

Pictured above from left are seniors Addison Tasker, Ava Woltzen, Logan Espinosa and Jace Lindberg.

Northwood-Kensett High School Class of 2025 graduates this Sunday

This Sunday, the 42 members of the Northwood-Kensett class of 2025 will celebrate their graduation. N-K's commencement ceremony will be held this Sunday, May 25, at 1 p.m. in the N-KHS gymnasium. The class flower is the white rose. The class song is "Unwritten" by Natasha Bedingfield. The class quote is: "Life is too important to be taken seriously" – Oscar Wilde. The ceremony will include music and messages from students and the

announcement of honors that include Silver Cords, National Honor Society, academic letters and valedictorian and salutatorian. The presentation of scholarships will take place, including the WCDA and those recognized with local scholarship foundation awards. High school principal Keith Fritz will present the graduates, who will be accepted with the awarded diplomas by members of the board of education. **N-K Grads, see Page 2**

Briefs

Help asked to place flags at cemetery

With Memorial Day on the way, local veterans and volunteers will once again help prepare the Sunset Rest Cemetery, but they are asking for help. Those that are able to help place the flags along the paths are asked to come to the cemetery at 9 a.m. tomorrow, Thursday, May 22.

Gallery 818 open house Friday

Gallery 818 is hosting a grand opening this Friday, May 23, from 5-9 p.m. for everyone to view a collection of pieces from Art Farm Iowa. Gallery 818 is located at 818 Central Avenue in Northwood. The gallery is Northwood's newest creative space dedicated to celebrating local and regional art. The event is free and open to the public. Light refreshments will be served.

Memorial Day observed around Worth County Monday, May 26

This Monday, people throughout the nation will honor those who gave their lives serving their country. Several area communities will hold their own Memorial Day services this Monday. Government offices and most businesses will close on Monday to allow family and friends to gather to honor the memory of their loved ones. In Northwood, Memorial Day services begin at 11 a.m. at the

Sunset Rest Cemetery. Musicians from the Northwood-Kensett High School band, directed by instructor Jared Barnes, will provide patriotic music. The VFW Color Guard will provide military honors. The speaker of the ceremony will be Ron McMullen. Pastor Becky Sogge of First Lutheran Church will deliver opening and closing prayers. In case of rain, the observance will be held at the N-K High School. Memorial Day services conducted by the VFW Color Guard will be held at the State Line Cemetery north of Northwood at 9 a.m. In case of inclement weather, the ceremony will be held at the Shell Rock Community Center in Gordonsville. Memorial Day ceremonies will be held in the Kensett Community Center beginning at 9 a.m. The ceremony will **Memorial, see Page 2**

Northwood-Kensett offers free summer lunch meals

The Northwood-Kensett Community School District will be participating in the Summer Food Service Program. This continues to be an opportunity for the district to provide a variety of meals during the summer for young people, who perhaps rely on their school the rest of the year for their best source of healthy food.

The district will provide free lunches to any child ages 1-18. There are no family income requirements, and those participating do not have to live in the district to receive lunch. Children enrolled in day care, or participating in youth and community activities and groups are welcome. **Lunches, see Page 2**

Big Dill Bike Ride travels through Worth June 7

On Saturday, June 7, bicyclists on the Big Dill Bike Ride will pass through Worth County. The bike ride begins in Mason City, with two routes, either 66 miles or 77 miles, taking them through Cerro Gordo, Worth and Mitchell counties. The 66 mile route takes

riders west then north out of Mason City, before traveling east through Northwood and then south through Grafton and Plymouth before returning to Mason City. The 77 mile route continues east of Northwood through Carpenter and St. **Big Dill, see Page 2**

Click it. Don't risk it.

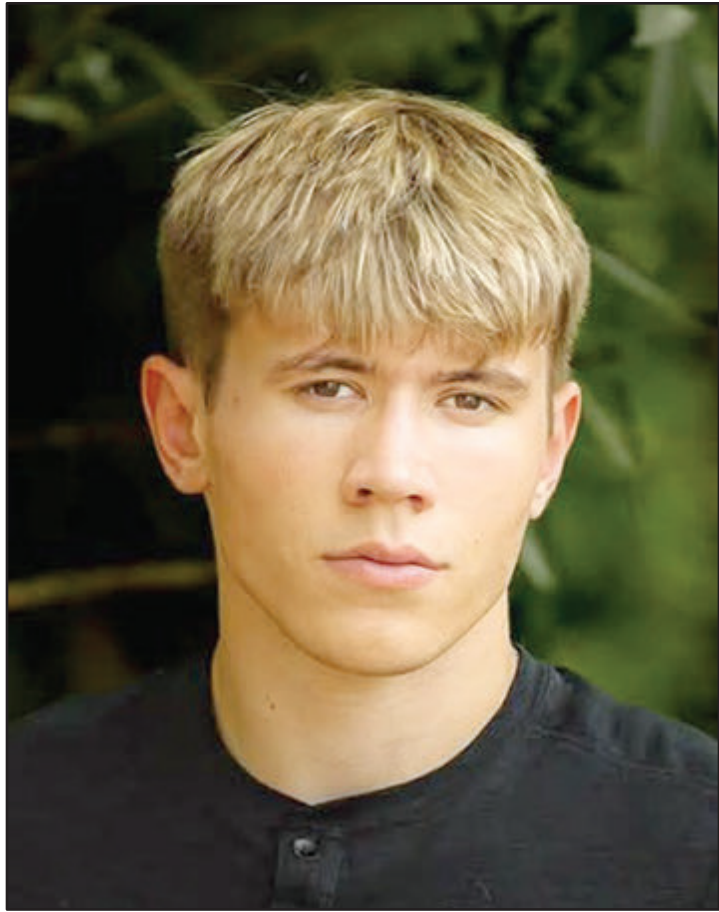
The Governor's Traffic Safety Bureau (GTSB) is partnering with law enforcement across Iowa to support the National Highway Traffic Safety

Administration's (NHTSA) Click It. Don't Risk It. high-visibility enforcement effort. The national seat belt campaign, which coincides with the Memorial

Day holiday, is May 19-June 1. It is perceived everyone wears a seat belt, but data shows that's not true. In **Click it, see Page 2**

Royalty represent N-K at North Iowa Band Festival

This weekend, Northwood-Kensett marching musicians will take part in the 86th North Iowa Band Festival in Mason City, with a theme of "The Sounds of Iowa." As N-K joins other area schools, two members of the band, Kamryn Backhaus and Trent Tiedemann, will represent them for the last time. Each school taking part in the parade sends students to represent them as band royalty. Backhaus and Tiedemann, who will also graduate this weekend, were selected as this year's N-K band king and queen. Backhaus is the daughter of Brett and Jacki Backhaus. She has performed as a part of the marching band, concert band, jazz band and pep band. **Royalty, see Page 2**



TRENT TIEDEMANN



KAMRYN BACKHAUS



The Week's WEATHER

From National Weather Service information

Date	Hi	Lo	Prec.
Tues. May 13	85	53	
Wed. May 14	86	63	
Thurs. May 15	87	53	
Fri. May 16	71	46	0.01
Sat. May 17	56	42	
Sun. May 18	70	43	
Mon. May 19	57	43	

N-K Grads
Cont. from Page 1

**Northwood-Kensett
Class of 2025**
Carter Eugene Anderson
Terry Joshua Ausborn
Jessika Maxine Ausborn
Kamryn Marie Backhaus
Grace Ann Barenthin
Aden Andrew Bice
Kyle Marie Buehrer
Hadley Angela Buenzow
Rylee Jade Cheney
Chaz Andrew Cummins
Paige Sophia Dolphin
Jackson William Echelberger
Colby James Eskildsen
Logan David Espinosa
Topanga Dyan Hackenmiller
Emily Rose Hannemann
Ariana Elizabeth Heiken
Breyden Adam Hoepfner
Hunter Aaron Janssen
Kooper Alvin Julseth

Royalty
Cont. from Page 1

Outside of music, Backhaus has participated in volleyball, basketball, track, FCCLA, 4-H State Council, National Honor Society, Sunday School teacher, County Council and has served as class president. Backhaus plans to attend Iowa State University to major in elementary education. Tiedemann is the son of Chad and Tiffany Tiedemann. Tiedemann has played in marching band, concert band and jazz band. Tiedemann was also active at Northwood-Kensett in football, wrestling, cross country, track, Math Club, as a coach and referee for youth wrestling and in National Honor Society. Tiedemann plans to attend the University of Iowa to study pre-medical and business. Backhaus and Tiedemann will join other school band royalty for the awards ceremony that will take place at 1:45 p.m. at the Principal Pavillion. Marching band awards will also be announced at that time.

Walt Benjamin Kelly
Hailey Grace Krambeer
Jace Jeremy Lindberg
Evan Thomas Lorenzen
Chance Eugene Moesch
Soraya Elena Moran
Loghan Michael Nelson
Jose Obregon Jr
Austin Patrick Orth
Brody Ernest Paulson
Grace Marissa Rasmussen
Ashlynn Rose Rollene
Addyson Marie Runde
Addison Beth Tasker
Chelsea Ann Thiede
Macy Jo Thorson
Trent Edward Tiedemann
MacKensy Marie Tomlinson
Camden Wayne Trenhaile
Elizabeth Christine White
Ava LaRose Woltzen
Levi Dean Wood

Memorial
Cont. from Page 1

include a guest speaker, N-K students reciting passages, music provided by the N-K band and a Salute to the Dead. The event is sponsored by the Kensett Lions Club. Refreshments will be served afterwards by the Kensett Library Board. Memorial Day services in Manly will begin at the city park at 8:30 a.m. for those assembling to parade to the Manly Cemetery, for the Memorial Day services, which begin at 9 a.m. The Central Springs band, directed by Cole Younger, will perform patriotic music. The Memorial Address will be given by Bruce Burton, former Central Springs superintendent. The American Legion Auxiliary will provide the decoration of the cannon. Crosses recognizing recently deceased veterans will also be in place. The American Legion Honor Guard will provide a salute to the dead. Memorial Day services will be held at the Grafton Cemetery, beginning at 10 a.m. Participating will be the American Legion Honor Guard and the St. Ansgar Middle School band. Post Commander Philip Hackbart will lead the service. The opening scripture and prayer will be led by Mark Borchardt. Sheila Lundon will provide special music and a Memorial Day poem. Philip Hackbart will also be this year's guest speaker. Hackbart was born, raised and has lived his entire life in the Grafton area, leaving only to serve his time at Vietnam. Since that time, he has been actively involved in veterans gatherings, as Legion Post commander, Honor Guard at funerals and currently serves on the Veterans Affairs Board for Worth County. Hackbart has been the Grafton Cemetery sex-

ton for many years. In case of rain, the services will be held at the Grafton Community Center. A Memorial Day Lunch will be served at Silver Lake Lutheran Church, 705 Silver Lake Road, from 9 a.m. to 1 p.m. The meal will include beef burgers, potato salad, pies, desserts, coffee, water and lemonade. Sion Lutheran Church will host a Memorial Day dinner from 11 a.m. to 1 p.m., serving scalloped potatoes and ham, beans, salads, desserts, coffee and lemonade. The cost is \$12 per adult or \$5 per child, with 2 and under free. Elk Creek Lutheran Church will hold a dinner from 11 a.m. to 1 p.m. The menu includes scalloped potatoes and ham, baked beans, salads and bars for a free will donation.

Lunches
Cont. from Page 1

come. Adults may also participate in the program for a cost of \$4.85 per person. Lunch meals will be served at the N-K elementary cafeteria, Monday through Friday, beginning June 2 and ending July 18. Serving time is 11-11:45 a.m. Those taking part in the meal should enter the elementary cafeteria through the entrance off of the playground, or at the elementary bus drop-off door # 3. For all questions about the program and participation, contact N-K Nutrition Director Amy Hennigar at 641-324-2021, ext. 137 or 641-390-1428.

Big Dill
Cont. from Page 1

Ansgar before traveling south through Grafton and Plymouth. There are no set stops on the route, beyond suggested lunch breaks in Carpenter, St. Ansgar or Grafton, depending on the route chosen. Around 100 riders had signed up to take part in the ride, which is organized by the Iowa Bicycle Coalition. The ride is expected to begin at 7 a.m. and return to Mason City in the early evening. More information on the Big Dill Bike Ride can be online at iowabicyclecoalition.org/event/the-big-dill-ride.

Click it
Cont. from Page 1

2024, 44% of traffic fatalities in Iowa were unbuckled; that translates to 108 lives lost. In a GTSB survey of over 1,450 Iowans, 88% reported always buckling up in the front seat. Only 67% always buckle in the back seat. "No matter the type of vehicle you're traveling in, where you're seated, or what type of road you're driving on, the best way to protect yourself in a crash is to buckle up," says Brett Tjepkes, Iowa GTSB Bureau Chief. "Unfortunately, many families are suffering because their loved ones did not follow this simple step. If this enforcement effort alerts people to the dangers not buckling up, we'll consider the mission a success." If you know a friend or a family member who does not wear a seat belt, please talk to them about changing their habits. Help GTSB and law enforcement spread this lifesaving message before one more friend or family member is killed. Seat belts save lives, and everyone — front seat and back, child and adult — needs to be properly restrained when traveling. GTSB works with city, county, state, and local organizations to develop and implement strategies to reduce death and injury on Iowa roads using federally funded grants.



Eggs to chicks in the classroom
Teresa Stehn, with the Worth County Farm Bureau Ag in the Classroom program, brought eggs to the Northwood-Kensett kindergarten classrooms earlier this spring. The embryology activities started with watching as the eggs remained in the incubator. Then Stehn returned to candle with the students, seeing the chicks growth inside the egg. The program ended with a chick party, with the students holding and playing with the chicks one more time before they left the classroom.



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 Chloe. My favorite class is science or language arts. My favorite teachers are Mrs. Clark and Mr. Sampson. My favorite thing to do outside of school is playing volleyball or softball and hanging out with friends. My favorite thing about my school is my friends and also, sports.

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Students recognized for artistic, performance achievements

Northwood-Kensett High School held its annual Fine Arts Awards and Spring Concert on Tuesday, May 13. The high school band and choir performed, and students were recognized for their accomplishments in Art, Speech, Choir and Band.

Emily Abbas presented awards for Art. Paige Dolphin received the Most Original Artist Award for their efforts in creating an abundance of original artwork. Topanga Hackenmiller received the Most Resilient Artist Award for her persistent efforts on the painting and completion of a school mural of over 1000 square feet.

There were 16 students that spent the day at the Top of Iowa Conference Art Show held at Waldorf University on May 6. Each student entered an artwork to be evaluated. Northwood-Kensett received three awards at the show. Ethan Franck received third place in the Ink Drawing category, Elizabeth White received third Place in the 3D Mixed Media category and Topanga Hackenmiller received second Place in the Installation Art category.

Beth Butler presented awards for Speech. Six students were recognized for their performance in large group and individual speech this year. Students earning Division I medals include Addyson Runde, Isaac Ludington and Skyler Williamson. Students earning Division II medals included Skyler Williamson, Olivia Miller, Maci Smith and Anna Block. Additionally, Isaac Ludington earned a speech letter.

Loraine Mix presented awards for Choir. Five students were recognized in the choir for earning their letter, including Sophia Butler, Topanga Hackenmiller, Isaac Ludington, Lexis McHenry and Camryn Rheingans. Jessika Ausborn was recognized for earning a service

bar.

Jared Barnes presented awards for Band. There were 23 students recognized for earning a letter, including Jessika Ausborn, Kamryn Backhaus, Alex Bewley, Aden Bice, Ayden Clark, Keenan Davidson-Jacobs, Topanga Hackenmiller, Merrin Hanson, Zach Heiken, Chloe Leonard, Logan Manning, Marley Mosher, Landen Nelson, Loghan Nelson, Dagen Peterson, Addyson Runde, Sophie Rye, Linca Scarlett, Ashlyn Skellenger, Trent Tiedemann, MacKensy Tomlinson, Weston Willand and Skyler Williamson.

The John Philip Sousa Award was also presented. This award recognizes outstanding achievements and interest in instrumental music, singular merit in loyalty and cooperation, and high qualities of conduct that school instrumental music requires. This year's recipient of the John Philip Sousa award is Kamryn Backhaus.



FOR SALE: BREWERY & BUSINESS in Northwood



Worth Brewing Company has been a fixture in downtown Northwood since 2007 and as we near retirement age we are seeking the right person to transition in during a buyer's market.

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The building is self supporting with apartment income and the brewery includes training or management. The owners are open to financing and ownership options.

Serious inquiries please email brewer@worthbrewing.com for further information.

WORTH COUNTY VETERINARY SERVICE NOTICE

After 46 years of practicing veterinary medicine, I have decided to slow down a bit.

As of June 1, 2025, I will **ONLY** be treating production (food producing) animals. This includes **pigs, cattle, small ruminants (sheep and goats), and poultry.**

I will **no longer** be working on **dogs, cats, and horses.**

Clinic hours will also change, at least for the summer. The **OFFICE** will be **OPEN** From **8 a.m. until 1 p.m. Monday - Friday.** It will be **CLOSED** on **Saturdays.**

Most of my large animal clients have my cell phone number, it is 641-425-8780 if you need to contact me when the office is closed. My home number is 641-324-1147. Please leave a message at the clinic number (641-324-1084) or one of the others if no one answers. Please schedule things in the morning if at all possible as I usually do not have my appointment book with me.

Medicine will happily left out for after hours pickup if you call ahead.

Thank you
Michael E. Dierenfeld, D.V.M.
Worth County Veterinary Service

Thank You

From the Bottom of Our Hearts

We are absolutely blown away by the incredible support and kindness shown at Quinn's benefit. Whether you donated, volunteered, fished, bid on auction items, shared a laugh, or simply attended, every single one of you made a difference!

This event was about more than just raising funds, it was a celebration of love, community, and coming together for someone who means the world to us. Quinn had such an amazing time that he even asked about making this a regular event every couple of months!

To the volunteers who worked tirelessly, the businesses that generously donated items, the local bars that hosted our stops, and every single person who participated: **THANK YOU!**

Quinn, Ashley, and our entire family are beyond grateful. Your generosity, support, and sense of community will never be forgotten!

- Mark & Rhonda Taylor

May SPECIALS

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Soda science

Last week, Northwood-Kensett third graders took part in a unique science experiment. With three bottles of soda, the students were asked to predict how big a reaction would occur based on the number of Mentos mints were dropped into the bottles. Regardless of how accurate their predictions were, they were excited to see the soda geysers.



Northwood Anchor Northwood

MSU awards degrees at end of Spring semester

Minnesota State University, Mankato awarded 2,454 degrees to 2,179 students at the end of the spring 2025 semester.

Commencement ceremonies were held on Friday, May 9 at 3 p.m. for the College of Business and at 6 p.m. for the College of Humanities and Social Sciences.

Commencement ceremonies

were held on Saturday, May 10, at 9 a.m. for the College of Science, Engineering and Technology, at Noon for the College of Education and at 3 p.m. for the College of Allied Health and Nursing.

Local student Sarah Quam graduated with a BS, RN Baccalaureate Completion of Northwood.

NIACC announces 2025 Spring Presidents and Dean's Lists

North Iowa Area Community College announces that 966 individuals have been named to the 2025 Spring Term President's List and Dean's List. These students represent 99 Iowa communities, 11 states outside the state of Iowa and 23 countries outside of the United States.

Students who complete a minimum of six semester hours and earn a 3.25-3.49 term grade point average in an academic semester will be honored by being named to the Dean's List. Local stu-

dents named to the Dean's List include Hailey Krambeer and Tyke Remster of Northwood; Ava Woltzen of Kensett; Gabrielle Beck and Addison Durgin of Manly; Lincoln Blickenderfer, Jonah Carson, Austin Shimek, Cooper Wymore and Brooklynn Young of Nora Springs; Shannon Grouette and Sophia Urbatsch, of Grafton; Adrianna Evans of Hanlontown; Cameron Cobb and Zia Hedegard of Plymouth; and Jahnessa Cordova of Glenville, Minnesota.

Students who complete a minimum of six semester hours and earn a 3.5-4.0 term grade point average in an academic semester will be honored by being named to the President's List. Local students on the President's List include Chaz Cummins, Collynn Eskildsen, Teagan Hackenmiller, Emma Hengesteg, Breyden Hoeppner, Denton Kingland, Christopher Madson, Soraya Moran, Jose Obregon, Jasmine Renteria, Addison Tasker and MacKensy Tomlinson of Northwood; Kamryn Backhaus, Aden Bice, Addison Frank and Dalton Logeman, of Kensett; Tyler Beasley, Grant Echelberger, Blake Kreamer, Kh-

loe Kruger, Adler Rowe, Ellyan Ryan, Alexandria Schiff of Manly; Brittlyn Arthur, Saige Collins, Faith Etheredge, Sharli Fessler, Erica Gast, Zaria McDonough, Britain Miller, Carly O'Donnell, Brylee Ritter, Ayla Schultz, Reggi Spotts, Kayla Trask and Kyle Wyborny of Nora Springs; James Hagen, Nora Jennings, Josie Lester and Gabrielle Sifuentes of Fertile; Kaelee Hicken, Addison Tabbert and Bree Tabbert of Grafton; Wesley Hardy and Jada Nelson of Hanlontown; Jordis Woodward of Plymouth; Carter Schleusner of Glenville, Minn.; and Michael Flaherty of Albert Lea, Minn.



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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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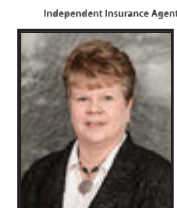
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Motto: “The goodbye that I wasn’t prepared for”

Class Color: Teal, Navy, Gray and White ~ Class Flower: Carnation



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ADAMS



CHELSEA ANN
ANDERSON



MITCHELL OTTO
BASEMAN



ABIGALE JEAN
GARRISON

Graduation

Friday, May 24
7 p.m.

Glenville-Emmons
High School
Gymnasium



JESSE JOHN HAINES



ETHAN RYAN HAJEK



TAYLOR ABBEY
HORNBERGER



CAM WILLIAM
JACOBSEN



EMMETT ROBERT
KNUTSON



MACIE GRACE MAUWER



CHELSEA LYN MEDINA



NEIL DOUGLAS SCHMIDT



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KACI MARIE WALLIN

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Class of
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One last bunch at lunch

The youngest and oldest students at the Northwood-Kensett Middle/High School building have spent one lunch together each month. The Lunch Bunch have spent their time talking about a variety of topics and spending time together building positive relationships. The Lunch Bunch met one last time in May, as seen here.

Northwood Church

Fertile Lutheran Church

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

Bethlehem Lutheran, Manly

Wednesday, WAGS, 5:30 p.m., Confirmation at Bethlehem, 5:30 p.m.; Sunday, Bethlehem Adult Bible Study, Grace Worship, 9 a.m., Bethlehem Sunday School, 9:30 a.m., Bethlehem Worship, 10:30 a.m.

Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran

Thursday, MANNA Open 4:30 - 6:30 p.m., Elk Creek Quilting, 9 a.m. - 4 p.m.; Friday, Elk Creek Quilting, 9 a.m. - 4 p.m.; Sunday, Elk Creek Worship, 9 a.m., Elk Creek Sunday School, 9:45 a.m., Bethany Worship, 10:30 a.m., Bethany N-K Graduation, 10:30 a.m.; Monday, Manna Open 10 a.m. - Noon

Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan

Sunday, Worship Services, 9:15 a.m., Coffee Fellowship, 10 a.m.

Pastor Cory Allard

Bethel United Methodist Church

Wednesday, Diner, 8:30 a.m.; Thursday, Circuit Meeting, 9 a.m.; Sunday, Bethel Worship, 8 a.m., Trinity Worship, 9:15 a.m., Bethel Worship, 10:30 a.m.

Northwood United Methodist Church

Thursday, Northwood Council, 9:30 a.m.; Sunday, Celebrating Seniors, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.; Tuesday, Pastor Fellowship Time at Swallow Coffeehouse, 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, 10:30 a.m., Sunday School, 10 a.m., Silver Lake, 705 Silver Lake Rd., Northwood, 641-293-5556; 9 a.m., Bethany, 201 Franke St., Joice, 641-588-3366; 9 a.m., Lunder, 14982 735th Ave., Albert Lea; 10:30 a.m., Winnebago, 40029 210th Ave., Lake Mills.

First Lutheran Church, Northwood

Wednesday, Maple Court, 2 p.m., Choir, SH Youth, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m., Taekwondo, 6:30 p.m.; Sunday, Service with N.O. Baccalaureate - Senior Sunday, 9 a.m., DCV, 10:30 a.m., JH Youth, 6:30 p.m.; Tuesday, Staff Meeting, Noon, 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.

Fr. Dave O'Connor, Pastor
Fr. Ben Valentine, Associate Pastor

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

First Shell Rock Lutheran Church, Northwood

Sunday, Worship Service, 10:45 a.m.

Pastor Theodore Gullixson

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Memorial Day Service

Monday, May 26 • 9 a.m.

Kensett Community Center

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Memorial Day Lunch

Monday, May 26
9 a.m. - 1 p.m.

Silver Lake
Lutheran Church
705 Silver Lake Road
Northwood, Iowa

Menu includes —
Beef Burgers, Potato Salad,
Pies/Desserts, Coffee,
Lemonade & Water

MEMORIAL DAY DINNER

Monday, May 26
11 a.m. - 1 p.m.

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

Menu includes —
Homemade Scalloped Potatoes
& Ham, Baked Beans, Salads,
Desserts, Coffee & Lemonade

\$12 per adult
\$5 Children 3-10
2 & Under Free

Elk Creek Cemetery

Memorial Day Dinner

Monday, May 26
11 a.m. - 1 p.m.

at Elk Creek, 4108 Killdeer Ave., Kensett

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

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be available

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Tuesday: Pork Meatballs in
Creamy, Mushroom Sauce
over Egg Noodles, Whole
Wheat Roll, Vegetable, Fruit

Wednesday: Baked Honey
Chicken, Sweet Potato
Fries, Whole Wheat Roll,
Vegetable, Fruit

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The deeper meaning of scripture

There will always be debate about how to interpret certain scriptures, for instance whether to interpret them literally or figuratively. Unfortunately, the Bible doesn't come with a built-in "User's Guide" to tell us how, but there is a long history of commentary on the Bible which can be helpful. Augustine tells us in Book V of his Confessions that he was relieved to learn from Bishop Ambrose that he need not take the entire Bible literally, since many passages of the Old Testament "had been death to me when I took them literally." Augustine heard Ambrose interpret passage after passage of the Old Testament figuratively, interpreting them spiritually rather than literally. The Bible is full of metaphors and allegories that are clearly not meant to be taken literally. Whether we take a particular passage literally or not, nothing prevents us from also interpreting it spiritually. Is there not a spiritual message in the story of Adam and Eve's disobedience to God and expulsion from the Garden of Eden? Isn't the deeper meaning here that our disobedience to God banishes us from His presence? We should read the Bible with openness to new interpretations, and thereby to new interpretations of ourselves. —Christopher Simon

"Is not my word like fire," declares the LORD, "and like a hammer that breaks a rock in pieces?"
—Jeremiah 23:29



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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

Spring is a time for various celebrations: graduations, confirmation, bridal showers, Memorial Day gatherings and more. A buffet is an easier way to entertain than a sit-down dinner and the host/hostess can always ask friends and relatives to bring something for the table. This is definitely not a new concept; Better Homes and Gardens published their “Best Buffets Cookbook” (Meredith Corporation, Des Moines) in 1974. It contains full menus for many styles of buffet lunches and dinners with “over 250 party perfect recipes.” There are 66 different menus; the following are adapted from the chapter titled, “Buffets For Festive Occasions.”

Buttery Cinnamon Cake

- 1 1/3 cups white sugar
- 2 cups all-purpose flour
- 2/3 cup shortening
- 1 tablespoon baking powder
- 3 large eggs
- 1 teaspoon ground cinnamon
- 2/3 cup whole milk
- 3/4 teaspoon salt
- 1 1/2 teaspoons real vanilla
- Sifted powdered sugar
- Butter Syrup (recipe follows)

Preheat the oven to 350 degrees F. In a large mixing bowl, combine the white sugar and shortening, creaming until smooth and fluffy. Add the eggs, one at a time, beating well after each one. In a large measuring cup, combine the milk and vanilla. In yet another bowl, thoroughly stir together the flour, baking powder, cinnamon and salt. Add this mixture alternately with the milk to the creamed mixture. Beat well after each addition. Pour the batter into a well-greased 10-inch tube pan. Bake for 40 minutes or until it tests as done with a wooden toothpick inserted into the middle of one side.

While the cake is baking, make the Butter Syrup as follows:

- 1/2 cup white sugar
- 6 tablespoons real butter
- 1/3 cup water
- 1 teaspoon real vanilla
- 3/4 teaspoon ground cinnamon

Combine all the ingredients in a small heavy saucepan. Heat until the butter melts but don't let it boil. When the cake is finished baking, remove it from the pan. Prick it all over with a fork to make lots of little holes and pour the hot butter syrup over the hot cake. Let the cake cool completely, then dust it with the sifted powdered sugar.

Deviled Peanuts
NOTE: this recipe needs RAW peanuts, not roasted/salted nuts. You can find them at larger stores, usually in plastic bags.
3 cups raw peanuts
1 1/2 teaspoons onion powder
2 tablespoons real butter, melted
1 teaspoon celery salt
2 teaspoons chili powder
1/2 teaspoon garlic powder
1/8 teaspoon cayenne pepper
1/2 teaspoon salt
If the peanuts still have skins on them, remove them by rubbing between your hands. You want to have nice white nuts. Set aside. In a medium mixing bowl combine the remaining ingredients and stir well. Add the peanuts and stir to coat them. Heat the oven to 350 degrees. Spread the peanuts in a 9x13-inch baking pan and roast until lightly browned, about 25-30 minutes. Shake the pan occasionally to make sure they are all browned. Makes 3 cups.

Cucumber-Dill Sandwiches
8 oz. cream cheese, softened
1 medium English cucumber
2 tablespoons milk
1/2 teaspoon dried dillweed
1 loaf sliced pumpernickel bread
In a mixing bowl, whisk the cream cheese and the milk until fluffy. It needs to be smooth with no lumps of cheese. Peel, seed and finely chop the cucumber. Add to the cream cheese along with the dillweed. Combine well and let stand at room temperature for 1 1/2 hours. In the meantime, trim the crusts from the slices of bread. Using some cookie cutter of various sizes, make cutouts. Spread the cheese/dill mixture on the bread to serve open-faced. Garnish with some snipped fresh parsley if desired, for color. You can also sprinkle a bit of paprika on top of the cheese instead, also to add color. Cover the sandwiches loosely with plastic and refrigerate until ready to serve. NOTE: if you do not enjoy pumpernickel, use a lighter rye bread. The rye flavor of these breads enhances the subtle flavor of the cucumber. If you cannot find an English cucumber, look for a thin cuke that will have fewer seeds. Sometimes they are also called Asian or Japanese cucumbers.

This cookbook is a treasure trove of ideas for entertaining buffet style. There are illustrations of how to set up your table, what types of dishes and serving pieces to use and recipes for both large and small groups. I love serving buffets! When friends bring something tasty (I usually advise them of the theme or my main dish) there is always a great variety. Plus, no long hours over a hot stove. And...that's all she wrote.

Northwood Anchor Society



Norwegian Independence

With the celebration of Syttende Mai, Reconnect 720, the Northwood Senior Center, hosted a celebration of Norway's Indedependence and the first emigration from Norway to North America. The celebration offered sample and demonstrations of a variety of Norwegian foods, including lefse, krumkake, rommegrot, sandbakels and almond cake. Those at the event could also buy some of the Norwegian foods to take home.

NFPA provides top grilling safety tips for Memorial Day and beyond

For many of us, Memorial Day weekend marks the unofficial start of summer, when many people dust off their grills to celebrate the holiday and prepare for outdoor cooking in the warmer months ahead. As they do, the National Fire Protection Association® (NFPA®) offers important safety tips and guidelines to help ensure that the grilling season remains fire-safe.

“Cookouts and outdoor grilling can be a great way to spend time with friends and family, but they do present potential risks,” said Lorraine Carli, vice president of Outreach and Advocacy at NFPA. “Over Memorial Day weekend and throughout the summer, we want everyone to be aware of where and when grilling fires tend to happen, along with steps they can take to help prevent them.”

NFPA data show that between 2019 and 2023, gas grills were involved in an average of 9,287 home fires per year, including 4,682 struc-

ture fires and 4,605 outdoor fires. In roughly one-fifth (20%) of these fires, the grill had not been cleaned. In addition, an annual average of 21,682 patients went to emergency rooms because of grill-related injuries between 2020 and 2024, according to data from the U.S. Consumer Product Safety Commission.

“By following simple safety precautions, people can greatly reduce the risk of grilling fires and associated risks,” said Carli.

Here are NFPA tips, recommendations, and resources for using outdoor grills safely:

For propane grills, check the gas tank for leaks. (Watch NFPA's video on how to check for leaks.)

Keep the grill clean. Make sure to remove all grease and fat buildup from the grills and the trays below.

Place the grill far from the home, deck railings, eaves, or overhanging branches.

Before lighting a gas-powered grill, always make sure the lid is open.

Keep children and pets at least three feet away from the grilling area.

If starter fluid is used with charcoal grilling, only use charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire once it's been lit. When finished grilling, let the coals cool completely before disposing them in a metal container.

Never leave the grill unattended when in use.

For additional grilling safety information, check out the NFPA podcast episode, a blog post on fire code grill requirements, or a video on some lesser-known grilling safety tips.

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Bolan VBS set for June 9-13

The community of Bolan's population will see a significant increase with dozens of young people and volunteers in the week of June 9-13, as the annual Vacation Bible School will be held.

Leaders and volunteers from several area churches will work together to host the annual VBS events.

The theme for this year's Bolan VBS is "At TRUE NORTH, kids discover that they can trust Jesus in a wild world!"

The week will include Bible-learning experiences kids see, hear and touch. Hands-on science experiments, team-building games, unforgettable Bible songs, and tasty treats are just a few of the activities.

“Plus, we'll help kids discover how to see evidence of God in everyday life – something we call God Sightings. Kids will also participate in a mission project.”

VBS is for preschoolers through completion of fifth grade. Anyone older is welcome to participate as a volunteer.

“While this is free, we still need all participants to

pre-register, so we know amounts to order for supplies, materials and food, plus how to organize the crews. Transportation can be made available by contacting one of the churches or Lori.”

The week ends with a free-will supper and program set for Friday, June 13, at 6 p.m.

To be a part of all the TRUE NORTH fun, contact

the United Methodist churches in Bolan, Manly, Northwood, Plymouth, Rock Falls, Rudd or Nora Springs or the Lutheran churches in Manly or Hanlontown for registration forms and information, or call Lori Willert at 641-903-9472, email at lwilert@wctatel.net or visit www.bolaniowa.com.

Graduation Open House
honoring
Trent Tiedemann
Saturday, May 24
2 - 6 p.m.
Community Room
Worth County Fairgrounds
1206 3rd Ave. N.
Northwood*

Graduation Open House
honoring
Kooper Julseth
Sunday, May 25
3:30 - 6:30 p.m.
The Timbers
500 Central Ave.
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Graduation Open House
honoring
Hunter Janssen
Friday, May 23
5 - 8 p.m.
Kuennen Quarry Wildlife Area
1555 450th St.
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Graduation Open House
honoring
Ariana Heiken
Saturday, May 24
2 - 4 p.m.
Kensett Town Hall
205 5th St.
Kensett, IA*

Graduation Open House
honoring
Loghan Nelson
Saturday, May 24
4 - 7 p.m.
Worth County Fairgrounds
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Northwood, IA 50459*

Graduation Open House
honoring
Addison Tasker
Friday, June 6
4 - 7 p.m.
at her home
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Graduation Open House
Celebrating
TJ & Jessi Ausborn
Saturday, May 24
3 - 7 p.m.
Shelter House - Worth County Fairgrounds
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Northwood
Anchor

Opinion

Savvy Senior

By Jim Miller

Top job search resources for older job seekers

Dear Savvy Senior,

What websites or apps can you recommend to help older people find employment opportunities? I'm 60 and have been out of work for nearly a year now and need some help.

Seeking Employment

Dear Seeking,

To help you find employment, there are a number of job-search websites and apps specifically tailored to older workers seeking full-time, part-time or remote positions. Here are 10 great options that are recommended by U.S. News & World Report for 2025, most of which are completely free to use.

AARP Job Board (jobs.aarp.org): Designed for workers 50 and older, AARP's job board allows users to search by job title, keyword, company or location. The platform also offers search filters for full-time, part-time and remote work opportunities. Employers who are part of AARP's Employer Pledge Program are committed to hiring older workers.

CareerOneStop (careeronestop.org): Sponsored by the U.S. Department of Labor, you can use this site to explore career opportunities, access training programs and job-search resources. You'll also find help looking for a remote job, filling out a job application, getting started as a self-employed person and choosing a path that's right for your stage in life.

Indeed (indeed.com): One of the largest job search engines in the world, Indeed will help you sift through millions of available positions. You can include a variety of specifications to find a job, including whether you want to work remotely, your salary requirements, preferred location, experience level and education. If you upload your resume, employers can find you as well.

LinkedIn (linkedin.com): If you don't have a LinkedIn account, create one to showcase your experience, knowledge and skills. You can gather news and insights related to your industry by looking at what others are posting and share your content as well. The site allows you to conduct job searches and set alerts for new opportunities.

NEW Solutions (newsolutions.org): This site connects professionals aged 55 and older with part-time and full-time positions in government agencies. Users can browse openings by state, apply online and receive guidance through the hiring process.

Rent A Grandma (rentagrandma.com): If you want to work as a nanny, chef, domestic staff or pet care provider, this site is a great resource, but they do charge a \$25 registration fee. It also offers opportunities for tutors and personal assistants. After you sign up, clients can contact you about job opportunities.

Retired Brains (retiredbrains.com): This site can help you find remote, flexible, freelance and work-from-home jobs. You'll also be able to access resources to start a business. You can search by location, keyword or job title and access career advice on resume building and interview preparation.

RetirementJobs (retirementjobs.com): This site specializes in job opportunities for workers over 50, with retail, caregiving, transportation, sales and finance listings. It also features certified age-friendly employers and offers webinars on job searching, networking and overcoming age bias. You can learn how to utilize LinkedIn, improve your interview skills and understand how your job could impact Social Security benefits.

Seniors4Hire (seniors4hire.org): For job seekers aged 50 and older, at this site you can register for free, post your resume and search for jobs. Employers use the platform to find experienced workers for part-time, full-time and remote positions.

Workforce50 (workforce50.com): At this site you can view jobs specifically posted by companies looking for older workers. You'll also be able to access resources related to resume building, shifting from military to civilian life and finding a federal job.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

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The Northwood Anchor, USPS 398-600, published every Wednesday by Kenison Publishing, Inc., 801 Central Ave., P.O. Box 107, Northwood, IA 50459. Periodical postage paid at Northwood, IA. POSTMASTER: Send address changes to: The Northwood Anchor, Box 107, Northwood, IA 50459



Ponderings from
the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

Do you get a deer license each year?

I don't hunt for deer.

Why not?

I figure if a deer loses something, it can hunt for it by itself.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. I was turning the yellowed pages of a book to see if its wondrous words were worth donating to a library for its book sale. I remembered the comfort that book had brought me while I was growing up on a dairy farm. I enjoyed milking cows. In the barn, I could read a book, listen to the radio, and do my persistent chores at the same time. The cows were Holsteins, the radio was a Philco AM-only wooden console, and I was happy.

I found myself in Stanton, Iowa. It wasn't hard for me to find me. I knew right where I was. It's a gift. I saw the largest Swedish coffee pot in the world (it could hold 640,000 cups of coffee) and the world's largest coffee cup and saucer, which serves as a water tower and is capable of holding 2.4 million cups of coffee. Why all that coffee? It was in honor of Virginia Christine, who was born in Stanton and portrayed Mrs. Olson in Folger's Coffee TV commercials for 21 years. She played a smiling, Swedish woman ready to bring happiness to a young married couple by giving the bride a can of Mountain Grown Folger's Coffee. A single cup of it restored marital bliss.

I drove through Brewster, Nebraska, in the rural charm of the Sandhills. It's the county seat of Blaine County. Brewster has a population of 12, and Blaine County 431. I didn't count them. Brewster

had the county courthouse, a couple of churches (UCC and Lutheran) and Uncle Buck's Lodge scattered throughout the 12 people.

I've learned

The research team of personal injury lawyers at Osborne & Francis analyzed the drivers of all the US states based on six key factors, including crashes caused by distracted drivers, drunk driving fatalities and arrests, speeding, low seat belt use, and the number of uninsured drivers. Those components showed where operators are more likely to break the rules and make the roads more dangerous. New Mexico exhibited the worst behavior, followed by Wyoming, Mississippi, Louisiana, Texas and South Dakota. The best behavior was found in Minnesota drivers, followed by New Jersey, Iowa, New York and Utah.

If you don't like the way your lawn looks, cover it with disabled lawnmowers.

Bill Withers was making aircraft toilet seats in a Los Angeles factory when he wrote the song "Ain't No Sunshine." When the song went gold, the record company presented Withers with a golden toilet seat.

I have something most billionaires will never have—enough.

Bad jokes department

A man in an interrogation room said, "I'm not saying a word without my lawyer present."

Cop: "You are a lawyer."

Lawyer: "So where is my present?"

A genie asked me, "What's your first wish?"

I answered, "I wish I were rich!"

The genie said, "OK. What's your second wish, Rich?"

Overheard in the bakery: "Do you have sticky buns?"
"Yes."

"Well, then, don't sit down."

"Name a country without the letter R in it."
"No way!"

Nature notes

American white pelicans glided overhead on 9-foot-wingspans. In my yard, common grackles were everywhere. Despite that, they're becoming less common, with a cumulative population decline of 54% from 1966 to 2014. In Minnesota, the decline averaged 2.03% per year since 1967. Since 1966, when the Breeding Bird Survey began monitoring, the house sparrow has experienced a decrease of 3.61% per year. In Minnesota, the decline has been 4.08% annually. House sparrow declines have resulted from intensive agriculture. The increasing use of pesticides reduces insect populations, which lowers food availability for nestlings, and efficient farming practices limit the availability of waste grain.

I kept baby geese on the porch. What kind of geese were they? They were porch-a-geese.

The bumblebee was indecisive on a lovely May day. It landed on one flower briefly and then moved to another. It was a May bee maybe.

Birds can be appetites with wings. Having milo (sorghum), which resembles BBs, in a birdseed mix is like having banana chips in a trail mix. I don't want banana chips in my trail mix, and few birds want milo in their trail mix.

Meeting adjourned

"You can love completely without complete understanding."-Norman MacLean, "A River Runs Through It and Other Stories." Thanks to Dave and Deb Manning of St James for sharing this. Be kind.

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Letters to the Editor

Dear Editor,

With inflation spiraling upward, due in large part to the raising of tariffs abroad. Investors, along with the general public, are fearing a recession unlike any we've seen before.

Cutting taxes, loosening of regulations and lowering of interest rates may have helped in the past to ease the pain but all of these policies had taken place before the pandemic hit. What worked back then no longer applies today.

I firmly believe we may soon reach the point when the consumer no longer has the money to buy anything. We have only to look back and remember the energy crisis of the 70s, the farm crisis of the 80s and the Great Recession of 2008-2009. Now try to envision what it would be like to have all three of these occurring at the same time. For if one crisis has the possibility of returning, who's to say the remaining two can't follow?

Those who have depended on their Social Security benefits for the basics of food, clothing and shelter could suddenly see their only source of income "dry up." Politicians of all stripes have been sounding the alarm for decades, yet have done nothing to forestall it (the third rail of politics). And the middle class will not be able to avoid the pain of a weakening economy either.

So businesses, large and small alike, will be forced to drastically slash the prices they charge for their goods and services by as much as 70-90% in order to attract would-be customers. But no business can continue to sustain such losses over time.

So is there anything left that we can do that we haven't tried already and failed? There remains just one

alternative- PRAYER. Oftentimes, prayer can be self-centered, longing for a financial "WINDFALL" that will personally set us back on course.

But imagine what would happen if there was just one person that could pray for our nation as a whole to be restored to a healthy and sound economy.

It's the "new normal" folks. Get used to it. I suggest we start by saving our pennies, and earnestly praying.

Gregory Nystuem
Northwood

Dear Editor,

As referenced in a May 7 Anchor article...Fit to Print...I cannot tell a lie! 'Twas I who produced and placed the signs in question.

Yes, it was I, and I alone, who boldly placed those vile, breathtakingly repugnant signs in those windows for all to see...but with an express purpose.

Purpose: exercising my God given right of Freedom of Speech, as guaranteed by the 1st Amendment to the Constitution of the United States of America!

Confusion: only by design of a desperate imagination, could one actually believe the signs were part of the office of The Northwood Anchor.

Hullabaloo: asserting will through menacing, or pressuring, any American exercising their freedom of speech, especially one who has an expressly implied obligation to uphold the 1st Amendment, well...knickers, indeed, must have been in quite a twist! Therapy may be in order to reconnect with one's inner-patriot.

Sign vs sign: a political sign promotes a person and/or desired poli-

cy; a protest sign is intended to inform and/or motivate debate when a patriot sees injustice, neither of which could ever be achieved in this period of "golden-calf" worship.

This American has never voted for a political party and, over the last 50 years, has carefully analyzed the motives, rhetoric and stated intentions of the candidate, which was rather typical. Our loyalty was to each other, with the Constitution as our guide.

Politics, as per the voter, has devolved dramatically. Since the day of the descending golden escalator, we have been forced to endure a decade of contemptuous, anti-American speech and actions, which has been elegantly ingrained in the psyche of many, that puts the success of Jim Jones to shame. All with the help of the GOP.

If we acted with such callous hatred for one another 20 years ago, the Greatest Generation would have spanked us and put us to bed with no dinner. As it is, they're rolling in their graves, with Hitler standing over them laughing.

Signs in a window are unacceptable, but the systematic dismantling of Freedom and Justice, the shredding of democracy, the cruelty and thievery committed by unaccountable billionaires, betrayal of our allies, genocide, kidnapping off the street for speech or the color of one's skin...you're ok with that? Signs? Our brains are operating on a completely different wavelength!

Aside from the actions of the monsters running our country right now it's astonishing how they even look like evil cartoon characters.

John Podgorniak
Northwood

Northwood Anchor

100 years ago

May 21, 1925
A real thriller at the Northwood Theatre Saturday evening- Lincoln J. Carter's play, "The Cyclone Rider," made into an interesting film story. It is said to "knock 'em off their seats" in the big scenes.

Booster Day specials-Pure raspberry preserves, 25 cents, Muencher summer sausage, 20 cents per pound; three loaves of bread for 25 cents, City Bakery; All 10 cent cigars, three for a quarter, the Rex Soda Grill; Electric curling irons, 59 cents, chick feeders, two for 25

75 years ago

May 25, 1950
Funeral rites for Arnold L. Heiny were held Sunday at 2 p.m., at the Conner funeral home. The Rev. Fred Smith conducted the services and burial was in the cemetery at Plymouth, where his parents are buried.
Philip Whitcome, son of Mr. and Mrs. L.E. Whitcome of Northwood is the new owner of the Boelke grocery at Gordonsville and will take possession June 5. The building and the Boelke residence were included in the deal.
John Cline, principal of Northwood High School, was elected president of the

50 years ago

May 22, 1975
Four Northwood and Kensett youths received the \$1,000 Swensrud scholarship, renewable yearly upon satisfactory progress in college courses. The four winners were Jeff Sietsema, Scott Taylor, Marty Dahl and William Stading.
Effective immediately Northwood has been accepted into the National Flood Insurance Program, Mayor Guy Olson said.
Mrs. Nancy (Nicholson) Harvey, Louisville, Ky.,

25 years ago

May 24, 2000
Three generations of Northwood's Pangburn clan gathered at the State Line Cemetery north of town last Thursday to decorate the grave of the late Milo Pangburn with a planter of red geraniums. Milo's son Buck got help in placing the planter from grandson Grayson Pangburn, his mother Marjorie, granddaughter Paige Pangburn and wife Beverly Pangburn.
Northwood's new swimming pool will open for business this coming Saturday, May 27. All city superintendent Craig Toft and the city crew must do to complete the preparation is to hook up one more heater and finish

10 years ago

May 20, 2015
This year's graduating class received \$263,900 for their first year of college and \$447,800 in scholarships for their full college careers during commencement exercises held at NKHS on Sunday. Mary Stoneking earned the highest academic honor in her class, as the N-K Class of 2015 valedictorian. Samantha Butler earned salutatorian honors.
Ninety-year native of rural Kensett Clarice Dietrich will turn 90 years old on Friday, May 22. Dietrich lives in the same home that

cents, Jacobson's Hardware; Luggage carriers for running board of car, regularly \$1.50, now \$1.10 A.L. Harmon; Silk stockings, all shades, 89 cents, Ebert's Variety Store.

Grafton items- Pastures are so poor, owing to the recent unfavorable weather, that farmers are herding their cattle along the roadside, and of course, the cattle as usual, act like all possessed and give their owners a very chase occasionally. - The depot M. & St. P.R.R., the only one in town of course, is at present being remodeled and cleaned up generally. Mr. Borack is assisting with the work and Agent Paulus is having the experience the discomforts of office clean-up time.- A town baseball team

Worth County Council of the Iowa Educational Association at its annual meeting in Northwood last Thursday. Mr. Cline succeeds Herbert Dykstra of Northwood.

Rev. Howard Root has accepted a full time pastorate of the Community Church at Otranto, which he has served on a part time basis for the past three years. He and Mrs. Root and their three children will move from Northwood to their new location next week. Rev. Root will continue to serve the Meltonville church as he has during the past few years.

The Gilbert Peterson farm residence, just across the state line from the Deer Creek store, was badly damaged by fire late Wednesday morning. The fire alarm came to Northwood at 10:50,

graduated Friday, May 9, from Jefferson Community College, a branch of the University of Kentucky. She received her Associate Degree (R.N.) in Nursing. She will begin her nursing career June 2 at Methodist Evangelical Hospital in Louisville.

Umbrellas, umbrellas! Was it raining or was the sun too bright? Regardless of weather, Chautauqua was a highlight of the summer during the first quarter of a series of lectures, concerts and other educational features. Central Park in Northwood was formerly known as the Chautauqua ground. An immense tent took care of the crowds.

North Central swept a golf

vacuuming the pool floor.
Instrumental music instructor Amy Cassill presents Cliff Julseth with the Louis Armstrong Jazz Award. Julseth was also honored with the positive attitude award and an accompanist award in vocal music.

Brent Schaub is the proud recipient of many awards including "I Dare You Leadership Award," the NIC All Conference Academic Award for baseball, the Lions Achievement Award, The America Agr-insurance Scholarship, and the U.S. Marine Corps Distinguished Athlete Award.

Jody Brevig of Northwood is the recipient of a \$500 Cerro Gordo County Medical Society Scholarship to attend NIACC in the fall. Brevig, daughter of Richard and Bonnie Brevig, is a 2000 graduate of Northwood-Ken-

sett High School. She was a letter winner in track and was also on the honor roll.

N-K senior Theresa Stotts placed eighth in the Class 1A discus competition last Saturday at the State Track and Field Meet in Des Moines. Stotts qualified for the finals with a toss of 114 feet, 11 inches, which was the seventh-best throw in the 1A preliminaries.

Speech letterwinners honored during Fine Arts Award Night at NKHS last Thursday include Jennifer Tenold, Beth Hanson, Calsee Robb, Ashley Dierenfeld, Matt Borchering, Sam Hanson, Mary Bloomingdale, Sarah Madson, Kristin Schipull, Jackie Lupkes, Brian Klitzke, Ian Podgorniak, Sarah Medlang, Sara Steinmetz, Jennifer Woolm, Melissa Bauer, Andrea Myli and Dorothy Gordon.

was organized and Adloph Scholz was elected manger of the enterprises. What is a town anyway without a ball team? "Just like home without a mother."

It is well for Knute Bjornsen, 12-year-old son of a Norwegian immigrant, that all Sioux City policemen are not Irish. Neighbors reported to the police station that Knute was firing crackers nearly two months too early. Officer Ole Nelson started to take the boy to police headquarters. The boy reminded him that it as the anniversary of Norway's Independence, the Norse Fourth of July. So instead of arresting the boy, the officer joined him in setting off the rest of the firecrackers.

and the local department sent two trucks that fought the blaze for about two hours.

Approximately 300 persons gathered at the high school auditorium Tuesday evening to hear a benefit concert by the Mason City Chamber of Commerce chorus, directed by Clayton Wornson. The crowd received the performance enthusiastically. The chorus donated its services for a Boy and Girl Scout benefit, sponsored by the local Lions Club.

J.T. Johnson has purchased the former Esse Feed store and is now operating it as Johnson Feeders Supply, he announced this week. The sale was completed about two weeks ago.

twin bill from the Vikings Friday with the boys 211-239 and the girls 244-248. Harry Wong of North Central was low for the boys with 43 and Piper Sietsema of Northwood-Kensett was low for the girls at 58.

The Vikings scored 30 1/2 points and came in seventh at the fresh-soph North Iowa Conference track meet at Buffalo Center last week. The lone first place was by Mark Tilson, who pole vaulted 10'9". Tilson also came in second in the long jump at 17'10 1/2" Other seconds were by Robert Aamodt in the two-mile run in 11:04.3 and Chad Sietsema in the mile run at 4:58.1.

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Event Management at Iowa State.

The Vikings' Jalin Davis navigates the hurdles last Friday afternoon in the state-qualifying meet in Northwood. Davis, along with Coleby Bratrud, Cade Tindall and Sully Reyerson are headed to state in the shuttle hurdle relay after their first tuple finish at the district meet.

N-K's Taylor Jorgensen clears a hurdle in the shuttle hurdle relay last Friday afternoon at the district 9 meet in Northwood. The talented freshman will be going to the state meet as an alternate in both the 4x200 and 4x400-meter relays.

May is Mental Health Awareness Month

By David Stephen

If there is an approximate explanation of what is happening in the mind, per mental state or condition, it would alter the trajectory of mental healthcare across the globe. This means that in a mental state, the components of mind—and their mechanisms—displayed as parallels.

Mental disorders are difficult, not just because there are no biomarkers, but because there is no existence of an approximate view of what is happening in the mind.

How can the human mind be defined? What are the components of mind? If there is an emotion, what is the mechanism of the components for that emotion? How is this different from when that emotion is not present? Why are feelings generally different from emotions? What makes some memories result in a traumatic experience? What makes some memories lose contact with reality?

The first option to find out what the mind is, from all the evidence in brain science for over a century, is the neuron or nerve cell. Neurons are involved in all major functions, from memory to emotions, feelings, regulation of internal senses, and so forth.

But are neurons the human mind? This question would mean that neurons are mechanizing different emotions. So, they have to be in one shape for an emotion and another for a different one. It would also mean the same for memories [which are numerous], feelings and so forth. Neurons are cells. Even in a cluster, they do not have the variability to define different functions architecturally.

So, what, within or around neurons, might have the variability to be the basis for functions? When neurons are active, they fire [or there is the action of electrical signals]. Electrical signals are ions. Neurons have synaptic transmission when active. Synaptic transmission is by chemical signals. Chemical signals are molecules.

Neurons, as established in brain science, are often in clusters. It is possible to theorize that the basis of the mind, or mental state, are ions and molecules, in sets or as loops, underscored by electrical and chemical signals, in clusters of neurons.

For a function to become an outcome of the mind, electrical signals have to interact with chemical signals, conceptually. This means that in a set, electrical signals have to strike at chemical signals to result in a formation or configuration, in an instance, to become the function. So, while the experience could be an emotion or a feeling, the mechanism is the interaction, in a set of electrical and chemical signals.

There are different modes of interactions. For example, in a set, some electrical signals may start their interaction from one edge and expand to the next edge of chemical signals. Other electrical signals may interact with a particular point only in



the set. Some may interact with the whole set at once. Some chemical signals may begin to be available after the first impact of the strike of some electrical signals. Some electrical signals may hyper strike in a way that there are extras, outsizeing the whole set.

Simply, there are interaction specifics that differentiate types of functions. Functions, for example, can be categorized into four: memory, feeling, emotion, and regulation of internal senses. The interactions for a range of emotions are different from those for a range of memories and so on.

Also, interactions are usually graded [or graduated] by the states of [sets of] signals at the time of the interactions. Simply, in sets, electrical signals often have states, as well as chemical signals. It is the state that is in, at the time of interactions, that may further decide how they interact, resulting in the reach of those interactions.

The states can be called attributes or qualifiers. Electrical signals states include splits, where some in a set split and go ahead of others, to interact first. Electrical signals also have [interactive] intensity. Electrical signals have paths of travel—or old or new sequences and so on. Chemical signals have side-to-side volume variation, where volume in one part of the set, for one or more signals, is more than others. They also have the highest possible volume for one set among others. There is also a collection of configurations by some sets, where similarities between two or more sets are collected in a set of chemical signals, allowing associations.

So, electrical and chemical signals interact. They often have different modes of interaction. Also, the states of signals at the time of interactions grade the extents of the interactions. Some labels for attributes include attention, awareness, intent or control, and subjectivity.

Mental Health
Depression can be explained by an attribute called principal spot or principal measure. This is where a thick set of signals has a higher than regular volume. This volume swell makes it move up in the array of volumes among other sets. Usually, any set that has a higher volume in an instance is in attention. Though attention can quickly switch to another set with a higher volume or with a very high intensity of electrical signals.

Now, with principal measure, there is a lock that is not just regular high volume, for attention, so to speak. The lock is because

there are multiple chemical signals that are very high at the same time, away from just one, two, or a few more for attention in a set.

This principal measure first reduces the ability for high volumes for some other sets. It also becomes a call for some electrical signals to interact with it, even if they are not necessarily compatible for a formation. It is this state that becomes the heaviness, lethargy, disinterest, and so on, in a depression.

Anxiety can be explained by more than usual high intensity of some electrical signals, on some sets. Delusions can be explained by reduction in the amount of splits, as well as problems in interactions for signals for the function of memory, resulting in disconnection from reality.

Intrusive thoughts are caused by a large amount of splits of electrical signals. When anxiety results in physical sensations, it is due to distributions, or splits, as well, to some sets that may not be so linked. Several interaction modes and attributes end up determining mental order and disorder.

All mental health conditions can be mechanistically explained this way. The purpose is to place the mind and be able to explore how to approach therapy. It will also be useful to explain addictions and several other mind states and possibilities for management away from many of the guesses currently.

AI
In neuroscience, there is what is called saltatory conduction, where some electrical signals leap and go faster. Splits are theorized to use this mechanism. Also, because of the large amount of synapses, electrical signals often develop channels or paths of travel, becoming the evidence for sequences.

AI can also become a way to provide a display of the state of mind, explaining it with a video display to know why the mind is in a state at a time. Also, it can be used to interpret everything in the DSM.

There is a recent [MAY 2, 2025] announcement, May is Mental Health Awareness Month, stating that, "May is Mental Health Awareness Month, a time to focus on the importance of mental health and reduce stigma surrounding mental illness. The goal is to increase awareness, reduce stigma, and encourage people to seek help when needed. When you take care of your mental health, your physical and emotional health improves; you become more resilient; and it makes it easier to find ways to manage life stressors in a healthy and positive way."

Wish to celebrate the life of a passed loved one?
Let the Northwood Anchor help memorialise your loved ones
anchor1@nwdanchor.com or 641-324-1051



Students learning about students

During the second semester of the school year, the students in the Child Development class at N-K got some experience along with what they learned in the classroom. They visited the preschool once a week, help ing them learn, taking part in classroom activities, playing and learning about their development. They recently spent their last time with the preschoolers, enjoying some ice cream to celebrate the end of the school year.

Bolan

Lori Willert hosted the Bolan Trinity UM in Faith meeting at her home on Thursday morning. There was more discussion about the upcoming VBS that will be held on June 9 through 13. There will be a meeting for all involved in this event on Wednesday, May 28, at the Trinity UMC starting at 6 p.m.

On Thursday afternoon Joe and Linda Nydegger and Lori Willert drove to Iowa City Regina High School to see the soccer game where they joined Loren and Renee Nydegger. Mt. Vernon High School girls were playing against them. Clare Nydegger is on the Mt. Vernon team. Af-

terwards they all went out to eat joining Bob Ostendorf of Iowa City.

On Saturday Linda Nydegger joined Loren and Renee Nydegger and Ben and Clare at the University of Northern Iowa Commencement held at the McLeod Center in Cedar Falls. Anna Nydegger was one of the graduates. She received a B.A. in Communication Sciences and Disorders. Along with her cap and gown she had a purple and white cord for being a member of the National Student Speech Language and Hearing Association chapter at UNI and an orange cord for her work with the UNI Dance Marathon,

which raises money for the Iowa City Children's Hospital, plus a philanthropy

purple and green cord. She will continue her studies at the University of Iowa.

City Council

The Council of the City of Northwood met in regular session at City Hall on 5/12/25 at 6 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 April 28, 2025; Special Meeting Minutes of May 2, 2025; Treasurer Report; Claims as follows:

Payable to: For: Amount
Principal, Insurance.....\$706.07
NSB, Monthly ACH Fee\$20.00

Iowa Dept of Rev
Excise Tax\$1,020.23

Iowa Dept of Rev
Sales Tax\$380.12

Wellmark BCBS
Insurance.....\$734.40

Wellmark BCBS
Insurance.....\$8,344.83

Verizon Wireless
Cell Phone-tr, fd.....\$107.03

Visa, Supplies-pw.....\$183.58

Payroll, Wages.....\$22,796.81

USPS, Mailing-cc\$379.68

Alliant Energy
Utilities.....\$14,454.01

Payroll, Wages.....\$24,355.65

Ace Professional Cleaning
Services-cc\$50.00

Agri-Sales, Supplies-pool.....\$28.00

Albert Lea Seed House
Seed-pw.....\$397.50

Barger Meter, Hosting.....\$66.71

CarQuest, Supplies-pw.....\$134.00

Carrico, Supplies-pool.....\$315.27

Cemstone, Supplies-cc.....\$247.50

Chamber of Commerce
City Celebration Grant.....\$4,000.00

Cooley Pumping, LLC
Services-rec.....\$100.00

D & D Sales, Sign-pw.....\$270.00

D & L Equipment
Supplies-pw.....\$501.21

Dean Gordon Trust
Refund-cc.....\$1,032.21

Decker Sporting Goods
Supplies-rec.....\$411.99

Dirk Van Ryswyk
Fuel Expenses-pw.....\$106.31

Doug Moehle
Mileage & Expenses.....\$60.53

Eilertson Repair
Tires-pw.....\$99.00

Falkstone, Supplies-pw.....\$4,015.87

Hawkins, Cylinders-pw.....\$1,010.00

Holiday Inn DSM
Lodging-cc.....\$282.24

Holiday Outdoor Décor
Decorations.....\$4,935.00

Huber Supply Co.
Cylinders-pw.....\$58.50

Iowa DOT
8th St N Parking.....\$19,370.83

Iowa One Call
Services-pw.....\$23.60

JJ's Hardware
Supplies-pw,parks,park & rec.....\$1,024.96

John Deere Financial
Freight, supplies-pw.....\$631.74

John Greve
Legal Services\$500.00

Knudtson Auto Service
Lawn Mower-pw.....\$34.50

Knutson Oil Co.
Fuel-tr,pw.....\$4,476.05

Landfill of North Iowa
Spring Clean-up.....\$247.00

Lincoln Aquatics
Supplies-pool.....\$391.64

Logan Butler
Certification Expense-pw.....\$124.54

Marilyn Skellenger
Refund-cc.....\$50.00

Med Compass
Physicals-fd.....\$2,250.00

Menards
Materials-park.....\$404.10

Menards, Supplies-pw.....\$773.15

Metering Technology
Supplies-pw.....\$1,757.40

Microbac, Testing-pw.....\$850.75

NIACC
Wastewater Conf-pw.....\$150.00

NIACOG, Repairs-tr.....\$446.42

Northwood Anchor

Publications.....\$662.26

Northwood Sanitation
Garbage Services.....\$7,696.00

Northwood Sanitation
Spring Clean-up.....\$8,461.94

Northwood Senior Center
Monthly Donation.....\$800.00

Northwood Waterworks
Water Deposit Transfer-cc.....\$25.00

Northwood Waterworks
Water Deposit Transfer-cc.....\$80.00

Petty Cash Pool
Start up money-pool.....\$200.00

Plunkett's Pest Control
Services-cc\$386.10

Proline Dist., Supplies-pw.....\$10.53

Richard Butler
AFLAC Refund.....\$281.06

Referees
Soccer Ref Pay-rec.....\$300.00

The Rustic Thread
BB/SB T-shirts-rec.....\$2,000.00

Trading Post
Supplies-pw.....\$54.96

Three Oaks Greenhouse
Trees.....\$4,200.00

Unity Point Clinic
DATA-pw.....\$42.00

USA Blue Book
Supplies-pw.....\$133.54

Vesco, Inc.
Supplies-pw.....\$8,142.49

Viking Laser Car Wash
New Business Dev.....\$25,000.00

WCTA, Phone/Internet.....\$667.04

Worth Co. Sheriff
Police Services.....\$33,069.00

Worth Lumber Co.
Supplies-pw.....\$1,122.49

Library:
Alliant Energy, Utilities..\$331.49

Visa
Materials, Supplies.....\$271.70

Ace Professional Services
Services.....\$60.00

Baker & Taylor
Materials.....\$1,357.85

CenterPoint, Materials...\$212.31

Marco, Services.....\$74.98

Summary of April 2025
receipts by fund type: General - \$363,295.83; Special Revenue-\$108,467.17; Debt Service - \$81,966.86; Capital Projects-\$526.21; Enterprise-\$92,132.09; Trust & Agency - \$500.00.

Summary of April 2025 disbursements by fund type: General - \$117,138.31; Special Revenue-\$67,751.40; Debt Service-\$0; Capital Projects-\$0; Enterprise-\$50,751.35; Trust & Agency - \$0.

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

Motion to approve Resolution No. 2505-10 Authorizing Transfer into a Certificate of Deposit for Water Tower Paint. Unam.

Motion by Reeder to adjourn. Unam.

Doug Moehle, Mayor
Amber Julseth
City Administrator/Clerk

Supervisors

May 12, 2025
Twentieth Day

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

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

Motion Loberg/Second Stone to approve today's agenda and minutes May 5, 2025. Motion carried.

Motion Stone/Second Loberg to approve drainage claims in the amount of \$37,980.50 per the following schedule. Motion carried.

A1 Excavating & Drainage Inc DD 2 Main, Beaver Dam Repair ..

.....\$750.00

A1 Excavating & Drainage Inc DD 2 Lower Lat H, Beaver Dam Repair ..

.....\$750.00

Bolton & Menk Inc, DD 7 Main, Prof Services.....\$7,250.00

A1 Excavating & DrainageDD, 10 Lower Main, Repairs.....

.....\$7,920.00

Bolton & Menk Inc, DD 14 Lower Main, Prof Services.....

.....\$14,220.00

Bolton & Menk Inc, DD 18 Main, Prof Services.....\$410.50

Bolton & Menk Inc, DD 34/et al, Prof Services.....\$312.00

Bolton & Menk Inc., DD 46 Main, Prof Services.....\$1,027.50

A1 Excavating & Drainage Inc., DD 46 Main, Repairs.....

.....\$750.00

Bolton & Menk Inc., DD 48/ et al, Prof Services.....\$945.00

Goodwin Law Office, DD 72, Prof Services.....\$3,645.50

Grand Total.....\$37,980.50

Motion Stone/Second Loberg to approve work order for DD 72/Lat 1 requested by Mark Lovik. Motion carried.

Motion Loberg/Second Stone to approve claims in the amount of \$304,370.13 per the following schedule. Motion carried.

A1 Excavating & Drainage Inc. Excavating.....750.00

Activated Insights Service-Phd.....197.88

Agvantage Fs Inc Fuel-Eng.....6,117.96

Ahlers & Cooney, P.C. Service-Sup.....234.00

Albert Lea Seed House Inc Supplies-Eng.....1,110.00

Amazon Capital Services Supplies.....758.89

At&T Mobility Service-Shf.....1,767.84

Barrett Agri, Inc. Supplies-Eng.....605.39

Bcn Telecomm, Service-Gsr..188.99

Black Hills Energy Inc Service-Eng.....780.58

Brian M. Kuchay, Md Ems Contract.....100.00

Brightree Home Health & Hospice Llc, Service-Phd.....3,234.96

C J Cooper & Associates Inc Service-Con & Eng.....275.00

Carquest Auto Parts Inc Supplies-Eng.....735.82

Centurylink, Service-Eng..147.44

City Of Carpenter, Rutf-Eng26.91

City Of Fertilte Rutf-Eng.....1,766.66

City Of Grafton Rutf-Eng.....1,006.39

City Of Hanlontown Rutf-Eng.....438.65

City Of Joice, Rutf-Eng...1,207.79

City Of Kensett Rutf-Eng.....1,062.06

Notice

IN THE IOWA DISTRICT COURT FOR WORTH COUNTY JUVENILE DIVISION NOTICE

TO: Jeremy Michael Dale, alleged Father of T.M.D. and D.D.D.:

YOU ARE HEREBY NOTIFIED THAT THERE is an ongoing Child in Need of Assistance case in the Juvenile Court for Worth County, Iowa, case no. JVVJ001018 & JVVJ001020.

You are further notified that adjudication hearing has been set in the Courtroom of the Worth County Courthouse, Northwood, Iowa, on the 23rd day of June, 2025, at 11:30 a.m.

You are further notified that you have the right to be represented at the hearing by counsel and appear in person; in the event you are financially unable to employ counsel, the Court will, upon application, appoint counsel for you.

If you believe you are the father of this child, please contact the Worth County Attorney's Office.

Jeffrey H. Greve

Worth County Attorney

Telephone: 641-324-1291

Email: attorney@worthcounty.org

21-3t

Notice

May 12, 2025 Worth/Mitchell Joint Meeting

The Worth and Mitchell County Boards of Supervisors met pursuant to adjournment with Enos Loberg, Mark Smeby and A.J. Stone, present for Worth County and Todd Frein, James Wherry, Sydney Hartogh, Pam Marzen and Mark Hendrickson, present for Mitchell County. Also present were Rich Brumm, Mitchell/Worth County Engineer; Jacki Backhaus, Worth County Auditor; and Lindsay Uhlenhopp, Mitchell County Deputy Auditor.

Meeting called to order by Smeby at 12:00 P.M.

Motion Wherry/Second Stone to approve the agenda. All Ayes. Motion carried.

Rich Brumm was present to discuss his contract of employment as the shared County Engineer for both Mitchell and Worth Counties.

Motion Hendrickson/Second Marzen to approve the Engineer Contract with the FY26 salary at \$78,329.50/year/County. All Ayes. Motion carried.

Motion Stone/Second Loberg to adjourn the meeting at 12:14 P.M. Motion carried.

Jacki A. Backhaus, Auditor

Mark Smeby, Chairperson

Notice

THE IOWA DISTRICT COURT WORTH COUNTY NOTICE OF APPOINTMENT OF ADMINISTRATOR AND NOTICE TO CREDITORS

Probate No ESPR009465

IN THE MATTER OF THE ESTATE OF DOROTHY MARGARET MENSCH, Deceased.

To All Persons Interested in the Estate of DOROTHY MARGARET MENSCH, Deceased, who died on or about December 26, 2024.

You are hereby notified that on the 8th day of May, 2025, the undersigned was appointed administrator of the estate.

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

Dated this 21st day of May 2025.

Kevin Mensch
Administrator of the Estate
610 South Iowa
Manly, IA 50456

Jeffrey H Greve,

ICIS#: 16967

Attorney for Administrator

736 Central Avenue

PO Box 167

Northwood, IA 50459

Date of second publication

the 28th day of May, 2025.

21-2t

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

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Northwood, Iowa 50459

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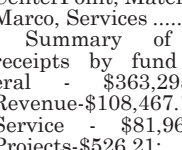
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Viking Kale Bode crosses the finishline in 12th place in the 100 meter dash at Monday night's Panther Relays in Manly.



Viking Ethan Franck runs to a seventh place finish in the 100 meter dash at Monday night's Panther Relays in Manly.



Viking Konner Dowd-Mincks takes a practice throw in the shotput during Monday night's Panther Relays in Manly.

Viking boys track season comes to an end

By Julie Salisbury

The Northwood-Kensett Vikings boys track team traveled to Manly on Monday, May 12, for the Panther Co-ed Relays.

Trent Tiedemann was 10th in the discus with a throw of

98'04" and Max Johnson was 14th with a throw of 92'08". Tiedemann placed second in the shot put with a throw of 42' 10" and Ayden Clark was 14th with a throw of 26' 10". Quinton Butler was ninth in the long jump with a distance

of 14' 8.75" and Ray Thompson was 12th with a distance of 12'6.5".

The sprint medley team of Trent Tiedemann, Evan Lorenzen, Aden Bice and Dagen Peterson placed fifth with a time of 1:47.75.

Hayzin Jacobsen placed sixth in the 3200 meter with a time of 12:56.18 and Ronan Penfold placed eighth with a time of 14:33.83.

Ethan Franck placed seventh in the 100 meter dash with a time of 12.74 and Kale Bode finished 12th with a time of 14.71..

Zach Heiken finished 10th in the 400 meter with a time of 1:01.01.

Bice placed first in the 800 meter with a time of 2:11.91 and Thompson finished 10th with a time of 2:28.68.

Aydan Schutz finished 12th in the 200 meter dash with a time of 26.79 and Carson Tufte finished 13th with a time of 27.67.

Willand placed seventh in the 400 meter hurdles with a

time of 1:13.20.

Heiken placed fourth in the 1600 meter with a time of 5:06.91 and Ronan Penfold was 14th with a time of 7:10.22.

The 4x100 relay team of Peterson, Bice, Franck and Kolton Robinson placed seventh with a time of 49.32.

Robinson placed eighth in the 110 hurdles with a time of 18.10.

The 4x200 relay team of Tufte, Lorenzen, Schutz and Alec Ducommun placed sixth with a time of 1:45.68.

The distance medley team of Tufte, Franck, Ducommun and Willand placed seventh with a time of 4:22.44.

On Thursday, May 15, the Vikings hosted a Class 1A the district (state qualifying) meet.

Johnson finished 15th in the discus with a throw of 109'08" and Tiedemann finished 17th with a throw of 106'. Tiedemann finished 11th in the shotput with a throw of 40'02.50" and Ayden

Clark was 21st with a throw of 29'02.50".

The sprint medley team of Schutz, Franck, Jacobson and Thompson finished ninth with a time of 1:51.95.

Willand finished ninth in the 3200 meter with a time of 11:58.96 and Penfold finished 15th with a time of 14:57.77.

The 4x800 relay team of Tufte, Peterson, Bice and Heiken placed eighth with a time of 9:21.11.

Lorenzen placed third in the 100 meter dash with a time of 12.07 and Franck was 17th with a time of 13.23.

The distance medley team of Schutz, Robinson, Jacobson and Thompson finished ninth with a time of 4:22.03.

Robinson finished 13th in the 400 meter run with a time of 1:05.69 and Tufte finished 14th with a time of 1:06.

The 4x200 relay team of Schutz, Butler, Bode and Feyre Grunhovd finished 12th with a time of 1:54.51.

Robinson finished 10th in

the 110 meter hurdles with a time of 19.60.

Bice placed second in the 800 meter with a time of 2:11.11 and Peterson finished 13th with a time of 2:19.94.

Lorenzen placed fourth in the 200 meter dash with a time of 24.20 and Franck finished 11th with a time of 25.43.

Robinson finished 13th in the 400 meter hurdles with a time of 1:05.69 and Tufte finished 14th with a time of 1:06.00.

Heiken placed seventh in the 1600 meter run with a time of 5:07.36 and Willand finished 13th with a time of 5:32.74.

The 4x100 relay team of Butler, Grunhovd, Bode and Schutz finished 10th with a time of 53.84.

The 4x400 relay team of Ducommun, Peterson, Bice and Tufte placed fifth with a time of 3:44.80.



Viking Kolton Robinson runs for the finishline during the 100 meter hurdles at the Panther Relays in Manly on Monday night.



Viking Alec Ducommun runs his leg of a relay race during the Panther Relays in Manly on Monday night.

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Vikings junior Kenedie Berry tees off during Monday's Top of Iowa Conference tournament in Manly.



Vikings Sophie Rye putts during tournament action on Monday in Manly.



Vikings Kenedie Berry, Sophie Rye and Hallie Hanson finished their golf season at Regionals on Friday, but are looking forward to next year.

Viking boys advance

By Julie Salisbury

The Northwood-Kensett golf teams competed in the Top of Iowa Conference meet on Monday, May 12, with the girls golfing in Manly and the boys traveling to Nashua.

The Viking girls took three golfers to the meet so

they didn't compete for a team score. Sophie Rye finished 36th with an 18-hole score of 128, Kenedie Berry was 39th with a 132 and Hallie Hanson was 41st with a 145.

On Friday, May 16, the Viking girls traveled to St. Ansgar for a Class 1A Re-

gional and Rye tied for 24th with a 121, Hanson tied for 27th with a 125 and Berry tied for 30th with a 127.

On Monday in Nashua, the boys finished in fourth place with a team score of 348.

Viking Caden Helgesen won a two-hole playoff

to take medalist honors with an 18-hole score of 72 and he also received TIC All-Conference honors. Bowan Behne finished 21st with a 90, Breyden Hoepner tied for 28th with a 92, Carter Anderson tied for 33rd with a 94, Brady Christiansen was 44th with

a 100 and Hunter Janssen was 45th with a 101.

On Wednesday, May 14, the Vikings traveled to St. Ansgar for a Class 1A Sectional and placed second as a team with a score of 352.

Helgeson finished in third place with an 83. Behne tied for eighth with

an 87, Hoepner and Christiansen tied for 16th with a 91, Anderson tied for 19th with a 94 and Janssen tied for 28th with a 99.

The boys were scheduled to golf at Highland Golf Course in Mason City on Monday, May 19. See next week's edition for results.



Annamarie Block runs in the sprint medley in Manly.



Madison Espinosa jumps at the Central Springs meet last week.



Lexi McHenry lands in the long jump in Manly.

N-K Track brings personal records, state qualifier

By Troy Einertson

N-K Track Coach

As I said in last week's article, boy has this season flown by! With district week upon us, I decided to see if we could get one extra tune up meet before our district meet on Thursday. Central Springs always has a meet on the Monday before Districts, and Mr. Hunt made a couple calls and they let the girls run!

It was a great meet. Weather was nice and the girls did a great job running, throwing and jumping. Kam, Logan, Taryn and Ava had all gotten a chance to throw in a couple weeks because of the lack of JV events at our meets. They didn't let that hinder their performances because we came out of the throws with a bunch of PRs.

Kam went 92 feet in the discus, which was almost 15

feet better than her previous PR. This throw was also good for third place and her first high school track medal! Not to be outdone Taryn went 72 feet in the JV throw, which was also a PR for her. In the shot, Logan cranked her last throw out to 30'6" good for third, while Ava went 24 and Taryn went 26'10". Both of those throws were PRs for both of them. It was just an amazing night to watch all of

them crank it out there!

In the running events we only brought Lexi, Ariaah, Ash, Maddison and Annamarie. True, Mia, Panga and Macy were taking the night off and working on some hurdle stuff with coach E back in Northwood.

The five tracksters that came, all ran tremendously, and I was very proud of all of them. Annamarie ran her first 400 of the year in the sprint med. Annamarie anchored the relay to a sixth place time and ran a great time of 1:07. Lexi picked up a third place in the 100 and a fifth in the long jump, while Madison, who hadn't jumped in over two weeks, jumped her PR in the long jump! Ariaah ran a great 100 hurdles race and Ashlyn turned in one of her fastest times of the year in the 200.

Even though we only went to the meet with 12 girls, all of them did a great job and represented themselves and their school tremendously!

On Thursday we were fortunate to host our district meet. The winds were howl-

ing with gusts measuring up to 35 miles per hour coming straight in from the south for the early part of the meet. Winds didn't die down much as the meet went on, but they did shift a little coming from the southwest. This gave us a little reprisal, but to say the conditions were tough would be an understatement.

Kam and Logan started our night out in the shot and discus. Logan made the finals of the shot, in sixth throwing a PR of 31'9.5. This throw was over a foot farther than her previous PR, and was also the first time in my six years here anyone has placed in the shot! In the discus, Kam continued her strong showing with a throw of 88'4", while Logan set another PR with a throw of 88".

In the long jump, Lexi McHenry also had another first for me as a coach. She placed eighth with a jump of 13'11". It was the first time I have had a jumper place at the district meet as well. Macy Thorson continued her amazing year in the 100 hurdles with a first place finish

and she punched her ticket to the state track meet with this win! She also qualified in the 200 with a second place finish in the 200.

Macy also ran on the 4th place shuttle hurdle team, with True, Mia and Panga, and finished second in the 100. Our sprint med and 4x100 team also picked up points for us. In the sprint med, True, Lexi, Annamarie and Panga ran to a seventh place finish while True, Ash, Lexi and Annamarie finished eighth in the 4x100. It was just another great night of competition for our Lady Vikes!

This will be Macy's third State trip as a participant. She was an alternate as a freshman. Macy comes in with the fifth fastest time in the 100 hurdles and is seeded ninth in the 200. The 200 is slated to be run on Thursday at 4:20 p.m. The hurdles are at 4 p.m. on Friday. If she makes the finals she will run the hurdles and 200 on Saturday. The hurdles are scheduled for 1:05, while the 200 will be run at 1:55.

N-K Trap

By Dean Mueller

N-K Trap Coach

The Viking trap team attended the Cardinal Classic at the Ventura Gun Club on Monday, May 12. Teams attending were GarnerHayfield/Ventura, Osage, Charles City, Lake Mills, Emmetsburg and Mason City.

The Vikings won the shoot by winning a team shoot off with a score of 238. Second was Charles City with 238 and third was Mason City with 235.

The five high scores for N-K were Iver Girouard 49, Trinity Vandiver 48, Dominick Authier 48, Collin Houg 47 and Aiden Moretz 46. There were scores of 49 for male champion and Iver Girouard lost the shoot off and did not place. Trinity Vander was the female champion with her score of 48.

Wednesday found the Vikings traveling to Austin for a triangular with Southland and Lyle.

The Vikings won the event with a score of 227, second was Southland with 219 and third was Lyle with 209.

Top five score for N-K were Ivy Toresdahl 48, Collin Houg 48, Aiden Moretz 47, Trinity Vandiver 43 and Dominick Authier 41. Ivy Toresdahl was the Lady's champion with her score of 48. Collin Houg was the men's champion with his 48. For fun we shot Annie Oakly's with the Minnesota kids and N-K won all three that were played.

Thursday, N-K traveled to Osage for a shoot. The high winds that day made shooting very difficult for everyone. Schools participating were Osage, St. Ansgar, Riceville, GHV, North Iowa and Charles City.

St Ansgar won the shoot with a score of 212, second was GHV with 207 and third was Charles City with 204. None of the Vikings finished in the top three.

Saturday found the Vikings shooting at the Mitchell Co. Trap Range again in the first Top of Iowa Conference championship. There was also a regional shoot at the same time. In the Top of Iowa Conference first place went to St. Ansgar with a score of 414, second was Osage with 403, third was GHV with 399 and fourth was N-K with 386.

Female champion was Desi Igou (O) with 89, second

was Andie Baker (StA) 85, third was Ivy Toresdahl 81 and fourth was Jenna Byer (O) 78. Men's champion was Austin Kukhan (O) with 88, second was Jack Braun (StA) with 86, third was Collin Houg with 85 and fourth was Charlie Lawson (LM) with 84.

In the regional shoot Mason City won the event with a score of 424, second was St. Ansgar with 414, third was Riceville with 406 and fourth was Southland with 404. Top female shooters were the same as the conference: Desi Igou (O) with 89, second was Andie Baker (StA) 85, third was Ivy Toresdahl 81 and fourth was Jenna Byer (O) 78. Men's champion was Colton Canterbury (S) 88, Austin Kukhan (O) 88, third was Kason Willer (MC) with 87 and fourth was Drake Schlader (MC) with 86.



The N-K squad the placed fourth for the Top of Iowa Conference included (from left) Collin Houg, Ivy Toresdahl, Taylan Enlow, Loghan Nelson and Trinity Vandiver (not pictured). Houg was third place conference individual male. Toresdahl placed fourth place overall female and third place conference female.

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