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The Northwood Anchor

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Students, businesses benefit from Work Experience Program

Businesses and community supporters were recently recognized for their part in providing an on the job learning experience for students at Northwood-Kensett.

The Work Experience Program provides real-life experiences for students who may not otherwise have the opportunity to take part in on-the-job training and learning.

Workplaces that hosted N-K students as employees in the program were invited to a breakfast on April 14 as a recognition of their support for the program and the students that benefit from the experience. Students and teachers helped prepare and serve the meal, and the students thanked them as they handed out certificates of appreciation.

"The Work Experience Program connects classroom learning to real-world application by placing students in authentic workplace settings where they build essential skills such as communication, responsibility, teamwork and problem-solving," said Tiffany Kesler, Work Experience Coordinator working with students in the N-K, Central Springs, Lake Mills, St. Ansgar and Rudd-Rockford-Marble Rock districts.

"Students gain confidence, independence and clearer career direction while often increasing their engagement in school and readiness for post-secondary opportunities or employment. At the same time, local businesses get a chance to build their future workforce by working directly with students, seeing their skills firsthand and helping shape them along the way, while employees naturally step into mentorship roles and strengthen their own leadership skills.

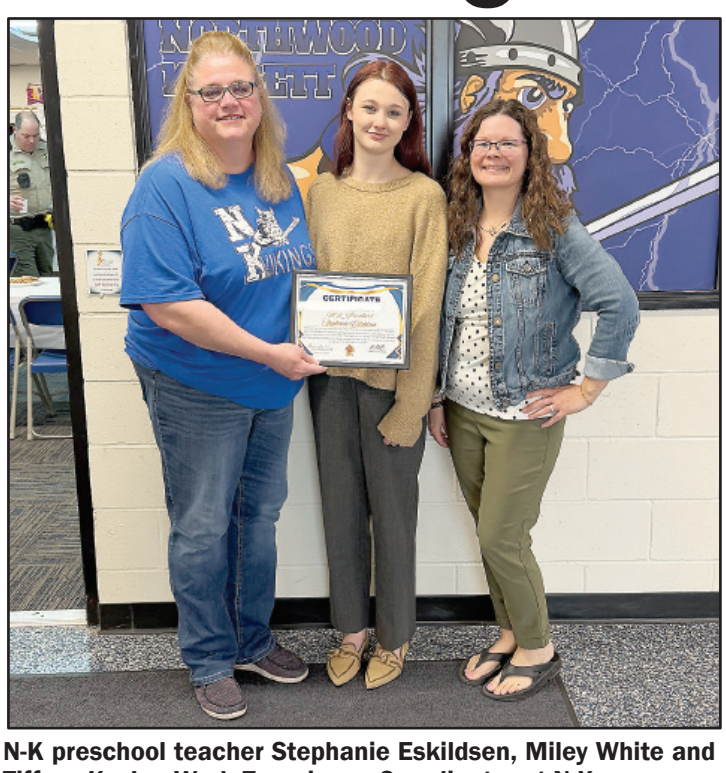
"Overall, the program creates a strong partnership between education and the workforce, delivering measurable outcomes by preparing students for the workforce and supporting the needs of the local community."

The on the job experience helps students by giving them a chance to learn to take part in tasks like following directions from supervisors, completing assigned daily tasks, working independently and as part of a team, practicing workplace safety and proper procedures and staying organized and managing time.

At the Worth County Sheriff's Office, Jace Delle followed a daily task checklist that included vacuuming, sweeping, sanitizing surfaces, wiping windows and taking care of garbage.

"Jace always came in with a smile and a positive attitude and was pleasant to be around," sheriff Jesse Luther said of his student staff member.

Program, see Page 2



N-K preschool teacher Stephanie Eskildsen, Miley White and Tiffany Kesler, Work Experience Coordinator at N-K



Sheriff Jesse Luther, Jace Delle, Deputy Katrina Neve and Tiffany Kesler

Drivers asked to help keep streets safe for pedestrians

With the school year winding down, and warmer weather arriving, the Worth County Sheriff's Office and City of Northwood are working to make it safer for people to cross city streets, with the return of the pedestrian crossing signs placed on Central Avenue and Eighth Street North.

The signs are a reminder that all drivers must stop to let pedestrians cross roadways in designated crosswalks. Drivers need to be aware all along the roads that young people may be crossing unexpectedly, and drive cautiously.

Drivers are also reminded that one of the biggest dangers for those walking on city streets is distracted driving.

Cell phones are the biggest, but not the only cause of distracted driving accidents, and fines have been in place and enforced since the start of this year.

Those found to be driving with a cell phone in hand face $170 fines. Much steeper fines, jail time and other consequences face those that cause accidents or injure people while distracted.

Speeds on Central Avenue, Eighth Street

Drivers, see Page 2

Council hears traffic concerns from N-K student leaders

Students at Northwood-Kensett came to the Northwood city council at their regular meeting on April 13, asking for help making students safer as they cross a city street.

Attending the meeting were members of the N-K National Honor Society and student council, including Merrin Hanson, Henry Hanson, True Hackenmiller, Ivy Urbatsch, Kenly Solberg, Camryn Rheingans, Sophie Rye, Lexi McHenry, Ashlyn Skellenger, Mia Fierova, Maya Johnson and Maci Smith.

The students asked the City to consider adding crosswalks, stop signs or mobile stop signs at places where students walk from the middle/high school campus.

This would include middle and high school stu-

Council, see Page 2

Briefs

Moms and Mimosas May 10

Waking Miss Winifred will host a Mother's Day brunch, Mom and Mimosas, on Sunday, May 10, from 9 a.m. to 1 p.m. at the Northwood Country Club.

The brunch includes frittatas, muffins, fruit and a mimosa, for $20 per person, with kids 12 and under $10.

Those that would like tickets may scan the QR code in the ad in this week's Northwood Anchor or call 641-390-0003.



The Week's WEATHER

From National Weather Service information

Date	Hi	Lo	Prec.
Mon. April 20	50	26	
Tues. April 21	63	26	
Wed. April 22	84	26	
Thurs. April 23	83	47	
Fri. April 24	74	42	0.65
Sat. April 25	62	41	
Sun. April 26	69	41	0.01

Mental Health Awareness kicks off in Northwood Friday

A day of events will be held in Central Park in Northwood this Friday, May 1, to kick off May's Mental Health Awareness Month.

That begins with a morning story hour from 9:30-11 a.m. with the Northwood Public Library and Worth County Park and Play imagination playground.

There will be a story, snacks and a craft.

The imagination playground will be available, along with green chalk to write and draw messages of mental health awareness.

An afternoon community event for all ages will

Mental, see Page 2

EMS budgets show property tax increase to cover services, or operate at a loss

Budgets published in recent newspapers show how much it may cost to provide ambulance coverage in the county in the next fiscal year.

In September 2024, voters in two areas of the county officially approved levies to pay for ambulance coverage.

The votes came after the rural areas and towns in Worth County were left with decisions about which agencies would provide for their EMS, or ambulance needs.

In the western portion of the county, including Bristol, Fertile, Silver Lake and the western portion of Danville, along with the cities of Fertile, Hanlontown and Joice, the Winnebago County Ambulance Service was selected.

In the southeastern part of the county, including Lincoln, Union and a portion of Danville townships, as well as the towns of Grafton and Manly, the Mason City Fire Department was chosen.

The rest of the county is covered by the Northwood Fire & EMS service, which does not ask for additional funds from the rural areas or cities where it provides

EMS, see Page 2

Student project has readers swapping books at Northwood-Kensett Elementary

Last week, students at Northwood-Kensett Elementary had the opportunity to go home with a few good books, after swapping them with other students, a project inspired by three third graders.

The Book Swap began in Tiffany Gordon's third grade classroom.

"My third grade students have the option to do a Passion Project once they have completed their required work. Students work at all different paces, so this allows those fast finishers to continue to grow. Passion Projects allow them to research about a topic that interests them (a sport, a historic person, etc.). The students then get to create a project to display their information (i.e., poster, iMovie, play, song)."

Three students, Boden Braun, Collyns Schulz, and Harper Ziebell, wanted to use their Passion Project to create an event that would help students benefit others.

"After much consideration, they settled on doing a Book Swap because it would benefit our students and give them new books going into the summer."

As a part of the Book Swap, elementary students were encouraged to bring up to five used books, their own or from a friend or family member, and take them to bins in each classroom.

Braun, Schulz and Ziebell created posters, delivered supplies and helped organize the Book Swap last week.

The trio collected books from the classrooms and they worked with their classmates to organize and display them for the event on Friday, which was Book Swap Day.

Hundreds of donated books were placed on tables around the school's shared

Books, see Page 2



Boden Braun, Harper Ziebell and Collyns Schulz were inspired to help organize last week's Book Swap at N-K Elementary.

Council
Cont. from Page 1

dents that live nearby, as well as elementary students that travel to the secondary building before walking home.

The students shared their concerns that there are no stop signs or designated safe crossings on Seventh Street North for the length of the blocks that make up the secondary campus. That means that any vehicles traveling north on the street last stop at Fifth Avenue North.

Sidewalks on the school property stop at the south side of the student parking lot or on the north side of the school property. At each location, there is no connecting sidewalk and no stop sign or cross walk to the other side of the street.

The students shared their concerns for those students that need to cross the street but have no designated safe spot to do so.

The students suggested locations where crosswalks or stop signs could be added, or where a mobile stop sign could be placed before and after the school day.

That included the exit of the student parking lot sidewalk on the south and the main school exit.

Neither exit would connect to a sidewalk directly. The main exit would have students walk to the south to the apartment sidewalks.

The south exit would also go to the apartment sidewalk. However there is no sidewalk for half a block at that location.

The students asked that City officials consider the stop signs, cross walks and potential sidewalk extensions for the safety of students.

Council member Dan Reeder said that permanent stop signs could create congestion during school events and activities.

Reeder also noted that if a mobile stop sign is used, the school may need to be responsible for putting the sign in place at the start and end of the school day.

Council member Teresa George-Zenz also noted that an extension of sidewalks across the street would mean that the property owner would have to be on board for clearing snow and maintaining the sidewalk.

Council member Steve Peterson noted that the City would need to consider that the traffic on the street is primarily by younger drivers.

Sheriff's deputy Katrina Neve said students wouldn't walk back towards the south end of the parking lot and back towards the high school building, so a stop or crossing at the main entrance would be most effective.

Neve also noted that as students transition to the building in the sixth grade, she has been giving talks about how to cross streets safely.

The council agreed to consider the students' suggestions.

The students were thanked for bringing their concerns to the City, and for seeing their local government in action.



Books
Cont. from Page 1

science classroom. That included everything from picture books and story books for younger students, to graphic novels and chapter books for older students to choose.

Each class was then invited for a set time and each student could pick out as many books as they donated. Extra classroom books were also included to give some of the students that couldn't donate a book a chance to take one home.

Students were not limited to donating five books, just to five to take home with them. Any extras not swapped would be placed in elementary classrooms.

For the Book Swap's student organizers, Braun, Schulz and Ziebell, it was clear that they were happy and proud that their Passion Project would provide other students with some good books, and put those books to good use.

Gordon said that it was definitely a success, and one that they are considering repeating next spring. She said that now that all the students have seen the results, she expects there to be a lot more books to choose from next time.



Northwood-Kensett Athletic Hall of Fame announces 2026 inductees

The Northwood-Kensett Athletic Hall of Fame Committee has announced the Class of 2026 Inductees.

Inductions will take place during halftime of the Northwood-Kensett Vikings' home football season opener against Harris Lake Park on Friday, September 4.

The 2026 Northwood-Kensett Hall of Fame Class includes:

1. Coach Dave Capitani (1983–2025)
2. Hattie Davidson (Class of 2016)
3. Lee Nelson (Class of 2004)
4. Eric Parker (Class of 2005)

Prior to the game, inductees and their families will be honored at a private dinner and program at Northwood-Kensett High School from 5-6 p.m. The public is invited to greet the inductees between 6-6:45 p.m. in the high school cafeteria before kickoff at 7 p.m.

At halftime, each honoree will be formally recognized and presented with a commemorative N-K Hall of Fame plaque.

The Hall of Fame Committee encourages all members of the Northwood-Kensett communities and N-K alumni to attend this celebration and share the news with classmates and alumni networks.

Following the game, alumni and community members are welcome to join a gathering at Worth Brewing Company, located at 835 Central Avenue, Northwood.

Anyone with questions may contact Chuck Alexander, chairperson of the Northwood-Kensett Athletic Hall of Fame Committee, at 952-221-8315 or alexandr82@charter.net.

See more on the inductees in coming issues of the Northwood Anchor.

Program
Cont. from Page 1

At places like R80 in Northwood and Kensett student duties included greeting and assisting customers, communicating with staff and clients, answering questions or directing people and demonstrating professionalism and positive attitude.

At the Lutheran Retirement Home, they have visited and talked with residents; assisted with activities, cleaning, meals and laundry; helped residents get to and from activities or dining areas; helped staff with non-medical tasks; and provided companionship and built relationships.

At Fallgatter's Marketplace, tasks included stocking, rotating and organizing items on shelves, bagging groceries, assisting with carry outs, cleaning carts and check out areas, checking expiration dates and otherwise helping keep the store need and organized.

At the Share Shoppe, tasks included dusting, vacuuming, sorting and organizing donated items, hanging and tagging clothing, restocking empty areas and maintaining displays.

At Northwood Chiropractor student tasks included cleaning and sanitizing gym equipment, wiping down tables and equipment, vacuuming, sweeping and dusting.

Other work experiences happened around the school.

That included helping in the cafeteria by cleaning tables and kitchen area. It also included helping the custodial staff around the school.

Stephanie Eskildsen, preschool teacher at N-K, welcomed Miley White into the classroom for her job experience. She worked with the younger students on letter recognition, counting and reading, as well as other learning activities, helping support and expand their learning.

"Miley is a reliable, kind, friendly individual who did a great job in the preschool setting," Eskildsen said. "The teachers and students were glad to see her each morning, with a smile on her face."

In the process of their work experience, the students develop skills like communicating respectfully with residents, customers, coworkers and employers; following privacy expectations; practicing patience and empathy; following health and safety procedures; building accountability; improving communication skills; and developing confidence in their abilities.

EMS
Cont. from Page 1

service, with no property tax levies asked.

The September 2024 vote set property tax levies to pay for those ambulance services, with a maximum of $1. The levies went into effect for the fiscal year that began in July 2025 and will end this June.

The EMS districts recently published budgets that showed what the EMS levies will be for the next fiscal year.

The initial levies, currently in place, were set at 45 cents per $1,000 of taxable valuation in the western EMS area.

According to budgets published in the Manly Signal and Northwood Anchor, the levy for the western EMS area will drop to 40 cents in the fiscal year that begins on July 1.

In the rural areas of the western EMS district that will raise $29,323. In the city of Fertile, that will raise $3,732. In the city of Hanlontown, that will raise $3,263. In the city of Joice, that will raise $3,674. That is a total of $39,992.

The budgets showed that as of July 1, the southeastern area would have a balance of $8,595.

The budgets showed that total expenditures for the ambulance service in the next fiscal year will be $53,366, up $3,846 or 7.77% from the current fiscal year's expenditures of $49,520.

The remaining balance on July 1 and proposed property taxes would total $48,587, compared to the proposed expenditures of $53,366 in the next fiscal year that ends on June 30, 2027. That would bring an overall loss of $4,779 across the western EMS area, according to the combined budget numbers.

The initial levies for the southeastern area were set at 85 cents per $1,000.

According to budgets published in the Manly Signal and Northwood Anchor, the levy for the southeastern EMS area will remain at 85 cents in the fiscal year that begins on July 1.

In the rural areas of the district that will raise $42,776. In the city of Manly, that will raise $32,004. In the city of Grafton, that will raise $6,324. That is a total of $81,104.

The budgets showed that as of July 1, the southeastern area would have a balance of $42,222.

The budgets showed that total expenditures for the ambulance service in the next fiscal year will be $123,325, up $9,169 or 8.03% from the current fiscal year's expenditures of $114,156.

The remaining balance on July 1 and proposed property taxes would equal the proposed expenditures in the next fiscal year that ends on June 30, 2027.

Mental
Cont. from Page 1

be held from 3-5 p.m.

That will include the imagination playground.

Green chalk will also be available throughout the afternoon for those that want to write messages and draw pictures to support mental health awareness. Those taking part are also encouraged bring fun activities or handouts to share.

Drivers
Cont. from Page 1

and throughout Northwood are 25 mph.

"We have an initiative as we prepare for school to end on May 22. Spread the word and make safe choices. Yes the students on scooters have been talked to as well. They have been riding much safer already this year," said Worth County Sheriff's deputy Katrina Neve.

In the weeks before the end of the school year, elementary students will also take part in activities to teach or remind them how to safely ride bikes on city streets, including stopping at signs and how to use hand signals to indicate when they will stop and turn at intersections.

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Where the mini-park stands

These pictures show the fire at the Wright Building, formerly located on the northeast corner of Central Avenue and Eighth Street in downtown Northwood. The building, owned by Donald Wright, was destroyed by a fire on February 12, 1969, despite efforts of numerous area fire departments. It had been the location of the Title Abstract co., Viking Template Co., and practice space for the Blues Condition rock music combo. The remains of the building were eventually removed and the property became the mini park that now sits at the corner.

DOT encourages rail safety awareness during ramp up for planting season

From the Iowa DOT:

Spring is here, soil temperatures are warming up, and farmers across Iowa are preparing to plant their crops for another growing season. That means rural railroad crossings will be busy with traffic from planting and field maintenance equipment.

The Iowa Department of Transportation is encouraging agribusinesses to practice good rail safety at Iowa's public and private at-grade rail crossings where trains have the right of way. As spring planting approaches, ag rail safety is a high priority for the Iowa DOT, which advocates for both a safe and secure rail infrastructure, along with ensuring Iowa's economic stability and growth through efficient agricultural operations.

With the majority of at-grade rail crossings in rural areas, the primary focus of the spring planting season is the safe transport of equipment through a network of crossings where ag equipment and trains have the potential to collide.

Safety at Iowa's at-grade crossings

Agribusinesses using crop planting and maintenance equipment are often traveling though active (signs/lights/gates/bells) and passive (crossbuck signs only) at-grade crossings as they seed fields. These crossings are where the risk of crashes is greater due to misjudging the time it takes for their vehicles to cross tracks against an approaching freight or passenger train's speed, or not seeing or hearing an oncoming locomotive.

Iowa currently has 4,111 public at-grade railroad crossings and 2,448 private at-grade crossings. Within the public crossings, 2,235 are passive (crossbuck signs only) and 1,886 of those are active (1,245 with flashing lights gates and 641 with flashing lights only). More than half of the public crossings intersect with public roadways at passive crossings, where most collisions occur.

Miscalculations and unsafe decisions at passive crossings and trespassing on tracks often lead to dangerous and fatal consequences. For example, if equipment or vehicles get stalled on tracks, it takes the average freight train traveling 55 mph more than a mile – the length of 18 football fields – to stop. Every year, 2,100 North Americans are killed or seriously injured when they engage in unsafe behavior around tracks and trains. In the U.S. alone, a person or vehicle is hit by a train every three hours.

Spring is a peak time for moving crop planting and maintenance equipment between fields. That's when chances increase for encounters with trains that often occur during the low-visibility hours of sunrise or sunset. The DOT encourages agribusinesses to use these four key tips to stay safe on or around tracks:

Stop, Look, Listen - Stop at least 15 feet from the nearest rail, turn off audio sources, and open a door/window to look and listen for trains.

Don't Shift Gears - Once you begin crossing, avoid changing gears to reduce the risk of stalling.

Check Clearance - Ensure there is enough space for your equipment to completely clear the tracks before starting to cross.

Use ENS - If equipment gets stuck on the tracks, immediately abandon the vehicle and call the emergency phone number posted on the blue sign (Emergency Notification System) at the crossing.

Prepare for Federal Aviation Administration part 107 Certification with May Drone Workshop

Iowa State University's Digital Ag Innovation team, in partnership with Terraplex Ag, will host a two-day Drone Workshop designed to prepare participants for the Federal Aviation Administration Part 107 Remote Pilot Certification exam. The workshop will take place on May 27–28 from 9 a.m. to 3 p.m. each day, at the Alliant Energy Agriculture Innovation Lab, located at 3800 University Blvd., Ames.

The workshop is geared toward agricultural professionals, drone operators and others interested in using unmanned aerial systems commercially. Participants will receive in-depth instruction on FAA regulations and operations, including Part 107 rules and limitations, airspace classifications and requirements and key concepts needed to successfully pass the Part 107 exam.



The course will include hands-on review sessions, group discussions, FAA-style practice tests and time for a Question & Answer session. Study materials, including practice exams, are included with registration, and lunch will be provided both days. In-class instruction will also guide participants through the process of registering for the FAA Part 107 exam at an FAA-designated testing center. The FAA exam fee is not included in the workshop registration cost.

The workshop will be led by Sam Welton, director of compliance at Terraplex Ag. Welton brings six years of military experience flying the U.S. Army's RQ-7B Shadow unmanned aircraft system, five years of operating agricultural spray drones and extensive experience assisting operators with FAA certifications and licensing.

Registration is required. Early registration is $449 by May 1, increasing to $500 after. Registration closes on May 22. Enrollment is limited to a minimum of 10 and a maximum of 30 participants.

To register, visit FAA Part 107 Test Prep Course, Terraplex Ag.

More information is available by contacting Doug Houser, digital agriculture extension specialist at Iowa State, at dhouser@iastate.edu.

It Pays to Shop Locally!!!

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Think about all the school fundraising and benefit events during the year. Local businesses throughout our area contribute many thousands of dollars in money, services and merchandise to help make them successful.

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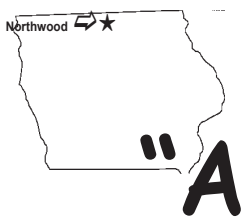
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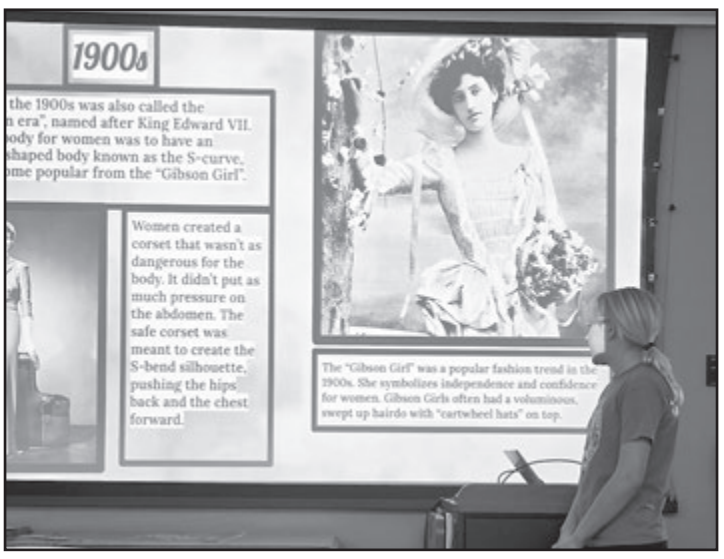


A courageous assembly

At the end of each month, Northwood-Kensett Elementary holds an assembly to recognize the monthly character trait, a part of the Character Strong program. For April, that was "Courage." Counselor Kelly Bowman introduced young writers (bottom left picture) Harlow Magritz, author of "April's Courage"; Raven Flatness, "Waffle & Strawberry"; and Eamon Medlang, "S-Boy." The assembly also included a recognition of Students of the Month who had shown courage at school. That included Adaja Rickertson, Jaxton Shoars, Scarlett Oleson, Sadie Johnson, Josephine Campbell, Colton Rickertsen, Ryker Nagle, Sawyer Doty, Kaydance Perry, Jack Davidson, Myla Huse, Siahna Bewley, Marjorie Alvarez-Martinez, Harlow Magritz and Harper Baker. With the assistance of fifth grade ambassadors Victoria Madden, Shaun Gutierrez, Natalie Patterson and Reese Nielsen, the students played a game of balancing objects on a spoon across the finish line.



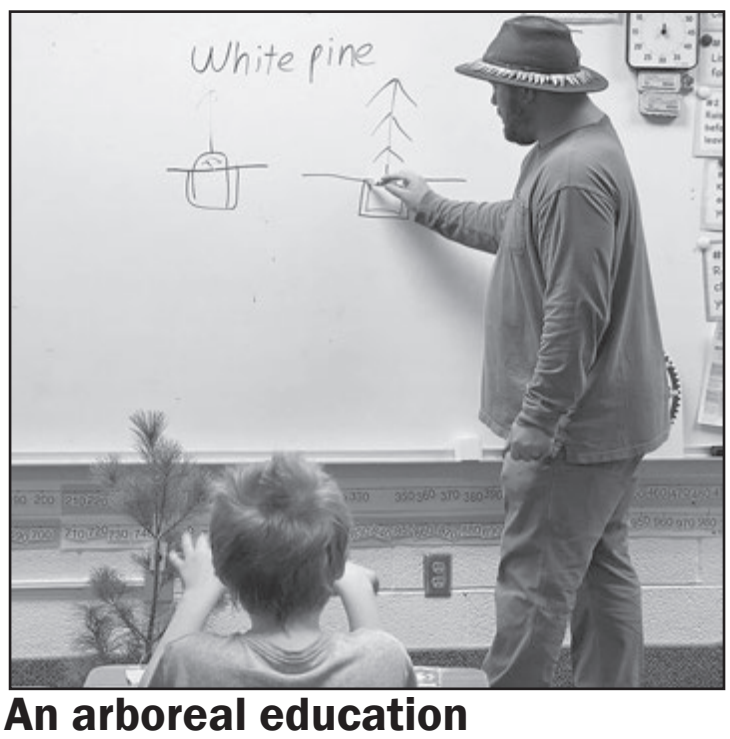


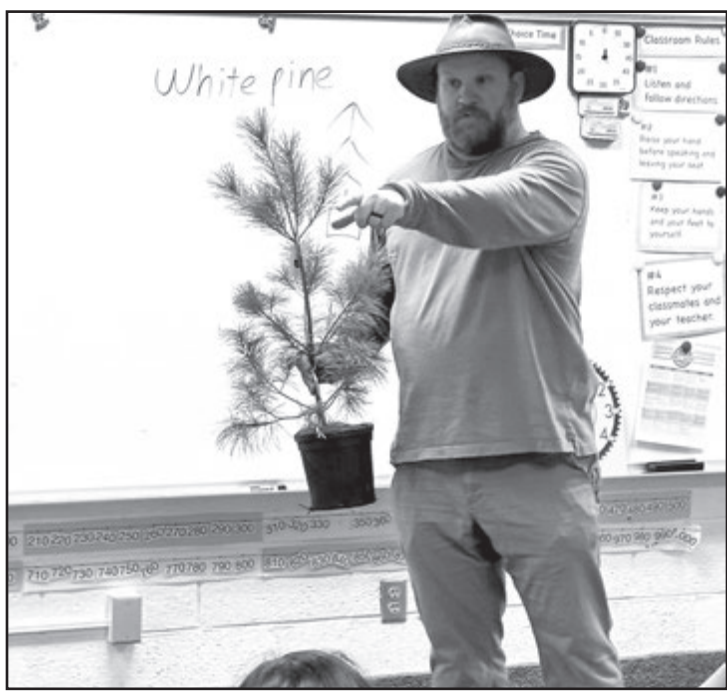




Educational presentations

At the end of March, Worth County 4-H held judging for the Educational Presentations. The 4-H'ers researched their topics before organizing slide shows and displays to help teach others what they had learned.





An arboreal education

Erik Butler with the Worth County Soil and Water District recently paid a visit to Northwood-Kensett second graders. Butler taught the students about the stages of tree growth. He also brought the students their own trees to bring home to see those stages develop at home.

Graduation Open House Announcements

~ Deadline Friday, May 1
Published **Wednesday**, **May 6**

~ Deadline Friday, May 8
Published **Wednesday, May 13**

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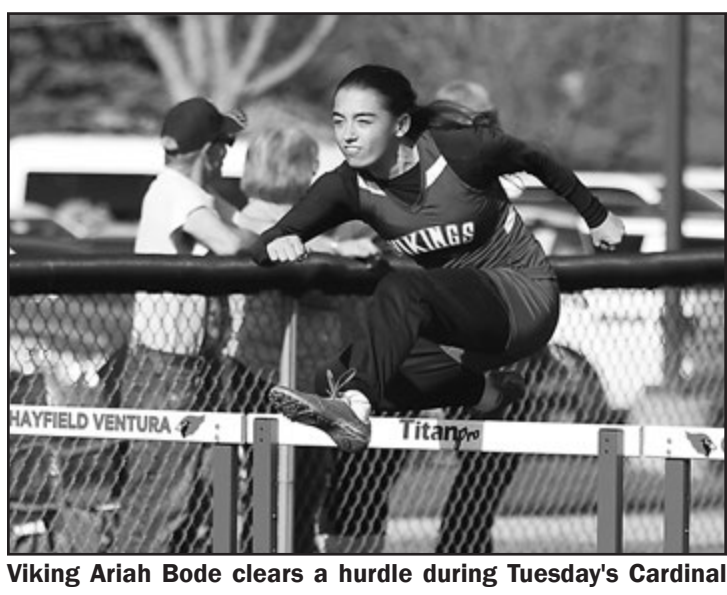
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Viking Annamarie Block looks ahead during her leg of a relay race at Tuesday's Cardinal Relays in Garner.



Viking Chloe Woods runs her leg of a relay during Tuesday's track meet in Garner.



Viking Ariah Bode clears a hurdle during Tuesday's Cardinal Relays in Garner.

Weather cooperates for Viking girls to hit the track twice

By Troy Einertson
N-K girls track coach

The weather finally cooperated for us this past week, and we were able to get both of our meets in. I am not a huge fan of two meets in a week, but because of all the crazy weather we have been having, and all of the meets we have had cancelled it was good to see the girls compete in events they normally wouldn't be running in.

We started our week in Garner on Tuesday, and the girls really came to showcase their talents in a very competitive meet.

Ivy and Merrin got things started for us with a big win and fifth place finish in the 3000. Ivy led from the start and posted a very solid 11:30 while Merrin worked alongside a runner from North Butler for the majority of the race and finished with a PR time of 13:20. Ivy and Merrin came back later in the meet to finish second and sixth respectfully in the 1500. This was another tremendous race for both of them.

Hixton continued to jump extremely well in the long jump finishing second with a jump of 14 '2", while Lexi jumped 13' 2" good for sixth.

Also picking up points in the field events were True with a jump of 4'2", which was good for sixth in the high jump, Taryn Jackson threw 29.9 in the shot and 90.4 in the disc, which were both good for fourth place, and Harley went 81.4 in the disc for a sixth place finish.

One thing that is different this year from years past is the amount of points we are pulling from our field events. Our jumpers and throwers are doing a great job so far this year!

In our running events True continued to improve in the 100 hurdles clocking a PR time of 17.41, which was good for second place while Mia also ran a PR of 18.1 to finish fifth. Mia and True were also a part of our shuttle hurdle team that included Ariah and Maddie that finished second with another PR time of 1:13.8. These four hurdlers continue to improve every day, and their times continue to drop. It is going to be a fun last three weeks watching them!

Finally our 4x400 team continues to improve every meet. The one thing I have not been able to do since my first year here is to put together a competitive 4x400 team. That has changed this year as we continue to improve every race, and for the first time in a long time we broke 5:00 in the 4x400. The team of Anna, Ariah, Ashlyn and Sophie ran a 4:57 and finished fifth. Now 4:57 may not be the best time, but it is a huge accomplishment and a testament to how hard these girls have worked. Running 400s is not all that fun, and these girls have never complained and continue to go out there and do their best every meet, and that is what it is all about!

We then traveled to Nashua on Thursday, and I thought this meet was going to be cancelled for sure. Radar showed huge storms in Nashua around 5, so Nashua moved the meet up 30 minutes hoping that they could get in as much as they could. Lo and behold, the only rain we had was right at the beginning, and we were very fortunate to have a huge cell break up before it got to us. We got the whole meet in, and we got to see a lot of good things from our girls.

There were a ton of highlights, but one of the biggest highlights was having Maggie Rye run a 1:07 in the 4x400. Maggie has been dealing with a bad hip since the XC season, and it was great to see her get after it and run such an amazing time for us!

Merrin also had another great day for us. She ran the 1500 in a PR of 5:55, which was about 10 seconds faster than she has ever ran and also helped our 4x800 team to their PR of the season.

Joining Merrin in the 4x800 were Marrie, Sophie and Anna. Sophie ran her first 800 in over two years, and Anna anchored the race with a 2:50, which was a PR for her. Their time was 11:53 and again, it might not be the fastest time, but it just shows you how far we have come as a team when we can drop almost 40 seconds off of our previous best time!

Our distance medley team also had a great night by finishing second with a time of 4:43. This time would have been a lot better, but I put in the wrong time for them, and we ended up in the slower of the two heats. We won our heat by about a 100 meters, and it would have been fun to run with Riceville, who ended up winning their heat and the race.

Our shuttle hurdle team ran their best time of the year as well. The foursome of True, Ariah, Maddie and Mia ran 1:13.08 to finish third.

Other place winners for us were Ivy in the 800, where she placed third; Hixton, Ashlyn, Lexi and Sophie with a fifth place finish in the 4x200; and our 4x400 team of Maggie, Sophie, Ariah and Anna went 4:49 for a seventh place finish.

We had a ton of other good things happen at the meet. Chloe Woods ran her first 400 of the year, and Miley White continues to impress Coach Einertson and myself with her continued growth in the sprints!

The one thing though that stuck out the most at both our meets was how we are coming together as a team. We have not really had a 4x400 team since Josie ran my first year here. Now we are starting to build that team a little, and with that comes all of the fun that you can have with it. Not the race, it is brutal, but the teammates that are not running. At Garner the team stood on the front stretch and cheered, danced and did the sea lion as their teammates were running by. Now the old Troy probably would have lost it a little with the sea lion dance, but the new Troy thought it was cool how all of the team was cheering on those who were running. In the past, we might have been in the camp, getting a hot dog, or just hanging out not watching. Not anymore, everyone was somewhere cheering their teammates on! It was very cool watching all of this. This is a good change, and I am so proud of all the girls.

We have two meets this week. One at South Hamilton and the other at North Union. These two meets are really going to show where we are at as a team. I know the girls are up for the challenges that I have for them, and it is going to be fun watching them! I hope everyone has a great week. I know I will because I have the best gig in town!



Viking Weston Willand with a putt during Thursday night's action in Nashua.



Viking Hallie Hanson with a chip shot during Thursday's meet in Nashua.



Viking Caysen Chodur gets ready to send a putt during action at Sunny Brae Golf Course on Monday.

Vikings take on Sunny Brae Golf course

By Julie Salisbury

The Northwood-Kensett Vikings golf teams traveled to Osage on Monday, April 20, to take on Osage and North Butler.

For the boys, the Green Devils won the team title with a score of 171, followed by the Vikings with a 178 and the Bearcats with a 181.

Leading the Vikings was Caden Helgeson who was the runner-up medalist with a score of 40. Bowan Behne tied for fifth with a 42 and Caysen Chodur and Weston Willand tied for 10th with rounds of 48. Owen Binnebose tied for 12th with a score of 49 and Tyce Helgeson tied for 17th with a score of 55.

For the girls, North Butler won with a 194 and Osage had a 238.

Viking Kinley Stambaugh finished fourth with a score of 52, Hallie Hanson was 14th with a 74 and Quinn Schroeder was 15th with a 75.

On Thursday, April 23, the Vikings traveled to Nashua for a meet with the Huskies and beat the rain.

Stambaugh was the runner-up medalist with a score of 56, and Hanson was fifth with a 69.

For the boys, C. Helgeson was the medalist with a score of 41 and Behne was runner-up medalist with a 44. Binnebose and T. Helgeson tied for fifth with a 45, Chodur was 10th with a 49 and Willand was 12th with a 53.

Junior varsity scores for the boys, Gavin Cordona and Teagen Trenhaile tied for second with scores of 54. Jaxon Reyerson was fifth with a 56 and Brady Christianson was sixth with a 57. Bryck Abrams was seventh with a 60 and Aidan Ouverson was eighth with a 61.



Viking Zach Heiken runs with the pack during Tuesday's 4 x 800 relay race in Belmond.



Viking Dagen Peterson awaits the starting pistol during Tuesday night's gtrack meet in Belmond.

Viking boys run at Belmond

By Julie Salisbury

The Northwood boys track team traveled to Belmond on Tuesday, April 21, and finished in 10th place as a team with 30 points.

In the 100-meter dash, Kale Bode was 14th with a time of 14.39 and Keenan Davidson-Jacobs was 21st.

In the 200-meter dash, Ethan Franck was 12th with a time of 24.81 and Tucker Duvall was 20th with a time of 29.13.

In the 4x100 relay, the team of Alec Ducommun, Hayzin Jacobson, Brady Tufte and Gabe Aleman finished 10th with a time of 50.45.

Carson Tufte was 11th in the 400-meter with a time of 58.54 and Duvall was 20th with a time of 1:04.79.

The 4x200 relay team of Jacobson, Weston Heims, Henry Hanson and Kolton Robinson placed sixth with a time of 1:40.57.

Dagen Peterson was ninth in the 800-meter run with a time of 2:18.98 and Ronan Penfold was 19th with a time of 3:15.91.

The 4x400 relay team of Landen Nelson, Carson Tufte, Franck and Peterson placed fifth with a time of 3:49.46.

The 4x800 relay team of Zach Heiken, C. Tufte, Nelson and Peterson placed fourth with a time of 9:11.17.

Heiken placed sixth in the 1600 meter with a time of 5:03.16.

The sprint medley team of Jacobson, Hanson, Aleman and Ducommun placed sixth with a time of 1:47.01.

The distance medley team of Ducommun, Aleman, Franck and Heiken placed sixth with a time of 4:10.10.

B. Tufte placed sixth in the 110 hurdles with a time of 18.17.

Robinson was seventh in the 400 hurdles with a time of 1:03.29.

In the long jump, Hanson placed sixth with a distance of 16' 10" and Jacobson was eighth with a distance of 16' 01.00".

Alex Tiedemann was 11th in the shotput with a throw of 36' 03.00" and Max Johnson was 19th with a throw of 29' 04.75".

Johnson was 13th in the discus with a throw of 100' 09" and Tiedemann was 18th with a throw of 82' 04".

GMA Sina's Museum open house in Bolan Saturday

The Bolan Schoolhouse & Cultural Center is hosting an "OPEN HOUSE" at Gma Sina White's Museum House this Saturday, May 2, from 2 – 4 p.m.

Phyllis (White) Young, granddaughter of Sina's, is traveling home from Colorado with a Duncan Phyfe dining room table and six chairs, which is exactly what Sina had in her dining room. She will be available to answer questions and tell stories.

The player piano donated by the family of Dorothy (White) Urbatsch, another granddaughter of Sina's, has been tuned and will be playing music that day.

The John and Sina White family has donated several artifacts from the 1940s and much work has been done to restore the home to the time period in which she lived there.

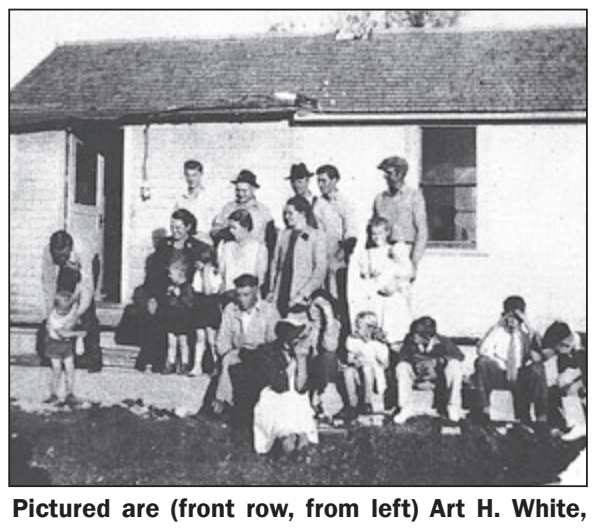
"May Baskets" will be given away, and refreshments will be served.

John & Sina White Family: #1 Oldest, Mabel married Fred Paulsen, had children Kenneth, Shirley, and Doris; #2 Verner F. married Ellie (Schmidt), had children LaVern, Arthur, Marjorie, Dorothy, Jay and Gloria; #3 Elenora married Alfred Bruesewitz had son Eugene; #4 Clara married Alvin Kuehn, had children John, Richard, and Barbara; #5 Anna married George Rosenberg, had boys Raymond and Russell; #6 Arthur H. married Ruth (Petersen), had children Phyllis, Lee, and Carla; #7 Youngest, John married Pearl (Borchert), had children Dennis and Dixie

The open house will also serve as an opportunity to learn about the train mural in the works. BSCC has commissioned a professional artist found through Art Farm Iowa to paint a 120' x 20' life-size mural of a Chicago Great Western Engine railroad scene; 62% has been raised thanks to individual donations, the Jaspers Family Fund, and Worth County Development Authority, with $12,834.91 left to go.



Pictured are the John and Sina White Family, including (front row, from left) Nora, Clara, Annie and Mabel, (back row, from left) Jack, Art, Sina, John, Vern.



Pictured are (front row, from left) Art H. White, Sina White, Ruth White in front of them, Dorothy White, Richard Kuehn, Russell Rosenberg, Jack Kuehn, (middle row) Art L. White helping Jay White, Ellie White with Lee "Buster" and sister Phyllis White in front of her, Mabel Paulsen, Anna Rosenberg, Doris Paulsen holding Barbara Kuehn, (back row) Russell Rosenberg, Elvin Kuehn, George Rosenberg, LaVern White and Vern White.

Overtime Week Fifteen



Jane Bloomingdale
Iowa House
District 60

This week, the House advanced a property tax reform bill with bipartisan support (64-23). Many of you have been following these discussions closely, and while this marks a key step forward, there is still work to be done as we continue working with the Senate to reach meaningful, long-term reform. This updated version is a strike-after amendment with continued focus on delivering relief, increasing transparency and predictability, and ensuring sustainable funding for essential services. Here are a few key components from the House amendment:

• Caps revenue growth at 2% plus new construction growth; excludes debt service and school funding

• Restricts the use of debt service funds for operating expenses, limits unrestricted reserve funds to 35%, and creates a restricted infrastructure fund

• Converts the homestead credit to an exemption, triples the exemption amount to $15,000 for all homesteads and keeps the current military and senior exemption

• Uses funding from the elimination of the homestead credit to reduce the school property tax levy from $5.40 to $5.00, lowering the rate by $0.40 per $1,000 of taxable value across all property in the school district and providing savings for every taxpayer.

• Increases the SAVE (School Sales Tax) transfers for property tax relief from current 7.1% to 25% and extends SAVE 20 years

• Limits bonding elections to once a year (June or November)

• Shifts the burden of proof to the assessor when your valuation rises more than 10% in two years, the government must justify the increase

• Creates a statewide property tax dashboard and improves the informational mailer to make it clearer and easier for taxpayers to understand where their property tax dollars are going

• Limits TIF districts to 20 years and caps perpetual TIF district use at 60%, returning value to the general tax base. It tightens how "economic development areas" are defined and limits eligible project to things like job creation, retention, and workforce housing, ensuring this economic tool is used for its intended purpose.

• Establishes a local government efficiency commission through IEDA with a $10million grant, raises the EMS lev to $1.50, and creates a First Time Home Buyers program like our 529 accounts, helping Iowans save for their first home.

The certainty for taxpayers comes from the 2% cap on local government spending. We hear about assessment increasing taxes—only your governing bodies can raise or lower your taxes. Under this proposal, your change in assessment will not matter, your overall tax bills are limited by capped budget increases. There are several strong proposals in this bill, but I realize there are still questions and concerns, and I will continue working with leadership to address them. While I am confident local governments can find efficiencies, I have concerns about caps on levies tied to costs outside the direct control of cities, counties, and schools. I also want to continue addressing concerns about seniors being "priced out of their homes" and reviewing potential changes to multi-residential and vacation rental property provisions included in the Senate proposal.

This rest of session will likely be a lot of "hurry up and wait" as we work with the Senate on budgets, property tax reform, and a handful of other bills that still need to find a compromise to move forward. It is an honor to represent you in the Iowa Legislature and as always, please reach out with any questions or concerns. Jane.bloomingdale@legis.iowa.gov.

Northwood Anchor

Church

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

Bethlehem Lutheran, Manly
Wednesday, Last WAGS, 5:30 p.m., Confirmation at Bethlehem, 5:30 p.m.; Sunday, Bethlehem Worship, 9 a.m., Grace Worship, 10:30 a.m.;
Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran
Thursday, Manna, 4:30 - 6:30 p.m.; Sunday, Elk Creek, 9 a.m., Bethany, 10:30 a.m.; Monday, Manna, 10 a.m. - Noon
Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan
Thursday, UW in Faith, Lori Willert's, Devotions: Pam Wirtjes; Sunday, Worship Services, 9:15 a.m., Communion, Coffee Fellowship, 10 a.m.
Pastor Cory Allard

Bethel United Methodist Church
Wednesday, Diner, 8:30 a.m., WOW Mini Choir, 4:30 p.m., Mini Bells, 5 p.m., Meal, 5:15, Worship, 5:50 p.m., Activities, 6:05 p.m., Confirmation, 6:30 p.m., JuBELLee Ringers, 6:15 p.m., Adult Choir, 7 p.m., JH/HS Youth Group, 7:15 p.m.; Sunday, Communion at Trinity & Bethel, Bethel Worship, 8 a.m., Trinity Worship, 9:15 a.m., Sunday School, 9:15 a.m., Bethel Worship, 10:30 a.m.

Northwood United Methodist Church
Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.; Tuesday, Pastor Fellowship Grothe's Diner, 10 a.m.
Rev. Rob Lanphere

One In Christ Lutheran Parish
Sunday, Worship Services 10:30 a.m. available online at "One in Christ Lutheran Parish" Facebook Page and YouTube under "One in Christ Lutheran Parish." Sunday Worship Services, 9 a.m., 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, Confirmation, 4 p.m., Inspire, 6:15 p.m., Choir, SH Youth, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m., Cub Scouts, 6:30 p.m.; Sunday, Worship Service, 9 a.m., Sunday School, 10:10 a.m., DCV, 10;30 a.m., JH Youth, 6:30 p.m.; Tuesday, AA-Al-Anon, 7 p.m.

Peace Lutheran Church, Northwood
Sunday Worship Service with Holy Communion at 9 a.m., Adult Bible Study and Children's Sunday School following service.
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
www.sacredheartmanly.org

Faith Lutheran Church, London
Sunday School and Adult Bible Class, 9:30 a.m. (Fall through Spring); Sunday, Worship, 10:30 a.m.
Pastor Kent Otterman

First Shell Rock Lutheran Church, Northwood
Sunday, Worship Service, 10:45 a.m.
Pastor Theodore Gullixson

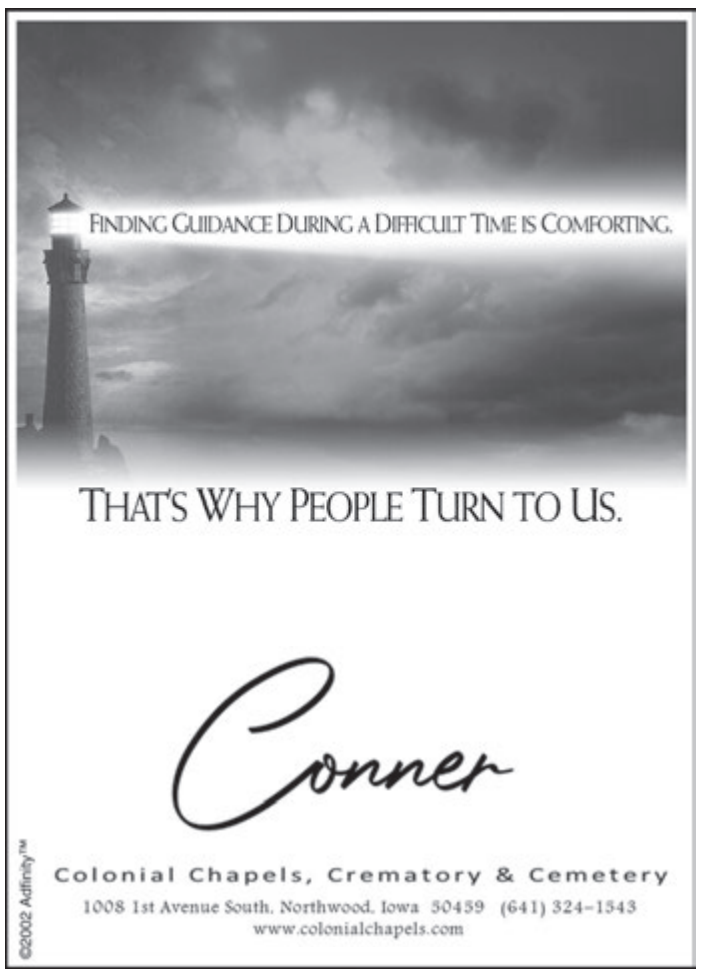
Sion Lutheran Church, Lake Mills
Sunday, Worship Service, 9 a.m. Sunday School and fellowship following
Pastor Mark Decker

Worth County Meet and Greet



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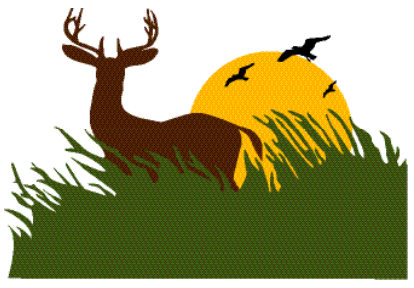
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Tuesday: Chef's Choice
Wednesday: Meatballs in Creamy Mushroom Sauce over Egg Noodles, Whole Wheat Roll, Vegetable, Fruit

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CONSERVATION



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

The earth is the LORD's, and the fulness thereof; the world, and they that dwell therein.

– Psalm 24:1 (KJV)

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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

WOW! I have hit the mother lode of cookbook collecting. A few days ago a friend let me borrow two really old newsletters titled Best of the Open Line that were "created monthly as a public service to it's listeners by WMT, Cedar Rapids, Iowa" That's the statement on the front page and the WMT radio personality whose picture is also front and center is Jim Lloyd. Apparently this was a popular publication back in the day…this one is dated May 1967…and it's filled with homestyle recipes that came from their call-in radio show Open Line. Mr. Lloyd has a bit of narrative on the front page and also a correction for a recipe from the month before. Let's hope none of the following need adjustment or correction; I'll try to spot anything and set it right since Mr. Lloyd is no longer available.

Chelsea Rhubarb Cream Pie
2 1/2 cups cut-up rhubarb
1 cup sour cream (full cream; they didn't have low fat style in the 60's)
1 1/4 cups sugar
2 tablespoons quick tapioca
Cinnamon

Line a deep 9-inch pie pan with pie crust pastry. Cut the rhubarb into small pieces and put into the pie shell. Preheat the oven to 450 degrees F. Mix the sour cream, sugar and tapioca and pour over the rhubarb. Sprinkle with cinnamon to taste. Bake for 10 minutes then lower the heat to 350 degrees and bake until done. SANDY'S NOTE: "until done" is all it says but I assume when the crust is brown and the cream filling is set, it should test done with a toothpick…but maybe not! This recipe leaves you on your own since it's from the days when everyone just KNEW how to cook.

Blender Salmon Loaf
(Mrs. Floyd E. Richtsmeier, Ackley, IA)
1 can (16 oz) pink salmon
3 tablespoons real butter
2 large eggs
1 slice onion, 1/2-inch thick
1/2 teaspoon salt
2 tablespoons parsley clusters
1 slice bread, quartered
1/8 teaspoon thyme
1/2 cup milk
2-3 tablespoons lemon juice

Preheat the oven to 400 degrees F. Drain the salmon, pick out the skin and bones. Place the salmon in a bowl and flake it with a fork. Put the remaining ingredients into a blender and blend on high for 15 seconds. Pour this over the salmon and mix well. Put this mixture into a greased loaf pan. Bake for 40 minutes.

Forgotten Roast
(Mrs. James Bradshaw, Minneapolis, MN)
1 five pound beef rump roast
1 package dry onion soup mix
1 can cream of celery soup, undiluted

Preheat the oven to 325 degrees F. Place a large sheet of heavy duty foil (big enough to seal the meat in) into a big roaster and place the roast on the foil. Pour the can of soup over the meat and then sprinkle on the dry onion soup mix (shake the package first to mix the dry ingredients inside). Wrap the roast up tight and place into the oven. Roast for 4-5 hours, testing with a knife for tenderness. Carefully remove the foil letting all the liquid go into the roaster. Remove the meat to a serving platter to rest, cover with the foil to keep warm. Thicken the juices to make gravy but don't add salt… there is a lot in the dry soup mix. SANDY'S NOTE: This one would be easier in a crockpot which they also didn't have in the 60's. I got my first one in 1972!

Spinach Italienne
1 package (10 oz.) frozen leaf spinach
1/3 cup grated Cheddar
2 large eggs, slightly beaten
1/2 teaspoon garlic powder
2 cups milk
1/2 teaspoon salt
3/4 cup cooked rice
1/4 teaspoon oregano
1/3 cup finely minced onion

Prepare the spinach as directed on the package, drain and set aside. Mix the eggs, milk, rice, onion and Cheddar cheese. Add the spinach and remaining ingredients. Preheat the oven to 325 degrees F. Spoon the mixture into a lightly greased 11x7-inch baking dish. Bake for 30-40 minutes. SANDY'S NOTE: This does sound tasty but ½ teaspoon of garlic powder and ¼ teaspoon does not make it Italian in my humble opinion!

This is only the tip of the iceberg from this recipe collection. There are four full pages, no advertising, with many more great-sounding dishes such as Mock Pizza, Ingredients for chili to serve 60 people (think 10 pounds of hamburger and 14 quarts of tomato juice!) and LaMotte Spanish Stew. So many recipes; so little time! And….that's all she wrote.

Northwood Anchor Society



Pictured at the HBI dedication in Fertile are (from left) Melissa Michaelis, Executive Director, Winn-Worth Betco; Jamie Norton, Director of Veteran Workforce Services, IowaWORKS; Tom Reid, Director of Veterans Affairs, Worth County; Adam Blanchard, Veteran Career Planner, Iowa Workforce Development; Andy Carlson, Fertile City Council; and Wendy Lunning, Fertile City Clerk.

Fertile completes HBI designations for Winnebago, Worth communities

The City of Fertile recently announced that it has officially joined more than 125 Iowa communities and counties in becoming a designated Home Base Iowa (HBI) Community—a meaningful commitment to honoring and supporting our nation's veterans and active service members.

Home Base Iowa is a statewide initiative that connects veterans and transitioning service members with more than 2,300 Iowa businesses that have pledged to hire and support those who have served our country. The program also recognizes communities that actively work to create opportunities, incentives and welcoming environments for veterans and their families.

To earn the prestigious HBI designation, communities must meet four key standards:

• At least 10% of eligible hiring businesses within the community must become HBI businesses and pledge to hire veterans

• The creation of a community-specific incentive package

• Installation of official HBI community signage

• Passage of an HBI-supportive resolution by the appropriate governing body

This milestone holds special significance for Melissa Michaelis, Executive Director of Winn-Worth Betco, who has worked tirelessly to complete the initiative her predecessor set in motion more than a decade ago.

In November 2022, Michaelis successfully partnered with both Winnebago and Worth counties to secure their countywide HBI designations, each offering a $1,000 relocation incentive to veterans who choose the area as their new home. Winn-Worth Betco has committed to supporting up to six veterans per year as part of this longstanding effort.

At the same time, Michaelis began collaborating with the cities of Northwood and Forest City, launching a broader regional effort to guide all 14 communities she serves through the HBI designation process. Fertile now becomes the final community to complete this journey—marking a full-circle moment and a remarkable regional achievement.

On Tuesday, April 21, the City of Fertile was officially awarded its Home Base Iowa Community designation. As part of its local incentive package, Fertile will offer $500 in relocation assistance.

"It's truly awesome to see this journey come full circle. After years of work, getting all 14 communities through the Home Base Iowa designation process feels incredibly rewarding," said Michaelis. "I'm proud of what we've accomplished together and excited for what this means for the veterans who will call our communities home."

A Senior Moment

By Sandy Olson

Spring in North Iowa is my favorite season (although many others favor the harvest time). Reconnect 720 is also one of my favs because so much time and effort go into planning activities, events or simply conversations that are pleasing to men and women over age 60. It's a good time and place to be a "senior"!

On the May calendar are two of the favorites: men's coffee at 8:30 a.m. every Monday and women's coffee conversations at the same time every Tuesday. Having a friendly and convenient place to enjoy coffee, tea or hot chocolate with old and new friends never seems to lose its attraction. Tuesdays is also "Card and Game" Day. Bring your own snacks and beverages and use Reconnect 720's space at no charge. The games are players' choice with some suggestions.

Another recurring event is the Northwood Bookworms book club. Sponsored by Reconnect 720, we meet at the Public Library on the first Monday of each month at 2 p.m.

Chair exercise now meets on Fridays at 10:30 a.m. It's gentle, fun and keeps us flexible. There are five Fridays in May so we'll all be in good shape by the end of the month! Also on Fridays, at 12:45 p.m., a Bible study with a different approach is available. Each week has a theme that is examined in Scripture, reflection and discussion. Please consider joining the group. Bring your Bible and a notepad.

Deb Rohne continues to lead the Bible Art Journaling group on the first and third Thursdays, May 7 and 21. Time is 9 a.m. This is a very meaningful way to connect with Scripture too.

A new activity each Thursday is the Crochet Club. Come to learn to crochet or to work on your own project while in the company of others who enjoy this craft. They begin after lunch, at 12:45 p.m. It's more fun to play with yarn along with friends!

Deanna presents "weird but true" facts during Weird Wednesday on May 13. This happens before lunch, at 11:45 a.m. so don't miss it! You won't believe what is discussed.

The same afternoon a new activity, Junk Journaling, begins. Holly Adams will be leading it. This it's a creative way to use recycled materials to create a unique journal. If this sounds interesting, drop in and join the group at 1 p.m. Holly will explain all and have materials to use.

Our monthly birthday party is on Wednesday, May 20. All May babies and their friends are invited to have cake and ice cream at 2 p.m. Our amazing cook, Holly Bell, will be leading "Fun With Holly" on the last Wednesday of each month….May 27 on this calendar. It will be a surprise what she plans for us so please join her at 12:45 p.m., right after lunch.

And..to wrap things up, we will be celebrating Older American's Month on Friday, May 29. Everyone (seniors and their friends/family) is invited to enjoy pie and coffee at Reconnect 720! Aging isn't always easy. It isn't always convenient and it creeps up on people before they notice. But, living over 60 years IS something to be celebrated and Reconnect 720 is the place to do it.

One important reminder: The congregate and home delivered meal program (known as Meals on Wheels) is sometimes closed even when the rest of Reconnect 720 remains open. On holidays, such as Memorial Day, May 25, both will be closed. On Friday, May 22, the meal program will be closed but regular Reconnect 720 activities will still carry on. The two programs are totally separate although sharing the same space. The calendars for each are sometimes different. Please stop in and pick up a copy of the calendar and menu choices so you know what's happening on any one day.

GMA Sina White's Museum
OPEN HOUSE
Saturday, May 2
2 – 4 p.m.
Bolan, Iowa
Pick up a "MAY BASKET"
Hear the PLAYER PIANO!
Learn about the TRAIN MURAL!!

TRAILS END
GARDEN CENTER
NOW OPEN!
Mon. - Sat. • 8 a.m. - 5 p.m.
Sun. Closed
1273 D 475th St. • Northwood, IA 50459*

Green Thumb Garden Club
Fun in the Sun
PLANT & TREASURES SALE
Saturday, May 2 • 9 a.m. - Noon
Items for Sale:
Perennials, Annuals, Hostas, House Plants, Herbs, Shrubs/Bushes, Pots/Vases, Garden Books, Garden Treasures, Other Treasures
Door Prizes
Coffee & Sweet Treats
Floral Hall - Worth County Fairgrounds
Northwood, Iowa
More info contact Penny Robb 641-390-0895

Mom' & Mimosas
Mother's Day Brunch
Sunday, May 10
9 a.m. - 1 p.m.
Northwood Country Club
Frittatas, Muffins, Fruit
includes 1 Mimosa
$20 per person (12 and under $10)
A benefit for
WAKING MISS WINIFRED HOTEL PROJECT
Buy Tickets here
or call 641-390-0003
Reservations recommended

Spring
Open House!
May 1 - 3
Friday & Saturday 8:30 a.m. - 6 p.m.
Sunday 10 a.m. - 4 p.m.
Sign-Up for a chance to win a FREE Rose Bush or Hydrangea Bush! Daily Drawings!
SALES • SPECIALS
10% OFF
All Potting Soil, Trees, Shrubs & Garden Decor
GARDEN CENTER HOURS:
Mon. - Sat. 8:30 a.m. - 6 p.m.
Sun. 11 a.m. - 4 p.m.
Three Oaks Greenhouse Floral & Gift
704 W. Main St.
Lake Mills, IA
641-592-4468 or
888-833-6257
www.threeoaksgreenhouse.com

Please join us for a
Bridal Shower Brunch
Honoring bride-to-be
Kelsie Willert
Saturday, May 9, 2026
Stop in anytime 10 a.m. – Noon
(Introductions at 11 a.m.)
Bolan Schoolhouse and Cultural Center
Bolan, Iowa
(5 miles east and 1 mile north of Kensett or 10 miles west of St. Ansgar)
Registered at:
www.myregistry.com/giftlist/kelsiesbridal
Please bring one (or more) of your favorite recipes to add to her recipe book
(Kelsie will be married to Reese Drenth on June 6, 2026.)
The ladies of the Bolan-Trinity UW-Faith are hosting the event

Northwood Anchor **Opinion**

Savvy Senior

The silent warning: understanding prediabetes

by Jim Miller

Dear Savvy Senior,

My 60-year-old brother was recently diagnosed with prediabetes, which surprised all of us because he's fairly active and isn't overweight. Now I'm wondering if I could be at risk too. Does prediabetes run in families, and what exactly does it mean?

--Younger Sister

Dear Younger,

Yes, you could be at risk. Having a close family member with diabetes increases your chances of developing it yourself, though family history is just one factor. Age, weight, lifestyle, blood pressure, cholesterol, and certain ethnic backgrounds also affect risk. Here's a clearer look at prediabetes and what you should know.

What Is Prediabetes?

Prediabetes occurs when blood sugar levels are higher than normal but not yet high enough to be diagnosed as type 2 diabetes. It is far more common than most people realize.

The Centers for Disease Control and Prevention estimates that about 115 million American adults have prediabetes, and the majority don't know it. Without intervention, many will develop type 2 diabetes within 10 years.

Even before diabetes develops, elevated blood sugar can quietly damage blood vessels and raise the risk of heart disease, stroke, kidney disease, nerve damage, and vision problems. Once diabetes develops, daily blood sugar monitoring, medications or insulin, and lifestyle adjustments may become necessary, which can affect overall quality of life.

The good news is that prediabetes does not make diabetes inevitable. In many cases, it can be reversed. Modest weight loss, regular physical activity, and healthier eating habits can significantly reduce – or sometimes eliminate – the risk of progression. In some situations, medications may also be prescribed to help control blood sugar.

Who Should Get Tested?

Prediabetes usually causes no noticeable symptoms, so testing is the only reliable way to know if you have it.

Adults age 45 and older should be screened, particularly if overweight. Younger adults should also consider testing if they are overweight and have other risk factors such as high blood pressure, high cholesterol, a sedentary lifestyle, or a family history of diabetes. Certain ethnic groups – including Latino, Black, Asian, and Native American adults – have higher risk and may benefit from earlier screening.

To quickly assess your risk, take the free online screening test at DoIHavePrediabetes.org.

How It's Diagnosed

If you are at risk, your doctor can order one of three blood tests. The fasting plasma glucose test requires an eight-hour fast. The oral glucose tolerance test measures how your body processes sugar. The hemoglobin A1C test reflects your average blood sugar over two to three months and can be done at any time, regardless of when you last ate.

Most Medicare and private insurance plans generally cover diabetes screening tests at little or no cost if you meet risk criteria such as being overweight, having high blood pressure, or having a family history of diabetes. Home glucose meters are not intended to diagnose prediabetes.

Take Action

If you are diagnosed with prediabetes, don't panic. Many people restore healthy blood sugar with lifestyle changes alone. Losing 5 to 7 percent of your body weight, getting at least 150 minutes of moderate exercise per week, and reducing refined carbohydrates can make a meaningful difference.

For additional support, the Centers for Disease Control and Prevention sponsors the National Diabetes Prevention Program, which offers structured lifestyle-change classes in person and online across the U.S. (cdc.gov/diabetes-prevention). Local hospitals, clinics, and community centers may also offer similar programs.

The most important step is awareness. A simple screening test can provide peace of mind or give you the opportunity to take action now and prevent diabetes in the future.

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

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Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

My doctor told me to eat more jelly doughnuts.

Are you sure the doctor told you to do that?

Well, he said, "Cut back on the ice cream," but I knew what he meant.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. The treachery of disguise is inherent in chocolate chip cookies and oatmeal raisin cookies. Each one pretends to be the other. If you like chocolate chip cookies, you'll choose an oatmeal raisin cookie. If you like oatmeal raisin cookies, the cookie chosen will be a chocolate chip.

It's the time of the year when everyone needs a tax break, and my grandmother said she was going to the poor farm. Local governments, often at the county level, created poor farms to address their responsibility to the poor. Many people—due to age, disability or circumstance—needed care. Poor farms in Iowa were generally phased out during the mid-20th century. Grandma never had to move to one.

I've learned

The average U.S. family of four tosses out $2,913 worth of food ($728 per person) each year, according to a 2025 EPA report. This accounts for 11% of a total annual household food budget and is nearly double the cost of household food waste ($1,500) in 2010.

The paper towels by the gas pumps are there to wipe away the tears after a fill-up.

Wind turbines typically require a minimum cut-in wind speed of 6–9 mph to generate power. They reach maximum output at 25–35 mph and shut down at 55 mph to avoid damage.

The U.S. and New Zealand are the only two countries that allow drug companies to advertise prescription drugs directly to consumers.

Wyatt Earp once sold gold bricks that were rocks painted yellow.

A study conducted by Legacy Healing Center combined measures that included smoking, exercise, fruit and vegetable intake, overdose deaths, sleep, obesity, diabetes, poor mental health, park access, hospital ratings, air pollution, insurance coverage, cancer mortality, heart disease mortality, alcohol consumption, and health-related search interest to determine which states were in fine fettle. Utah was the healthiest state, helped by the lowest smoking rate in the study at 6.0%, and the lowest alcohol consumption at 1.35 gallons per person per year. Colorado comes in second, driven by the lowest physical inactivity rate and the lowest obesity rate. Vermont takes third thanks to first-place finishes for vegetable intake, sufficient sleep, and low diabetes. Minnesota is fourth with the lowest heart disease mortality rate in the ranking, along with strong results for sleep and physical activity. Iowa was 25th and Wisconsin 29th. West Virginia was last just behind Kentucky and Louisiana.

Humpty Dumpty did all his own stunts.

Bad jokes department

What happens when you're naked in public and the elevator doesn't work? You will encounter stares.

My son asked, "What rhymes with orange?" I replied, "No, it doesn't."

Our township lost its electric power. The residents were delighted.

Nature notes

The feather report was for a 99% chance of common grackles. That report nailed it.

It's nearly impossible to describe a Baltimore oriole male without using the word "orange."

French fry gulls (ring-billed) flew toward a fast-food restaurant.

I watched a robin picking worms, paring its world to its essence. Northern house wrens brought hustle and bustle to the yard. These joyful songsters might be smaller than their names. I walked at Myre-Big Island State Park with a friend from Grand Junction, Colorado, and looked at spring ephemerals, tiny flowers that emerge in early spring and disappear when the tree canopies fill with leaves. Hope in bloom.

I watched trumpeter swans in a blackened farm field, standing out sharply like a freshly painted white line on a dark highway. Many bird species have a brood patch—a vascularized patch on their breasts where they had plucked feathers to provide warm skin to apply to the eggs. Swans don't have a brood patch. Trumpeter swans incubate eggs with their webbed feet.

Several species exhibit anting behavior wherein birds rub ants on their feathers and skin. I see it regularly in blue jays and grackles. A common belief is that anting controls parasites, such as biting lice and feather mites, which live in a bird's plumage. Another theory is that, during anting, the ants rid themselves of their formic acid, allowing the birds to eat them without harm. The parasite removal makes sense to me because I've seen birds performing the same actions when using cigarette filters and mothballs.

Meeting adjourned

"The best way to be happy is to be kind to someone." - Debasish Mridha.

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Fit to print...

Feeding the world also feeds Iowa farmers. Congress needs to help.

Federal support is essential for international food assistance and agricultural research

By Ambassador Ken Quinn
Iowa Capital Dispatch
www.iowacapitaldispatch.com

In November 1979, I escorted Gov. Robert D. Ray and first lady Billy Ray to the Thai-Cambodian border, where we witnessed thousands of Cambodians who had escaped the Khmer Rouge genocide starving to death. Victims were dying at the rate of 50 to 100 a day, bulldozed into mass graves.

After this trip, Gov. Ray started the Iowa SHARES (Iowa Sends Help to Aid Refugees and End Starvation) campaign, which rushed lifesaving food and assistance from the people of Iowa to over 30,000 refugees.

Earlier that year, in October 1979, I was one of the 350,000 Iowans to hear Pope John Paul II remind us that we were "stewards of great gifts from God" with an obligation to "use them to feed all mankind" when he held a historic Mass at Living History Farms in Urbandale.

Iowa has long answered that call in times of grave hunger crises. From Herbert Hoover organizing one of the largest international food relief efforts during and after World War I to Henry Wallace creating hybrid corn to increase yields, and Dr. Norman Borlaug developing disease-resistant wheat varieties that has saved over 1 billion lives.

Iowa's farmers and scientists do more than feed our own nation — they help feed the world. That work is far more than charity — it is a strategic investment in global stability, economic strength, and U.S. national security.

Right now, we are witnessing one of the greatest periods of global food insecurity in modern history. A staggering 363 million people face crisis levels of hunger. The wars in Ukraine and now the Middle East are making a desperate situation worse. The World Food Programme estimates that an additional 45 million people are at risk as the war in Iran disrupts oil flows, fertilizer supplies, and critical humanitarian supply chains.

As Congress builds its budget, continued support for food assistance and agricultural research programs is essential, especially as U.S. farmers face compounding difficulties, as fertilizer prices rise and trade is disrupted.

When I worked with Dr. Borlaug, he always said that these investments allow the United States — and Iowa — to remain global leaders while strengthening our economy, stemming migration, and helping prevent instability and conflict from reaching our shores.

Iowans should be proud of our global reach. Iowa ranks second only to California in total agricultural exports, and U.S. food assistance programs have been central to that success. By purchasing commodities from Iowa to combat global hunger, these programs create demand for surplus crops while opening doors to global markets that individual farmers could never access alone.

As a foreign service officer in Southeast Asia, I saw this region — countries including Indonesia, the Philippines, and Thailand — on the brink of instability transform before my eyes. The arrival of reliable food supplies reopened local markets and reduced the desperation that so often fuels conflict.

I also saw firsthand how U.S.-backed agricultural research and innovation has transformed regions tormented by conflict. When I worked in Duc Thanh, Vietnam, in early 1969, during the height of the war, the U.S. introduced a new "miracle rice"—a strain of high-yielding, quick growing IR-8 rice that had been developed at the International Rice Research Institute in the Philippines by Nebraska scientist Hank Beachell. At the same time, we were also building roads to allow Vietnamese farmers to transport their products to market. The impact became clear.

By late 1969, once half of the roads were upgraded and farmers were growing the "miracle rice" — which cut the growing season in half — farmers could produce two crops a year with higher yields. Incomes increased, as did the quality of life. Suddenly, seeing the Viet Cong in the area became rare. When I left Duc Thanh in mid-1970, the district was virtually fully pacified, not through force, but through opportunity and food security.

I witnessed a similar impact in Cambodia when I was ambassador: a $13 million U.S. aid program, encompassing food assistance, helped eradicate the Khmer Rouge, the regime responsible for the very genocide that had moved Gov. Ray to unite Iowans in response.

Iowa's legacy of feeding the world was not built on its own. It was built by America's long history of investments in combating global hunger. When Congress funds these strategic programs, it is investing in the spirit that has defined Iowa's role in the world and is putting real money in the pockets of Iowa farmers.

America's greatest power has always been what we give to the world. Invest in that power, and Iowa farmers thrive, markets grow, and a hungry world looks to us — not away from us.

Amb. Ken Quinn

Ken Quinn is the former ambassador to Cambodia (1995-1999), former president of the World Food Prize Foundation (2000-2020), and member of U.S. Global Leadership Coalition's Iowa Advisory Committee.

Northwood Anchor

Early Files

100 years ago

April 22, 1926

Sheriff H.L. Gullickson offered a confiscated booze runner's Cadillac roadster at public auction in Manly last Saturday. High bid on the car was $225.

Word comes from Luther College at Decorah that Glennys Tenold, son of Mr. and Mrs. O.A. Tenold, has been appointed assistant editor on the staff of College Chips, school paper of the college, and he has also been elected vice president for the Forensic association.

Rev. M.C. Nodvedt of Duncombe, brother of Mrs. Carl T. One, south of town, visited for a short time at the Rose home and continued his journey by car to Northfield, Minn., taking Mrs. Rone and little daughter with hime to visit for a time in the home of her parents, Rev. And Mrs. C.M. Nodvedt in that city.

Eleven farm bureau women and 4-H Club girls attended the second of the series of news writing schools held in Northwood. H.J. Metcalf, of the extension service, Ames, was in charge of the school. The group visited the Anchor office following the afternoon session and found the making of a modern newspaper to be a more complicated operation than it is generally thought to be. Those attending the school were Norma Butler, Norma Berg, Mabel Fenney, Luella Helgeland, Mrs. Albert Linter, Abbie Laraway, Mrs. George Manus, Alice Nelson, Mabel Stumo, Mrs. Harold Sawin and Milie Wright.

Will Worth County and Northwood residents observe the traffic regulation of Northwood of their own accord or must unpleasant methods be taken to see that those rules are obeyed? The red stop signs placed on the arterial highways of Northwood have a meaning. They mean that cars traveling on the highway have the right of way and those suing the cross streets must stop before crossing the highway.

75 years ago

April 26, 1951

The First Lutheran Church is renewing its pledge campaign for the remaining $100,000 needed for its new building, according to Art Butler, funds committee chairman. In the past two years, $70,000 in cash has been added to the fund, boosting it to $101,000; $46,000 more is now pledged and the goal is $250,000. The building site on North Ninth Street and Third Ave. will be cleared in June and construction may start this year.

Capt. Chester Lindquist is home after nearly three years in the Orient serving with the 7th infantry division, fighting in Korea. He is a son of Mr. and Mrs. Chester Lindquist of Kensett and is here on a 45 day leave. He expects to report to Fort Sam Houston, Texas, for Stateside duty following his leave.

Lewis Betteen, Crookston, Minn., has purchased the former Shell gasoline station at Kensett. The station is now handling Tydol-Veedol products distributed in the county by Worth County Co-op Oil Company of Northwood.

Rodney Hengesteg and Duane Larson were recipients of the coveted "Iowa Farmer" degree at the state FFA convention last weekend. Requirements of the award include active FFA membership for two years, holding the Chapter Farmer degree, have in operation an outstanding program of supervised farming, be proficient in parliamentary procedure and leading group discussion, have earned and invested at least $250, scholarship, leadership, community service etc.

50 years ago

April 22, 1976

The Viking Manor Committee will sponsor an open house Sunday from 1 to 4 p.m. at the recently completed unit on Third Avenue South.

Northwood-Kensett and North Central had a battle for the team title at Manly last week in a triangular track meet with the meet settled in the meet's final two events. N-K came out on top as the Vikings posted an upset win in the 440 relay to offset North Central's triumph in the mile relay. N-K wound up with 77 1/2 points while North Central had 71.

Amy Ringham, Northwood and Joyce Brumm, St. Ansgar, will appear in the NIACC vocal music production of "Quodibet 1976" April 22 and 23. The concerts will be preceded by a picnic on Thursday and followed by a reception on Friday.

Harold E. Naugle, Jr., son of Mr. and Mrs. Harold Naugle, Sr., rural Northwood, has enlisted in the U.S. Army's Delayed Entry Program. By enlisting in this program before high school graduation, he has been guaranteed assignment to the 82nd Airborne Division at Fort Bragg, N.C., where he will go on active duty in Many after graduating from Northwood-Kensett High School.

Mrs. Jim (Ann) Kuhlmann was recipient of the Northwood-Kensett Educational Association's Distinguished Service award from 1976 at the organization's annual banquet Saturday evening at Albert Lea. Mrs. Kuhlmann's name has now been submitted for the Friend of Education award at both the state and national levels of the teacher's' organization.

Mr. and Mrs. Merle Aanrud, Joice, are the parents of a daughter, Rhonda Sue, born Friday, April 15, at Mercy Hospital, Mason City. The infant, their first, weighed 5 lbs., 15 oz. Grandparents are Mr. and Mrs. Charles Hrubetz and Mr. and Mrs. Clarence Aanrud, all of Northwood.

25 years ago

April 25, 2001

The Shell Rock River swirled around the trunk of this tree and several others on the swimming pool side of Swensrud Park last week as the stream mirrored recent weather fluctuations by rising beyond its banks for the second time this spring. A total of 2.75 inches of rain here in the past week helped to swell the Shell Rock, which reached its snowmelt crest two weeks earlier.

A 1997 Northwood-Kensett High School graduate has been named Iowa State University's "Ag Man of the Year." Dustin Ford, who won numerous area and sate AG-related honors as a member of Worth County 4-H and the N-K FFA, received the honor during National Ag Day ceremonies at ISU in late March.

Northwood "Our Buddies" VFW Post 6779 commander Russ Selvig and quartermaster Gene Weitzel were in a happy, grateful mood last Wednesday afternoon when they received NSB Bank's $5,000 donation to the Worth County Veterans Memorial from NSB officers Deb Hanson, Aaron Carman and Kent Ahnemann. The fund now stands at $30,205, only $4,795 sort of the goal memorial organizers hope to reach in time to build the memorial.

The Northwood-Kensett girls placed fifth in the six-team field at the Bronco Relays in Belmond last Friday. The Vikings put together 45 points to finish just behind fourth place. Kerby Christianson won the open 1500 in 5:44.

The Northwood-Kensett boys track team took second place in the Class B division of the Cowboy Relays in Clarion last Friday as Alden edged N-K 128-114 for the team title.

Sherri Oetken, UNI student, and daughter of Terry and Sue Oetken, rural Northwood, is a member of the UNI concert singers that performed in the Gallagher-Bluedorn Performing Arts Center, Tuesday, evening April 10.

10 years ago

April 27, 2016

Starting next year, the Northwood-Kensett and Lake Mills School districts will share a teacher for their family and consumer science (FACS) classrooms. The N-K Board recently approved hiring Savanna Bachus as the new FACS teacher. According to superintendent Mike Crozier, Bachus will also serve the same role in Lake Mills. Bachus will spend half of each day in each district.

N-K basketball was represented by Josh Einertson, Mason Olson, Hattie Davidsson and Shelby Low at the 2016 NIACC high school all-star basketball games that were held on April 10. This talented group of players showed off their athletic ability and both Josh and Hattie were named the MVPs of their respective teams.

Hayden Halbach is making the most of the spring on the links, collecting his second top finish. Halbach outlasted the entire lineup of Saint Ansgar last Tuesday night in Northwood, leading his team to a second place finish while earning medalist honors with 41.

Tom Yezek is ranked no. 1 in the state in the discus heading into tomorrow's Drake Relays. Yezek finished third last season but has broken his own school record numerous times and has a state best throw of 194-6 heading into the competition this year.

Sully Reyerson, who finished last season with a sixth place finish on the 110-meter hurdles will compete at the Drake Relays on Friday morning. Reyerson qualified for the event with a time of 15.16 seconds.

The Lady Vikings' Jocelyn Kluender chips onto the green last Monday afternoon at Buffalo Run Golf Course in Nora Springs. Kluender shot a 54 on the day while the teams' score of 213 was good enough for second place.



WCTA Board of Directors include (front) Nancy Moklestad, Larry Foley, Shanan Redinger, (back) Mark R. Johnson, Curt Helland, Dale Meinders and Jim Scholbrock.

WCTA distributes over $2 million in member dividends

WCTA Fiber Internet will disburse nearly 7,200 dividend checks totaling more than $2 million to its members later this spring. These payments represent the remaining deferred dividends for members who received service in 2006, along with additional patronage dividends for a portion of 2002.

"WCTA's continued growth is made possible by the loyalty and support of our members and the communities we serve," said Board President Mark R. Johnson. "We are proud to share our success by giving back directly to them."

The dividend distribution was approved earlier this year by the WCTA Board of Directors. Current board members include Larry Foley, Curt Helland, Mark R. Johnson, Dale Meinders, Nancy Moklestad, Shanan Redinger and Jim Scholbrock.

As a member-owned cooperative, WCTA is committed to delivering high-quality, reliable telecommunications services. WCTA provides 100% fiber optic internet to customers across Southern Minnesota and Northern Iowa. For more information about WCTA and its services, please visit wctatel.net.

County auditors take part in election readiness exercises

Election security exercises were hosted across Iowa in March and the first week of April as part of the Iowa Secretary of State's ongoing efforts to train county auditors and election staff.

County auditors and their election security teams recently joined officials from across the state to participate in an exercise designed to strengthen election security in Iowa. County auditors were joined by county election staff, local law enforcement, IT teams, emergency managers, and other security partners to evaluate crisis plans and procedures for election-related emergencies. Counties are encouraged to update their Incident Response Plans accordingly, outlining detailed procedures for each scenario discussed.

Each participant was presented with tabletop simulations designed to mimic a wide range of crisis scenarios that could affect voters or the election process. Simulations included hazardous weather, breaches of physical or cyber security, misinformation campaigns, equipment malfunction, and more.

"As election managers, we have to prepare for the worst, and hope for the best," Secretary Pate said. "Iowa's county auditors and their election security teams are at the frontline of election security, and ensuring they have the resources and training they need to keep Iowa elections safe and secure, regardless of circumstance, is vital to election integrity as a whole."

More than 100 county and state officials participated in six separate exercises held across the state.

These exercises were conducted and facilitated by the Iowa Secretary of State with support from The Elections Group. Participants developed plans pertaining to the upcoming Primary Election which takes place on Tuesday, June 2.

Twenties Club meets on April 13

Twenties Club members met on Monday, April 13 at 7 p.m. at the Olson Building. Deanna Luedtke, president, called the meeting to order. Becky Tews, secretary, did roll call and read the minutes from the previous meeting. Connie Hogen made a motion to accept the minutes with a second by Sharyl Ferley. Motion passed. Delores Knudson, treasurer, gave her report. Sandy Olson made a motion to accept the treasurer's report with a second by Carol Kragenbrink. Motion passed. Deb Nagle, Sunshine, reported she sent Rosie Kruger a birthday card for her 90th birthday.

In old business Senior Tea plans were finalized.

In new business Sandy Olson was wanting to know if anything special or extra was going to happy for the 250th anniversary of the United States on the 4th of July.

Deanna Luedtke brought up a name of a new member and Becky Tews, secretary, will send a letter asking her to join.

On Tuesday, May 12, members will meet at NSB parking lot at 5:15 and travel to Mason City for supper and to discuss the past year and any changes we could make. Officers will be decided at this time and to pick a program committee.

A motion by Kathy Throng to adjourn with a second by Connie Hogen. Motion passed.

Team Ferley and members, Sandy Olson and Connie Hogen gave the program on the TV show Bonanza. Sandy Olson gave a quiz about the program and members discussed the series.

Bolan

A surprise brunch put together by the church family held after the worship service at Bolan Trinity UMC for Joe and Linda Nydegger's 62nd anniversary. Coming from a distance was Linda's cousin and wife, Gary and Lori Reed from Mingo, Iowa, and Kelsie Willert from Ames. Loren Nydegger from Mt. Vernon spent the weekend at the Nydegger home.

Spending a few days in the area has been JoDee Shadrick from Oregon and Danny White from Arizona.

HOFF™
CELEBRATIONS
Sites Memorial Chapel
New name, new faces, with high quality service guaranteed.
We offer a full range of services, including traditional funerals and cremation, ensuring that we can celebrate your loved ones in a way that reflects their unique lives and legacies.
Tyler Hoff, Owner
Funeral Director
Highway 65 South • Northwood, Iowa 50459
(641) 324-1121

Notice

THE IOWA DISTRICT COURT FOR Worth COUNTY CASE NO. ESPR011667 NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF Mary Jane Calgaard, Deceased

To All Persons Interested in the Estate of Mary Jane Calgaard, Deceased, who died on or about July 13, 2025:

You are hereby notified that on September 26, 2025, the Last Will and Testament of Mary Jane Calgaard, deceased, bearing date of August 14, 1988, was admitted to probate in the above-named court and that Michael Calgaard and Linda Worrell were appointed Co-Executors of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

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

Dated April 23, 2026.

Daniel I Dittman,
ICIS#: AT0001839
Attorney for Executors
Erickson Sederstrom
10330 Regency Parkway Dr.
Omaha, NE 68114

Michael Calgaard
& Linda Worrell,
Co-Executors
16511 M. Street
Omaha, NE 68135
17-2t

Notice

Notice of Sheriff's Levy and Sale IN THE IOWA DISTRICT COURT IN AND FOR WORTH COUNTY Iowa District Court Worth County Case #: EQCV012970 Civil #: 26-000059

STATE OF IOWA
WORTH COUNTY
FREEDOM MORTGAGE CORPORATION
vs
TERRI L. LIGHTLY, UNITED STATES OF AMERICA, SECRETARY OF HOUSING AND URBAN DEVELOPMENT, STATE OF IOWA, IOWA DEPARTMENT OF REVENUE AND FINANCE AND PARTIES IN POSSESSION

Special Execution

As a result of the judgment rendered in the above referenced court case, an execution was issued by the court to the Sheriff of this county. The execution ordered the sale of defendant

Real Estate

Described Below

To satisfy the judgment. The Property to be sold is

LOT ONE (1), IN BLOCK THREE (3), IN THE TOWNSITE OF JOICE, WORTH COUNTY, IOWA

Property Address: 208 N WILLOW ST., JOICE, IA 50446

The described property will be offered for sale at public auction for cash only as follows:

Sale Date: 05/19/2026; Sale Time: 10:00; Place of Sale: WORTH COUNTY SHERIFF'S OFFICE, 1000 CENTRAL AVE, NORTHWOOD, IA 50459

Homestead: Defendant is advised that if the described real estate includes the homestead (which must not exceed 1/2 acre if within a city or town plat, or, if rural, must not exceed 40 acres), defendant must file a homestead plat with the Sheriff within ten (10) days after service of this notice, or the sheriff will have it platted and charge the costs to this case.

This sale not subject to Redemption.

Property exemption: Certain money or property may be exempt. Contact your attorney promptly to review specific provisions of the law and file appropriate notice, if acceptable.

Judgment Amount: $70,821.11; Costs: $7,212.81; Accruing Costs: PLUS; Interest: $1,097.48; Sheriff's Fees: Pending. Date: 03/11/2026; JESSE LUTHER, WORTH COUNTY SHERIFF

16-2t

Notice

NOTICE OF PUBLIC TEST

On May 6, 2026, the Worth County Auditor's Office will conduct a public test of voting equipment to be used in the upcoming Primary Election to be held on June 2, 2026. This is in compliance with 52.35-Iowa Code. The test will commence at 9:00 a.m. and proceed until completed in the Auditor's Office on the first floor of the courthouse. The public is welcome to attend this demonstration. For further information, contact the Auditor's Office at 641-324-2316 or jacki.backhaus@worthcountyiowa.gov

NOTICE OF PUBLIC HEARING - AMENDMENT OF CURRENT BUDGET
NORTHWOOD-KENSETT School District
Fiscal Year July 1, 2025 - June 30, 2026

The NORTHWOOD-KENSETT School District will conduct a public hearing for the purpose of amending the current budget for fiscal year ending June 30, 2026

Meeting Date/Time: 5/14/2026 06:00 PM | **Contact:** Kim Hengesteg | **Phone:** (641) 324-2021 ext: 300

Meeting Location: Administrative Office Building: 1496 480th St., Northwood, IA

There will be no increase in taxes. Any residents or taxpayers will be heard for or against the proposed amendment at the time and place specified above. A detailed statement of: additional receipts, cash balances on hand at the close of the preceding fiscal year, and proposed disbursements, both past and anticipated, will be available at the hearing. Budget amendments are subject to protest. If protest petition requirements are met, the State Appeal Board will hold a local hearing. For more information, consult https://dom.iowa.gov/local-gov-appeals.

EXPENDITURES	Total Budget as Certified or Last Amended	Amendment Increase	Total Budget After Current Amendment	Reason
Instruction	5,766,911	0	5,766,911	
Total Support Services	3,563,145	0	3,563,145	
Noninstructional Programs	459,529	120,000	579,529	Expenses at VAC/Increased food costs
Total Other Expenditures	1,751,930	300,000	2,051,930	Elementary roof project
Total	11,541,515	420,000	11,961,515	

Supervisors

April 20, 2026 Seventeenth Day

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

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

Motion Smeby/Second Stone to approve today's agenda and April 13, 2026 minutes. Motion carried.

Motion Smeby/Second Stone to approve the following work orders. Motion carried.

1. DD #2 submitted by A.J. Stone
2. DD #6/Lat 7 & 7A submitted by Donald Knudtson
3. DD #2-3 submitted by Mike Petersburg
4. DD #46 submitted by Dennis Reyerson

Motion Smeby/Second Stone to approve the Class "C" Retail Alcohol License renewal for Brackey's Country View Acres. Motion carried.

Motion Stone/Second Smeby to approve the Retail Tobacco License for Maverik Group, LLC. Motion carried.

Motion Smeby/Second Stone to approve the following fireworks permits at Country View Acres, 628 430th ST, Joice on behalf of: Kaden and Grace Nelson – May 23 and Flashing Thunder Fireworks – August 15. Motion carried.

Chairperson Loberg recessed the regular session at 8:40 A.M.

Chairperson Loberg reconvened the regular session at 9:00 A.M.

Motion Smeby/Second Stone to open the FY26/27 Budget public hearing at 9:00 A.M. Motion carried. There was no public comment.

Motion Stone/Second Smeby to close the public hearing at 9:01 A.M. Motion carried.

Motion Smeby/Second Stone to approve Resolution #2026-10. Roll call vote: AYE – Smeby, Stone, Loberg. Motion Carried.

RESOLUTION NO. 2026-10 A Resolution to Adopt the FY2027 Salary Recommendations for Elected Officials

WHEREAS, pursuant to Iowa Code Section 331.905, as amended in 2024 by Senate File 2442, and as per Resolution #2025-47, the Worth County Board of Supervisors abolished the Worth County Compensation Board and agreed to assume all responsibilities previously assigned to the County Compensation Board in setting salaries for the elected county officials; and

WHEREAS, the Worth County Board of Supervisors met on March 26, 2026, and made salary recommendations for the elected officials for the fiscal year beginning July 1, 2026.

THEREFORE, BE IT RESOLVED, that the Worth County Board of Supervisors have approved the following salaries for the elected officials for the fiscal year beginning July 1, 2026:

Elected Official	Current Approved Salary	Proposed Increase	In Addition*	Recommended FY27 Salary
Supervisor Chair	34,260	0%	500	34,760
Supervisors	34,260	0%		34,260
Sheriff	99,574	10%		109,532
Auditor	70,021	3%	7,500	79,622
Treasurer	70,021	3%		72,122
Recorder	70,021	3%		72,122
Attorney	96,623	12.5622%		108,761
Totals	474,780			511,177
*Stipend for Supervisor Chair and for County Budget preparation by Auditor.				

ADOPTED this 20th day of April 2026.

WORTH COUNTY BOARD OF SUPERVISORS
Enos Loberg, Chairperson
ATTEST: Jacki A. Backhaus, Worth County Auditor

Motion Stone/Second Smeby to approve Resolution #2026-11. Roll call vote: AYE – Smeby, Stone, Loberg. Motion Carried.

RESOLUTION #2026-11 ADOPTION OF THE WORTH COUNTY FISCAL YEAR 2026/2027 PROPOSED BUDGET

WHEREAS the Board of Supervisors held a Public Hearing on Monday, April 20, 2026 to receive comments regarding the proposed FY26/27 Budget of expenditures and revenues as was published, per Public Notice, in the April 8 & 9, 2026 issue of the Official County newspapers, The Northwood Anchor and The Manly Junction Signal, and presented at the public hearing on April 20, 2026.

THEREFORE the Board of Supervisors hereby approves the proposed FY26/27 Budget as was presented and published. Budget certification attached.

PASSED AND ADOPTED this 20th day of April 2026.

Enos Loberg, Chairman, Board of Supervisors

ATTEST: Jacki A. Backhaus, Auditor & Clerk to Board

Motion Stone/Second Smeby to adjourn at 9:03 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

City of Lake Mills

LAKE MILLS CITY COUNCIL REGULAR MEETING April 20, 2026

A regular meeting of the City Council of the City of Lake Mills, Winnebago County, Iowa, was held in the Council Chambers at the Lake Mills City Hall on the 20th day of April 2026, at 7:00 p.m.

Present: Mayor Helgeson, Council Members: Rob Hughes, Nathan Ostrander, Kristin Peters, Mark Peterson, Bob Storby, City Clerk Diane Price, Director of Public Works Brad Wempen and Chief of Police Matt Levine.

Absent: None

Notice of the meeting was posted at the Lake Mills City Hall on April 17, 2026. All proceedings hereafter shown were taken while the convened meeting was open to the public.

Mayor Helgeson called the meeting to order at 7:00 p.m. Roll call was taken and a quorum was declared.

Mayor Helgeson led the Pledge of Allegiance.

Motion made by Storby seconded by Ostrander to approve the agenda as written. There being no further discussion, roll call: Ayes: Storby, Ostrander, Peters, Peterson, Hughes. Nays: 0. Motion carried.

A Public Forum was held. Airport fees, 3rd Avenue speed and South Winnebago Parking were discussed.

Department Head Reports were given.

Peters motioned to approve the consent agenda with the removal of (d) Approval of Tax Abatement application for Nicholas Neiber to Discussion Agenda, seconded by Ostrander. Consent agenda items included Approval of the minutes of March 23, 2026 (5:00 pm) and March 23, 2026 (5:15 pm), Approval of monthly claims, interim warrants and financial reports – total $833,120.05, Resolution No. 26-14 – a resolution to amend Resolution No. 25-17 – a resolution to dispose of real property, Resolution No. 26-15 – a resolution authorizing the Transfer of Funds from the Employee Benefits Fund to the General Fund, Approval of Pay Estimate No. 2 for Peterson Construction for WWTF. After due consideration thereof by the Council, and the roll being called, the following named Council Members voted: Ayes: Peters, Ostrander, Peterson, Storby, Hughes. Nays: None. The motion was declared duly carried and the consent agenda adopted.

AMAZON, SUPPLIES 1,146.36
AT&T MOBILITY
LMPD CAR COMPUTERS..... 125.31
AVESIS, VISION INS..... 450.29
BLACK HILLS ENERGY
NATURAL GAS SERVICE..... 2,383.81
CITY OF LAKE MILLS
ELECTRIC SERVICE... 6,888.75
DAPHNE GREEN OR CITY LM
METER DEPOSIT REFUND..... 150.00
DELTA DENTAL
DENTAL INS..... 1,280.14
GORDON FLESCH CO
COPIER CONTRACT..... 84.38
GREAT LAKES SALT CO
SALT..... 11,569.98
LMCDC, FUNDING 4,666.67
PETERSON SANITATION
GARBAGE SERVICE . 10,706.50
PRINCIPAL LIFE INS
LIFE/LT DISABILITY..... 610.21
SALES TAX PROCESSING
SALES & EXCISE TAX 7,734.05
STENSRUD INSURANCE
ANNUAL POLICIES 231,929.00
UNITED HEALTHCARE INS
HEALTH INS..... 45,732.12
USE TAX PROCESSING
USE TAX..... 8,828.69
ACCESS SYSTEMS LEASING
LMPL COPIER CONTRACT..... 127.25
AGSOURCE COOP SERVICES
TESTING..... 1,748.35
AMARIL UNIFORM CO
CLOTHING ALLOWANCE..... 266.43
AMAZON, SUPPLIES 696.39
AMY VRIEZE
REIMBURSE CLOTHING..... 129.97
BLACK HILLS ENERGY
NATURAL GAS SERVICE..... 171.05
BRICK GENTRY PC
LEGAL..... 660.00
CAVETT'S LAWN &
EQUIP SUPPLIES..... 24.51
CED-CULVER-HAHN ELECTRIC, EDUCATION 155.00
CENTER POINT LARGE PRINT, LMPL BOOKS..... 299.64
CINTAS, SUPPLIES..... 55.14
CONSOLIDATED ENERGY CO
SUPPLIES..... 3,333.00
CUSTOM ALARM
SERVICES..... 90.00
DAIRYLAND POWER
PURCHASE CURRENT..... 74,690.93
DAVE'S AUTO SERVICE
FUEL..... 1,343.37
DAVIDS FOODS
SUPPLIES..... 66.26
DIANE PRICE
REIMBURSE MILEAGE... 66.70
DONS MOTOR MART
FUEL..... 2,597.13
DOUG BACON
REIMBURSE CLOTHING 10.44
DURACLEAN BY DOUG
SERVICES..... 465.00
ELITE K-9, INC.
LMPD K9 SUPPLIES..... 114.75
FLETCHER REINHARDT CO
SUPPLIES..... 1,259.14
FOREST CITY VET CLINIC
LMPD K9 SUPPLIES..... 356.48
GOODY'S WELDING
COMM CENTER SIGN ... 725.00
GORDON FLESCH CO
COPIER CONTRACT..... 93.51
HANSON LP GAS
WATER LP GAS 833.46
HAWKINS INC
WATER CHEMICALS..... 20.00
HEARTLAND POWER COOP
ELECTRIC SERVICE..... 63.78
HUGHEY AND PHILLIPS
AIRPORT LIGHTS 238.79
INGERSOLL-RAND INDUSTRIAL, SERVICES..... 4,754.00
INGRAM LIBRARY SERVICES
LMPL BOOKS..... 1,014.55
IAMU
SAFETY TRAINING..... 9,896.18
IA DEPT OF PUBLIC SAFETY
LMPD CAR COMPUTERS..... 300.00
IA WORKFORCE DEVELOPMENT
UNEMPLOYMENT TAX. 392.41
JAMES KENYON
LMPL EVENT..... 150.00
JEFFREY STEELE
REIMBURSE CLOTHING..... 250.00
JULIE EVENSON
REIMBURSE CLOTHING..... 150.00
LM LUMBER CO
SUPPLIES..... 126.00
LM POSTMASTER
POSTAGE..... 806.17
LM SEED HOUSE
POSTAGE..... 181.20
MEGAN SMITH
REIMBURSE CLOTHING 89.88
METERING & TECHNOLOGY
SOL, METERS 14,168.16
MICROMARKETING LLC
LMPL BOOKS..... 159.82
NAPA AUTO PARTS
SUPPLIES..... 613.52
NELSON CREATIONS
PARKS SUPPLIES 60.00
NGT, LMPD COMPUTERS120.75
NORTHWOOD ANCHOR
PUBLICATION..... 815.09
NORTHWOOD CHIROPRACTIC
TESTING..... 65.00
PETTY CASH - GENERAL
SUPPLIES..... 2.17
PETTY CASH - LIBRARY
SUPPLIES..... 62.25
POLLARD WATER
SUPPLIES..... 277.29
PREMIER POLYSTEEL
SUPPLIES..... 4,983.00
SIEGRIST & JONES
LMPD LEGAL..... 275.00
SINGELSTAD HARDWARE
SUPPLIES..... 2,428.70
STAPLES, SUPPLIES..... 296.61
STREICHER'S
LMPD SUPPLIES..... 90.00
STRYKER SALES, LLC
LMPD SUPPLIES..... 150.00
T&R ELECTRIC SUPPLY CO
SUPPLIES..... 10,006.55
TASC, ADMIN FEES..... 86.06
THOMPSON SANITATION
RECYCLING SERVICE 6,742.23
THREE OAKS GREENHOUSE
TREES..... 3,105.00
TYLER TECHNOLOGIES
SOFTWARE MIGRATION..... 3,202.23
UMMEG
PURCHASE CURRENT4,187.86
VEENSTRA & KIMM
ENGINEERING..... 11,760.00
VISA, SUPPLIES..... 1,232.25
WADE THOMPSON TRUCKING
LMFD MAINTENANCE . 248.00
WALDORF UNIVERSITY
INDOOR SOCCER PROG900.00
WCTA
TELECOM SERVICES. 1,102.30
YOUNG PLUMBING AND HEATING
SERVICES..... 661.89
PETERSON CONSTRUCTION, WWTF PROJECT 187,307.00
PAYROLL..... 134,913.20
TOTAL..... 833,120.05
FUND TOTALS
001 GENERAL FUND 180,511.87
002 LIBRARY SAVINGS... 180.00
007 K9 POLICE DEPT 471.23
110 ROAD USE TAX FUND 41,391.35
125 TIF FUND 4,666.67
180 TRUST & AGENCY FUND..... 150.00
318 CIVIC CTR PROJ 536.90
600 WATER FUND..... 51,925.25
610 SEWER FUND..... 239,072.29
630 ELECTRIC FUND314,214.49
740 STORM WATER 890
PAYROLL
****TOTAL..... 833,120.05
TOTAL RECEIPTS FOR MARCH 2026
001 GENERAL FUND.. 88,425.36
002 LIBRARY SAVINGS & MEMORI 471.93
006 LOCAL OPTION SALES TAX 23,272.36
110 ROAD USE TAX FUND 20,340.61
112 EMPLOYEE BENEFITS FUND 3,441.10
125 TIF FUND 39,979.69
178 REVOLVING LOAN FUND.. ..... 1,833.80
180 TRUST & AGENCY FUND..... 892.00
600 WATER FUND..... 38,756.40
610 SEWER FUND..... 41,725.06
630 ELECTRIC FUND230,823.70
740 STORM WATER FUND 4,283.65
****TOTAL..... 494,245.66

Mayor Helgeson announced that this is the time and place as published in the Northwood Anchor on April 8, 2026, for a public hearing for the City of Lake Mills Fiscal Year 2026/2027 Budget.

Motion made by Storby, seconded by Ostrander to open the Public Hearing. There being no further discussion, roll call: Ayes: Storby, Ostrander, Peters, Peterson, Hughes. Nays: 0 Motion carried.

City Clerk Price noted that no written or oral objections had been received.

Motion was made by Storby, seconded by Peters to close the Public Hearing. There being no further discussion, roll call: Ayes: Storby, Peters, Peterson, Hughes, Ostrander. Nays: 0. Motion carried.

Peterson introduced and moved the adoption of Resolution No 26-16 – a resolution Adopting the Annual Budget and Certification of Taxes for the Fiscal Year Ending June 30, 2027, seconded by Storby. After due consideration thereof by the Council, and the roll being called, the following named Council Members voted: Ayes: Peterson, Storby, Hughes, Ostrander, Peters. Nays: None. The motion was declared duly carried and the resolution was adopted.

Mayor Helgeson announced that this is the time and place as published in the Northwood Anchor on April 8, 2026, for a public hearing for Proposed Amendment to the Lake Mills Urban Renewal Area.

Motion made by Storby, seconded by Hughes to open the Public Hearing. There being no further discussion, roll call: Ayes: Storby, Hughes, Ostrander, Peters, Peterson. Nays: 0 Motion carried.

Kathy Showalter discussed the proposed amendment. City Clerk Price noted that no oral or written objections had been received.

Motion was made by Storby, seconded by Ostrander to close the Public Hearing. There being no further discussion, roll call: Ayes: Storby, Ostrander, Peters, Peterson, Hughes. Nays: 0. Motion carried.

Peterson introduced and moved the adoption of Resolution 26-17 – a resolution to approve Urban Renewal Plan Amendment for the Lake Mills Urban Renewal Area, seconded by Ostrander. After due consideration thereof by the Council, and the roll being called, the following named Council Members voted: Ayes: Peterson, Ostrander, Peters, Storby, Hughes. Nays: None. The motion was declared duly carried and the resolution adopted.

Ostrander introduced and moved the adoption of Resolution 26-18 – a resolution approving projects to be funded from Tax Increment Financing Revenues, Creating Project Accounts and Authorizing the Transfer of Funds, seconded by Storby. After due consideration thereof by the Council, and the roll being called, the following named Council Members voted: Ayes: Ostrander, Storby, Hughes, Peters, Peterson. Nays: None. The motion was declared duly carried and the resolution adopted.

Susanne Gerlach and Jen Smith, Public Financial Management, reviewed financials for the storm water, water and sewer utilities. There will be no increase in the storm water rate. A 2% increase in water rates and a 3% increase in sewer rates was recommended. Motion made by Storby, seconded by Peterson to approve the financials and a 2% water rate and a 3% sewer rate increase and authorize City Clerk Price to prepare Ordinance with rate increases and authorized city staff to proceed with the issuance of an interfund loan from electric to TIF to fund the lagoon project. There being no further discussion, roll call: Ayes: Storby, Peterson, Hughes, Ostrander, Peters. Nays: 0. Motion Carried.

A motion was made by Peterson, seconded by Ostrander to set the public hearing date for May 18, 2026, at 7:00 pm to amend the City of Lake Mills current budget for Fiscal Year ending June 30, 2026. There being no further discussion, Roll Call vote: Ayes: Peterson, Ostrander, Peters, Storby, Hughes. Nays: None. Motion carried.

A motion was made by Peters, seconded by Storby to approve the City as a pass through for a scholarship from Dairyland Power: Powering the Next Generation. There being no further discussion, roll call: Ayes: Peters, Storby, Hughes, Ostrander, Peterson. Nays: None. Motion carried.

Peterson made a motion, seconded by Ostrander to approve the sewer charge forgiveness for a water leak for Leon Christenson and Gary Helgeson per the sewer forgiveness policy pending submission of a receipt or letter for repair. There being no further discussion, roll call: Ayes: Peterson, Ostrander, Peters, Storby, Hughes. Nays: None. Motion carried.

Storby introduced and moved the adoption of Resolution 26-19 – a resolution adopting Winnebago County Multi-Jurisdictional Hazard Mitigation Plan, seconded by Peterson. After due consideration thereof by the Council, and the roll being called, the following named Council Members voted: Ayes: Storby, Peterson, Hughes, Ostrander, Peters. Nays: None. The motion was declared duly carried and the resolution adopted.

Storby made a motion, seconded by Peterson to table the Parental Leave Policy until the May 2026 council meeting. Roll call vote: Ayes: Hughes, Peters, Storby. Nays: Ostrander, Peters. Motion carried.

Peterson made a motion to reconsider the motion, seconded by Ostrander. Roll call vote: Ayes: Peterson, Ostrander, Storby. Nays, Hughes, Peters. Motion carried.

Peterson made a motion, seconded by Storby to allow the topic to be on the agenda when requested information is available. Roll call vote: Ayes: Peterson, Storby, Hughes, Ostrander, Peters. Nays: None. Motion carried.

Motion made by Hughes, seconded by Storby to adjourn said meeting at 9:03 p.m. There being no further discussion, roll call: Ayes: Hughes, Storby, Ostrander, Peters, Peterson. Nays: 0. Motion carried.

Bruce Helgeson, Mayor
ATTEST:
Diane Price, City Clerk
SEAL

Legal
Northwood Anchor

Supervisors

April 20, 2026 Special Meeting

The Worth County Board of Supervisors met pursuant to adjournment with Enos Loberg, A.J. Stone and Mark Smeby, present. Also present were: Mike Galloway, Attorney; Theresa Van Sabben, Payroll Clerk; Jesse Luther, Sheriff; and Jacki Backhaus, Auditor.

Meeting called to order by Loberg at 9:30 A.M.

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

Motion Stone/Second Smeby to open the exempt session per Iowa Code 20.17(3) strategy session regarding sheriff's union. Roll call vote: Aye: Smeby, Stone and Loberg. Motion carried.

Motion Smeby/Second Stone to close the exempt session at 10:46 A.M. Motion carried.

Motion Stone/Second Smeby to adjourn the meeting at 10:46 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

Notice

PUBLIC NOTICE OF STORMWATER DISCHARGE

SDT Solutions, LLC plans to submit a Notice of Intent (NOI) to the Iowa

Department of Natural Resources to be covered under National Pollutant Discharge Elimination System Stormwater

General Permit No. 2 - Storm Water Discharge Associated with Industrial Activity for Construction Activities.

The stormwater discharge will be from Subterranean installation of fiber optic cable.

The stormwater discharge will be located in Sections 10, 15, 22, 26, & 27, T100N, R20W, Worth County. To the NE and E of Northwood, IA.

Stormwater will be discharged to the following receiving streams: WBID 7016655, Unnamed Tributary of Deer Creek.

The public may obtain further information or request to review the NOI after it has been received by the department at https://programs.iowadnr.gov/stormwater/, or by contacting the Iowa DNR at 6200 Park Ave Ste 220, Des Moines IA 50321, by phone at 515-725-8200, or by emailing stormwater@dnr.iowa.gov.

PROFESSIONAL CARD
Business Announcements

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

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

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

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

Congregate Meals
MEALS ON WHEELS
324-1244

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

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

NORTHWOOD-KENSETT SPRING SPORTS



N-K Boys Golf team

Members of the Northwood-Kensett 2026 boys golf team include (front row, from left) Owen Binnebose, Bryck Abrams, Aiden Ouverson, Tyce Helgeson, Tegan Trenhaile, (back row) Jaxon Reyerson, Brady Christianson, Caden Helgeson, Weston Willand, Bowan Behne and Gavin Cardona.



N-K Girls Golf team

Members of the Northwood-Kensett 2026 golf team include (from left) head coach Samantha Hunt, Hallie Hanson, Amaya Rugland, Kinley Stambaugh, Chloe Leonard and Quinn Schroeder.

These businesses support you all the way!

MALLI CONSTRUCTION
Josh Malli
319-240-9574
Northwood, IA
Residential, Agricultural, Commercial, Barndominium, Pole-type Buildings

Hoff Celebrations
Sites Memorial Chapel
Northwood

D&L Equipment
Kensett, Iowa
Where the Sun Always Shines
845-2199

KNUDTSON AUTOMOTIVE SERVICES
641-324-9988

Dewey Kruger Music

Eilertson Repair LLC

ABRAMS
SINCE 1954 DRAINAGE SERVICE
(641)390-1278

JANE BLOOMINGDALE

ROYAL MOTEL
FIT FOR A KING

THOFSON
PLUMBING, HEATING & COOLING

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The Northwood Anchor

Kittleson Brothers - A century of growing for their community

Editor's Note: The following story was shared by the National Onion Association, online at onions-usa.org, featuring the history of the Kittleson Brothers, and unique crops grown in Worth County.

In north-central Iowa, farming isn't just a profession for the families behind Kittleson Brothers—it's a lifelong calling rooted in tradition, community, and a deep respect for the land. For more than 100 years, onions have been part of the farm's story, connecting generations of growers who share a simple goal: produce high-quality food for the people around them.

Today, Kittleson Brothers is owned and operated by Steve and Beth Rachut alongside Adam and Rosalie Koch. Located in St. Ansgar, Iowa, the operation grows and packs onions and potatoes for customers across the region. The farm produces 45 acres of onions and 45 acres of potatoes, distributing fresh vegetables to more than 30 grocery stores throughout Iowa. Twice each week, a delivery route carries their crops to local retailers, while additional onions move wholesale to repackers in Minnesota and Wisconsin. From October through May, customers can also buy directly from the farm at the warehouse store, where neighbors stop in daily to pick up locally grown produce.

All of the crops are grown near Fertile, Iowa, before being transported during harvest back to the packing and storage facility in St. Ansgar. It's a system built on efficiency, but more importantly, on trust with the customers who rely on them.

Farming Roots Run Deep

Each of the farm's partners brings a personal history tied closely to agriculture.

Steve Rachut grew up on a farm near Osage, Iowa, and began building his agricultural experience early.

At just 12 years old, he started a roadside business called Steve's Sweet Corn, selling produce he grew himself. His interest in vegetables expanded in high school, when he planted several acres of onions as part of his FFA Supervised Agricultural Experience project.

Steve later graduated from Iowa State University in 2004 with a degree in Agricultural Business and a minor in Agronomy. After college, he farmed his own ground while helping with his family's operation. Onion growing was already part of his family history—his grandfather Wilmer began raising onions in the 1930s. Today, Steve represents the third generation of onion growers in his family and the sixth generation of American farmers.

Beth Rachut also grew up on a farm, near Guthrie Center, Iowa. A graduate of Iowa State University in Agricultural Communications, Beth spent years working in conservation, manure management, and agricultural recruiting before joining the Kittleson Brothers operation in 2019. Her work in marketing, billing, and customer service strengthened the business as it expanded its reach. In 2024, she transitioned to farming full time. Beth is a seventh-generation American farmer.



Beth and Steve Rachut, and Adam and Rosalie Koch of Kittleson Brothers farm.

Adam Koch's path to Kittleson Brothers also started with a childhood spent on a livestock and row crop farm near Osage. From an early age, Adam was drawn to fruit and vegetable production. While in high school, he worked for Steve's Sweet Corn and gained hands-on experience growing produce. He graduated from Iowa State University in 2021 with a degree in Agricultural Education.

During college, Adam worked harvest seasons and winter breaks at Kittleson Brothers. After graduation, he returned home to farm and joined the business full time. In the spring of 2023, he became a business partner, helping lead onion and potato production. Adam represents the sixth generation of farmers in his family.

Kittleson, see Page 13



Adam Koch in an onion field in college.

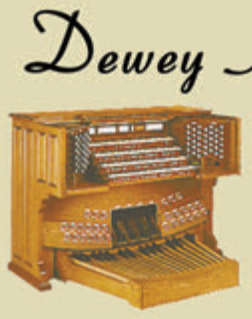

Steve Rachut in 1984.



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Kittleson
Cont. from Page 12

Commitment to Quality

For the team at Kittleson Brothers, quality begins long before harvest.

"Because we are involved in every step of onion production—growing, grading, marketing, and sales—we see our onions every step of the way," Beth Rachut says. "We strive to be as close to perfect as you can get."

Maintaining that standard requires constant attention. Relationships with seed suppliers, crop consultants, and fellow growers play a large role in helping the farm make informed decisions each season. Being located in what they describe as a "vegetable island," where relatively few vegetable growers operate nearby, means their onions are often the only locally grown option available in the area.

"That makes quality even more important," Koch says. "When customers buy our onions, we want them to be proud to serve them at their own table."

Adapting While Honoring Tradition

Agriculture has changed significantly over the past decade, and the Kittleson Brothers team has embraced those changes while still relying on the lessons passed down through generations.

From planting techniques and equipment upgrades to distribution strategies and customer outreach, the operation constantly evaluates ways to improve. New technologies and production tools are introduced carefully, with a focus on what truly benefits the farm and its customers.

Networking with other growers and industry contacts helps them stay informed about new products and market opportunities. At the same time, the values that guide their work remain straightforward: do the right thing, work hard, and earn respect over time.

Investing in the Next Generation

Looking ahead, the farm's future depends not only on the land, but also on the people who will care for it.

Kittleson Brothers has begun working with local school districts to employ high school students interested in agriculture who may not otherwise have the opportunity to gain farm experience. These students work alongside the team, learning about everything from agronomy to marketing and customer relations.

It's a partnership that benefits everyone involved. Students gain practical experience and exposure to agricultural careers, while the farm helps cultivate the next generation of agricultural leaders.

The operation also continues investing in updated facilities, improved food safety practices, and stronger branding to prepare for expanding markets.

Growing for the Future

For the Rachut and Koch families, stewardship remains central to every decision.

They want future generations to look back and see a farm that cared for the land, supported its community, and built a strong foundation for those who come next.

By focusing on local markets, maintaining high standards, and nurturing young talent, they believe they are positioning Kittleson Brothers for long-term success.

After more than a century of onion production, the mission remains simple: grow food the right way and provide neighbors with produce they can trust.

Iowa Crop Progress and Condition Report

April 20-26, 2026

Iowa Secretary of Agriculture Mike Naig commented on the Iowa Crop Progress and Condition Report released by the USDA National Agricultural Statistics Service. The report is released weekly April through November. Additionally, the Iowa Department of Agriculture and Land Stewardship provides a weather summary

"Many farmers got a good start on planting last week, though widespread rain on Thursday and again over the weekend parked planters for a few days," said Secretary Naig. "The good news is that soil temperatures are on the rise, and outlooks into May are showing the potential for cooler and drier weather after a very active stretch of severe weather. I expect farmers will be making the most of every good window to keep planting moving along."

Crop Report

There were 4.3 days suitable for fieldwork during the week ending April 26, 2026, which is 2.0 days more than last year. Topsoil moisture condition rated 2 percent very short, 8 percent short, 76 percent adequate and 14 percent surplus. Corn planting in Iowa reached 22 percent complete, which is 10 percent behind last year when 32 percent of the crop had been planted. Soybean planting reached 11 percent, which is 12 percent behind 2025, when 23 percent of the crop had been planted. Oats planting reached 74 percent, 5 percent behind last year when 79 percent had been planted.

The weekly report is also available on the USDA's website at https://www.nass.usda.gov/.

Weather Summary

Provided by Justin Glisan, Ph.D., State Climatologist

While rainfall was widespread across Iowa though April's last full week, this was the first reporting period with below normal totals for most stations; only the southwest corner was unseasonably wet. Temperatures remained unseasonably warm with positive departures approaching nine degrees east; the statewide average temperature was 57.4 degrees, 6.0 degrees above normal.

Gusty northwesterly winds held Sunday (19th) afternoon temperatures in the mid 40s northeast to mid 60s southwest with stray clouds passing over the state. Monday (20th) dawned chilly with morning lows in the upper 20s to mid 30s north to south. Winds swung back around to a southerly direction under clear skies with daytime temperatures reaching the 60s across western Iowa; temperatures were 10 to 15 degrees cooler farther east. Southwesterly winds increased overnight into Tuesday (21st) with lows around sunrise in the low to mid 50s at most stations. Unseasonably warm temperatures blanketed much of Iowa's northwestern half with mid to upper 80s observed at many locations; the statewide average high was 83 degrees, 20 degrees above normal. Isolated showers developed over northwestern Iowa around daybreak on Wednesday (22nd) leaving behind minor rainfall totals at several stations; Le Mars (Plymouth County) collected 0.09 inch while 0.19 inch was reported in Spencer (Clay County). Skies remained generally clear through the day as southerly winds ramped up with temperatures in the mid 70s over southern Iowa to the low to mid 80s across the northern reaches of the state.

Cloud cover increased over western Iowa into Thursday (23rd) as a cold front advanced through the state. Afternoon conditions within the warm sector were unstable with ample forcing for upward motion in the presence of low level wind shear. Storms fired along the Iowa-Nebraska border and quickly became severe-warned. Multiple weak tornadoes were confirmed with some structural damage in Little Sioux (Harrison County). Large hail was the dominant mode of severe weather until the front pushed into central Iowa later in the evening. Three additional weak tornadoes were observed near Slater (Story County), around Mitchellville (Polk County) and just east of Interstate 35 in Weldon (Decatur County). From central Iowa on, the event transitioned to numerous straight-line wind reports with a 70 mph wind gusts in Lamoni (Decatur County) and Davenport (Scott County). Rainfall was reported at most Iowa stations with more than 75 collecting at least 1.00 inch; two stations in Delaware County, Hopkinton and Manchester reported 1.67 inches and 2.11 inches, respectively with a statewide average of 0.60 inch. Winds shifted to the northwest behind the front with Friday (24th) morning temperatures in the low 30s northwest to mid 50s southeast. Afternoon conditions were pleasant with highs in the 60s and sunshine. Saturday (25th) was nearly a mirror image of the previous day except for easterly winds, signaling an approaching low pressure system. Showers moved into western Iowa into the afternoon hours with totals holding under a few tenths of an inch, though Underwood (Pottawattamie County) hit 0.76 inch. Western Iowa remained overcast into Sunday (26th) morning while clear conditions were reported in the east with lows in the 40s.

Weekly precipitation totals ranged from 0.01 inch in Clinton (Clinton County) to 2.11 inches in Manchester (Delaware County). The statewide weekly average precipitation was 0.69 inch; the normal is 0.98 inch. Mapleton (Monona County) and Sioux City Airport (Woodbury County) reported the week's high temperature of 89 degrees on the 21st, on average 26 degrees above normal. Municipal airports in Mason City (Cerro Gordo County) and Spencer (Clay County) reported the week's low temperature of 21 degrees on the 20th, on average 16 degrees below normal. Four-inch soil temperatures varied from the low 50s northwest to mid 60s southeast as of Sunday.

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Lake Mills News

City of Lake Mills Spring clean up set for May 9, 11-13

The City of Lake Mills will hold a spring clean up on May 9 and 11-13.

Clean up items may be taken to the location at 308 South Fourth Avenue West

All appliances and brown goods (electronics) need to have a sticker on them. Each garbage paying household will be given two free stickers for appliances or brown goods, except for monitors and TVs. Computer monitors and televisions will require a special $100 sticker each. Stickers are only available at City Hall at 200 North First Ave. W. during normal business hours, Monday through Friday, 7:30 a.m. to 4 p.m.

Anyone planning to bring appliances or brown goods to the disposal site willy need to get stickers ahead of time. Additional stickers will cost $15 each. Only empty, major appliances will be picked up at the curb on regular garbage pickup day. Those items are asked to be at the curb by 7 a.m. of regular garbage day.

No small items will be picked up at the curb. Anything at the curb, other than major appliances, must be in the City issued garbage container.

The City does not accept oil, paint, batteries, household chemicals, cleaners or tires.

Items need to be brought to 308 South Fourth Avenue West on Saturday, May 9, from 7 a.m. - 5 p.m. (or until full); and on Monday, May 11 - Wednesday, May 13, from 7 a.m. - 7 p.m.

For those unable to haul large items to the site, arrangements for pick up may be made by calling City Hall at 592-3251, or the Director of Public Works at 592-2441, prior to May 9.

Leaves and brush may also be brought to the disposal site. Do not leave leaf bags or containers. If the gate is locked, individuals must wait until the next working day to unload.

Watch the Northwood Anchor for a clean-up date on a Saturday in the Fall.

Spring clean-up is for garbage paying Lake Mills residents only.





Success at the Science Fair

Students in grades 3-8 at Lake Mills recently took part in the Science Fair. They shared their experiments and results of the Scientific Methodic approach. The scientific topics included density, potato clocks, Peeps, boba, sports drinks, to Peeps to boba to the benefits of water to digestion and more. The event was hosted with the help of the High School Science Club and Mrs. Anderson. Award winners of the Science Fair included Judges' Choice: Ella Sletten (above right), on how yoga improves flexibility. Most Creative was Gage Greenfield (below right), who created the "Insane Crane." The Community Choice went to Lillian Brackey and Sutton Storby, with their experiment on how liquids affect Peeps.



Lake Mills High School recognized for efforts to register students to vote

More than 5,000 17- and 18- year old Iowans were registered to vote during the 2025-2026 school year, Secretary Pate has announced. The Carrie Chapman Catt Award program, created and administered by Iowa Secretary of State Paul Pate, encourages eligible high school senior students to register to vote.

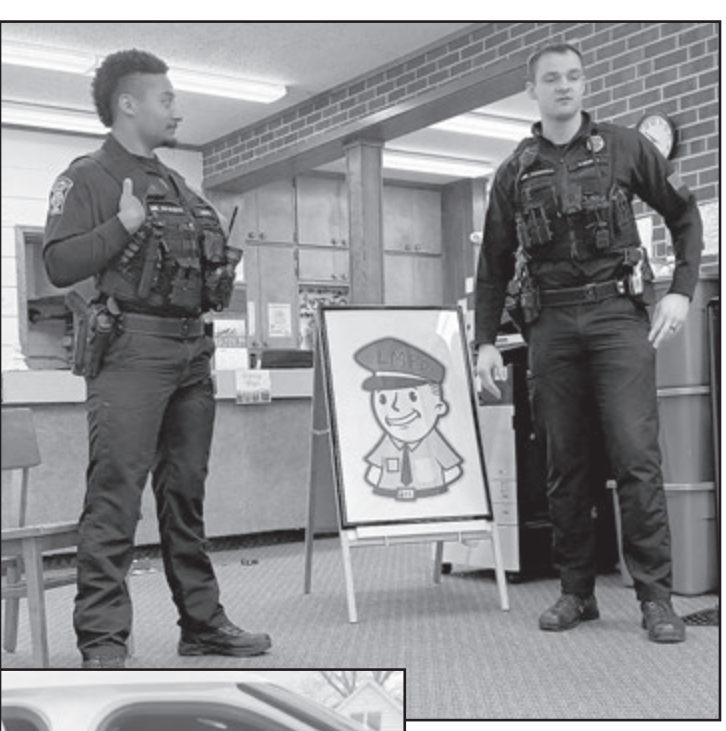
Established in 2019, the Carrie Chapman Catt Award was created by Secretary Pate to encourage voter registration in Iowa high schools. The prestigious Carrie Chapman Catt Award goes to Iowa schools that register at least 90% of their eligible students to vote. Schools also receive recognition for registering 70% and 50% of eligible students. The program is part of Secretary Pate's efforts to engage Iowa students in the civic process and encourage them to build lifelong habits of civic participation. Studies show that students who report being encouraged to vote or taught how to register to vote in high school are more likely to vote and be more invested in elections throughout their lifetimes.

To wrap up the 2025-2026 school year, Secretary Pate is celebrating the schools that signed up to host voter registration drives and the record-breaking 75 schools that received recognition as part of the award program; 49 schools registered at least 90% of eligible seniors, earning the Carrie Chapman Catt Award trophy; seven large schools (with more than 300 students) registered at least 100 eligible seniors, earning the Capitol Award trophy; 12 schools registered at least 70% of eligible students, earning a banner award; seven schools registered at least 50% of eligible students, earning a certificate award.

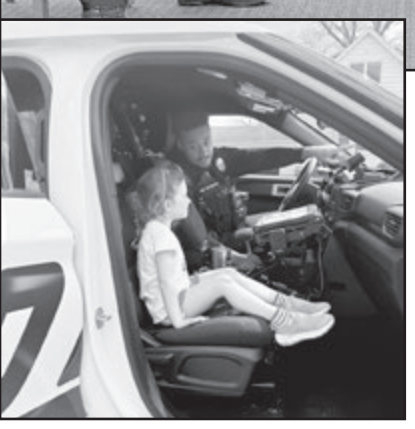
"More than 5,000 high school students registered to vote this school year as part of this program. They join the list of more than 20,000 Iowa high school students that have registered to vote since the program's launch," said Secretary Pate. "This is no small feat. These young leaders are taking the first step in making their voices heard and influencing their community. I applaud them for their enthusiasm, passion, and leadership."

As part of the culmination of the program, Secretary Pate hosted a special award ceremony at the Iowa State Historical Museum. Seventeen high schools and 200 students attended the event. Every school who registers at least 90% of eligible students can participate in an award ceremony, which are held throughout the year at Iowa high schools and in the Iowa State Capitol.

Lake Mills High School was recognized as one of the 49 schools recognized with the Carrie Chapman Catt Award, registering at least 90% of eligible students for the third time.







Law enforcement at the library

The Lake Mills Library continued its "Community Helpers" at the Little Learners program. Visiting were Chief of Police Levine, Sergeant Christianson, K9 Officer Olson and Officer Carroll, teaching them about how they protect and serve their community. The young visitors saw some police equipment, played "Pin the badge on the police officer," had a photo opportunity, explored the police vehicles and were even deputized for the day with their own badges.



Better than a bus

Lake Mills High School recently welcomed some unusual student transportation with the annual Drive Your Tractor to School Day. Seven members of the Lake Mills FFA Chapter helped promote agriculture and the start of the planting season with by driving their farm equipment to school.

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Published Wednesday, May 6

~ Deadline Friday, May 8
Published Wednesday, May 13

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The Northwood Anchor

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City of Lake Mills

Spring Clean-Up

Items brought to 308 S. 4th Ave. W.

Saturday, May 9: 7 a.m. - 5 p.m. (or until full)
Sunday, May 10: Closed
Monday, May 11 - Wednesday, May 13:
7 a.m. - 7 p.m.

We do NOT accept Oil, Paint, Batteries, Household Chemicals, Cleaners or Tires

No small items will be picked up at curb must be in City issued garbage container

Appliances and brown good (electronics) need a $15 sticker. Every garbage paying citizen gets 2 Free Appliance Stickers before paying for extra ones.

Computer Monitors and Televisions require a special $100 sticker each. Stickers available at City Hall, 200 1st Ave. W., Mon. - Fri. 7:30 a.m. - 4 p.m.

Have them at the curb by 7 a.m. on your regular garbage day.

Leaves and brush may be brought to disposal site, no leaf bags or containers DON'T LEAVE IF GATE IS LOCKED!

Call City Hall 641-592-3251 or Director of Public Works, 641-592-2441 prior to May 9 if unable to haul large items to disposal site

Spring Clean-Up is for garbage paying Lake Mills residents only!



Down to Earth

Lake Mills Middle School Student Council members celebrated Earth Day giving back to their community. They worked with the City of Lake Mills helping clean up at Oakwood Park and Popcorn Hill, removing sticks and debris, getting the parks ready for summer fun and activities.







Bechtel sisters sign with UW-Superior

Two Lake Mills Bulldogs, Kate and Grace Bechtel, daughters of Chad and Shannyn Bechtel signed on April 23 to play basketball at the University of Wisconsin-Superior. Also in the picture is brother (they are triplets) Emerson Bechtel.



Signing on for career education

Four Lake Mills seniors recently took part in a ceremony to sign their letters of intent to pursue CTE (Career and Technical Education) courses at NIACC after they graduate. Recognized at the signing event were Calvin Rognes, Diesel Tehnology Program; Uryah Soto, Welding Program; Caden Hunter, Automotive Program; and (not pictured) Hannah Maas, Automotice Program.

Lake Mills boys finish fifth in back-to-back meets

By By Matt Pfaltzgraff

The Lake Mills Boys Track & Field team opened the week on Tuesday, April 28, at the GHV Cardinal Relays for Boys. The Bulldogs will then compete on Friday, May 1, at the Jim Basye Coed Relays hosted by Hampton-Dumont. Next Monday, May 4, Lake Mills will compete at the Eagle Relays hosted by West Hancock before their Top of Iowa Conference meet on Thursday, May 7, in North Union.

Belmond-Klemme
Boys Relays
Tuesday, April 21

Team Results: 1. West Hancock 149.5; 2. North Butler 113.5; 3. North Union 70; 4. Belmond-Klemme 69; 5. Lake Mills 68; 6. North Iowa 66; 7. West Fork 63; 8. Clarion-Goldfield-Dows 53; 9. Bishop Garrigan 50; 10. Northwood-Kensett 30; 11. Clear Lake Classical 6.

Lake Mills Boys' Results:

100m 10: Asher Stensrud - 12.51; 11: Landyn Christian - 12.54 200m
8: Zach Stene - 24.35
400m
2: Zach Stene - 52.17; 14: Brayden Eden - 1:00.62
800m 5: Joseph Charlson - 2:14.68; 7: Hayden Thompson - 2:15.36 1600m
2: Knute Rogne - 4:40.37; 4: Lane Rygh - 4:53.14
3200m 1: Hayden Thompson - 10:17.98; 2: Knute Rogne - 10:31.18 400m Hurdles
15: Lucas Helgeland - 1:12.14
Long Jump
14: Zach Stene - 14-05.50
High Jump
7: Asher Stensrud - 5-06.00
Shot Put 8: Josiah Kjeldahl - 39-07.00; 16: Leif Rogne - 34-08.00 Discus
14: Leif Rogne - 92-10; 19: Anthony Poley - 79-02 4x100m Relay
5: Lake Mills - 46.90
4x200m Relay
8: Lake Mills - 1:41.61
4x400m Relay
10: Lake Mills - 4:09.03
4x800m Relay
5: Lake Mills - 9:21.91
Sprint Medley Relay
10: Lake Mills - 1:56.27
4x110m Shuttle Hurdle Relay 5: Lake Mills - 1:14.06 Distance Medley Relay 3: Lake Mills - 3:57.09

North Butler Track
& Field Invite
Friday, April 24

Team Results: 1. West Hancock 69; 2. North Butler 57; 3. Saint Ansgar 49; 4. Grundy Center 47; 5. Lake Mills 44; 6. Hampton-Dumont-CAL 26; 7. Nashua-Plainfield 25; 8. Riceville 18; 9. West Fork 12; 10. Dunkerton 11; 11. Janesville 8; 12. Clarksville 6; 13. Rockford 0.

Lake Mills Boys' Results:

100m 14: Landyn Christian - 12.35; 25: Asher Reese - 13.50 200m 16: Rylan Keough - 26.25; 18: Isaiah Torres - 26.87 400m 2: Zach Stene - 52.74; 17: Anthony Poley - 1:02.60 800m 8: Lane Rygh - 2:18.71; 11: Brayden Eden - 2:25.42 1600m 1: Hayden Thompson - 4:40.66; 2: Knute Rogne - 4:42.73 3200m 1: Knute Rogne - 9:47.50; 2: Hayden Thompson - 9:52.63 110m Hurdles 13: Lane Helgeland - 19.09; 17: Leif Rogne - 20.06 400m Hurdles
10: Knute Rogne - 1:02.50
High Jump
9: Asher Stensrud - 5-04.00
Shot Put 12: Josiah Kjeldahl - 39-10.00; 20: Leif Rogne - 34-05.00 Discus 15: Leif Rogne - 116-04.00; 24: Anthony Poley - 77-10.00 4x100m Relay
5: Lake Mills - 46.62
4x200m Relay
8: Lake Mills - 1:38.50
4x400m Relay
11: Lake Mills - 3:54.51
4x800m Relay
4: Lake Mills - 9:06.70
Sprint Medley Relay
9: Lake Mills - 1:46.19
4x110m Shuttle Hurdle Relay 5: Lake Mills - 1:09.13 Distance Medley Relay 8: Lake Mills - 4:09.40

Lake Mills girls dominate the Belmond-Klemme Relays

By By Matt Pfaltzgraff

The Lake Mills Girls Track & Field team opened the week on Monday, April 27, at the Lake Mills Girls Track Meet and then head to the Forest City Girls Relays on Tuesday. On Friday, May 1, Lake Mills will travel to Hampton for the Jim Basye Coed Relays. Next Monday, May 4, Lake Mills will compete at the Eagle Relays hosted by West Hancock. The Bulldogs will travel to North Union for the conference track meet before the State Qualifying Meet.

Girls Cardinals (GHV) Relays
Tuesday, April 21

Team Results: 1. Forest City 204; 2. Garner-Hayfield-Ventura 147; 3. Lake Mills 130; 4. Hampton-Dumont-CAL 75; 5. Eagle Grove 46; 6. Clarion-Goldfield-Dows 32; 7. Belmond-Klemme 29; 8. Central Springs 27.

Lake Mills Girls' Results:

100m
5: Jacky Gallardo - 13.80; 13: Brooke Schulz - 15.49 100m Hurdles 7: Kenlie Greenfield - 19.75; 8: Ellie Mondt - 19.77
200m 1: Regan Eastvold - 26.91; 4: Makenzie Budach - 28.55 400m
10: Ezy Kleveland - 1:27.24
400m Hurdles 1: Cora Sauer - 1:09.98; 6: Kenlie Greenfield - 1:27.07 800m 6: Katie Machin - 2:57.29; 9: Laylah Ingledue - 3:10.86 1500m 4: Kaylie Sylvara - 5:40.14; 8: Lillian Young - 6:28.79 Shot Put 2: Afton Dean - 31-10.50; 4: Betsy Byars - 31-02.50 High Jump
1: Makenzie Budach - 4-10.00; 3: Tatum Sauer - 4-08.00
Discus
2: Ava Menke - 99-05; 8: Hadlee Thompson - 77-03
Long Jump
4: Jacky Gallardo - 13-08.50
4x100m Relay
4: J. Gallardo, E. Mondt, L. Oldenkamp, K. Leonhardi - 55.58
4x200m Relay
2: R. Eastvold, M. Budach, T. Sauer, C. Sauer - 1:50.47
4x400m Relay
2: R. Delger, T. Sauer, M. Budach, C. Sauer - 4:21.77
4x800m Relay
2: K. Sylvara, J. Islas, L. Young, K. Renneker - 11:35.92
Sprint Medley Relay
2: J. Gallardo, E. Mondt, R. Eastvold, T. Sauer - 1:56.07
Distance Medley Relay
3: E. Mondt, K. Leonhardi, R. Delger, K. Renneker - 4:52.90

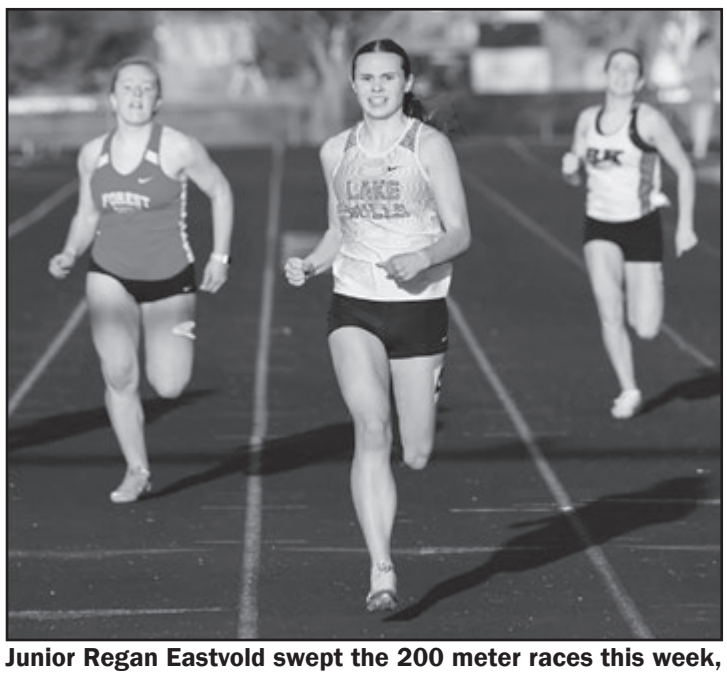
Belmond-Klemme Girls Relays
Friday, April 24

Team Results:

1. Lake Mills 189; 2. West Hancock 119; 3. Hampton-Dumont-CAL 93; 4. Belmond-Klemme 56; 5. Clarion-Goldfield-Dows 52; 6. Don Bosco 45; 7. Clear Lake Classical 16.

Lake Mills Girls' Results:

100m
1: Regan Eastvold - 13.02; 9: Brooke Schulz - 15.71 100m Hurdles
1: Ari Stensrud - 18.78; 2: Faith Stene - 19.26
200m
1: Regan Eastvold - 26.51; 5: Reese Delger - 29.32 400m
1: Tatum Sauer - 1:03.72; 2: Makenzie Budach - 1:08.27 400m Hurdles
1: Cora Sauer - 1:06.82; 3: Ari Stensrud - 1:12.14
800m
2: Kara Renneker - 2:39.54; 7: Katie Machin - 3:00.90 1500m
3: Kara Renneker - 5:44.27; 4: Kaylie Sylvara - 5:53.04 3000m
3: Kaylie Sylvara - 12:50.65; 4: Lillian Young - 14:26.78 High Jump
1: Makenzie Budach - 4-10.00
Discus
1: Ava Menke - 102-00; 3: Hadlee Thompson - 84-07.50
4x100m Relay
2: Lake Mills - 52.20
4x200m Relay
4: Lake Mills - 2:01.50
4x400m Relay
1: Lake Mills - 4:30.52
4x800m Relay
1: Lake Mills - 11:47.51
Sprint Medley Relay
3: Lake Mills - 2:01.14
Distance Medley Relay
3: Lake Mills - 5:11.23
4x110m Shuttle Hurdle Relay
1: Lake Mills - 1:12.76



Junior Regan Eastvold swept the 200 meter races this week, winning at the Garner and Belmond meets. Photo - J.L. Photography.

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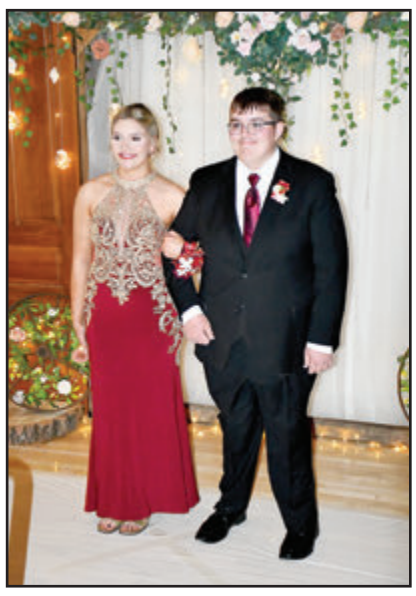
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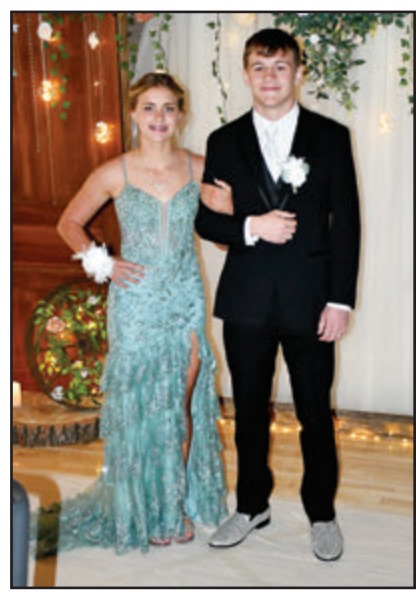
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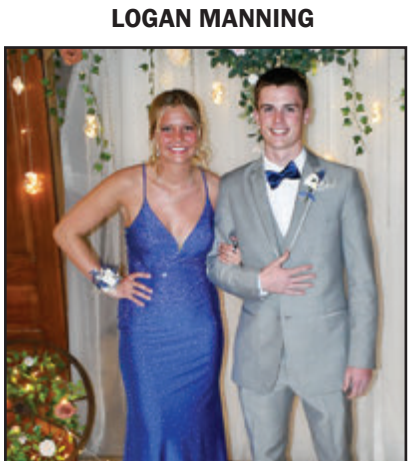
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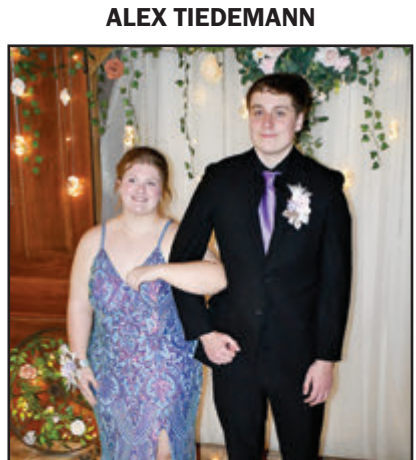
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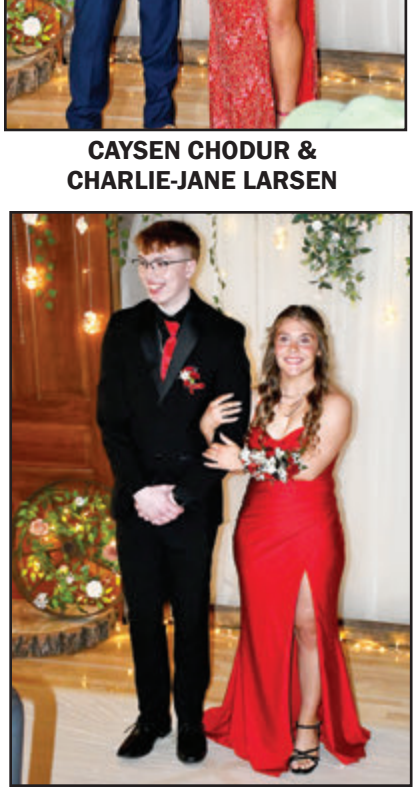
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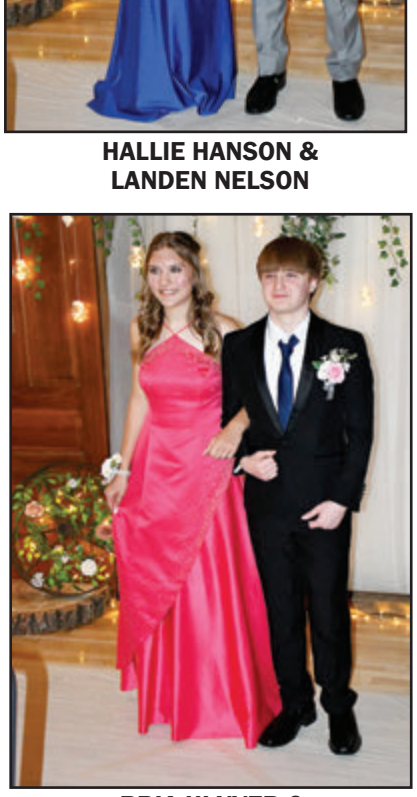
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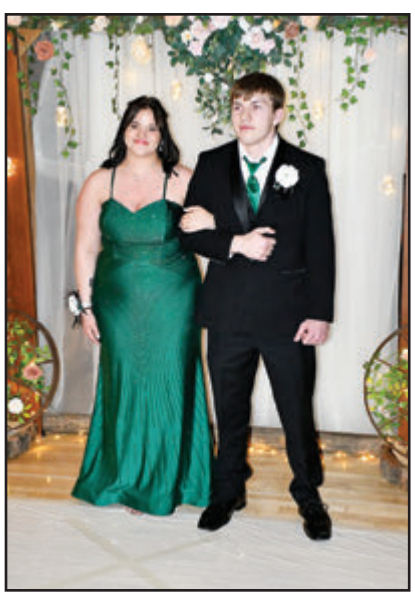
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