The Northwood Anchor

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Opening doors to opening books

Last week was reading week at Northwood-Kensett Elementary. A variety of reading acitivites were held throughout the week. That included welcoming guest readers. A day of visits with an author (see page 3) was held on April 9. Students and staff were also invited to dress up for a different theme each day of the week. Pictured above are the doorways to the preschool classrooms. Each classroom was decorated for the week. See more decorated doors on page 11 and more Reading Week pictures in a future issue of the Anchor.

With no agreement set, County's jail plans put in question

The Worth County Sheriff's plans to house jail inmates at another county's facilities have been put into question recently, as finding another county has proven challenging.

In recent weeks, Worth County Sheriff's Office and County officials have been working on a plan to relocate inmates from the Worth County Jail to a neighboring county's facility.

Figures presented by the WCSO showed this would allow for the reduction of jail-specific staff. A new deputy would be added to be available to transport inmates.

The Worth County jail would still be used for initial holding, emergency needs or to hold people when they need to appear in Worth County courts.

The estimated savings of the switch would be roughly $500,000 in the first three years.

Based on the proximity and access to other resourc-

Jail, see Page 2

Supervisors postpone land sale

The Worth County Supervisors recently planned to sell a portion of county property near the casino interchange. However, an existing lease for the use of the land has delayed the process.

The County had set a public hearing and a planned auction for roughly 10 acres of land adjacent to the northern water tower. That had been set for the April 1 meeting.

However, before the hearing and sale could be held, it was found that the sale would conflict with an existing agreement that allows the property to be used for hay needs.

With that agreement in place, the supervisors canceled the hearing and sale.

The supervisors have since come to an agreement that would allow for the hay lease to be ended should the County sell the property. If that happens, the lease holder will be compensated for the hay lost.

A new hearing and sale date have not been set.

As initially planned the land would be put up for bid in an auction format. A minimum price of $60,000 had been set for the property.

Spring clean up begins next Thursday

The annual fall clean up begins in Northwood next Thursday, April 25, continuing through Saturday, April 27. The City is offering a chance for residents to dispose of unwanted items as they do some spring cleaning.

Dumpsters will be provided for Northwood residents at the Northwood city yard, located on the east side of Northwood along Highway 105.

Clean up days are intended for discardable items that would not be picked up through normal garbage collection, meaning regular day-to-day garbage will not be accepted.

Other items that will not be accepted include computers and accessories, construction debris, tires, batteries, paint, hazardous and flammable items and fluorescent light bulbs and

Clean up, see Page 2

Council continues recycling dicussion, discuss lifeguard numbers

At their regular meeting on April 8, the Northwood city council continued its discussion of recycling and challenges hiring lifeguards for this summer.

Mike Brunsvold, owner of Northwood Sanitation, collects garbage and recycling for the City. He discussed the options and potential costs of recycling with the council.

Brunsvold presented several options for how the City could proceed if it wants to continue a recycling program.

Currently, the City collects recycling on the first and third Wednesdays of every month. That includes cardboard, paper, metal and glass.

However, in October 2022, the company that accepted those items stopped taking all but cardboard and paper.

Since then, the other items, glass, plastic and metal, have been put in a landfill.

Maintaining the recycling process has allowed Northwood residents to save space and the cost for the blue and yellow garbage bags, and keep up the recycling habit.

But now the City is looking at options that could allow for all items to be recycled.

Brunsvold said that there are two options for other companies that would accept more recyclable items. However, both would double the cost of recycling for the City and likely for city customers.

Currently the cost to recycle is $40-50 per ton. The cost for either of the alternative places for recycling would raise the cost to $80-90 per ton.

City residents currently recycle about two tons of glass and plastic each month and 7-8 tons of cardboard and paper.

One recycling option would be Absolute Waste Removal in Clear Lake. Northwood Sanitation would collect and bring recyclable materials to their facilities.

This option would bring a

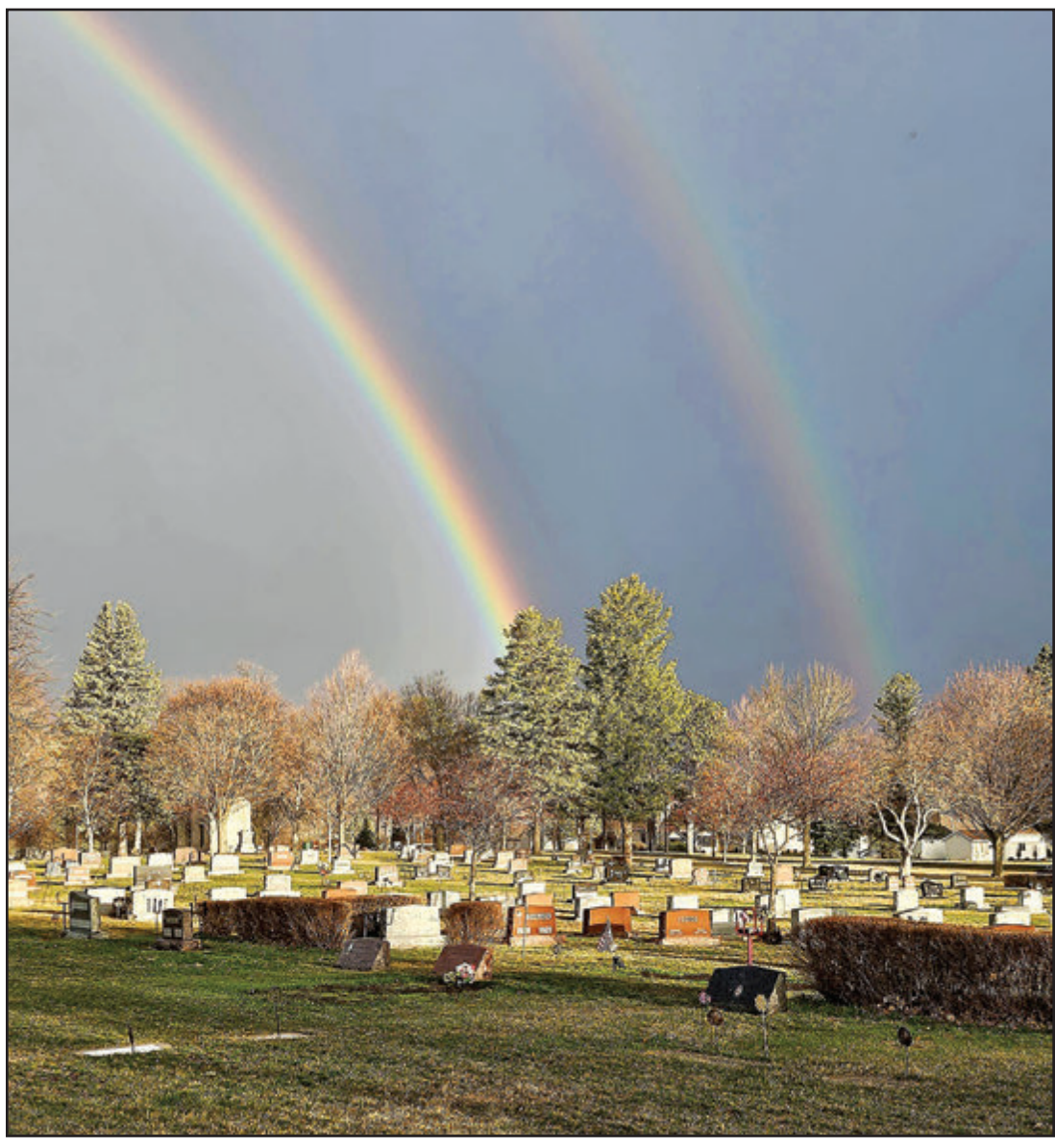
Council, see Page 2



The Week's WEATHER

From National Weather Service information

Date	Hi	Lo	Prec.
Tues. April 9	53	37	
Wed. April 10	63	37	
Thurs. April 11	70	41	
Fri. April 12	57	39	0.05
Sat. April 13	63	35	
Sun. April 14	84	35	
Mon. April 15	79	41	



Chasing the rainbow

Last week's showers brought a rainbow to the horizon. Last Thursday morning, April 11, Deb Wagner Stratman found a beautiful morning punctuated by the rainbows seen above. Stratman traveled around Northwood capturing the rainbow from different views, include this picture taken at Sunset Rest Cemetery.







Nelson Farm hosts swine, sheep and goat workshop

Worth County 4-H organized a sheep, goat and swine workshop that was hosted by the Chad Nelson family. Chad and Landen Nelson led a discussion about sheep showmanship and selection, Chris Chodur delivered information about the 4-H and FFA Swine Project and Worth County Extension Education Specialist Dennis Johnson spoke about the "Youth Quality Care Assurance" YQCA program that included information about feeding, healthcare, selection and exhibiting of the 4-H sheep, goats and swine project. Pictured are those 4-H members and parents who participated in the meeting.



Share N' The Fun

The Worth County 4-H held their annual 4-H Share N' The Fun recently. Pictured are those who participated with the honor of performing on stage at the Iowa State Fair in Des Moines this August. Advancing to the Iowa State Fair are the Golden Banner and Deer Creek 4-H Club skits along with Sophia Butler of the Green Shamrocks 4-H Club's solo song performance and with Zack Heiken a member of the Deer Creek Ribbon Takers 4-H Club being selected as the first alternate with his piano solo.

Walk With Ease into better health

Although walking is a safe activity that benefits health, sometimes it can be difficult to start a walking program and stay motivated. That is why Iowa State University is offering Walk With Ease to help Iowans ease into better health, says Dawn Dunnegan, a human sciences specialist with ISU Extension and Outreach.

Walk With Ease is a six-week, evidence-based program developed by the Arthritis Foundation. It is endorsed by the Centers for Disease Control and Prevention to help older adults establish healthy patterns of physical activity through walking, said Dunnegan, who specializes in family wellbeing.

Over 600,000 Iowans live with arthritis and suffer from pain and its limitations. According to CDC reports, an estimated 53.2 million adults in the United States have had a medical diagnosis of arthritis.

Arthritis symptoms can be a barrier to physical activity, and inactivity among people with arthritis is associated with other conditions such as cardiovascular disease, diabetes, obesity and functional limitations. However, regular physical activity can be an important way to reduce pain, improve function and manage symptoms for people with arthritis and other chronic conditions. Walk With Ease participants learn to build healthy habits. They also learn how to increase their strength, flexibility and balance, which helps to reduce the risk of falls, Dunnegan noted.

Iowa State University is partnering with Iowa Community HUB to enhance the scope and reach of arthritis programming across the state. The project, funded through a cooperative agreement with the CDC will help build capacity for Walk With Ease to be offered more broadly. ISU Extension and Outreach, Area Agencies on Aging, YMCAs and other community health educators are being trained to offer programs in Iowa communities. A strength of the program is that it can be offered in group settings or through virtual (self-directed) formats as well as hybrid options that include both elements.

Participants in Walk With Ease engage in structured walking sessions that enhance joint flexibility, cardiovascular fitness and mental resilience. The program caters to diverse fitness levels, ensuring inclusivity for all, Dunnegan continued. As a certified Walk With Ease facilitator, Dunnegan inspires participants to embrace movement, connect with others and thrive.

Organizations that would like to partner with ISU Extension and Outreach to offer Walk With Ease locally may contact their ISU Extension and Outreach county office to connect with a human sciences specialist in family wellbeing.

Walking can improve cardiovascular health, help people who have diabetes, assist with weight maintenance and provide many other health benefits. Joining a walking group also can help support positive mental health and connections to others, Dunnegan said.

"Let's walk together toward better health! Whether you're stepping out virtually or hitting the pavement in person, Walk With Ease invites you to be part of a stronger, healthier Iowa," Dunnegan said.

For more information about the Walk With Ease program, visit the Walk With Ease @ ISU website, www.walkwitheaseisu.org.

Council
Cont. from Page 1

new set of more complex, restrictive recycling rules that residents would have to learn.

Brunsvold said that it would take a month or a couple months for residents to adapt. He also said that he thought the new rules would stop some in Northwood from recycling.

Another option would come from Thompson Sanitation, with locations in Minnesota. Thompson would come to the city and collect recycling.

For Northwood residents, that would involve using containers that work with Thompson vehicles.

The City would have to buy the containers and then either charge residents to buy them or pass the cost on through utility bills.

All recycling could be placed in the containers unsorted before being collected by Thompson vehicles.

As Brunsvold said, making recycling simpler would increase its use.

To maintain costs, the City could continue with services as is. That would mean that only cardboard and paper would be collected for recycling. People could bundle those materials as they have, or use the current recycling cans.

Brunsvold suggested one more option, to sell the residential garbage and recycling part of his business to the City.

Council member Dan Reeder said that he hadn't heard many complaints. He said that since nearly 70% of the city's recycling was cardboard and paper, that the City should maintain its current service at the same cost.

Council member Annika Schrieber noted that based on current garbage rates, the City would have to charge roughly $4 per month more on utility bills to pay for recycling with Absolute or Thompson.

A smaller committee of City officials planned to discuss their options and bring more details to the council at a future meeting.

With summer on the way, the City is preparing to open the Northwood Swimming Pool for the season. However, the impact of last season's lifeguard certification issues may be discouraging or preventing lifeguards from applying this year.

City administrator Amber Julseth said that typically, the City would hire about 20 lifeguards each year. So far, only 11 have applied for 2024.

Julseth said that a big reason may be last summer, when lifeguards throughout North Iowa learned that their training was invalidated and they were no longer certified.

A limited group showed their dedication and took the training to be able to lifeguard through the end of the summer.

With not all the lifeguards re-certified that leaves a smaller number of lifeguards ready for this summer.

The City has increased lifeguard pay and provides money for supplies and suits.

Former lifeguards and new lifeguards can also be certified locally, to make that process easier.

The City plans to spread the word and hopes to get former and new lifeguards to apply so that the pool season and hours aren't impacted.

Clean up
Cont. from Page 1

tubes.

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

More information is available in the ad in upcoming issues of the Northwood Anchor or by contacting Northwood City Hall at 324-1075.

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

All Worth County residents may dispose of used tires without rims, old appliances, waste oil and scrap metal.

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

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

Jail
Cont. from Page 1

es nearby, the Cerro Gordo County jail was the first choice to house Worth's inmates.

At a previous meeting, it was reported that Worth and Cerro Gordo officials were pursuing an agreement, pending the final approval of each county's supervisors and attorneys.

At the April 8 supervisors meeting, supervisor AJ Stone shared that the agreement with Cerro Gordo had fallen through.

Concerns about the rates, capacity and insurance impacts for Cerro Gordo County had led their board to reject the agreement with Worth.

Stone said that Winnebago County officials had been contacted as well, and that county's jail is not an option either.

That leaves Mitchell County as the remaining option that had been presented as an option.

Stone said that WCSO representatives are discussing an agreement with Mitchell County.

If that agreement can't be reached, Stone said that may put Worth County's plan to house inmates elsewhere in question.

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Asset of the Week

Students in Worth County schools and 4-H clubs will highlight one of the 40 Developmental Assets each week. The Assets are ways to help create healthy, educated, ethical and productive citizens.

My name is Lilly. My favorite class is art. My favorite teacher is Mrs. Abby. I like that my school is safe and not as busy as other towns. My favorite thing to do outside of school is hang out with friends. If I had a million dollars, I would give some to my family and pay off their house and car.

Asset:
Time at home—
Young person is out with friends "with nothing special to do" two or fewer nights a week.

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Author visits N-K

As a part of the Reading Week celebration at Northwood-Kensett Elementary last week, the students welcomed author Norene Paulson. Paulson talked about different types of books and the ways people read. Paulson is pictured above reading her book "Nila's Perfect Coat" as she talked about the process of writing the book and how the story is designed to keep readers turning the page.

Resources available to improve pasture fertility and yield

Many pastures and hayfields across the state continue to recover from the dry conditions of 2023. One way to help boost forage production and help forages recover from these dry conditions is by addressing fertility needs.

Rebecca Vittetoe, field agronomist with Iowa State University Extension and Outreach, said that while fertilization for perennial forages is often overlooked, it's just as vital as it is for row crops to maximize productivity.

"It is important to know what nutrients – particularly phosphorus, potassium and lime – your forages really need," she said. "And the only way to know is to soil test."

Nutrient determinations

Two publications from ISU Extension and Outreach provide some useful guidance. "Take a Good Soil Sample to Help Make Good Fertilization Decisions" provides more information on soil sampling.

Soils that test low or very low will benefit the most from P and K fertilization, Vittetoe said, and the publication "A General Guide for Crop Nutrient and Limestone Recommendations in Iowa" can help you interpret your soil test results.

"For example, if your soil test for an alfalfa-grass pasture comes back as 20 ppm P (Bray P1) and 130 ppm K (dry), we can look at Table 10 in the crop nutrient publication and see that it would be recommended to apply 90 pounds P205 per acre and 250 pounds K20 per acre, because both the P and K are in the low testing category," she said.

Also, remember that forage harvest removes a lot of P and K. Table 2 in the crop nutrient publication provides information to estimate crop removal rates. You want to put back at least what you take off; however, if you cannot afford a full removal rate, put on what you can afford. If you must choose between P and K, prioritize the K because forages have a higher K removal rate.

If soils are very low or low in P or K, the recommendation is to apply P and K either in the early spring or in the fall to help boost forage production. For soils that test in the optimum category, the timing of P and K applications is more flexible.

Vittetoe reminded producers not to forget about soil pH because it also impacts forage productivity and nutrient availability.

"In your soil test results, the soil pH indicates if we need to add lime, and the buffer pH tells how much lime is needed," she said. "A soil pH of around 6.0 is recommended for grass-based hayfields and pastures. To encourage and maintain legumes, try to maintain a pH of 6.5 for clovers and birdsfoot trefoil and a pH of 6.9 for alfalfa."

Also in the crop nutrient publication, producers should use Table 16 to determine lime needs, and follow the typical recommendations for the 2-inch or 3-inch depth when determining how much lime to apply in pastures.

"Producers often ask if pelletized lime or ag lime should be used. Both forms of lime are effective," Vittetoe said. "However, pelletized lime tends to work faster than the ag lime, which tends to take longer, but has more longevity. Like P and K, application is typically recommended in early spring or fall."

Nitrogen considerations

If producers take a first cutting of hay off prior to grazing, they may want a more aggressive nitrogen rate compared to resting their pasture prior to turn out. If you have tall fescue, be cautious to not over-fertilize with nitrogen.

Suggested N application rates are found in tables 1 and 2 in the publication "Boosting Pasture Production." From a timing perspective, N can be applied either once annually or split-applied. Single applications typically are made in early spring, March or April. If split-applying N, apply in the early spring and again in August.

To minimize nitrogen losses, using ammonium sulfate or urea coated with a urease inhibitor is often preferred. Liquid nitrogen can work well if producers want to apply herbicide with the fertilizer, Vittetoe said. However, be aware you may see nitrogen burn on the forage. Let the grass recover from this prior to baling or grazing.

Producers are encouraged to contact their local ISU Extension and Outreach field agronomist with any questions or concerns.

Izaak Walton recognizes Fank with volunteer award

The Worth County Chapter of the Izaak Walton League recently recognized one of its members. Dan Fank was nominated to be recognized as a 2023 Judge John W. Tobin Chapter Volunteer Appreciation Award.

The award is named for John W. Tobin, from Vinton, Iowa, where he grew up, worked in his family's law firm and served as a judge after serving in World War I. Tobin is best known for service to his community and support of conservation efforts through the Izaak Walton League organization. Tobin joined the League in 1923, one year after it formed, and served as a president and executive board member.

Tobin established the award in his name as a way for chapters to recognize outstanding members who volunteer their time, efforts and skills to support their Izaak Walton chapter and their conservation goals.

The 2023 nominee for the Judge John W. Tobin Chapter Volunteer Appreciation Award for Worth County is Dan Fank.

Worth County Izaak Walton Chapter President Daniel Raemaker said, "Dan Fank's enthusiasm is infectious and impacts all members. However, it does not stop within him, he turns it into action. From removing willows choking our chapter conservation area, to removal of a beaver dam potentially flooding our trap fields, Dan is always in action. Large projects like those mentioned are not the only need catching his eye. From a door jam fixed, a range issue solved or need for a bid, Dan has it covered."

Northwood City Clean Up Days

April 25-27



The City of Northwood will provide Dumpsters for Northwood Residents to Discard Unwanted Items at the Northwood City Yard

Located at 1611 Central Avenue

Open Thursday, April 25 from 7 a.m. - 3:30 p.m.

Open Friday, April 26 from 7 a.m. - 6 p.m.

Saturday, April 27 from 8 a.m. - 12 p.m.

The City does NOT authorize the public to remove dis- carded items from the dumpsters.



RULES: Regular day-to-day garbage will not be accepted.
Following items will not be accepted: Computers & Accessories; Construction Debris; Tires; Batteries; Paint; Hazardous & Flammable Items; Fluorescent tubes/bulbs.

Appliances will be accepted with the purchase of a $20 sticker.

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Downtown Northwood, Iowa

Iowa's Low-Income Telephone & Broadband Assistance Programs

Programs are available in Iowa offering discounted phone and Broadband service if a subscriber or member of the subscriber's household meets certain qualifying criteria. This program is also called "Lifeline".

An application must be completed along with proof of participation in one of the qualifying programs and sent to Winnebago Cooperative Telecom Association.

The Low-Income program offers discounts of up to $9.25 per month depending on the rate of your local phone company. See Winnebago Cooperative Telecom Association for an application form.

Qualifying Criteria for Low-Income Program

An individual is eligible if he or she participates in one of the following programs:

- Federal Public Housing Assistance
- Supplemental Nutrition Assistance Program (SNAP)
- Medicaid
- Supplemental Security Income (SSI)
- Tribal Programs
- Veterans & Survivors Pension Benefit

In addition, a consumer may be eligible if his or her household income is at or below 135% of the federal poverty guidelines. You may only receive low-income assistance from one wireline or wireless telephone, or one broadband service provider per household. See Winnebago Cooperative Telecom Association at 704 East Main St., Lake Mills, IA 50450 (800-592-6105) for Iowa guidelines.

WCTA

Fiber Internet

800-592-6105 www.wctatel.net











Enjoying the eclipse

Last week students at Northwood-Kensett Elementary took in the rare occurrence of a solar eclipse visible from their playground. Wearing solar eclipse eyewear provided by Viafield, they were able to view the eclipse for a few brief moments when the eclipsed sun peaked through the cloudy skies.

4-H Beef Clinic set for Saturday, April 27

The Worth County Extension Service is inviting and encouraging all North Iowa area 4-H and FFA beef project members to attend an educational beef clinic.

The workshop will take place on Saturday, April 27 at 1 p.m. at the Worth County Fairgrounds Show Arena at 1206 Third Avenue North in Northwood. There will also be an opportunity for 4-H and FFA members to become Youth Quality Care Assurance (YQCA) certified by attending a (YQCA) certification meeting in the Worth County Extension Office beginning at 11:30 a.m.

Beef project members will be learning about selection of their beef project with live prospect calves on hand to evaluate. Participants will also be educated about successful feeding and housing for their beef project as well as proper handling and training of 4-H and FFA calves when they are breaking them to lead.

Pre-registration is required and those wanting more information or want to get signed up are asked to call Lacey Waller at the Worth County Extension Office or Worth County Extension Education Specialist, Dennis Johnson at 641-324-1531 in Northwood.

Dennis Johnson, Education Specialist email: djohn@iastate.edu Worth County Extension Service, 808 Central Avenue, Northwood, Iowa.

Homeowners may notice spring frost damage as trees start to bud

Iowa's early spring warm up followed by the return of below freezing evening temperatures were a shock to many trees. Some trees experienced frost damage to their newly emerging blooms or shoots.

Homeowners may see evidence of frost damage on trees that have started to bloom or leaf out. The damage will likely not be severe and injuries won't be lasting. Look for leaves or petals that are wilted, shriveling and crispy, often with brown or black blotches around the edges. Some leaves may turn completely brown. Damaged growth usually becomes limp. New growth will push out the dead, damaged leaves and they will fall off naturally.

"Frost damage affects all trees in some way," explains Tivon Feeley, DNR forest health forester. "It's only a small setback for most trees. Healthy trees will recover on their own and sprout again later in the season."

Good care during the remainder of the year, such as watering during dry periods, should aid the recovery of freezed damaged trees. Mulch around trees to help maintain moisture.

Students invited to enter Choose Iowa calendar contest

Iowa Secretary of Agriculture Mike Naig is encouraging school-aged Iowa students to participate in the 2024 Choose Iowa Calendar Contest hosted by the Iowa Department of Agriculture and Land Stewardship. Choose Iowa is the state's signature brand for Iowa grown, Iowa raised and Iowa made products.

Submitted artwork should feature at least one aspect of Iowa agriculture, with an emphasis on food, livestock or crop production. Submissions will be judged on creativity and connections to agriculture in everyday life. Entries are due June 3, 2024, and winners will be announced at the 2024 Iowa State Fair.

"The Choose Iowa Calendar Contest is a fun way to showcase the importance of Iowa agriculture to all consumers while also recognizing some of our state's most creative and artistic students," said Secretary Naig. "We invite all students from across Iowa to submit their art for a chance to have it published in our popular statewide Choose Iowa calendar."

Secretary Naig will recognize the winning artists during a special awards ceremony on Tuesday, August 13 in the Agriculture Building at the 2024 Iowa State Fair. Winning submissions will also be included in the 2024/2025 Choose Iowa calendar distributed by the Department during the Iowa State Fair and online at ChooseIowa.com.

School-aged Iowa students up to 18-years-old are invited to participate in the contest. Pictures should be drawn on plain white, 8.5 by 11-inch paper in a horizontal orientation using only black lines. The pictures should not be colored in. For creative inspiration, previous calendars may be viewed here.

Entries can be submitted via the form found at chooseiowa.com/kids-teachers, emailed to chooseiowa@iowaagriculture.gov or mailed to the Iowa Department of Agriculture and Land Stewardship, Attn: Coloring Calendar, 502 E. 9th St., Des Moines, Iowa, 50319. Each submission should include the registration sheet also found at chooseiowa.com/kids-teachers with basic information about the artist, including the artist's name, age, grade, school, hometown as well as the name, email and phone number of a parent or guardian. If the artwork is submitted by the student's teacher, then the teacher's name and contact information should be included. To be eligible for consideration, artwork submissions must be received by the Department by June 3, 2024.

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The N-K girls track team took home the first place trophy at the Nashua meet on April 9.



Pictured are the seniors on the girls track team, along with their coaches, including (from left) Kelsie Liddle, Mallory Rheingans, Morgan Wallin, Emma Hengesteg, coach Troy Einertson, assistant coach Josie Einertson, Lindsey Moore, Chloe Costello and Alexandria Hanson-Brandsoy.

Lady Vikings have a busy week

By Troy Einertson
Vikings girls track coach

The lady Vikings had a busy week last week competing in four track meets. They traveled to St. Ansgar on April 8, ran in Nashua on the 9th and North Iowa on the 11th and ended the week at home running in the Viking Relays on the 12th.

At the Nashua meet the girls took home the first place trophy, scoring 103 points and beating Central Springs by 4 points. The girls also finished second at North Iowa scoring 103 points, and at the Northwood meet, scoring 128 points.

The Vikings were led this week by junior Macy Thorson and senior Lindsey Moore.

Macy finished the week winning 8 races, and setting personal records in the 100, with 13.1; the 200: 27.0; and the 100 hurdles: 16.97. She was also part of the shuttle hurdle relay team that won all four of their races, and ran a season best time of 1:08.27 at the Viking Relays!

Lindsey also had an impressive week, winning the 100 hurdles in all of the meets she ran them in. Not only did she win the races, her times were all under 16.0, and she continues to be one of the top hurdlers in the entire state. Lindsey was also part of the 4x100 team that had a couple wins, and was the leader on the shuttle hurdle team.

Other members of the shuttle hurdle team were Emma Hengesteg, Morgan Wallinand Chloe Costello.

Other impressive performances by the Lady Vikes were by Logan Manning and Ava Woltzen in the shot put at North Iowa. Logan threw a personal record of 29" 2.5' to win the event while Ava threw a personal record of 27"9' to place second!

Alexandria Hanson-Brandsoy also had an impressive week as she led our distance crew with a bunch of personal records in the 3000, 1500 and 800. She ran 12:34 and placed third in the 3000, 5:53 in the 1500 and went 1:47 in the 800.

Other Lady Vikes who had great weeks were Jessika Ausborn and Mallory Rheingans in the distance events and freshman Lexi McHenry in the long jump!

Every one of the Lady Vikes who ran, jumped or threw last week represented their school tremendously, and did an outstanding job!



Alexandria Hanson-Brandsoy runs in Northwood. She set several personal records last week.



Mallory Rheingans runs in Nashua, one of the distance events she took part in last week.



Macy Thorson is pictured at Northwood. She won eight races and set several personal records last week.



Lindsey Moore had a winning week on the hurdles at several meets, including at St. Ansgar.



Morgan Wallin runs as a part of the shuttle hurdle team, pictured here at Nashua.

Costello continues basketball success

Northwood-Kensett senior Chloe Costello represented N-K Viking basketball for the final time this month. Costello played in the annual All-Star Game hosted by NIACC on April 4.

Costello, a player on the winning blue team, was chosen MVP of her team and also won the 3 point competition, making 10 3s in 35 seconds.

Then on Sunday, April 7, Costello wore her Viking uniform #22 for the last time.

She was selected by the Iowa Girls Coaches Association to participate in the Larry Niemeyer Senior All-Star Game in Cedar Rapids. This game was made even more special as N-K Coach Daryl Love was invited to coach her team.

Love, a long time member of the IGCA, led their team to a 65-49 victory. Not often that a coach or player can say that they won the last game of their career!

Costello also received Most Outstanding Player honors for her team.

Chloe was a 4 year starter for the Vikings, 3 time MVP and was awarded numerous other conference and state honors throughout her high school career.

"We wish Chloe the best of luck as she continues her basketball career next fall as a member of the DMACC Bears basketball team."



Coach Daryl Love and Viking athlete Chloe Costello (back row, from left) are pictured with the winning IGCA All-Star team.



Costello won the MVP award at the All-Star Game at NIACC.



The NIACC All Star Game players



Chloe Costello was on the winning blue team at the NIACC All-Star Game.


Horticulture entry


Fresh Flower design


Tray for one


Table for two

Green Thumb Garden Club

By Theresa Cooper

Green Thumb Garden Club will host a workshop about the Flower Show at the Worth County Fair Workshop entitled "Everything you ever wanted to know about the Flower Show at the Worth County Fair but were afraid to ask."

Every wonder what goes on in the floral hall at the Worth County Fair? The Green Thumb Federated Garden Club of Northwood is inviting the community to a workshop on April 30 at 6 p.m. at the Worth County Extension Office community room.

We will have a short presentation on the flower show explaining the flower show fair schedule and the awards offered. Then you will be able to view all the different types of entries and ask questions. The room will be set up so you can see examples of design type, table settings, botanical arts and horticulture. You will be able to walk around, look at the displays and ask garden club members questions. We will have examples of entry forms, explain the 3x5 cards with plant names, talk about the rules, explain how your entries are judged and provide copies of the fair schedule. We will be offering a variety of door prizes, including one fair button.

The Flower Show is not just for adults, we have a youth division for any youth ages preschool through high school. Youth entries not only include flower design and horticulture but also offers photography and botanical arts. So feel free to bring your children or grandchildren.

Please join us as we offer this workshop to help you better understand the flower show and feel inspired to enter a exhibit this year at the Worth County Flower Show.

Please pre-register by calling or texting Theresa Cooper at 641-390-0908.

Bolan

Joe and Linda Nydegger and Lori Willert attended the performance of "Mary Poppins" at the Mt. Vernon High School Auditorium on Saturday evening. Clare Nydegger was part of two Ensembles. They were overnight guests of Loren and Renee Nydegger. On Sunday they attended church services at the United Methodist Church in Mt. Vernon and in afternoon they attended the Wartburg College choir concert of which Ben Nydegger is part of the Bass 2 section. It also happened to be his 19th birthday! Anna Nydegger, who attends UNI, joined them at the concert.

Twenties Club meets on April 8

Twenties Club met on Monday, April 8, at the Olson Building with 13 members present. President Becky Hickman called the meeting to order. Secretary Becky Tews read the minutes from the previous meeting and also roll call. Delores Knudson gave the treasurer's report.

Delores Knudson gave a program on prairies and prairie flowers.

The members finalized plans for the senior tea, which will be held on Wednesday, April 17, at the Olson Building at 2 p.m. Set up will be that same day at 10 a.m. for members who can come to help.

Meeting was adjourned.

Streamlining state government, school permits



Jane Bloomingdale
Iowa House
District 60

Week Fourteen

As we continue to work on budgets, there are also final negotiations on policy legislation. I continue to work with the Senate and the Governor's office to move legislation based on the Boards and the Commission's study from this summer. A committee was formed to perform a comprehensive review of the 256 boards, councils, commissions and committees throughout state government. That committee made recommendations to eliminate defunct or duplicative boards, merge boards with commonality and reduce the size or duties of other boards. The House proposal will eliminate over 50 boards, merge over 30 boards into 11 and reduce the size and duties of another 35 boards. Our bill will modernize open meeting laws to allow virtual or hybrid meetings and remove arbitrary meeting requirements so committees will meet only when needed. I believe the most important piece in our bill is to require an ongoing review, creating a committee to review all remaining boards every 4 years and make recommendations to the legislature.

Floor debate that I supported this week included:

HF 2681: Regulation of Traffic Cameras

Cities and counties argue that speed cameras are used to increase public safety; however, some simply use them as "fundraisers." Regulation on speed cameras is long overdue. This bill regulates the use of automated traffic enforcement systems on Iowa's primary road system and only allows systems that regulate speed. A city or county must prove a legitimate safety concern and receive a permit from the IDOT to install a camera. Tickets may be issued when driving more than 10 mph over the speed limit.

SF 2109: Expanding the School Permit

This bill would replace the current school permit and farm work permit with a new restricted work license and minor's restricted license. This license would allow qualifying teens (age 14.5-16) to drive to and from school, extracurricular activities, and work (within 25 miles). They must have written permission from a parent or guardian filed with the DOT.

It is an honor to serve as your Representative and as always, please feel free to contact me with any questions and concerns. My email is jane.bloomingdale@legis.iowa.gov.



Rep. Bloomingdale Welcomes Worth County 4-H

Last Wednesday, Rep. Jane Bloomingdale welcomed Worth County 4-H and Worth County Extension members to the Iowa House.

Northwood Anchor

Church

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

Bethlehem Lutheran, Manly
Sunday, Bethlehem Worship, 9 a.m., Grace Worship, 10:30 a.m.
Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran
Wednesday, Confirmation at Bethlehem; Thursday, MANNA Open, 4:30 - 6:30 p.m.; Sunday, Elk Creek Worship, 9 a.m., Elk Creek Sunday School 9:45 a.m., Bethany Worship, 10:30 a.m.; Monday, MANNA Open 10 a.m. - Noon
Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan
Thursday, UW in F meets at Bev Lucas's Home, 2 p.m.; Sunday, Worship Services, 9:10 a.m., Coffee Fellowship, 10 a.m.
Pastor Cory Allard

Bethel United Methodist Church
Wednesday, Diner, Wonderful Wednesday, 8:30 a.m.; Sunday, Bethel Worship, 8 a.m., Trinity Worship, 9:10 a.m., Sunday School, 9:15 a.m., Bethel Worship, 10:30 a.m.

Northwood United Methodist Church
Friday, Discipleship Journey; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.; Tuesday, Swallow Coffee House LM, 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, 9 a.m., Sunday School, 10:30 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, Maple Court Chapel, 2 p.m., Confirmation, 4:30 p.m., Inspire, 6:15 p.m., Choir, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m., Taekwondo, 6:30 p.m.; Sunday, Service with H.C with Easter Brunch., 9 a.m., Sunday School, 10:10 a.m., DCV with H.C., 10:30 a.m., LRH, 3 p.m., JH Youth, 6:30 p.m.; Tuesday, Staff Meeting, 6 p.m., AA-Al-Anon, 7 p.m.

Peace Lutheran Church, Northwood
Sunday Worship Service with Holy Communion at 9 a.m., Adult Bible Study and Children's Sunday School following service.
Rev. Barbara M. Wills, Pastor

Sacred Heart Church, Manly
Mass Wednesday, 8 a.m.; Mass Saturday, 5:30 p.m.
Rev. Neil Manternach, Pastor
Fr. Ben Valentine, 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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Please call to confirm that your Veterans Service Officer is available.
An effort will be made to accommodate your schedule.

With the coming of Spring, it's time to inspect your flags. Please replace unserviceable flags. Bring the worn, faded, tattered, and otherwise damaged flags to the Veterans Affairs office for storage until the next Dignified Disposal ceremony is conducted.

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"Accidental Texan"
Rated PG-13

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Sunday
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Congregate Meals
April 18-23
641-324-1244
Thursday: Scalloped Potatoes w/Ham, Green Beans, Bread Pudding
Friday: Goulash, Breadstick, Side Salad, Cottage Cheese
Monday: Stuffed Pepper Casserole, WW Dinner Roll, Lettuce or Spinach Salad
Tuesday: Cook's Choice
Wednesday: Beef & Noodles, Peas & Carrots, Cookie

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CONSERVATION



The Lord created the earth and everything in it, including us. We do not own the earth. We just manage it. We are God's stewards, and it is our responsibility to protect and preserve the earth and its resources. Do your part this Earth Day and every day.

The earth is the LORD's, and the fulness thereof; the world, and they that dwell therein. – Psalm 24:1 (KJV)

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

TERRY AND JOANNE STEINMETZ

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Cook Bookin'

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



by Sandy Olson

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

ALMOST everyone likes ground beef. It is so versatile that you can probably find recipes to fix it for all three meals of the day…although probably not all the same day! "Ground Beef Cookbook" (1967, Favorite Recipes Press, Montgomery, Alabama) has nothing but ground beef dishes, over 500 of them, in one place. That's amazing The book shows no author but each recipe has a real person's name; the community cookbook concept where you know they are tried and true kitchen gems. I've adapted some of the recipes as necessary to bring them into our current kitchens. You can purchase various fat/lean ratios of ground beef these days or buy a lean roast and grind it yourself. Take a look.

Hamburger Stroganoff Buns
(Betty Holeman, Gerber, CA)

1 pound 90% lean ground beef
1/4 teaspoon black pepper
1 teaspoon onion powder
2 teaspoons kosher salt
1/4 cup real butter, unsalted
1/4 teaspoon paprika
1 can (4oz) sliced mushrooms, drained
1 cup real sour cream
1 can cream of chicken soup
2 tablespoons flour
6 crusty round Italian rolls (or other hard rolls)

In a large heavy skillet, melt the butter. Add the ground beef, breaking into pieces so it will cook quickly. Sauté 5 minutes then add the onion powder, flour, salt, pepper, paprika. Mix well and cook for a few minutes. Add the mushrooms and soup, mix and simmer for 10 minutes over low heat. Stir in the sour cream. Cut a slice from the top of each roll and hollow out the center, leaving about 1/2-inch "wall". Fill the rolls with the stroganoff mixture and put the top back on. Serve with a knife and fork.

Glazed Apricot Meatloaf

2 pounds lean ground beef
2 tablespoons chopped parsley
1 cup chopped dried apricots
1 1/2 teaspoons kosher salt
1/2 cup dry bread crumbs
1/4 teaspoon black pepper
2 large eggs, slightly beaten
Glaze:
1/2 cup light brown sugar
1/4 cup apricot preserves
1 teaspoon water

Preheat the oven to 350 degrees F. Mix all the meatloaf ingredients together in a large bowl, using your clean hands. Be gentle; ground beef toughens up when treated harshly! Form a loaf and place in an ungreased baking pan or small roaster. Place in the heated oven for an hour. While the loaf is baking, mix the glaze ingredients in a small saucepan and heat until the sugar melts and everything is well mixed. When the meatloaf has baked for an hour, spread the glaze over the hot loaf and return it to the oven for another 5-10 minutes. Serve hot.

Meatballs from Norway
(Orpah Ellested, Keene, ND)

1 pound ground round steak
1/2 teaspoon kosher salt
1 medium potato, boiled and diced small
Dash of black pepper
1/2 cup cracker crumbs
1/4 teaspoon nutmeg
1/2 cup heavy cream
1/4 teaspoon ground ginger
1 large egg, beaten
Butter for sautéing

Combine all the ingredients except the butter in a large bowl, using just enough of the heavy cream to moisten the mixture. You want it to stick together when you form the meatballs but not be too wet. Make walnut-sized balls using all the meat. Melt enough butter in a large heavy skillet to cover the bottom. Brown the meatballs. Pour the rest of the heavy cream over the meatballs, cover and simmer for 1 hour.

There are many other types of ground meat, from pork to turkey, chicken to venison, sausage and more. Beef, however, is the hands down favorite of most people and what we want to taste when we bite into a juicy burger. I know there is also fake ground meat, made from veggies, that is supposed to taste like beef. I haven't tried it; I probably won't. It is one of those things where if I can't have the real stuff, I'll just skip it totally. And… that's all she wrote.

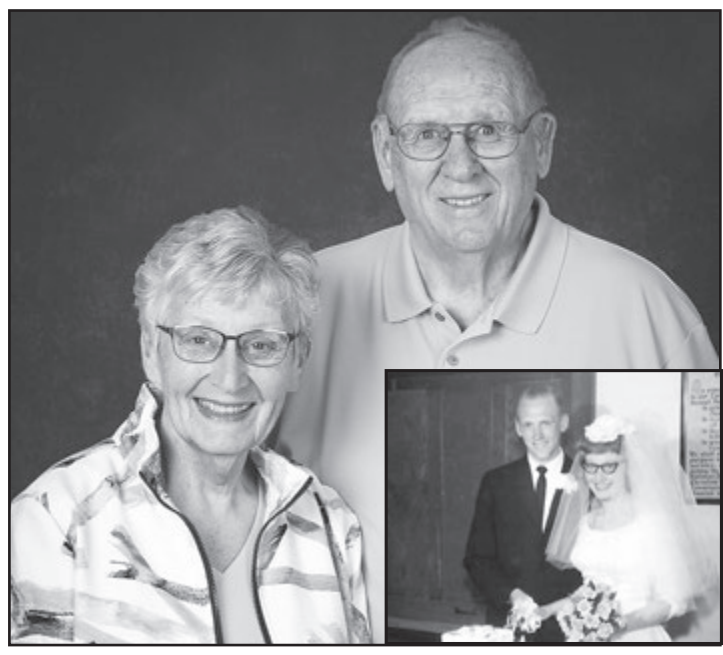
Northwood Anchor Society

Nydeggers celebrate 60 years

Joe Nydegger and Linda (Koppen) Nydegger of Bolan, Iowa, were married on Sunday, April 19, 1964, at the First Presbyterian Church in Lakota, Iowa.

They have lived their entire married life in Bolan, Iowa. The family and those who were in the wedding will celebrate with a catered dinner.

Their family includes Lori (Scott) Willert and Kelsie and Cole of Bolan; Larry (Michele) Nydegger and Daniel and Evelyn of Ellendale, Minnesota; Loren (Renee) Nydegger and Anna, Ben and Clare of Mt. Vernon, Iowa.



JOE AND LINDA NYDEGGER

Worth Brewing celebrates spring with annual BockFest on April 24

Worth Brewing Company in Northwood will tap the spring season on Saturday, April 24, with its annual Spring BockFest.

Beer is the boss of this party, but they'll have food, guest beer from Belgium and authentic German food.

The day begins at noon and continues to 9 p.m. with beer poking in the biergarten and Pete's Pool Hall live music with Bill and Lee from 4-7 p.m.

Northwood's source for fresh beer since 2007, Worth Brewing features its Fest Bock Maibock, a smooth and malt-forward lager.

Worth Brewing Company's own potato sausage Festdogs will be served along with sauerkraut and homemade spaetzli and cinnamon candied almonds.

The Guest Beer will be Liefmans Goudenband, one of the most distinctive dark beers in the world. Made in open vats with beer of mixed fermentation, it is left to mature for four to 12 months in the cellar. Mature beer is then fortified with younger beer, so the fermentation process starts up again.

Treasurer Smith spreads awareness of IAble for ABLE to Save Month

This April, Iowa State Treasurer Roby Smith is taking part in the ABLE to Save Month campaign by educating Iowans about IAble, the state's Achieving a Better Life Experience (ABLE) plan.

"IAble has been helping individuals with disabilities protect crucial benefits, without jeopardizing their need to save money, for over seven years now," Smith said. "Still, there are some who don't know what it is. This is the perfect opportunity to change that."

ABLE to Save Month is a national education and outreach campaign dedicated to spreading the word about the benefits of ABLE accounts.

"As part of IAble's campaign, we partnered with the Iowa DD Council to provide another free webinar about the Plan on April 2," said Smith. "We heard from real Account Owners on their experiences and covered important topics like eligibility, ABLE to Work, savings options and more." Watch a recording of the webinar at IAble.gov/resources/about-us/webinars.

IAble is a financial tool Eligible Individuals and their support systems can to use to save money for short- and long-term goals. When placed in an IAble account, the money is protected from the $2,000 asset cap placed on Medicaid, Supplemental Security Income (SSI) and other means-tested benefits. Savings and earnings can be used for transportation, housing, food, funeral and burial expenses, assistive technology and other Qualified Disability Expenses.

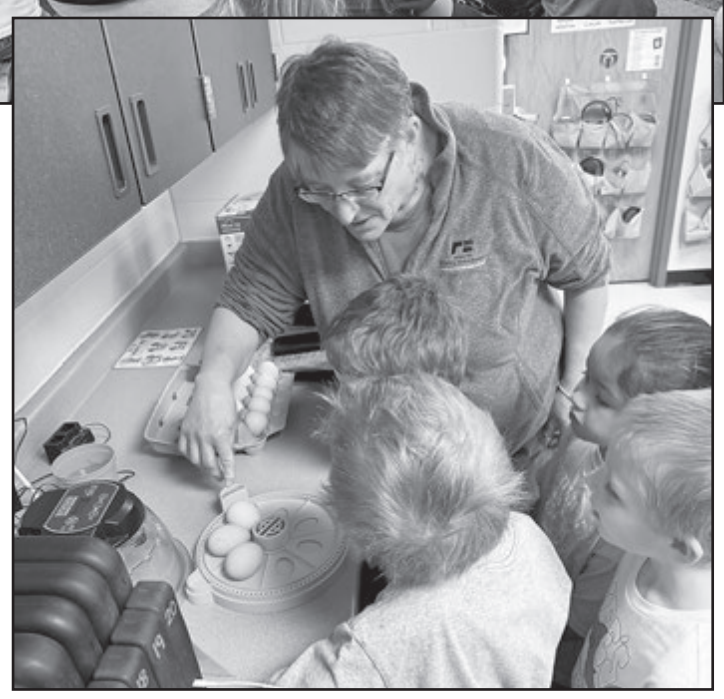
"Together, we can all be powerful advocates for IAble and help our friends in the disability community achieve their best life experience!"

To learn more about IAble, visit IAble.gov or call 888-609-8910. Connect with the Treasurer on Facebook, Instagram and X, formerly Twitter, to stay informed on current events and updates. For additional details, read the IAble Plan Disclosure Booklet.



N-K Eggs in the classroom

Teresa Stehn, with Farm Bureau's Ag in the Classroom program visited kindergarten classrooms in Worth County last week. Accompanying her were eggs for each classroom. Stehn read the students a book about an egg taking it's time to be hatched. She also talked to them about the chicks-to-be that will call their classrooms home until later this month. They will remain in incubators, then cages until Chick Parties planned for their arrival.



Graduation Open House Announcements

Deadline Friday, May 3



The Northwood Anchor
801 Central Avenue, Northwood
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Published **May 10** in the Northwood Anchor

Bethlehem Lutheran Church
428 W. Walnut, Manly, IA

W.E.L.C.A. Breakfast Burrito & Bake Sale

Sunday, April 21 • 10:15 a.m. - 12:30 p.m.

Celebrating 60th Wedding Anniversary

Joe & Linda (Koppen) Nydegger
on April 19



CONGRATULATIONS
MOM & DAD
Lori, Scott, Kelsie & Cole Willert
Larry, Michele, Daniel & Evelyn Nydegger
Loren, Renee, Anna, Ben & Clare Nydegger

Carpenter Community Center

FEED THE FARMER

EVERYONE!!!
Farmers, Families, Calling all Hungry Folks!
Saturday, April 27
Serving 11 a.m. - 1 p.m.
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Bottled Water available
Eat In or Carry Out
Let's get grub into those getting the crop in the ground!

Northwood Anchor **Opinion**

Savvy Senior

Healthy travel tips for older travelers

Dear Savvy Senior,

What tips can you offer retirees with health issues who are planning some trips? We've been looking forward to traveling again after staying home the past few years, but my husband has a heart condition and some back problems that worry me.

Concerned Wife

Dear Concerned,

A dream vacation can turn into a real nightmare if you get ill or injured while you're away and aren't prepared. Before setting out, here are some tips to help ensure a safe and healthy trip for you and your husband.

Get prepared: Before you go, talk with your doctor about your travel itinerary and what precautions you need to take before traveling. You should also have your doctor's contact information with you when you travel, as well as a list of the medications you're taking in case you need emergency medical care while you're away.

It's also a smart idea to locate health clinics or urgent care facilities near the areas you're visiting. Your hotel can help you with this or a simple internet search can identify nearby health care services. If you're traveling abroad, the U.S. consulate or embassy in the countries you're visiting (go to step.state.gov to enroll your trip) is a good place to get a referral. Or use the International Society of Travel Medicine's directory at ISTM.org.

If you're traveling outside the U.S., you also need to find out the health conditions of the country you're visiting and what, if any, vaccinations and/or preventative medications are recommended. See CDC.gov/travel or call 800-232-4636 to get this information.

Check your insurance: If you have private health insurance or a Medicare Advantage plan through an HMO or PPO that covers in-network doctors only, check your plan to find out what's covered if you need medical care when traveling outside your geographic area.

Beneficiaries that have original Medicare are covered everywhere in the U.S. But if you're traveling abroad, you won't be covered outside the U.S. and its territories except in rare circumstances, although some Medicare Advantage plans and some Medigap supplemental policies do provide limited coverage. Most private health plans don't pay health care costs outside the U.S. either. Be sure to check.

Many retirees traveling abroad purchase travel insurance with medical coverage, which may cover expenses if you cancel the trip, need to be treated while traveling or need to be evacuated for medical care. Make sure the policy will also cover your pre-existing medical conditions. To shop and compare policies visit TravelInsurance.com, InsureMyTrip.com or SquareMouth.com.

Organize your medications: Make sure you have a sufficient supply of medications to last the entire trip.

If traveling by air, you need to pack your medicine in your carry-on bag, so if your checked luggage gets lost or misdirected you won't be without. It's best to keep your medications in their original containers to get through airport security without delays. It's also a good idea to bring along a note from your doctor that explains why you take these medications, especially if syringes or other medical supplies are involved.

For airport security requirements visit TSA.gov – click on "Disabilities and Medical Conditions." You can also call TSA Cares at 855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint.

Maximize technology: Keep a list of your medications and other important health and medical information handy on your smartphone so you can easily access and share it with emergency health care providers when you're traveling. Some good apps that can help with this are Backpack Health (BackpackHealth.com) and Capzule (Capzule.com).

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

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Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes From the Loafers' Club Meeting

My family was poor while I was growing up, but we didn't know it.

How could you not know that?

We were terrible at math.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. I'm not a hurkler-durkler. To hurkle-durkle is a Scottish term meaning to lie in bed or to lounge around when one should be up and about. I was up early and gadding about the countryside when I walked into a noisy convenience store in Nebraska and was reminded that music comes out of everything today. "Would you like a pickle card?" said the friendly cashier.

I thought she was asking me if I wanted a baseball card featuring a picture of a dill pickle or of the catcher who had five seasons in the major leagues, Pickles Dillhoefer. His best year was as a backup catcher for the St. Louis Cardinals in 1920. The pickle card had nothing to do with baseball. Pickle cards are better known as pull-tabs to the rest of the country. The uniquely Nebraska origin of the term "pickle card" comes from the days when they were sold illegally in taverns and bars in Nebraska. The cards were kept in large, empty "pickle jars," which could easily be hidden when the situation demanded.

A peripatetic guy

It had been a long drive, all uphill, but at least I wasn't Prometheus, the mythical god of forethought, who had his ever-generating liver eaten by an eagle. I don't require luxury accommodations. I like a bed, a bathroom and no liver-eating eagles.

"We heard you were coming. Your room is ready for you and it's just the way you like it," said the hotel clerk with a smile wider than her face.

"Do you say that to every guest?" I asked.

"Yes."

"Keep it up. I like it," I smiled back. It all went according to plan. The room was lovely.

I've learned

Eric Annexstad of St. Peter is part of a Norseland Community Preservation Association crew that volunteers to clean ditches of trash. He has found the most popular beer based on tossed cans is Keystone Light. I pick up trash from the local ditches and find that Busch Light is the commonly discarded can. I don't know what that says about the local taste or economy.

To enjoy the scenery on a detour.

Sweatpants can make you look athletic or lazy.

You don't need a parachute to go skydiving. You need a parachute to go skydiving twice.

Every mirror sold is a used one. You can kiss yourself in a mirror, but only on the lips.

Your socks are wearing shoes, too.

I was once pi years old.

Making trophies would be a rewarding career.

A penny should have a joke on the back. A cents of humor.

Selfies have replaced autographs.

We are rarely what another driver thinks we are.

A swear jar is any jar you can't open.

Bad jokes department

A farmer with a parrot on his shoulder walks into a bank. The banker said, "Where did you get that thing?" The parrot replied, "In Iowa. They're everywhere there."

What's red and invisible? No ripe tomatoes.

"Dad, could you tell me what an eclipse is?" "No sun."

What month has 28 days? All of them.

If I have seven apples in one hand and eight apples in the other hand, what do I have? Really big hands.

Nature notes

A reader said there was a headless rabbit in his yard. Was the perpetrator Colonel Mustard in the library with a candlestick? I'd put nothing past Colonel Mustard, but when folks encounter such a sight and perform a thorough crime scene investigation, they come up with a list of usual prospects (cat, the mob, celebrity chef and Colonel Mustard). I'd take Colonel Mustard off that suspect list and guess that the culprit was an owl. A great horned owl's signature method when dealing with large prey is to behead the victim before it's taken to the owl's nest or eating perch. Out of 28 owl kills in a study conducted in Kansas, 60% of the prey items were decapitated. A great horned owl has a deadly grip and uses its bill and talons to cleave a bunny head as fast as a world-champion rodeo cowboy can rope a steer. Apparently, rabbit brains and eyes are a delicacy for owls and are nutritious by being full of fats and proteins.

Meeting adjourned

"Kindness in ourselves is the honey that blunts the sting of unkindness in another."—Walter Savage Landor.

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Fit to print...

Welcome tough conversations during Sexual Assault Awareness Month

By Paul D. Pate, Iowa Secretary of State

There are some topics that are difficult to discuss. One of those topics is sexual assault. April is nationally recognized as Sexual Assault Awareness Month and provides an opportunity for us to embrace uncomfortable conversations to support victims of this crime.

Every 68 seconds, an American is sexually assaulted. Nationwide, 81% of women and 43% of men have reported experiencing some form of sexual assault and/or harassment in their lifetime. More than 736 million women and girls have experienced intimate partner violence or non-partner sexual violence worldwide. Sexual assault can happen to anyone, anywhere – from famous movie actors to college students.

It happens here in Iowa too. It's hard to know exactly how many Iowans have been impacted by sexual violence because many survivors do not report the crimes, but over the last few years, studies have found between one in six and one in eight Iowa women have reported experiencing sexual assault.

This is why I'm asking Iowans to join me in raising awareness about the impact of this crime, even if it can be difficult to talk about. There are several ways that Iowans can participate in Sexual Assault Awareness Month, but one simple way is to wear denim on Denim Day – April 24.

Denim Day is a response to an incident in which a young woman was sexually assaulted while wearing jeans. The court eventually overturned the conviction of the perpetrator, stating the jeans as the factor. Reasoning being, because the woman was wearing tight jeans, she must have helped remove them, so it must have been consensual activity. Enraged by this outcome, activists launched Denim Day in protest – to remind people everywhere that no choice in clothing is an invitation to sexual violence.

I encourage Iowans to wear denim in support of Denim Day and use it as an opportunity to have conversations about this difficult topic. During these conversations, there are many organizations and resources in our state you can share that support survivors of sexual violence and sexual assault.

My office administers Iowa's Safe at Home Program, which is an address confidentiality program for Iowans who have been impacted by violent crimes, from sexual assault and domestic violence to stalking and human trafficking.

Programs like Safe at Home are extremely important to supporting survivors of these crimes – because every Iowan should feel Safe at Home. This program provides survivors with a legal substitute address that can be used in place of a physical address. Every public and private entity in the state is required to accept this address.

Participants in the program also have access to mail forwarding services and confidential voter registration and absentee ballot voting in all eligible elections.

Safe at Home is just one of many resources out there for Iowans who have been impacted by this crime. Look to the Iowa Coalition Against Sexual Assault (ICASA), National Sexual Violence Resource Center (NSVRC), and RAINN for more information.

If you are someone you know has been impacted by sexual assault, call the Iowa Victim Service Call Center at 1-800-770-1650 or text 'IOWAHELP' to 20121.

Northwood Anchor **Early Files**

100 years ago

April 9, 1924

Mrs. Lila E. Dwelle went into Chicago on a goods buying trip for the Fashion Shop and also for a visit to the home of her friends, Mr. and Mrs. H.A. Jackson. Mrs. Jackson was formerly Miss Rebecca Scofield.

In spite of muddy roads and stormy weather the corn show held at the H.S. Gym drew a large number of entries. Seventy entries were listed and although this was below early predictions, it showed a keen interest in seed corn. Sweepstakes in the single ear went to Thomas Richey of Kensett on yellow corn. Clarence Olson, son of Carl Olson, carried off the big end of the ribbons by winning sweepstakes in both the 10 and 30 ear classes. This year the show was very successful, and much of this is due to H.J. Williams and the agriculture class.

At the municipal election Mayor E.M. Sabin was elected to succeed himself. He receiving 70 more votes than O.A. Bosserman, the Independent candidate. It is claimed Monday's vote of 651 is the largest ever polled in Northwood precinct. Half or more were cast by ladies, it is said.

Beginning Friday afternoon with a light rainfall that turned to sleet and snow, North Iowa experienced the most destructive storm of the winter and spring season on Saturday. In central Minnesota the worst storm for 30 years is reported, so far as destruction to property is concerned. The high line of the electric company between Northwood and Mason City was put out of business at 10:30 Friday night, Manly, Kensett and Northwood were without light and power until late Sunday evening.

In line with an ordinance passed by the new city council at the regular April meeting, certain streets of Northwood will lose their past identity and become avenues bearing numbers. Main Street will bear the name of Central Avenue. Each tree north of Central avenue which runs eat and west will be designated as "Avenue North" and be identified by a number.

75 years ago

April 21, 1949

The History essay medal awarded annually by the local D.A.R. chapter was won by Denny Andersen, son of Mrs. Jessie Andersen of Northwood, a pupil in the seventh grade.

Funeral services were held for Mrs. Josephine Ferley, 77, who died Easter Sunday at Mason City.

Miss Sophie Foss of Northwood suffered a stroke last Friday. Her left side was paralyzed.

The Rev. John M. Haaland, new minister at Silver Lake Lutheran Church, arrived in the community with Mrs. Haaland and began moving into the parsonage. Reverend Haaland comes from Fergus Falls, Minnesota. He will preach his first sermon, and official installation will be the following Sunday.

Edmund H. Gaarder, 81, for many years a resident of the Kensett community, died at the Park hospital, Mason City, Wednesday morning following a two week illness.

For the second time since the first of the year, milk prices have dropped. The Farmers Butter and Cheese association announced one cent reductions in milk and reductions in other products, effective May 1. Pasteurized and homogenized milk are now both to sell for 16 cents a quart. Cream prices are to be 19 cents a half pint, 38 cents a pint and 76 cents a quart.

Worth exceeded its goal by 34% in the Christian Rural Overseas program (CROP) in 1947, according to Albert W. Farmer, Des Moines CROP director. The total value of contributions here has reached $5,371.36. It was one of 51 counties to exceed 100%.

Among the Northwood young people attending school at a distance who were home over Easter were Stanley Wignes and Lynn Brown, students at Wartburg College, Waverly; Jim Esse, student at Luther College, Decorah; Misses Eileen Christianson and Lois Haugebak and Dick Bottolfson, St. Olaf College, Northfield; and Birgil Hove, Drake University, Des Moines.

50 years ago

April 18, 1974

Steve Hanson and Paul Peterson have been selected to attend Boys State at Des Moines June 1-7. Both are juniors at N-KHS. Steve is the son of Mr. and Mrs. James Hanson, and Paul is the son of Mr. and Mrs. Francis Peterson. The boys are sponsored by the American Legion Post and the Northwood Lions Club.

N-K came in fourth in the girls Viking Relays held here with Lake Mills winning first, Clear Lake second and St. Ansgar third. Outstanding efforts gained the Vikings three first place medals in the 100 meter hurdles with Julie Berge running in 12.2; Debbie Reese in the half mile in 2:53.2 and Debbie Kelly in the mile in 6:23.7.

Directors of Viking Manor Inc. elected at the annual meeting are Phil Miller, Kermit Helgeland and Oren Igou, three year terms; Mrs. L.A. Baken and Phillip Van Sabben, two year terms; and Mrs. Donald Martin and Douglas Carnes, one year terms. Stockholders approved a change of directors from nine to seven and approved a change in the quorum. At the directors meeting that followed, Oren Igou was elected chairman; Phillip Van Sabben, vice-chairman; and Phil Miller, secretary-treasurer.

The first Viking golf meet of the 1974 season will be held with Riceville at the Northwood Country Club. Coach Bob Perry reports 23 golfers are out with 15 for the girls team and eight for the boys.

Steve Bendickson and Cinda Hengesteg from Northwood made the honor roll at Hamilton College, Mason City, for the winter quarter. They both earned a 4.0 average.

Airman Dennis L. Mogk, son of Mr. and Mrs. Maynard W. Mogk, Kensett, has been assigned to Keesler AFB, Miss., after completing Air Force basic training. Airman Mogk will receive specialized training as a radar repairman at the Technical Training Center at Keesler. The Airman is a 1972 graduate of N-KHS.

25 years ago

April 21, 1999

Northwood State Bank will honor vice-president Lee Swenson with a retirement party at the Northwood Country Club this coming April 23, from 4-6 p.m. Swenson, 64, joined NSB in December 1968 as an assistant cashier and was promoted to vice-president in 1970. He has specialized in agricultural lending during this 30-year career at the bank.

Northwood-Kensett High junior Carol Follmuth pins a boutonnière to senior Joe Harmon's tuxedo in preparation for tis Saturday's N-K Junior Senior Prom.

The Northwood "Our Buddies" VFW Post 6779 Auxiliary presented a new U.S. flag to the staff and residents of the Lutheran Retirement Home last week. Those on hand for the presentation included Auxiliary members Deb Christenson and Marlene Hulshizer; LRH executive director John Meyer; Auxiliary members Virginia Thompson, Doris Hudson and Lois Bergo; and LRH residents LeRoy and Lawrence Hanson.

Northwood-Kensett High School junior Theresa Stotts will compete in the high school girls discus at the Drake Relays in Des Moines. Stotts qualified for the Drake event with a personal and school record throw of 119-9 at the Bulldog Relays in Hampton two week ago. She'll be the first N-K athlete to complete in the prestigious Drake Relays since former Viking distance runner Heather Amundson, who won the open 800 at Drake in 1991.

A Northwood boy placed sixth in his weight class at the Iowa State AAU wrestling Championships in Cedar Rapids recently. Nine-year-old Michael Bachtle took sixth place in the 32-boy field at 85 pounds. The son of Troy and Dawn Bachtle qualified for the AAU state championships by placing third in the District AAU tournament in Waverly earlier this winter. He won five District matches in a row after losing a one-point decision in his District opener against the eventual District champ.

10 years ago

April 16, 2014

Recipients of the Telecommunication of the Year award included Worth County Sheriff's employees Valerie Paulson, Rick Anderson, Pat Jaspers, Paula Harris, Lisa Boeckholt, Marilyn Stayner and David Elliott.

Jamie Steinman was one of 100 fourth through eighth grade students from across Iowa to participate in the 2014 Iowa geographic bee held on the University of Northern Iowa campus in Cedar Falls on Friday, April 4. Steinman, an eighth grader, was accompanied by her junior high social studies teacher, Monte DeArmoun, and her mom, Brenda Steinman.

The cold temperatures and abundance of snow and ice meant a lot of damaged infrastructure throughout North Iowa. That included to this portion of the road in Northwood's Swensrud Park. A few weeks ago, after the ice in the Shell Rock River had melted and the vehicle bridge was no longer submerged, this oversize pothole was left behind. The Northwood city crew has since replaced the missing roadway with a dirt filled, eliminating the travel hazard.

After struggling to break the 120 foot mark in the discus last year, N-K sophomore Tom Yezek proved what determination and hard work can do. In his first outdoor meet of the season last Friday at the Cowboy Relays, Yezek crushed his personal best and went home with a first place medal with a throw of 150 feet, 7 inches. This throw would have been good for a fifth place medal at last years state track meet.

N-K's Erika Heideman eyes her putt last Thursday afternoon at Ridge Stone Golf Course in Sheffield. Heideman shot a 66 on the day.

N-K's Paige Sletten got the 2014 track season off to a good start last Friday at the Lady Bulldog Classic in Hampton. Sletten, who is now approaching the 100-foot mark in the discus placed third in the event with an impressive throw of 93 feet, 4 inches. Sletten also finished ninth in the shot put with a throw of 28-10.25.

Northwood Anchor **Obituaries**

Kay Ouverson



KAY AND DALE OUVERSON

Kay A. (Kentner) Ouverson, 86, passed away peacefully in her home in Northwood, surrounded by family on Friday, April 12, 2024.

Kay Ann was born on August 21, 1937, in Mason City, the daughter of Edward and Jean (Toland) Kentner. She grew up in the Mason City area, graduating from Mason City High School. On March 3, 1956, she married the love of her life, Dale Gene Ouverson, who was born on November 5, 1936, in Mason City, the son of Edwin and Helen (Humphrey) Ouverson.

To this union three children were born, Sue, Gene and Neil. Together they farmed near Fertile and later Northwood before following contractor work to Oregon. The couple managed a 120+ tenant apartment complex for many years with countless repairs and handiwork jobs completed by Dale and endless hours of paint and varnish from Kay. Their work still marks countless homes in Oregon and Iowa.

Dale passed away on November 4, 2014, in Hammond, Oregon; just a day before his 78th birthday.

Kay was a proud Daughter of the American Revolution and previously was a Red Hat Lady. She worked at the Northwood Anchor and at the Northwood Library while the family lived in the area and never turned down a good book.

Surviving are their children, Sue (David) Eilertson of Northwood, Gene Ouverson of Warrenton, Ore., and Neil E. (Laurie) Ouverson of Merrill, Wis.; grandchildren, Keith (Laura) Eilertson, Scott (Amber) Eilertson, Jeffrey (Anne) Eilertson, Mark (Emily) Eilertson, Andy (Kari) Ouverson, Matt (Abi) Ouverson, Chris (Carrie) Ouverson, Timothy Ouverson, Daniel (Laura) Ouverson, Katie (Justin) Peterson and Kylie (Jessie Heitner) Ouverson; 23 great-grandchildren; two great-great-grandchildren; step-grandchildren, Sandra, Tanya, Shari and Bryce and their families; Kay's siblings, Barbara Link and David Kentner; Dale's siblings, Nelda Frahm and Dean Ouverson; as well as numerous extended family and cherished friends.

Preceding them in death are Kay's parents; Dale's parents; Dale's siblings, Curtis, Phyllis and a brother, Lowell in infancy; and Kay's siblings, Keith Shear, Donn Forrest and Mark Kentner.

Kay and Dale will be laid to rest at 2 p.m. on Wednesday, April 17, 2024 at Sunset Rest Cemetery, Northwood, Iowa. The graveside service will be led by Rev. Ken Olson of the Fertile Church of Christ.

We are immensely grateful to MercyOne Hospice of North Iowa for their dedicated care of Kay and our family throughout this journey. Your compassion has brought comfort beyond words.

Arthur White

Arthur Lavern White, 97, of Grafton, Iowa, passed away on Saturday, March 30, in the St. Ansgar Nursing Home. Funeral dates are pending.

Students invited to enter Choose Iowa calendar contest

Iowa Secretary of Agriculture Mike Naig is encouraging school-aged Iowa students to participate in the 2024 Choose Iowa Calendar Contest hosted by the Iowa Department of Agriculture and Land Stewardship. Choose Iowa is the state's signature brand for Iowa grown, Iowa raised and Iowa made products.

Submitted artwork should feature at least one aspect of Iowa agriculture, with an emphasis on food, livestock or crop production. Submissions will be judged on creativity and connections to agriculture in everyday life. Entries are due June 3, 2024, and winners will be announced at the 2024 Iowa State Fair.

"The Choose Iowa Calendar Contest is a fun way to showcase the importance of Iowa agriculture to all consumers while also recognizing some of our state's most creative and artistic students," said Secretary Naig. "We invite all students from across Iowa to submit their art for a chance to have it published in our popular statewide Choose Iowa calendar."

Secretary Naig will recognize the winning artists during a special awards ceremony on Tuesday, August 13 in the Agriculture Building at the 2024 Iowa State Fair. Winning submissions will also be included in the 2024/2025 Choose Iowa calendar distributed by the Department during the Iowa State Fair and online at ChooseIowa.com.

School-aged Iowa students up to 18-years-old are invited to participate in the contest. Pictures should be drawn on plain white, 8.5 by 11-inch paper in a horizontal orientation using only black lines. The pictures should not be colored in. For creative inspiration, previous calendars may be viewed here.

Entries can be submitted via the form found at chooseiowa.com/kids-teachers, emailed to chooseiowa@iowaagriculture.gov or mailed to the Iowa Department of Agriculture and Land Stewardship, Attn: Coloring Calendar, 502 E. 9th St., Des Moines, Iowa, 50319. Each submission should include the registration sheet also found at chooseiowa.com/kids-teachers with basic information about the artist, including the artist's name, age, grade, school, hometown as well as the name, email and phone number of a parent or guardian. If the artwork is submitted by the student's teacher, then the teacher's name and contact information should be included. To be eligible for consideration, artwork submissions must be received by the Department by June 3, 2024.

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Mitchell Schroeder
Funeral Director

Northwood Anchor Legal

Supervisors

April 8, 2024
Special Session

The Worth County Board of Supervisors met pursuant to adjournment with Enos Loberg and Mark Smeby, present. Also present: Teresa Olson, Recorder; Richard Brumm, Engineer; Jacki Backhaus, Worth County Auditor; Kris Kenison, Newspaper (via Zoom) and four Worth County Landowners.

Meeting called to order by Stone at 10:03 A.M.

Motion Smeby/Second Loberg to approve the agenda. Motion carried.

Chairperson Stone recessed the regular session at 10:03 A.M.

Motion Loberg/Second Smeby to open Public Hearing – Proposed FY25 Property Tax Levy at 10:03 AM. Roll call vote: Loberg – Aye, Smeby – Aye; Stone – Aye. Motion carried.

Auditor Backhaus explained the FY25 Levy rates that are being proposed. The Board answered questions from the landowners in attendance.

Motion Smeby/Second Loberg to close the public hearing at 10:31 A.M. motion carried.

Chairperson Stone reconvened the regular session at 10:31 A.M.

Motion Loberg/Second Smeby to adjourn the meeting at 10:31 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Aaron Stone, Chairperson

Notice

NOTICE TO BIDDERS AND NOTICE OF PUBLIC HEARING
2024 Asphalt Street Improvement Project
City of Northwood
Northwood, IA

Time and Place for Filing Sealed Proposals. Sealed bids for Asphalt Overlay Street Improvements as stated below must be filed before 9:00 A.M. on May 13, 2024 in the office of the City Clerk, City of Northwood, 627 Central Avenue, Northwood, IA. Time and Place Sealed Proposals Will be Opened and Considered. Sealed proposals will be opened and bids tabulated at 9:00 A.M. on May 13, 2024, in the office of the City Clerk, City of Northwood, for consideration by the City of Northwood to consider bids at its meeting at 6:00 P.M. on May 13, 2024. Time for Commencement and Completion of Work. All work under the Contract must be substantially complete on or before October 1, 2024. Contract Documents. Plans, specifications and proposal forms for the work may be seen and may be secured at the office of the City Clerk. Public Hearing on Proposed Contract Documents and Estimated Costs for Improvement. A public hearing will be held by the City of Northwood on the proposed contract documents (plans, specifications and form of contract) and estimated cost for the improvement at its meeting at 6:00 P.M. on May 13, 2024, at 627 Central Avenue, Northwood, IA. Preference of Products and Labor. By virtue of statutory authority, preference will be given to products and provisions grown and coal produced within the State of Iowa, and to Iowa domestic labor, to the extent lawfully required under Iowa Statutes; provided, however, the award of the Contract will be made to the lowest responsible Bidder submitting the lowest responsible bid, which shall be determined without regard to state or local law whereby preference is given on factors other than the amount of the bid Sales Tax Exemption Certificates. The bidder shall not include sales tax in the bid. The City of Northwood will distribute tax exemption certificates and authorization letters to the Contractor and all subcontractors who are identified. PROJECT DESCRIPTION: Asphalt overlay of city streets according to plans & specs on proposal. Owner's Rights Reserved. The City hereby reserves the right to reject any or all bids and to waive informality and irregularities as it may deem to be in the best interests of the City. City may also reject the Bid of any Bidder if City believes that it would not be in the best interest of the Project to make an award to that Bidder whether because the bid is not responsive or the Bidder is unqualified or of doubtful financial ability, or unfavorable past experience working for the City, or fails to meet any other pertinent standard, or criteria established by the City.

This Notice is given by authority of the
City of Northwood
/S/ Amber Julseth
City Administrator/Clerk

City Council

The Council of the City of Northwood met in regular session at City Hall on April 8, 2024 at 6:00 pm with Mayor Moehle presiding and the following council members present:

George-Zenz, Bode, Peterson, Schreiber, Reeder.

Motion to approve the agenda. Unam.

Motion to approve the following under Consent Agenda: Meeting Minutes of March 25, 2024; Treasurer Report, Liquor License Renewal-Worth Brewing Co.; Claims as follows:

Payable to: For: Amount
NSB, Monthly ACH Fee $20.00
IA Dept of Revenue
WA Excise Tax $1,249.13
IA Dept of Revenue
Sales Tax $458.63
Dept of Inspection & Appeals
Pool Food License..... $150.00
Payroll, Wages..... $37,967.72
Verizon Wireless
Cell Phones, router-tr,fd.....
..... $106.92
Visa
Supplies, notary-rec,cc,pool.....
..... $897.29
Wellmark BCBS
Insurance..... $8,118.51
Wellmark BCBS
Insurance..... $695.70
Wellmark BCBS
Insurance..... $295.68
Principal, Insurance..... $417.01
Steve Hanson
IEDA Catalyst Grant .....
..... $60,000.00
USPS, Mailing-cc $371.00
Payroll, Wages..... $22,914.16
Alliant Energy
Utilities..... $11,694.75
Ace Professional
Window Cleaning-cc..... $50.00
Bryan Rock Products
Ball Field-rec..... $1,470.44
C. Emery Nelson, Inc.
Supplies-pw..... $1,025.46
Carquest, Supplies-pw.. $1,472.45
Core & Main, Supplies-pw$206.52
Hawkins, Supplies-pw $30.00
Huber Supply Co
Supplies-pw..... $51.15
Iowa One Call
Services-pw..... $18.00
John Deere Financial
Freight, supplies-pw $253.67
John Greve
Legal Services $500.00
Kelly Hardware
Supplies-pw..... $344.85
Knutson Oil Co.
Fuel-pw,tr..... $2,192.00
Marco, Copier Contract-cc$690.33
Microbac Labs, Testing.... $836.50
NIACOG, Repairs-tr $131.30
Northwood Anchor
Publications..... $786.48
Northwood Sanitation
Garbage Services..... $7,696.00
Northwood Senior Center
Monthly Donation $800.00
Quality Pump & Control
Valve Replacement-pw .. $245.75
Quality Pump & Control
Services-pw..... $1,073.00
Samantha Avelar
Water Dep. Refund-pw .. $130.00
The Rustic Thread
Soccer Shirts-rec $1,470.00
Trading Post
Supplies-pw..... $792.89
Vessco, Supplies-pw..... $146.41
WCTA, Phone/Internet.... $649.70
Worth Co. Public Health
Services-pw..... $45.00
Worth Co. Sheriff
28E Law Enforcement .....
..... $32,105.83
Worth Lumber Co.
Supplies $213.31
Library:
Alliant Energy, Utilities.. $361.99
Visa, Supplies..... $65.92
Ace Professional Cleaning
Window Cleaning-lib/olson.....
..... $60.00
Baker & Taylor, Books..... $625.02
Center Point Large Print
Large Print Materials.... $127.90
Marco, Printer Contract $66.50

Summary of March 2024 receipts by fund type: General - $157,717.18; Special Revenue-$99,209.44; Debt Service - $4,054.30; Capital Projects-$1,707.39; Enterprise-$112,186.16; Trust & Agency - $273.81.

Summary of March 2024 disbursements by fund type: General - $112,433.03; Special Revenue-$79,050.76; Debt Service-$0; Capital Projects-$0; Enterprise-$72,820.61; Trust & Agency - $0.

Roll was called and the following voted aye: George-Zenz, Bode, Peterson, Schreiber, Reeder.

Mike Brunsvold with Northwood Sanitation addressed the council about recycling options.

Motion to approve the 28E Agreement with N-K Community School District and the City of Northwood for an Activity Center/Recreation Director. Unam.

Motion to approve the Professional Services Agreement with SEH, Inc. for $6,750.00 for the water tower inspection. Unam.

Motion to adjourn. Unam.

Doug Moehle, Mayor
Amber Julseth
City Administrator/Clerk

Supervisors

April 8, 2024
Fifteenth Day

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

Meeting called to order by Stone at 8:30 A.M., followed by the Pledge of Allegiance.

Motion Smeby/Second Loberg to approve today's agenda and minutes from the April 1, 2024 meeting. Motion carried.

Motion Loberg/Second Smeby to approve final construction progress voucher for project BHOS-SWAP-CO98(83) - - FB-98 for project closeout through the Iowa Department of Transportation. Motion carried.

Motion Smeby/Second Loberg to approve Secondary Roads FY25 Iowa Department of Transportation Budget and Five-year Construction Program. Motion carried.

Motion Loberg/Second Smeby to approve claims in the amount of $172,026.62 as per the following schedule. Motion carried.

Agvantage Fs Inc
Fuel-Eng 9,407.33
Ahlers & Cooney, P.C.
Service-Sup..... 396.00
Ajb Enterprise Llc
Service-Gsr 79.25
Amazon Capital Services
Supplies 923.88
At&T Mobility
Service-Shf..... 2,008.96
Auditor Of State
Fee-Ndp 625.00
Austin Office Products
Supplies-Shf 17.09
Bcn Telecom, Service-Gsr .. 118.53
Black Hills Energy Inc
Service-Eng 723.98
Bmc Aggregates Llc
Rock-Eng 241.15
Bomgaars Supply, Inc
Supplies-Con 104.98
Brian M Kuchay, Md
Ems Contract 100.00
Carquest Auto Parts Inc
Supplies-Eng 1,473.92
Cemstone Concrete Materials, Llc
Sand-Eng 1,567.50
Central Ia Distributing Inc
Supplies-Con 3,366.00
City Of Fertile, Service-Eng 76.54
City Of Joice, Service-Eng... 87.05
City Of Kensett
Service-Eng 33.24
City Of Manly, Service-Eng. 63.94
City Of Northwood
Service-Gsr 486.75
Column Software Pbc
Service-Aud 44.50
Culligan Of Mason City
Service-Shf..... 226.15
Dana Young, Service-Mex . 400.00
Five Star Cooperative
Fuel-Eng 204.37
Frank Stearns
Service-Mex 450.00
Gardiner + Company
Service-Ndp 9,675.00
Glaxosmithkline
Supplies-Phd 911.46
Greve Law Office
Rent & Payroll-Aty 6,888.00
Hartland Lubricants & Chemicals
Supplies-Eng 74.95
Heartland Power Coop
Service-Wwt 4,356.01
Helps Drain Cleaning
Service-Shf..... 200.00
Huber Supply Co Inc
Supplies-Eng 291.60
Ia County Atty's Assoc
Dues-Aty..... 343.00
Ia County Recorders Assn
Edu-Rec 150.00
Ia Dept Of Transportation
Supplies-Eng 29,787.43
Ia Prison Industries
Supplies-Eng 749.10
Isaca, Dues-Aud 250.00
Jacob Hanson
Mileage-Trs 41.54
Joe Rowe, Mileage-Asr..... 21.17
Joe's Collision & Performance Inc
Service-Shf..... 86.61
Kari Osheim
Mileage-Asr 24.79
Kelly Hardware
Supplies-Eng 247.57
Lair's 66, Fuel-Eng..... 125.00
Lake Mills Graphic
Service-Aud 64.00
Lawson Products Inc
Supplies-Eng 2,770.70
Lexisnexis, Service-Aty..... 189.00
Mail Services Llc
Service-Aud 3,010.81
Martin's Flag Company, Llc
Supplies-Gsr..... 180.03
Nassco Inc.
Supplies-Gsr..... 368.45
Nelson Family Trust
Rent-Shf..... 300.00
Newburg Fabrication, Llc
Service-Eng 2,047.58
Northwood Anchor Inc
Service-Juj..... 84.03
Pathology Assoc Of Mason City
Service-Mex 2,000.00
Purchase Power
Postage-Trs..... 95.45
Quality Pump & Control Inc
Service-Wwt 2,087.84
R80 Llc, Fuel-Sdp..... 10.00
Rebecca Martinson
Mileage-Asr 48.78
Reindl Law Firm, Plc
Service-Juj..... 591.58
Reserve Account
Postage-Aud 401.21
Rick Scholbrock
Mileage-Asr 26.13
Safety Solutions
Service-Eng 500.00
Seat Treasurer
Dues-Aud..... 200.00
Shi International Corp
Supplies-Dap 12,910.00
Singelstad's Hardware
Supplies-Eng 30.67
The Timbers
Election-Aud..... 100.00
T-Mobile
Service-Dap & Eng..... 245.82
Trading Post
Supplies-Eng 149.97
U S Postal Service
Renewal-Trs 154.00
Verizon Wireless
Service-Ema 40.01
Vertex Ammunition And Supply,
Llc, Supplies-Shf 2,378.60
Wapsi Valley Archaeology, Inc.
Service-Eng 1,367.64
Wex Bank, Service-Tra ... 2,559.12
Winnebago Coop Telephone Assn
Service-Gsr 3,805.01
Worth Co Emergency Mgmt
4th Qtr Pymt-Dis/Ema 20,919.75
Worth County Engineer
Fuel-Shf..... 5,625.71
Young Plumbing & Heating Inc
Service-Wwt 2,350.00
Ziegler Inc
Service-Eng 26,965.39
Grand Total..... 172,026.62

Motion Smeby/Second Loberg to approve the sheriff's monthly report and the sheriff & recorder's quarterly reports. Motion carried.

Motion Smeby/Second Loberg to approve the Iowa Retail Permit Application for Cigarette/Tobacco/Nicotine/Vapor for Kum & Go #119. Motion carried.

Motion Smeby/Second Loberg to approve Resolution #2024-13 Resolution for the Destruction of Noxious Weeds. Roll call vote – Loberg – Aye; Smeby – Aye; Stone – Aye. Motion carried. (Full text of resolution in auditor's office).

Motion Loberg/Second Smeby to approve Resolution #2024-14 to Authorize Chairperson to enter contract regarding hay lease. Roll call vote – Loberg – Aye; Smeby – Aye; Stone – Aye. Motion carried. (Full text of resolution in auditor's office).

Motion Loberg/Second Smeby to approve Resolution 2024-15 to fix a date for public hearing on proposal to enter into a General Obligation Urban Renewal Loan Agreement and to borrow money thereunder. Roll call vote – Loberg – Aye; Smeby – Aye; Stone – Aye. Motion carried. (Full text of resolution in auditor's office).

Motion Smeby/Second Loberg to approve the 2024-2027 agreement between Worth County, Iowa (Sheriff's Office) and Iowa AFSCME Council 61. Motion carried.

Motion Smeby /Second Loberg, carried to adjourn at 9:27 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Aaron Stone, Chairperson

FISCAL YEAR JULY 1, 2024 - JUNE 30, 2025
ADOPTION OF BUDGET AND CERTIFICATION OF CITY TAXES
The City of : KENSETT County Name: WORTH COUNTY
Adopted On: (entered upon adoption) Resolution: (entered upon adoption)

The below-signed certifies that the City Council, on the date stated above, lawfully approved the named resolution adopting a budget for next fiscal year, as summarized on this and the supporting pages.

Attached is Long Term Debt Schedule Form 703 which lists any and all of the debt service obligations of the City.

		With Gas & Electric		Without Gas & Electric	
Regular	2a	7,030,066	2b	6,886,353	City Number: 98 945
DEBT SERVICE	3a	7,030,066	3b	6,886,353	Last Official Census: 257
Ag Land	4a	670,105			

Consolidated General Fund Levy Calculation

	CGFL Max Rate	CGFL Max Dollars	Non-TIF Taxable w/ G&E	Taxable Growth %
FY 2024 Budget Data	9.20745	62,395	6,776,515	3.74
	Limitation Percentage			
	2			
	CGFL Max Rate	CGFL Max Dollars	Revenue Growth %	
Max Allowed CGFL for FY 2025	9.02700	63,461	1.71	

TAXES LEVIED

Code Sec.	Dollar Limit	Purpose	ENTER FIRE DISTRICT RATE BELOW			(A) Request with Utility Replacement	(B) Property Taxes Levied		(C) Rate
384.1	9.02700	Consolidated General Fund			5	63,461	62,163	43	9.02700
		Non-Voted Other Permissible Levies							
384.12(1)	0.95000	Ope & Maint publicly owned Transit			7		0	45	0.00000
384.12(2)	0.27000	Aviation Authority (under sec.330A.15)			11		0	49	0.00000
384.12(3)	Amt Nec	Liability, property & self insurance costs			14	17,500	17,142	52	2.48931
384.12(5)	Amt Nec	Support of a Local Emerg.Mgmt.Comm.			462		0	465	0.00000
		Voted Other Permissible Levies							
28E.22	1.50000	Unified Law Enforcement			24		0	62	0.00000
		Total General Fund Regular Levies (5 thru 24)			25	80,961	79,305		
384.1	3.00375	Ag Land			26		0	63	0.00000
		Total General Fund Tax Levies (25 + 26)			27	80,961	79,305		Do Not Add
		Special Revenue Levies							
384.6	Amt Nec	Police & Fire Retirement			29		0		0.00000
	Amt Nec	FICA & IPERS (if general fund at levy limit)			30	8,002	7,838		1.13825
Rules	Amt Nec	Other Employee Benefits			31		0		0.00000
		Subtotal Employee Benefit Levy (29,30,31)			32	8,002	7,838	65	1.13825
			Valuation						
386	As Req	With Gas & Elec		Without Gas & Elec					
	SSMID 1 (A)	0	(B)	0	34		0	66	0.00000
	SSMID 2 (A)	0	(B)	0	35		0	67	0.00000
	SSMID 3 (A)	0	(B)	0	36		0	68	0.00000
	SSMID 4 (A)	0	(B)	0	37		0	69	0.00000
	SSMID 5 (A)	0	(B)	0	555		0	565	0.00000
	SSMID 6 (A)	0	(B)	0	556		0	566	0.00000
	SSMID 7 (A)	0	(B)	0	1177		0	1179	0.00000
	SSMID 8 (A)	0	(B)	0	1185		0	1187	0.00000
		Total Special Revenue Levies			39	8,002	7,838		
384.4	Amt Nec	**Debt Service Levy 76.10(6)**			40	0	0	70	0.00000
384.7	0.67500	**Capital Projects (Capital Improv. Reserve)**			41		0	71	0.00000
		Total Property Taxes (27+39+40+41)			42	88,963	87,143	72	12.65456

COUNTY AUDITOR - I certify the budget is in compliance with ALL the following: Budgets that DO NOT meet ALL the criteria below are not statutorily compliant & must be returned to the city for correction.

(City Representative) (Date) (County Auditor) (Date)

Supervisors

April 8, 2024
Special Session - 2

The Worth County Board of Supervisors met pursuant to adjournment with Enos Loberg and Mark Smeby, present.

Meeting called to order by Stone at 10:32 A.M.

Motion Loberg/Second Smeby to approve the agenda. Motion carried.

Motion Smeby/Second Loberg to set Public Hearing for FY25 Worth County Budget on April 22 at 9:00 A.M. Motion carried.

Motion Smeby/Second Loberg to adjourn the meeting at 11:07 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Aaron Stone, Chairperson

Notice

NOTICE OF PROPOSED ACTION TO INSTITUTE PROCEEDINGS TO ENTER INTO A LOAN AGREEMENT AND TO BORROW MONEY THEREUNDER IN A PRINCIPAL AMOUNT NOT TO EXCEED $6,000,000 (GENERAL OBLIGATION)

The Board of Supervisors of Worth County, Iowa, will meet on May 6, 2024, at the Supervisors' Room, Worth County Courthouse, Northwood, Iowa, at 9:00 o'clock a.m., for the purpose of instituting proceedings and taking action on a proposal to enter into a loan agreement (the "Loan Agreement") and to borrow money thereunder in a principal amount not to exceed $6,000,000 for the purpose of paying the costs, to that extent, of undertaking the 2024-2025 County Facilities Improvements Project an urban renewal project of the County authorized by action of the Board of Supervisors on April 8, 2024.

The Loan Agreement is proposed to be entered into, and bonds will be issued thereunder, pursuant to authority contained in Section 331.402 and Section 331.441(2)(b)(14) of the Code of Iowa. The Loan Agreement and the bonds will constitute a general obligation of the County.

At that time and place, oral or written objections may be filed or made to the proposal to enter into the Loan Agreement. After receiving objections, the County may determine to enter into the Loan Agreement, in which case, the decision will be final unless appealed to the District Court within fifteen (15) days thereafter.

At any time before the date fixed for taking action to enter into the Loan Agreement, a petition may be filed with the County Auditor asking that the question of entering into the Loan Agreement be submitted to the registered voters of the County, pursuant to the provisions of Section 331.441(2)(b)(14) of the Code of Iowa.

By order of the Board of Supervisors of Worth County, Iowa.

Jacki A. Backhaus
County Auditor

Annual Rate Notice - Iowa

Winnebago Cooperative Telecom Association is a telecommunications provider who provides basic and enhanced services within its service territory. Basic services are offered at the following rates and charges:

	Monthly Charges
Voice Grade Residential Service	$23.00*
Voice Grade Business Service	$20.00*
Federal Subscriber Line Charge—Single Line	$6.50
Access Recovery Charge—Single Line	$3.00*
Federal Subscriber Line Charge—Multi Line	$9.20
Access Recovery Charge—Multi Line	$3.00*

Toll Blocking is available at no charge for low income customers who qualify.

If you have any questions regarding the company's services and rates/charges, please contact us by visiting Winnebago Cooperative Telecom Association, 704 E. Main St., Lake Mills, IA 50450, or by calling 800-592-6105.

*In the Bancroft, Lakota, Ledyard, Manly, Northwood, Mason City, Britt, Garner, and Forest City Urban exchanges, the rates may vary from the listed rate.

WCTA
Fiber Internet
800-592-6105 www.wctatel.net

Ditch Spraying NOTICE

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

For registration paperwork, details, or more information, please contact Mike at 641-390-0268

PROFESSIONAL CARD
Business Announcements

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

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

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

Alcoholics Anonymous Alanon
Regular meeting each Tuesday, 7:30 p.m.
Beginners/12 Step meeting 7:30 p.m. Thursday
First Lutheran Church
For more information call 324-3070

Congregate Meals
MEALS ON WHEELS
324-1244

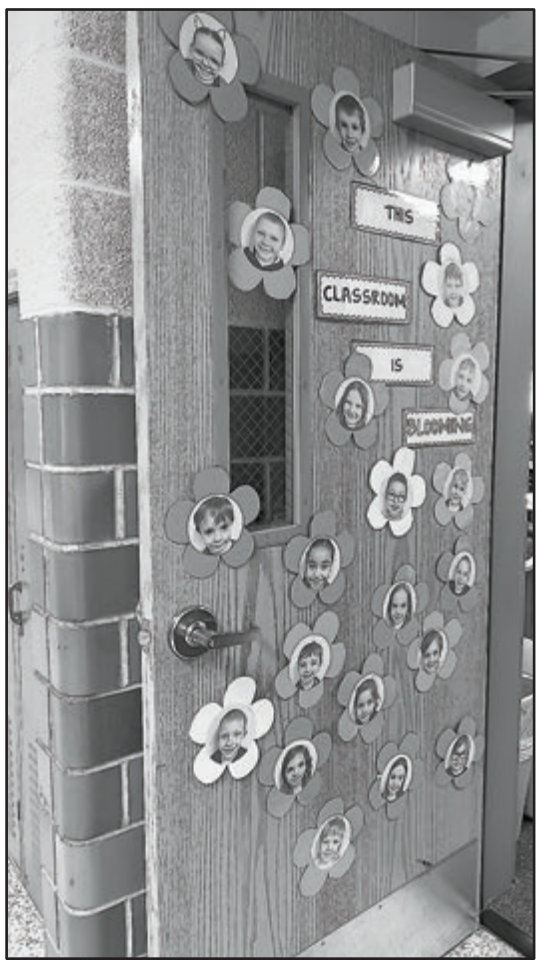
NORTHWOOD PUBLIC LIBRARY
Monday & Friday 1-5 p.m.
Tues. - Thurs. 10 a.m.-7 p.m.
Open Saturday 10 a.m. - 2 p.m.
641-324-1340

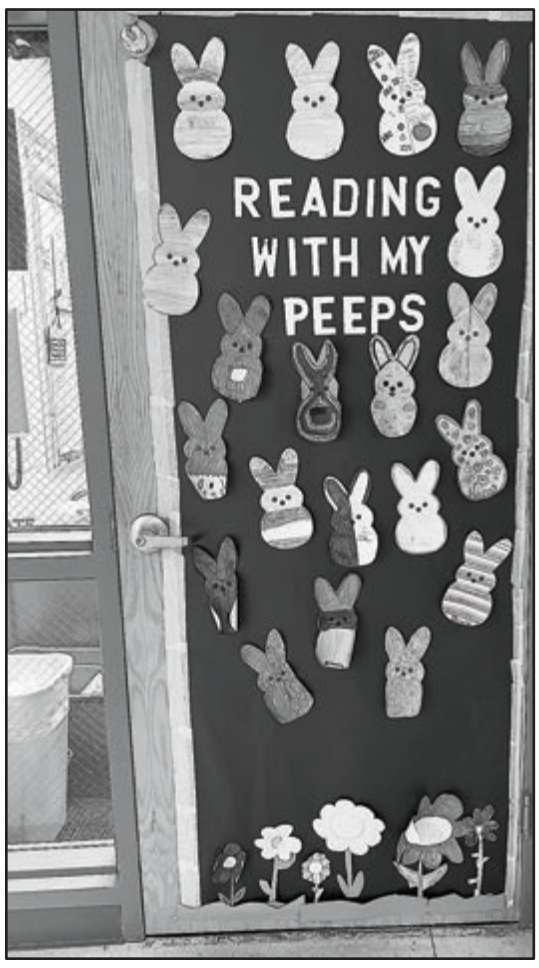
Northwood Dental
DAVID PENFOLD, DDS
Mon. 8 a.m. - 5 p.m., Tues. 7 a.m. - 4 p.m.
Wed. 8 a.m. - 5 p.m.,Thurs. 7 a.m. - 1 p.m.
Fri. 8 a.m. - Noon
641-324-1364
www.northwooddentistry.com
802 9th Ave. North
Northwood, Iowa 50459

Decorated doors for Reading Week at N-K



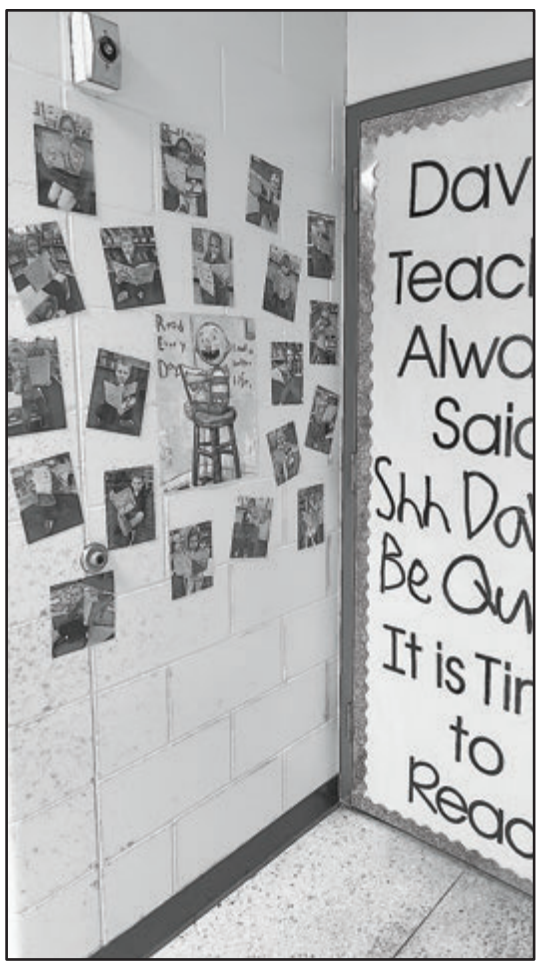














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Help Wanted-Government
POLICE OFFICER: Indianola Police Department is taking applications for the positions of Police/Patrol Officer. Obtain applications by visiting https://indianolaiowa.applicantpro.com/jobs , choose Police Officer. Deadline 5/10/2024 EOE
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Manly Junction Signal
641-324-1051 or kris@nwdanchor.com

Helgeson leads Vikings to home meet victory

The Northwood-Kensett golf teams started out last week at home at the Northwood Country Club. The boys won their second meet at home. Viking golfers finished in top spots at both home meets last week.

On Monday, April 8, the boys golf team took on Central Springs and St. Ansgar.

CS won the meet with a score of 174. N-K followed with a score of 181. SA trailed with 201.

Medalist honors went to Caden Helgeson, shooting a 36. Bowen Behne was 8 strokes behind at 42, good for a fourth place finish.

Other Viking scores on April 8 included Breyden Hoeppner, in eighth with 50; Kenny Conlin, shooting 53 for 12th; and Carter Anderson and Brady Christianson, in 15th place with a 57.

Helgeson was joined by Behne at the top again when the Vikings hosted their next meeting on April 9.

Helgeson and Behne, joined by St. Ansgar's Jaxson Vroom, scored a 45.

Hoeppner and Conlin scored a 45 for fifth place, followed by Anderson in 8th with a 50; and Christiansen in 9th with a 51.

On April 9, the boys took won the meet with a score of 188, followed by St. Ansgar with 192 and Riceville with 238.

At the April 8 home meet, the girls came in just two strokes behind the Central Springs Panthers, who scored 225 to the Vikings' 227.

Central Springs' Sydney Berding was the medalist with a 50.

Tops for the Viking girls Ella Leonard, with a 52, for third place. Other Vikings scores included Kinley Stambaugh in fourth with a 54; Peyton Wilder in eighth with a 59; Haddie Hanson in ninth place with a 62; Kenedie Berry in 12th with a 73; Marisa Halbach in 14th with a 80.

On April 9, N-K was the only team score at home, with a 229, with North Iowa, Riceville and St. Ansgar also competing.

Medalist honors at the meet went to Maci Mayer of St. Ansgar, with a 44.

Peyton Wilder was the low scorer for the Vikings, with a 53, a third place finish. Other Vikings scores included Leonard in fourth with a 54; Hanson in fifth with a 57; Stambaugh in 10th with a 65; Berry in 12th with a 69; and Halbach in 13th with a 76.



Recognizing N-K wrestlers

With their season behind them, Northwood-Kensett's wrestling team recently held its annual awards banquet. Three student athletes were recognized for special achievements. Pictured at right are (from left) Most Improved Linca Scarlett, Coaches Award Weston Willand and MVP Alex Tiedemann. Pictured above are wrestlers earning letters and stars for their time on the team.





CADEN HELGESON



ELLA LEONARD



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IOWA Department of Health and Human Services

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