

Briefs

Bethel Women host Salad Luncheon June 3

The Bethel United Women of Faith will host a Guest Day Salad Luncheon on Wednesday, June 3, at 12 noon.

The program will feature Reverend Rhoda Preston, wife of former Bethel pastor Don Preston. Rhoda will present a program on “Pysanky-Decorative Ukrainian Eggs.” The process is a centuries old Ukrainian tradition that has become an Easter tradition.

The program is open to everyone that is interested in learning more and enjoying the luncheon.

Fireworks fundraising underway

With Independence Day on the way, organizers are currently preparing for and collecting donations for the annual fireworks display.

This year’s fireworks supporters are recognizing the contributions of Dave Tenold, who helped make the fireworks in Northwood possible for many years. That included his time as a firefighter and later as a member of the Ol’ Crackers, a group of former firefighters that helped organize and raise funds for the annual display. Tenold died in December.

Those interested in contributing to the fireworks fund drive may drop off cans in the receptacle located underneath the water tower in downtown Northwood. The cans are redeemed and funds are used to help purchase the fireworks each year.



The Week's WEATHER
From National Weather Service Information

Date	Hi	Lo	Prec.
Mon. May 18	74	61	0.71
Tues. May 19	69	53	0.08
Wed. May 20	53	38	
Thurs. May 21	59	40	
Fri. May 22	56	48	0.07
Sat. May 23	73	57	0.09
Sun. May 24	81	52	



Worth County Deputy Katrina Neve guides N-K Elementary students through a bike safety course.

Students set for safe riding this summer

Each year, as the school year winds down, students at Northwood-Kensett Elementary are prepared to ride and travel safely on city streets.

The National Bike Safety Month preparations come with lessons for younger students and reminders for older students about how to ride bikes or scooters safely.

Organized with school nurse Kaitlyn Anderson and deputy Katrina Neve with the Worth County Sheriff's Office, the annual bike safety presentations were held on May 14 to help get students excited about riding their bikes in the summer, while also making sure they ride safely.

Neve led the program on the elementary playground, talking to the students



about the dangers of the roadway, and how to be safe.

That includes wearing bright clothing to be more visible, and helmets to protect themselves in case of falls or accidents.

Neve told the students to obey the rules of the road, stopping at all stop signs,

and making sure that any drivers stopping as well see them and wave them forward before crossing, after they also look both ways.

Neve then had them practice the arm signals to let other vehicles know when they plan to stop and turn left or right.

Safe Riding, see Page 2

Worth County included in disaster proclamation

Last week Iowa Governor Kim Reynolds issued a disaster proclamation for eight counties, including Winnebago and Worth, along with Emmet, Hancock, Palo Alto, Plymouth, Pocahontas and Woodbury counties in

response to severe weather that occurred on May 15, and continuing.

Reynolds’ proclamation allows state resources to be utilized to respond to and recover from the effects of this severe weather and activates the Iowa

Individual Assistance Grant Program and the Disaster Case Advocacy Program for those counties. The proclamation is effective immediately and will remain in effect for 30 days unless terminated or extended.

Disaster, see Page 2

Parks retires after 34 years in N-K Elementary classrooms

With the recent end of the school year for staff and students at N-K, one teacher said good bye to his elementary classroom for the last time after 34 years.

The end of May 2026 is the end of Greg Parks’ time as a fourth grade teacher at Northwood-Kensett Elementary and coach of various sports, a somewhat unexpected career that he feels grateful to have found.

Parks, who grew up and graduated from North Central Schools in Manly, began his college education seeking a business degree at NIACC, before continuing on at the University of Iowa. After a year there, he

was convinced to make a change in career path, joining friends who were going into teaching and studying at Buena Vista University.

Parks thought he would give it a try.

A few years later, with a degree in elementary education, Parks was contacted by John Lee about a coaching opportunity in the spring at Northwood-Kensett.

That fall, Parks added classroom time as a para, serving in that role for a year and a half. When Barb Anderson retired mid-year, Parks was hired and remained as an elementary

Parks, see Page 2



GREG PARKS

N-K board discusses student behavior support, student survey

At their regular meeting on May 14, the Northwood-Kensett school board received an update and response to parent concerns, as well as a look at how students feel about their educational environment.

At the school board’s previous meeting in April, two parents had addressed the board with their concerns about responses student behaviors. At that meeting, the parents had shared anonymous teacher comments and concerns.

The parents shared their concerns that student behavior issues were having a negative impact on the classroom learning environment.

Superintendent Tony Hiatt shared information with the school board at the May meeting, following up on the parents’ comments.

Hiatt shared his appreciation for the parents that spoke and brought information to the previous meeting.

Hiatt also provided information and clarification on steps that had taken place in the current school year, those that would continue into the next year and beyond.

One of those was a program known as Character Strong. The program has staff reinforce the positive impacts of specific character traits.

N-K Board, see Page 2

N-K free summer lunches begin Monday at FLC

The Northwood-Kensett Community School District will be participating in the Summer Food Service Program.

Meals will be provided to all children without charge. The district will provide free lunches to any child ages 1-18. There are no family income requirements, and those participating do not have to live in the district to receive lunch.

Children enrolled in day-care, or participating in youth and community activities and groups are welcome. Adults may also participate in the program for a cost of \$5 per person.

N-K Lunches, see Page 2



For the bird
A frequently found fowl in the Shell Rock River around Swensrud Park is a blue heron, like this one spotted there last week.



Primary election set for Tuesday

This Tuesday, June 2, Iowa voters will choose who will represent the Democratic and Republican parties in the November general election.

Offices in the primary election include national, state and county elected positions.

County offices that will appear on primary election ballots include the attorney, recorder, treasurer and supervisors from District 1 and District 3.

The attorney position will change following this year’s election. The position

will be full time starting with the term that begins in January 2027. That means the attorney will only work for Worth County and can not have private clients.

Filing to be the party candidates for county attorney were incumbent attorney Jeffrey H. Greve, for the Republican nomination, and Dexter Banks, Democratic Party candidate.

Filing to appear on ballots to be the Republican party candidate for county recorder was Jolene Hickle.

Election, see Page 2

ter traits throughout the school year. That includes recognizing when students show those traits in the classroom, and with special assemblies and recognitions throughout the school year.

That started in the elementary and middle school this year and will include K-12 next year.

Hiatt said that staff professional development will continue to build on effective methods and supports for teachers.

The school's administrative team will continue to study and consider ways to implement the modeling and reinforcement of positive behaviors for students.

Hiatt also noted that one challenge is that there is a wide variety of topics and concerns for parents and guardians. He said that how strictly parents and guardians want rules enforced changes depending on whether it is their child that is the subject of that enforcement. He said that they will work to make sure that enforcement complies with student handbooks and board policies, and that those rules are communicated effectively.

Hiatt said that district staff will also work to communicate, educate and build consensus around teaching students to be respectful, productive citizens.

Hiatt said that the district has only begun its current approach and that it will take 3-5 years to become increasingly effective.

Hiatt also noted that the staff had reviewed the results of the "Conditions for Learning" survey. The survey includes questions given to students, asking about how they feel and what they

have observed about their classrooms, including about interactions between each other, and between students and teachers.

The results of the 2024-2025 survey were discussed in August 2025, before the school year began, with focuses on boundaries and expectations, physical safety, emotional safety, adult-student relationships and student-student relationships.

Also discussed at the May 14 meeting were some preliminary impressions from the survey taken this year.

Secondary principal Keith Fritz noted some improvements from the previous survey.

Those students agreeing that they feel safe, with that number up 9%.

Some students mentioned being called names, made fun of or excluded or ignored, but those numbers were consistently low. However, teachers still struggle when they observe that happening.

Other reactions included low numbers for students feeling that there was consistent enforcement of rules and letting parents know when students were doing well.

Threats online are down.

Only 45% of students in the survey agreed that other students treat adults at the school with respect.

At the school, 91% of students agreed that there was at least one adult they could go to for help with a problem. And 89% agreed that adults respect differences in students.

At the same time, only 43% agreed that students in the school respect each other's differences.

And 93% agreed that students try to make new students feel welcomed.

Elementary principal Brian Costello presented results of the survey at the elementary.

That included 96% feeling safe at school, 100% of those answering the survey feeling rules are easy to understand. There were 88% that said adults in the school have the same rules for all students.

There was a 4% increase in students reported having things stolen.

There was a 5% increase in students saying they were made fun of or teased.

There was a 7% decrease in students reported being hit or kicked.

There was a 15% increase in students that said others made them feel included.

Like in previous years, more detailed examinations of the surveys will take place with staff in the lead up to the next school year.

In other business, the school board received an update on the timeline for the elementary roof and solar project.

The project was expected to start on the northwest section of the roof before the last day of school.

The roof portion of the project is expected to be completed by the end of June, weather permitting.

The solar panels would begin installation in July, to be completed in time for teachers to return to their classrooms in August.

With the construction, the playground will be closed this summer and the school's free summer meal program will be hosted at First Lutheran Church.

The Sheriff's Office also provided some treats, activities and other items for students to take home.

They also had drawings with some of the students winning helmets, lights, reflectors, horns or even new bikes.

And the WCSO will continue to reinforce safe biking over the summer with the return of a special ticket program.

Young people riding safely wearing helmets over the summer may receive tickets as a reward, good for free ice cream, sponsored by R80.

Election Cont. from Page 1

Filing to be the Republican party candidate for treasurer was incumbent Jake Hanson.

Filing to appear as the Republican candidate for District 1 supervisor was Marena Henkle.

Running to appear as the Republican candidate for District 3 supervisor were Mike Hanson and Gary Hengesteg.

In addition to county positions, appearing on primary ballots will be state elected offices.

Running for the Republican nomination for Governor are Eddie Andrews, Randy Feenstra, Zach Lahn, Brad Sherman and Adam Steen. Running unopposed for the Democratic nomination is Rob Sand.

Running unopposed for their party's nomination for Secretary of State are incumbent Republican Paul D. Pate and Democrat Ryan Peterman.

Running for their party nominations for Auditor of State are Republicans Chris Cournoyer and Abigail Maas. Running for the Democratic nomination is

Taylor Wettach.

Running unopposed for their party's nominations for Treasurer of State are incumbent Republican Roby Smith and Democrat John Norwood.

Running unopposed for their party nominations for Secretary of Agriculture are incumbent Republican Mike Naig and Democrat Chris Jones.

Running unopposed for Iowa Attorney General are incumbent Republican Brenna Bird and Democrat Nate Willems.

One State legislative race will be on ballots representing Worth County.

Running for the Republican nomination for House District 60 are incumbent Jane Bloomingdale and Dani Ollenburg. Running for the Democratic nomination is Alexander Schmidt.

Appearing on primary ballots for U.S. Senator from Iowa are Republican candidates Jim Carlin and Ashley Hinson. Running for the Democratic nomination are Josh Turek and Zach Wahls.

Running for U.S.

Representative from Iowa's District 2, including Worth County, are, for the Republican nomination, Charlie McClintock and Joe Mitchell. Running for the Democratic nomination are Lindsay James, Clint Twedt-Ball and Kathy Dolter.

Absentee ballots for the primary election may currently be voted in the auditor's office through this Monday, June 1. In person absentee voting continues at the auditor's office until 4 p.m. that day.

The primary election will take place on Tuesday, June 2. Polling places will be open from 7 a.m. to 8 p.m.

The deadline for the political parties to pick candidates for county offices with no candidate in the primary is June 2. That is the deadline for candidates representing other political parties and independent candidates with no party affiliation.

That is also the deadline for those that want to appear on general election ballots for non-partisan office.

Parks Cont. from Page 1

teacher ever since. He has primarily been a fourth grade teacher, but also taught third grade for one year and grades 5-6 math and science for a couple years.

Parks started out in the previous west elementary building before it was demolished and replaced, relocating to various classrooms in the older building before moving to the fourth grade classroom that he said good bye to recently.

It should come as little surprise for someone that has taught for 34 years that the kids have been his favorite part of his career in education.

"I've enjoyed meeting the kids each year, spending time with them and having fun with their unique personalities," Parks said. "Even when there have been some that you really have to work at, it's always special when you make a connection and see a student work hard and accomplish things."

Besides his time in the classroom, Parks has enjoyed being a coach for a variety of sports. Most

recently that has included boys golf and junior high football, also including time spent as an assistance coach in volleyball, basketball and baseball.

"I love the competition. I love being able to think through the game, getting kids ready to compete. And I've enjoyed the successes along the way."

Parks said that he has particularly enjoyed coaching the younger students in junior high football in recent years. "You get to make things up, and let them get out there and play and try things a bit more before they move up to varsity."

And those that know Parks should expect that coaching golf has always been a favorite. "It's great that I get to be right out there with them, and not just coaching from the sidelines."

"I'll always miss teaching the kids in the classroom and coaching them too."

Besides the students he has taught and coaches, Parks said he will also miss his co-workers.

"I'm going to miss everybody I work with. It's been

good to work with really good teachers. When you face the same challenges every day, you get a chance to help each other out. Whether you're struggling or enjoying something going well, you know you're not doing it alone."

After he has retired as a full time teacher, Parks said that he plans to keep busy. People will find him on the golf course, and while he won't be a coach, students and fans will still see him at games as a referee. Some students will also still see him on their way to and from school as a bus driver. Those enjoying a meal downtown will find him working at Signature's on occasion.

And Parks hasn't ruled out offering his service to N-K as a teacher in a substitute role, but he said he wants to spend some time away from the classroom before he decides if he's ready to return as a sub.

When it comes to looking back on his time as an N-K teacher, Parks summed it up with, "It's been really enjoyable."

Safe Riding Cont. from Page 1

Neve also made sure to note that even though they are on bikes or scooters, they have to follow the same traffic laws as cars and other vehicles, or they could be stopped by law enforcement.

After reviewing the basics, Neve had the students practice what they've learned.

For students that didn't have bikes with them that day, they walked through the safety course behind Neve, stopping and signaling turns along the way.

Then the students that

did have bikes with them had the opportunity to ride the course, weaving around cones, stopping where they were marked on the playground and then showing hand signals to follow directions marked by arrows on the ground.

Neve also helped them practice looking out for moving obstacles, pretending to be a vehicle that didn't stop or even an occasional dog running across the road.

The students had fun and were left with some reminders of how to stay safe while riding this summer.

N-K Lunches Cont. from Page 1

Due to construction at the elementary the lunch meals will be served at First Lutheran Church, 309 Ninth Street North in Northwood. Meals will be served Monday through Friday, beginning June 1 and ending July 10. The serving time is from

11-11:45 a.m. The meals will be offered downstairs in the fellowship hall of the church.

Those with questions about the program and participation may contact N-K Nutrition Director Amy Hennigar at 641-324-2021, ext. 137, or 641-390-1428.

Disaster Cont. from Page 1

The Iowa Individual Assistance Grant Program provides grants up to \$7,000 for households with incomes up to 200% of the federal poverty level. Grants are available for home or car repairs, replacement of personal property or food and temporary housing expenses. Original receipts are required for those seeking reimbursement for actual

expenses related to storm recovery.

The Disaster Case Advocacy Program addresses serious needs related to disaster-related hardship, injury or adverse conditions. Disaster case advocates work with clients to create a disaster recovery plan and provide guidance, advice and referrals to obtain a service or resource. There

are no income eligibility requirements for this program; it closes 180 days from the date of the governor's proclamation.

The Disaster Assistance Request Form and instructions can be found on the Iowa Department of Homeland Security and Emergency Management website, homelandsecurity.iowa.gov/assistance.

For more information on disaster-related programs and resources available to Iowans, visit the Iowa Homeland Security and Emergency Management Department website, Homelandsecurity.iowa.gov. To learn more about the types of disasters that can occur in Iowa and for preparedness information, visit ready.iowa.gov.

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N-K recognizes students' artistic achievements at Fine Arts Awards

Northwood-Kensett High School held its annual Fine Arts Awards and Spring Concert on Tuesday, May 12.

The high school band and choir performed, and students were recognized for their accomplishments in Art, Speech, Choir and Band.

Emily Abbas presented awards for Art.

Abbas shared NK's Artsonia Portfolio stats—4,867 artworks have been uploaded this school year to Artsonia by students K-12, and 24,714 artworks are currently in N-K's school Artsonia portfolio.

Abbas also shared results from the TIC Conference Art Show on May 7 at Waldorf:

Acrylic Painting- 3rd Place- Maci Smith
Pencil Drawing- Honorable Mention- Rebeka Zamudio

Pencil Drawing- Honorable Mention- Kaylee Franck

Crayon / Oil Pastel- 3rd Place- Isaac Ludington

Crayon / Oil Pastel- 1st Place- Olivia Willsher

Repurpose Art / Craft- 3rd Place- Ethan Franck

Ink Drawing- 2nd Place- Ethan Franck

Edited Photography- 2nd Place- Kaylene Peterson

Fibers & Textiles- 2nd Place- Hailey Smith

Paper & Book Arts- 2nd Place- Maci Smith

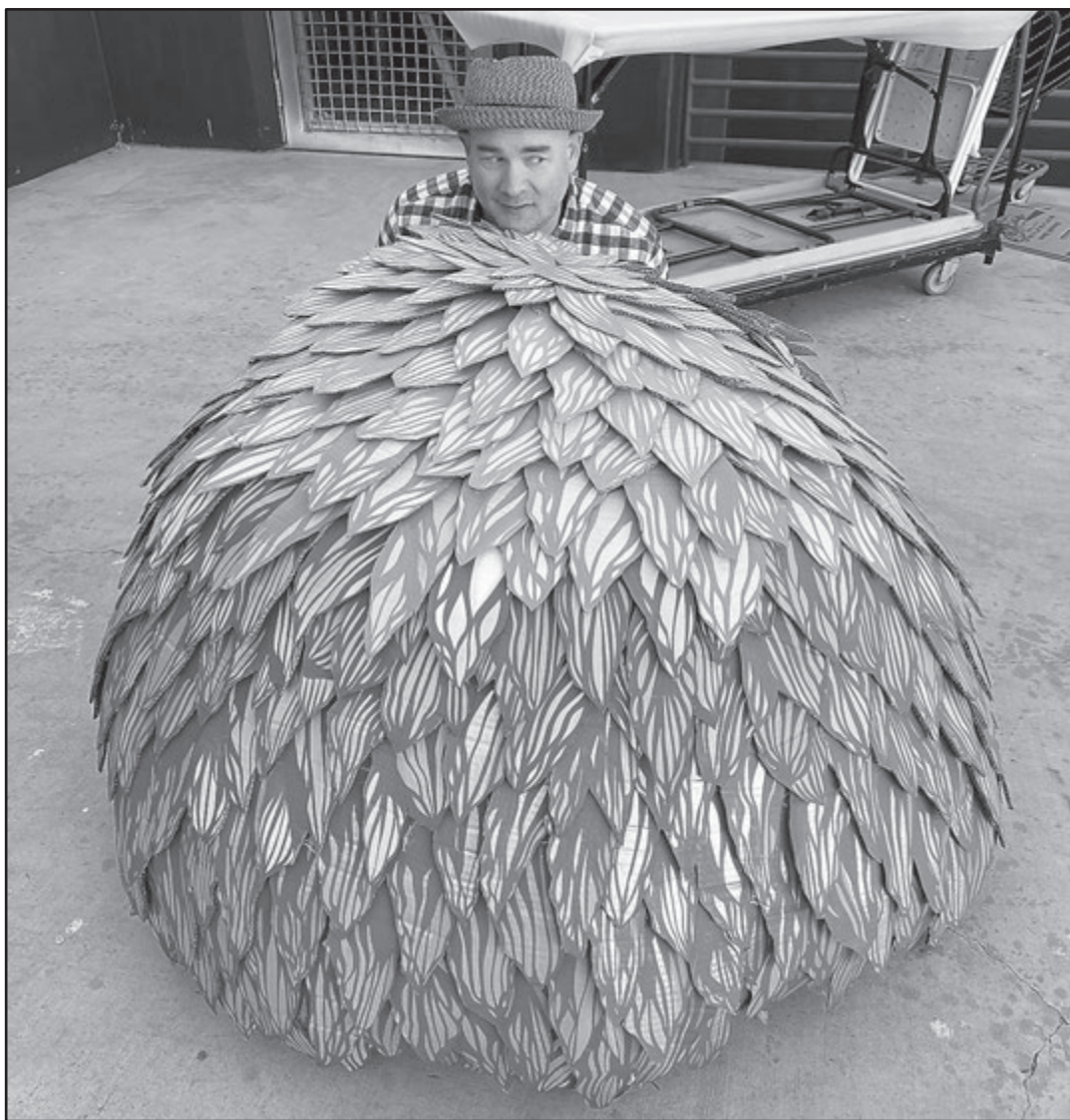
Wheel Thrown Ceramics- 1st Place- Kinley Stambaugh

Beth Butler presented awards for Speech. Eight students were recognized for their performance in large group and individual speech this year. Students earning Division I medals include: Isaac Ludington, Skyler Williamson, Maci Smith, Anna Block and Keenan Davidson-Jacobs. Students earning Division II medals include: Isaac Ludington, Miley White, Skyler Williamson, Maci Smith, Anna Block, Keenan Davidson-Jacobs, Atticus Ludington and Hailey Smith. Additionally, Skyler Williamson earned a speech letter and Isaac Ludington was presented with the Outstanding Speaker

award as the senior with the most cumulative speech points.

Loraine Mix presented awards for Choir. Earning a letter in chorus were Bria Kluver, Josh Krauth, Brooklyn Orth, Maci Smith and Gabe Thompson. Students who earned a bar for their letter were Sophia Butler, Keenan Davidson-Jacobs, Isaac Ludington, Lexis McHenry and Camryn Rheingans.

Matt Alverio-Kapka presented awards for Band. The following students earned a letter and pin for the year: Ayden Clark, Jaxon Duval, Mia Fierova, True Hackenmiller, Maya Johnson, Harley Logeman, Max Johnson, Dagen Peterson and Maggie Rye. The following students earned a bar for their letter: Keenan Davidson-Jacobs, Zach Heiken, Landen Nelson, Sophie Rye, Linca Scarlett III, Weston Willand and Skyler Williamson. Earning the John Philip Sousa Award was Zach Heiken.



'The Upcycled Garden' opens Friday at Art Farm Iowa, with all ages workshop

Art Farm Iowa will present The Upcycled Garden, an exhibition by artist Daniel “Attaboy” Seifert.

Known for his playful visual language, handcrafted aesthetic and celebration of creativity through repurposed materials, Attaboy transforms everyday objects into a whimsical garden world filled with color, texture and surprise. The exhibition will open this Friday, May 29, with an opening reception featuring the artist from 5-8 p.m. at Art Farm Iowa.

The Upcycled Garden invites visitors into an immersive environment where discarded and overlooked materials bloom into artistic expression. Through sculpture, assemblage and mixed-media installations, Attaboy explores themes of sustainability, imagination and joyful reinvention.

The exhibition reflects the spirit of creativity rooted in resourcefulness — turning the ordinary into something extraordinary. The exhibition has been a touring concept on view at museums and galleries throughout the United States.

In conjunction with the exhibition, Art Farm Iowa will host a special Paper Plate Succulent Workshop, an interactive hands-on activity designed for participants of all ages led by Attaboy. Guests will create their own colorful succulent-inspired artworks using paper plates and recycled materials,

inspired by the themes and playful energy of The Upcycled Garden. The workshop encourages creativity, accessibility and environmental awareness while offering a fun community art experience. The workshop will be this Saturday, May 30, from 10-11:30 a.m.

Daniel “Attaboy” Seifert is widely recognized for his work as an artist, designer, illustrator and co-founder of the influential art magazine Hi-Fructose. His work has been exhibited internationally and is celebrated for blending his art sensibilities, storytelling and DIY culture into immersive artistic experiences.

“This exhibition captures the joyful spirit of making something beautiful from what already exists,” said Steve Hanson of Art Farm Iowa. “Attaboy’s work reminds us that creativity can flourish anywhere and that art has the power to transform materials, spaces, and communities.”

The exhibition will be on view through August 1 and will then travel to the Hunter Museum of American Art in Chattanooga, Tennessee.

For more information about exhibition dates, workshop details, memberships and upcoming events, visit Art Farm Iowa at www.art-farmiowa.com/events.



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NIACC announces Spring term President's and Dean's lists

North Iowa Area Community College has announced that 1,146 individuals have been named to the 2026 Spring Term President's List and Dean's List. These students represent 104 Iowa communities, 15 states outside the state of Iowa and 18 countries outside of the United States. Students are listed by hometown.

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

- Grafton - Aundraya C. Paulson, Robyn A. Wendel
- Kensett - Kaden M. Sauve

- Lake Mills - Logan D. Bacon, Bryce W. Eden, Wyatt W. Hanna, Carter H. Helgeson, Becca L. Holtan, Shannon M. Miller, Jolie K. Rice, Austin K. Stene

- Manly - Tyler W. Beasley, Paige E. Bull, Brittany S. Guthart, Cassidy L. Heidt, Alexis G. Wise

- Northwood - Geronimo C. Deterding-Peralta, Kylie J. Loberg, Sophie E. Rye, Cody B. Wunderlich

- Plymouth - Andie J. Baker

- Emmons, Minnesota - Alaina A. Bidne, Alex J. Mannes

Students who complete a minimum of six semester hours and earn a 3.5-4.0 term grade point average in an academic semester were honored by being named to the President's List:

- Grafton - Kaelee A. Hicken, Lottie D. Nyman,

Luke D. Petersen, Bree I. Tabbert, Gus W. Walk

- Hanlontown - James C. Hagen, Jessalyn Thompson
- Joice - Bethany C. Ingledue, Tara L. Lee, Frederick G. Steinbron, III, Hannah I. Sterrenberg, Tori M. Sterrenberg

- Kensett - Addison L. Frank, Mason T. Gaetzke, Jade-Lynn M. Gillis, Caden A. Helgeson, Payten L. Kruger

- Lake Mills - Grace L. Bechtel, Kate E. Bechtel, Aidan J. Benny, Jersey J. Budach, Makenzie A. Budach, Josephine M. Islas, Hailey J. Jensen, Keely A. Joynt, Alexia J. Jurgena, Piper B. Kjeldahl, Avah N. Klebsch, Kane M. Koch, Natalie J. Lary, Michelle C. Loth-Dreier, Aiden N. Matern, Timothy R. Mauntler, Kennadee J. Peterson, Mya H. Peterson, Cora A. Sauer, Brooke L. Schulz, Sierra M. Selvidge, Lilian I. Spooner, Kaylie V. Sylvara, Madison B. Teeter, Ella J. Thompson

- Manly - Grant M. Echelberger, Lia L. Halfman, Kenley G. Meyer, Emma K. Nachazel, Rory S. Prazak, II, Adler J. Rowe, Riley H. Ryan

- Northwood - Addyson M. Bachtel, Lauren A. Heiken, Emma D. Hengesteg, Abby J. Koeppen, Lauren R. Petznick, Tyke A. Remster, Rylee M. Schoon, Weston D. Willand, Chloe R. Wright

- Plymouth - Madison M. Edwards, Zia R. Hedegard, Saylor G. Trebil, Jordis A. Woodward

- Albert Lea, Minnesota - Clara D. Chapek, Michael S. Flaherty

- Emmons, Minnesota - Kendall R. Leonhardi



N-K Community Connections

On May 6, Northwood-Kensett Middle School students spent a morning giving back to the community. They visited a number of locations to help with a variety of tasks. They helped out at the Worth County Fairgrounds, First Lutheran Church, Worth County Conservation, Meals on Wheels, the City of Northwood, the Pines Assisted Living, First Lutheran Church, Northwood Golf Course, Worth County Historical Society, Share Shoppe, Kensett

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CONGRATULATIONS AT STATE TRACK IVY URBATSCH

By Troy Einertson
Northwood-Kensett girls track coach

Last year when I wrote this article all that I could think of was how amazed I was of all of the athletes who ran on the Blue Oval and represented their schools, their families, teammates and communities with pride and determination. This year it was no different, for what I witnessed down there in the three days was nothing less than extraordinary.

As a freshman, Ivy Urbatsch was one of those athletes who I was impressed with the most. Obviously I am a little partial because I get to coach her every day, but if I didn't know her, and I just saw her running around the Blue Oval and did a little research on her, I would have found out what made her so extraordinary.

Ivy was one of only two freshmen in the 800, four freshmen in the 1500 and four freshmen in the 3000. She, along with Alexis Mujica, were the only freshmen to compete in all three of these events.

Making your first trip to Des Moines and running on the Blue Oval is nerve wracking enough, but doing it in the three mid-distance races as a freshman and doing it alone is simply amazing.

If you have never been to the state track meet before, you really need to, it is a lot



of organized chaos to say the least. Warm ups are on a field, or on the roads surrounding Drake Stadium, check in is a tent on the northeast corner, coaches are not allowed on the track, so you enter the track through a security gate that all of the athletes walk in, check their spikes and are sent to an area that is about 60ft by 90ft to warm up on the field. Then you have to listen for your call with the screaming of the crowd, hoping you do not miss a thing. Being a senior, and doing this is hard! Just imagine what it was like for a fresh-

man from Northwood, Iowa.

There is just a lot going on, and Ivy handled all of this stuff tremendously! Next year I am hoping there will be more of us down there to help!

Once you get through all the check in stuff, the real fun starts!

In the 3000 you have all 24 girls starting at the same time. They have 16 girls in lanes 1-8, then 8 girls ahead of them in lanes 4-8. It is crazy to watch, and you really have to be ready to go at the start. We talked about this, we worked on this, but there was nothing that could prepare Ivy for what was going to happen.

She got out nicely from this mess, and did a tremendous job working her way through the pack. She followed our plan to a T, and was in great position with about 200 meters to go. She took off with the North Iowa and Riceville girls and sprinted her way the last 100 meters and held off Claire, Riceville girl, at the finish line for a time of 10:32.62, finishing 8th!

With this time, she not only beat her previous school record, she smashed it by 20 seconds. Wow is all I could say!

After her 3000 she ran in the 800 on Saturday. This race is way different

than the 3000, and we all knew Ivy had to get out right away. They double waterfall this race as well, but know you only have 12 girls running at the same time, 8 down low, and 4 up high. Speed is the key, and being aggressive is a must. Ivy got caught in the frey from the beginning and almost tripped and fell. She composed herself nicely, and ran a great race after the crazy start. Her time of 2:23.33 was probably not the time she was hoping for, but it was a PR for her and it was good enough for 19th place.

When we talked about this race after it was over I told her that she did her best, and she had one more race on the books to run.

We made a couple adjustments, and we would see how they worked in the 1500. Well what we discussed went out the door when they lined up to run, Ivy was on the outside, not in the middle like I thought. All 24 girls are lined up in a waterfall start and Ivy was way outside. This meant she had to get out even quicker on the backstretch so by the time she got to turn 2 she wasn't way out. She did just that, but when she came around the corner, I had no

idea where she was at.

When there are 24 girls running all at the same time, it is hard to pick up your runner. Once she got around to the backstretch again though she was where we needed to be. She continued to work hard, and with a lot of encouragement from me and her dad (Jake has a big voice by the way), she moved up into contention. She hit the front stretch hard passing Claire and Lauren towards the middle of the front stretch, and was working on Ava Witt from St. Ansgar, but she ran out of room. Ivy finished in 10th place with a time of 4:55.97 and a PR by 10 seconds.

After this race, Ivy had a smile on her face again, and her comment to me was, "I never thought I would go under 5:00!" It will be one of many my friend is all I told her.

With that race, our 2026 track season came to an end. What a way to end it is all I have! Ivy ran her heart out on the Blue Oval leaving no doubt that she is going to be a force to reckon with for 3 more years! Thanks to everyone who came down and supported Ivy during her time at State Track. It was an experience she will never forget.



N-K ASSISTANT GIRLS TRACK COACH JOSIE EINERTSON, IVY URBATSCH AND GIRLS TRACK COACH TROY EINERTSON



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The Northwood Anchor



News from N-K . . Third graders share floral greetings with school neighbors

By Chloe Cheney
Northwood-Kensett
third grade teacher

The third graders wanted to show their Viking Pride and the traits they have learned working with Character Strong this year. We have been working hard on state tests like the

ISASPs, and testing for report cards for the end of the year, so this fun project was a great addition.

Character Strong goes through a new trait and characteristics each month. During this project the students were able to showcase a few of those traits.

They used creativity to decorate flower pots and plant flowers to share with the community, and to show gratitude to their town.

Each student was able to decorate their own flower pot. Some used collaboration and worked with others. The third graders then

went on a walk to houses near the school and delivered the flowers.

We thought the perfect way to follow up our April showers was with some May flowers, and end the school year with some color!

Students invited to enter 2026 Choose Iowa calendar contest

As part of Iowa's America250 celebration, Iowa Secretary of Agriculture Mike Naig is inviting school-aged Iowa students to participate in the 2026 Choose Iowa Calendar Contest. Choose Iowa is the state's signature brand for Iowa grown, made, and raised food, beverages and agricultural products. The program was launched by Secretary Naig and is supported by the Iowa Department of Agriculture and Land Stewardship.

Students are invited to submit artwork that combines Iowa agriculture with a patriotic theme as part of Iowa's celebration recognizing the 250th anniversary of the United States. Submissions should feature at least one aspect of Iowa agriculture, with an emphasis on food, beverages, livestock, crop production, or horticulture, along with elements, themes, or symbols

that reflect patriotism or American pride. Submissions will be judged on creativity and connections to agriculture in everyday life, as well as how the artwork incorporates patriotic elements.

Secretary Naig will recognize the winning artists during a special awards ceremony on Tuesday, Aug. 18 in the Agriculture Building during the 2026 Iowa State Fair. Winning submissions will also be included in the 2026/2027 Choose Iowa calendar distributed by the Department during the Iowa State Fair and online at ChooseIowa.com.

"The Choose Iowa Calendar Contest offers school-aged students a fun opportunity to highlight Iowa agriculture and its incredible importance to our state and our country," said Secretary Naig. "As we celebrate America's 250th birthday, we're reminded that many of

our nation's founders were farmers and that agriculture has helped sustain our country and our communities for generations. I encourage students to create artwork that showcases Iowa agriculture while also incorporating elements, themes, or symbols that reflect patriotism and American pride. I invite parents, teachers, and grandparents to help their students get their artwork submitted this spring, and I look forward to celebrating the talented young artists who are selected at the 2026 Iowa State Fair."

School-aged Iowa students up to 18-years-old are invited to participate. Pictures should be drawn on plain white, 8.5 by 11-inch paper in a horizontal orientation using only black lines. The pictures should not be colored in. For creative inspiration, the 2025/2026 calendar may be viewed here.

Entries can be submitted via the form found on the Choose Iowa website, emailed to chooseiowa@iowaagriculture.gov or mailed to the Iowa Department of Agriculture and Land Stewardship, Attn: Choose Iowa Calendar, 1305 E. Walnut St., Des Moines, IA, 50319. To be eligible for consideration, artwork submissions must be received by the Department by noon on June 1, 2026.

If mailed, each submission should include the printable entry form from the website with basic information about the artist, including the artist's name, age, grade, school, and hometown as well as the name, email and phone number of a parent or guardian. If the artwork is submitted by the student's teacher, then the teacher's name and contact information should also be included.

Learn more about Choose Iowa at ChooseIowa.com.

Kensett Public Library

By Lisa Lestrud
Library Director

Greetings from the Kensett Public Library. June is already here with fun things happening at the library.

We will start our summer reading program on Tuesday, June 2, from 1 - 3 p.m. This will be every Tuesday in June. We will have fun activities, crafts, snacks, a book reading challenge and great prizes. We will wrap up the program on Tuesday, June 30, 1 - 3 p.m. at the Kensett City Park and Shelter House with a fun party that will include the Imagination Playground provided by FUNK and will also have a picnic. All ages welcome to participate.

We will also have a summer reading challenge. Come and get signed up at the library, which runs from Tuesday, June 2, through Saturday, August 1. The more you read, the more you win! All ages are welcome to participate.

We have been doing a lot of weeding of books and will be included on the Highway 65 Garage Sales. Stop at the library on Sat-



urday, June 13, 9 a.m. - 12 noon and see what we have, books, CDs, DVDs, audio books, magazines, puzzles. All we ask is for a free will donation.

We had a few kids come for our Mother's Day program. I read a couple books and they made cute cards and had donated flowers to go with them. These were made with love for moms and grandmas. It was a fun morning.

Hope to see you at the library.

Northwood Anchor

Fertile Lutheran Church

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

Bethlehem Lutheran, Manly

Wednesday, Assemble Newsletter at Bethlehem, 9 a.m.; Saturday, Men's Group at Bethlehem, 8 a.m.; Sunday, Polka Parish Service at Bethany Following - all 4 Congregations, 9 a.m.

Linda Johnson Prestholt, Pastor
Bethany Lutheran Church/Elk Creek Lutheran

Thursday, Manna, 4:30 - 6:30 p.m.; Sunday, Bethany All Parish will Worship Together, 9 a.m.

Linda Johnson Prestholt, Pastor
Trinity United Methodist, Bolan

Thursday, UW in Faith at Lori Willert's, 2 p.m.; Sunday, Worship Services, 9:15 a.m., Coffee Fellowship, 10 a.m.

Pastor Cory Allard

Bethel United Methodist Church

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

Northwood United Methodist Church

Thursday, Pizza with the Pastor, 6 p.m.; 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."

Church

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, 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 FLC, 9 a.m., Service 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 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

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What's Your Story?

You often hear it said that only you can define what success means to you. While this is certainly true, it doesn't go far enough. That is, the story of our life is something that only we can properly tell. We certainly rely on others to help us with the details, since no one remembers their own birth, or can know what happened while they were under anesthesia or otherwise unconscious, but it's up to us to create the guiding narrative of our own life story. And don't we all want there to be a story worth telling when it comes to our own life? While we are alive the story is necessarily unfinished, but as we get older we begin to see certain themes coming together. Whatever your life story is about, make sure that the way you live makes you a hero and not a villain. And like any good story, the parts that tell us the most are the trials and the struggles we go through. It's easy to be calm, cool and collected when everything is going smoothly. The real question is whether you can maintain your composure, and your values, when things start to fall apart? – Christopher Simon

"Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. – James 1:12"



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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

Another “mystery” cookbook has come my way. This one simply says “7” and First Congregational Church on the cover. It’s a vintage book with construction paper covers and typewritten pages printed on an old-style copy machine. No indication where the church was/is or the date the book was hand stapled together. The last line of recipes listed in the Table of Contents says, “Traditional: Well-used by First Congregational Cooks, some in large quantities” Since this is the time of year some cooks are hosting parties, weddings, showers, graduations, confirmations and more, lets look at those “large quantity” recipes. Who knows when we might have to feed an entire neighborhood?

Cabbage Slaw – Serves 100 (Berniece Christensen)

- 1/2 cup plus 1 teaspoon salt
- 1/2 cup grated onion
- 6 1/4 teaspoons black pepper
- 4 1/2 cup vegetable oil
- 4 tablespoons dry mustard
- 8 cups vinegar
- 3 cups plus 2 tablespoons sugar
- 1 1/2 cups chopped pimiento
- 19 quarts chopped green cabbage
- 6 1/4 cups chopped bell pepper

Place all the ingredients in a large enough container to be able to mix them well. Chill. Garnish with stuffed olives when serving. SANDY’S NOTE: Apparently they didn’t like much onion in their slaw. Also, I can’t imagine a refrigerator large enough to hold this much slaw but apparently the church had one!

Large Chicken Casserole – Serves 40 (Alma Fossler)

- 3 pounds cooked chicken, chopped
- 15 hardboiled eggs, chopped
- 5 cans cream of chicken soup

- 5 tablespoons lemon juice
- 4 cups finely chopped celery
- 2 cups slivered almonds
- 2 cans (12 oz.) chopped mushrooms
- 5 teaspoons salt
- 5 tablespoons chopped onion
- 5 cups cooked white rice
- 3 1/2 cups mayonnaise
- 5 cups potato chips

Reserve about 1 cup of potato chips. Mix all the other ingredients together, combining well. Place in two shallow pans. Preheat the oven to 350 degrees. Bake the casserole for 1 ½ hours. Crush the reserved potato chips and sprinkle over the top of the casseroles during the last 15 minutes of baking time.

Sloppy Joe Hamburgers – Serves 75 (Marian Maloy)

- 7 1/2 pounds lean ground beef
- 2 1/2 pounds lean ground pork
- 3 large onions, chopped
- 1 large bunch celery, diced
- 5 cans condensed tomato soup
- 3 tablespoons salt

Brown the meat in a large heavy pan until no longer pink but not crisp. Add the celery and onion. Mix and cook about 10 minutes more. Add the tomato soup (no water) and continue simmering until the celery and onion are cooked through, stirring along the way to prevent burning. Serve on hamburger buns; you can stretch it to serve 90 with small buns.

There are more recipes to serve 10-18 people and many smaller, typical recipes for home cooking. The number “7” on the cover leads me to believe there were 6 previous collections of recipes from these church ladies. No men’s names on any of the dishes; they were most likely busy earning a living so their wives/daughters/girlfriends could make delicious meals. And...that’s all she wrote.

Northwood Anchor

Society



Floral arranging

Northwood’s downtown received some floral touches las week, as the Northwood Public Works crew placed baskets and flowers on the downtown street lights. The wave petunias add a pop of purple for those walking, traveling and visiting Central Avenue downtown.

Mediacom awards \$1,000 World Class Scholarship to Northwood-Kensett High School senior

Mediacom Communications announced the selection of Madison Espinosa, a graduate of Northwood-Kensett High School, as a recipient of the company’s World Class Scholarship Program. The \$1,000 scholarship recognizes the Kensett resident for excellence in leadership, community involvement and academics.

“Mediacom understands the importance of investing in future leaders like Madison Espinosa,” said Mediacom’s Regional Vice President Rod Cundy. “I’m proud that our company annually commits financial support to talented local students with the Mediacom World Class Scholarship Program. We congratulate all Class of 2026 graduates and celebrate



MADISON ESPINOSA

Madison for her outstanding achievements so far.”

“Our corporate philosophy extends beyond business success. We are committed to investing in the next generation, because supporting students today is essential to building a stronger, more innovative, and more prosperous future for all,” said Gi-

useppe B. Commisso, Chairman and Chief Executive Officer of Mediacom Communications.

This year marks the 25th consecutive year Mediacom has funded World Class Scholarships for students who live in areas where the company delivers high-speed broadband services. Mediacom is proud to extend the World Class Scholarship Program to 100 graduating seniors in 2026; each winner has received a \$1,000 scholarship to support their continued education. Upon receiving the scholarship, recipients must attend an accredited two-year or four-year college, university, or technical school within the United States.

A Senior Moment

By Sandy Olson

They say summer officially begins on Memorial Day weekend. That means June is the first month of summer and Reconnect 720 has stepped up to the plate with lots of fun things to do, to learn, to eat and to enjoy.

Our usual morning coffee gatherings (men on Mondays at 8:30 a.m. and ladies on Tuesdays at the same time) remain popular with coffee/tea/cocoa and treats each week. Join us as a great way to start your day. Monday also features Bookworms Book Club at the Public Library (2 p.m.) on the 1st.

On Tuesdays we’ll enjoy “Strange but True” with Deanna on the second (11:45 a.m.); Fun Bingo on the 9th (12:30 p.m.); Traditional Bingo

on the 23rd (12:30); and other cards and games: Sequence, Rats, Yahtzee, Mexican Train etc. (12:30 p.m.) during the rest of the month.

A new craft class with Patty Brekken with start on Wednesday, the 3rd. She will lead us in making a patriotic flag and/or pin (1 p.m.). Register ahead so she’ll know how much material to bring.

Junk Journaling with Holly Adams will continue on Wednesday, the 17th (1 p.m.).

Fun With Holly Bell on Wednesday the 24th (12:45 p.m.) and the June Birthday Party on the same day (2 p.m.). All June Birthday Babies and their friends are invited!

Thursdays brings us Bible Art Journaling on the 4th and 18th (9 a.m.) as

well as Crochet Club every week (12:45 p.m.) with Cheryl and Selma.

Chair Exercise every Friday (9:30 a.m.) except the 19th.

On the 12th, Connie Hogen will hold another card-making class (12:45 p.m.) with two designs to choose from. \$2 charge per card; you can make more than one.

On the rest of the Fridays in June (5th, 19th & 26th) Bible Study will be at 12:45 p.m. We’re working through the Bible with each week having a theme for study and understanding.

Worth County Fair runs from June 17-12 so our calendar is a bit different that week. We want everyone to enjoy the fun, food and friendship that happens during the fair.

Free plane rides for kids

Area youth ages 8-17 will have a chance to take to the skies at the Albert Lea Airport on the morning of Saturday, June 6, as part of a Young Eagles flight rally.

The Young Eagles program is dedicated to giving youth an opportunity to go flying in a general aviation airplane. These 15 to 20 minute flights are free of charge and are made possible through the generosity of EAA member volunteers. EAA is a worldwide association of people interested in

aviation and is headquartered in Oshkosh, Wisconsin. The Young Eagles program has flown over 2.4 million kids.

Following the flight each young person will receive a Young Eagles certificate and logbook. Each Young Eagle is eligible for an EAA Student membership, which includes a free pilot ground school, eligibility for a free flight lesson, an electronic copy of the EAA Sport Aviation magazine and more.

The rally will be held from

8 to 11 a.m. at the Albert Lea Airport. The youth’s parent must register them and provide a written signature for the ride. Parents can learn more about the program and register their children for the rides at Albert Lea at eachapters.org. Parents can also register their children onsite at the event. The rides are dependent upon having very good weather on rally day.

Those with questions may contact Denise at 507-402-7259.

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Questions call Amy Hennigar 641-324-2021 ext. 137 or 641-390-1428

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OPENING DAY MONDAY JUNE 1

Northwood
Anchor

Opinion

Savvy Senior

Do men get osteoporosis?

By Jim Miller

Dear Savvy Senior,

Can men get osteoporosis or is it mostly a problem for women? When I fell and broke my wrist last winter, the ER doctor told me I might have osteoporosis, but I never followed up. What can you tell me?

--Almost 70

Dear Almost,

A lot of people think osteoporosis is only a women's issue, but men can get it too — especially as they get older. And like women, men often don't realize they have it until a bone breaks.

Osteoporosis is often called a silent disease because it weakens bones over time, making them thin, brittle and more likely to break, usually without any warning signs. While women are about four times more likely to develop it, men aren't immune. About 2 million American men have osteoporosis, and another 12 million have low bone density, known as osteopenia, which can eventually progress to the disease.

One of the biggest problems is that men are less likely to be tested. Even after a fracture like yours, many never get a bone density scan. Doctors sometimes overlook it in men, and men themselves may not realize they're at risk. The bones most often affected are the hip, spine and wrist, and hip fractures in particular can lead to serious complications and long recoveries.

Who is at risk

In women, menopause speeds up bone loss. In men, it usually happens more gradually, but age is still a major factor. Your risk rises if you are over 70, thin or underweight, smoke, drink heavily, have a parent with osteoporosis or have already broken a bone, as you have.

Certain medical conditions can also increase your risk. These include rheumatoid arthritis, celiac disease, low testosterone, overactive thyroid, COPD and kidney or liver disease. Neurological conditions such as Parkinson's disease, multiple sclerosis or a past stroke can raise the risk because they affect balance and mobility. Long term use of corticosteroids, some prostate cancer treatments, acid reflux drugs, antidepressants and anti-seizure medications can weaken bones too.

Testing

A smart next step is a bone density test. All men 70 and older should talk to their doctor about being screened. Men over 50 who've had a fracture or have other risk factors should get tested too. The scan is simple, painless and takes only a few minutes. Medicare and most private insurance plans usually cover it.

Prevention

When it comes to protecting your bones, the basics really matter. Get enough calcium from foods like low fat milk, yogurt and cheese, leafy green vegetables, beans, almonds and canned salmon or sardines. Men under 70 need about 1,000 milligrams a day. Those 71 and older need 1,200 milligrams.

Vitamin D is just as important because it helps your body absorb calcium. Most adults over 50 need 800 to 1,000 international units daily, through sunlight, food or a supplement if needed.

Regular weight bearing exercise such as walking, along with strength training two or three times a week, helps build and maintain bone. It also improves balance, which can prevent falls. You should also avoid smoking, and limit alcohol and caffeine.

Treatment

If testing shows significant bone loss, medications such as Fosamax, Actonel, Reclast, Prolia, Forteo or Tymlos may be prescribed. Your doctor can explain the benefits and possible side effects and help you decide what is appropriate.

Since you have already had a fracture, this is not something to ignore. A simple test and a plan now could help you stay strong and avoid a more serious break down the road.

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

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Echoes from the Loafers' Club Meeting

I applied for a job at a convenience store. They asked me where I see myself in five years.

What did you tell them?

In a mirror.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. I hate to brag, but Mr. Rogers asked me to be his neighbor. I was a passenger in a small, formfitting airplane flying over endless water, where I was the only passenger, and seated next to the pilot. He asked me to guess how old he was. I don't like that game. You can't win. He gave me a clue. He said he had been flying since Pontius was a pilot. My guess was way off. He told me he'd always been 83, but I shouldn't worry as he no longer drove a car.

My class was so bright that our teachers had to wear sunglasses. My neighbor Crandall claims he was a flower blooming in manure. He said even though he was as dumb as a bucket of dirt; he graduated because the sheer force of his apathy overwhelmed the school. Once sprung from high school, he couldn't wait to get away. Once away, he couldn't wait to come back.

I got extra credit for sharpening my yellow HB2 pencils made by Ticonderoga, Empire and Papermate. Each pencil had an eraser as a reminder that we all make mistakes. I haven't seen my diploma since we finally got the kitchen table to stop wobbling.

Here's some advice for graduates.

If you eliminate everything that doesn't spark joy. You might end up

Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

with nothing but a TV, a sofa and a refrigerator.

The loudest usually know the least.

If you can't fix it, use more duct tape.

Never trust anyone who claims to have all the answers.

Remember where you parked.

I've learned

Everything sounds simple if you don't have to do it.

I can tell when they're not using real dinosaurs in a movie.

Donuts are hole grains.

Food dropped on the floor is OK to eat as long as it's picked up within 5 seconds. This can become the five-hour rule if someone is hungry enough.

All high-fiber breakfasts are to go.

Bad jokes department

I used to have a fear of hurdles, but I got over it.

What kind of trousers does a ghost hunter wear? A paranormal jeans.

Nature notes

Why do birds sing loudly in the morning? Because they have no thumbs and can't text.

A deer's coat is reddish in the spring and brown in the fall. It provides thermoregulation and camouflage. Summer coats are reddish and thin, helping to cope with heat stress. The coats tend to be darker in forested areas, and lighter in agricultural areas where deer are exposed to more direct sunlight.

Canada geese don't spend all their time playing vuvuzelas to let us know they aren't quacks. They typically build their nests on the ground but will nest in trees or on buildings. In 1804, Captain Meriwether Lewis (Lewis and Clark Expedition) reported Canada geese nesting in trees along the Missouri River in North Dakota. In

Letters to the Editor

Support for Bloomingtondale

To the Editor:

As a farmer and Worth County Supervisor, I spend a lot of time thinking about what it takes to keep rural Iowa viable — to keep young people here, keep farms profitable, and keep our communities strong. Those aren't abstract concerns. They're the reality of life in Worth County.

Jane Bloomingtondale understands that reality. She has worked for lower income taxes, eliminating inheritance tax, and property tax relief that matters to farmers and rural landowners who have watched their bills climb for years. She has supported the kind of business and agricultural environment where families can plan for the future and young people have a reason to stay.

What I've seen from Jane is a representative who listens to the concerns of rural Iowans and works to find practical solutions. She knows this region, she understands agriculture, and she has the experience to get things done for us in Des Moines.

That's the kind of leadership Worth County deserves — and the kind Jane Bloomingtondale provides.

Mark Smeby
Worth County Supervisor

To the Editor:

Running a rural electric cooperative means thinking about the long term. Policy decisions made in Des Moines — on energy, infrastructure, regulation, and taxes — affect our members, our communities, and our ability to deliver reliable service to the farms and households that depend on us.

Jane Bloomingtondale understands that. She has made it a point to meet with us, ask the right questions, listen to concerns and understand the impact of legislation on us and our members. That kind of engagement matters. Too often, it feels like rural communities are an after-

thought in policy discussions. Jane makes sure we're not.

She takes a practical approach to the issues facing our communities, and she has the experience and relationships to turn that understanding into results. That's what effective representation looks like.

I'm proud to support Jane Bloomingtondale for State Representative.

Jon Leerar
CEO and General Manager
Heartland Power Cooperative

To the Editor:

I've spent years working to build things in North Iowa — a business, jobs, and through my work with NIACC, the kind of workforce pipeline that keeps young people here and gives employers someone to hire. That work has taught me that the challenges facing small businesses, agriculture, and rural communities require leaders who actually listen and who take a practical, common-sense approach to finding solutions.

Jane Bloomingtondale has always been willing to do that. She's accessible, she understands the issues, and she works with employers, educators and taxpayers to get things right.

As a board member of the NIACC board I know first-hand that she understands that community colleges are the backbone of rural workforce development, and she has consistently backed the investments that make NIACC and institutions like it work. She has fought for the kind of tax and economic environment where a small business can actually plan for its future. She has a track record of getting things done for our communities.

North Iowa needs experienced, effective leaders. We have it in Jane Bloomingtondale.

Sincerely,
David Steffens
Lake Mills

1820, Titian Ramsay Peale recorded a goose in possession of an eagle's nest near what is now Council Bluffs. In the mid-1950s, Montana biologists monitored 77 tree and cliff nests where Canada geese nested. Some sites were 200 feet off the ground. How do the nestlings get out of the nest? They escape the nest in an uncomplicated way. After the goslings hatch, the parents call persistently from the ground. The goslings jump from the nest and flap their puny wings on their descent to the ground. Goslings are as tough as baby wood ducks.

A group of crows is called a "murder." There are several explanations based on folklore and superstitions. There is a folktale in which crows gather and decide the capital fate of another crow. Ancients regarded the appearance of crows as an omen of death because crows are scavengers and were associated with dead bodies, battlefields and cemeteries. The term "murder of crows" reflects a time when groupings of many animals had colorful and poetic names. Is one crow an attempted murder? Are the crows in my yard a murder? They have probable caws.

Meeting adjourned

"I should dearly love that the world should be ever so little better for my presence. Even on this small stage we have our two sides, and something might be done by throwing all one's weight on the scale of breadth, tolerance, charity, temperance, peace, and kindness to man and beast. We can't all strike very big blows, and even the little ones count for something."— Arthur Conan Doyle.

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"Never Have I Ever!"

Dear Reader and Editor:

Betty and I have the habit of watching the TV game show: "Wheel of Fortune." Betty really likes game shows and this is one of her favorites. And for me "Not so much," but it's something we do to relax together at the end of the day following our supper! Contestants solve word puzzles from a selected category, to win cash and prizes determined by spinning a giant carnival wheel.

A recent new category is: "Never have I ever," e.g. Never have I ever laughed so hard I snorted in public. Or, Never have I ever accidentally left the price tag on a gift. Can you think of some of your own "Never have I ever"?

Recently U.S. news networks reporting caught our POTUS making a statement considered a "never ever." POTUS commented on U.S. attacks on Iran during the cease fire as a "love tap!" Never have I ever heard anyone refer to war or any such engagements in a war as a "Love Tap!" How could anyone, least of all the POTUS refer to a U.S. Tomahawk missile strike that killed at least 175 persons, most of them children, as a love tap?

To me a love tap is a light, playful hit or slap, often given affectionately. It's often seen in a friendly context. They are meant to be non-aggressive and humorous, not harmful, fatal or destructive. Such language is an insult to the people of Iran and to Americans.

What would U.S. citizens and our leaders have thought if Iran would have stated the September 11 attacks were a series of "love taps" against the United States resulting in 2,977 fatalities, over 25,000 injuries and substantial long-term health consequences? Would it not have added insult to injury? Too many such love taps can destroy a world.

Rev. Jerry E. Robertson, retired
Lake Mills

Northwood Anchor

100 years ago

May 20, 1926

Two different casts will present the Northwood High School senior play, “The Whole Town’s Talking.” Every member of the class of 1926 will be seen in one of the two nights at the Northwood theatre.

Mrs. Knudt Mostrom, an aged resident of Brookfield Township, passed away at the farm home just a little more than a year following the death of her husband. She was born in Brossum, Ringadker parish, Hedemarken, Norway, in 1845.

Rev. O.J.U. Siljan is improving his farm northeast of

75 years ago

May 24, 1951

Hiram Ellingson, son of Mr. and Mrs. John Ellingson of Northwood, has completed his second year at Luther Theological Seminary in St. Paul and left Friday for Halliday, N.D., located about 650 miles from St. Paul. He will serve three Lutheran churches in the vicinity. The parish has been without a pastor for several months and Hiram conducted services there at Christmas and Easter.

Glenn Wistey, Clear Lake, has been named head football and basketball coach for Northwood High School. A

50 years ago

May 20, 1976

The Northwood-Kensett Chapter of Future of America in cooperation with the Northwood Co-op Elevator will collect and dispose of all five-gallon pesticide cans beginning immediately, according to a joint announcement by Larry Wright and Al Adams.

Five Northwood young people received a huge financial boost to their college careers Monday night at the graduation exercises of Northwood-Kensett High School. They received \$1,000 Swensrud

25 years ago

May 23, 2001

Kristin Schipull and Ashley Dierenfeld received top honors in commencement exercises at Northwood-Kensett High School. Schipull is the daughter of Dennis and Ramona Schipull of Northwood and was named Valedictorian. Dierenfeld, the daughter of Dr. Mike and Joan Dierenfeld, Northwood, was named Salutatorian. Schipull, Dierenfeld and seven of their classmates were named as recipients of the school district’s most highly

10 years ago

May 25, 2016

This weekend, Northwood-Kensett musicians will join others throughout the area as they take part in the North Iowa Band Festival. Two members of the band will represent N-K for the last time, as royalty. For N-K the royalty representing N-K are recent graduates Coltn Benson and Jenna Schmidt.

With a state discus title, a Drake Relays title and a near miss at a state shot put title already in the bag, what exactly was there left to prove for the state’s top ranked discus thrower,

town by the addition of a barn 34x72 feet in size, with eight feet of glazed blocks. The work has been started by T.A. Bakketun, local contractor.

One of the biggest celebrations ever held in Joice is being planned for May 28, and the committees in charge are lining up a most excellent program. The principal speaker of the day will be Colonel Smith W. Brookhart.

Deer Creek- Our baseball team, besides several others, went to Otranto Sunday afternoon, where they crossed bats with Otranto, resulting with a victory for our boys, 9-11.

Street commissioner Alfred Anderson and Cyrus Everson have practically rebuilt the footbridge leading into Crescent Park from the

1948 graduate of Iowa State Teachers College, he coached successful teams at Fertile for two years. He succeeds Herb Dykstra, coach here for three years, who resigned to take graduate work at Greeley, Colorado. Mrs. Wistey taught music at Fertile two years and they have a year-old son.

Phillip Bottolfson of Northwood and Daniel Swartz of Hanlontown met the Winnebago Council Boy Scout board to review at Mason City last Thursday evening and following examinations were recommended for the Eagle Scout Rank. Phillip is the son of Mr. and Mrs. E.O. Bottolfson, Northwood, and Daniel is son of Mr. and Mrs. S.B. Swartz, Hanlontown.

scholarships, renewable annually upon satisfactory progress in college courses. They were Michael Leath, Michael Perkins, John Midtgaard, Teresa Hanson and Deanna Johnson.

A single tulip- near-horticultural perfection - Mrs. Floyd Skellenger, president of the Green Thumb Garden Club and Mrs. Harvey Kruger, co-chairman of the club’s recent flower show, “Rural America- Spirit of Yesteryear,” examine Mrs. Thomas Pollock’s Award of Merit specimen following announcement of top prize winners.

Final scores for the Bridge-A-Rama, which took place from December to May, were announced at a party recently at the

prized academic grant, the Swensrud Scholarships. Including Sunday’s awards, \$1,425,865 million worth of Swensrud Scholarships have been presented since 1953.

Northwood residents Kathy Arnold, Deanna Katcher and Carol Kragenbrink and their fellow Northwood Craft and Garden Club members spent several hours planting red geranium, salvia, bacopa and red, white and blue petunias in the planters along the city’s Central Avenue business district last Tuesday evening.

Senior Nathan Olson was the recipient of the National School Choral Award given by teacher Nichole

Northwood-Kensett’s Tom Yezek? With throws of 159 and 138 feet on his first two attempts it seemed like the pressure might have gotten to him, with a 192 and his second discus total already wrapped up, Yezek unleashed on the final throw of his high school career a historic throw, a 197 foot 5 inch beauty that surpassed the state’s all-time record by four feet and 11 inches.

N-K’s Erika Heideman teed off last Monday morning at the class 1A Regional in Britt. Heideman, who won a few medalist honors this year, finished the season with a 107.

Terran Haberman readies to hand off the baton to freshman Josie Einertson in the 4x200 meter relay

Main Street entrance. The old wooden supporting beams, railings and braces have all been replaced by steel and a new wood floor laid down. All have been given a finishing touch of paint. The steel used in the reconstruction work was salvaged from stores of old steel taken from demolished bridges in times past.

Creamery managers of six Iowa State Brand creameries of Worth and surrounding counties met in Northwood to form an association of such creameries in Iowa. Six creameries were represented by their managers, Ole T. Groe, Lake Mills; George S. Bolton, Northwood; Elmer Anderson, Tenold; J.L. Stevens, Plymouth; G.J. Mueller, Manly; and M.P. Christianson, Algona.

Mr. and Mrs. Harold J. Williams of Davenport were guests of Northwood relatives and friends Saturday and Sunday. They were accompanied by Mrs. William’s sister, Mrs. Verle Jones, Bettendorf, Iowa, and another sister, Mrs. J.J. Simmons, Northwood, who had been visiting at Davenport.

Editorial: Arithmetic is a fearsome thing. Try it this way: The railroad workers won a 12 1/2 cent per hour pay boost. There are 1,000,000 of them. One million times 12 2/2 cents is \$125,000 per hour. At 40 hours per week that’s \$5,000,000. With 52 weeks in a year the total is quite a bale of hay to come out of the guys who pay for the freight. —from the Algona Advance

Northwood Country Club. Mr. and Mrs. Dale Johnson took first place with a score of 26,030; Mr. and Mrs. Carroll Walker, second place, 25,900; and Mr. and Mrs. Douglas Carnes, third place with 25,120. The high individual game honor was given to Mr. and Mrs. Dale Johnson with 5,460.

Worth County 4-H Council members Peter Julseth, Barbara Meyer, Teresa Hanson, Karen Davidson, Lori Peterson, Larry Perkins, Elaine Imlau and Mike Stevens look over the autographed quilt made in the late 1800s by Methodist Women. County 4-H members will make a similar quilt with sponsors’ names to help fund the 4-H Council projects.

Barragy.

The Lutheran Retirement Home staff honored fellow LRH employees last Wednesday morning with “Silver Awards” for their many years of continuous service at the retirement home. Harriet Willand’s award cited her 31 years on the LRH staff. JoAnn Alexander and Sharon Anderson were each honored for 26 years on the staff, and Sharon Gentz and Marie Peterson were honored for their 25 years at the home. LRH administrator Grant Brandon brought the awards home recently from the annual convention of the Iowa Association of Homes and Services for the Aging.

last Friday afternoon in Des Moines. The 4x200 team of Haberman, Einertson, Taylor Jorgenson and Hattie Davidson finished 16th with a time of 1:51.15. The Northwood Lions Club, at their May 16 meeting, proudly presented 2016 N-K graduate Josh Einertson the coveted Russell Herberg-Donald Jaspers award in the amount of \$500.

First Citizens Bank has announced the hiring of Andy Helgeson as a Vice President, Lending Officer at the west Mason City location. He has joined the AG lending department, and continues to be active in his family farm operation near Kensett.

Northwood Anchor

Florence Klitzke

Florence Martha Wilde Foley Klitzke, 99, passed away peacefully on Sunday, May 17, 2026, at Community Memorial Health Center in Harley, Iowa.

Florence was born on May 14, 1927, in Rock Township, Mitchell County, Iowa, to Lawrence and Leona (Kanzenbach) Wilde.

Florence was baptized in the Lutheran Faith on June 12, 1927, by Reverend J. Gemaleich at St. John’s Lutheran Church, Rock Township. She was confirmed on June 1, 1941, at Emmanuel Church in Grafton, Iowa, by Reverend H.L. Lechner. She attended Grafton and Kensett schools, graduating May of 1944 from Kensett High School. She also attended Luther College in Decorah, Iowa, taking professional business courses. While at Luther, she worked part-time for Attorney Frank Miller. She worked in the offices of Wilson & Company in Albert Lea, Minnesota, working for C.D. Darrigrand. Later she moved on to Chicago to work at Corn Products Refining Company in the corporate offices as secretary to A.T. Harding. Her dream was to work on Michigan Ave. in Chicago, and she accomplished her dream by working at the 333 Michigan Ave. building across the bridge from the famous White Wrigley Building.

Florence met Ruben Foley while working in Albert Lea. They married on February 14, 1947, and lived in Chicago for a few years where children Ruben Jr. and Linda were born. Florence and Ruben Sr. moved back to Northwood in 1952 where he helped his brother farm. While living in Northwood, children Larry and Wendy were born in Mason City. Ruben Sr. passed away suddenly on Sunday, December 20, 1959, from a heart attack at the age of 41. He was buried at Sunset Rest Cemetery on December 23, 1959. After his passing, Florence was hired by Kermit Paulson to work at Northwood State



FLORENCE KLITZKE

Bank, now NSB Bank. She worked there for almost 32 years before she retired.

After being a widow for some years, she met and later married Kenneth Klitzke on August 4, 1970. Kenny passed away from heart problems on December 20, 1984. He was buried December 22, 1984, at Sunset Rest Cemetery.

Florence formally taught Sunday School, helped with Scouts, Secretary to Meals on Wheels, Cancer Board Daffodils, Relay for Life, Treasurer for Salvation Army at the bank, advocate at the Northwood Retirement Home, gave communion to shut-ins through First Lutheran Church, belonged to Martha Circle at First Lutheran Church, member of Sorosis Club, and helped with the 55 club at the bank. She also did some babysitting for her grandchildren after she retired.

She loved to cook, bake and do embroidery work. She was thankful to have some of her grandchildren close and have them pop in. They were a great blessing after her mother passed away.

God has given her a loving, caring family, grandchildren and great-grandchildren.

Left to cherish her memory are her children, Ruben (Carrie) Foley, Apple Valley, Minn., Linda (Michael) Reberry, Overland Park, Kan., Larry (Karen) Foley, Northwood, Iowa, and Wendy McMullen, Spencer, Iowa; grandchildren, Alison (Peter) Woog, Hastings,

Minn., Bryce (Holly) Foley, Inver Grove Heights, Minn., Jon (Liz) Reberry, Overland Park, Kan., Megan Reberry, Overland Park, Kan., Lisa (Robert) Patterson, Northwood, Iowa, Krista (Jordan) Doyle, Albert Lea, Minn., Andrea Foley (Alex Nelson), Austin, Minn., Kate (Nate) Westphal, Aurelia, Iowa, and Chris (Angie) McMullen, Grimes, Iowa; great-grandchildren, Blake, Isabella, Grace and Kira Woog, Kal-El, Croix and Serverin Foley, Aria and Ender Reberry, Natalie and Reid Patterson, Preslie, Ava and Christian Doyle, Henry and Harrison Nelson, Morgan, Avery and Piper Westphal, and Maxwell and Madelyn McMullen; and stepchildren, Larry Klitzke and David Klitzke and family; along with many relatives and friends.

She was preceded in death by her parents, Laurence and Leona Wilde; husbands, Ruben Foley and Kenneth Klitzke; stepson, Kevin Klitzke; and son-in-law, Doug McMullen.

The family would like to extend a special appreciation to the staff at the Community Memorial Health Center in Hartley and Hospice @ Avera in Spencer for their loving care. It was greatly appreciated.

Your presence and support mean the most. If you would like to honor Florence with a gift, donations may be made to First Lutheran Church in Northwood.

A funeral service will be held on Saturday, May 30, 2026, at 2 p.m. at First Lutheran Church in Northwood, Iowa. A visitation will take place one hour prior to the service at the church. Burial will be at Sunset Rest Cemetery in Northwood.

Hoff Celebrations – Sites Memorial Chapel of Northwood is assisting the family with arrangements. Condolences may be expressed to the family online at www.hoffcelebrations.com.

Wayne Knutson



WAYNE KNUTSON

Wayne Cleon Knutson, 72, of Harpers Ferry, Iowa, formerly of Emmons, Minnesota, passed away on February 18, 2026, at Great River Care Center in McGregor, Iowa.

The family looks forward to a gathering with friends at a Celebration of Life on Saturday, June 6, 2026 from 1-4 p.m. at the Emmons Legion in Emmons, Minnesota.*



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Camping adventure

Lake Mills sixth graders recently wrapped up a week of adventures, learning and memory-making, based out of Camp Tangelfoot. The week of activities took them to stops at Roller City, East Park, Pilot Knob State Park, the Ventura Gun Range, the Buddy Holly Crash Site and the Surf Ballroom. The trip was made possible with the assistance of camp cooks Wayne, Aaron, Kathy and Karla and dedicated teachers Mrs. Christianson, Ms. Peters, Mr. Schmidt, Ms. Garcia and Mrs. Bodenham, in addition to bus drivers Brad and Terry, and a number of parent volunteers.



FFA hosts petting zoo

The Lake Mills FFA chapter held its annual Elementary Petting Zoo recently. Elementary students were invited to come and learn about farm animals and farm equipment.

Lake Mills News Sports

Reagan Ham TIC West Player of the Year

By Julie Salisbury

The Lake Mills Bulldogs golf teams ended their seasons the middle week of May, but still left some lasting impressions upon their teammates.

The girls traveled to Britt on Monday, May 11, for the Top of Iowa Conference West Meet and finished in fifth place as a team.

Garner-Hayfield/Ventura won the conference title with a score of 397 followed by Bishop Garrigan with a 407, Forest City with a 408, Eagle Grove with a 415, Lake Mills with a 420, Belmont-Klemme with a 452 and West Hancock with a 519.

Bulldog senior Reagan Ham finished third overall with a score of 86 earning TIC All-Conference honors along with being named the TIC West Player of the Year.

Avah Klebsch finished

with a score of 102, Kennadee Peterson shot a 109 and Delaney Imler finished with a 121.

The Bulldog boys team traveled to Belmond on Monday, May 11, for the TIC West meet and finished in fourth place with a team score of 340.

Belmond-Klemme won the team title with a score of 324 followed by Forest City with a 326, GHV with a 339, Bishop Garrig with a 344, North Union with a 344, West Hancock with a 358, North Iowa with a 361 and Eagle Grove with a 379.

Freshman Carter Ham led the team with a sixth place overall finish and a score of 80 which earned him TIC All-Conference honors. Connor Helgeson finished with an 84, Braylon Hanson had an 85, Samuel Grothe had a 91, Korbin Abele a 93 and

Austin Mannes a 113.

On Wednesday, May 13, the boys traveled to the Class 1A Sectional meet at Jackson Heights Golf Course in Waucoma, with Turkey Valley as the host. The Bulldogs tied for fourth overall with a team score of 350.

Grothe led the team with a 12th place finish and a score of 82 followed by Ham in 14th with an 85, Helgeson in 17th with a 90, Mannes in 24th with a 93, Hanson in 28th with a 96 and Abele in 30th with a 98.

The Lake Mills girls traveled to Mason City on Friday, May 15, for the Class 1A Region 4A meet with Newman as the host.

Ham finished eighth overall with a score of 87 followed by Klebsch with a 104, Peterson with a 108 and Imler with a 146.

Lake Mills boys third at district meet

By Julie Salisbury

The Lake Mills track team traveled to St. Ansgar on Thursday, May 14, for the state qualifying meet which lasted extra long due to an almost two hour delay because of a storm passing through.

Lake Mills placed third with a score of 88.5 points. West Hancock won the district title with a score of 150 followed by St. Ansgar with a 104. Riceville placed fourth with an 88, GTRA was fifth with a 67, North Union was sixth with a 44, West Fork was seventh with a 42, Bishop Garrigan was eighth with a 40, North Iowa was ninth with a 38, Belmont-Klemme was 10th with a 31.5, Newman was 11th with a 22, Northwood-Kensett was 12th with an 18 and Clear Lake Classical was 13th with a score of eight.

In the field events, Josiah Kjeldahl placed fourth with a throw of 43-10.75 and Leif Rogne was 17th with a throw of 34-9.75. Rogne was eighth in the discus with a throw of 118-6 and Anthony Poley was 18th with a throw of 87.0. Austin Mannes placed sev-

enth in the long jump with a distance of 18-3.75 and Asher Stensrud placed seventh in the high jump with a jump of 5-4.

The sprint medley team of Nash Delger, Lucas Helgeland, Landyn Christian and Brayden Eden finished 10th with a time of 1:44.82.

Hayden Thompson placed first in the 3200 meter with a time of 10:15.89 and Knute Rogne placed second with a time of 10:15.90.

The 4x800 relay team of Joseph Charlson, Royce Peterson, Thompson and Lane Rygh placed third with a time of 8:42.02.

The shuttle hurdle relay team of Mason Helgeson, Lane Helgeland, Lucas Helgeland and Kjeldahl placed fourth with a time of 1:06.39.

Zach Stene placed third in the 100-meter dash with a time of 11.45 and Connor Van Roekel was 25th with a time of 13.56.

The distance medley relay team of Delger, Christian, Stene and K. Rogne placed first with a time of 3:40.35.

Asher Reese was 22nd in the 400-meter run with a

time of 1:02.20.

The 4x200 relay team Helgeson, Lane Helgeland, Stensrud and Kjeldahl finished ninth with a time of 1:39.70.

Lucas Helgeland was 10th in the 110-meter hurdles with a time of 17.61 and L. Rogne was 13th with a time of 19.51.

K. Rogne placed first in the 800-meter with a time of 2:03.42 and Peterson placed sixth with a time of 2:13.82.

Rylan Keough was 18th in the 200-meter dash with a time of 25.78 and Isaiah Torres was 20th with a time of 26.32.

Helgeson was 10th in the 400 hurdles with a time of 1:03.60 and Stene was 13th with a time of 1:06.85.

K. Rogne placed first in the 1600-meter with a time of 4:41.57 and Thompson was second with a time of 4:43.67.

The 4x100 relay team of Delger, Kjeldahl, Christian and Stene placed seventh with a time of 46.47.

The 4x400 relay team of Eden, Rygh, Stensrud and Charlson finished eighth with a time of 3:48.81.

Lake Mills girls place second at district meet

By Julie Salisbury

The Lake Mills girls track team traveled to St. Ansgar for the district meet on Thursday, May 14, and placed second as a team with 104 points. The Saints won the title with 120 points, Bishop Garrigan was third with 87 points, West Fork was fourth with 66, GTRA was fifth with 60, Northwood-Kensett was sixth with 53, West Hancock was seventh with 48 points, North Iowa was eighth with 47, Riceville and North Union tied for ninth with 36 points, Rockford was 11th with 29 points, Newman was 12th with 28 and Belmont-Klemme was 13th with 14.

In the field events, Afton Dean placed seventh in the shotput with a throw of 32-4.75 and Betsy Byars placed eighth with a throw of 32-3. Ava Menke placed second in the discus with a throw of 115-4 and Hadlee Thompson was 10th with a throw of 84-8. Mackenzie Budach placed first in the long jump with a jump of 15-8.75 and Alana Throne placed sixth with a jump of 14-4.50. Budach placed second in the high jump with a jump of 5-1.00.

The sprint medley team of Jackie Gallardo, Ellie Mondt,

Regan Eastvold and Tatum Sauer placed first with a time of 1:52.34.

The 4x800 relay team of Tori Holton, Katie Machin, Lillian Young and Jaselyn Is-las placed fifth with a time of 11:58.70.

The shuttle hurdle relay team of T. Sauer, Faith Stene, Ari Stensrud and Cora Sauer placed second with a time of 1:11.64.

Gallardo placed second in the 100-meter dash with a time of 13.15 and Hillary Hanson placed sixth with a time of 14.10.

The distance medley team of Gallardo, Mondt, Reese Delger and Kara Renneker placed seventh with a time of 4:54.13.

Liz Oldenkamp finished ninth in the 400-meter run with a time of 1:09.50 and Dean was 12th with a time of 1:11.82.

The 4x200 relay team of T. Sauer, C. Sauer, Budach and Eastvold placed third with a time of 1:48.69.

Stene finished eighth in the 100-meter dash with a time of 18.40.

Renneker finished 12th in the 800-meter run with a time of 2:43.95.

Eastvold placed second in the 200-meter dash with a

time of 26.16 and Leonhardi was 11th with a time of 30.03.

T. Sauer placed third in the 400 hurdles with a time of 1:12.29.

Kaylie Sylvara was 12th in the 1500-meter run with a time of 5:56.23 and Laylah Ingledue was 15th with a time of 6:32.46.

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Knute Rogne brings home two state titles

By Julie Salisbury
The Lake Mills Bulldog tracksters that traveled to Des Moines last week earned some hardware and made memories. On Thursday, May 21, the girls shuttle hurdle relay team of Tatum Sauer, Faith Stene, Ari Stensrund and Cora Sauer finished 19th in the preliminaries with a time of 1:12.83. Next up for the Bulldogs was Knute Rogne and Hayden Thompson in the 3200-meter. Rogne ran a new personal best time on his way to a first place overall finish with a time of 9:25.50. Thompson placed sixth with a time of 9:50.33. In the girls 200-meter

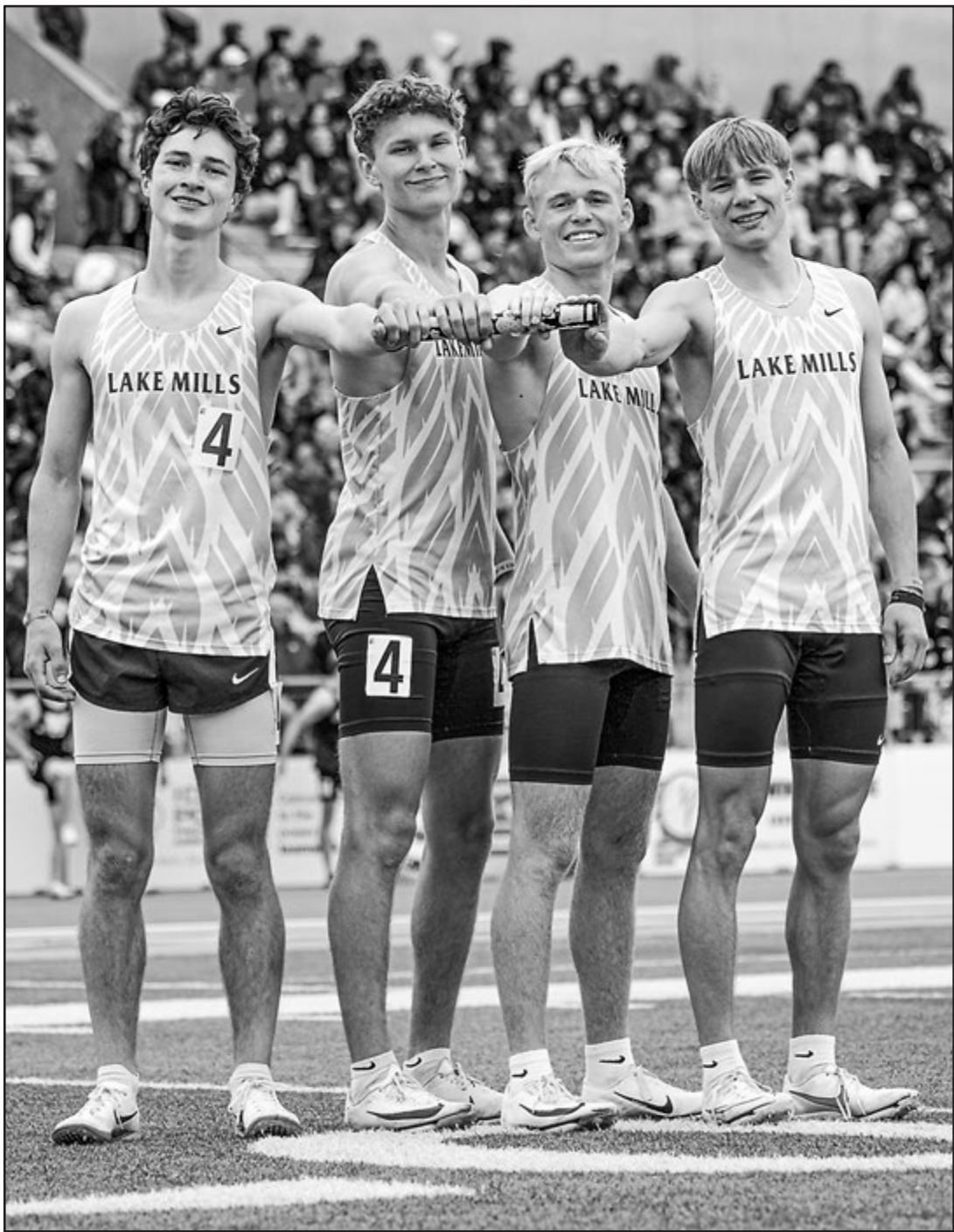
dash preliminaries, Regan Eastvold ran a personal best time of 26.11 to finish ninth, one spot out of making it into the finals. In the girls long jump, Mackenzie Budach finished 16th with a distance of 15-06.75. In the girls 100-meter dash preliminaries, Jackie Gallardo finished 24th with a time of 15.05. In the boys 100-meter dash preliminaries, Zach Stene finished 21st with a time of 11.62. On Day 2, Friday, May 22, the Bulldogs were back on the blue oval at 9:40 a.m. with the finals of the distance medley relay. The team of Nash Delger, Landyn Chris-

tian, Zach Stene and Knute Rogne finished first in the second heat and placed fifth overall with a time of 3:38.32. For the girls, Ave Menke was competing bright and early at 9:00 a.m. in the discus where she finished 17th with a distance of 107-07. The 4x200 relay team of Tatum Sauer, Cora Sauer, MaKenzie Budach and Regan Eastvold placed fourth with a time of 1:46.34. North Iowa was well represented in this race with West Fork placing second with a time of 1:45.11 and West Hancock placing third with a time of 1:45.73. In the high jump on Friday morning, MaKen-

zie Budach tied for 17th with a jump of 4-10. In the 400-meter hurdles, Cora Sauer finished 16th overall with a time of 1:09.84. On Saturday morning, May 23, the girls sprint medley relay competed at 9:00 a.m. and the team of Jackie Gallardo, Ellie Mondt, Regan Eastvold and Tatum Sauer placed sixth with a time of

1:52.13. In the 800-meter run, Knute Rogne ran a personal best time of 1:59.19 and placed eighth. Wrapping up the day for the Bulldogs was Knute Rogne and Hayden Thompson in the 1600-meter run at 3:10 p.m. Rogne ended his state track performance like he started it on Thursday, as a state

champion, he placed first with a personal best time of 4:23.17 and Thompson ran a personal best time of 4:31.51 to place seventh. Congratulations to all the Bulldog state track athletes on representing not only the Lake Mills Community School District but the North Iowa area.



DISTANCE MEDLEY RELAY
KNUTE ROGNE, ZACH STENE, LANDYN CHRISTIAN, NASH DELGER



3200 AND 1600 METER RUNS
HAYDEN THOMPSON AND KNUTE ROGNE



4X200 METER RELAY
TATUM SAUER, CORA SAUER, MAKENZIE BUDACH, REGAN EASTVOLD



SPRINT MEDLEY RELAY
JACKIE GALLARDO, ELLIE MONDT, REGAN EASTVOLD AND TATUM SAUER

Northwood-Kensett FFA Banquet 2026

The Northwood-Kensett FFA Chapter recently held its annual banquet, celebrating another year of agricultural education and experiences. Seen here are the awards given to chapter members for their achievements, efforts and successes in the past school year. The seniors and departing officers were also recognized.



2025-2026 Officer Team- (from left) Reporter Camryn Rheingans, Secretary Kenedie Berry, Treasurer Caden Helgeson, President Weston Willand, Sentinel Emy Wahl and Vice President Zach Heiken. Next year's officers will include President Aydan Schutz, Vice President Landen Nelson, Secretary Max Johnson, Treasurer Lauren Heiken, Reporter Weston Heims and Sentinel Caysen Chodur.



Seniors recognized with FFA scholarships included (from left) Kenedie Berry, Caden Helgeson, Weston Willand, Taylor Foss, Lauren Petznick and Emersyn Wahl.



Celebrating their last year as N-K FFA members were seniors (from left) Sophia Butler, Zach Heiken, Lauren Petznick, Camryn Rheingans, Kenedie Berry, Taylor Foss, Caden Helgeson, Weston Willand, Emy Wahl, (not pictured) Aidan Moretz, Kolton Robinson and Iver Girouard.



Receiving their Greenhand Degrees were (from left) Gabe Aleman, Tegan Trenhaile, Harley Logeman, Owen Binnebose, Josh Leerar, Weston Heims, Tyce Helgeson, (not pictured) Henry Hanson, Carter Wilde, Brekken Haberman and Bryck Abrams.



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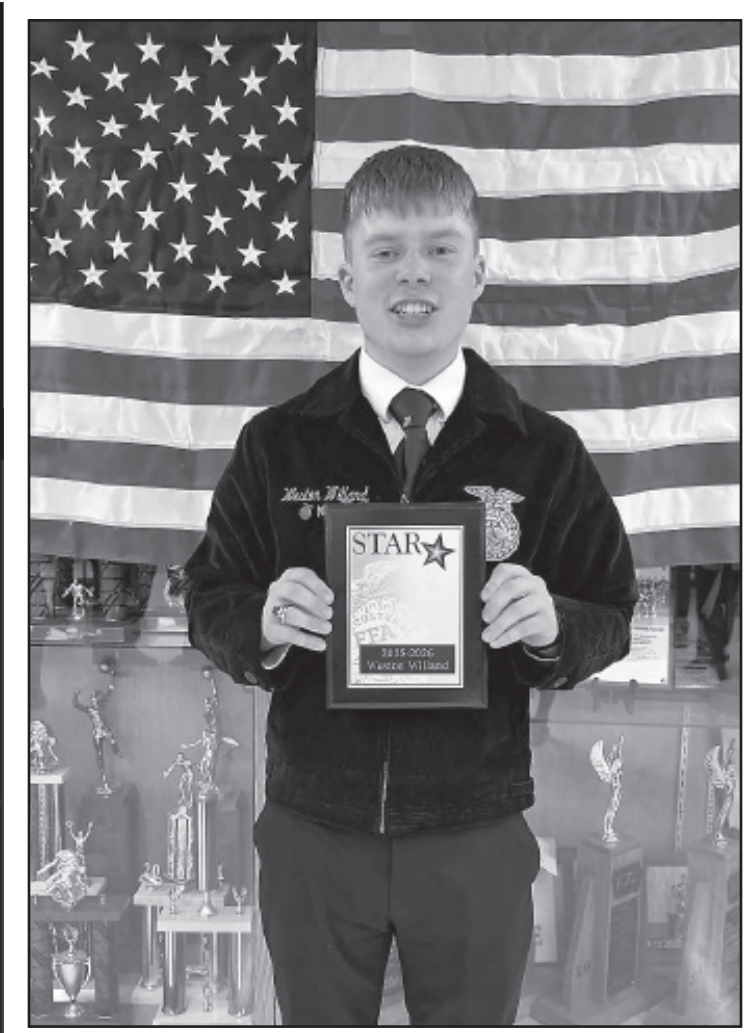
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Receiving the Star Chapter Farmer Award was Weston Willand.

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Harley Logeman was recognized with the Star Greenhand Award.



The members of the Northwood-Kensett FFA Chapter include Bryck Abrams, Gabriel Aleman, Kenedie Berry, Owen Binnebose, Aria Bode, Sophia Butler, Caysen Chodur, Taylor Foss, Olivia Gentz, Brekken Haberman, Henry Hanson, Lauren Heiken, Zach Heiken, Weston Heims, Caden Helgeson, Tyce Helgeson, Max Johnson, Joshua Leerar, Harley Logeman, Aiden Moretz, Landen Nelson, Lauren Petznick, Camryn Rheigans, Kolton Robinson, Layla Scarlett, Ayden Schutz, Tegan Trenhaile, Emersyn Wahl, Carter Wilde, Weston Willand and Olivia Willsher.

Planting the test plot

Members of the Northwood-Kensett FFA chapter also recently planted the test plot in Northwood. The members of the newly sworn in officer team helped Chad Nelson with the planting. Pictured are (from left) Chad Nelson, Vice President Landen Nelson, President Aydan Schutz, Reporter Weston Heims, Sentinel Caysen Chodur, Secretary Max Johnson and Treasurer Lauren Heiken. Also assisting the FFA chapter were Marty Cotter, Logan Thome and Brad Brunsvold, with donating the seed this year.



Receiving their Chapter Degrees were (from left) Aydan Schutz, Max Johnson, (not pictured) Layla Scarlett and Olivia Willsher.



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Twenties Club meets May 12

Twelve 20's Club members met on Tuesday, May 12 at the NSB parking lot for supper at Pasta Bella in Mason City.

After the supper, members met at the senior center in Northwood for a quick meeting. Deanna Luedtke called the meeting to order. There was no secretary's re-

port. Delores Knudson, treasurer, gave her report. Diane Roerish made a motion to accept the treasurer's report with a second by Sharyl Ferley. Motion passed

In old business the senior tea was discussed. The group is thinking about sending a survey to the senior girls next year to hear what they

would like about the senior tea. It was also discussed that the group needs to re-think the menu for the tea.

In new business the program committee for 2026-27 will be Sandy Olson, Dianne Roerish, Carol Kragenbrink and Ann Nagle. Sharyl Ferley will be the chairperson for the senior tea. The mys-

tery trip committee will be Kathy Thrond, Connie Hogen and Sandy Hyde.

The mystery trip this year will be on Tuesday, July 28 with departure from the high school parking lot at 8:45 a.m. More information to come.

Offices for the coming year will be Deanna Luedt-

ke, president; vice-president Connie Hogen; secretary Becky Tews; treasurer Delores Knudson and historian Deb Nagle.

Delores Knudson made a motion to adjourn with a second by Sandy Olson. The next meeting will be on Monday, Aug. 10 at 6 p.m. at Sandy Olson's.

Legal

People's Right to Know

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY

Case No. ESPR009501
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS IN THE MATTER OF THE ESTATE OF DONALD ALAN PRESTHOLT, Deceased.
To: Vince Edward Prestholt, an Heir and Person Interested in the Estate of Donald Allan Prestholt, Deceased, who died on or about February 4, 2026:

You are hereby notified that on February 17, 2026, the Last Will and Testament of Donald Allan Prestholt, deceased, bearing date of December 22, 2025, was admitted to probate in the above-named court and that Jenifer Leann Harrison was appointed Executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of the third publication of this notice to you as an heir of the decedent, 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 May 4, 2026.

Jenifer Leann Harrison,
Executor of Estate

David A. Grooters, ICIS#: A T0003058
Attorney for Executor Pappajohn, Shriver, Eide & Nielsen P.C.
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Date of third publication the 3rd day of June, 2026.
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LAKE MILLS CITY COUNCIL REGULAR MEETING May 18, 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 18th day of May 2026, at 7:00 p.m.

Present: Mayor Bruce Helgeson, Council Members: 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: Rob Hughes

Notice of the meeting was posted at the Lake Mills City Hall on May 15, 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 Ostrander, seconded by Storby to approve the agenda as written. There being no further discussion, roll call: Ayes: Ostrander, Storby, Peters, Peterson, Nays: 0. Motion carried.

Public Forum: None
Department Head, Library, and LMCDL Reports were presented.

Ostrander introduced and Storby seconded to approve the consent agenda. Consent agenda items included: April 20, 2026 minutes, monthly claims and warrants for \$466,993.30 and financial reports, Class C Retail Alcohol License renewal for North Branch, LLC, Resolution No. 26-20- a resolution establishing new wages for employees of the City of Lake Mills, Resolution No. 26-21- a resolution approving 2026 Pool wages for Lake Mills Family Aquatic Center, approval of Employee Pool Pass rate, approval of Pay Request #3 for Peterson Construction for WWTF for \$137,740 and Permission to sell tea drinks at all City-owned ball parks to Beth VanRoekel d/b/a Lemme Boba, Roll Call vote - Ayes: Ostrander, Storby, Peters, Peterson, Nays: None. The motion was declared duly carried and the consent agenda adopted.

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110 ROAD USE TAX FUND 16,356.50
125 TIF FUND 6,307.92
180 TRUST & AGENCY FUND... 1,425.51

600 WATER FUND..... 28,799.17
610 SEWER FUND..... 106,255.78
630 ELECTRIC FUND 161,084.59
740 STORM WATER 4,924.25
890 PAYROLL..... 3.24
****TOTAL..... 466,993.30
TOTAL RECEIPTS FOR APRIL 2026

001 GENERAL FUND 269,601.44
002 LIBRARY SAVINGS &
MEMORI 8,736.85
006 LOCAL OPTION SALES TAX
SERVICES 23,135.81
110 ROAD USE TAX FUND 24,638.99
112 EMPLOYEE BENEFITS
FUND 79,313.20
125 TIF FUND 433,531.25
178 REVOLVING LOAN FUND .. 1,343.57
180 TRUST & AGENCY FUND... 1,419.00

600 WATER FUND..... 35,388.20
610 SEWER FUND..... 38,270.61
630 ELECTRIC FUND 192,743.01
740 STORM WATER FUND 4,202.56
****TOTAL..... 1,112,324.49

Mayor Helgeson announced that this is the time and place as published in the Northwood Anchor on May 13, 2026, for a Public Hearing on the Budget Amendment for the Fiscal Year Ending June 30, 2026.

Motion made by Storby, seconded by Ostrander to open the Public Hearing. There being no further discussion, roll call: Ayes: Storby, Ostrander, Peters, Peter-

son. Nays: None. Motion carried.
City Clerk Price noted no written or verbal 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. Nays: None. Motion carried.

Ostrander introduced and moved for the adoption of Resolution No. 26-22, a resolution to approve the amendment to the current Budget for Fiscal Year Ending June 30, 2026, seconded by Peterson. After due consideration thereof by the Council, and the roll being called, Ayes: Ostrander, Peterson, Storby, Peters. Nays: None. Resolution adopted.

Jackie Villela was present to discuss a petition to allow/change parking restrictions on South Winnebago Street. Peters made a

Supervisors

May 18, 2026

Twenty-first Day

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

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

Motion Smeby/Second Loberg to approve today's agenda and May 11, 2026 minutes. Motion carried.

Motion Smeby/Second Loberg to approve the F.A.S.T. Speed Trial request for airport road closure on Founder's Day, September 12, as requested by Arlen Throne. Motion carried.

Motion Smeby/Second Loberg to approve work order for DD 6/ Lat submitted by Ron Levorson/

Notice

ORDINANCE NO. 302
AN ORDINANCE OF THE CITY OF LAKE MILLS, IOWA, TO AMEND SECTIONS 92.02 AND 99.02 OF THE 1997 LAKE MILLS CODE OF ORDINANCES, BY AMENDING PROVISIONS PERTAINING TO RATES FOR WATER AND SEWER SERVICES.

BE IT ENACTED BY THE CITY COUNCIL OF THE CITY OF LAKE MILLS, IOWA:

SECTION 1. Subsections 1 and 2 of Section 92.02 of the Code of Ordinances of the City of Lake Mills, Iowa, 1997, are repealed and the following adopted in lieu thereof:

92.02 RATES FOR SERVICE. Water service shall be furnished at the following monthly rates within the City: (Code of Iowa, Sec. 384.84)

1. Water Availability Charge. \$3.62 per month will be charged to all locations where City water is available.

2. Usage Charge. The following will be the charge based on gallons of water

Used per month, with a 1,000 gallon per month minimum:

Gallons Used Per Month, Rate
First 3,000, \$10.56 per 1,000 gallons
Next 37,000, \$4.87 per 1,000 gallons
Next 60,000, \$3.49 per

1,000 gallons
All over 100,000, \$1.86 per 1,000 gallons

SECTION 2. Sections 99.01 and 99.02 of the Code of Ordinances of the City of Lake Mills, Iowa, 1997 are repealed and the following adopted in lieu thereof:

99.01 SERVICE CHARGES. Each customer shall pay for sewer service provided by the City. Each location, building, premises or connection shall be considered a separate and distinct customer whether owned or controlled by the same person or not. (Code of Iowa, Sec. 384.84)

99.02 RATES FOR SERVICE. Sewer service shall be furnished at the following monthly rates within the City:

1. Sewer Availability Charge. \$3.90 per month will be charged to all locations where City sewer is available.

2. Usage Charge. Each customer shall pay sewer service charges for the use of and for the service supplied by the municipal sanitary sewer system based upon the amount of water consumed as follows, with a 1,000 gallon per month minimum:

First 3,000 gallons or lesser amount per month @ \$7.91 per 1,000 gallons.

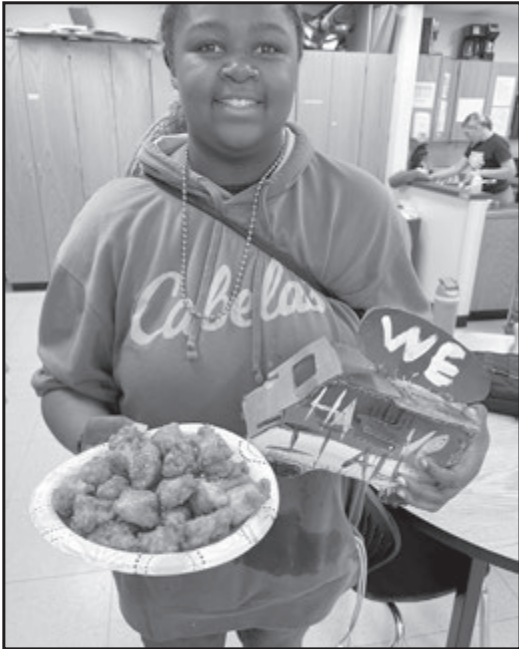
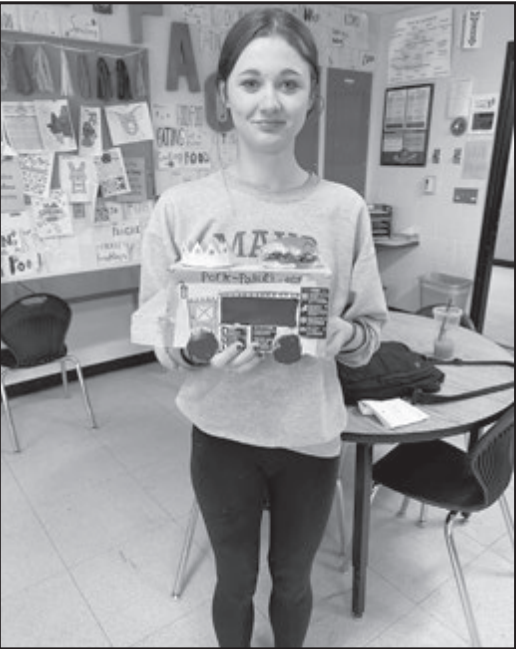
Next 37,000 gallons or lesser amount per month @ \$5.04 per 1,000 gallons.

Over 40,000 gallons @ \$4.85

NOTICE OF PUBLIC HEARING - AMENDMENT OF CURRENT BUDGET				
City of FERTILE				
Fiscal Year July 1, 2025 - June 30, 2026				
The City of FERTILE will conduct a public hearing for the purpose of amending the current budget for fiscal year ending June 30, 2026				
Meeting Date/Time: 6/16/2026 07:00 PM		Contact: Wendy Lunning		Phone: (641) 797-2121
Meeting Location: Fertile Community Center 3494 Eagle Avenue Fertile, IA 50434				
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 .				
REVENUES & OTHER FINANCING SOURCES		Total Budget as Certified or Last Amended	Current Amendment	Total Budget After Current Amendment
Taxes Levied on Property	1	115,609	0	115,609
Less: Uncollected Delinquent Taxes - Levy Year	2	0	0	0
Net Current Property Tax	3	115,609	0	115,609
Delinquent Property Tax Revenue	4	0	0	0
TIF Revenues	5	0	0	0
Other City Taxes	6	45,895	0	45,895
Licenses & Permits	7	485	0	485
Use of Money & Property	8	3,797	0	3,797
Intergovernmental	9	64,653	0	64,653
Charges for Service	10	185,482	0	185,482
Special Assessments	11	0	0	0
Miscellaneous	12	95,051	131,464	226,515
Other Financing Sources	13	0	0	0
Transfers In	14	62,394	0	62,394
Total Revenues & Other Sources	15	573,366	131,464	704,830
EXPENDITURES & OTHER FINANCING USES				
Public Safety	16	79,841	95,756	175,597
Public Works	17	71,445	0	71,445
Health and Social Services	18	1,725	0	1,725
Culture and Recreation	19	98,087	61,081	159,168
Community and Economic Development	20	21,550	8,495	30,045
General Government	21	69,834	0	69,834
Debt Service	22	0	0	0
Capital Projects	23	0	0	0
Total Government Activities Expenditures	24	342,482	165,332	507,814
Business Type/Enterprise	25	98,262	0	98,262
Total Gov Activities & Business Expenditures	26	440,744	165,332	606,076
Transfers Out	27	62,394	0	62,394
Total Expenditures/Transfers Out	28	503,138	165,332	668,470
Excess Revenues & Other Sources Over (Under) Expenditures/Transfers Out	29	70,228	-33,868	36,360
Beginning Fund Balance July 1, 2025	30	822,417	0	822,417
Ending Fund Balance June 30, 2026	31	892,645	-33,868	858,777
Explanation of Changes: \$38,820.00 FD Grant - Water Skid Unit \$54,885.00 FD Grant - Brush Truck \$ 9,840.00 Library - Restroom Renovation \$ 8,898.70 Library - Computer Updates \$ 3,500.00 Park - Brick Masonry \$ 3,443.06 Park - Mower Motor not budgeted for. \$ 2,218.68 Community Center - Floor Cleaners \$21,249.00 Community Center - Security Cameras and Locks \$11,932.00 Community Center - Display Case \$ 2,050.76 Garden Club - Lighted Garland \$ 5,300.00 Fertile Days - Fireworks \$ 1,143.90 Lighting Committee - Park Christmas Lights				

Making meals mobile

The Northwood-Kensett Foods class recently combined a variety of skills with a project that had them create dishes that they could make and sell from food trucks. They then put their design and marketing skills to use as they created the trucks too. Pictured are students with their dishes and meal vehicles.



Leave wildlife babies where they belong - In the wild

It's as predictable as May flowers - from border to border, the Wildlife Baby Season has arrived in Iowa. From now until at least mid-June, DNR field offices across the state will be inundated with phone calls and scores of deliveries regarding "orphaned wildlife."

Most calls begin with something like, "We were walking in the park when . . .," or "I looked out my window and saw. . ." In nearly every instance, the scenario ends with something [or several somethings] being rescued from their mother.

During a typical season, the species people call about will range all the way from baby robins and squirrels to

spindly-legged white-tailed fawns. At this time of the year it is not at all uncommon for biologists to discover that complete litters of baby raccoons, foxes, or even skunks have mysteriously appeared on their doorsteps.

Why this happens is no real mystery. From fuzzy yellow ducklings to tiny baby bunnies, nothing appears more cute and cuddly than a wildlife baby. But in reality, most of the wildlife reported to DNR field offices are not really orphaned at all. And while the people who attempt to "rescue" these babies have the best of intentions, they are in fact dooming the very creatures they intend to

help.

The babies of most wildlife species leave their nests or dens well in advance of being able to care for themselves. Although broods or litters may become widely scattered during this fledgling period, they still remain under the direct care and feeding of their parents.

For many songbirds, the transition to independence comes quickly and may take as little as four or five days. For other species such as Canada geese, kestrels, or great horned owls, the young and parents may stay in contact for weeks -- even months.

At the beginning of the fledgling period, young birds appear clumsy,

dull-witted, and vulnerable. The reason for this is because they really are clumsy, dull-witted, and vulnerable. But as the education process continues, the survivors smarten up fast, while slow learners quickly fade from the scene. Most birds have less than a 20 percent chance of surviving their first year. While this seems unfortunate or cruel, this is a normal occurrence in nature. In the real out-of-doors, it's just the way things are.

Most mammals employ a slightly different strategy when it comes to caring for their adolescents. Since most mammals are largely nocturnal, the mother usually finds a safe daytime

hideout for her young while she sleeps or looks for food. Consequently, it is perfectly normal for the young to be alone or unattended during the daylight hours.

Nevertheless, whenever a newborn fawn or a nest full of baby cottontails or raccoons is discovered by a human, it quite often is assumed that the animals are orphaned. The youngster's fate is usually sealed when it is promptly "rescued from the wild."

Many wildlife babies die soon after capture from the stress of being handled, talked to, and placed into the unfamiliar surroundings of a slick sided cardboard box. Should the animal have the misfortune of

surviving this trauma, they often succumb more slowly to starvation from improper nourishment, pneumonia, or other human caused sicknesses.

Whether they are adults or young, all species of wildlife have highly specific needs for survival. "Rescuing a baby from its mother" not only shows bad judgment, it also is illegal.

Observing wildlife in its natural habitat is always a unique privilege. Taking a good photo or two provides an even more lasting memory. But once you've done that, let well enough alone. Leave wildlife babies where they belong - in the wild.

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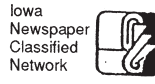
FOR RENT
FOR RENT: Two bedroom apt. for rent in Northwood. \$545 per month includes gas, water, oven, refrigerator & community laundry. Available in May. Call 641-390-1394.
15-tf TP

PUBLIC NOTICE
Sealed Bid Trailer Sale

Iowa State University Extension and Outreach, Worth County, is accepting sealed bids for the sale of a 2007 Kiefer enclosed trailer measuring approximately 12.5 feet by 6 feet. The trailer will be sold as-is, with a minimum bid of \$2,000.

Interested bidders are asked to submit sealed bids by email no later than June 12, 2026, to amyhunz@iastate.edu. Please include your name, phone number, and bid amount with your submission.



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Northwood baseball gets win over North Union

By Julie Salisbury

The Northwood-Kensett baseball team got their season underway on Tuesday, May 19, with a Top of Iowa Conference doubleheader against the Saints in St. Ansgar.

In the first game of the night, the Vikings fell 16-1 with the Saints scoring 12 runs in the first inning, two in the second and two in the third. The Vikings were able to push one runner across in the top of the fourth.

Leading the Vikings at the plate was Aydan Schutz with a single and an RBI and Bryck Abrams, Carson Tufte and Brady Tufte, each with a single.

The Vikings scored one run on four hits, earned one RBI, walked one time, got hit by the pitcher one time and struck out four times.

Eighth grader Oliver Bice faced eight batters, allowing eight runs on two hits while walking three and hitting three batters. Freshman Abrams pitched to 21 batters allowing eight runs on eight hits while walking four, hitting one batter and striking out two. Senior Quinton Butler faced one batter, striking him out. In the second game of the night, the Vikings fell 22-0, allowing 12 runs in the first inning, five in the second, one in the third and four in the fourth.

Bice led the team with a double and Abrams added a single.

The Vikings has no runs, on two hits, walked once and struck out seven times.

Schutz faced 10 batters, allowed eight runs on six hits while walking one, hitting one batter and striking out two. Hayzin Jacobson faced eight batters and allowed four runs on three hits while walking two and hitting one batter. B. Tufte faced 13 batters allowing six runs on three hits, walked four and struck out two. Butler pitched to eight batters allowing four runs while walking three and hitting four batters.

On Thursday, May 21, the Vikings traveled to North Union for a non-conference game and won 4-2, scoring four runs in the top of the sixth.

Butler had two singles and a stolen base on the night and Schutz had a single, two RBIs and a stolen base. Bowan Behne had a single and one RBI and Brayden Katcher had one RBI.

The Vikings scored four runs on four hits, had four RBIs, walked nine times, were hit by the pitcher twice and struck out 12 times.

Behne faced 18 batters allowing two runs on four hits while walking two and striking out seven. Schutz faced 11 batters and allowed no runs and no hits, he hit one batter and struck out eight.



Viking freshman Bryck Adams fires a pitch during the season opener against St. Ansgar on May 19.



Vikings Kinley Stambaugh - MVP and Hallie Hanson - Most Improved Golfer.

Viking Kinley Stambaugh - MVP

By Julie Salisbury

The Northwood-Kensett Vikings girls golf team held their banquet on Thursday, May 21, and Kinley Stambaugh was named the MVP. She received the award because of her dedication and passion for golf. Kinley works hard in the off season to improve her skills and shares her knowledge with the other girls by giving them tips.

Hallie Hanson was named the Most Improved Golfer. Hallie has worked hard on her skills to cut down on her strokes and was able to shave off 30 strokes from her conference score last year to her conference score this year.

Coach Sam Hunt commented, "Overall, the girls did an awesome job throughout the season and made many fun memories."

Vikings softball season underway

By Julie Salisbury

The Northwood-Kensett softball team got their season underway on Monday, May 19, when they traveled to St. Ansgar for a Top of Iowa Conference game against the Saints.

The Vikings scored one in the first and the Saints answered with six runs in the bottom of the inning. The Vikings added three runs in the third inning and two in the fourth to tie the game at six all before the Saints scored three runs in the bottom of the fourth to make the score 9-6, Saints leading. The Vikings played one more run in the fifth and the Saints added six more in the bottom of the fifth to make the score 15-7, which ended up being the final score.

Leading the Vikes at the

plate was Hixton Krambeer with a double, an RBI and a stolen base. Logan Manning had a double and a stolen base and Chloe Woods and Kenly Solberg each had a double. True Hackenmiller had a single, an RBI and a stolen base and Lauren Heiken had one RBI.

The Vikings scored seven runs on five hits, earned three RBIs, walked five times and struck out 11 times.

Solberg pitched, allowing 15 runs on 11 hits while walking three, hitting two batters and striking out three.

On Wednesday, May 20, the Vikings hosted West Central and fell 12-6. West Central scored one run in the first, second and third innings, three in the fourth, four in the sixth and two in the seventh while the Vikings

scored four in the first inning and two in the third.

Woods had two singles, one RBI and one stolen base and Manning had two singles. Hackenmiller had two

singles, two RBIs and one stolen base and Piper Brunsvold had one single. Heiken, Avery Grunhvd and Solberg all had one RBI.

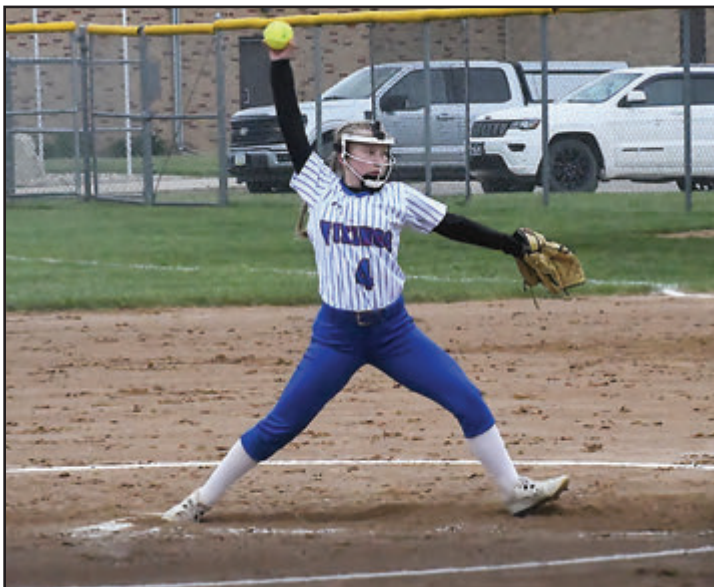
The Vikings scored six

runs on six hits and had six RBIs while being walked nine times and striking out seven times.

Brunsvold pitched all seven innings allowing 12 runs

on 10 hits while walking 10 and striking out four.

The Vikings are 0-2 overall and 0-1 in the TIC.



KENLY SOLBERG



Viking Piper Brunsvold fouls off a pitch during conference play in St. Ansgar on Monday evening.

N-K Early Out After School Program

Thank you

May, 2026

The N-K After School K-5 Program recently concluded the Wednesday early out releases with three fun-filled events in April and May. Students in grades K-5 enjoyed a wide range of activities, including martial arts demonstrations from Miracle Martial Arts Studio, CJ Miracle, and instructors. With guidance from Mary Reyerson (Flower Forager), Theresa Cooper, Owen Burrack, Worth County Naturalist, and Christina Stromley, students potted indoor plants and decorated Mother's Day cards in a one-room schoolhouse. They also enjoyed the Imagination Playground, toured the Worth County Museum, searched for deer sheds, and enjoyed snacks, bubbles, and sidewalk chalk.

A special thank you to our volunteers: Sarah Bruce, Christina Stromley, Owen Burrack, Adam Lichman, Taryn Jackson, Ona Vanheiden, Shana Butler, Lexee Anderson, Morgan Jellinger, Linda Ouverson, Amber Hengesteg, Jill Shutz, Laura Block, Brenda Meland, Jodi Porter, Lisa Mayberry, Denise Ehlenfeldt, Pauline McNealy, Jen Butler, Val Thomas, Teresa Stehn, and Pastor Rob Lanphere.

We also extend our gratitude to the Northwood United Methodist Church, The Slice Pizzeria, Sue's Corner Post, Sue & Keith Braun, The Swensrud Foundation, R & D Applications, Pam & Doug Meyer, Knudtson Automotive Services, and all who gave generously through time, financial support, or sponsorships.

Thank you to our Northwood Anchor sponsors: CarQuest, D&L Equipment, Kulow Hay & Straw, JJ's Hardware, Worthwhile Wind & Solar Farm, Knudtson Automotive Services, Jaekel's Contracting, Nordic Lanes, Dewey Kruger Music, Northwood Chiropractic, Viking Nutrition, and Massage Therapy by Jennifer.

The FUNK (Fellowship for United Northwood-Kensett) Board—Noelle Kramer, Ona VanHeiden, Angie Gaskill, and Dave Zeno—truly appreciates the support from the community and school district. We look forward to providing no-cost educational and fun opportunities this summer, including the Worth County Park and Play Imagination Playground schedule.

Thank you for making the
N-K After School Program
a great success!

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