer. The National Interagency Fire Center helps coordinate where to strategically place air tankers, helicopters and other resources.

"It evolves around fire threats — weekly and daily we are looking at what resources we have and what is available," said Karels, the fire director from NIFC.

Already, unexpected blazes have ravaged parts of the East Coast and Midwest.

A campfire in Grayling, Michigan, on June 3 sparked a fire that burned for four days. It consumed 2,400 acres and prompted evacuations before it was contained.

Nationwide, as of June 22 there were 12 large fires in four states: New Mexico, Washington, Arizona and North Carolina, according to the National Interagency Fire Center.

In North Carolina, a prescribed burn June 13 raged out of control, burning tens of thousands of acres and growing big enough to be seen from space. The air pollution from the fire caused red alert air quality warnings.

A prescribed or controlled burn is a tactic that forest managers use to try to mimic natural wildfire patterns in a controlled setting — letting fire burn some debris in a forest and then putting out the blaze. The N.C. Wildlife Resources Commission conducted the prescribed burn, and the N.C. Forest Service responded to assume command of the fire. It is now 100% contained.

The National Weather Service issued warnings in June for critical fire risk in Michigan, Pennsylvania and New Jersey. And Michigan, Minnesota, Wisconsin and the East Coast states have seen multiple air quality alerts due to hazy skies, increased ground level ozone and particulate dust. Eastern Iowa was under an air quality advisory earlier this week for smoke from Canadian wildfires.

Climate change

The smoke lifted from some of the record-breaking bad air quality days that New York, Philadelphia, Detroit and Chicago experienced earlier this summer, when particulates from wildfires in Canada brought gray and orange skies reminiscent of the Star Wars planet of Tatooine. But by the last days of June, it had returned.

With parts of Canada and the United States at risk for an unusually active fire season this summer, the Midwest and Eastern United States could be in for more unusual fire activity and the air pollution that comes with it.

"There will be more air pollution days because of wildfires, no doubt about that," said Andy Hoell, a research meteorologist at the National Oceanic and Atmospheric Administration, known as NOAA. "Where they start, where they burn and also the weather patterns will determine how bad it will be in certain areas."

Wildfire is a natural part of forest ecology. But the size and number of recent wildfires is not the norm.

As climate change brings hotter, drier weather, wildfire seasons are getting longer and more intense. And some of the fires are burning hotter and longer because there is so much dry fuel available to feed the flames.

"By generally any metric we look at around the world, wildfires are getting worse, burning larger areas more severely at higher elevations, and burning over longer periods of the year." said Kristina Dahl, the principal climate scientist for the Climate & Energy program at the Union of Concerned Scientists.

It is not a linear trend, since some years are better than others. But the area burned by wildfires has doubled in Canada since the 1970s and quadrupled in the Western United States in that same time. Longer, drier summers have erased the concept of a "fire season" and turned it into a "fire year" in some parts of the arid West.

"In the case of any one particular year it can be hard to say because there is a lot of variability from year to year, but we know that the increase in heat extremes, for example, that the Midwest has seen, are linked to human-caused climate change," said Dahl.

Worsening fires have created a climate-fire feedback, as carbon dioxide from the fires spews into the atmosphere.

A study published in the journal Science Advances found that wildfires in the North American boreal forests — like those aflame in Canada recently — have the potential to play an outsized role in future fire-related emissions. Boreal forests contain roughly two-thirds of stored global forest carbon.

Wildfires in these forests could contribute 12 gigatons of carbon dioxide emissions into the atmosphere over the next three decades, according to peer-reviewed research from scientists at the Union of Concerned Scientists, Woodwell Climate Research Center and Tufts University. That amount is equivalent to the annual emissions of 2.6 billion fossil fuel-powered cars.

In another study, researchers determined emissions from the 2020 wildfires in California could have wiped out the gains the state had made in greenhouse gas reductions since 2003.

"In order to prevent wildfires from growing worse in the future, one of the most important things we can do is reduce carbon emissions and wean ourselves from fossil fuels" said Dahl. "The more we emit going forward, the more we can expect wildfires to continue to worsen, big picture and long terms."

The Northwood Volunteer Fire Company

Wishes to thank the businesses who donated prizes to make our raffle once again possible.
We would also like to thank everyone who purchased tickets to keep it a success.

Winner	Donated by - Prize
Timen Moretz	Xquisite - Gift Bundle
Bradley Christianson	Krotzer Property Mgmt - $50 Northwood Dollars
Alyssa Jaspers	Krotzer Property Mgmt - $50 Northwood Dollars
Gordon Wilder	Brian & Connie Kenison - $100 Northwood Dollars
Sarah Stevens	Brian & Connie Kenison - $50 Northwood Dollars
Keith Olson	Brian & Connie Kenison - $50 Northwood Dollars
Katie Baker	Federal Foam - $100 Northwood Dollars
Torin Newell	Federal Foam - $100 Northwood Dollars
Kenny Quam	Federal Foam - $100 Northwood Dollars
Lance Anspach	Trading Post - Gift Bundle
Bob Wesselman	AG-Vantage - 20# Cylinder Refill
Cory Marsh	AG-Vantage - 20# Cylinder Refill
Kole Moretz	AG-Vantage - 5 gallons of oil
Sue Varner	AG-Vantage - 10 pack grease tubes
Larry Foley	Country Inn & Suites - 1 Night Stay
Heather Rheingans	Top Of Iowa - $100 Northwood Dollars
Garrett Thompson	Top Of Iowa - $100 Northwood Dollars
Jim Trainer	Northwood Electric - $25 Northwood Dollars
Scott Severson	Northwood Electric - $25 Northwood Dollars
Casey Dahlby	Northwood Foods - $25 Northwood Dollars
Marli Backhaus	Northwood Foods - $25 Northwood Dollars
Richard Patterson	WCTA - Umbrella
Samantha Hunt	ADA - Memorial Bench
Jim Steinman	Olson Insurance - Fire Extingusher
William Schulte	Olson Insurance - Fire Extingusher
Angie Hett	Signatures - $50 Signatures Gift Cert
Becky Rotert	Signatures - $50 Signatures Gift Cert
Jim Meland	Signatures - $50 Signatures Gift Cert
Susan Mammen	Signatures - $50 Signatures Gift Cert
Dave Irons	Signatures - $50 Signatures Gift Cert
Tanner Hansen	Signatures - $50 Signatures Gift Cert
Wendel Meyer	Signatures - $50 Signatures Gift Cert
Dan Kirshbaum	Northwood Theatre - 4 Movie Passes
Mark William	Tequilas - $25 Tequilas Gift Cert
Darin Dahlby	Tequilas - $25 Tequilas Gift Cert
Cary Vanveldhuizen	Tequilas - $25 Tequilas Gift Cert
Kathy Meyer	Falkstone/L.R. Falk Const - Cooler Gift Bundle
Lauren Bailey	Farmers State Bank - $50 Northwood Dollars
Tori Loken	Farmers State Bank - $50 Northwood Dollars
Beth Buehrer	Farmers State Bank - $50 Northwood Dollars
Doug Jaspers	Farmers State Bank - $50 Northwood Dollars
Hayden Olson	Farmers State Bank - $50 Northwood Dollars
Fred Hare	ViaField - $100 Northwood Dollars
Troy Christianson	ViaField - $100 Northwood Dollars
Tiffany Tiedemann	ViaField - $100 Northwood Dollars
Angela Wright	ViaField - $100 Northwood Dollars
Dennis Walser	ViaField - $100 Northwood Dollars
Barb Helgeson	Brett Backhaus/Wyffels Hybrids - $25 R80 Gift Cert
Bailee Wallin	Brett Backhaus/Wyffels Hybrids - $25 R80 Gift Cert
Tory Ring	Brett Backhaus/Wyffels Hybrids - Fat Jill Dozen Cupcakes
Becky Hanson	Cotter & Co/Jolene Cotter - Hair/Body Wash Product
Wes Bergdale	D&L Equip - Makita Chainsaw
Brian Kenison	D&L Equip - Versatile 620 Toy Tractor
Mary Branstad	D&L Equip - Versatile 580 Toy Tractor
Talyn Evans	D&L Equip - Sweatshirt/Cap Bundle
Margie Butler	D&L Equip - T-Shirt/Duffle Bag Bundle
Marli Backhaus	Ehrhardt Express - $50 Northwood Dollars
Emily Eilertson	Ehrhardt Express - $50 Northwood Dollars
Cary Vanveldhuizen	Fat Jill's Bakery - $50 Northwood Dollars
Bob Jorgenson	Fat Jill's Bakery - $50 Northwood Dollars
Susan Nelson	R-80 Kensett - $25 R80 Gift Cert
Robin Nordman	R-80 Kensett - $25 R80 Gift Cert
Bob Jorgenson	R-80 Kensett - $50 R80 Gift Cert
Jason Rollene	R-80 Northwood - $25 R80 Gift Cert
Lonnie Low	R-80 Northwood - $25 R80 Gift Cert
Torin Newell	R-80 Northwood - $50 R80 Gift Cert
Lauren Welty	Carquest - Car Wash Supplies Bundle
Paul Butler	Carquest - $25 Northwood Dollars
Kole Moretz	Carquest - $25 Northwood Dollars
Ross Gaetzke	Kelly Hardware - $50 Kelly Hardware Gift Cert
Mike Dierenfeld	Kibble Equipment - $50 Kibble Eq Gift Cert
Larry Foley	Beland Tree Service - $25 Northwood Dollars
Matt Grunzke	Beland Tree Service - $25 Northwood Dollars
Jason Rollene	Beland Tree Service - $25 Northwood Dollars
Steve Anderson	Beland Tree Service - $25 Northwood Dollars
Teri Dorsey	Bachtle Lawn Care - $25 Northwood Dollars
Richard Patterson	Bachtle Lawn Care - $25 Northwood Dollars
Angie Hett	Bachtle Lawn Care - $25 Northwood Dollars
Andy Julseth	Bachtle Lawn Care - $25 Northwood Dollars
Pat Jaspers	Cold Snap - Glenville - Gift Bundle
Marty Cotter	Eilertson Repair - $50 Northwood Dollars
Eric Krakefeld	Eilertson Repair - $50 Northwood Dollars
Mitch Moretz	Eilertson Repair - $25 Northwood Dollars
Sue Varner	Eilertson Repair - $25 Northwood Dollars
Chris Talley	Century 21 Realtor - Gift Bundle
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Larry Brekken	Northwood Anchor - $25 Northwood Dollars
Sharon Krafka	NSB - $50 Northwood Dollars
Mildred Goodell	NSB - $50 Northwood Dollars
Trey Feldt	Welsh Chiropractic - $25 Northwood Dollars
Karen Foley	Welsh Chiropractic - $25 Northwood Dollars
Jan Thompson	Welsh Chiropractic - $25 Northwood Dollars
Jeri Severson	Welsh Chiropractic - $25 Northwood Dollars
Bill Rask	Krull Law - $25 Northwood Dollars
Savannah Madsen	Krull Law - $25 Northwood Dollars
Lonnie Low	Farm Bureau - $50 Northwood Dollars
Amy Scarlett	Farm Bureau - $50 Northwood Dollars
Aaron Pluemer	Farm Bureau - $25 Northwood Dollars
Jesse Olson	Farm Bureau - $25 Northwood Dollars
Gordon Wilder	Farm Bureau - $25 Northwood Dollars
Justin Bruns	Farm Bureau - $25 Northwood Dollars
Dennis Schipul	Agri-Sales - $50 Northwood Dollars
Marty Cotter	Agri-Sales - $50 Northwood Dollars
Phyllis Berg	Kris Gordon/Realty One - $25 Northwood Dollars
Kris Paulson	Kris Gordon/Realty One - $25 Northwood Dollars
Nick Broadbent	Kris Gordon/Realty One - $25 Northwood Dollars
Bernie Vanveldhuizen	Kris Gordon/Realty One - $25 Northwood Dollars
Pat Nelson	Worth Lumber - $50 Northwood Dollars
Deangelo Ferguson	Worth Lumber - $50 Northwood Dollars
Cody Tolzmann	Worth Lumber - $50 Northwood Dollars
James Odonell	Shade Tree - $50 Gift Card
Ben Walk	Shade Tree - $50 Gift Card
Lori Willert	Shade Tree - $50 Gift Card
Laurie Harris	Shade Tree - $50 Gift Card
Lauren Welty	Fringe and Lace - $25 Northwood Dollars
Amy Scarlett	Worth Brewing Co - $20 WBC Gift Cert
Jim Meland	Worth Brewing Co - $20 WBC Gift Cert
Cary Vanveldhuizen	Worth Brewing Co - $20 WBC Gift Cert
ADA Enterprises	Worth Brewing Co - $20 WBC Gift Cert
Ryan Madsen	Worth Brewing Co - $20 WBC Gift Cert
Dennis Jorgenson	Worth Brewing Co - $20 WBC Gift Cert
Charlie Barr	Worth Brewing Co - $20 WBC Gift Cert
Adam Brekke	Worth Brewing Co - $20 WBC Gift Cert
Roger Harris	Worth Brewing Co - $20 WBC Gift Cert
Gary Hengesteg	Worth Brewing Co - $20 WBC Gift Cert
JC Dewald	Inject Tech Diesel Serv - $25 Northwood Dollars
Stacie Harms	Inject Tech Diesel Serv - $25 Northwood Dollars
Shari Frederickson	Corner Post - Box Beef Patties
Claire Hengesteg	Dewey Kruger Music - $25 Fallgatter Gift Cert
Kory Olson	Dewey Kruger Music - $25 Fallgatter Gift Cert
Brandon Severson	Knutson Automotive - Gift Bundle
Randy Severson	Knutson Automotive - Gift Bundle
Kevin Stenzel	Northwood Sanitation - $25 Northwood Dollars
Sharon Krafka	Northwood Sanitation - $25 Northwood Dollars
ADA Enterprises	Butler Construction - $50 Northwood Dollars
Claire Hengesteg	Butler Construction - $50 Northwood Dollars
Becky Hanson	Butler Construction - $50 Northwood Dollars
Tyler Thofson	Butler Construction - $50 Northwood Dollars
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Kamryn Backhaus	AJB Ent - $25 Northwood Dollars
Tyler Bachtle	AJB Ent - $25 Northwood Dollars
Randy Sime	AJB Ent - $25 Northwood Dollars
Jill Earhardt	Springer Construction - $25 Northwood Dollars
ADA Enterprises	Springer Construction - $25 Northwood Dollars
Stacie Harms	Springer Construction - $25 Northwood Dollars
Scott Madsen	Springer Construction - $25 Northwood Dollars
Brian Kenison	Strike Zone - $25 Strike Zone Gift Cert
Deanna Madsen	Strike Zone - $25 Strike Zone Gift Cert
Scott Quam	Strike Zone - 4 Free Games Of Bowling
Carly Hengesteg	Strike Zone - 4 Free Games Of Bowling
Megan Duenow	Strike Zone - 4 Free Games Of Bowling
Rose Fredreichs	Strike Zone - 4 Free Games Of Bowling
Barb Helgeson	Strike Zone - 4 Free Games Of Bowling
Haisley Severson	Strike Zone - 4 Free Games Of Bowling
Jake Urbatsch	J Bachtle Photography - 1 Family Photo Session
Paul Butler	Trustile - $20 Gift Card
Darin Dahlby	Trustile - $20 Gift Card
Kris Kenison	Trustile - $20 Gift Card
Paul Weeg	Trustile - $20 Gift Card
Scooter Hanson	Trustile - $20 Gift Card
Ranae Steene	Trustile - $20 Gift Card
Monica Meyer	Trustile - $20 Gift Card
Jim Mcguire	Trustile - $20 Gift Card
Merle Ruppert	Trustile - $30 Gift Card
Judy Olson	Trustile - $30 Gift Card
Doug Wallin	Trustile - $30 Gift Card
Randy Sime	Graffixx Fixx - $40 Tumbler
Linda Overson	Graffixx Fixx - $40 Tumbler
Nancy Mulder	Graffixx Fixx - Bleached Tee w/ Design

LSI received over $92,000 from Care Connections of Northern Iowa to support clinical services/BHIS

Lutheran Services in Iowa (LSI) received two grants from Care Connections of Northern Iowa.

One grant, in the amount of $35,000, will be used to improve office facilities resulting in a safer, more accessible, and therapeutic office for clients and staff. The other grant, in the amount of $57,745.12, will allow LSI to provide Behavioral Health Intervention Services (BHIS) to youth who previously could not receive services.

The formerly mentioned grant provides the opportunity for much-needed office updates, including new furniture to create a more welcoming office space and a vehicle for staff to visit to provide services within client homes, attend meetings with community partners, and travel to other LSI office sites within the region to provide clinical supervision and support to direct care providers.

The later-mentioned grant allows LSI to serve youth who do not qualify for BHIS through Title 19 insurance. The grant covers Clay, Kossuth, Osceola, Palo Alto, Winnebago, and Worth Counties youth.

"Some youth make enough income to be over the threshold for Title 19 insurance, but they do not make enough to afford private insurance," said Amy Davis, LSI's Statewide Manager of Clinical Services. "With this generous funding, youth under all types of insurance or without insurance can receive BHIS."

BHIS includes in-home services involving working with youth and families on skill building.

LSI BHIS staff equip families and youth with coping skills and tools to help based on various situations. For example, someone with ADHD may learn how to structure their day, while a child of divorce may benefit from other coping skills.

LSI is one of Iowa's largest human services agencies and impacts thousands of Iowans annually through child abuse prevention, services for families and youth in crisis, services for people with disabilities, and immigrant and refugee services. LSI is nationally accredited and proudly serves people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. To learn more, visit LSIowa.org. Join us on Facebook at Facebook.com/LSI.iowa.

Kensett Public Library

By Lisa Luskey-Lestrud

Greetings from Kensett Public Library. It's been a fun summer. We wrapped up our summer reading program at the end of June.

We had a small group of kids but seemed to gain a couple more each time. We read some great books and the kids always enjoyed it. We did some really fun crafts, including bubble paintings, sand art bottles and tie dyed bags.

We also had a book reading challenge and the kids earned "book bucks." They then got to shop and purchase different things from our basket of fun stuff.

The last program we had a pizza party and awarded our top three readers, who each completed over 100 books, with a certificate and free tickets to the Iowa Cubs baseball game. Our three winners were Caleb, Travis and Jacob Heiken.



Caleb, Travis and Jacob Heiken

I also want to thank the community for donations for the 1133rd Iowa National Guard. It is a wonderful way to support our community and country. We will have some fun things coming up soon.

See you at library.

Kid's Life Club starting on July 31 at Fairgrounds

The Kid's Life Club will be held from July 31 - August 4 at the Worth County Fairgrounds from 4-5:30 p.m.

This is for ages 5-12. There will be Bible stories, games, treats and gifts.

More information is available by contacting Sharyl Ferley at 641-390-0194.

NCIGS holds August meeting on August 12

On August 12 at 1:30 p.m. come and hear about "Immigration: Then & Now" presented by Rod Hungerford and Dale Enkers at the Genealogy Library in the Masonic Temple Located at 75 South Georgia Ave., Mason City, Iowa.

Refreshments will be served.

Northwood Anchor Church

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

Bethlehem Lutheran, Manly
Saturday, Men's Group Breakfast at Bethlehem, 8 a.m., Mack/Marson Wedding at Winan Creek; Sunday, Grace Worship, 9 a.m., Bethlehem Worship, 10:30 a.m., Grace Fundraising
Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran
Thursday, MANNA Open, 4:30-6:30 p.m.; Sunday, Joint Worship - Elk Creek, 9 a.m., Bible School at Elk Creek; Monday, MANNA Open 10 a.m. - Noon
Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan
Sunday, Joint Choir Practice with Bethel UMC, 8:45 a.m., Joint Worship Services with Bethel UMC, 9:10 a.m., Breakfast Brunch & Fellowship, 10 a.m.
Pastor Cory Allard

Bethel United Methodist Church
Wednesday, Diner, 8:30 a.m., Thursday, Circuit Meeting, 10 a.m.; Sunday, Bethel Joint Worship Service, 8 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, Service with N.O., 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

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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.

SHOP LOCALLY

Northwood Theatre
Show Times Fri., Sat., Mon. 7 p.m. Sun. 4 p.m.
SHOWING July 28-31 "Elemental" Rated PG
COMING August 4-7 "Indiana Jones: Dial of Destiny" Rated PG-13
740 Central Ave. • 324-0064
Adults $5
Students (18 & Under) $3
2 & Under Free
Monday Madness: Free popcorn when you bring your own container

Sue's Cornerpost
CLOSED Saturday, July 29 though Sunday, Aug. 6
Open for dine-in!
641-324-2912

Signature's Supper Club
All You Can Eat Fish Fry Friday Night
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
July 27-Aug. 2
641-324-1244
Thursday: Hot Beef w/ Gravy, Mashed Potatoes, Cooked Carrots, Mixed Fruit
Friday: BBQ Baked Chicken, Potato Salad, Mixed Vegetables, Classic, Apricots
Monday: Roast Turkey, Mashed Potatoes w/ Gravy, Green Beans, Whole Wheat Roll
Tuesday: NA
Wednesday: NA

Northwood Anchor
Subscribe to the Northwood Anchor ONLINE!
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641-324-1051
801 Central Ave.
P.O. Box 107
Northwood, IA 50459
anchor1@nwdanchor.com

Don't Drive, Be Silent and Stop Spending



When is the last time we went a whole day without being in a car, or without talking, or even without shopping? Most of us do these things on a daily basis, and can hardly imagine life without a motorized vehicle, talking or buying something. However, we may want to try going a day or two without driving our car, without talking, or without buying anything. And although these things are not inherently bad, we may see some good consequences from taking a temporary break from these things. Besides benefiting from walking, not driving a car may be a good way for us to slow down and smell the flowers. Life at 3 miles per hour is a lot slower than at 60 miles per hour, and we may be pleasantly surprised at the different things we notice when we are walking or riding our bike. As for being silent, this may give us a chance to really listen to those around us, and if we're a big talker, our friends and family may consider our silence a welcomed chance for them to get a word or two in. But the real gift may be to us, in the form of a peaceful silence and the chance to really hear what is going on around us. Finally, by not buying anything, we just might see that we too often rationalize about the things that we want by saying that we need them, when in fact we need very little to make it through the day. We may even want to consider giving the money we save on gas and shopping to a charity or to someone who really does need it. And, our silence might also be turned into the gift of listening to someone who is lonely or needs an attentive ear.

For everything there is a season, and a time for every matter under heaven...a time to keep silence, and a time to speak.
– R.S.V. Ecclesiastes 3:1, 7

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

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DEWEY KRUGER MUSIC 324-1300 Northwood, IA

Cook Bookin'

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



by Sandy Olson

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

I have no idea who Miriam Hershberger is but her name is on the flyleaf of a community cookbook that she apparently helped produce. Ms. Hershberger thanks friends who belonged to a "round robin" pen pal group that must have exchanged recipes from all over the United States. "Homestyle Cooking Across The States" (1996, Cookbook Publishers, Lenexa, Kansas) is the typical spiral-bound, soft cover recipe collection and contains over 400 real recipes from real people!

Japanese Fruit Pie
(Betty Stutzman, St. Charles, MN)

1 cup real butter
1 1/2 cups flaked coconut
2 1/2 cups white sugar
1 1/2 cups raisins
6 large eggs, beaten
1 cup chopped pecans
3 teaspoons cider vinegar
1/4 teaspoon salt
2 unbaked pie crusts

Preheat the oven to 325 degrees F. Cream the butter, sugar and salt until fluffy. Add the beaten eggs and stir well. Add the vinegar. Fold in the coconut, raisins and nuts. Pour the filling into the crusts, dividing evenly. Bake for 40 minutes.

Caramel Dumplings
(Verna Miller, Woodhull, NY)

Caramel Sauce:
2 cups boiling water
2 tablespoons real butter
1/2 teaspoon salt
1 heaping cup brown sugar
Mix all ingredients in a large saucepan. Set aside.

Dumplings:
1 1/2 cups all-purpose flour
2 teaspoons real butter, soft
2 teaspoons baking powder
1 teaspoon real vanilla extract
1/3 cup white sugar
1/4 cup chopped pecans (opt)
1/2 cup whole milk

Mix the dry ingredients together in a medium bowl. Add the softened butter, vanilla and milk to make a soft dough. Mix in the nuts if you are using them. Bring the caramel sauce ingredients to a boil. Reduce the heat until it is boiling softly, stir to make sure it hasn't scorched and drop the dumplings by teaspoonsful into the sauce. Cover and cook for 20 minutes. Serve with real whipped cream or rich vanilla ice cream.

Mock Ham Loaf
(Martha Gingerich, Utica, MN)

1 pound lean ground beef
1 teaspoon salt
1/2 pound hot dogs, ground fine
1/4 teaspoon black pepper
1 cup "buttery cracker" crumbs
1 large egg

Glaze:
3/4 cup brown sugar
1/2 teaspoon dry mustard
1/2 cup water
1 tablespoon vinegar

Preheat the oven to 350 degrees F. Combine all the loaf ingredients, mixing in the cracker crumbs well. Mix the glaze ingredients together and add 1/2 of this mixture to the loaf ingredients, mixing well. Place in a large loaf pan. Bake for 90 minutes, basting with the remaining glaze every 30 minutes.

I can see it would be both fun and interesting to have a round robin recipe exchange with people you have never met and who live in places where the food might be different. There were some recipes in this cookbook that I might hesitate to try such as chicken bologna (which you can from 30 pounds of raw chicken) and a gallstone "cure" but for the most part this type of book yields some of the tastiest dishes around. And…that's all she wrote!

Northwood Anchor Society



Rising Star interns at the movies

A special screening of the award-winning documentary "Like We Don't Exist" with the filmmaker Corey Embring was held at the Northwood Theatre on July 18. The movie depicts the 70 year civil war struggle the people of Kerenni near Thailand have battled with the Burmese government. Pictured are the organizers and hosts of the special viewing of the film. They are (pictured clockwise in front from left) Sowreh Sunset, John Reh Suu, ISU Extension "Rising Star Interns" Taylor Patterson and Paige Wageman, filmmaker Corey Embring, Maw Reh, Steve Hanson - Director of the newly established "Art Farm Iowa," Dennis Johnson - Worth County Extension Education Specialist and Merle Hanson (center front) - owner of the Art Farm Iowa property just north of Northwood.

Did you know?

By Ann Hendrickson



There are many people who have made the statement "I wish I had never thrown it away!" On the other hand, if the item had been kept it probably was getting dusty under a heap of other "treasures." It might have been saved for future use; just as a memory of the past; or to be used in a completely different way as in the garden or the house in a decorative manner. Today these objects would be worth money to the owner from an interested collector. Hindsight for some reason is always better, isn't it? It may even happen that what we threw away may even be a "one-of-a-kind" item that the manufacturer did not save. I am thinking about milk cans; wooden stools; galvanized pails and baskets; crocks; crates; bottles; graniteware; toys; dishes; furniture and the list is endless. Metal milk containers, "cans" as we called them, became the standard for transporting dairy products around 1850. Just looking at them brings memories of hard work. Wooden footstools were probably made from leftovers from another job. Their use was for children and shorter people to reach higher places. Farmers milked cows sitting on their stools whether it had one to four legs—each one worked. Made of steel, galvanized containers such as pails, bushel baskets and any size in-between, were hard workers both inside the house and all the way to the barn. Stoneware crocks have been produced since the early 1800's. Who among us may own a Red Wing crock of any size and shape. They were originally used for food processing and storage. Vintage wood crates were usually produced near an orchard or farm where they were used. What is your first thought when you hear milk bottle? Of course, the milkman! He brought fresh milk in glass bottles only to be recycled in a day or two with a new delivery. During the 19th century, household goods makers began coating steel and iron with enamel which gave pieces a nonporous easy-to-clean surface after firing. Weight is often the clue to the age of a piece as heavier items are usually older. Toys and dishes seem to hold those precious memories of good times being together. Museums around the world have preserved these special memories for us.

The Worth County Historical Society (Northwood Museum) is now working to collect ALL yearbooks of ALL schools in Worth County. We are in need of Northwood-Kensett books for 1943, 1944, 1945 and 1946. Also 1957 and 1958; 1960; and 1972. All yearbooks from 1993 through 2005 and 2009 through 2023. Yearbooks were produced as keepsakes, and we understand that you may not want to part with them. If for any reason you could share with us for our records, we would be most appreciative. Call the museum at 641-324-1180 and we can make arrangements to receive your donation. We now have the ability to scan them if you don't want to leave them at the museum.

Remember—it isn't just Northwood we are looking to receive, but ANY school in Worth County. We are open Sundays 2-4 p.m. now through August. Come see what we have collected—you will find memories! Until next time...

Railroad Ag Days set for Aug. 25-26

Manly's annual celebration of its agricultural and railroad histories will take place on Friday and Saturday, August 25-26.

Events planned for Manly's Railroad Ag Days include a community supper, pedal pull, Little and Junior Mr. and Miss Manly crowning and a little black dress night and music by the Mockingbirds all set for Friday.

On Saturday there will be a 5K fun run, Dad's Belgian Waffles, the parade, a raffle, food trucks, kids games, face painting, the Ag Days market, a DJ, a bags tournament, a magic show, a performance by the Hepperly Band and more.

More information can be found on the Manly Development Facebook page, in coming issues.

Please join us for a . . .
40th Wedding Anniversary Celebration
honoring
Chuck & Bonnie Hengesteg
Saturday, Aug. 5
Open House starting at 6 p.m.
Happy Time Resort
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The Northwood Anchor
a dog gone good read.
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BACK-TO-SCHOOL
Gift Cards
Gift Cards will be available starting August 1 - 25 at the WCDA Office
• Only parents may pick up the gift card for their children
• Parents who received gift cards last year must bring in receipts from purchases last year
• No appointment is necessary to come in
• Parents of new students to Worth County will need to bring a Worth County driver's license and school registration paperwork to receive the gift card
$75 Visa Gift cards available to all Worth County K-12 students.
Open 8:30 a.m. - 4 p.m.
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WCDA OFFICE

Share Your News with the Northwood Anchor 641-324-1051

Northwood-Kensett Community Schools
ONLINE REGISTRATION
Now available at
www.nkvikings.com then logging into JMC Family portal
or Register in person beginning
Wednesday, Aug. 9 • 10 a.m. - 6 p.m.
at both school locations

Northwood Anchor

Opinion

Savvy Senior

The hidden danger of untreated heartburn

Dear Savvy Senior,

Is regular heartburn or acid reflux anything to worry about? I eat a lot of Rolaids throughout the day to help manage it, but it's gotten worse with age and it keeps me up at night too. What can you tell me?

Belching Bob

Dear Bob,

Almost everyone experiences heartburn or acid reflux from time to time, but frequent episodes can signal a much more serious problem. It's estimated that more than 60 million Americans experience heartburn at least once a month, with around 15 million people who suffer from it daily.

Heartburn symptoms show up in a variety of ways – as a burning pain behind the breastbone, indigestion, or a sour or burning taste in the back of the throat. Other symptoms may include chest pain, excessing belching, a long-term cough, sore throat or hoarseness.

If you're plagued by heartburn two or more times a week, and it's not responding well to over-the-counter antacids you need to see your doctor, who may refer you to a gastroenterologist. Frequent bouts may mean you have gastroesophageal reflux disease, or GERDs, which can severely irritate and damage the lining of your esophagus, putting you at risk of Barrett's esophagus and esophageal cancer if it's not treated.

Lifestyle Adjustments

Depending on the frequency and severity of your heartburn, there are a number of lifestyle adjustments you can make that can help provide relief and avoid a more serious problem down the road, such as:

- Avoid trigger foods: Some foods can trigger heartburn symptoms like citrus fruits, tomatoes, fatty foods, chocolate, garlic, onions, spicy foods, mints, alcohol, coffee and sodas. You should keep a food diary to track which foods cause you the most problems and avoid them.
- Eat smaller, slower and earlier: Smaller portions at mealtime and eating slower can help reduce heartburn symptoms. You should also wait at least three hours after eating before lying down or going to bed.
- Lose weight: Having excess weight around the midsection puts pressure on the abdomen, pushing up the stomach and causing acid to back up into the esophagus.
- Quit smoking: Smoking can increase stomach acid and weaken the valve that prevents acid from entering the esophagus.
- Sleep elevated: To help keep the acid down while sleeping, get a wedge-shaped pillow to prop yourself up a few inches. If that's not enough, try elevating the head of your bed six to eight inches by placing blocks under the bedposts or insert a wedge between your mattress and box spring. Wedges are available at drugstores and medical supply stores. Sleeping on the left side may also help keep the acid down.

Treatment Options

If the lifestyle adjustments don't solve the problem, or if antacids (Tums, Rolaids, Maalox, Mylanta or Alka-Seltzer) aren't doing the trick, there are a variety of over the counter (OTC) and prescription medications that can help, including:

H-2 Blockers: Available as both OTC and prescription strength, these drugs (Pepcid, Tagamet, Axid and Zantac) reduce how much acid your stomach makes but may not be strong enough for serious symptoms.

Proton-Pump Inhibitors (PPI): If you have frequent and severe heartburn symptoms PPIs are long-acting prescription medications that block acid production and allow time for damaged esophageal tissue to heal. They include Nexium, Prevacid, Prilosec, Zegerid, Protonix, Aciphex and Dexilant. Prevacid, Nexium, Prilosec and Zegerid are also available OTC. But be aware that long-term use of PPIs can increase your risk for osteoporosis and chronic kidney disease.

If the medications aren't enough, there are also surgical procedures that can tighten or strengthen the lower esophageal sphincter so gastric fluids can't wash back up into the esophagus.

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.

Sniffing the south end of a porcupine

Echoes from the Loafers' Club Meeting

I'm glad it's summer and not winter.

Do you like hot, muggy weather?

No, but think how terrible it would be to shovel snow in this heat.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. The weather had been up and down. I dumped the dust from the rain gauge in the hopes water could find room there. It's dry, but at least I don't have the hiccups. Bo Jackson, one of the greatest athletes in history, won the Heisman Trophy in 1985 and later played in the NFL and MLB. A hip injury cut his athletic short. "Bo Knows" was the theme of a 1980s Nike campaign featuring Jackson. Now Bo knows hiccups. Jackson said he'd tried every cure, including smelling the south end of a porcupine. I doubt he sniffed a single porcupine. An Iowan, Charles Osborne, holds the record for hiccupping—68 years. Doctors couldn't determine cause or remedy for Jackson's chronic hiccups. DIY remedies abound. I had hiccups for three weeks. I said "pineapple," named seven bald men I knew, had someone order me to hiccup, held my breath, held down my left ear, ate spoonfuls of both sugar and peanut butter, and drank water from the wrong side of a glass.

I've learned

Parthenocarpic cucumber varieties don't require pollination to produce fruit.

There is no bottom to politics.

Barbers can't cut hair any longer.

I enjoy boring politics.

After reading "Moby Dick" three times and watching whales in Sitka, I've determined it's better to watch whales than harpoon them.

When I figure things out, I learn I haven't figured things out.

I grew up around Dwight Potter, Dwight Miller and Dwight Casper. They looked nothing alike, but they each looked like a Dwight.

The perfect peach is so juicy it should be eaten over a sink.

Nature notes

Roadside botany offers tall, yellow flower stalks of common mullein and evening primrose (blooms at dusk). Primrose's Potawatomi name is "yellow top." No one is sure when wild parsnip (native of Europe and Asia) arrived here or how. There are records of this plant being in Wisconsin in 1894. It's a biennial that grows 5 feet tall with leaves of two to five pairs of toothed leaflets often shaped like mittens. It has yellowish-green flowers that form umbrella-shaped clusters 4 to 8 inches across and bloom in June and July. The stem is green, 1 to 2 inches thick and smooth with few hairs. Wild parsnip grows in sunny open areas, such as pastures, fields, roadsides, and disturbed areas, and can tolerate different soils and moisture levels. Wild parsnip is persistent even after being sprayed. Contact with its sap combined with the presence of sunlight causes phytophotodermatitis, unpleasant rashes or blisters on skin. The prairie plant golden alexander, a native perennial, can be mistaken for wild parsnip. The primary difference between the plants is a matter of scale. Wild parsnip is much more robust. Both are lacy-looking plants with thick green stems topped with disk-like clusters of yellow flowers, but golden alexander is significantly smaller when mature. Wild parsnip has appreciably broader leaves, and bigger, flatter flower clusters. Wild parsnip has deeply forked leaves and those of golden alexander are smooth with fine serrations. The flowers of wild parsnip form flat clusters, while golden alexander flowers are more loosely and unevenly clustered. Queen Anne's lace has white flowers that bloom in an umbrella shape pattern called an umbel. Queen Anne's lace usually has a single purplish flower in the center of the umbel. Legend says Queen Anne pricked her finger while sewing the lace and a droplet of her blood fell to the center of the flowers.

If there are webs on a lawn on a dewy morning, and the sheet-like webs aren't sticky and have a funnel (tunnel) on one side, it's the work of a funnel or grass spider. The webs become noticeable on the heavy dew of a cool, humid morning. A web could be a dollar spot fungus. The branching mycelia of this fungus resemble spider webs on the grass, but dollar spot disappears when dew dries. Excess moisture and lack of nutrients are causes of dollar spot fungus.

Meeting adjourned

"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." -William Penn.

@Al Batt 2023

Fit to print...

Some help for a holiday



During the Fourth of July week, the Northwood Anchor and Manly Signal staff enjoyed some time out of the office to start the week. To help make that possible, the family of Anchor and Signal publisher Kris Kenison gathered at the office to help get the papers ready and delivered to stores and post offices. Pictured (from left) are the holiday helpers, Connie Kenison, Kris, Bryn Smalley, Lindsey Severson, Zander Severson, Aidan Gores, Keeghan Severson, Pam Meyer, Jim Price, Melissa Mittlestaedt and Mike Seveson. Over the course of a couple hours the group stuffed, sorted and delivered the papers. The group of 11 managed to accomplish the tasks in roughly the same time as the Anchor's staff of Becky and Dawn.

Northwood Anchor

Early Files

100 years ago

July 25, 1923

At the home of Mrs. Carl T. Rone a number of demonstrations were given the Kensett Township women July 14 as follows: Mrs. F. Carter demonstrated her dress form; Mrs. Glen Scott, an ex-milliner, ably showed how to make braid hats; Mrs. Widen told how to make Swiss cheese; Mrs. Albert Marshall, an ex-nurse gave valuable information concerning what should be stored in our medicine cabinets; Mrs. C.F. Butler demonstrated her steam cold-pack cooker; Mrs. Rone demonstrated the fireless and pressure cookers and showed the arrangement of her kitchen before and after remodeling; and Mrs. Forrest Bloker showed the group how to make an angel food cake.

Dr. H.L. Clough of Tampa, Florida, who has been visiting at the C.H. Walkers home for the past three weeks, left yesterday for Des Moines. Dr. Clough is both a physician and lecturer and is to speak in Des Moines this week in the interests of the Ku Klux Klan.

About 20 of Miss Hazel Heggestad's friends gathered at her home on July 20 to help her celebrate her 15th birthday. The self-invited guests brought well-filled baskets and a dainty two course lunch was served and all reported a pleasant time.

The Jefferson Highway from the Cerro Gordo line to north of Kensett has been graded and graveled and is now an elegant highway and one of which boosters of the highway can justly be proud, according to a letter received today from S.S. Westly of Manly, by Hugh Shepherd, director of the highway.

The Evangelical church at Bolan, which has undergone considerable repair during the past several months will be rededicated next Sunday. The building was raised and a new foundation consisting of cement and cement blocks has taken its place. A new vestibule was constructed on the southeast corner and the interior has been renovated.

75 years ago

July 22, 1948

Worth County's estimate of taxes required totals $256,450 and represents an estimated tax of $15.81 for each $1,000 of assessed value, according to the published report. Last year's estimate was $15.68 per $1,000.

There were no bids for the two story brick building, formerly used as the city hall and at present housing the Northwood sure trucks, at an auction sale on Tuesday afternoon.

An average of approximately 45 motorists each Saturday appearing at the local courthouse for their motor vehicle driver's license renewals is the record for the first four weeks of the "birthday renewal date" plan as provided by the last session of the legislature, according to figures given out by the examiners.

William Heiny of Northwood has been appointed deputy sheriff of Worth county to succeed Clair Shaw, who was appointed rural mail carrier out of the Northwood post office. Mr. Heiny assumed duties of the new position last Saturday.

Reuben Rustad was elected president and Wm. H. St. Clair secretary of the Worth County Soil District commissioners, held on Friday evening on July 9, in the Farm Bureau office. All of the commissioners recently elected were present.

Mr. and Mrs. Paul Buck of Lake Mills were injured in an automobile collision near Centerville on Monday, and are in a hospital in that city. Mrs. Buck is the former Lucile Torgeson of Northwood. Mrs. Buck suffered a broken jaw and head injuries, and Mr. Buck suffered severe lacerations, according to press reports of the accident.

Following an illness of eight weeks resulting from a stroke, death came to Ole E. Skinnes, Monday at his home at 709 S. 10th Street in this city at the age of 79 years, 6 month and 14 days. He had lived in Worth County 75 years.

50 years ago

July 26, 1973

Pamela Jenkins, Manly, was named winner in the regional soil conservation speech contest held in Hampton on July 23. Pamela was one of 11 contestants who presented a speech on the topic "Long Range Community." She is the 17-year-old daughter of the Rev. And Mrs. Alvin E. Jenkins of Manly, and will be a senior in the North Central Community high school this coming fall.

Marine Private First Class Thomas Kantaris, of rural Kensett, has recently completed Marine Basic Training and was also promoted to his present rank meritoriously. He spent 10 days on leave than reported to the Marine Corps recruiting office in Mason City to work as a recruiter assistant for one month. He will leave here and report to Aviation Electronics School.

Mr. and Mrs. Duane Struck, Northwood, announce the engagement of their daughter, LeAnn, to Rick Zerck, son of Mr. and Mrs. Lawrence Zerck, Albert Lea. Miss Struck is a 1970 graduate of Glenville High School and is employed at the Penthouse Beauty Salon, Albert Lea. Her fiancé served four years in the U.s. Air Force and is employed at Albert Lea Freezer Warehouse.

Final statistics of the 1973 NIC baseball season shows that Bill Alexander, Northwood pitcher, ranked second in the conference in batting with 17 hits in 31 times at bat for an average of .548. Ron McMullen was ranked fourth with an average of .483 with 14 hits in 29 at bats.

Craig O. Aamodt, Northwood, has been named to the dean's list at Mankato State College for the spring quarter. Carolyn Imlau, an English major, and Dennis Knudtson, engineering, both of Joice, were named to the dean's list at Iowa State University, Ames, for the spring quarter. At the University of Northern Iowa, Cedar Falls, Danny Knudtson, Janelle Rupert and Daniel and Dennis Reeder were named to the spring quarter dean's list.

25 years ago

July 29, 1998

Iowa National Guard sergeant Andy Roby helped Gordonsville resident Donna Olson fill a water cooler for her husband's aunt, Arcley Johnson of Northwood, while chief warrant officer Charlie Morshead looked on. The National Guard dispensed more than 2,500 gallons of water here in response to the fecal coliform bacteria contamination of Northwood's municipal water supply.

Heartland Township farmer Keith Low enlisted his father Allen Low and teenager Gene Quam to help bale straw. The weather cooperated to allow many other Worth County farmers to perform the same chore following the oat harvest.

Worth County American Cancer Society volunteers LaVonne Lindflott and Bob Perry got into the "Relay For Life" spirit recently by lighting luminaries representing faith, hope, love and a cure. The Worth unit of the ACS is selling luminaries as part of the August 8 fundraiser here.

Youngsters Rachel Madsen, Hanna Chodur, Hans Madsen and Kate Madsen looked over Indian artifacts during a recent visit to the Worth County Historical Society museum here with their grandmother, Bev Madsen of rural Northwood.

Lisa Haugrud and Jade Petznick announce their engagement. Parents of the couple are Marian Haugrud of Pelican Rapids, Minnesota, and the late Milo Haugrud and Jerry and Marlys Petznick of Northwood. Lisa is a math teacher at Pelican Rapids High School and Jade is a funeral director at Larson Funeral Home in Pelican Rapids.

Worth County Sheriff David Gentz directs traffic as a massive "safety check" on I-35. According to Gentz, 65 police officers from 20 law enforcement agencies in North Iowa checked 1,733 cars. Gentz said 70 citations were written, including 45 warnings, two drug arrests for marijuana, one possible OWI and two people were arrested for outstanding warrants.

10 years ago

July 24, 2013

On Saturday area fire fighters took part in a special training opportunity presented by an Interior Fire Attack Simulator. Members of the Northwood Volunteer Fire Company tackled the training with fire inside.

"For me it's all about the students," said Northwood-Kensett's new superintendent, Mike Crozier. Crozier, his wife Debbie Roff and their four-month old Markie Pippa recently moved to Northwood from Norwalk, Iowa, where Mike had served for several years as principal .

Worth County Farm Bureau held a meeting recently to update and inform affected landowners about the ITC transmission line that is being proposed for the area. The meeting was intended to help them gather important information and prepare questions they may need answered at the August 1 public meeting planned to discuss the project.

Northwood's flowers, trees and landscaping elements remain a well-maintained and colorful sight to see, thanks to the efforts of Northwood's dedicated downtown botanist and beautification assistant, Rose Fredericks. Throughout the spring and summer Fredericks has worked to prune, preserve and prepare the plants in Northwood's parks and other public spaces. Northwood residents and visitors have appreciated her efforts. That appreciation included Fredericks being named as Citizen of the Year during this year's Fourth of July festivities.

Six N-K cheerleaders were chosen as all state cheerleaders. They have the opportunity to perform at the Capital One Bowl in Florida in January 2014. Hattie Davidson, Ashlynn Schaefer, Katelyn Jaspers, Samantha Butler, Taryn VanRyswyk and Chandler Capitani were the N-K cheerleaders chosen.

Summer perennial garden tasks



Summer garden with tickseed, Russian Sage, globe blue spruce.



Purple coneflower in perennial garden.

Summer is a great time to enjoy the perennial garden. Summer bloomers like daylily, yarrow, butterfly weed, blanket flower and purple coneflower brighten the garden in June and July. Keeping perennials healthy and attractive all season long requires some care during the summer months. In this article, horticulturists with Iowa State University Extension and Outreach answer common questions about the care and maintenance of your perennial garden in the summer.

How often and what time of the day is best to water the garden?

The watering frequency is determined by soil characteristics, weather conditions, type of plant and other factors. Generally, a deep watering once a week in dry weather should be adequate for most flower gardens. When watering gardens, water slowly and deeply.

Early morning (5-9 a.m.) is the best time to water the garden when using a sprinkler, garden hose or any other device that wets the plant foliage. When watering is completed, the plant foliage dries quickly. The rapid drying of plant foliage helps guard against the development of fungal diseases. Additionally, a morning application allows the water to soak deeply into the soil with little water lost to evaporation.

Watering at midday is less efficient because of rapid evaporation. Watering in the evening with a sprinkler or garden hose can lead to greater disease problems as the plant foliage will likely remain wet throughout the night.

Mornings and evenings are excellent times to water gardens when using a drip irrigation system or soaker hose. Watering in the evening isn't a problem as these methods don't wet plant foliage.

What perennials benefit from deadheading?

Deadheading is the removal of spent or faded flowers. Deadheading improves the appearance of plants, may encourage a second flush of bloom, and prevents self-seeding.

Perennials that improve appearance with deadheading include bearded iris (Iris), peony (Paeonia), lamb's ear (Stachys byzantina), perennial geranium (Geranium), daylily (Hemerocallis), hosta (Hosta), and coralbells (Heuchera).

Several perennials benefit from deadheading to prolong the bloom or promote a rebloom, including yarrow (Achillea), tickseed (Coreopsis), blanket flower (Gaillardia), daylily (Hemerocallis), garden phlox (Phlox), perennial salvia (Salvia) and spiked speedwell (Veronica).

Perennials that readily reseed benefit from deadheading to prevent seed set in other areas of the garden. These perennials include columbine (Aquilegia), blackberry lily (Iris domestica), bellflower (Campanula), purple coneflower (Echinacea), garden phlox (Phlox paniculata), campion (Lychnis) and goldenrod (Solidago).

How do I control weeds in my garden beds?

Keeping ahead of weeds and controlling them when they are small is essential for good weed management. This requires persistence throughout the entire growing season to remove weeds as they emerge. There are essentially two types of weeds in the garden: annuals and perennials.

Annual weeds grow rapidly, flower, set seed and die in a single season. New annual weeds, such as crabgrass, purslane, knotweed, lambsquarter and foxtail, germinate from seeds each year. Perennial weeds die back to ground level in fall but send up new growth in spring. Perennial weeds, such as dandelions, quackgrass, thistle, pokeweed and plantain, reproduce by seeds and may spread by creeping above or below ground stems or spreading root systems.

Cultivation, hand pulling, mulches, and herbicides are the primary means to control weeds in the home garden. Annual weeds can be effectively controlled by cultivating, hand pulling, mulching and using pre or post-emergent herbicides. Perennial weeds are best controlled by hand pulling or spot treating with a non-selective herbicide.

Which perennials can be pinched or cut back?

Some perennials benefit from pruning in early summer. Cutting back removes anywhere from 25 to 75% of the total plant. When done after flowering to spring blooming perennials, it can promote fresh regrowth that is more attractive, and potentially a rebloom later in the season. Perennials that benefit from a cutback after flowering include lady's mantle (Alchemilla), columbine (Aquilegia), pinks (Dianthus), silvermound (Artemisia), threadleaf coreopsis (Coreopsis verticillata), perennial geranium (Geranium), catmint (Nepeta) and perennial salvia (Salvia).

Summer and fall-blooming perennials can be pinched in late spring to early summer to produce sturdy, compact growth that is less likely to become lanky or flop over. Pinching removes the stem's upper 1 to 2 inches to promote branching. It may delay bloom by a week or two but can promote more flowers in certain species. Perennials to pinch before flowering for height control include aster (Symphyotrichum), mums (Chrysanthemum), Joe-Pye weed (Eutrochium), false sunflower (Helianthus helianthoides), bee balm (Monarda), tall sedum (Hylotelephium), and balloon flower (Playtcodon grandiflorus).

Should I stake floppy plants?

Some species of perennials, such as peony (Paeonia), delphinium (Delphinium), and dahlia (Dahlia), may require staking, especially as they begin to bloom. Staking materials include wooden, bamboo, metal, or plastic stakes or rings. A gridwork of wire, bamboo or string placed above young plants allows stems to grow up through and receive support. Similarly, twiggy branches can be set in the ground to provide a more natural-looking support material.

Ideally, support materials are placed early in the growing season, and the plant can grow through it. When sized appropriately, the staking material is masked by the plant's foliage once it reaches its mature size. If perennials need staking after they've reached their mature size, then a few stakes around the perimeter of the plant surrounded by an unobtrusive twine or string at various heights can help hold stems upright and still allow movement of the plant. Individual stems can be supported with stakes carefully placed at the base of the stem. As it grows, tie the stem loosely to the stake with string every 10 to 15 inches, leaving a little slack so it can still move in the wind.

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Mitchell Schroeder
Funeral Director



Fixin' the street

Members of the Nothwood public works crew, Logan Butler (right) and Jim Meland were out on Monday morning fixing cracks on side streets of Northwood with asphalt patching materials.

People's Right To Know

Bolan

The Bolan Trinity United Women in Faith met at the home of Linda Nydegger late Thursday afternoon. One of the discussions was on the upcoming Bazaar and Luncheon on Saturday, August 26. This is also the Bolan Fall Event Day with vendors, music, etc. There will also be a program in the Schoolhouse at 1 p.m. The Bolan School will be celebrating 100 years that day. Following the meeting there was time for food and fellowship before attending the presentation of "Church Basement Ladies" held at the Cedar River Complex in Osage.

Northwood Anchor

Legal

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY
CASE NO. ESPR009370
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS
IN THE MATTER OF THE ESTATE OF Kay C. Mortenson, Deceased

To All Persons Interested in the Estate of Kay C. Mortenson, Deceased, who died on or about May 6, 2023:

You are hereby notified that on July 12, 2023, the Last Will and Testament of Kay C. Mortenson, deceased, bearing date of March 19, 2021, was admitted to probate in the above named court and that Melissa Mortenson was appointed Executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

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

Dated July 19, 2023.

Melissa Mortenson
2437 Emerson Avenue
South #11
Minneapolis, MN 55405
Executor of Estate

John H. Greve
ICS AT000386
Greve Law Office
736 Central Ave.
P.O. Box 167
Northwood, IA 50459
Attorney for Executor

Date of second publication the 2nd day of August, 2023.
30-2t

Notice

Public Notice
IN THE IOWA DISTRICT COURT FOR WORTH COUNTY
IN THE MATTER OF THE ESTATE OF DOROTHY E. WILLIAMS, Deceased
Probate No. ESPR009369
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF CO-EXECUTORS, AND NOTICE TO CREDITORS

To All Persons Interested in the Estate of Dorothy E. Williams, Deceased, who died on or about June 26, 2023:

You are hereby notified that on the 12th day of July, 2023, the Last Will and Testament of Dorothy E. Williams, Deceased, bearing date of the 5th day of April, 2022, was admitted to probate in the above named court and that Marcia Goodale and Dennis Goodale were appointed Co-Executors of the estate. Any action to set aside the Will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

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

Dated this 17th day of July, 2023.

Marcia Goodale
1327 430th Street
Northwood, Iowa 50459

Dennis Goodale
1327 430th Street
Northwood, Iowa 50459
Co-Executors of Estate

Jacquelyn K. Arthur
ICIS Pin No. AT0000532
Laird Law Firm, P.L.C.
11 Fourth Street NE
P.O. Box 1567
Mason City, IA 50402-1567
Attorneys for Co-Executors

Date of second publication the 2nd day of August, 2023.
30-2t

Supervisors

July 17, 2023
Twenty-eighth Day

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

Stone 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 July 10, 2023 meeting. Motion carried.

Motion Smeby/Second Stone to approve drainage claims in the amount of $9,608.99 as per the following schedule. Motion carried.

Bolton & Menk Inc., DD 2 Main, Prof Services $2,798.50
James Rosenberg, DD 11 Main F/Lower Lat 55, Repairs .. $276.25
Hudson Law Firm, DD 48, Prof Services $280.00
Goodwin Law Office, PC, DD 72 Main Open Ditch, Prof Services $1,978.00
Bolton & Menk Inc., DD 14, Prof Services $394.00
Bolton & Menk Inc., DD 72, Prof Services $482.00
Worth County Treasurer, DD 13/Lat 3 , Interest $3,400.24
Grand Total $9,608.99

Motion Smeby/Second Stone to set date for DD #34 Landowner meeting on August 14 at 9:30 A.M. in the magistrate room. Motion carried.

Motion Smeby/Second Stone to approve contract between DD #2 and Larsen Contracting Central, LLC. Motion carried.

Motion Smeby/Second Stone to approve claims in the amount of $354,232.64 as per the following schedule. Motion carried.

Access Systems Leasing Service-Dap 98.50
Agvantage Fs Inc Fuel-Eng 11,609.49
Airgas Usa, Llc Supplies-Eng 194.01
Albert Lea Seed House Inc Supplies-Con 297.50
Aramark, Service-Eng 415.05
At&T Mobility Service-Ema 86.11
Beaver Creek Cemetery Safety-Vaf 120.00
Brightree Home Health & Hospice Llc, Service-Phd 3,080.91
Bristol Lutheran Cemetery Service-Vaf 60.00
Brush Point Cemetery Assn Service-Vaf 612.00
C J Cooper & Associates Inc Service-Eng 45.00
Carquest Auto Parts Inc Supplies-Eng 986.72
Central Ia Detention Service-Juj 1,800.00
Centurylink, Service-Gsr 65.35
Cindy Thompson, Reimb-Asr 57.32
City Of Fertile, Service-Eng 76.00
Concordia Cemetery Service-Vaf 168.00
Culligan Of Mason City Service-Shf 218.45
Dave Syverson Inc Parts-Eng 581.18
Eilertson Repair Service-Con 283.36
Electric Pump Inc Service-Wwt 417.00
Elim Lutheran Free Congregation Cemetery, Service-Vaf 60.00
Elk Grove Cemetery Service-Vaf 12.00
Falkstone Llc Rock-Eng 136,080.91
Fallgatter's Market Inc Supplies-Sdp 19.93
Frank Stearns Service-Eng 675.00
Freeborn County Coop Oil Fuel-Eng 8,884.60
Geocomm Inc Service-911 ..... 2,021.00
Grafton Cemetery Assn Service-Vaf 648.00
Grafton Welding Service-Eng 2,116.00
Heartland Power Coop Service-Wwt 2,798.80
Helgeson Drainage Inc. Service-Eng 856.50
Ia Secretary Of State Service-Aud 285.19
Isac, Dues-Sup 400.00
J & J Machining Welding & Fabricating, Service-Eng 666.77
Jessica Reyerson Reimb-Phd 50.00
Kathy Meyer, Service-Phd. 227.50
Kelly Hardware Supplies-Eng 611.69
Knudtson Automotive Service Service-Phd 301.39
L R Falk Const Co Rock-Eng 93,228.63
Larsen Plumbing & Heating Inc Service-Shf 454.32
Law Offices Of Hopkins & Huebner, P.C., Service-Eng 180.00
London Deer Creek Cemetery Service-Vaf 192.00
Manly Junction Signal Service-Sup 468.25
Marco Technologies Llc Service-Dap & Asr 504.15
Nassco Inc., Supplies-Gsr .. 155.84
Northland Securities Inc Service-Ndp 550.00
Northwood Anchor Inc Service-Sup 861.22
Nsb Bank, Service-Dap 214.65
Overhead Door Co Of Mason City Service-Eng 140.00
Plunkett's Pest Control Inc Service-Ema 93.47
Rick Christeson Safety-Eng 89.84
Sacred Heart Cemetery Service-Vaf 444.00
Sion Lutheran Church Service-Vaf 216.00
St Patrick's Cemetery Service-Vaf 96.00
State Hygienic Laboratory Service-San 440.00
Stivers Ford Lincoln Equip-Shf 47,610.00
Sunset Rest Cemetery Service-Vaf 2,790.00
Tim Tuttle, Safety-Eng 150.00
Tyler Technologies Inc Service-Vaf 449.00
U S Postal Service Postage-Aud 132.00
Verizon Wireless Service-Ema 0.01
Viafield, Supplies-Con 2,477.64
Visa, Service-Con 1,049.47
Waste Management Of Iowa Inc Service-Sdp 4,255.00
Winnebago Coop Telephone Assn Service-Eng 251.02
Worth County Engineer Fuel-Shf 7,547.80
Worth County P H Petty Cash Reimb-Phd 106.85
Worth Lumber Co Supplies-Eng 112.14
Young Plumbing & Heating Inc Service-Wat 1,238.92
Ziegler Inc, Parts-Eng 9,707.19
Grand Total 354,232.64

Motion Smeby/Second Stone to approve the clerk of court's monthly and recorder and auditor's quarterly reports. Motion carried.

Motion Smeby/Second Stone to approve salary increase for Teri Dorsey to 27.27/hour as submitted by the sheriff. Motion carried.

Vice-chairperson Stone recessed the regular session at 8:45 A.M.

Motion Smeby/Second Stone to open Bid Letting Hearing – Resurfacing of S56 and A39, Project No. LFM-C098(S56)—7X and LFM-C098(A39)—7X-98 at 8:45 A.M. Motion carried. Rich Brumm, engineer gave an update on the bids received. There was no public comment.

Motion Smeby/Second Stone to close the Bid Letting Hearing at 8:47 A.M. Motion carried.

Vice-chairperson Stone reconvened the regular session at 8:47 A.M.

Motion Smeby/Second Stone to approve Resolution 2023-28. Approval and Award of the resurfacing of S56 and A39, Project No. LFM-C098(S56)—7X and LFM-C098(A39)—7X-98. Roll call: Smeby – Aye; Stone – Aye. Motion carried. (Full text of resolution available in auditor's office).

Motion Smeby/Second Stone to adjourn at 9:01 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Aaron Stone, Vice-Chairperson

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WORTH COUNTY
VETERINARY SERVICE
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Home: 324-1147

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Northwood, IA 50459
641-324-1221

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

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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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Iowa County Treasurer's Semiannual Reconciliation

WORTH COUNTY — For 07/01/2022 - 06/30/2023

	Beginning Treasurer's Balance	Total Revenues	Beginning Balance + Total Revenues	Total Expenses	Change in Outstanding	Calculated Ending Treasurer's Balance	Actual Ending Treasurer's Balance	Difference	Outstanding Bank Items
0001 - GENERAL BASIC	1198147.91	5932348.99	7130496.9	5161532.49	**-26390.51**	1942573.9	1942663.35	-89.45	102848.37
0002 - GENERAL SUPPLEMENTAL	661840.69	1449642.25	2111482.94	1564818.22	**-1306.77**	545357.95	545357.95	0	0
0003 - GENERAL BASIC TRUST	14973.16	0	14973.16	0	**0**	14973.16	14973.16	0	0
0004 - ARP FUND	700887.89	766836.5	1467724.39	349794.93	**0**	1117929.46	1117929.46	0	0
0010 - MH-DD SERVICES FUND	18230.88	1921.84	20152.72	1921.84	**-18230.88**	0	0	0	0
0011 - RURAL SERVICE BASIC	496864.8	2254289.33	2751154.13	2041604.75	**3566.21**	713115.59	713145.67	-30.08	12947.58
0014 - RURAL SERVICES TRUST	239907.61	118850.2	358757.81	0	**0**	358757.81	358757.81	0	0
0020 - SECONDARY ROADS	3371052.66	4753580.28	8124632.94	4348977.27	**16434.97**	3792090.64	3792091.49	-0.85	52236.72
0021 - HWY 105 TRUST FUND	451381.9	1307446.49	1758828.39	0	**0**	1758828.39	1758828.39	0	0
0023 - ENHANCEMENT/PROTECTION(REAP)	31183.75	8824	40007.75	0	**0**	40007.75	40007.75	0	0
0024 - RECORDER'S RECORDS MGT. FUND	14604.55	1624	16228.55	0	**0**	16228.55	16228.55	0	0
0026 - EMERGENCY MEDICAL SERVICES	1234.86	2605	3839.86	2611.5	**100**	1328.36	1328.36	0	215.74
0027 - COUNTY CONSERVATION RESERVE FUND	39647.68	0	39647.68	0	**0**	39647.68	39647.68	0	0
0029 - COUNTY DISPOSAL CLOSURE FUND	6611	0	6611	0	**0**	6611	6611	0	0
0030 - BOARD/ROOM	84523.65	16211.95	100735.6	7327.31	**0**	93408.29	93408.29	0	0
0031 - PROBATION FEES	33802.49	0	33802.49	15409.1	**0**	18393.39	18393.39	0	0
0036 - COMMISSARY FUND	15050.8	5000	20050.8	3062.69	**0**	16988.11	16988.11	0	0
0037 - DARE	3940.08	0	3940.08	0	**0**	3940.08	3940.08	0	0
0038 - WINDFARM TIF	1832718.11	3663753.63	5496471.74	4635415.1	**0**	861056.64	861056.64	0	0
0039 - FORFEITURE FUND	5846.68	0	5846.68	0	**0**	5846.68	5846.68	0	0
0040 - CANINE FUND	6286.07	0	6286.07	31.25	**-119.94**	6134.88	6134.88	0	0
0042 - NEW HEAVEN GRANT TIF	23248.72	36438.96	59687.68	0	**0**	59687.68	59687.68	0	0
0043 - RESERVE DEPUTY FUND	6414.34	0	6414.34	727	**177**	5864.34	5864.34	0	177
0044 - LOCAL GOV'T OPIOID ABATEMENT FUND	0	39481.95	39481.95	0	**0**	39481.95	39481.95	0	0
0100 - DRAINAGE	487930.29	719288.41	1207218.7	353432.48	**-645186.28**	208599.94	208599.94	0	1417.2
1500 - CAPITAL PROJECTS	0	6013387.17	6013387.17	240429.17	**0**	5772958	5772958	0	0
4000 - EMERGENCY MANAGEMENT AGENCY	142864.07	107881.26	250745.33	101259.22	**933.96**	150420.07	150420.02	0.05	2356.96
4010 - 911	904749.45	155848.28	1060597.73	86530.83	**-36.86**	974030.04	974030.04	0	33.95
4060 - FLEX BENEFITS	7096.8	8346.46	15443.26	4820.76	**0**	10622.5	10622.5	0	0
4100 - COUNTY ASSESSOR AGENCY FUND	516530.41	375899.69	892430.1	528259.42	**271.65**	364442.33	364442.33	0	4853.05
4140 - AGRICULTURAL EXTENSION EDUCATION	2058.17	222427.7	224485.87	222443.22	**0**	2042.65	2042.65	0	0
4160 - PROPERTY TAX AGENCY FUND	16.98	1732.23	1749.21	1733.45	**0**	15.76	15.76	0	0
4200 - SCHOOL DISTRICTS	76675.78	8394901.15	8471576.93	8399100.9	**0**	72476.03	72476.03	0	0
4300 - NIACC	6958.82	794135.79	801094.61	793926.3	**0**	7168.31	7168.31	0	0
4400 - CORPORATIONS	23614.32	2242930.08	2266544.4	2237193.21	**0**	29351.19	29351.19	0	0
4450 - CITY SPECIALS	5303.28	18083.53	23386.81	22128.47	**0**	1258.34	1258.34	0	0
4500 - PRIVATE OWNED TAX SALE CERTS	94860.08	115148.13	210008.21	151750.77	**-23260.68**	34996.76	34996.76	0	0
4700 - TOWNSHIPS	1441.05	160528.07	161969.12	160337.07	**0**	1632.05	1632.05	0	0
5010 - MOTOR VEHICLE FUND	145508.8	1958457.6	2103966.4	1955146.6	**45.58**	148865.38	148865.38	0	509.88
5020 - USE TAX	116478.55	1346570.08	1463048.63	1348524.51	**0**	114524.12	114524.12	0	0
5040 - AGPAT FUND	21.85	161.5	183.35	179.55	**0**	3.8	3.8	0	0
5090 - TAX IN ADVANCE	20709.21	28277.5	48986.71	0	**0**	48986.71	48986.71	0	0
5100 - UNAPPORTIONED TAX FUND	24	0	24	0	**-24**	0	0	0	0
5300 - RECORDER'S ELECTRONIC FEE FUND	137	1624	1761	1668	**0**	93	93	0	0
7000 - SHORT & OVER	0	145.3	145.3	0	**0**	145.3	145.3	0	0
8000 - WASTE WATER	352264.62	177921.7	530186.32	215833.63	**10348**	324700.69	324700.69	0	10998
8001 - WATER	229736.44	145500.62	375237.06	118663.99	**6946**	263519.07	263519.07	0	7332
8500 - HEALTH INSURANCE FUND	224720.37	976013.76	1200734.13	847995.77	**0**	352738.36	352738.36	0	0
9999 - TREASURERS FUND	30602.18	0	30602.18	0	**-30602.18**	0	0	0	0
Report Totals:	**12648702.8**	**44324065.38**	**56972768.18**	**35924590.77**	**-706334.73**	20341842.68	**20341963.01**	-120.33	**195926.45**

I hereby certify the above report to be a true and accurate account of transactions during period(s) specified. Jake Hanson-Worth Co Treasurer

Scientists lead quest for perennial cover tailored to conventional cropping systems

Iowa State University researchers are leading a quest to develop a farming system that integrates cash crops with a cover crop that would only need to be planted once every five to 15 years. It's a tall order, but one the research team thinks can soon be realized.

The project goes by the name RegenPGC, short for Regenerating America's Working Landscapes to Enhance Natural Resources and Public Goods through Perennial Groundcover. The large team of scientists and engineers all share a vision of seeing year-round cover on cropland in the Midwest become the norm rather than the exception.

"We want to develop groundcover systems, where a perennial cover crop is planted once and then persists for multiple years alongside annual crops. The cover crops would be alive during the six to nine months when fields are often bare between harvest and planting, yet would pose little or no competition to the cash crops." said project leader Raj Raman, Morrill Professor of agricultural and biosystems engineering at Iowa State.

"If we're successful, we believe this could encourage more widespread adoption of cover crops to reduce the unintended consequences of conventional cropping systems in a way that is convenient and low-cost for farmers," he said.

Like regular one-season cover crops, the most evident benefits of perennial groundcover would be to protect and enhance soil, reduce nutrient export into water and enhance the potential for carbon sequestration. There could be some weed or insect suppression effects, leading to reduced need for herbicides or insecticides, Raman said.

There might also be harder-to-anticipate advantages, Raman said. For example, in 2020, there were anecdotal reports that corn growing in perennial test plots stood up better to high winds than corn in adjacent, conventional plots. Researchers hypothesized that the corn's reduced "lodging" in the test plots could be due to improved soil health that led the corn to develop a more robust root system.

Experiments led by RegenPGC team members Kenneth Moore and Shui-zhang Fei set the stage. Moore, a Charles F. Curtiss Distinguished Professor in Agriculture and Life Sciences at Iowa State, and Fei, professor of grass genetics and breeding in horticulture, have tested more than 30 perennial species for compatibility. They found that some perennials grew and provided ecosystem benefits without sacrificing crop yields – but only under ideal circumstances.

The group's primary goal now is to find the perennial that will work reliably under the varied conditions farmers face across years.

Will the cover crop candidate survive through multiple seasons yet go dormant in time for corn or soybean planting?

If the perennial doesn't go dormant at the right time, what will it take to suppress so it won't compete with the primary crops during the growing season?

If the perennial works under field conditions in Iowa, what about drier climates in Nebraska or Kansas, or colder temperatures in Wisconsin?

On their quest, the team is conducting field research and computer modelling, backed by a five-year, $10 million grant from the USDA National Institute of Food and Agriculture's Agriculture - Food Research Initiative that started in 2021. Earlier funding from the Iowa Nutrient Research Center supported the field trials by Moore and Fei that provided a nucleus for the larger grant, Raman said.

Almost a dozen other Iowa State faculty, staff and graduate students are working on the new RegenPGC project, along with counterparts at universities in Kansas, Kentucky, Missouri and Wisconsin. Other research and commercialization partners come from The Land Institute in Kansas and Corteva Agriscience while Iowa 4-H and FFA are involved in the project's wide-ranging education programs.



"Perennial groundcover systems offer a viable pathway for the near-term perennialization of annual row-crop agriculture that complements The Land Institute's long-term work to create perennial grain crops," said Brandon Schlautman, RegenPGC's research theme director and a lead scientist with The Land Institute.

The project also aligns with Corteva's mission to help farmers sustainably grow food, fuel and fiber, according to Sara Lira, RegenPGC's commercialization theme leader and a senior research scientist with Corteva Agriscience. "Public-private partnerships are critical to solving the big challenges in agriculture, and we're thrilled to bring our expertise and support to make this vision for year-round green cover on farms a reality."

"With perennial groundcover, farmers can continue to leverage the amazing yield gains made through corn and soybean breeding and agronomic research, while also protecting the environment on their farm, in their community and downstream," she said.

This summer, the team expects to further narrow down the list of perennial species worth studying. Top candidates at this time include varieties of Kentucky bluegrass and a species called Poa bulbosa, which goes dormant based on daylength.

Many of the test plots are on Iowa State research farms in central and northeast Iowa. There are also research sites in Kansas and Nebraska and about 20 on-farm trial sites where farmers are testing perennial groundcovers systems.

Several scientific publications have already come from the effort. They are listed on the RegenPGC website, along with upcoming field days and a form farmers can use to indicate interest in participating in field trials.

"If we succeed in developing a perennial groundcover system that works, we also need to make sure it works within the policy context that constrains farmers' choices," Raman said. "Crop insurance is central to that, as is working with ag retailers to provide affordable seed. Members of our team are already starting to engage on these next steps."

Pruning guidelines for shade trees, fruit trees and shrubs

While removing stems and branches may seem intimidating at first, pruning a plant is a great way to invest in its long-term health. Removing dead or crowded limbs can improve a tree or shrub's visual appeal, encourage fruit production and help to ensure a long, productive life.

For many shade and fruit trees in Iowa, late winter and early spring are ideal times to prune. This year, Iowa State University Extension and Outreach horticulture specialists have compiled a variety of materials discussing the basics of pruning woody plants.

One of the resources highlighted by the guide is the "Principles of Pruning" video series, available through the Integrated Pest Management YouTube Channel. In this series, Jeff Iles, professor and chair in the Department of Horticulture at Iowa State University, discusses when, why and how to prune a tree.

"I like to prune during the dormant season, because the leaves are gone, I can see the plant's architecture, and when the tree begins to grow in the spring, the wounds created during pruning will begin to close rather quickly," said Iles.



Another article included in the guide discusses the proper time to prune various types of woody trees and shrubs, including oaks, fruit trees, shrubs and roses. For most deciduous trees, February through March is the best time to prune in Iowa. Oaks should be pruned slightly earlier, between December and February, to prevent Oak Wilt, a potential lethal fungal disease. Fruit trees should be pruned in late February through early April, and deciduous shrubs should be pruned in February and March. Because many species of rose can suffer dieback due to Iowa's frigid winters, gardeners should remove any dead wood in March or Early April.

Also included within the guide is an article from the Horticulture and Home Pest News Website that covers basic pruning equipment, including hand pruners, shears, saws and chainsaws. Hand pruners or shears can be used for plant material up to 3/4 inch in diameter, and lopping shears are best for branches between 3/4 and 1 ½ inches. For larger material, a pruning or pole saw can be used.

While chainsaws can also be used to remove large branches, they can be incredibly dangerous to those who are not trained or experienced in using them and should be primarily left to professional arborists.

To access these and other pruning resources, visit https://hortnews.extension.iastate.edu/your-complete-guide-pruning-trees-and-shrubs

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641-324-0061
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Applications can be picked up at
700 10th Street North
Northwood, Iowa 50459







Customers appreciated

Kibble Equipment in Northwood showed its appreciation as the John Deere dealer and service center welcomed its customers and community. The event included a lunch, root beer floats and a chance to take a look at the Kibble facilities and spend time with Kibble employees.

Farmland leasing meeting to address key topics impacting owners and tenants of Iowa farmland

Iowa State University Extension and Outreach is hosting multiple farmland leasing meetings during July and August at various times and locations throughout the state. The annual meetings are offered to address questions that Iowa landowners, tenants or other interested individuals have about leasing farmland.

Core components of the 2023 program will be land values and cash rent trends, land ownership and tenure, methods for determining a fair rental rate, the latest legal updates that impact farm leases and land ownership, and communication between tenants and landowners.

The recently released Iowa Farmland Ownership and Tenure Survey indicates 58% of Iowa farmland is leased, with the majority of farmland leases being cash rental arrangements.

"The goal of these programs is to share resources and information with Iowa farmland owners and tenants and strengthen leasing relationships," said Ann Johanns, extension program specialist. "Improved communication and better understanding of the other party in lease negotiations creates stronger relationships that benefit Iowa agriculture across the state."

A 100-page workbook to compliment the program topics includes resources regarding land leasing agreements such as surveys, sample written lease agreement and termination forms, along with many other publications.

Find local options for meetings and webinars

The leasing meetings being held across Iowa are facilitated by farm management specialists with ISU Extension and Outreach. A listing of the ISU Extension and Outreach county offices hosting meetings is available online.

Participants are encouraged to pre-register for the location they plan to attend, walk-in attendants may have higher registration costs. To pre-register, call or e-mail the local county extension office host site.

Two virtual options are also offered this year, a northeast Iowa focused webinar, along with a statewide webinar. The webinar options in past years have been a welcome addition for out-of-state landowners, or those who are not able to attend a program in-person. Topics from the in-person leasing program will be presented by farm management specialists, with the opportunity to ask questions.

Paid registrations have access to the live event, webinar recording and electronic version of the 100-page workbook. The northeast Iowa webinar will be held Aug. 25, from 9 a.m. to noon. The statewide webinar is Aug. 29, also from 9 a.m. to noon.

The Ag Decision Maker leasing section provides useful materials for negotiating leases, information on various types of leases, lease forms and newly updated Decision Tools.



A winged Wildlife Wednesday

The Worth County Conservation Board regularly shares a picture and some information on something found in nature. Here is a recent entry of Wildlife Wednesday, which challenged people seeing the image to identify this butterfly, which uses a native Iowa tree to lay their eggs on, which has earned them their name.



July SPECIALS
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