The Northwood Anchor

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The 2026 Hall of Fame inductees were presented with their plaques during the Homecoming game on Friday. Three Northwood-Kensett students were chosen to present the awards based on their essays about the hall of fame heroes in their lives. In the left photo, Aspen Beland (eighth grade) presented to Eric Parker. Jack Davidson (fourth grade) presented to Lee Nelson. At right, Madilyn Davis (eighth Grade) presented to Coach Dave Capitani.

Supervisors approves solar project agreement document

The Worth County supervisors recently approved an agreement with Worthwhile Solar Far West, acknowledging the project's support to move forward.

The agreement follows a resolution passed in June, which signaled the County's support for the solar project, based on a timeline that exempts it from regulations that had been approved, but not implemented.

The project representatives had asked for an agreement to acknowledge the entirety of the process and the supervisors' approval for the solar development to proceed, to present to the Iowa Utilities Commission (IUC).

According to the Settlement Agreement approved at the August 31 meeting, the Worthwhile Solar West is a proposed 300 megawatt solar energy project. It has been under development since 2018.

Supervisors, see Page 2

Northwood-Kensett inducts class of 2026 into Athletic Hall of Fame

The NorthwoodKensett Athletic Hall of Fame Committee celebrated four new inductees on Friday, September 4, honoring the Class of 2026 during a full evening of events at Northwood-Kensett High School.

Inductees, along with their families and guests, were welcomed at a private 5 p.m. banquet in the high school cafeteria by the N-K Hall of Fame Committee and Administration. Emcee Tim Fleming, co-athletic director Monte DeArmoun and Hall of Fame Chairperson Chuck Alexander opened the ceremony by recognizing the achievements and lasting impact of this year's honorees. At the conclusion of the banquet, each Hall of Fame inductee signed a

Hall of Fame, see Page 3

Founders Day set for Saturday

The annual Founders Day celebration in Northwood will take place this Saturday, September 12, with a number of events and activities planned for the day.

Events begin with a breakfast served by the Northwood Lions Club from 7-10:30 a.m. at the Masonic Temple.

The 22nd annual Aristocrats Car Club show will be held along Central Avenue in downtown Northwood. Registration is from 8-11 a.m., voting until 1 p.m. and awards announced at 2 p.m. Those that would like to view the classic cars and interesting vehicles may travel downtown that day. Those interested in entering their vehi-

Founders Day, see Page 2

Briefs

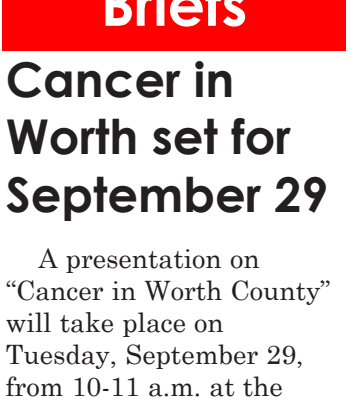
Cancer in Worth set for September 29

A presentation on "Cancer in Worth County" will take place on Tuesday, September 29, from 10-11 a.m. at the Worth County Public Health office in Northwood, at 95 Ninth Street, or online.

The presentation will be led by the Cancer in Iowa: 99 Counties Project team. The presentation will discuss cancer trends, statistics and risk factors in Worth County.

Those interested may take part in person or online.

More information and registration is available online at iowacancerconsortium.wildapricot.org/event-6800906.



The Week's WEATHER

From National Weather Service information

Date	Hi	Lo	Prec.
Mon. August 31	82	67	0.46
Tues. Sept. 1	89	67	T
Wed. Sept. 2	88	66	0.22
Thurs. Sept. 3	88	67	0.22
Fri. Sept. 4	88	70	T
Sat. Sept. 5	91	70	
Sun. Sept. 6	85	66	

WCPH hosts flu clinics next week

Worth County Public Health will travel to Worth County communities next week to host flu shot clinics.

Clinics will be held on Wednesday, September 16, from 9-10 a.m. at Kensett City Hall, from 10:20-11:20 a.m. at the Manly American Legion and from 11:35 a.m. to 12:35 p.m. at the Grafton Community Center.

Clinics will be held on Thursday, September 17, from 9-10 a.m. at Bethany Lutheran Church in Joice, from 10:20-11:20 a.m. at the Fertile Community Center and from 11:35 a.m. to 12:35 p.m. at the Hanlontown Community Center.

A clinic will be held from 1-2 p.m. at the Reconnect 720 senior center in Northwood on Friday, October 9.

Another flu shot clinic will be held in Manly on

Flu Clinic, see Page 4

Jaspers Family Foundation Fund of Worth County grant application available

Grant applications can now be submitted to the Jaspers Family Foundation Fund of Worth County's 2026 grant cycle with a deadline to submit applications by 5 p.m. on October 15. Technical support will be available to applicants until 5 p.m. on October 15.

The online grant application can be found on the Foundation's website at www.cfneia.org/grants.

The establishment of the Jaspers Family Foundation Fund of Worth County with the Community Foundation of Northeast Iowa (CFNEIA) was made possible by the Jaspers Family. Maynard and Marjory Jaspers were long-time successful business owners in Worth County. They had three sons with no heirs. At his death, Donald Jaspers donated the proceeds from the combined estates of the Jaspers Family to provide charitable support for Worth County.

Grants are awarded to projects within the impact priorities of Opportunity and Access, Health and Safety, Vibrant Communities and Youth Empowerment. Grant recipients will be announced in December.

Grants are available to 501(c)(3) nonprofit organizations and government

Jaspers, see Page 2

Extension Field Meals begin Sept. 17

The Worth County Extension and Outreach will be hosting and packaging meals for Worth County Field Meals, "Feeding those who feed us" this fall.

Every Thursday from September 17 to October 22 there will be meals provided at no cost to "feed

Extension, see Page 4



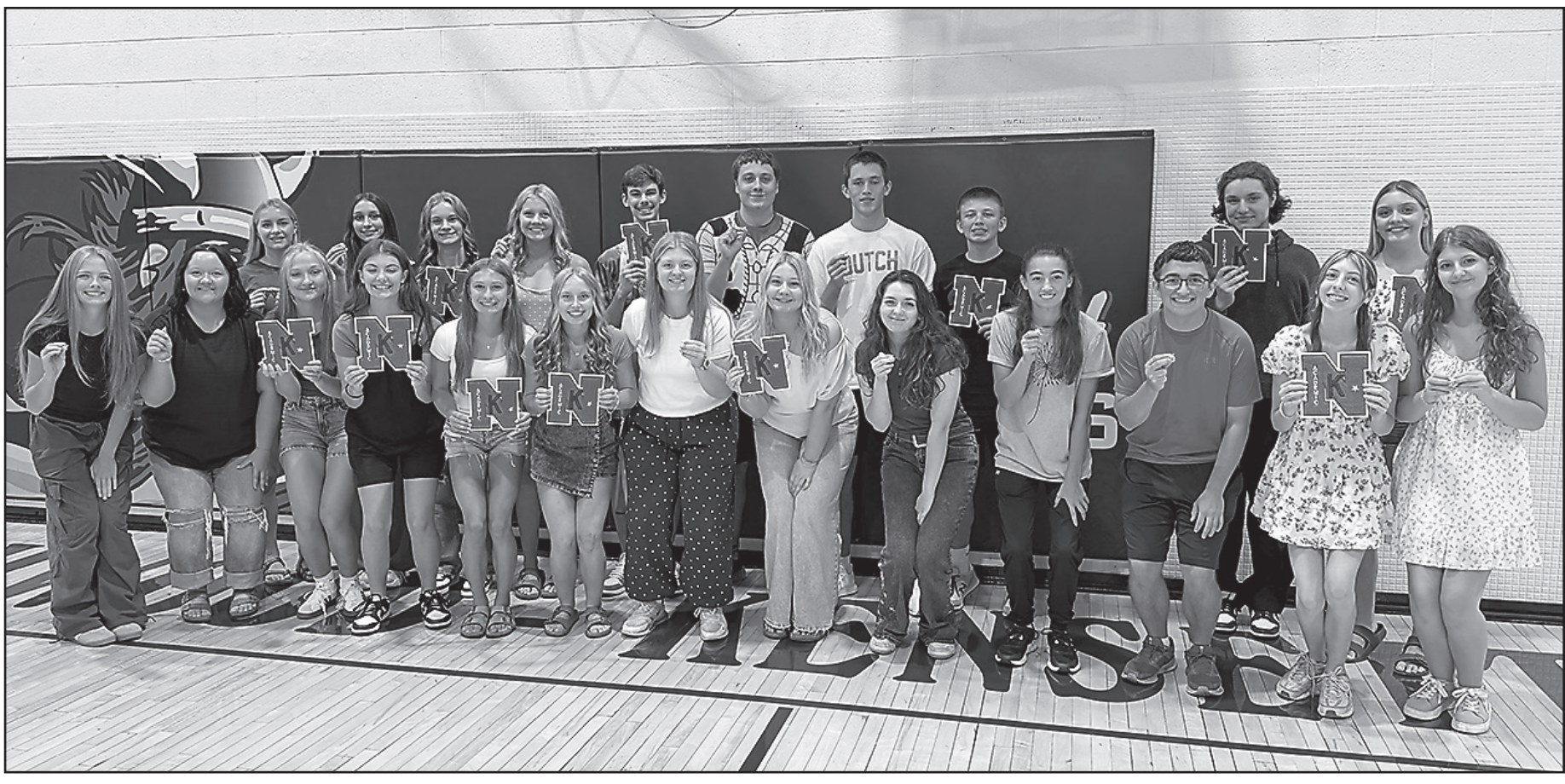
2026 N-K Homecoming Royalty

Last week Northwood-Kensett celebrated Viking pride with a week full of Homecoming events and activities. That included the coronation of this year's Homecoming king Bronson Ducommun and queen Ashlyn Skellenger. Bronson is the son of Chad and Erin Ducommun and Ashlyn is the daughter of Mark and Jenny Skellenger. See more pictures of Homecoming activities on page 5 of this week's Anchor. That includes scenes from the Homecoming parade, dress up days, Homecoming visitors at the elementary, class competitions and more.

Vikings in action — See Sports Pages 9-10

Academic regognition

The first days of school at the Northwood-Kensett Middle/High School included a recognition of students for the previous year's academic efforts. Students that earned a 3.5 or better GPA in both semesters of the 25-26 school year included Annamarie Block, Ariah Bode, Kale Bode, Bronson Ducommun, Tucker Duvall, Mia Fierova, Ethan Franck, Kaylee Franck, True Hackenmiller, Hallie Hanson, Maya Johnson, Josh Krauth, Kaylene Peterson, Rylee Schoon, Ashlyn Skellenger, Avarie Skellenger, Maci Smith, Kenly Solberg, Kinley Stambaugh, Ivy Toresdahl, Carson Tufte, Ivy Urbatsch and Olivia Willsher.



Grant support makes public health projects, programs and services possible

Worth County Public Health offers a number of programs and services to residents of Worth County and neighboring counties. Many of those programs are made possible with funds from federal, state and local grants.

At a time when legislative changes are making county budgets increasingly restrictive, WCPH's efforts to find grant dollars and administer programs with those funds are making it possible to provide services and supports for a variety of the health needs of Worth County and surrounding communities.

Over the course of the current fiscal year, Worth County residents will benefit from over $290,000 in grants.

The grants are made possible through the efforts of the team at WCPH, who work to apply for the funds, administer the programs the funds make possible and keep up with the documentation and reporting that shows the results and benefits of their efforts.

Some of the grant programs provide for direct responses to health needs, others help prevent diseases and illnesses. Many help educate students and others of all ages about health concerns in their communities. Grant funds are also available to help the public be prepared to help others in emergencies and medical situations.

Grant funding pays for radon testing in homes and provides resources in case radon is found. That includes training for mitigators in the community.

Dollars to support cancer prevention provided for free sunscreen at the Northwood and Manly community pools this past summer.

Grant funding also pays to prevent diseases and illnesses. That includes free or low cost vaccines, covering a wide variety of illness for which vaccines are the recommended method of prevention, such as measles, the flu and many others.

Funding comes from grants to provide financial assistance for the county sanitarian duties. This includes well closings or reconstruction, septic system permits and more.

Other grants provide ways to keep the public informed about local health concerns, as well as everyday efforts they can make to stay healthy.

That includes the efforts of the Healthy Worth County Coalition, a group of representatives of county, regional and state groups and agencies who work to support healthy initiatives and activities in the county.

That includes funding for tobacco use prevention. The funding also provides for quit kits to help those looking to end vaping and tobacco use.

Essential Services grants have provided toddler totes and baby baskets, giving families of new and young children supplies at a time when it may not be so easy to acquire those items.

Those funds are also used towards Family Fun Nights, community gatherings where representatives of health services agencies are invited to meet the public, with information about what they do, along with games and fun for families. Fun nights are planned in Northwood, Manly and Fertile this year.

WCPH's carseat program is also made possible with grant dollars. This program provides a free carseat to each family taking part, with no income requirements, and includes Worth, Cerro Gordo and Hancock counties. The funding also provided for WCPH nurses to become trained carseat installers.

The Elderbridge Agency on Agency support provides for home respite and home care services in Worth County.

In addition to providing resources to keep the county safe, a grant for emergency preparedness helps provide free CPR training. Groups, businesses, gatherings and others can contact WCPH to arrange for training at no cost.

Dollars from opioid lawsuit settlements will continue to support outreach efforts at schools and in the community, as well as Narcan training.

Many of the WCPH efforts are also supported by the Janssen Family Charitable Trust. In many cases, where other grants don't completely cover the costs of a program or event, the Janssen Trust provides support for the remainder.

Programs made possible with the support of the Janssen Family Charitable Trust have included personal care bags given out to middle school students in Worth County, support for teaching efforts, for meals and activities at Family Fun Nights, for summer day camps and much more.

Another area supporter of health education is the Kinney-Lindstrom Foundation, which has provided money for health education workbooks.

All of these programs, resources and activities are made possible with little or no tax dollars involved, and would not be possible without grant funding and without the efforts of WCPH staff to seek out the grants and administer the programs and activities they support.

For more information about the services mentioned above and others provided by Worth County Public Health, visit the department on the Worth County website, online at worthcountyiowa.gov/public_health, or contact Worth County Public Health at 641-324-1741.

Supervisors
Cont. from Page 1

The project was granted initial certification by the IUC in November 2019.

The initial planning began before Worth County had implemented countywide zoning and was located in an unzoned area.

In September 2019, the supervisors approved an ordinance that would have added solar generators and batteries to the County's zoning ordinance.

However, while the ordinance was approved, it was not published in either official County newspaper, the Northwood Anchor or the Manly Signal. Publishing is a requirement for an ordinance to take effect.

Zoning was expanded countywide in May 2022.

The solar project entered an agreement with the supervisors in October 2025, which provided for road and drainage maintenance.

The project has also obtained other permits from the County and utilities.

At their June 29, 2026, meeting the supervisors officially acknowledged that its solar infrastructure ordinance had not been published and so had not been put into effect, meaning the Worthwhile project was not subject.

According to the agreement, that means, as the Worthwhile Solar West project moves forward, it will work within the terms of its road and drainage agreement with the County, that the project has vested rights and that the zoning ordinance does not apply to the project.

Part of the agreement acknowledges that it will be submitted to the IUC to modify the project's certificate process, which had included a requirement to obtain zoning and use permits from the County. As the agreement states, the company's project began before zoning would have applied to the project area, and the ordinance that would regulate the project was not officially adopted.

With the agreement in place, the project will have to wait for the IUC to acknowledge and accept the request.

In the meantime, according to a representative of the project present at the August 31 meeting, preliminary project development has been underway, with some minor construction preparation expected this fall and substantial construction expected to begin in the spring.

Founders Day
Cont. from Page 1

cle, or who would like more information, may contact Dan Hendrikson at 641-390-1118.

The 3Rivers Pony Express Horse Show begins at 9:30 a.m. with registration and events beginning at 10:30 a.m.

From 10 a.m. to 2 p.m. vendors will be open in the NSB Bank parking lot.

The class of 1976 will celebrate their 50th reunion and will host an all alumni gathering at Hotel Winifred, from 10 a.m. to 2 p.m.

The Imagination Playground from the Fellowship for a United Northwood-Kensett will be at Central Park from 10 a.m. to 2 p.m.

A chess tournament for all ages will begin at 10 a.m. in downtown, with divisions for those in eighth grade or younger, those in high school and adults. The tournament is a 50/50 fundraiser for Waking Miss Winifred.

Rita Goranson will share a presentation on the Worth County Ghost Town of "Glen Mary" in the Olson Community Room at 10 a.m.

Worth County Historical Society museums will be open from 11 a.m. to 1 p.m.

A Worth County showcase art exhibit will be open from 11 a.m. to 2 p.m. at Gallery 818 in downtown Northwood.

Historian Kevin Mason, a professor at the University of Northern Iowa, will be speaking at the Olson Community Room at 1 p.m., sharing the story of the 1835 Dragoon Expedition route in Iowa, and how prairies and wetlands evolved into farms, towns and highways.

A bags tournament will be held at the Nordic Lanes at 2 p.m., with registration opening at 1 p.m.

A N-K High School Class Film by Dick Holstad will be shown at the Northwood Theatre at 3 p.m.

See more information on events and activities in the ad in this week's Anchor.

Jaspers
Cont. from Page 1

entities. Tax-exempt organizations classified as other than 501(c)(3) are also eligible, if and only if, the project is deemed charitable. Contact Dotti Thompson at 319-243-1358 or dthompson@cfneia.org to discuss a project's eligibility prior to submitting a proposal.

Grant selections are made in an effort to create a better quality of life for people in Worth County. A local impact committee of the Worth County Community Foundation, an affiliate of CFNEIA, reviews the applications from charitable organizations serving their community.

More information about the Jaspers Family Foundation Fund of Worth County can be found by visiting www.worthccf.org.

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Hall of Fame
Cont. from Page 1



The Hall of Fame ceremony included signing items to represent the sports the inductees excelled in. The items will be on display in the trophy case next to the Hall of Fame kiosk in the student center/cafeteria.

Hall of Fame item, which will be displayed in the Northwood-Kensett trophy case in the high school student center/cafeteria.

Updated Hall of Fame kiosk unveiled

Prior to the banquet, the committee officially introduced the newly updated Northwood-Kensett Hall of Fame kiosk. The display features a new enclosure, the Athletic Hall of Fame logo and the mission statement "Honoring Legends, Inspiring Generations." The permanent installation will serve as a media and historical resource for students, alumni and visitors, highlighting the accomplishments of Viking athletes across generations.

Public reception and halftime ceremony

At 6 p.m., the gymnasium doors opened for a public reception, where community members gathered to greet the inductees. The formal induction ceremony followed at halftime of the Northwood-Kensett vs. Harris-Lake Park homecoming football game, held before a capacity crowd in the home grandstand.

Fleming introduced the Class of 2026, which includes:

- Coach David Capitani
- Lee Nelson
- Eric Parker
- Hattie Davidson*

**Davidson was unable to attend due to her upcoming wedding and will be formally recognized during the 2027 halftime ceremony.*

Each inductee received an official Northwood-Kensett Hall of Fame plaque commemorating their contributions to Viking athletics. Following the game, inductees and community members gathered at Worth Brewing Company in downtown Northwood to continue the celebration and share memories of NK's athletic tradition.

Acknowledgments and community support

The Hall of Fame Committee acknowledged N-K staff and representatives for their support of the event, including superintendent Tony Hiatt, principals Keith Fritz and Brian Costello, co-athletic directors Monte DeArmoun and Trevor Hunt, business manager Kim Hengesteg and the N-K School Board.



HATTIE DAVIDSON

Also recognized were area businesses and individual donors whose contributions—through the Hall of Fame donations page and the inaugural Silent Auction Fundraiser held in July—helped make the ceremony possible.

A full list of contributors is available on the NorthwoodKensett School website under Community > Hall of Fame > Contributors.

Nominations open for Class of 2027

Nominations for the 2027 Northwood-Kensett Athletic Hall of Fame are now open. Forms can be found on the Northwood-Kensett School's website under the Hall of Fame > Nominations section. Nominations will be accepted through April 15, 2027, with the Class of 2027 scheduled to be announced on or around May 1, 2027.



Hall of Fame organizer Chuck Alexander congratulaties Eric Parker during the halftime presentation.



Hall of Fame presenter Tim Fleming and organizer Chuck Alexander speak at the awards ceremony banquet

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22ND ANNUAL NORTHWOOD FOUNDERS DAY
SATURDAY, SEPTEMBER 12, 2026
WITH ARISTOCRATS CAR SHOW

NORTHWOOD FOUNDERS DAY — IOWA

ARISTOCRATS CAR SHOW
Downtown Northwood
8 a.m.-2:30 p.m.





Schedule of Events

7-10:30 a.m. - **Northwood Lions Club Breakfast,** Masonic Temple

8 A.M.-2:30 P.M. - ARISTOCRATS CAR SHOW
8-11 a.m. - Registration, East of Light on Central Ave in Central Park
2 p.m. - Trophies awarded
2 p.m. - SPEED MEET, Airport

9:30 a.m. - **3Rivers Pony Express Horse Show,** Registration, Worth County Fairgrounds
10:30 a.m. - Show start

10 a.m.-2 p.m.- **Vendors Open,** NSB Bank Parking Lot

10 a.m. -2 p.m. - **All N-K Alumni Gathering,** Gallery 818

10 a.m.-2 p.m.- **Kids Imagination Playground,** Central Park

10 a.m. - **All Ages Chess Tournament,** Downtown, Registration on Day of Tournament

10 a.m. - **Worth County Ghost Town of "Glen Mary" Lecture by Rita Goranson,** Olson Community Room

11 a.m. - **"Along the Jefferson Highway" by Mary Lowden,** Olson Community Room

11 a.m.-1 p.m. - **Worth County Historical Society Museums Open**

11 a.m.-2 p.m. - **Worth County Showcase Art Exhibit,** Gallery 818

1 p.m. - **Iowa History Lecture - "Retracing the Dragoon Trail in Iowa" by Kevin Mason,** Olson Community Room

1 p.m. - **Bags Tournament,** Registration, Nordic Lanes
2 p.m. - Start time

3 p.m. - **N-K High School Class Film by Dick Holstad,** Northwood Theatre

Northwood Anchor Northwood

News from the fourth grade

By Troy Einertson
Northwood-Kensett
fourth grade teacher

The school year has started and the first couple of weeks we really try and get our classroom community organized. From learning names, meeting new friends and getting back into the routine of "School" it is just a super busy time for all of us.

This year we were asked to write an essay for our Vikings Athletic Hall of Fame presentation that happened on September 4. Our fourth graders, along with other classes in our wonderful school were asked to write a short essay about someone they consider their "Hall of Fame Hero."

Now to be honest with you, most of us really do not want more added to our plate this time of the year. Kids are coming off an almost three month break, and trying to get them to do just the basic stuff is like pulling teeth sometimes.

This project however was different. If any of you have read my track and XC articles, I really think celebrating people is something that we all need to do more of. Sometimes in all of our busy lives, we forget to celebrate those who need and should be celebrated and I thought this was a wonderful lesson we could teach our kids.

The kids at first had a hard time understanding what a "Hall of Fame Hero," was. They wanted to choose Spiderman, Steph Curry and some other famous people I didn't know. After discussing what the definition of a hero was: a person admired for exceptional courage, noble qualities, or outstanding achievements, our conversation switched to people who they see every day. Parents, friends, and siblings took the place of Spiderman and Steph Curry!

All of the kids worked extremely hard, and the short essays they wrote really showed me their true character. Kinslie Shoars wrote about how her sister inspires her to do better in sports and working with her cows. Boden Braun considered his dad a true hero because of all the things he does with Braun Farms and Cambria Schreiber chose her parents for all that they do for her!

They all did a wonderful job, and if I had time to share all of their stories I would! You can read them if you like if you come to our school's open house on September 10. Our class has created a Who is Your Hall of Fame Wall outside of our classroom for everyone to enjoy.

As a class we have learned a lot about each other, and the true qualities of Heroes in our lives. Our challenge to all of you is to think of who one of your Heroes is, and let them know! Celebrating greatness always brings a smile to my face, and I am sure it will to all of yours as well!



LOGAN BENSON - SPECIAL EDUCATION AT CS



JASON HANSON - CS THIRD GRADE, MANLY

N-K alums join CS faculty

Two Northwood-Kensett graduates have joined the staff of nearby Central Springs, based in Manly, in this school year.

Logan Benson, N-KHS class of 2014, is the new Special Education teacher at the Central Springs Middle School in Nora Springs, and will also be coaching middle school girls basketball.

Logan has taught for five years in Iowa and one year in Virginia.

Jason is a 2022 graduate of Northwood-Kensett, a 2024 graduate from NIACC and a 2026 graduate of UNI.

Hanson is the new third grade teacher at the Central Springs Manly campus, and he will also be the assistant high school boys basketball coach.

Thorson set for overseas softball event

Bailey Thorson, of Glenville, has been selected to take part in one of the world's premier international softball events.

Thorson will represent her home state and her home country in the 31st annual The Cup tournament, an international event that will be held in the Netherlands in January 2027.

The event has become one of the most respected showcases of fast pitch softball.

The Cup brings together athletes from around the world, including local and state standouts like Thorson, as well as National Team players, professional athletes and Olympians representing the U.S. and several other countries. They range in age from 20 to 33 years old.

Besides helping test and develop their softball skills, The Cup also has the athletes and their families expanding their cultural experiences, touring a number of European sites and landmarks, including the Anne Frank House, Carre ten Boom House, the Church in the Attic, the Eiffel Tower, the Notre Dame Cathedral, the Louvre Museum, the Mona Lisa, the Arc de Triomphe and the Champs-Elysees.

The Cup games will be broadcast internationally in 30 countries, allowing Thorson's supporters to cheer her on from home.


BAILEY THORSON

Flu Clinic
Cont. from Page 1

Thursday, October 2, at the Manly Senior Center.

Those coming to the clinics are reminded to bring their ID and insurance card.

WCPH can bill many insurance companies and many may qualify for free vaccines through the VFA/VFC program. Those that live or work on a farm may also be eligible for a free flue vaccine.

Office walk-ins are also available from 8 a.m. to 4 p.m. People may simply visit the WCPH office, make an appointment or ask to receive a vaccine at home on several dates in September.

Those that cannot attend one of the flu clinics may also call the WCPH office in Northwood 641-324-1741 for an appointment to receive a flu vaccine

See the ad in this week's Anchor for more information.

Extension
Cont. from Page 1

those who feed us." Each week the meals will be packaged and can be picked up from 5-7 p.m.

The Worth County Extension Office asks if anyone who enjoys cooking, baking or has some time to help package the meals can volunteer by contacting Kennedy at 641-324-1531 or emailing kenesk@iastate.edu.

Workshops offered by *'The Science of Parenting'*

Two programs presented with information from ISU Extension and Outreach's Science of Parenting program will be held in September, including one tomorrow, September 10.

The Science of Parenting team from Iowa State University has done research to help caregivers learn about various parenting strategies. These workshops all focus on sharing research-based information that fits each family's own reality.

Understanding Temperament on September 10, at 7 p.m.

Every child is unique, and individual temperament is one of the biggest reasons why. This workshop will introduce the individual temperament traits and explore how a child's temperament can impact their feelings and behaviors.

Children's Ages and Parenting Stages on September 15, at 5:30 p.m.

As kids grow through different ages, parents also go through stages. Learn about those stages, development and tips for adapting parenting to a child's age and abilities.

Both sessions will be held at Northwood-Kensett Elementary Schools.

Those with questions may contact Kennedy Eskildsen at kenesk@iastate.edu or 641-324-1531.

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Request your absentee by mail ballot by *October 19*

ELECTION DAY NOV. 3, 2026

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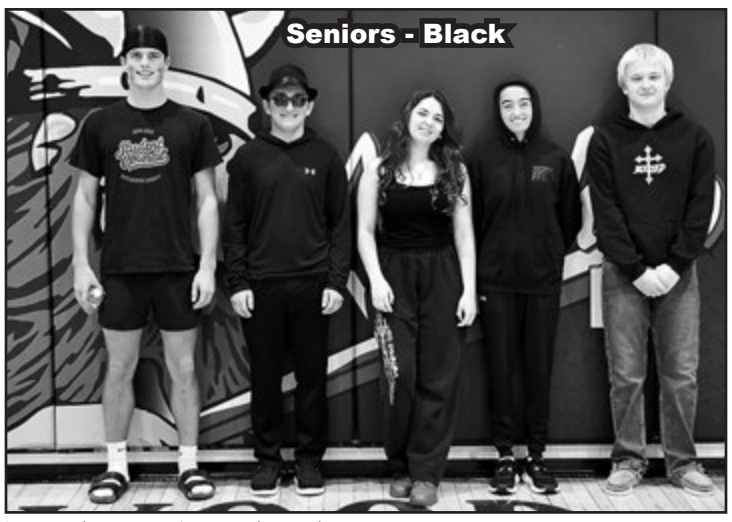
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2026 N-K HOMECOMING


Seniors - Black


Juniors - Blue


Freshmen - Pink


8th Grade - Green


Night In vs. Night Out


Sophomores - Red

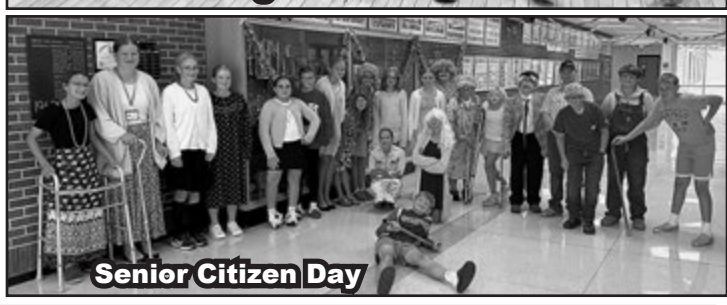

7th Grade - Orange


6th Grade - Yellow


Senior Citizen Day


Beach Day


Night In vs. Night Out


Senior Citizen Day


Beach Day










Class Competitions








Powder Puff football game



Parade





See more pictures on nwdanchor.com

Metz performs at Bolan fall event

Included amongst the activities of this year's Bolan fall event will be a performance by piano entertainer Logan Metz.

Metz is a musician, educator and raconteur based in Wisconsin.

His songwriting spans many genres, from jazz and rock to folk and country, but it's all marked by artful chord changes, a character-centric narrative style and a wry lyrical wit rooted firmly in the Tom Waits/ Randy Newman school of piano-based storytelling.

Metz moved from his hometown of Milwaukee to Los Angeles at age 18, where he studied screenwriting and philosophy at Loyola Marymount University. After graduating, he worked as a music and English teacher in east LA, while touring and recording with a number of local bands.



LOGAN METZ, PIANO ENTERTAINER

During this time he developed a creative and academic interest in the process of adapting classic literature into music, a subject which continues to inspire Metz's work; he wrote plays, essays, poems, soundtracks and children's albums, and would even go on to publish musical collaborations with Nigerian playwright and Nobel laureate Wole Soyinka.

In 2015 Metz earned a master's degree from the University of Chicago — his thesis, a full-length 1960's rock-opera adaptation of Shakespeare's Othello — and soon after released his first solo album, "The Last Remaining Payphone in L.A."

In 2018 Metz won a Fulbright scholarship to teach at IE University in Madrid, but turned down the award in favor of re-joining his old college friends' band, Lukas Nelson and Promise of the Real, as a multi-instrumentalist.

Since then he has had the honor of playing with Neil Young, Stephen Stills, Joe Walsh, Jimmy Buffett, Eddie Vedder, Warren Haynes, Robby Krieger, John Densmore, Mike McCready, Bob Weir, and in 2023 began playing piano on tour with Willie Nelson.

Between touring gigs, Metz lives in Wisconsin, where he tinkers away on passion projects, including a strategy card game, a full-scale stage musical and an upcoming solo album, the first singles of which — "Sunrise" and "Overrated"— are now streaming everywhere.


LOGAN METZ

Bolan Fall Event set for Sept. 19-20

The community of Bolan, population 17 including the "suburbs", is hosting its 23rd fall event, Saturday, September 19.

The United Women in Faith are hosting their traditional Bazaar, from 8 a.m. to 1 p.m. in the lower-level of the Bolan Schoolhouse.

The Bolan Schoolhouse & Cultural Center is hosting a free-will donation pancake breakfast fundraiser, from 8–10:30 a.m. A few additional vendors may be along Tulip Lane selling products from 8 a.m. to 1 p.m.

The 26th annual Bike Ride will travel from Bolan though the neighboring communities of Grafton, Carpenter, and St. Ansgar. Ride registration begins at 8 a.m., with a group departure at 9 a.m., following the welcome and National Anthem. Riders pay a $10 donation, which supports the community fund, and provides participants with route support and a coupon for homemade pie with ice cream upon return.

Keyboard musician Sam Crosser will be playing from 8:30 a.m. – 12:30 p.m.

The United Women in Faith will be serving a scalloped potatoes and ham lunch from 11 a.m. – 1 p.m. in the lower level of the schoolhouse. The lunch will include coleslaw, fresh baked bread, homemade jam and beverage. Take outs will be available, and the building is handicapped accessible.

The Bolan Community will have homemade pie with ice cream from 10 a.m. – 1 p.m.

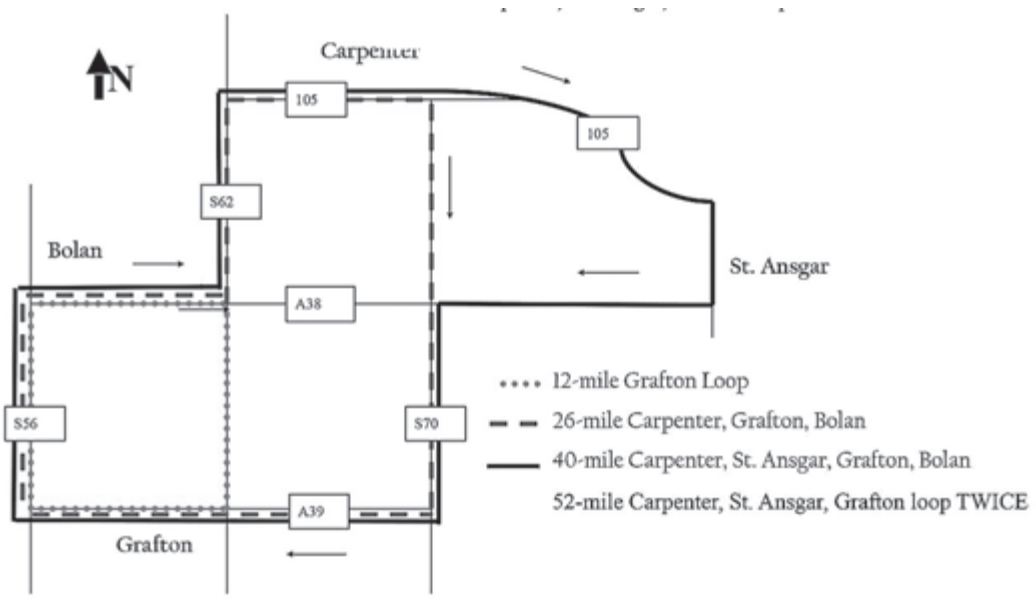
Phyllis Young, granddaughter of Sina White, will be with Gma Sina's House Museum from 10 a.m. – noon.

This year's program in the schoolhouse at 1 p.m. will be about ROUTE 66, which is celebrating its 100th anniversary this year. Photos and videos set to music will show Kelsie and Lori Willert's 2018-19 bicycle trip from Chicago to L.A.

Fall event visitors will also be able to witness the life-size historic Chicago Great Western Train Mural being created by professional artist/painter Lucrecia Torva.

At 3 p.m. on Sunday, September 20, the Bolan Schoolhouse & Cultural Center will host special guest Logan Metz. This talented musician has performed with Jimmy Buffet, Neil Young, Joe Walsh and has been playing piano on tour with Willie Nelson.

The BSCC will have soft serve ice cream, root beer, popcorn along with other snacks and beverages available for a donation.



Northwood Anchor Church

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

Bethlehem Lutheran, Manly
Wednesday, Confirmation parents meeting at Bethlehem, 7 p.m.; Sunday, Bethlehem Bible Study, 8 a.m., Bethlehem Worship, 9 a.m., Sunday School at Bethlehem, 10:15 a.m., Grace Worship, 10:30 a.m.; Tuesday, Pastor at Manly Care Center, 10 a.m., Bethlehem Altar Guild, 1 p.m., Grace Council, 6:30 p.m.
Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran
Thursday, Manna, 4:30 - 6:30 p.m.; Saturday, B Share Shoppe, 9 a.m. - Noon; Sunday, Worship Bethany, 9 a.m., Worship Elk Creek & Baptism, 10:30 a.m.; Monday, Manna, 10 a.m. - Noon, Rebecca Circle to wash windows at Elk Creek
Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan
Sunday, Worship Services, 9:15 a.m., Coffee Fellowship, 10 a.m.
Pastor Cory Allard

Bethel United Methodist Church
Wednesday, Diner, 8:30 a.m., Sunday School, 9:15 a.m., Bethel UWF, 9:30 a.m.; Sunday, Bethel Worship, 8 a.m., Trinity Worship, 9:15 a.m., Bethel Worship, 10:30 a.m.; Wednesday Pastor at Care Center, 10 a.m., Food Pantry Distribution

Northwood United Methodist Church
Northwood Council Meeting, 9:30 a.m., Pizza with Pastor, 6 p.m.; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.
Rev. Rob Lanphere

One In Christ Lutheran Parish
Sunday, Worship Services 10:30 a.m. available online at "One in Christ Lutheran Parish" Facebook Page and YouTube under "One in Christ Lutheran Parish." Sunday Worship Services, 10:30 a.m., Silver Lake, 705 Silver Lake Rd., Northwood, 641-293-5556; 9 a.m., Bethany, 201 Franke St., Joice, 641-588-3366; 9 a.m., Lunder, 14982 735th Ave., Albert Lea; 10:30 a.m., Winnebago, 40029 210th Ave., Lake Mills.

First Lutheran Church, Northwood
Wednesday, Confirmation meeting with parents and students, 6 p.m., Choir, SH Youth, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m.; Sunday, Service/Blessing Backpacks, 9 a.m., Sunday School, 10:10 a.m., Ham Ball Meal (must have a meal ticket), 10:30 a.m., DCV, 10:30 a.m., J.H. Youth, 6:30 p.m.; Monday, Ladies Bible Study with Leila, 9:30 a.m.; Tuesday, Council Meeting, 6 p.m., AA-Al-Anon, 7 p.m.

Peace Lutheran Church, Northwood
Sunday Worship Service with Holy Communion at 9 a.m., Adult Bible Study 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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Robustness and Resiliency



There are two ways to enhance our chances of survival: robustness and resiliency. Robustness is a measure of how much damage can be done to an organism and it will still function. Plants are robust because they can lose their leaves and the majority of their limbs and yet survive. Resiliency refers to the ability of an organism to adapt to changing circumstances. A tropical plant may be robust, but it won't survive in a harsh environment such as a desert. Human beings are hardy because we combine robustness with resiliency. We are robust insofar as we can survive without our teeth, could lose a few limbs, and some of our vital organs are paired, such as the kidneys and lungs, allowing us to survive with just one of them. Though not as robust as plants, we are more resilient, since we adapt well to change, as evidenced by our living in virtually every environment on the planet. Religion is one of the tools that help us to adapt. The Bible is full of advice on how to get along under trying circumstances. The early Israelites were enslaved in Egypt and then had to survive in the desert, and even once they were established as a nation, they were surrounded by hostile neighbors. This remains true for them today, and there is a lesson here on the value of resiliency and robustness. Increase your robustness by staying healthy and increase your resiliency by being adaptive. - Christopher Simon

Teach them his decrees and instructions, and show them the way they are to live and how they are to behave.
– Exodus 18:20

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

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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

Soupçon actually means a very small amount, a slight trace, or a hint of something.

Meaning and Usage

• Small amount: People use it to describe a tiny quantity of a physical item, like food ingredients (e.g., "a soupçon of salt" or "a soupçon of milk in coffee").

This definition, according to Mr. Google (who is always correct!!) is part of the title of another Jr. League Cookbook: Soupcon: Seasonal Samplings from The Junior League of Chicago (1974, Jr. League of Chicago). The book is divided into five color-coded sections, one for each of the seasons of the year and the final one for recipes from Chicago restaurants of that time. There are hundreds of recipes in this collection but since we are just now entering fall, we'll find our inspiration in the chapter of autumn cuisine.

Cocktail Meatballs

1 pound lean ground beef
2 teaspoons garlic salt
1 large egg, lightly beaten
1 cup tomato sauce
6 oz. jellied cranberry sauce
3 tablespoons lemon juice
1/3 cup fine dry bread crumbs
1 teaspoon black pepper

Preheat the oven to 350 degrees F. Thoroughly mix the ground beef, egg, crumbs and seasonings. Form into small balls. Mix the cranberry sauce, tomato sauce and lemon juice in a small saucepan. Simmer over low heat for 10 minutes. Place the meatballs into a baking dish and bake for 7-10 minutes. Pour the sauce over the meatballs, cover with foil and continue to bake for 1 hour. Serve hot in a chafing dish or warming dish.

Chicken Raisin Casserole

2 1/2 pounds boneless, skinless chicken breasts
2 tablespoons flour
1/4 cup real butter
1/4 cup white wine
2 tablespoons olive oil
1/2 cup chicken broth
1 medium onion, chopped
2 fresh tomatoes
1 clove garlic, finely minced
1 cup golden raisins
1 medium green pepper, chopped
1/2 teaspoon salt
1/2 teaspoon dried basil
Salt and pepper

Coarsely chop the tomatoes and set aside. Preheat the oven to 300 degrees F. In a large heavy skillet, melt the butter over medium heat and add the olive oil. Brown the chicken on both sides and place into a large, greased casserole dish. In the same skillet, adding a bit of oil if necessary, sauté the onion, green pepper and garlic for about 3 minutes. Stir in the flour mixing well. Add the wine, chicken broth, tomatoes and raisins. Add salt and pepper to taste. Simmer for several minutes. Pour this sauce over the chicken breasts. Cover and bake for 1 hour. About 10 minutes before the baking is done, uncover and sprinkle the basil on top. This can be served over rice. NOTE: If you don't like the flavor of wine in cooking, just substitute another 1/2 cup of chicken broth.

Skillet Apple Pancake

3 large eggs
2 tablespoons lemon juice
1/2 cup milk
4 tablespoons real butter
1/3 cup all-purpose flour
1/4 cup sugar
1/4 teaspoon salt
1/4 teaspoon cinnamon
2 medium Granny Smith apples
Lemon juice

In a blender, mix the eggs, milk, flour and salt, blending until smooth. Let this batter stand at room temperature for 1 hour. In the meantime, preheat the oven to 375 degrees F. Core, peel and slice the apples into a bowl. Sprinkle them with 2 tablespoons lemon juice, stirring to coat the slices so they don't turn brown. In a large heavy oven-proof skillet, melt 2 tablespoons of the butter until it is hot but not sizzling. Pour the batter into the skillet. Cover with the apple slices, put into the oven and bake for 10-15 minutes. Slide the big pancake onto a serving platter and spread with the remaining 2 tablespoons of softened butter. Combine the sugar and cinnamon and sprinkle over the apples. Makes 3-4 servings.

If you ever notice a Junior League cookbook at a used book sale, estate sale etc. grab it. They are so well done, eclectic in the choices of recipes and teach us how to cook outside the box many times. And…that's all she wrote.

Northwood Anchor Society



Hartmans home has curb appeal

Darrell and Renee Hartman at 1600 Fifth Ave. N. is the next pick for the Green Thumb Garden Club's home with curb appeal. "They have more than one garden area but the large beautiful impatients are very striking."



Making one more stand

Just before the start of the school year, these young entrepreneurs set up shop on Third Avenue North in Northwood. Presley Rollene and River Flattum are pictured with their lemonade stand, along with popsicles and a few other itmes they had up for sale.

Healthy Hometowns: Combat Cancer Prevention and Screening

Marion County Public Health Department (MCPHD) has officially been awarded funding through the State of Iowa's Rural Health Transformation Program to lead a statewide effort focused on reducing cancer-related disparities in rural Iowa.

As the lead contractor for the grant, MCPHD is currently partnering with 67 local public health agencies across Iowa, including in Worth County, to implement a coordinated, evidence-based approach to cancer prevention, screening, early detection and access to care. This initiative now provides coverage across all rural Iowa counties, ensuring communities statewide have access to resources and support aimed at improving cancer outcomes.

Through this initiative, MCPHD and its partners will deliver targeted cancer awareness messaging, expand access to screening and early detection services, reduce lung cancer risk through radon testing and mitigation, strengthen the rural radon mitigation workforce and improve access to cancer-related health services through telehealth and financial assistance.

MCPHD is currently preparing a statewide social media campaign to increase awareness of cancer prevention resources, screening opportunities and radon education.

In addition, Requests for Proposals (RFPs) for dermatoscopes and radon test kits will be released soon as part of the program's implementation efforts.

Iowa continues to have one of the highest cancer incidence rates in the nation. This coordinated effort will establish a sustainable network of trusted local partners working together to improve cancer outcomes and reduce health disparities for rural Iowans.

One in Christ hosts 9/11 Tractor Ride to benefit area fire departments

The One in Christ Lutheran Parish will hold a tractor ride recognizing the 25th Anniversary of the terrorist attacks and America's response on September 11. The ride is being held as a fundraiser to support area fire departments.

The tractor ride will start at Silver Lake Lutheran Church, with a check in time between 8-8:45 a.m. and a start time of 9 a.m.

Those that would like to take part are asked to register prior to the day of the ride if possible.

Riders are encouraged to wear red, white and blue.

Money generated from the ride will be equally dispersed between fire departments in Emmons, Lake Mills, Joice and Northwood.

Anyone with questions may call Dennis at 641-592-3000.

Bethel's Annual
Chicken & Noodles
Wednesday, Sept. 16 • 4:30-7 p.m.
Bethel United Methodist Church
Hwy. 9, Manly
~ Menu ~
Chicken & Noodles, (Gluten Free Chicken & Noodles Available)
Mashed Potatoes, Vegetable, Assorted Salads, Pie & Drink
*Take Out Available Upon Request**
Costs of the meal: Adults•$10 K - 12 years old•$5 Preschool•Free

N-K CLASS OF 1967
PICNIC
Saturday, Oct. 3
10:30 a.m. - 3 p.m.
Swensrud Park Shelter House
*Bring your own food, beverage & soft chair**

THANK YOU
Thanks to all who attended my 90th birthday party. It was great seeing everyone.
Kathy Olson

CEMETERY NOTICE
All plants, flowers & misc. items need to be removed from
Sunset Rest Cemetery
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Northwood Anchor **Opinion**

Savvy Senior

Medicare and moving: what you need to know

By Jim Miller

Dear Savvy Senior,

I'm planning to move later this year to be closer to my youngest son and his family. I've lived in the same state for decades, so I'm a little nervous about how this might affect my Medicare coverage. Will I need to change plans or take any special steps to avoid gaps?

--Relocating Rita

Dear Rita,

Great question. A move like this is exciting, but it's smart to think ahead about how it could affect your coverage. Whether your Medicare is impacted – and what you'll need to do – depends on the type of plan you have. Here's what to expect and steps to take before and after your move.

Original Medicare

If you're enrolled in original Medicare (Part A and Part B), you're in the simplest situation. Your coverage will go with you anywhere in the United States, so you won't need to change your plan when you move.

That said, you do need to update your address so you don't miss important notices like your Medicare Summary Notice or billing statements. The easiest way to do that is online through your "my Social Security" account at ssa.gov/myaccount using the "My Profile" tab. If you don't already have an account, you can set one up in just a few minutes. Or, you can call Social Security at 800-772-1213 and have them update it for you.

Part D drug coverage

If you have original Medicare along with a stand-alone Part D drug plan, your move may require a change. Drug plans are based on where you live, so you'll need to contact your current plan to see if it operates in your new state.

If it doesn't, you'll need to choose a new plan that does. You're given a special enrollment window to make this switch – starting the month before your move and lasting up to two full months afterward. If you miss that window, you may have to wait until the next open enrollment period (Oct. 15 to Dec. 7), and you could face a late enrollment penalty if you go without qualifying drug coverage.

Advantage plans

Medicare Advantage plans are also location-based, so a move almost always means you'll need to take action. Check with your plan to see if it serves your new area. If it doesn't, you'll need to enroll in a new Advantage plan or switch to original Medicare.

Like Part D, you'll have a special enrollment period that begins the month before you move and continues for two months after. If you move outside your plan's service area and don't pick a new plan, your current plan will eventually disenroll you, and you'll be placed back into original Medicare.

To compare plans available in your new location, visit medicare.gov/plan-compare, which lets you review both Advantage and Part D options side by side.

Medigap

If you have original Medicare and a Medigap policy, you generally won't need to switch plans when you move. These policies are standardized nationwide, meaning a Plan G in one state offers the same basic benefits in another.

Still, you should notify your insurer of your new address. And keep in mind that while your coverage stays the same, your premium might change depending on your new ZIP code.

One exception to be aware of is Medicare Select, a type of Medigap plan that uses provider networks. If you have one of these (they're not very common), you may need to switch plans when you relocate.

A move doesn't have to disrupt your Medicare, but it pays to plan ahead. Update your address, and if you have a Part D or Medicare Advantage plan, review your coverage and make any needed changes on time.

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

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Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

Do you ever talk to yourself?

Yes, I do sometimes.

I wasn't talking to you.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. After her funeral, Lori Bell rode to the cemetery in her husband Dan's 1956 Dodge Sierra Wagon. It touched my heart.

September is the only month whose letter count in its name matches its numerical position in the year. "Fair on the first of September, fair the entire month." "September warm, winter warm." "As September, so the coming March."

The Waffle House

The heat was oppressive, but fall was in the air. It's the smell of pumpkin spice. Someone said it wouldn't be long before a frost. It's way too soon for that kind of talk. A killing frost is a hard freeze when air temperatures drop to 28°F or lower for several hours, which ends the outdoor growing season.

Circumstances required me to turn down a gig in Hot Springs, Arkansas. I'd loved to have been there and regret not being able to meet people there. I know I'd have eaten at a Waffle House. Waffle House is famous for being open 24 hours a day, 365 days a year.

I was in a Waffle House for some nibbles in Louisiana. It was a day as hot as bathwater. I ordered a waffle and a glass of water, nothing more, nothing less.

The well-dressed fellow next to me was enjoying a waffle while reading a newspaper. A section of that paper escaped his grip and fell to the floor. He looked to the floor but had passed the age where he quickly made any nonessential movements.

I picked it up, surprised to see that it remained syrup-free. He thanked me.

We traded first names. I chided him good-naturedly about wearing a suit and tie on a steamy day.

He said he dressed up every day, and that he disliked wearing something he couldn't be buried in. "Besides, people might think I'm someone important," he said.

He'd grown up near the foothills of the Appalachians in Kentucky. He became a teacher but had hung up his school ID years ago. His wife had died. He swallowed tears after that disclosure. He moved to Louisiana to be near his son, lives in an apartment, and walks from a bus stop to the Waffle House twice a week. He likes waffles. Me, too. And we know the Waffle House will be open.

Powerful Pierre

I almost visited France once. I'd received a lot of Pierre pressure. Pierre, South Dakota, was named after the prominent French American fur trader Pierre Chouteau Jr. Pierre, South Dakota, isn't pronounced like the man's name—Pee-air—but like the structure at the end of a dock. It's an example of the Anglicization of foreign names.

I've learned

The phrase "never odd or even" is a palindrome.

The preferred plural of the word octopus is octopuses.

The car salesman told me they stocked no new cars that had three pedals—gas, brake and clutch. In 1980, 35% of new vehicles had manual transmission. Less than 1% of new vehicles made for the U.S. market in 2025 had stick shifts. I taught my wife how to drive a manual transmission. She picked it up quickly, but I've retained a nervous tic under one eye.

Nature notes

Curly dock stands 3 feet tall in the ditches. Its rust-brown seed stalks are hard to miss. Butterfly weed, a stunning hardy perennial with bright orange flowers that butterflies love, is there, too. Native Americans used it for healing lung ailments and wounds, earning it the name "pleurisy root."

I watched a pod or a squadron of pelicans feeding. They were up to their bills in bullheads.

Swallows flew low over the lake. Because they eat as they go, swallows tend to migrate by day. Most songbirds migrate at night.

A gray catbird is euryphagous, meaning it eats a wide variety of foods. Catbirds yelled at me for picking raspberries; claiming ownership of the delectable fruit. Recently, I watched a catbird eat the berries of poison ivy. Mothers tell their children, "You eat like a bird." Kids don't, and they shouldn't. Besides poison ivy berries, catbirds eat ants, beetles, crickets, grasshoppers, midges, caterpillars, moths, spiders and millipedes. They eat cherries, elderberries, strawberries, grapes and other berries. In his 1942 short story titled "The Catbird Seat," James Thurber featured a character who used the phrase, "In the catbird seat." The legendary baseball broadcaster Red Barber made the expression famous, using it to mean sitting pretty, like a batter with three balls and no strikes on him. The catbird might have been sitting pretty on the poison ivy.

Meeting adjourned

Be a nice person. The pendulum swings.

©Al Batt 2026

Fit to print...

Does honey help allergies? And other more certain benefits

In more than one conversation recently, I have heard discussion of the benefits of honey in improving reactions to local allergens.

Is there truth to that medical claim? Read on below:

Does local honey alleviate allergies?

Spring and fall are peak times of the year for millions of people to experience seasonal allergies. Sneezing, watery eyes and stuffy noses can make enjoying the outdoors particularly difficult for people with seasonal allergies, and many seek any and all remedies that can help them find relief.

Raw, local honey is often presented as a means to alleviating allergies. Proponents say local honey acts like a natural vaccine when consumed. But does the science back up these claims?

The logic behind using local honey to address allergies is related to the concept of immunotherapy. Immunotherapy relies on exposing a person to small amounts of an allergen over time so the body can get used to it, says the American College of Allergy, Asthma, & Immunology. Since raw honey contains trace amounts of local plant pollen, the idea is that consuming small, consistent doses of this pollen can help desensitize the immune system, turning off its hyper-reactive response over time.

But some medical professionals say there is a flaw in this theory. That's because seasonal allergies are primarily triggered by lightweight, windborne pollens from trees, grasses and weeds. Bees tend to gather pollen from bright, flowering plants, which rarely cause seasonal allergies. So it's unlikely that local honey will contain the airborne allergens causing symptoms.

A well-known double-blind study conducted by researchers at the University of Connecticut compared local raw honey, commercial pasteurized honey and a honey-flavored placebo syrup. The researchers found no statistically significant difference in symptom reduction among the three groups.

But some studies point to the potential that local honey could be effective against allergies. According to a randomized, placebo-controlled trial in the East Coast of Peninsular Malaysia published in the Annals of Saudi Medicine, ingestion of a high daily dose of honey combined with an antihistamine resulted in continuous, significant improvement in allergic rhinitis. Another 2011 study published in The International Archives of Allergy and Immunology found patients consuming birch pollen-enriched honey experienced a 60 percent lower total symptom score and 70 percent fewer days with severe symptoms compared to a control group.

Local honey may or may not help alleviate seasonal allergies. Those seeking relief from seasonal allergies are urged to consult an allergist for advice on alleviating their symptoms.

Six health benefits of honey

Whether or not honey helps fight allergies, it does offer other health benefits.

Some refer to honey as "the nectar of the gods" due to its ties to healing, divinity and culture in ancient times. Honeybees collect nectar from flowers and convert it into honey through an enzymatic process in their specialized bodies. Honey is stored in honeycombs for later consumption. The National Honey Board says a hive can produce about 55 pounds of surplus honey each year that beekeepers harvest from the combs. The extracted honey is strained to remove any particles and excess wax before it is bottled and brought to consumers.

People are drawn to honey, not only for its sweet taste, but because of the health benefits it provides. Here are six unique health benefits of honey.

1. Honey is rich in health-promoting plant compounds known as polyphenols. Healthline says regular consumption of polyphenols is thought to boost digestion and brain health, and protect against certain diseases.

2. Antioxidants found in honey might be associated with a reduced risk of heart disease.

3. The Mayo Clinic says studies suggest that honey might offer antidepressant, anticonvulsant and anti-anxiety benefits.

4. Both the flavonoids and polyphenols in honey have been shown to be anti-inflammatory, which means they can help tame inflammation in the body that comes from illnesses and eating ultra-processed foods. As a natural sweetener, the Cleveland Clinic says honey is a less inflammatory choice than regular sugar.

5. The World Health Organization and the American Academy of Pediatrics both endorse honey as a natural cough remedy. However, honey should not be given to children under the age of one.

6. Manuka honey can be applied topically to treat cuts and sores. This specific type of honey is found to be both antibacterial and antifungal. Raw honey of other types has been used to treat burns and wounds for centuries

Northwood Anchor Early Files

100 years ago

September 2, 1926

Zellmar Bros. Circus, which exhibited in Northwood Thursday at the fairgrounds proved to be a clean, entertaining show largely of the dog and pony variety but with entertainment from start to finish. The circus supports three rings and keeps something moving all the time.

Hanlontown- Carol Thompson entertained several of her little friends at her home. The little tots in attendance declared they just had oodles of fun. Carol's mother, Mrs. C.H. Thompson, served the happy bunch a fine luncheon.

George Lucken was back at his work in the Evens, Johnson & Co., store after a four days' enforced absence owing to an attack of tomatine poisoning. The illness came following the eating of some newly sprayed apples at the farm of his uncle the later part of last week, and it is thought the poisonous spray on the fruit had not been washed from the apples before eating.

Axel Johansen received a letter from Copenhagen, Denmark, bringing the news of the death of his mother, Mrs. Nels Johansen, at that place. Mrs. Johansen was 75 years of age and is the second member of the family to die in the past few weeks as the local man received word a little over a month ago of the death of a married sister, also living in Copenhagen. The father, Nels Johansen, is still living.

Editorial- "To one who has just returned from a rather prolonged stay in a western state, the beauties of Iowa, Worth County and Northwood are particularly impressed upon his mind. Nature has lavished her greens and gold and grays upon Iowa until it is a beauty spot besides which all the countries of hills or deserts and mountains suffer greatly by comparison. From June to November there is always something to be admired in the way of growth. The trouble with most of us is that we stay home too much. There is such a thing as being too close to a thing to appreciate its beauty and value. What Iowa needs to boosters.

75 years ago

September 6, 1951

The new Standard Oil Service Station on the corner of Central Avenue and 10th Street was opened for business Saturday with Elmer Hall and Erving Broderson in charge. The business will be operated as Hall & Broderson Standard Service. A formal opening is planned for later this month.

The Winnebago Council, Boy Scouts, is sponsoring a personal appearance of Gene Autry and his troupe of entertainers at Roosevelt Fieldhouse in Mason City Oct. 10 for two shows. Tickets are available from Morris Holstad and John van der Linden.

The Rev. J. O. Tweeten, retired pastor at Albert Lea, is now serving as temporary pastor of the First Lutheran Church in Northwood and will continue to act in that capacity until a new pastor is called.

Shirley Hinds, winner of the county style revue at the Worth County Fair, won a second place award in the state contest at the Iowa State Fair last week at Des Moines. The local girls 4-H demonstration team won a third place ribbon at Des Moines and members were Marilyn Haugo and Genevieve Peterson.

A grand total of 528 students have enrolled at Northwood schools with 340 in kindergarten through 8th grade and 188 in four high school grades. This is an increase of 28 students over the beginning of school last year.

Editorial: The great majority of legislators are plain, ordinary men and women trying as best they can to vote for the same sensible laws such as the folks back home would vote for, were they sitting in the House or Senate. Just as the folks at home differ on what is good and what is bad, so do the legislators. In the main though, they are a pretty good reflection of you and you and you and me.

50 years ago

September 2, 1976

Enrollment in the Northwood-Kensett schools took a nosedive from last year, with 884 students currently enrolled in the system. This is down 38 from the opening day figure last year of 922. Official enrollment in January was 893. State aid is based upon either the official September or January count.

William H. Heuberger, 27, Sheffield, was killed about 5:20 p.m., Friday, when a powerful explosion ripped through a liquid fertilizer tank he was welding at the Farmers Co-op plant in Manly. The construction worker was hurled more than 125 feet to his death.

Mike Thies, Osage, has been appointed assistant manager at Great Plains Supply, Northwood. He taught for eight years in the Osage High School and is married with two children. Thies has a basic background on construction and enjoys sports of all kinds. The Thies family plans to move to Northwood sometime in September.

Clair Shaw is presented an award for 28 years of safe driving by Northwood postmaster, George Lindflott. Shaw has been a rural mail carrier on route one for that length of time, without an accident.

Seventeen Worth County 4-H members placed in the exhibits classes housed in the 4-H exhibits building at the Iowa State Fair.

Viking grid prospects are busy preparing for the season opener, Friday, Sept. 10 at St. Ansgar and the opening NIC game here with Osage, Sept. 17. Coach Dick Jensen and assistants Dave Peterson and Larry Fevold have a nucleous of 15 lettermen for the 1976 season. Almost 50 students have reported for football practice, the largest number in recent years, according to coach Jensen.

Mr. and Mrs. William Gentz Jr., Northwood, announced the engagement and approaching marriage of their daughter, Julie, to Mr. Tom Bock, son of Mr. and Mrs. Richard Bock, Charles City, Iowa. No wedding date has been set.

25 years ago

September 5, 2001

Northwood-Kensett Community School officials will host a ribbon cutting ceremony this coming Thursday night, Sept. 6, to dedicate new playground equipment at N-K Elementary. A ceremony to recognize the numerous organizations and businesses that contributed cash or in-kind donations to complete the $26,000 project.

Allyson Dierenfeld finished strong in Iowa State Fair Beef of Merit Champions Competition. The Worth County 4-H member placed 9th overall in the high-quality grid market competition. Her steer graded choice with a 12-inch ribeye and 63 percent retail product.

Riverside Lutheran Bible Camp's Discipleship Team was presented an $8,000 Lutheran Brotherhood award by District Representative Sterling Dahl. Present were Jan McDermott, co-director Riverside; Laurie Stahle, Tipton; Emily Peitz, Ringsted; Chad McDermott, team leader; and Caleb Ingersoll, Northwood.

The Northwood-Kensett offense finished with 317 yards and five touchdowns at Lake Mills Friday night. But the Viking defense shined even brighter, turning in three goal-line stands, three pass interceptions and one touchdown in N-K's 39-0 season-opening win over the Bulldogs. The Vikings will have a chance to get after the St. Ansgar Saints this coming Friday in the first of N-K's five home games this season. Capitani expects a tough game from an improved Saints crew that defeated Riceville 14-0 last Friday.

The Northwood-Kensett volleyball team got off on the right foot in season-opening play last Tuesday. The N-K Spikers defeated Rockford 16-14 and 15-12 in the first game of the Ventura invitational and downed Nora Springs-Rock Falls 15-9 in the opening match of their second game.

10 years ago

September 7, 2016

This Saturday, the Northwood community will celebrate its founders, as well as the accomplishments of the generations of Northwood residents that have followed with the 13th Founders Day events.

When Northwood's lumber yard closed earlier this year, many in the area found themselves without a convenient means of finding building materials close to home. That included two local contractors, Brian Kenison and Bill Nicholson, who decided that the best solution would be to open a lumber business on their own, Worth Lumber. Bill's daughter McKensie was "fresh out of college," graduating with a degree in construction management, so she was a natural choice for general manager.

An estimated 500 people attended the All Veterans Picnic All Eras held at the Worth County Fairgrounds on August 20. Veterans from all wars and conflict from WWII to the present were honored with a picnic, musical entertainment and awards at the Shelter House. Both hosts and guests termed the event as very successful.

Nothing against N-K senior Danton Lloyd, but when one looks at the 5'7" 130 pound defensive back, seeing him lay opposing players out on the field isn't something that comes to mind, but that's exactly what this talented kid did last Friday against GTRA where he was repeatedly the first Viking to the ball and led the team with 11 tackles, giving him a season total of 17 in two games played.

Junior Dusti Bratrud scores a big point against Nashua-Plainfield in the Lady Vikings' 3-0 win last Tuesday night in Northwood. Bratrud had three kills, six assists, four digs, and was 6-7 at the service line in the win.

Northwood senior swimming aerobics were led by Betty Chapin this summer. About 15-20 aerobic swimmers attended the class every day from 11 a.m.-noon. All participants are looking forward to next year's gatherings. The cost for the day is $1.

Northwood Anchor Obituaries

Waldren 'Wally' Herbert



WALDREN HERBERT

Waldren "Wally" Herbert Charlson, 87, of Kensett, passed away peacefully on September 1, 2026, at Apple Valley Care Center in Clear Lake, Iowa.

A funeral service was held at 11 a.m. on Tuesday, September 8, 2026, at Bethany Lutheran Church, 600 Fifth St., Kensett, Iowa, with Pastor Linda Johnson Prestholt officiating. Visitation was held one hour prior to the service, from 10 to 11 a.m. at the church.

Wally was born on November 1, 1938, in Forest City, Iowa, the son of Herbert and Alice (Brunsvold) Charlson. He attended rural schools in the Kensett area and graduated with the class of 1957. On June 20, 1959, Wally married the love of his life, Marlys Anderson. Together, they were blessed with three children and built a life centered around family, faith, hard work, and community.

Wally was a lifelong farmer who took great pride in his work and the life he built with his family. He also worked for Helgeson Machinery for many years, where his ability to work on and repair equipment earned him the well-deserved nickname "Mr. Fix It." There wasn't much he couldn't figure out or find a way to fix.

His faith was an important part of Wally's life. He was baptized at Winnebago Lutheran Church in Lake Mills and confirmed at Bethany Lutheran Church in Kensett. He remained a faithful member of Bethany Lutheran Church throughout his life, serving on the church council and as president for many years.

Wally believed in being involved and giving back to the community that had given him so much. Along with his years of service to Bethany Lutheran Church, he was active in Farm Bureau and the Pork Producers. Whether through church, agriculture, community activities, or helping a neighbor, Wally was someone people could count on. He was proud of the farming community and enjoyed being part of the people and traditions that made it home.

Those who knew Wally will remember his wit, humor, kindness and easygoing nature. He had a way of teasing those he loved, and his grandchildren were often the recipients of his good-natured humor. He was a kind-spirited man who didn't always need many words to show how much he cared. His commitment to his family and community was evident in the time he gave, the help he offered, and the traditions he cherished.

Wally had a special love for tractors and proudly collected Farmall toy tractors. He enjoyed tractor rides, helping his family at the Worth County Fair, and spending time with loved ones at family gatherings. Christmas was another special time for Wally, as he enjoyed playing Santa and bringing smiles to children and grandchildren. These simple moments were important to him, and they became treasured memories for his family.

Wally is survived by his loving wife, Marlys; children, Daniel (Shawn) Charlson, Carole (Craig) Voss and Timothy (Tammy) Charlson; grandchildren, Donika Charlson, Jacob (Tammy) Charlson, Jesse (Whitney) Voss, Travis Charlson and Tianna Charlson; great-grandchildren, Lyle and Tyler Voss; sister, Sandra (Richard) Phillips; as well as many nieces, nephews, cousins and friends.

He was preceded in death by his parents, Herbert and Alice Charlson; brothers, Dennis and David; and infant sister, Shirley.

New guide shows how home gardeners can boost soil health with cover crops

Iowa State University Extension and Outreach horticulture specialists have shared a publication designed to help gardeners improve soil fertility, structure and the overall garden microbiome. "Cover Crops for Home Vegetable Gardens" is available on the ISU Extension Store at no cost.

Continuous vegetable gardening can deplete soil productivity over time. Publication authors Aaron Steil, consumer horticulture specialist, and Ajay Nair, professor and chair of the Department of Horticulture and extension vegetable production specialist, note that while traditional gardening focuses on the harvest, cover crops are grown specifically to maintain and improve the soil, as well as manage weeds, pests and diseases.

"A lot of cover crop information is written for agricultural producers. We wanted a resource specifically for home gardeners that answers practical questions about timing, species selection, management and where to find seed in quantities that are practical and achievable for backyard gardeners," said Steil.

The guide details several ecological advantages for the home landscape, including:

Soil building: Cover crops add organic matter that enhances water retention and supports beneficial soil microbes.

Natural fertilizer: Specific crops, such as clovers, can "fix" nitrogen from the atmosphere, enriching the soil for future vegetable plantings.

Erosion and weed control: These crops stabilize soil during the off-season and compete with weeds for light and space.

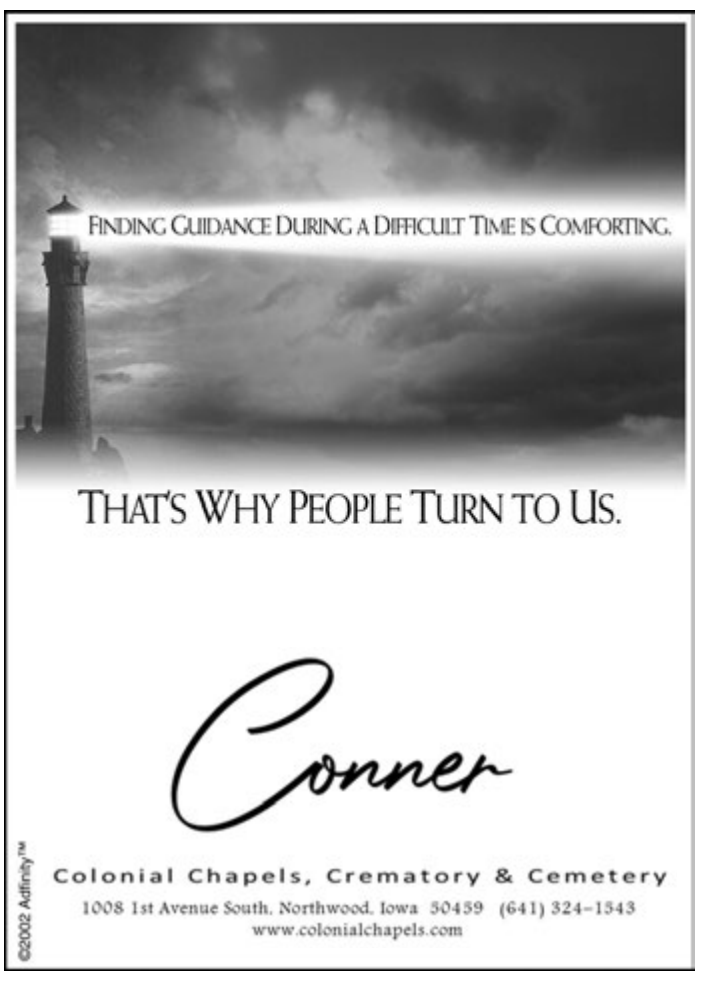
Pest management: Integrating cover crops into rotations can help break pest and disease cycles.

A unique focus of the guide is the "exit strategy," or termination. To prevent cover crops from becoming weeds themselves, they must be managed properly. For beginners, the guide recommends "winter-kill" species that naturally die off during cold winter temperatures. For more experienced gardeners, the guide provides instructions for advanced termination methods.

The publication also outlines specific schedules to help gardeners maximize benefits. To simplify the transition to cover crops, the guide includes a list of reputable seed sources that provide smaller quantities and specialized mixtures best suited for home-scale gardening.

To access the publication, visit the ISU Extension Store.

For more information, contact Aaron Steil at ajsteil@iastate.edu.



Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY
CASE NO. ESPR009440

NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF GWEN ELAINE SHACKLETON, Deceased

To All Persons Interested in the Estate of GWEN ELAINE SHACKLETON, Deceased, who died on or about November 21, 2024:

You are hereby notified that on December 9, 2024 the Last Will and Testament of VICTORIA M. FRENCH, deceased, bearing date of December 17, 2014, was admitted to probate in the above-named court and that ROBERT D SHACKLETON 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 mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

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

Dated August 25, 2026.

/s/ Robert D. Shackleton
ROBERT D SHACKLETON,
Executor of Estate.
27 First Street SE
Nora Springs, IA 50458

/s/ Richard N. Tompkins, Jr.
RICHARD N TOMPKINS JR,
ICIS#: A T0007929
Attorney for Executor
TOMPKINS LAW OFFICE
315 N PENNSYLVANIA AVE
MASON CITY, IA 50401-3443

Date of second publication the 9th day of September, 2026. 35-2t

Supervisors

August 31, 2026
Thirty-sixth Day

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

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

Motion Smeby/Second Stone to approve today's agenda and August 24, 2026 minutes. Motion carried.

Motion Smeby/Second Stone to approve the release of retainage in the amount of $28,171.42 to Kingland Construction for the Conservation Remodel Project. Motion carried.

Motion Stone/Second Smeby to approve the quote for concrete for the fueling station in the amount of $28,860.00 from Premier Concrete LLC. Motion carried.

Motion Smeby/Second Stone to set the public hearing date for DD #6/Lat 7 proposed ditch and tile improvements on November 16 at 9:30 A.M. Motion carried.

Motion Loberg/Second Smeby to rescind approval of the Northland Securities, Inc. Engagement Letter dated May 8, 2026 and signed May 11, 2026. Motion carried.

Motion Smeby/Second Stone to engage UMB for financial services. Motion carried.

Motion Smeby/Second Stone to approve the Worthwhile Solar Farm West Agreement. Motion carried.

Motion Smeby/Second Stone to approve the OTIS Multi-point Preventative Maintenance Agreement. Motion carried.

Motion Smeby/Second Stone to approve the review and revision of the County internal emergency and continuity plans as presented by Mark Tomlinson, EMA Director. Motion carried.

Motion Stone/Second Smeby to adjourn at 9:06 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

City of Lake Mills

OFFICIAL NOTICE
CITY OF LAKE MILLS, IOWA

NOTICE OF PUBLIC HEARING ON PROPOSED ADOPTION OF AN ORDINANCE GRANTING TO BLACK HILLS ENERGY CORPORATION A 25-YEAR NON-EXCLUSIVE NATURAL GAS FRANCHISE

TO THE RESIDENTS AND CITIZENS OF LAKE MILLS, IOWA,

You are hereby notified that the Lake Mills City Council will hold a public hearing on Monday, September 21, 2026, at 7:00 PM local time in the Council Chambers, City Hall, 200 N 1st Ave West, Lake Mills, Iowa on a proposal to enact an Ordinance granting to Black Hills Energy Corporation a 25-year non-exclusive franchise to own, operate and maintain a natural gas energy distribution system and to sell natural gas energy in the City of Lake Mills, Iowa. Full text of the proposed ordinance is available for review at the Lake Mills City Hall. For more information concerning the public hearing and ordinance, please contact the City Clerk at City Hall or by calling (641) 592-3251 during regular business hours from 7:30 AM – 4:00 PM, Monday through Friday.

Interested persons are invited to attend the public hearing and to offer comments. Written comments must be received by the Lake Mills City Clerk at City Hall no later than 4 PM on September 21, 2026, or delivered or presented before the hearing is closed.

This notice is published at the direction of the Lake Mills City Council.

Bruce Helgeson, Mayor
Attest: Paula Hanson,
City Clerk

Notice

THE IOWA DISTRICT COURT WORTH COUNTY
Probate No. 02981
ESPR009476

NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF BRUCE R. BURDICK, Deceased

To all persons interested in the Estate of Bruce R. Burdick, Deceased, who died on or about August 10, 2025:

You are hereby notified that on September 9, 2025, the Last Will and Testament of Bruce R. Burdick, deceased, bearing date March 5, 2022, was admitted to Probate in the above-named Court and that Diane E. Burdick 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 mailing of this notice to all heirs of the decedent and devisees under the Will whose identities are reasonably ascertainable, or thereafter be forever barred.

Notice is further given that all persons indebted to the Estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above-named District Court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the 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 10th day of August 2026.

/s/___Diane E. Burdick
Diane E. Burdick,
Executor of Estate
4468 Bluebill Avenue
Lake Mills, Iowa 50450

Richard P. Schwarm
ICIC PIN No: AT0007119
Attorney for Executor
Schwarm Law Office
110 West Main Street
Lake Mills, Iowa 50450

Date of second publication the 9th day of September, 2026

35-2t

Notice

Public Notice
IN THE IOWA DISTRICT COURT
FOR WORTH COUNTY

Plaintiff
Northwood MHC, LLC, 710 7th Street North, Northwood, Iowa 50459
vs.
Defendant
Jeffrey Mauer and Abigail Lueck, 710 7th Street North, Lot #20 Northwood, Iowa 50459

Original Notice and Petition for Disposition of Abandoned Property (Iowa Code chapter 555B) (Mobile Home and Personal Property in the Vicinity)

To Defendant(s):

1. Plaintiff(s) demand(s) a judgment of abandonment for (state the exact nature of abandoned property): Mobile Home located at 710 7th Street North, Lot #20 Northwood, Iowa 50459 because (state basis of demand): Defendant has been absent from the mobile home for thirty (30) days or more without reasonable explanation during which time there was a default of rent three (3) days after rent was due.

2. In support of this demand Plaintiff(s) state(s):

• Plaintiff(s) has (have) not requested notice by the sheriff as provided for in Iowa Code section 555B.2;

• The property is located in the above county; and

• There is no lien against the property other than a tax lien pursuant to Iowa Code chapter 435.

3. Hearing is set for the date, time, and court location listed on the last page of this Original Notice and Petition. The court will electronically record the hearing.

Any party desiring that a certified court reporter report the hearing must arrange and pay for the costs of reporting. Failure to appear at the hearing may result in judgment entered against you for statutory damages, interest, and court costs, and the property will be disposed of as abandoned property.

Note: Service must be made on the owner of the property at least 10 days before the hearing and the hearing must be set within 14 days of filing the Petition.

/s/ Michael J. Moeller
Attorney
Laird Law Firm, PLC
403 Main Avenue, PO Box 187
Clear Lake, IA 50428
641-357-7296
mmoeller@lairdlawfirm.com
IOWA JUDICIAL BRANCH
Case No. SCSC007385
County Worth
Case Title NORTHWOOD MHC, LLC VS. JEFFREY MAUER AND ABIGAIL LUECK

You must file your Appearance and Answer on the Iowa Judicial Branch eFile System, unless the attached Petition and Original Notice contains a hearing date for your appearance, or unless the court has excused you from filing electronically (see Iowa Court Rule 16.302).

Register for the eFile System at www.iowacourts.state.ia.us/Efile to file and view documents in your case and to receive notices from the court.

For general rules and information on electronic filing, refer to the Iowa Rules of Electronic Procedure in chapter 16 of the Iowa Court Rules at www.legis.iowa.gov/docs/ACO/CourtRulesChapter/16.pdf.

Court filings are public documents and may contain personal information that should always be kept confidential. For the rules on protecting personal information, refer to Division VI of chapter 16 of the Iowa Court Rules and to the Iowa Judicial Branch website at www.iowacourts.gov/for-thepublic/representingyourself/protect-personalinformation/.

Scheduled Hearing: HEARING 09/22/2026 01:30 PM duration - 15 minutes Worth Co. Courthouse, 1000 Central Avenue, Northwood, IA

If you need assistance to participate in court due to a disability, call the disability access coordinator at (515) 576-6336. Persons who are hearing or speech impaired may call Relay Iowa TTY (1-800-735-2942). For more information, see www.iowacourts.gov/for-thepublic/ada/. Disability access coordinators cannot provide legal advice.

Date Issued 03/20/2026; 11:58:09 AM; District Clerk of Court or/by Clerk's Designee of Worth County /s/ Douglas A. Krull

IOWA DISTRICT COURT
FOR WORTH COUNTY
NORTHWOOD MHC, LLC,
Plaintiff,
vs.
JEFFREY MAUER AND ABIGAIL LUECK,
Defendant.

Case No. 02981 SCSC007385
ORDER OF CONTINUANCE

The Court finds that there is good cause for continuing/setting the above-captioned case upon Request or Motion of Plaintiff and that it is in the interest of justice to continue/set the above-captioned matter.

IT IS THEREFORE ORDERED

that the above-captioned:

is continued or set, Hearing is scheduled on 09/22/2026 at 1:30 PM at the Worth Co. Courthouse, 1000 Central Avenue, Northwood, IA

The Court has provided a copy of this order to the Defendant. State of Iowa Courts

Case Number SCSC007385

Case Title NORTHWOOD MHC LLC VS. JEFFREY MAUER AND ABIGAIL LUECK

Type: ORDER FOR CONTINUANCE

So Ordered

/s/ Douglas A. Krull, Magistrate, Second Judicial District of Iowa

34-3t

Notice

Public Notice
IN THE IOWA DISTRICT COURT
FOR WORTH COUNTY

Plaintiff
Northwood MHC, LLC, 710 7th Street North, Northwood, Iowa 50459
vs.
Defendant
Dean Groven,
710 7th Street North, Lot #21 Northwood, Iowa 50459

Original Notice and Petition for Disposition of Abandoned Property (Iowa Code chapter 555B) (Mobile Home and Personal Property in the Vicinity)

To Defendant(s):

1. Plaintiff(s) demand(s) a judgment of abandonment for (state the exact nature of abandoned property): Mobile Home located at 710 7th Street North, Lot #21 Northwood, Iowa 50459 because (state basis of demand): Defendant has been absent from the mobile home for thirty (30) days or more without reasonable explanation during which time there was a default of rent three (3) days after rent was due.

2. In support of this demand

Plaintiff(s) state(s):

• Plaintiff(s) has (have) not requested notice by the sheriff as provided for in Iowa Code section 555B.2;

• The property is located in the above county; and

• There is no lien against the property other than a tax lien pursuant to Iowa Code chapter 435.

3. Hearing is set for the date, time, and court location listed on the last page of this Original Notice and Petition. The court will electronically record the hearing.

Any party desiring that a certified court reporter report the hearing must arrange and pay for the costs of reporting. Failure to appear at the hearing may result in judgment entered against you for statutory damages, interest, and court costs, and the property will be disposed of as abandoned property.

Note: Service must be made on the owner of the property at least 10 days before the hearing and the hearing must be set within 14 days of filing the Petition.

/s/ Michael J. Moeller
Attorney
Laird Law Firm, PLC
403 Main Avenue, PO Box 187
Clear Lake, IA 50428
641-357-7296
mmoeller@lairdlawfirm.com
IOWA JUDICIAL BRANCH
Case No. SCSC007386
County Worth
Case Title NORTHWOOD, MHC LLC VS. DEAN GROVEN

You must file your Appearance and Answer on the Iowa Judicial Branch eFile System, unless the attached Petition and Original Notice contains a hearing date for your appearance, or unless the court has excused you from filing electronically (see Iowa Court Rule 16.302).

Register for the eFile System at www.iowacourts.state.ia.us/Efile to file and view documents in your case and to receive notices from the court.

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Scheduled Hearing:

HEARING; 09/22/2026 01:30 PM; duration - 15 minutes; Worth Co. Courthouse, 1000 Central Avenue, Northwood, IA

If you need assistance to participate in court due to a disability, call the disability access coordinator at (515) 576-6336. Persons who are hearing or speech impaired may call Relay Iowa TTY (1-800-735-2942). For more information, see www.iowacourts.gov/for-thepublic/ada/. Disability access coordinators cannot provide legal advice.

Date Issued 03/20/2026; 11:58:09 AM; District Clerk of Court or/by Clerk's Designee of Worth County /s/ Douglas A. Krull

IOWA DISTRICT COURT
FOR WORTH COUNTY
NORTHWOOD MHC, LLC,
Plaintiff,
vs.
DEAN GROVEN,
Defendant.

Case No. 02981 SCSC007386
ORDER OF CONTINUANCE

The Court finds that there is good cause for continuing/setting the above-captioned case upon Request or Motion of Plaintiff and that it is in the interest of justice to continue/set the above-captioned matter.

IT IS THEREFORE ORDERED that the above-captioned: is continued or set, Hearing is scheduled on 09/22/2026 at 1:30 PM at the Worth Co. Courthouse, 1000 Central Avenue, Northwood, IA

The Court has provided a copy of this order to the Defendant. State of Iowa Courts

Case Number SCSC007386

Case Title NORTHWOOD MHC LLC VS. DEAN GROVEN

Type: ORDER FOR CONTINUANCE

So Ordered

/s/ Douglas A. Krull, Magistrate, Second Judicial District of Iowa

34-3t

City of Lake Mills

OFFICIAL NOTICE
CITY OF LAKE MILLS, IOWA

NOTICE OF PUBLIC HEARING ON PROPOSED ADOPTION OF AN ORDINANCE ALLOWING PARKING ON SOUTH WINNEBAGO STREET

TO THE RESIDENTS AND CITIZENS OF LAKE MILLS, IOWA,

You are hereby notified that the Lake Mills City Council will hold a public hearing on Monday, September 21, 2026, at 7:00 PM local time in the Council Chambers, City Hall, 200 N 1st Ave West, Lake Mills, Iowa on a proposal to enact an Ordinance to allow parking on the west side of South Winnebago Street from South Fourth Avenue to South Eighth Avenue. Full text of the proposed ordinance is available for review at the Lake Mills City Hall. For more information concerning the public hearing and ordinance, please contact the City Clerk at City Hall or by calling (641) 592-3251 during regular business hours from 7:30 AM – 4:00 PM, Monday through Friday.

Interested persons are invited to attend the public hearing and to offer comments. Written comments must be received by the Lake Mills City Clerk at City Hall no later than 4 PM on September 21, 2026, or delivered or presented before the hearing is closed.

This notice is published at the direction of the Lake Mills City Council.

Bruce Helgeson, Mayor
Attest: Paula Hanson,
City Clerk

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY
Case No. ESPR009524

NOTICE OF APPOINTMENT OF ADMINISTRATOR AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF BETTY JANE PERALTA, Deceased

To all persons interested in the Estate of Betty Jane Peralta, Deceased, who died on or about July 15, 2026:

You are hereby notified that on August 27, 2026, the Undersigned was appointed administrator of the estate.

Notice is hereby given that all persons indebted to the Estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above-named District Court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur 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 13th day of August 2026.

Vicki Berger,
Administrator of the Estate
51484 Canary Drive
Strum, WI 54770

Douglas A. Krull
ICIS#: AT00044898
Attorney for
the Administrator
Krull Law Office
714 Central Avenue
Northwood, IA 50459-0200

Date of second publication the 16th day of September, 2026

36-2t

City of Joice

- PUBLIC HEARING -
City of Joice, Iowa

Notice is hereby given that the City Council of the City of Joice, Iowa, will conduct a public hearing on the proposal to amend 6-5-4 BILLING, PENALTY and to amend 6-5-8 WATER RATES from the Joice Code of Ordinances 2026. A copy of the proposed amendment is posted below for public inspection. Said hearing will be held September 14, 2026, at 6:00 P.M. at which time, arguments for or against amending said Code of Ordinances 2026 as proposed will be heard and considered. Comments, oral, or written may be submitted to the City Clerk prior to the public hearings. Any comments received will be included in the minutes of the public hearing as part of the permanent record.

These sections of the Code of Ordinances of 2026, City of Joice Iowa amended hereby amended to read as follows:

6-5-4 BILLING, PENALTY. Utility bills shall be due upon receipt of approximately the first of the month following the period for which service is billed. Payment shall be made to the city clerk. Bills shall be come delinquent after the twenty-fifth (25th) of the month in which due and bills paid after said day shall have added a penalty of $20.00 to the overdue balance.

6-5-8 WATER RATES Water shall be furnished at the following monthly rates per property serviced within the city limits:

AMOUNT

First 2,000 gallons or lesser amount per month

SERVICE CHARGE

$40 per month plus tax where applicable (Minimum monthly bill)

PROFESSIONAL CARD
Business Announcements

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

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

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

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

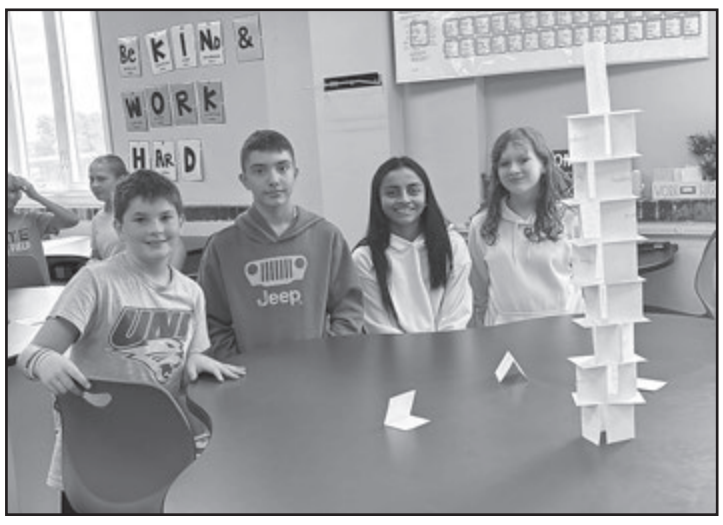
Congregate Meals
MEALS ON WHEELS
324-1244

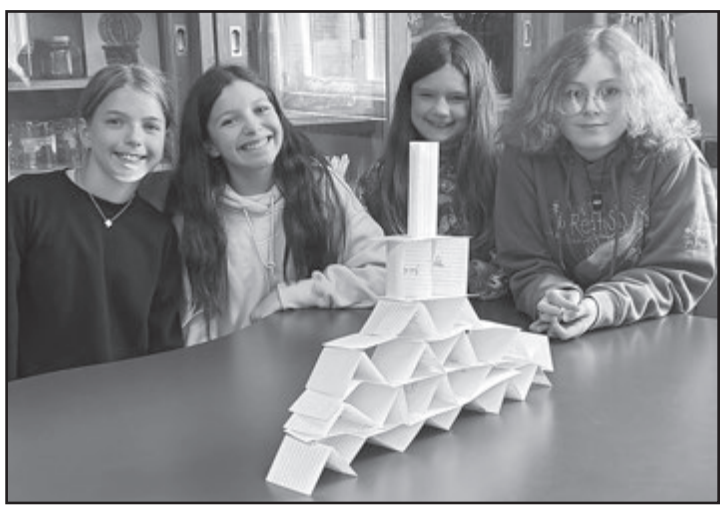
NORTHWOOD PUBLIC LIBRARY
Monday & Friday 1-5 p.m.
Tues. - Thurs. 10 a.m.-7 p.m.
Open Saturday 10 a.m. - 2 p.m.
641-324-1340

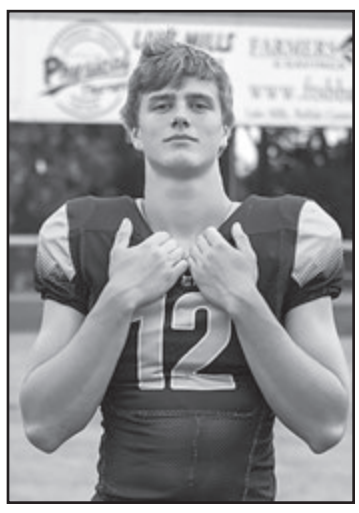
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DAVID PENFOLD, DDS
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Wed. 8 a.m. - 5 p.m.,Thurs. 7 a.m. - 1 p.m.
Fri. 8 a.m. - Noon
641-324-1364
www.northwooddentistry.com
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Lake Mills News Sports







Lake Mills Senior Asher Stensrud - Photo Courtesy Of Lory Groe

Correction: football caption

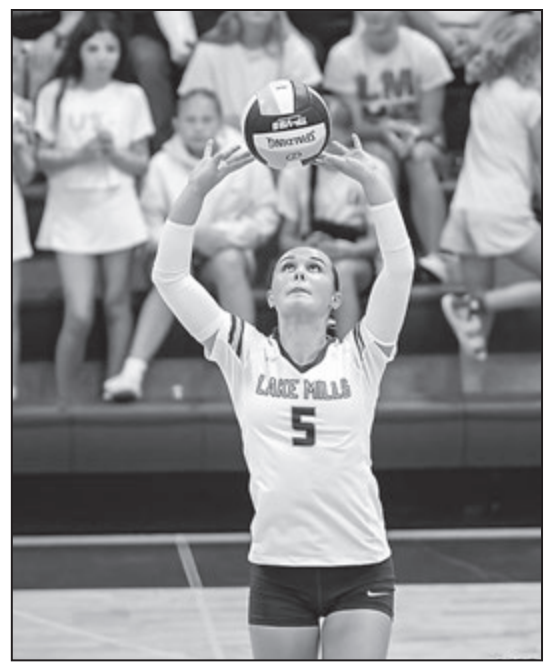
Last week's Northwood Anchor featured seniors on this year's Lake Mills football team.

One of those pictures had a caption that was incorrect. The Anchor apologizes for the mix up.

The picture with the correct caption appears above.



Bulldog Ari Stensrud passes the ball during Thursday's season opener against North Iowa.



Bulldog Regan Eastvold sets the ball during Lake Mills home opener against North Iowa.

Bulldogs defeat Indians in three

By Julie Salisbury

The Class 2A #13 Lake Mills Bulldogs volleyball team traveled to Forest City to take on the Indians in a non-conference game and got the win in straight sets, 25-14, 25-20 and 25-13.

Leading the team was Mackenzie Budach with nine kills, five digs, two blocks and 15-17 serving with four ace serves. Betsy Byars had eight kills, five digs and was 7-10 serving and Ari Stensrud had seven kills, five digs and was 14-16 serving with two ace serves. Tori Sterrenberg had five kills and Hayden Wempen had three kills, one assist, two blocks and was 3-5 serving with one ace serve. Afton Dean had one kill and two blocks and Cora Sauer had one assist, 20 digs, and was 21-22 serving with three ace serves. Regan Eastvold had one kill, 27 assists, five digs, two blocks and was 4-4 serving.

As a team the Bulldogs had 34 kills, 29 assists, 40 digs, eight blocks and were 64-74 serving with 10 ace serves.

On Saturday, August 29, the Bulldogs had traveled to Bondurant-Farrar for a 16 team tournament, following are the results from that tourney.

Lake Mills was 3-3 on the day with a loss to Ames 19-21 and 18-21, a loss to Bonduran 19-21 and 14-21, a win over Nevada 21-15, 19-21 and 15-7, a loss to Class 1A #10 North Tama, 17-21 and 19-21, a win over Class 1A #11 BCLUW 21-13 and 21-17 and a win over Carlisle 21-15 and 21-13.

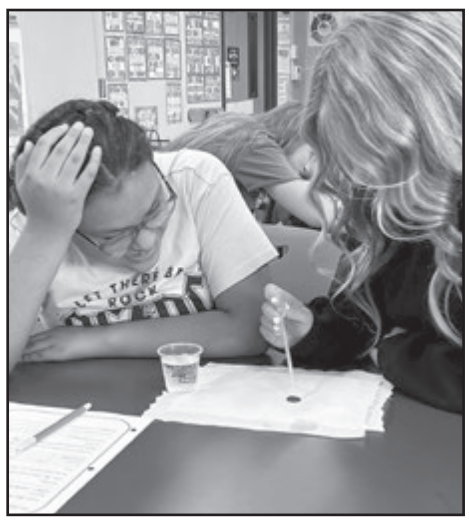
Budach led the team with 37 kills, four assists, 32 digs, four blocks and 35-36 serving with one ace. Stensrud had 32 kills, five assists, 31 digs, 10 blocks and was 37-43 serving with four ace serves and Betsy Byars had 26 kills, six assists, 24 digs, three blocks 24 digs and was a perfect 53-53 serving with eight ace serves. Eastvold had 12 kills, 96 assists, 23 digs, four blocks and was 34-38 serving with four ace serves and Sauer had seven assists, 50 digs and was 37-42 serving with five ace serves. Dean had eight kills, three blocks and two digs and Wempen had three kills and five blocks. Sterrenburg had five kills, seven blocks and two digs and Faith Stene had two digs and was 11-12 serving. Liz Oldencamp was 9-9 serving and Halle Peterson was 4-4 serving.

On the day, the Bulldogs had 128 kills, 117 assists, 33 blocks, 166 digs and were 225-242 serving with 21 ace serves.

Lake Mills is 1-0 in conference play and 5-3 overall.

Scientific thinking

Students in Mrs. Christianson's sixth and sevnth grade science classes have been putting scientific methods to work recently. They have been learning how to ask questions and then using scientific testing to find the answers.





Briefs

Fall Carnival in Lake Mills set for Sept. 24

Lake Mills will host a Fall Carnival on Thursday, September 24, from 4-7 p.m. in Oakwood Park.

From 4-6 p.m. free activities will include pumpkin painting for the first 200 kids, balloon animals, inflatables, games and more.

At 6 p.m., Levey the Great will present a free magic show.

Food trucks and vendors will also be on site.

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Miscellaneous
Does your basement or crawl space need some attention? Call Thrasher Foundation Repair! A permanent solution for waterproofing, failing foundations, sinking concrete and nasty crawl spaces. FREE Inspection & Same Day Estimate. $250 off ANY project with code GET250. Call 1-866-554-1730
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Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-855-954-5087 today to schedule a free quote. It's not just a generator. It's a power move.
Miscellaneous
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POSITION OPENING
The City of Lake Mills is accepting applications for certified Journeyman Lineman
The line crew is responsible for the construction and maintenance of the overhead and underground distribution, as well as assist in the generation plant as needed. Applicants must have or be able to obtain a Class B CDL within 6 months, CPR Certified preferred, and able to work weekend rotation. Pre-employment drug test and background check are required. Salary range is $35-$42, dependent upon qualifications and experience. Benefit package including insurance, retirement, paid leave, and holidays.
Applications will be accepted until the position is filled.
A job description and application may be picked up at the
Lake Mills City Hall
200 N. 1st Ave W., Lake Mills, IA
or the website at www.lakemillsiowa.gov
Please call 641-592-3251 with questions.
Equal Opportunity Employer.

HELP WANTED
Custodian Position
Joice City Hall/Library Building
Applications are being accepted through September 21 for the custodian position for the Joice City Hall/Library Building.
Job descriptions, application and other information requested will be available at
Joice City Hall or
at Joice Public Library

Joice Public Library
HELP WANTED
Joice Public Library will be hiring a library aid for a minimum of 6 hours weekly which will include every Friday afternoon and Saturday morning.
Applications may be requested from Joice Public Library during regular hours or by email.
Joice Public Library
102 N. State Street • P.O. Box 183
Joice IA 50446
641-588-3330 • jhawks@wctatel.net
Applications due back by September 15, 2026.

LARGE COIN AUCTION
SUNDAY, SEPT. 13, 2026
8 A.M. Viewing with Live Auction to follow at 10 A.M.
KENSETT COMMUNITY CENTER
300 WILLOW STREET, KENSETT, IOWA
Approximately 286 lots including 63 lots of Morgan dollars (63 coins including 3 CC (78, 83, 84); 12 lots Peace dollars (14 coins); 10 lots silver bullion; 14 lots of prestige mint sets; 33 lots silver halves (95 coins) including (JFK, Franklin, Walking, Barber, seated, capped); large cents, flying eagles cents, Indian Head cents, memorials & wheaties; 37 lots of silver quarters (103 coins including Washington, barber, standing liberty, seated liberty, draped bust); 16 lots of silver dimes (79 coins including seated, mere & barber); US currency; 27 lots of nickels (including 2-1912-s V); 30+ lots of mint/proof sets (many silver); plus much, much more!
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Vikings shut out Harris-Lake Park for homecoming win

By Julie Salisbury

The Northwood-Kensett Vikings are 2-0 this season after a big homecoming win over Harris-Lake Park on Friday night, 53-0.

The ground game for the Vikings was pretty much unstoppable as they ran for 311 yards and seven touchdowns.

Leading the barrage was senior Landen Nelson with six carries for 199 yards and three touchdowns with the longest run going for 55 yards. QB Henry Hanson had four carries for 45 yards and one touchdown and Brady Tufte had five carries for 32 yards and two touchdowns. Tucker Duvall had five carries and one touchdown. Aidan Ouverson had one carry for three yards and Tegan Trenhaile had four carries for 16 yards.

Hansen was 2-5 throwing the ball, and threw for 59 yards and one touchdown. Nelson had one reception for 27 yards and a touchdown and Gabriel Aleman had one reception for 32 yards.

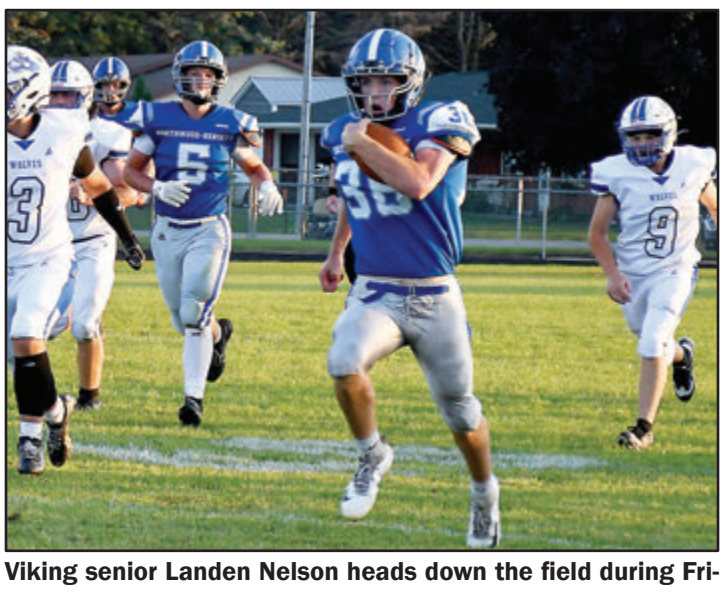
Trenhaile led the defense with nine tackles, six solo, a fumble recovery and an interception. Aydan Schutz had 4.5 tackles, three solo, and he forced a fumble and had an interception. Nelson had 4.5 tackles, four solo and Jaxon Reyerson had four tackles, two solo. Duvall had 3.5 tackles, two solo and Carson Tufte had 2.5 tackles, two solo. B. Tufte had 2.5 tackles, one solo and one interception and Hanson had two solo tackles. Martin Girouard had two solo tackles and Bryck Abrams had 1.5 tackles, one solo. Tyce Helgeson and Keenan Davidson-Jacobs each had a solo tackle. Owen Binnebose and Weston Heims had one tackle and Aidan Ouverson and Brekken Haberman each had a tackle assist.

Schutz had one punt for 18 yards and was 1-1 on point after attempts. B. Tufte had one kick return for 17 yards and Reyerson kicked off nine times for 368 yards.

The Vikings will travel to West Bend Mallard (2-1) on Friday, September 11, for a district game with the Wolverines.



Viking Aydan Schutz no. 52 forces a fumble as he takes down the opponent with the help of Tucker Duvall.



Viking senior Landen Nelson heads down the field during Friday night's homecoming game against Harris Lake Park.



Viking freshman Martin Girouard in for a tackle with the help of Landen Nelson.

Northwood tournament results

By Julie Salisbury

The Northwood-Kensett Vikings volleyball team traveled to West Central for a volleyball tournament on Saturday, August 29, and finished in second place.

The Vikings defeated Valley Lutheran 21-3 and 21-11, they fell to West Central 18-21 and 15-21, defeated Colo-Nesco 21-12 and 21-13, defeated Postville 25-23 and 25-20 in the semi-finals and then fell to West Central in the finals 23-25 and 21-25.

Leading the team in kills was Avarie Skellenger with 17, she also had six digs and was 21-25 serving with two ace serves. Mia Fierova had 16 kills on the day, four digs, three blocks and was 18-23 serving with six ace serves and Ashlyn Skellenger had 27 assists, four kills, seven digs, one block and was 38-46 serving with 10 ace serves. Hallie Hanson had 11 kills, two assists, five digs, two blocks and was 12-17 serving with four ace serves and Lilly Strand had nine kills, three digs and was 26-33 serving with six ace serves. True Hackenmiller had nine kills, 22 assists, two blocks, one dig and was 29-32 serving with 10 ace serves and Kenly Solberg had four assists, 17 digs and was 10-12 serving with one ace. Chloe Woods had six digs and Lexi McHenry had two digs.

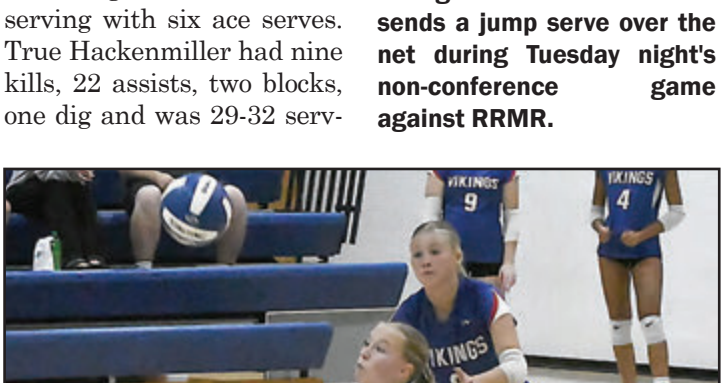
As a team the Vikings had 66 kills, 54 assists, 52 digs, eight blocks and were 155-189 serving with 39 ace serves.

The Vikings hosted RRMR on Tuesday, September 1, in a non-conference game and lost in five sets. No other information was available at the time of this story.

The Vikings are 3-5 overall.



Viking True Hackenmiller sends a jump serve over the net during Tuesday night's non-conference game against RRMR.



Viking libero Kenly Solberg digs out the ball during Tuesday's match in Northwood.



The Vikings celebrate a big kill by Hallie Hanson during Tuesday night's game against RRMR.

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WORTH COUNTY PUBLIC HEALTH

FLU SHOT CLINICS

FALL 2026

COMMUNITY FLU CLINICS

WEDNESDAY, SEPTEMBER 16
9:00-10:00 AM — Kensett City Hall
10:20-11:20 AM — Manly American Legion
11:35 AM-12:35 PM — Grafton Community Center

THURSDAY, SEPTEMBER 17
9:00-10:00 AM — Bethany Lutheran Church - Joice
10:20-11:20 AM — Fertile Community Center
11:35 AM-12:35 PM — Hanlontown Community Center

FRIDAY, OCTOBER 9 — 1:00-2:00 PM — Reconnect 720 - Northwood Senior Center

OFFICE WALK-INS | 8:00 AM-4:00 PM
Walk in, make an appointment, or ask us to come to your home!

SEPT. 9 | SEPT. 10 | SEPT. 11 | SEPT. 14 | SEPT. 16 | SEPT. 18
SEPT. 21 | SEPT. 22 | SEPT. 24 | SEPT. 25 | SEPT. 28 | SEPT. 30

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