

The Northwood Anchor

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Briefs

National Night Out Tuesday

The Worth County Sheriff's Office will host a family backyard barbecue with a National Night Out this Tuesday, August 4. The event will be held in the Hanlontown Park from 5-7 p.m.

The National Night Out will include a free meal, bounce house, games, fire trucks and ambulance, house fire simulator, dunk tank, drone demo, MeryOne helicopter and the Imagination Playground from FUNK.

Parkinson's group welcomes speaker August 13

The local Parkinson's support group meets the second Thursday of each month at 1:30 p.m. at the Viking Activity Center.

At the upcoming August 13 meeting, guest speaker Jim Powers will share his experiences as a person living with Parkinson's Disease. Jim serves as the treasurer of the Iowa chapter of the American Parkinson's Disease Association.

All persons with Parkinson's and their caregivers are welcomed and encouraged to attend. To learn more, call Keith Fritz at 641-290-1624.



Pictured at the presentation of the Community Impact grant are (from left) Ben Arntson, with POET; deputy Katrina Neve; Cameo Jensen, POET; sheriff Jesse Luther; and Jorgen Paulsen, with POET.



Worth County Deputy Katrina Neve and Worth County Sheriff Jesse Luther are pictured with the bike and equipment purchased with grant funds from POET.

Grant supports WCSO's efforts to have a positive impact on the community

The Worth County Sheriff's Office will continue its efforts to connect with the community and be a source of comfort at difficult times, with the support of a grant from POET in Hanlontown.

Through its Community Impact Grant, POET supports positive impacts in the communities it calls home, starting with funds to those making a difference with programs and projects that support families and neighbors.

When Worth County Sheriff's Office Deputy Katrina Neve heard about the grant program, she had a few ideas for ways to make the exact kind of impact that

POET sought to support.

"I saw it the evening before, and talked with our staff and decided we should apply," said Neve. "When they heard what we wanted to do, they were all in," Neve said of POET's support for their grant request.

The projects that were included in the WCSO application started with one that is intended to provide comfort when deputies are on the scene at difficult times.

Stuffed animals designed to look like canine officer Titan will be offered to young people in times of crisis.

"When we're there at car accidents, or death notifica-

tions or in domestic situations, we hope the stuffed animals will provide some comfort."

The grant will also provide for some stuffed Titans to be given out to those donating to the fund to purchase and equip the next canine officer after Titan retires sometime in the next few years. Donated funds will go towards things like a cage, bulletproof vest and training.

Sheriff Jesse Luther said that the goal is to have a new canine officer in place as Titan is closer to retirement, to help a deputy learn with the new canine.

The grant is also being used to help Neve be a positive presence off duty, and to help reinforce her efforts to keep young people and adults safe on city streets.

Neve will do so with a new bike she will ride around town, for exercise and to demonstrate and encourage safety.

Neve also hopes to use the bike to expand bike safety education next spring.

Each year, Neve has led bike safety lessons at N-K, teaching students about hand signals, staying safe on streets and practicing on an obstacle course on the playground. Neve hopes to

expand that by riding on streets with students in grades 3-5 this coming spring.

Another project Neve plans to work in is a "bike bus." The bike bus would have a group riding to or from school, with students leaving or joining the group at their homes.

"Even though I'll be using the bike for exercise, even when I'm off duty I know I represent the sheriff's office, and everything I share with people about staying safe on the road.

"I'll keep reinforcing safe behaviors when I see kids WCSO's, see Page 2

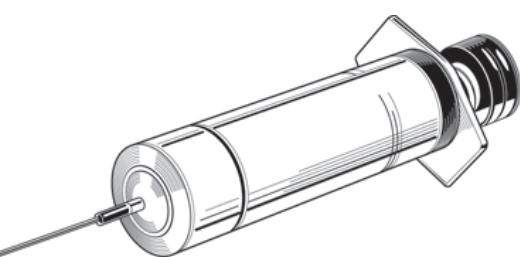
N-K/WCPH host back to school immunization clinic Aug. 11

Worth County Public Health will hold a Walk-in Immunization Clinic to help students get ready for the start of the school year.

Students entering kindergarten, seventh grade and 12th grade are due for immunizations.

Students entering kindergarten will need their Dtap, MMR, Varicella and Polio vaccines.

Students entering seventh grade will need Tdap and Meningococcal immunizations. Those entering



ic are asked to bring their insurance cards.

Some students may be eligible for free vaccines, including those with no insurance or that are underinsured, those on Medicaid and those that are Alaskan Native/American Indian.

Those with questions may contact N-K school nurse Kaitlyn Anderson.



Northwood Lions officers from left: Dedra Harris, Richard Harris, Michelle Moreta, Mike Godfrey, Gregg Olson, Megan Ott and Norlyn Stowell.

Northwood Lions celebrate 97th birthday

By JoAnn Lower

One of the best kept secrets in Northwood is the Northwood Lions Club. Of course, it's not a secret at all. It's just a wonderful way to meet people and reach out to our community.

This year the Northwood Lions celebrate their 97th birthday.

With proceeds from fundraisers – the root beer float

stand at the Worth County Fair, Duck Pluck on the Fourth of July and breakfast on Founders Day – they make considerable contributions to First Lutheran's Caring Tree, the after-school program FUNK, present scholarships to outstanding N-K seniors, purchase books for kids and donate to the Fire Department and Sheriff's office. You'll also see mem-

bers sponsoring blood drives and delivering Meals on Wheels.

Formed in 1917 by Chicago businessman Melvin Jones, Lions Club went international in 1920. In 1925 Helen Keller addressed the Lions International convention in Ohio challenging Lions to become "knights of the blind in the crusade against darkness."

Lions, see Page 2



The Week's WEATHER			
From National Weather Service Information			
Date	Hi	Lo	Prec.
Mon. July 20	86	67	1.29
Tues. July 21	76	59	
Wed. July 22	73	53	
Thurs. July 23	76	53	
Fri. July 24	77	59	
Sat. July 25	85	66	
Sun. July 26	90	72	T

WCDA gift cards available Monday

The WCDA will once again be handing out gift cards to students in Worth County that are in grades K-12, starting this Monday, August 3.

The gift card program will continue through Friday, August 28, available from 8:30 a.m. to 4 p.m. Monday through Friday at the WCDA office in Northwood. The office is located at 91 Eighth Street North in downtown Northwood.

Each student will receive a \$75 gift card.

Only parents may pick up gift cards for their children.

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

No appointment is necessary to receive a gift card.



New members recently inducted into the Northwood Lions Club were Dennis Johnson, sponsored by Gregg Olson, and Myra Dierks sponsored by Michael Godfrey. Pictured are (from left) Gregg Olson, Dennis Johnson, Myra Dierks and Michael Godfrey.

Lions Cont. from Page 1

ness.”
This century-long mission we see at work today as Northwood Lions conduct eye scans for elementary students (Kid-Sight) and collect used eyeglasses and hearing aids for distribution. On a larger scale is Lions International’s commitment

to a “certain and lasting peace for the world” with donations to Leader Dog for the Blind and eye banks. They provide immediate aid to communities hit by crises, support diabetes awareness, childhood cancer treatment facilities and school-based food banks.

Lions Club is a good place to find purpose, a good place to make friends. Come join us for a good night out and a lot of fun.
For information about meeting times and once-a-month potluck suppers, please call president Dedra Harris at 641-390-0534.

Interstate rollover leaves four hospitalized

Several people were hospitalized after an accident at a work zone led to a collision and rollover.
Two vehicles were driving northbound on Interstate 35 approaching a work zone.
As the first vehicle began

to merge the rear vehicle collided with the first vehicle’s rear driver-side bumper.
The rear vehicle entered the median and rolled several times.
No one in the front vehicle was injured.

The driver and passengers of the second vehicle, two adults, 37 and 33, and one child, 6, were transported by ambulance to MercyOne Medical Center in Mason City. One passenger, age 13, was transported by MercyOne Air Med.
Assisting at the scene were the Northwood EMS, Forest City Ambulance and Worth County Sheriff’s Office.
The accident remained under investigation.

One Worth County child will receive \$529 contribution toward future education expenses

State Treasurer Roby Smith is encouraging families in Worth County to step up to the plate and enter the ISave 529 Summer Giveaway for a chance to receive a \$529 contribution toward a child’s future educational savings. As part of the statewide giveaway, one winner will be selected from each of Iowa’s 99 counties, with one additional statewide grand prize winner receiving a \$1,000 ISave 529 contribution.
“Families across Worth County work hard to build bright futures for their children,” said Treasurer Smith. “Whether you’re cheering from the bleachers at a summer ballgame or enjoying time together around a campfire, now is the perfect opportunity to think about saving for future education expenses. The ISave 529 Summer Giveaway gives every county in Iowa a chance to take a swing at investing in a child’s future.”
Families can enter the giveaway by visiting ISave529.com/contest. Registration takes only a couple of minutes and gives Worth

County residents the opportunity to round the bases for a child’s future education.
Connect with ISave 529 on Facebook, Instagram and LinkedIn to stay informed of updates and news.
ISave 529 is Iowa’s direct-sold 529 plan administered by State Treasurer Roby Smith. With the plan, people can save for future educational expenses for themselves, children, grandchildren or others, and Iowa taxpayers can deduct up to \$6,100 in contributions per beneficiary account from their state income taxes in 2026. An ISave 529 account can be opened with as little as \$25, and anyone – parents, grandparents, even friends – can contribute. The plan offers a variety of investment options and is easy to manage online at ISave529.com or through the READYSAVE 529 app.
To learn how to open an ISave 529 account, visit ISave529.com. For more information about the plan, read the Program Description.

WCSO Cont. from Page 1

on bicycles and scooters. I’ll thank them and drivers when I see them using the road safely,” Neve added.
Besides the bike itself, the grant was also used to make sure Neve is ready to help others on the road. That will include a tool kit, portable pump and other resources to help bicyclists in need.
Neve will also carry coupons with her, continuing the summer rewards for kids spotted wearing helmets on city streets. When she sees them, she thanks them for being safe, and shares the sentiment with R80, which provides the coupons.
The grant will also be used for a tent for the WCSO



Mike Godfrey presenting the Melvin Jones award to Norlyn Stowell



Dedra Harris presented a \$1,000 check to Jake Springer, 2nd assistant chief at the Northwood Volunteer Fire Company, and Lt. Isaac Renteria

when staff take part in community events and celebrations. That includes the upcoming National Night Out event this Tuesday, August 4, from 5-7 p.m.
At the National Night Out, members of the community will be able to enjoy a community meal, bounce house, yard games, dunk tank, Imagination Playground from FUNK and see demonstrations of emergency equipment in use.
The grant projects and community events are all a part of what Neve referred to as proactive policing.
“We start with kids, and make sure they know they know we’re there for them and want them to be safe.

And that carries through so they know us and are comfortable with us when they’re teenagers and adults and then when they’re parents themselves.
“We don’t want kids to be scared of us and for people to only think of us as the ones that show up in bad times or when they’ve done something wrong. The more involved we are at a young age, the more the kids we get to know want to do the right thing. It makes the community safer.

“We’ve seen the results. We see less vandalism in the community, and we’ve even had some younger kids come to the sheriff’s office to let us know when they’ve seen vandalism themselves.”
Neve credited the community for supporting all the WCSO does to make them safer, and for Luther for endorsing and supporting programs like those made possible with the POET grant.

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Iowa youth ride the Tide of Tomorrow at 2026 State 4-H Conference

Youth from across the state gathered at Iowa State University June 23–25 for the 2026 Iowa State 4-H Youth Conference, where they explored career pathways, developed leadership skills, and engaged in hands-on learning experiences designed to prepare them for the future.

Centered on the theme “Ride the Tide of Tomorrow,” this year’s conference provided participants with opportunities to build confidence, explore interests, and develop real-world skills through a variety of educational tracks and workshops.

Multiple tracks, shared outcomes

Conference participants selected from five tracks, including Mission Moon, MVP Leadership, Horticulture, Animal Science Roundup and Choose Your Adventure. While each offered a unique focus, all emphasized critical thinking, communication and collaboration.

In the Mission Moon track, youth worked in teams to build and test components for high-altitude balloons, gaining exposure to engineering concepts and problem-solving.

Participants in the MVP Leadership track focused on personal growth, teamwork and communication skills through interactive sessions and small-group discussions.

Hands-on learning across disciplines

In the Animal Science Roundup, youth explored topics such as animal health, nutrition and meat science through hands-on activities and facility tours. Participants applied their learning in team-based presentations, developing and delivering product pitches to judges.

The Horticulture track, developed through the first true partnership between Iowa 4-H State Conference and an Iowa State University academic department, provided participants with opportunities to engage in greenhouse tours, vegetable transplanting, fruit and crop production activities, floral design, and hands-on learning at the Iowa State University Horticulture Research Station and Reiman Gardens. The experience helped youth better understand plant science and its connection to food systems, research, environmental stewardship, and career pathways.

Exploring interests and career pathways

Through the Choose Your Adventure track, youth selected from a variety of workshops covering topics such as artificial intelligence, entrepreneurship, and career exploration.

Across all tracks, participants had opportunities to apply what they learned, ask questions, and explore areas of interest in a supportive environment.

Preparing for the future
While the specific activi-

ties varied, the conference emphasized skills that are valuable across all career paths, including problem-solving, adaptability, teamwork and communication.

Conference evaluations showed that participants experienced meaningful growth in leadership, communication and decision-making skills. More than three-quarters of respondents agreed or strongly agreed that they had a more positive attitude about their ability to be a leader following the conference. Additionally,

84% reported increased confidence in their ability to communicate effectively with others, while nearly 86% reported feeling better prepared to make thoughtful, informed decisions.

Youth also reported greater self-awareness and personal growth. More than 86% of participants agreed or strongly agreed that they gained a stronger understanding of their personal strengths and areas for growth, and 93% said the conference increased their awareness of themselves and the world around them through educational sessions, service-learning experiences, and interactions with peers from across Iowa.

For many participants, the experience also provided valuable insight into future educational and career opportunities. Ninety percent of respondents agreed or strongly agreed that they became more aware of factors influencing decisions related to education, careers and leadership, helping them envision possible pathways for the future.

Service and leadership in action

In addition to career exploration and leadership development, conference participants demonstrated Iowa 4-H's commitment to service by giving back to communities across the state and beyond.

During the conference, top counties were recognized for their year-round service efforts through the Pop Tabs for Jacy program, an annual memorial project honoring former Iowa State 4-H Council member Jacy McAlexander. Pop tabs collected through the initiative are donated to Ronald McDonald House Charities, an organization that held



Pictured are Worth County 4-H'ers at the Iowa State 4-H Youth Conference at Iowa State University in June.

special meaning for Jacy and his family after they spent more than 300 nights at a Ronald McDonald House while Jacy underwent cancer treatment.

Together, Iowa 4-H members donated a total of 1,152.49 pounds of pop tabs through the statewide initiative.

The collection effort marked the ninth year of the Pop Tabs for Jacy memorial project, led by the Iowa State 4-H Council. State 4-H Council member Olivia Olson of Cass County said the project continues to resonate with many Iowa 4-H members and families who have experienced the impact of Ronald McDonald House Charities firsthand. She thanked youth across the state for their contributions, noting that each donation honors Jacy's legacy while helping provide support and resources for families facing medical challenges.

Conference attendees also celebrated the winners of the Do All the Good You Can Challenge, recognizing clubs and counties that demonstrated exceptional commitment to service, volunteerism and community impact throughout the year.

Service learning was woven directly into the conference experience, with youth participating in three hands-on projects that addressed community needs and helped them better understand the issues facing others.

In the Choose Your Adventure track, participants partnered with Ronald McDonald House Charities to package 550 hygiene kits, each containing 8 essential items, including shampoo, conditioner, toothbrush, toothpaste, razors, shaving cream, deodorant and mouthwash. Youth learned about the mission of Ronald McDonald House, wrote notes of encouragement for families, and participated in a simulation activity designed to build empathy and understanding.

Members of the MVP Leadership track put their leadership and service skills into action by learning about food insecurity, healthy food access and the importance of nutritious meal planning. Youth first explored their ideal fruit and vegetable salads, then worked through budgeting activities to identify affordable, nutritious ingredients before preparing fresh fruit and vegetable salad kits for donation to The SHOP food pantry at Iowa State University.

The Horticulture track contributed to beautification and sustainability efforts at Reiman Gardens through hands-on garden maintenance, including weeding and landscape cleanup. Participants learned about public gardens and environmental stewardship while supporting one of Iowa State

University's most visited educational attractions.

Riding the tide of tomorrow

As the conference concluded, participants returned home with new skills, stronger connections and a greater understanding of the opportunities available to them in college, careers and community leadership.

Through hands-on learning, career exploration, service and leadership development, the 2026 Iowa State 4-H Conference empowered youth to chart their own paths forward. As they left campus, participants carried with them not only new knowledge and experiences, but also the confidence to navigate the opportunities and challenges that lie ahead—ready to ride the tide of tomorrow.

Youth who have completed eighth grade up through those who have completed 12th grade are invited to attend the Iowa 4-H Youth Conference each year. 4-H members, as well as youth who have not participated in 4-H, are invited to attend. Registration for the 2027 Iowa 4-H Youth Conference will open in March 2027, with the conference scheduled for June 22-24, 2027, at Iowa State University.

For more information regarding the Iowa 4-H Youth Conference, visit www.extension.iastate.edu/4h/iowa4hyouthconference.

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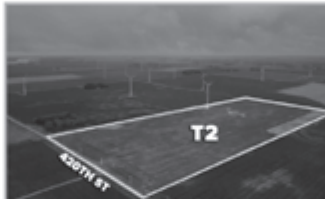
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- CSR2 OF 78.9
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- 2 WIND TURBINES W/ ANNUAL WIND PAYMENT/INCOME
- REAL ESTATE TAXES: \$3,330



BID ON TRACT 2
64 +/- ACRES

- 61.16 +/- TILLABLE ACRES
- 2.6 +/- CRP ACRES, EXP. ON 9/30/27
- CSR2 OF 83.4
- DRAIN TILE IN PLACE
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- REAL ESTATE TAXES: \$2,534



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N-K Gray baseball team

Team members of the Northwood-Kensett gray baseball team include (in front, from left) Lucas Smith, Grady Walk, Braxton Batton, Ryan Tufte, Abel Wheeler, (in back) Lucas Katcher, Jack Davidson, Asher Ludington, Cayson Amundson, Brekkyn Hengesteg and Jullen Davidson. They are coached by Preston Davidson.



Strikers 10U win the Grafton Turkey Days Tournament

The 10U Strikers baseball season has come to an end. They ended the season as 2026 Grafton Turkey Day tourney champs on July 18. Pictured are (front row, from left) Sawyer Ogea, Clay Ogea, Zander Duvall, Ryan Tufte, Xander Gentz, (back row) Kenny Skellenger, Evan Krull, Tristan Strand, Kole Moretz and Hudson Anderson.

Mona Lutheran Church celebrates 150 years

In 1876, the United States celebrated a centennial. Alexander Graham Bell made the first-ever phone call. And General George Custer led a Cavalry unit toward Little Big Horn. Meanwhile, in the little North Iowa village of Mona, papers were signed marking the start of a new Lutheran congregation, which had been meeting at the local schoolhouse.

This August, Mona Lutheran Church will formally celebrate its sesquicentennial. The Mona congregation is one of approximately two dozen churches in Iowa and Minnesota that credit Reverend Claus L. Clausen with being their founder.

Seven years before, in 1869, when the rail line that ran along the Cedar River reached north to Mona, a community began to form. Church founders were Scandinavian immigrants; founding documents list the

new entity as the Norwegian Evangelical Congregation of Mona, Iowa and Lyle, Minnesota. The town of Lyle, one mile north of Mona, was once the next northbound rail station, the two communities located either side of the Iowa-Minnesota state line.

Today, three congregations, Six Mile Grove Lutheran Church, east of Lyle, founded in 1859, Our Savior's Lutheran Church, in Lyle, founded in 1911, and Mona Lutheran Church, in Mona, are served by the Rev. Scott Meyer, a son of the Mona congregation. Mona and Six Mile Grove congregations have collaborated with each another since the Mona congregation began.

The Mona Church Sesquicentennial celebration will take place on August 8th and 9th at the church, a building constructed in 1882. The following events are scheduled: Saturday, August

8, 6:00PM, outdoor music, games, food, fellowship; Sunday, August 9, Worship, 9:00AM; History Program, 10:30AM; Lunch 11:30AM; and Cemetery Walk, at Pleasant Hill Cemetery, one-half mile south of the church, 1:30PM.

The Church's sesquicentennial theme is "Through All Generations," from Psalm 100:5 "For the LORD is good and his love endures forever; his faithfulness continues through all generations." Guest preacher at the Sunday worship service is the Rev. Dr. Christopher Thomforde, former president of Lutheran institutions Bethany College, Lindsborg, Kansas and St. Olaf College, Northfield, Minnesota. Thomforde, a graduate of Princeton University, also served as



President of Moravian University and as chaplain at Susquehanna University, two Pennsylvania institutions.

The community is cordially invited to attend and participate in all the Mona congregation's sesquicentennial activities.

Bartz named to chair USDA FSA committee

Merlin Bartz of Grafton has been named by USDA Secretary of Agriculture Brooke Rollins to chair the Farm Services Agency (FSA) State Committee for the Trump Administration. The five member committee is responsible for oversight of farm programs and county committee operations, resolving program delivery appeals from the agriculture community, maintaining cooperative

relations with both agricultural producers and industry stakeholders and keeping producers informed about current FSA programs.

Other members named were Rebecca Boyer of Ankeny, Tim Couser of Nevada, Colin Johnson of Batavia and Nathan Niewendorp of Inwood.

"These individuals, selected by Secretary Rollins in partnership with key stake-

holders, are held in high regard in the agriculture industry and are entrusted to ensure FSA programs are delivered in a manner consistent with federal farm policy," said FSA Administrator Bill Beam. "Their appointment to the FSA state committee is a testament to their standing in the industry and their dedication to the agriculture industry, rural America and President Trump's America

First, Farmers First policies."

Bartz is the owner and operator of a sixth-generation diversified farm operation in Worth County and has served in multiple local, state and federal leadership roles, including County Supervisor, State Senator, Congressional Ag Advisor and Regional Assistant Chief for the Natural Resources and Conservation Service.

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Living in Love

If you truly desire to live a good and holy life you must "live in love," as the apostle Paul directs us in the fifth chapter of Ephesians. There he says "Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God." (Ephesians 5:1-2 NIV) What this means is that we should try to imitate Christ's selfless act of sacrifice in everything we do. Walking in the way of love is just a simple way of saying that our lifestyle and our daily conduct should reflect a life of service and sacrifice. A good example of this might be how a mother will serve her family from the time she gets up in the morning until going to bed at night. She gets up and fixes breakfast for the family and might even make lunch for them to take to school or work and then goes off to work herself, earning money to pay the rent or mortgage and the other expenses. Good parents often make sacrifices of time and money to help their children, and don't complain too much about it because they are helping their own children. But God wants us to treat everyone as if they are family. To "walk in the way of love" is to treat everyone as if they are your brother or your sister. As children of God, we should reflect God's likeness in how we live, and when we succeed in doing that we are truly living in love. -Christopher Simon

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord.
- Ephesians 5:8-10 NIV

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Friday: Beef Stroganoff over Egg Noodles, Vegetable, Fruit
Monday: NA
Tuesday: NA
Wednesday: NA

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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

Cooking For The Heart: A Collection of Heart-Healthy Recipes was published by United Way in 1996. It focuses on dishes that reduce sodium and some fats. The book begins with information on how to eat foods that correspond with the dietary guidelines of that era. Some things have changed in the past 30+ years (we no longer consider eggs our enemy!) but many of these recipes do correspond with the “clean eating” and plant-based programs currently in vogue. I have adapted some recipes to fit today’s kitchen.

Stuffed Baked Potatoes

4 large russet potatoes, about 7 oz. each
1/2 cup low-fat milk (or “alternative milk” such as almond, soy, cashew)
1 cup part-skim ricotta cheese
2 small cloves garlic, peeled and crushed
1/4 teaspoon salt (if desired, your option)
1/8 teaspoon ground black pepper
2 cups chopped, cooked broccoli (frozen or fresh)
1/4 cup grated Parmesan cheese, divided

Scrub and potatoes and bake them as usual. Cool, then cut a thin (1/4 inch) slice off one lengthwise side of each potato. With a small spoon or melon baller, carefully scoop out the potato flesh without tearing the rest of the skin. You can leave a thin layer of potato inside each skin to stabilize them for stuffing. Put the potato flesh into a large mixing bowl with all the other ingredients except 2 tablespoons of the Parmesan. Stuff each potato shell, using all the mixture. Sprinkle the reserved cheese over them. Preheat the oven to 350 degrees F. Place the stuffed potatoes into a 9x13-inch baking pan and bake for 20 minutes. If the potatoes were baked earlier and are refrigerator cold, add about 10 minutes to the baking time. Serves 4.

Herbed Tomato Soup

1/2 teaspoon olive oil
2 tablespoons diced yellow onion
2 tablespoons diced celery
1/2 cup diced canned tomatoes, salt-free if you want to control sodium
1/8 teaspoon dried basil AND dried oregano
1 small bay leaf
Freshly ground black pepper to taste
2 teaspoons fresh basil or parsley to garnish
In a small non-stick saucepan, heat the olive oil. Add the onion and celery and

sauté for 5 minutes or until soft, stirring as necessary to avoid burning. You can add a teaspoon of water to help this step. Stir in the remaining ingredients, except the fresh herbs. Bring to a boil over medium heat, reduce heat to low, cover and cook for 5 minutes. Remove the bay leaf and blend the soup with an immersion blender right in the pan OR carefully pour into a blender and process until smooth. Pour into a large mug or soup bowl and garnish with the fresh parsley or basil. Makes one serving. SANDY’S NOTE: If you don’t want to go to the trouble of making only one cup of soup, multiply the recipe by 4 to serve more people or refrigerate to heat up another day. Will keep in the fridge for 2-3 days.

Crispy Baked Fish

1 pound firm white fish fillets such as cod, tilapia, etc. fresh or thawed frozen
1/4 teaspoon salt (optional)
Dash of freshly ground black pepper or more to taste
1 1/2 tablespoons safflower or corn oil
SANDY’S NOTE: back in the day, these oils were preferable to using beaten egg to batter fish. Today seed oils are getting a bad rap so substitute olive oil if you’re more comfortable with that.

1/3 cup corn flake crumbs
ANOTHER NOTE: Using corn flake crumbs cuts the gluten from this dish since it substitutes for the usual method of using dry bread crumbs.

Preheat the oven to 350 degrees F. Wash and dry the fish fillets and season with the salt and pepper. Put the oil in a small shallow dish and dip each fillet into it. Coat with the corn flake crumbs. Arrange in a lightly oiled or sprayed baking dish. Bake for 30 minutes or until the fish flakes when touched with a fork. Serves 4. A squeeze of fresh lemon juice adds flavor to this rather bland dish.

Most of us have read that the American diet is far too heavy on meat. In other countries, vegetables are the stars of a recipe with a small amount of meat used as a “condiment” or flavoring. Think of the difference between a Chinese dish served in a US restaurant and the recipe you might find in an authentic Chinese cookbook. Americans prefer a large amount of meat; we were raised that way. Is our national health suffering because of that...it depends upon what you read and your own personal experience. And...that’s all she wrote.

Northwood Anchor

Society



Reading Worth County’s portion of the Bible

On July 14, at 7:14 a.m., readers in each of Iowa’s 99 counties read a portion of the Bible. Through the combined efforts, all of the Bible was read in the state that morning. Reading Worth County’s portion at the courthouse were (from left) Rose Fredricks, Linda Queen, Sharon Helgeson, Sharyl Ferley and Kim Katuta. Besides Iowa, 159 counties in Georgia, along with 22 states and 22 nations also took part.

Northwood Public Library

By Emily Tufte

We’d like to share our appreciation for all our sponsors who helped make our Summer Reading Party a success! And of course, all our little readers in Northwood who had so much fun with the Summer Reading Program! Now that it is completed, school is just around the corner.

We will have a back-to-school story time on Friday, August 14, from 10-11 a.m. Then when school starts, we’ll jump back into our regular Preschool Story Time on Friday mornings at 10 a.m., starting with August 28. Preschool Story Time is geared for toddler and preschool age, but babies are welcome too! It’s a fun time for kids to socialize together, learn about sitting quietly for a short

story or two, have some fun coloring and playing with the library toys. Parents and caregivers can enjoy some chit chat too!

The library has two different book clubs that participate in a monthly reading and discussion. If this is anything that sounds interesting to you, don’t hesitate to reach out at the library for more information!

Here are new books coming to the library sometime during the month of June:

Adult Fiction books: “You’ll Be Sorry” by Lisa Gardner, “The Woman in White” by Sarah Pekkanen, “The Amateur” by Chris Bohjalian, “The Secrets We Hide” by Karin Slaughter, “Delusional” by James Patterson, “Promise Me Never” by Liv Constantine, “God’s Country” by William Kent

Krueger, “Brain Damage” by Freida McFadden and lots more.

Large Print Fiction: “The True Meaning of Love” by Danielle Steel, “The Stars Beneath Her” by Mary Ellen Taylor, “Follow the Stars Home” by Diane C. McPhail, “The Unexpected Caller” by Shelley Shepard Gray and more.

I’ve been posting some pictures of the new books to the Northwood Public Library’s Facebook page, so don’t forget to “Like” the page to be notified when we put more new books out throughout the month. Feel free to contact us with any questions or concerns you might have by emailing us at librarian@northwoodia.org or call us at 324-1340. We hope you will check us out soon!



Kensett Public Library

By Lisa Lestrud
Library Director

Greetings from the Kensett Public Library, I hope everyone has been having a fun summer.

We had a fun day at the city park with a picnic and "Imagination Playground," sponsored by FUNK. A big appreciation too, Noelle Kramer for bringing it and setting it up and showing the kids how to build fun things. Also an appreciation to the Kensett Library Board Members, Reta Ulve and Ann Smith, for serving lunch. We had a small group for our Narcan program sponsored by Worth County Public Health and Jill Schutz. It

was very informative and I encourage people to do this. We are planning on having another, an evening program, so watch for that.

We have another great program coming up on Saturday, August 1, 2026, starting at 10 a.m. Jarrod Blakenship with, "Your Other Grandson," will be presenting a very informative program about elderly scams. He will also talk about his upcoming event in September called, "Miles for Minds." Please join us, refreshments will be served.

On Thursday, August 6, at 4 p.m., Teresa Stehn from Worth County Farm Bureau will be here to read us the

book, "I Love Blueberries." She will also have some fun activities, including making a yummy treat. I hope you will join us.

On Saturday, August 15, 10 to 11:30 a.m., is "Back to School Book Bingo Party." That will include awards and prizes handed out to those that participated in the summer reading challenge. Come have fun.

We also still have our weeded books, audio books and some miscellaneous items for sale. All we ask is for a free will donation.

Come see what our little library all has to offer.

A Senior Moment

By Sandy Olson

Life in Iowa is wonderful but there is often something to grouse about. In the middle of winter, it’s the freezing temps and high heating bills. In the “dog days of August” is the scorching temps and the high A/C bills. But, nowhere is perfect and we have many more blessings than other areas. We have clean air, clean water, friendly people and a healthy state ledger. We also have Reconnect 720 in Northwood. This clubhouse is a home away from home for men and women over 60 who enjoy socializing, having fun and enjoying the food and activities available.

For August, please mark your calendar for the following:

lowing:

• Mondays: 8:30 a.m. - Men’s coffee with goodies each week

12:45 p.m. – Bible Study with Sandy each week

2 p.m. – Bookworms Book Club, Public Library, on August 3

• Tuesdays: 8:30 a.m. - Ladies’ Coffee Connection, each week

1 p.m. - Craft Time with Patti Brekken, on August 4

12:30 p.m., Fun Bingo on August 11

12:30 p.m., Cards & Games on August 18 and August 25

• Wednesdays: 2 p.m., Instant Pot Cooking Class on August 12

11:30 a.m., Strange but True with Deanna on August 19

2 p.m., August Birthday Party on August 19

12:45 p.m., Fun With Holly Bell on August 26

• Thursdays: 9 a.m., Bible Art Journaling – on August 6 and August 20

12:45 p.m., Crochet Club – each week

• Fridays: 9:30 a.m., Chair Exercise Video – each week

12:45 p.m., Visiting Angels’ Presentation on August 14

11:30 a.m., Senior Citizens’ Day on August 21. Free hot dog lunch to go!

As you can see, there are many things for many people to enjoy. Please come to see how cool it is at Reconnect 720, in more ways than just temperatures! Join our FaceBook page too.

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Northwood Anchor **Opinion**

Savvy Senior

Robotic pets can provide comfort to elderly seniors

By Jim Miller

Dear Savvy Senior,

My mother, who has dementia, recently moved into an assisted living facility that doesn't allow pets. I'm thinking about getting her a robotic pet to cheer her up. Are they worth it, and if so, which one do you recommend?

--Inquiring Daughter

Dear Inquiring,

It's completely natural to want to bring a little furry joy into your mom's life. Moving into a new home without her pets can be tough, and sometimes even a small companion can make a big difference. Robotic pets – lifelike, interactive companions – can brighten the days of seniors with dementia in ways you might not expect. They're more than just cute gadgets; they offer comfort, companionship, and a sense of purpose, along with plenty of smiles and fun. Before you pick one, here's what you should know.

Why pets matter

Pets aren't just cute – they're family. They bring happiness, companionship, and even a gentle sense of routine. Studies have shown that pets can help reduce stress, anxiety, and depression, encourage light activity, and improve overall well-being. They can also provide a sense of connection, which can be especially grounding for seniors living with cognitive changes.

Unfortunately, many seniors, like your mom, have to give up pets when they move into care facilities or can no longer care for them on their own. That's where robotic pets can step in. Many studies have shown that robotic companion animals can improve quality of life by offering comfort, interaction, and a sense of companionship.

Still, it's important to remember that not all seniors connect with robotic pets. Some may ignore them completely, while others enjoy holding them or respond positively to a lifelike companion that reacts and even "talks back."

Best options

If you're looking for a high-tech option, Jennie, a new Labrador puppy from Tombot (tombot.com), is the most impressive option available. Soft, cuddly, and very lifelike, she reacts to touch and voice, moves naturally, and even barks on command. A smartphone app lets you name her, customize her behavior, and track interactions. She runs on a rechargeable battery and is expected to cost around \$1,500, with financing available. Jennie is currently on back order, with new units expected this summer or fall, so interested buyers may need to join a waitlist.

If that's more than you want to spend, Joy for All Companion Pets (joyforall.com) are a wonderful alternative. These cats and dogs cost \$160 or \$180 and respond to touch with purring or barking. They can move their heads, lift their paws, and open and close their eyes. With soft, brushable fur and a gentle "heartbeat," they feel surprisingly real. They also give seniors a comforting routine, like stroking or "feeding" their pet, which can be both calming and engaging.

For seniors who use a walker, the Walker Squawker bird (\$65), also available from Joy for All, attaches to the device and chirps when the walker stops moving. It responds to touch and sound, offering a playful companion and gentle encouragement to stay active. Small touches like this can make a big difference in lifting spirits and keeping seniors engaged.

Robotic pets aren't a replacement for real animals, but they can bring companionship, comfort, and joy to seniors who can no longer have a furry friend. They are especially well-suited for seniors with dementia, providing interaction, routine, and a sense of connection. Whether you choose a sophisticated option like Jennie or a more affordable Joy for All pet, these interactive companions can turn moments of loneliness into smiles, connection, and a little extra joy every day.

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



Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

Only one side of my headphones works.

Why do you keep using them?

I can still listen to Sonny or Cher, Hall or Oates, and Simon or Garfunkel.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. I had shoveled no snow in July, but it's hot enough that I know stores will put out their Christmas stuff soon.

I was spinning tales in Arizona. It was hotter than it needed to be. I hiked a mountain trail with jaw-dropping views. I was feeling accomplished until a group of chanting airmen ran past me as if I were backing up. I returned to my hotel room like a humbled Odysseus returning to Ithaca.

Heat makes things expand. Therefore, Arizonans should be the size of bison. I checked with the CDC. West Virginia is the state with the highest adult obesity rate at 41.4%. Mississippi weighs in at 40.4%, and Louisiana has 39.2% of its adults classified as fluffy.

We were on the road. My wife needed a bio-break or a pit stop. She mentioned one convenience store that would be the perfect place, as they always had clean restrooms. I flashed back to the years when we would never have considered a stop at a gas station just because it'd have a clean restroom—a thing as rare as hen's teeth.

He who controls the Hartland controls the world

I grew up on a farm outside of Hartland, Minnesota. There is a Hartland in Wisconsin, Connecticut, Maine, Vermont, New York, Michigan,

Kansas and California. As a boy, I wanted to live in each of those. I'd include the Hartland in North Dakota, which is a ghost town, and the one in New Brunswick with the world's longest covered bridge—1,282 feet. Hartland isn't close to being the most popular city name in the U.S. Washington is, with Springfield second, and Franklin third. I've been to Washington, Iowa, and Lake Washington and Washington County in Minnesota. I've cast a shadow in Springfield, Minnesota, and peered at Springfield Township in Iowa. I've visited Franklin in Minnesota and Iowa.

I've learned

Due to inflation, you can now eat food that has fallen to the floor if you pick it up within 7.3 seconds.

To stay away from the end of the driveway on trash day.

Rainy days and Mondays never bring me down.

Some baseball umpires work from home.

Governor Luther W. Youngdahl ran a strong campaign against gambling, pledging to rid Minnesota of slot machines and illegal vice as part of his moral reform platform. Critics and supporters alike labeled him the "Sunday School Governor." He was elected in 1947.

Norwegians use the word "Texas" as slang to describe something that's crazy or out of control.

The average U.S. adult spends 9.5 hours a day sitting.

Elmer Fudd's favorite singer isn't Bad Bunny.

Bad jokes department

I hate it when my wife says, "Are you listening to me?" It's such an odd way to start a conversation.

Where does a mansplainer get his water? Well, actually...

My car will seat five people with no problem, but I don't know five people

without problems.

A dinosaur tibia was dug up near Matawan. It was quite a shindig.

Nature notes

Neither nail polish nor petroleum jelly is an effective treatment for chigger bites. It's a myth that those things suffocate chiggers, as chiggers don't burrow into the skin and are gone by the time you notice the bite. Take a bath or shower and scrub your skin with soap and water before focusing on relieving the itching and inflammation with calamine lotion, antihistamine creams, corticosteroid creams or cool compresses. After chiggers make tiny holes in our skin, they inject saliva that turns cells into mush for food. Using an insect repellent that has DEET or wearing clothing treated with an insecticide like permethrin before you venture outside can help deter chiggers. Apply the bug spray to areas where chiggers might travel from clothing to your skin, like the waist of your pants and the tops of your socks. Some studies have suggested that natural sprays may help keep chiggers away. Wear long sleeves and long pants, with your pant legs tucked into your socks. Chiggers avoid people sporting a dorky look.

Many birds eat ants, but northern flickers have a particular fondness for them. Woodpeckers, like flickers and pileated woodpeckers, use their long, sticky tongues to lap up ants. Other birds that regularly eat ants include wrens, grouse, starlings, sparrows, crows, wild turkeys, robins, blackbirds and cardinals. Gulls, common night-hawks, flycatchers, swallows and swifts feast on flying ants. They eat all those ants without needing an antacid.

Meeting adjourned

"Try to be a rainbow in someone's cloud."—Maya Angelou.

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Legal

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY

Case No. ESPR009517
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS IN THE MATTER OF THE ESTATE OF JAY D. SCHAUB, Deceased.

To all persons interested in the estate of Jay D. Schaub, deceased, who died on or about July 10, 2026.

You are hereby notified that on July 17, 2026, the Last Will and Testament of Jay D. Schaub, deceased, bearing the date of January 20, 2020, was admitted to probate in the above-named court and that Lynn E. Schaub was appointed Executor of the estate. Any action to set aside the Will and Codicil must be brought in the District Court of the above county within the later to occur of four months from the date of the second publication of this Notice or one month from the date of mailing of this Notice to the surviving spouse and all heirs of the decedent and devisees under the Will and Codicil whose identities are reasonably ascertainable, or thereafter be forever barred.

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

Dated this 17th day of July, 2026.

Executor of Estate:
Lynn E. Schaub
609 11th Street North
Northwood, Iowa 50459

Attorney for Executor:

James W. Hackbart,
ICIS# AT0003005
Law Office of
James W. Hackbart, PLC
304 Third Street
P.O. Box 113
Grafton, Iowa 50440
Tel. (763) 486-9824
Email: hackbartlaw@iabar.org

Date of Second Publication the 29th day of July, 2026.
29-2t

Notice

SECTION 00110 - NOTICE OF PUBLIC HEARING

Worth County Conservation - Monarch RV Park Implementation Worth County Conservation Board Northwood, Iowa Public Hearing on Proposed Contract Documents and Estimated Costs for Repair or Improvement. A public hearing will be held by the Worth County Conservation Board on the proposed contract documents (plans, specifications and form of contract) and estimated cost for the improvement at its meeting at 7:00 p.m. on August 11, 2026, at 503 1st Avenue North, Northwood, Iowa 50459.

Notice

SECTION 00100 - NOTICE TO BIDDERS

Worth County Conservation - Monarch RV Park Implementation Worth County Conservation Board Northwood, Iowa

Receipt and Opening of Sealed Proposals. Sealed proposals for the work comprising the repair or improvement as stated below must be filed before 2:00 p.m. on August 11, 2026, in the office of the Director, 503 1st Avenue North, Northwood, Iowa 50459. Sealed proposals will be opened and publicly read, with bids being tabulated at that time. The results will be reported to the Worth County Conservation Board at its meeting at 7:00 p.m. on August 13, 2026, at which time the Board may take action on the proposals submitted or at such time as may then be fixed. The Worth County Conservation Board reserves the right to reject any or all bids, to waive informalities or technicalities in any bid, and to enter into such contract, or contracts, as it shall deem to be in the best interest of the Worth County Conservation Board.

The results will be reported to the Worth County Conservation Board at its meeting at 7:00 p.m. on August 13, 2026 at which time the Board may take action on the proposals submitted or at such time as may then be fixed. The Worth County Conservation Board reserves the right to reject any or all bids, to waive informalities or technicalities in any bid, and to enter into such contract, or contracts, as it shall deem to be in the best interest of the Worth County Conservation Board.

To access the electronic proposal form, download the project documents and click the on line bidding button at the top of the advertisement. Prospective Bidders must be on the plan holders list through QuestCDN for bids to be ac-

PROJECT DESCRIPTION:

Worth County Conservation seeks to install a modern RV park in a new business subdivision south of the Diamond Jo Casino in Northwood, Iowa. The project will include concrete drive approaches, campground roads, campsites, and amenity pads. Each of the 16 campsites will have a granular utility band featuring a water connection, a 50/30/20-amp electrical pedestal, and a sanitary sewer connection. The project will include a pre-manufactured shower house, a prefabricated shelter with concrete paving, and accommodation for an owner-provided

cepted and pay the required fee for submission of the on line bid.

Time for Commencement and Completion of Work. Work on the improvement shall commence upon approval of the contract by the Board and as stated in the Notice to Proceed. All work under the contract must be completed on or before June 30, 2027. Liquidated damages are as set forth in Section 00500 - Contract.

Bid Security. Each Bidder shall accompany its bid with bid security, as defined in Iowa Code Section 26.8, as security that the successful Bidder will enter into a contract for the work bid upon. The Bidder's security shall be in an amount equal to 5 percent of the total amount of the bid. The bid shall contain no condition except as provided in the specifications. If the Bidder fails to execute the contract and to furnish an acceptable Performance, Payment, and Maintenance Bond or provide a Certificate of Insurance within ten (10) days after acceptance of the bid by the County, the bid security may be forfeited or cashed by the County as liquidated damages.

Contract Documents. Copies of the project documents are available for a price of \$25.00 per set. This fee is refundable, provided the plans and specifications are returned complete and in reusable condition, and they are returned within fourteen (14) calendar days after the award of the project. Please make your check payable to Bolton & Menk, Inc. and send it to 430 East Grand Avenue, Suite 101, Des Moines, IA 50309. Complete digital project bidding documents are available at www.bolton-menk.com or www.guestcdn.com. You may view the digital plan documents for free by entering QuestCDN Project #10282221 on the website's Project Search page. Documents may be download-

playground.

At said hearing, the Board will consider the plans, specifications, proposed form of contract, and estimated total cost for the project, the same now being on file in the office of the Director, 503 1st Avenue North, Northwood, Iowa 50459, reference to which is made for a more detailed and complete description of the proposed improvements, and at said time and place the said Board will also receive and consider any objections to said plans, specifications, estimate of cost, and form of contract made by any interested party.

30-2t

Preference of Products and Labor. By virtue of statutory authority, a preference will be given to products and provisions grown and coal produced within the State of Iowa, to the extent lawfully required under Iowa statutes.

Sales Tax Exemption Certificates. The Bidder shall not include sales tax in the bid. The Worth County Conservation Board will distribute tax exemption certificates and authorization letters to the contractor and all subcontractors who are identified.

The contractor and subcontractor may make copies of the tax exemption certificates and provide a copy to each supplier providing construction materials. These tax exemption certificates and authorization letters are applicable only for this specific project under the contract.

PROJECT DESCRIPTION: Worth County Conservation seeks to install a modern RV park in a new business subdivision south of the Diamond Jo Casino in Northwood, Iowa. The project will include concrete drive approaches, campground roads, campsites, and amenity pads. Each of the 16 campsites will have a granular utility band featuring a water connection, a 50/30/20-amp electrical pedestal, and a sanitary sewer connection. The project will include a pre-manufactured shower house, a prefabricated shelter with concrete paving, and accommodation for an owner-provided playground.

The Notice is given by order of the Board of the Worth County Conservation Board.

Jim Hanson, Director
30-2t

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Worth County Fair Beef Show 2026



Inter. Showmanship - Grand Champion Owen Binnebose



Junior Showmanship - Grand Champion Harper Baker



Senior Showmanship - Grand Champion Zaila Dahlstrom



Inter. Showmanship - Reserve Champion Brianna Perkins



Junior Showmanship - Reserve Champion Kole Moretz



Senior Showmanship - Reserve Champion Landen Nelson



Prospect Male - Grand Champion Addison Meyer



Prospect Male - Reserve Champion Collyn Meyer



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Breeding Heifer- Grand Champion Taylor Foss



Market Heifer - Grand Champion Addison Meyer



Cow/calf - Grand Champion Zaila Dahlstrom



Breeding Heifer- Reserve Champion Jaxon Arthur



Market Heifer - Reserve Champion Brianna Perkins



Cow/calf - Reserve Champion Natalie Shoars



Market Steer - Grand Champion Jaxon Arthur



Market Steer - Reserve Champion Kole Moretz



Alumni Showmanship - 2026 Champion Kyle Baker, pictured with organizer Kendall Krull and with show judge McKenna Cech

Livestock Judging Contest



Junior Champion Team- Xander Gentz, Sawyer Ogea, Harper Baker, Aubrey Schuttler



Junior Individuals- Reserve Champion Aubrey Schuttler, Third overall Natalie Shoars



Senior Individuals- Champion Layla Scarlett, Reserve Champion Jaxon Arthur



Senior Reserve Champion Team- Owen Binnebose, Henry Hanson, Jaxon Arthur, Taylor Foss

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Senior Reagan Ham
Top of Iowa All-Conference
Second Team



Junior Cora Sauer
Top of Iowa All-Conference
Second Team



Freshman Hillary Hanson
Top of Iowa All-Conference
Honorable Mention

Bulldog softball led by Hanson, Ham and Sauer

By Julie Salisbury

The Bulldogs softball team was led this season in hits by freshman Hillary Hanson. She played in all 22 games this season and appeared at the plate 55 times. She had a team high 20 hits including 16 singles, three doubles, one single and 12 RBIs. She scored eight runs and stole base three times. Hillary received Top of Iowa All-Conference Honorable Mention honors.

Senior Reagan Ham led the team in runs scored this season with 21, and she had 10 stolen bases. She played in all 22 games and appeared at the plate 59 times. She had 18 hits including 11 singles, four doubles, two triples and a homerun and she tallied seven RBIs this season. Ham received Top of Iowa All-Conference Second Team honors.

Junior Cora Sauer led the team in RBIs with 15 all while playing in only 12 games. She appeared at the plate 28 times scoring 10 runs on 17 hits including 12 singles, three doubles and two home runs. Cora also led the team in stolen bases with 14. Sauer received Top of Iowa All-Conference Second Team honors.

Senior Mya Peterson played in all 22 games and was at the plate 58 times. She scored two runs and had 15 hits including 12 singles, two doubles and a homerun and tallied nine RBIs.

Junior Reese Delger played in all 22 games and appeared at the plate 55 times. She scored 10 runs, stole base nine times, had 13 hits including 12 singles and a double and finished with seven RBIs.

Sophomore Kenlie Greenfield played in 17 games and was up to bat 34 times. Greenfield scored three runs, stole base five times, had 11

hits including nine singles and two doubles and she had one RBI.

Sophomore Afton Dean played in 12 games and appeared at the plate 29 times scoring six runs. Afton had 11 hits including eight singles, three doubles, earned seven RBIs and stole base once.

Eighth grader Taryn Wempen played in 19 games this season and was up to bat 26 times. She scored 12 runs on eight hits including five singles, one double and two triples. Taryn earned six RBIs and stole base eight times.

Freshman Liz Oldenkamp played in 21 games and appeared at the plate 41 times. She scored 10 runs and had eight singles, three RBIs and stole base three times.

Freshman Betsy Byars played in 18 games and was at the plate 39 times. She scored two runs and had eight hits including seven singles and a double. Betsy had three RBIs and stole base one time.

Freshman Autumn Askildson played in 10 games this season and appeared at the plate 12 times where she had four hits including three singles and a double and she had two RBIs.

Sophomore Gabby Brandenburg played in 17 games this season and was at the plate 30 times. She scored nine runs on three hits including two singles and a double and she had two RBIs and two stolen bases.

Eighth grader Camilla Langfald played in 18 games and was up to bat 14 times. She scored three runs, had two singles, two RBIs and two stolen bases.

Eighth grader Emma Menke played in two games and was at the plate one time where she hit a single.

Freshman Hayden Deter-

mann played in nine games and was at the plate nine times. She had one single and two RBIs.

Freshman Mya Anderson played in 20 games and appeared at the plate two times.

Freshman Lila Pederson played in four games and was at bat one time.

Sophomore Ameila Thompson played in seven games and was at the plate three times. She scored four runs, had one RBI and stole base two times.

Freshman Joella Piper played in one game this season.

As a team, the Bulldogs appeared at the plate 496 times where they scored 101 runs and had 140 hits including 109 singles, 22 doubles, five triples and four homeruns. They had 79 RBIs, seven sacrifice bunts, three sacrifice flies, were walked 56 times, hit by the pitcher 11 times, reached on error 26 times, stole base 60 times and struck out 124 times.

In the circle, Anderson pitched 67.1 innings facing 338 batters and threw 1137 pitches. She allowed 111 runs on 91 hits, walked 64, hit 14 batters and struck out 43.

Byars pitched 33.1 innings facing 185 batters and threw 681 pitches. She allowed 93 runs on 68 hits, walked 42, hit 19 batters and struck out 34.

Pederson pitched 11.2 innings facing 58 batters throwing 182 pitches. She allowed 29 runs on 15 hits, walked 18, hit seven batters and struck out six.

In the field, the Bulldogs had 336 putouts, 127 assists, 49 errors, six throwouts and allowed 55 stolen bases.

The Bulldogs ended their season with a 4-18 overall record and say goodbye to two talented seniors in Reagan Ham and Mya Peterson.

Lake Mills News Sports

Peterson earns scholarship to pursue and advance in long-term care career

As Iowa faces growing demand for long-term care services and a need for more caregivers, the Iowa Health Care Association (IHCA) Foundation this week awarded more than \$40,000 in scholarships to 32 Iowans preparing for and advancing their careers in long-term care. Recipients include current long-term care professionals, high school seniors planning to enter the field and individuals from rural Iowa communities. Scholarships help to cover the cost of education and training, equipping recipients with knowledge and skills to provide high-quality care for Iowans.

More than 160 applications were received for this year's scholarships from all four corners of the state. Scholarship applications were evaluated by the IHCA Foundation Board of Directors based upon the applicant's experience, recommendations and future educational and career goals in long-term care.

"As Iowa's senior population continues to grow



MYA PETERSON

and the need for long-term care services increases, investing in the dedicated caregivers of today and the workforce of tomorrow is more important than ever," said IHCA Foundation Program Director Natalie Thompson. From current long-term care professionals advancing their education to high school seniors preparing to pursue careers in the field, every one of these scholarships represents another nurse, administrator or caregiver who will help meet Iowa's growing need for long-term care professionals." This year's IHCA Foundation scholarship recipients include:

MolinaCares High School Scholarship Recipients

This \$2,000 scholarship, made possible by The Molina Healthcare Charitable Foundation (MolinaCares), is for Iowa high school seniors enrolled in a nursing program upon graduation from an Iowa high school, and interested in a future career in long-term care. Nine scholarships were awarded to the following recipients:

1. Brooklin Ante, West Delaware High School (Manchester)
2. Baylee Bunning, Boone High School
3. Marissa Domino, Ridge View High School (Holstein)
4. Addison Gannon, Greene County High School (Jefferson)
5. Hayven Herman, Midland Community High School (Wyoming)
6. Addison Marcks, Osage High School
7. Mya Peterson, Lake Mills High School
8. Kelsey Schott, Tipton High School
9. Myra Veach, Dallas Center Grimes High School

14th annual OIC Tractor Ride set for Saturday

The One in Christ Lutheran Parish will host the 14th Annual OIC Tractor Ride, the Darold "Smokey" Kloster Memorial Tractor Ride this Saturday, August 1.

The tractor ride is \$35 per tractor/participant, including a lunch meal in Hanlontown. Other participants can also take part in the lunch for a free will donation.

The ride begins at All State Ag Parts parking lot, at 311 North Park Street in Lake Mills, with check in from 8-8:45 a.m. and departure at 9 a.m.

Riders are encouraged to wear something red.

The ride will also include a Precision Toy Tractors auction and quilt raffle.

Money raised from the ride's entry fees will be donated to help Smokey's son, Mike Kloster, with rehab costs after a stroke, at a facility that helps farmers that have had a stroke learn to climb into

tractor and combine cabs again.

Those with questions may find registration forms at any One in Christ Lutheran

church or at Trinity Lutheran Church in Mason City. Those interested may also call Dennis at 641-592-3000.



Playing games in the park
Oakwood Park was recently the location of some indoor fun in the outdoors. The Lake Mills Library brought a series of giant board games to the park.



Lake Mills FFA at the fair

With the recent Winnebago County Fair, members of the Lake Mills FFA chapter took part in several shows and contests. According to the FFA Facebook page, three members showed livestock, including Lane Rygh in the Bucket/Bottle Calf show, Lloyd Heggstad in the Swine show, Heggstad and Rygh in the Sheep show and Kenlie Greenfield showing rabbits. Heggstad won the Market Lamb show and was champion Senior Showman in sheep.



Training at the pool

Lake Mills Rec recently shared some pictures of Lake Mills pool lifeguards undertaking some training. The lifeguards train to help prevent situations, but also how respond in an emergency.

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Vikings baseball led by Bowan Behne

By Julie Salisbury

The Northwood-Kensett baseball team was led this season by senior Bowan Behne. Bowan played in all 22 games and was at the plate 59 times. He led the team in runs scored with 23, hits with 26 including 15 singles, five doubles, two triples and four home runs, and bases stolen with 28. He ended his senior year with 16 RBIs and finished his high school career with 101 stolen bases. Behne received Top of Iowa All-Conference First Team honors and All-District First Team honors.

Sophomore Aydan Schutz played in all 22 games and appeared at the plate 62 times. He scored 12 runs on 22 hits including 17 singles, three doubles and two home runs. Aydan led the team with 20 RBIs and had six stolen bases. Schutz received Top of Iowa All-Conference Second Team honors as well as All-District Second Team honors.

Junior Carson Tufte played in all 22 games and was at the plate 56 times. He scored nine runs and

had 16 hits including 15 singles and a double. He had 10 RBIs and stole base five times. Carson received Top of Iowa All-Conference Honorable Mention honors.

Eighth grader Oliver Bice played in 21 games this season and appeared at the plate 59 times. He scored eight runs, had 13 hits including eight singles and five doubles and earned eight RBIs.

Freshman Brady Tufte played in all 22 games and was at bat 57 times. Brady scored 15 runs and had 13 hits including nine singles and four doubles. He tallied five RBIs this season and stole base 10 times.

Freshman Bryck Abrams played in 21 games and was at the plate 47 times. He scored eight runs, and had 12 hits including 11 singles and a double, and he finished the season with seven RBIs.

Eighth grader Brayden Katcher played in all 22 games and appeared at the plate 42 times. He scored nine runs and had eight singles, tallied seven RBIs and stole base 10 times.

Senior Quinton Butler

played in all 22 games and was at the plate 45 times. Quinton scored eight runs and had seven hits including six singles and a double, and tallied five RBIs.

Senior Hayzin Jacobson played in all 22 games and appeared at the plate 50 times. He scored seven runs, had two hits, a single and a double, four RBIs and stole base four times.

Freshman Josh Leerar played in six games this season and was at the plate seven times and had one single.

Eight graders Brayden Eilertson and Wesley Balcantyne each played in one game.

The Vikings as a team appeared at the plate 486 times where they scored 99 runs on 120 hits. They tallied 91 singles, 21 doubles, two triples and six homeruns, earning 82 RBIs. The Vikings had one sacrifice bunt, three sacrifice flies, reached on error eight times, walked 105 times, were hit by the pitcher 27 times and struck out 174 times. The Vikings stole base 63 times this season.

On the mound, Schutz



Senior Bowan Behne
Top of Iowa All-Conference
First Team -
All-District First Team



Sophomore Aydan Schutz
Top of Iowa All-Conference
Second Team -
All-District Second Team



Junior Carson Tufte
Top of Iowa All-Conference
Honorable Mention

led the team in innings pitched with 44.1. He faced 210 batters and threw 803 pitches. Schutz allowed 40 runs on 41 hits, walked 23, hit six batters and struck out 79.

Behne pitched 36 innings this season and faced 216 batters throwing 702 pitches. He allowed 44 runs on 27 hits, walked 23, hit seven batters and struck out 53.

Jacobson pitched 16.1 innings facing 120 batters throwing 456 pitches. He allowed 45 runs on 32 hits, walked 30, hit four batters and struck out 13.

B. Tufte pitched 13.2

innings facing 102 batters throwing 353 pitches. He allowed 44 runs on 28 hits, walked 23, hit seven batters and struck out eight.

Butler pitched 3.2 innings facing 40 batters throwing 149 pitches. He allowed 18 runs on 11 hits, walked 11, hit six batters and struck out four.

Abrams pitched 3.2 innings facing 31 batters throwing 116 pitches. He allowed 14 runs in 12 hits, walked five, hit one batter and struck out three.

Katcher pitched 2.2 innings facing 18 batters throwing 72 pitches. He allowed six runs on six hits,

walked three, hit one batter and struck out one.

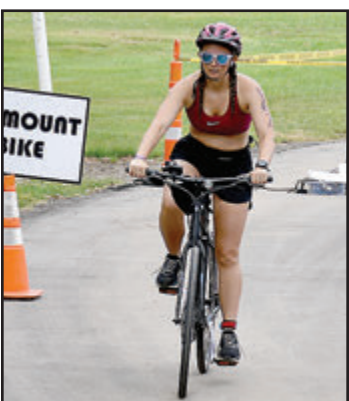
Leerar pitched 1.1 innings facing seven batters and throwing 27 pitches. He allowed one run, walked four and struck out one.

In the field, the Vikings had 356 putouts out of 542 chances. They registered 105 assists, had 81 errors, threw out two runners and allowed 72 stolen bases.

The Vikings ended their season with a 5-17 overall record and lose three talented seniors in Bowan Behne, Hayzin Jacobson and Quinton Butler.



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