

Briefs

Cancer in Worth meeting set for Tuesday

A presentation on “Cancer in Worth County” will take place next 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.

Friends and Family CPR classes Sept. 29

Worth County Public Health will hold free classes to offer members of the community CPR training, to be able to help friends and family in times of medical emergency.

The Friends and Family CPR Classes will be offered at the EOC, in the Public Health building, 99A Ninth St. North in Northwood.

The free CPR classes will be held on Tuesday, September 29, at 5 p.m.; Saturday, November 14, at 9 a.m.; and Friday, January 9, 2027, at 9 a.m.

Those that would like more information or to reserve a spot may contact Worth County Public Health at 641-324-1741.

Faithful customers continue traditions as Worth Brewing owners

Worth Brewing will hold its annual celebration of Oktoberfest, with the brewery’s new owners continuing the tradition for the first time.

Oktoberfest is just one of the many traditions and events that Brendan Nagle has loved since he first started coming to Worth Brewing Company when he was first old enough to enjoy the company’s beers.

“Every since I was 21 and could come to Worth Brewing, it’s been one of my favorite spots,” Brendan said. Besides being a loyal and enthusiastic customer, Nagle also worked as a bartender when Worth Brewing was at its original location across the street.

Brendan said that being a customer and then employee of original owners Peter Ausenhus and Margaret Bishop helped him realize how special it was to have a place like Worth Brewing in the community that he has always called home.

“This place has always been special. I’ve always



ANN AND BRENDAN NAGLE
OWNERS OF WORTH BREWING COMPANY

enjoyed being here and it has led me to some of the happiest times and most important person in my life.”

It was during his time working as a bartender at his favorite spot that Brendan would first meet the woman that became his wife, Ann.

“Brendan and I met at

Worth Brewing in 2012 when I was home visiting my family near Vinje, Iowa. He was the charming bartender. We exchanged numbers that night and were married two years later.

“Brendan even asked Peter to brew a special brown ale as a part of our

Nagles, see Page 3

Supervisors set hearing for RV park/administrative building

The Worth County supervisors will hold a public hearing on October 5 to update county planning documents, which would allow for TIF funding for a new RV park and the new county administration building.

The hearing will focus on updates to the County’s Urban Renewal Area and Urban Renewal Plan.

The updates will add the areas for the County’s planned new RV park and administration building. The urban renewal docu-

ments designate where the County can collect and spend TIF (tax increment financing) revenue.

TIF refers to borrowing against future income tax increases in designated

Supervisors, see Page 2

N-K board discusses roof solar project completion

At the regular monthly meeting of the Northwood-Kensett school board in September, board members received an update on the project to roof the elementa-

ry building and add solar energy infrastructure.

The need for the repair and replacement of the N-K Elementary roof was first discovered in the spring of

2025, when heavy rains led to the discovery of widespread leaks.

Assessment of damage showed that there was

N-K, see Page 2

Fall clean up set for Sept. 30, Oct. 1

The annual fall clean up will be held in Northwood on Wednesday, September 30, and on Thursday, October 1. The City is offering a chance for residents to dispose of unwanted items as they do some fall cleaning.

Dumpsters will be provided for Northwood residents at the Northwood city yard, located on the east side of Northwood along Highway 105.

Clean up days are intended for discardable items that would not be picked up

through normal garbage collection, meaning regular day-to-day garbage will not be accepted.

Other items that will not be accepted include computers and accessories, construction debris, tires, batteries, paint, hazardous and flammable items, fluorescent light bulbs and tubes and cardboard.

The City is asking that the public not remove any items from the dumpsters during clean up week.

The dumpsters at the

Clean up, see Page 2

Supervisors discuss recorder appointment, diesel price impacts

At their regular meeting on September 14, the Worth County supervisors set the date for the appointment of a new Worth County recorder and discussed considerations for County officials in the face of potential impacts from diesel fuel prices and shortages.

tee.

With the proximity to the general election and the recorder’s office already on ballots, there would be no call for a special election or other means for the public to call for the office to be filled.

Hickle will appear on ballots unopposed for the recorder position in the November 3 general election. Assuming she is elected, she would continue as recorder with a new term beginning in January 2027.

The supervisors also plan to discuss and potentially appoint Hickles choice for new recorder deputies at

Diesel, see Page 2

Worth County Recorder Teresa Olson, whose term ends at the end of 2026, will end her term early and a new recorder will be appointed at the September 28 supervisors meeting.

Current deputy recorder Jolene Hickle was discussed at the September 14 meeting as the planned appoint-

Free radon test kits available at WCPH

Free radon test kits are available now for all rural Iowans, provided at Worth County Public Health.

Radon is a colorless, odorless gas. It can build up in homes and longterm exposure at high levels can increase risks for lung cancer.

The free test kits detect radon presence and levels

in the home. If the test reveals there are high levels, a second test would be conducted. If that test is also high, mitigation resources are available, include financial assistance for those that qualify.

Free radon test kits may be requested online at www.marionph.org/combating-cancer

Radon, see Page 2

Correction: flu clinics continue in September

Last week’s Northwood Anchor and Manly Signal featured information on flu clinics planned by Worth County Public Health.

The story included a clinic on October 2 at the Manly Senior Center, which is not included among the clinics planned.

Walk-in clinics will be held on September 24-25 and September 28 and 30 at the WCPH office in Northwood, from 8 a.m. to 4 p.m. each day.

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

Correction, see Page 2



Founders Day Light Pole winners

This year’s Founders Day festivities include a contest to decorate downtown light poles with a theme of “America 250: Harvesting 250 years.” Pictured at left is Megan Ott, with Conner Colonial Chapel, with the traveling trophy for the Grand Champion. Pictured at right is the Worth County Sheriff’s Office, which won People’s Choice. Other awards included Runner up: Strikers Baseball; Most Creative: Class of ‘76, runner up The Slice; Best Visual Impact: Lulu and Crew, runner up Flower Forager; Community Spirit: State Line Works, runner up N-K Cross Country; and Top Theme: Women of Worth and runner up Northwood Foods. Honorable mentions went to other participants, including FUNK, Viking basketball, Cotter and Company, Anderson Chi-



The Week’s WEATHER

From National Weather Service Information

Date	Hi	Lo	Prec.
Mon. Sept. 14	75	51	T
Tues. Sept. 15	69	54	1.40
Wed. Sept. 16	70	52	T
Thurs. Sept. 17	75	51	0.04
Fri. Sept. 18	68	62	0.22
Sat. Sept. 19	73	60	0.91
Sun. Sept. 20	69	60	0.26



Metz shares music

This past weekend musician Logan Metz visited Worth County for two performances. Metz is a musician and educator from Wisconsin, spanning many genres, and playing with many famous musicians, including Willie Nelson as of 2023. Metz is pictured above as the first musician to perform at the renovated Emery Building in downtown Northwood, which is being remodeled for use as a place to serve wine and display art. Metz also performed in Bolan on Sunday.

Treasurer Smith announces Worth County winner in Statewide ISave 529 Summer Giveaway

State Treasurer Roby Smith is celebrating Vera V. as the Worth County winner of a \$529 contribution to an ISave 529 account through the statewide summer giveaway. With another giveaway now underway, Treasurer Smith is encouraging families to enter for their own chance to jump-start their education savings.

"This summer, we set out to give a child in every one of Iowa's 99 counties a boost toward their future," said Smith. "I'm excited to congratulate Vera and their family on representing Worth County. Whether these funds are someday used for college, an apprenticeship or another eligible education expense, that \$529 will be useful for Vera's future."

The summer giveaway awarded a \$529 ISave 529

contribution to one child in each of Iowa's 99 counties. An additional statewide winner received a \$1,000 contribution.

"We learned about the ISave 529 program when our oldest entered kindergarten. We learned we could use the money we invested into the account for her K-12 tuition while also saving up for college in the future as well. It has been a tremendous help for our family already. The giveaways that are done quite often are an added bonus. Thank you again for selecting us as one of the 2026 summer giveaway recipients," said Brandi Van Reese, who entered Vera in the summer giveaway.

The summer giveaway may be over, but Iowans have another opportunity to win. In celebration of College Savings Month, State

Treasurer Smith is giving away one \$1,000 ISave 529 contribution in September.

"Seeing families like Vera's get excited about saving is exactly why we keep these giveaways going," Smith said. "If you entered this summer and didn't win, enter again. If you've never thought about saving for education before, now is a great time to start. Another \$1,000 is up for grabs, and it could be going toward a child in Worth County." Visit Iowa529Contest.com/ giveaways to register and learn more about saving for future education expenses. See Official Rules for complete details and eligibility requirements.

Connect with ISave 529 on Facebook, Instagram and LinkedIn to stay informed of updates and news.

Area Retired School Personnel Association reports 2025-26 local volunteer hours

The Mason City Area Retired School Personnel Association recently collected 10,982 local volunteer hours for the past year (2,873 youth and education hours and 8,109 community hours).

This group currently has 53 members made up of teachers, administrators, secretaries, aides and all school support staff from 12 local schools. Forty two

members turned in volunteer hours. At a national rate of \$36.14 per hour, the total value of local volunteer hours equaled \$396,889.48.

Schools in the local association include AEA 2, Central Springs, Clear Lake, Garner-Hayfield Ventura, Mason City, Mason City Newman, NIACC, North Iowa Christian, Northwood-Kensett, Rudd Rock-

ford Marble Rock, St. Ansgar and West Fork.

This Retired Organization supports IPERS lobbyist at the state level and gives two \$500 scholarships each year to students going into education. MCARSPA stresses local volunteerism.

Information on the Area Retired School Association may call 641-425-2394 or email sthede@mchsi.com.

Diesel Cont. from Page 1

the September 28 meeting.

In other business at the supervisors meeting, county officials discussed potential impacts of diesel fuel prices and potential shortages.

Worth County emergency management coordinator Mark Tomlinson asked the County's department heads to consider plans for ways to cut down on diesel fuel needs and expenses.

County engineer Rich

Brumm said that the secondary roads department will review their plans once fuel quotes are in, but that he would look at ways to cut back in order to have enough fuel on hand for essentials like maintaining roads in the winter.

Brumm noted that, regardless of price, in order to keep roads open, they have 10 motor graders using 80 gallons a day clearing snow.

Tomlinson advised all department heads, including ones who don't use vehicles in their duties, that diesel prices will drive up other costs, like deliveries and could lead to delays in many products.

Tomlinson also added that the County may need to look at prioritizing which departments have access to fuel if there are shortages.

N-K Cont. from Page 1

excessive damage and that roofing surfaces and insulation underneath needed to be addressed, with a new roof project beginning at the end of the previous school year.

With an extensive roofing project planned, the school board also looked at the option to add solar panels to the roof, to help offset energy costs and take advantage of renewable energy incentives before they were set to expire.

At their meeting in March 2026, the school board approved bids of \$329,350 for the roof repairs and replacement and \$479,986 for the solar energy portion of the project.

The district was expected to receive \$143,996 in federal energy project incentives.

The district was also approved to receive \$200,000 from WCDA education special fund dollars and had set aside \$200,000 from the regular WCDA funds the district receives annually. That would leave an estimated \$265,340 in costs to the district for the roof and solar projects, to be

paid using PPEL (physical plant and equipment levy) funds.

The solar panels are expected to generate \$1.7 million in energy savings over the course of the potential 30 year life of the solar panels.

While the project was completed over the summer, superintendent Tony Hiatt told the school board at their September 10 meeting that the solar project will need one day where the

Supervisors Cont. from Page 1

areas. In Worth County that primarily has included wind turbine developments. Those wind projects have been built with property tax incentives that gradually increase their valuation over several years.

The County has used TIF to borrow against those property tax increases. Projects that TIF dollars have been used on have included Interstate 35/ Highway 105 interchange water and sewer utility improvements and road projects, amongst others.

Following the public hearing, the Worth County supervisors would be able to add the RV park and administration building to the urban renewal documents and use TIF revenue for the projects.

The RV park is planned for County-owned property at the interchange, south of Highway 105 and the casino.

Plans include concrete drives, roads, 16 campsites and pads for amenities, including water, electrical and sewer connections, along with a shower house and shelter. The park is also planned to include a playground and picnic tables and other seating.

The supervisors approved a bid of \$1,083,340.64 for the project at a meeting in August.

The new administration office building is planned for the northeast corner of the courthouse property.

With continued maintenance issues and limited space, the new building would relocate offices from the courthouse and from downtown buildings, including offices for the newly full time attorney and for the Worth County treasurer.

With a new space for secondary roads/engineer office

es under construction in the northeast corner of Northwood, the current secondary roads/engineer offices and garage will be removed as a part of the administrative office building project.

The project is estimated to cost \$4.99 million in construction, as well as design and engineering fees.

Initial plans called for construction to begin this year, with completion in May 2028.

The hearing on the urban renewal planning updates will be held during the regular supervisors meeting on Monday, October 5, at 9 a.m.

Correction Cont. from Page 1

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 flu vaccine.

Those that cannot attend one of the flu clinics may call the WCPH office in Northwood at 641-324-1741 for more information or to schedule a time to receive a flu or other vaccine.

Radon Cont. from Page 1

cer, or by calling Worth County Public Health at 641-324-1741.

Kits are available at the Public Health office, or those in Worth County that can not come to the WCPH office may request one be brought to their home.

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Nagles
Cont. from Page 1

wedding festivities.”

About 10 years ago, the Nagles moved towards the Twin Cities, where Brendan would work in logistics for trucking and transportation companies before they returned to North Iowa for a job at Norsemen Trucking.

The timing was right when that job ended and the opportunity to purchase Worth Brewing was available.

“Worth Brewing has been a part of our story since the beginning. And we had a pipe dream of owning it someday,” Ann said. “We moved back home a few years ago after living in the Twin Cities for 10 years and the stars aligned and we purchased WBC from Peter and Margaret in January 2026.”

“It was something that I thought was important, that a place like this has to stick around, and hopefully continue to grow,” Brendan said.

Brendan credited Peter and Margaret for building a business and a community and helping him and Ann continue what they began.

“They brought something special to Northwood. For years it was the only brew pub between Des Moines and the Cities. And even when there were more, Worth Brewing has always stood out for its beer and for its atmosphere and community.”

And taking on Worth Brewing also meant that the Nagles could remain a part of the community that is so important to them.

“I’ve always told Ann, this is where I want to be, where I want our family to be. And now we have a business and our forever home here.”

The Nagles are continuing to build on the assets

and offerings of Worth Brewing, with the draw of the brewery, as well as the ballroom upstairs and even a second floor rental space, for those that want to spend a night or a few nights in downtown Northwood.

Worth Brewing has also developed its own community, with a number of activities and opportunities for social gatherings.

The brewery hosts yoga in the ballroom, pub quizzes, a book club and a Sip and Stitch Club. They’ve welcomed mah jong classes, family gatherings, artist receptions and more.

With an election on the way, Nagle has also invited campaigns from both parties, giving Worth County residents a chance to speak to candidates that they might not otherwise be able to.

That is in addition to the festivals hosted by WBC during the year. That includes Oktoberfest, which returns this Saturday, September 26, from 12 noon

to 9 p.m.

The annual event includes special German-style beers and German food like brats, spatzle, cabbage and more, as well as live music, games and other activities. This year’s Oktoberfest will also include a 5K, as well as shorter 0.5K path.

See more on Oktoberfest in the ad in this week’s Anchor.

While all the events, clubs and activities are special, for Brendan, it remains all about the beer.

“What it comes down to it, in the end you have to have good beer. That’s always been the focus. If you make something special, people will come to you and will seek it out.”

Worth Brewing offers 16 beers on tap, including 13 made in house, with over 25 beers made in the brewery. Besides at the pub, the beers can be found at stores, bars and restaurants around the Midwest.

Peter has remained on to help with brewing, with

Brendan and a newly hired brewmaster on hand to learn and take over when Peter looks to complete his retirement from the business.

Brendan looks forward to expanding distribution and also entering Worth Brewing beers in more contests in the future.

In the meantime, the ales and the lagers will remain a key part of the Worth Brewing Company experience, welcoming customers to the community that Brendan has always lived, that brought Brendan and Ann together and that they hope to be a part of for many years to come.

“Worth Brewing will celebrate 20 years next year. Ann and I are excited to be a part of that and we hope we’re here for at least 20 more years, and some day we hope to pass on the business to the next generation that fell in love with Worth Brewing beers, our pub and our community.”



ANN PREPARING FOR AN EVENT IN THE BEEHIVE BALLROOM



ANN NAGLE, MARAGET BISHOP, PETER AUSENHUS AND BRENDAN NAGLE



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Northwood Anchor Northwood

Survey finds Iowa pheasant population second highest in a decade

The Iowa Department of Natural Resources annual August statewide pheasant survey averaged 23 birds per route this year, which is the second highest count in more than a decade, behind only the 2025 survey. Iowa pheasant hunters should expect to have a pretty good season.

“Weather likely played a role in the lower counts this year, but 23 birds per route is the second highest average since 2015,” said Todd Bogenschutz, upland game biologist with the Iowa DNR.

The combination of weather and habitat are two main drivers of Iowa’s pheasant population and last year, most of the state experienced a normal winter, followed by a wetter and warmer than normal spring.

“We had good counts come in from across the state where we had good habitat and good winter and spring conditions,” Bogenschutz said.

Hunters in the Northeast Region will likely see the biggest decrease, he said, but populations in Northwest, North-Central and West Central regions should be comparable to 2025.

The annual August roadside survey of upland game occurs between Aug. 1-15

each year, following the same 225 30-mile long routes. Staff with the Iowa DNR count pheasants, bobwhite quail, gray partridge, cottontail rabbits and white-tailed jackrabbits. Counts conducted on cool mornings when the sun is shining, with heavy dew and no wind produce the most consistent results.

Iowa’s bobwhite quail index was down statewide by 21 percent, but is right at the 10-year average. Southwest, South-Central and West-Central regions had the highest quail counts.

Gray partridge were most abundant in the North-Central, Central, Northwest and East-Central regions, which aligns with their preferred habitat of wide-open and treeless agricultural lands.

The survey found Iowa’s cottontail rabbit population at its highest level since 2014, 30 percent above the 10-year average, with the South-Central and Southeast regions leading the way. “This is another good year for cottontails. Our rabbit numbers have been very good over the past two years,” he said.

Survey conditions weren’t ideal after Aug. 5, Bogenschutz said, when the weather was more overcast, rainy and foggy.



Best bikes

The annual Northwood-Ken-settt Homecoming festivities include an opportunity for elementary students to show off their design talents with their bikes in the N-K Homecoming parade. Three winners were chosen for their bike-decorating skills. That included (from left) Ellie Butler, Maylynn Lande and Collyns Schulz.

New StrengthenHER study aims to help women 50–75 build strength and preserve independence

Researchers at Iowa State University are recruiting participants for StrengthenHER, a multi-year research study designed to help women ages 50 to 75 reduce their risk of sarcopenia, the age related loss of muscle mass that can affect strength, mobility and long-term independence.

StrengthenHER is a 16-week virtual program that combines evidence based resistance training and nutrition education, offering women practical tools to maintain muscle and support healthy aging from the comfort of home.

“Muscle health is foundational to healthy aging, yet many women don’t realize how early muscle loss can begin,” said Sarah Francis who is the Iowa principal investigator for the project. She is a professor in food

science and human nutrition and extension state specialist in food and health at Iowa State.

“StrengthenHER is about giving women the knowledge, skills and confidence to stay strong well into later life,” Francis said.

Why StrengthenHER matters

Sarcopenia affects women at higher rates than men and is associated with increased risk of falls, loss of physical function and reduced quality of life. Early prevention, through regular strength training and adequate nutrition, has been shown to significantly slow muscle loss and support independence.

“Helping women understand that strength training is not only safe but essential as we age is one of the most empowering mes-

sages of this program,” said Francis.

Program details
The StrengthenHER program consists of:

Eight weeks of on demand resistance training videos designed specifically for midlife and older women.

Live weekly Zoom-based nutrition education sessions focused on protein intake and muscle supporting dietary strategies.

Eight weekly follow-up newsletters reinforcing key messages and skills learned during the program.

A national, research driven effort

This research is supported by funding from the U.S. Department of Agriculture National Institute of Food and Agriculture (USDA NIFA) through the Multistate Research Project NE2439.

“This program reflects years of collaborative research focused on translating science into real world solutions for women,” said Francis. “By working across states, we can better understand what supports healthy aging in diverse communities.”

How to participate

Women ages 50 to 75 who are interested in participating in StrengthenHER can learn more by contacting SDSU. StrengthenHER@sdstate.edu.

Space is limited, and participation will contribute to important research aimed at improving muscle health and independence for women nationwide, Francis noted.

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Northwood City Clean Up Days

Sept. 30 & Oct. 1

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Northwood City Yard
Located on Highway 105 East*

**OPEN Wednesday, September 30
and Thursday, October 1
from 7 a.m. - 7 p.m.**

**The City does NOT authorize the public to remove
discarded items from the dumpsters.**



RULES: Regular day-to-day garbage will not be accepted. Following items will not be accepted: Computers & Accessories; Construction Debris; Tires; Batteries; Paint; Hazardous & Flammable Items; Fluorescent tubes/bulbs and Cardboard.

Appliances will NOT be accepted at this time.



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- Monday morning be on the lookout for the menu!
- Designate someone to RSVP with Farm Name/Name & number of meals needed.

- Call or email RSVP before Wednesday Morning by 10 a.m. to reserve meals.
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Oktoberfest

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NORTHWOOD-KENSETT FALL SPORTS



N-K Varsity Volleyball

Members of the Northwood-Kensett 2026 varsity volleyball team include (front row, from left) Kenly Solberg, Chloe Woods, Lexi McHenry, (second row) True Hackenmiller, Lily Strand, Ashlyn Skellenger, Mia Fierova, (back row) Hallie Hanson, coach Sam Hunt, coach Ashley Haxton, coach Lauren Lander and Avarie Skellenger.



N-K Junior Varsity Volleyball

Members of the Northwood-Kensett 2026 junior varsity volleyball team include (front row, from left) Avery Grunhovd, Piper Brunsvold, Chloe Woods, Brianna Perkins, Rylann Risvold, (back row) Bria Kluver, Makayla Reyerson, coach Ashley Haxton, Ivy Toresdahl and Casey Gentz.



N-K JJV Volleyball

Members of the Northwood-Kensett 2026 JJV volleyball team include (front row, from left) Harley Logeman, Rylee Schoon, Piper Backhaus, Porschea Madden, (second row) Heather Perry, Amaya Rugland, Marissa Williamson, (back row) Natalie Shoars and coach Lauren Lander.



N-K Junior High Volleyball

Members of the Northwood-Kensett 2026 junior high volleyball team include (front row, from left) Aspen Beland, Madilyn Davis, Ali Thomas, Emelia Nelson, (second row) Aubrey Johnson, Mia Helgeson, Mia Yanney, Harper Davis, Josie Weller, (back row) Madelyn Strand, Hayzelei Henderson, Emma Schroeder, Kennedy Schoon, Erica Heims and Kendall Krull.

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The Northwood Anchor

BOLAN FALL MARKET

The Bolan Fall Event was held again this weekend. The annual event included the return of the Bolan bike ride. While it was a rainy ride, a few still took part. The morning included a pancake breakfast, entertainment from musician Sam Crosser and Just the Two of Us. The United Methodist Women of Trinity United Methodist Church offered their annual bazaar. Lunch included a scalloped potato and ham meal. The afternoon featured a program on Route 66. Sunday brought a musical performance by Logan Metz.



Kenison reunion

Members of the Kenison family once again started their day at Bolan's festivities before gathering for a reunion at the family farm nearby. The family are descendants of Byron Kenison, a founding member of the Bolan community. Today the farm is owned by Brian and Connie Kenison, who host the family gathering each year.

Bell donated to Bolan

Katha (Vansteenburg) Neese stopped by Bolan on Saturday, September 12, to donate, in memory/honor of her dad Barton Vansteenburg, the teacher's school bell that was used by her teacher Nettie Stumo. The Barton No. 2 school was built in 1923 at the corner of 420th Street and Thrush Avenue, just west of Bolan. It closed in 1956. At the school auction, Katha's dad Barton bought a few items, which included this bell. Katha attend the country school for kindergarten through second grade before going to "town school" in Northwood.



Bolan

The Bolan Trinity United Women in Faith met at the Bolan Schoolhouse and Cultural Center on Thursday afternoon to start setting up for the Saturday Bazaar. Vickie Flo served as hostess and Sue Cowell gave devotions.

There was a pretty good crowd at the Bolan Fall Festival on Saturday despite the weather. So many great things were going on. Something for everyone!

On Sunday afternoon at the Bolan Schoolhouse and Cultural Center Musician, Educator, Story Teller and Card Player, Logan Metz,

gave an awesome musical concert to an audience who gave him a standing ovation afterwards. Here's hoping he comes to this area again!

Coming to enjoy the festivities in Bolan this weekend, or helping where needed, from a distance were: Craig and Joanie Erdmann of Manassas, Virginia; Phylliss (White) Young of Centennial, Colo.; Jodee (White) Shadrick, from Oregon (who has been in the area for a few weeks), and Dave and Delores Delgehausen of Cross Lake, Minn.

Northwood Anchor

Fertile Lutheran Church

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

Bethlehem Lutheran, Manly

Wednesday, Assemble Newsletter, 9 a.m., WAGS, 5:30 p.m., Confirmation, 5:30 p.m.; Saturday, Men's Group at Bethlehem, 8 a.m.; Sunday, Bethlehem Adult Bible Study, 8 a.m., Bethlehem Worship, 9 a.m., Sunday School at Bethlehem, 10:15 a.m., Grace Worship, 10:30 a.m., Sunday School at Bethlehem, 10:15 a.m., Confirmation at Bethlehem; Monday, WIC Bethlehem, 9 a.m. - Noon

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

Thursday, Manna, 4:30 - 6:30 p.m., Elk Creek Quilting; Friday, Elk Creek Quilting; Sunday, Worship Bethany, 9 a.m., Worship Elk Creek, 10:30 a.m.; Monday, Manna, 10 a.m. - Noon

Linda Johnson Prestholt, Pastor Trinity United Methodist, Bolan

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

Bethel United Methodist Church

Wednesday, Diner, 8:30 a.m., Bible Study, 10 a.m., Trinity UWF at Plaza Mexico, Noon, Worship on Wednesday; Thursday, Trinity UWF, 4 p.m.; Sunday, Bethel Worship, 8 a.m., Trinity Worship, Sunday School, 9:15 a.m., Bethel Worship, 10:30 a.m.; Tuesday, Pastor Circuit Meeting, 1 p.m.

Northwood United Methodist Church

Thursday, Pizza with the Pastor, 6 p.m.; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m. 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, 7th Confirmation, 3:50 p.m., 8th Confirmation, 5 p.m., Choir, SH Youth, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m.; Sunday, Service FLC, 9 a.m., Sunday School, 10:10 a.m., DCV, 10:30 a.m., JH Youth, 6:30 p.m.; Tuesday, AA-Al-Anon, 7 p.m.

Peace Lutheran Church, Northwood

Sunday Worship Service with Holy Communion at 9 a.m., Sunday School & 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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Be Happy at Work

We all know that work can sometimes be mind-numbingly boring, difficult to the point of frustration, and stifling to the soul. But, it can also be exciting, provide a sense of accomplishment, and allow us to serve God by serving our fellow man. So, how do we ensure that we have more of the latter and less of the former? There is considerable evidence that what makes workers happy is a sense of agency, the sense that they are effective at what they are doing and that it is worthwhile work. What this really boils down to is doing something that you are good at. So, if you're in a job or career that you don't feel particularly suited to, you're probably not feeling great about your work. In that case, you should probably either retrain for a different job or work on the skills that will make you more effective in your current job. God has given all of us specific talents, and if we can incorporate those into our work we are bound to be happier and more effective. But, even if you aren't particularly good at what you do or happy where you work, do your best to put on a happy face each day at work. Sometimes happiness at work, like happiness in life, is just a choice that we make. - Christopher Simon

**Work hard and cheerfully at whatever you do,
as though you were working for the Lord rather
than for people. -Colossians 3:23**

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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

One way to get children to eat nutritious or new foods is to let them pick out recipes, go shopping with you and cook with you. Life isn't all about chicken nuggets and blue-box mac 'n cheese after all. If a child has helped create a meal, he or she will be much more likely to eat it too. And the comments of appreciation from the adults around the table go a long way to create good vides in the junior cook. The Teddy Bear Cookbook by Louise Steele (1986, Octopus Books Limited, London) is a collection of kid-friendly recipes, some of which feature HONEY, a teddy bear's favorite food! The recipes are sorted into sections such as "Sips and Sodas", "Favorite Fare", and "Picnics" along with holiday dishes. There are little bear figures in the table of contents to indicate whether the recipe is Very Easy, Fairly Easy or More Difficult. Most involve some cutting or chopping so the age of the little chef varies. Adults should determine the ability of their child to stay safe in the kitchen and whether using knives, graters, the stove or the oven is appropriate. Cooking with your child when he or she starts is the best way for them to learn.

Fish Sizzles – One Bear Difficulty

(If your child does not like fish sticks, you can substitute breaded chicken patties cut into strips about the size of a fish stick.)

- 8 frozen fish sticks
- 8 regular slices of bacon, not thick
- 3 tablespoons of ketchup
- Vegetable oil for greasing

Heat the oven to 375 degrees. Lightly brush a baking pan with some oil using a pastry brush. Using the same brush, dip into the ketchup and brush each fish stick. Place them on a plate until they are all brushed. Wrap a slice of bacon around each fish stick, winding it around from one end to the other. Lay the wrapped fish sticks on the baking pan and bake for 25-30 minutes until the bacon is fully cooked and the fish stick is golden brown. Remove from the oven using a pot holder and let the fish sizzles cool a little before eating. These taste good with French fries that you can bake at the same time.

Crispy Honey Drumsticks – 3 Bears Difficulty

- 1 ounce grated Monterey Jack cheese
- 3 tablespoons ketchup
- 4 teaspoons honey
- 4 chicken drumsticks
- 1/2 cup crushed potato chips

Vegetable oil for greasing

Heat the oven to 375 degrees. Brush a baking sheet with a little oil and set it aside. Put the ketchup and honey into a small bowl and mix them together well. Put the crushed potato chips on a plate. Add the grated cheese to the chips and mix well. Using the pastry brush, cover each chicken drumstick thickly with the tomato & honey mixture. After you cover each one, roll it in the potato chip and cheese mixture to make an even coating. Place them on the baking sheet. Bake for 30 minutes or until the coating is crisp and the drumsticks are cooked through. (NOTE: in today's world, it would be 165 degrees F. internal temperature). Carefully take the baking sheet out of the oven with potholders and let the chicken cool for a little while. Gently lift each drumstick from the baking sheet with a pancake turner and wrap a paper napkin around the thin end so you can hold it to eat.

Cheese and Raisin Muffins – 2 Bears Difficulty

- 2 oz. shredded Monterey Jack
- 1/2 cup raisins
- 1 3/4 cups self-rising flour
- 2 tablespoons real butter
- 1 teaspoon baking powder
- 1 large egg, beaten
- 2/3 cup milk
- Pinch of salt

Heat the oven to 350 degrees. Put paper liners in each hole of a 12 muffin pan. In a large mixing bowl, put the flour, baking powder, salt, raisins and cheese. Mix them together thoroughly. Melt the butter in a saucepan over low heat (NOTE: or use the microwave) and add the butter along with the raisins and milk to the flour mixture. Mix them together gently making sure all the flour is now showing as dry spots. Divide this dough into the paper liners, using all the batter. Bake for 23-30 minutes until the muffins are golden brown and they test as done with a cake tester or toothpick. Carefully remove the pan from the oven using potholders and let the muffing cool before serving them. They are good spread with cream cheese or soft real butter.

Going over some basic recipes with children and then letting them pick out ingredients with you at the grocery store gives them good practice and an understanding of what things cost and how they are sold. And, yes, it's quicker and easier to do the cooking alone or get take-out or a pizza but teaching a valuable skill to kids is well worth it in the long run. You might even get to the point where they make dinner for YOU! And...that's all she wrote.

Northwood Anchor

Society



Pictured is Gloria George with Ryker Mickelson.

George selected for her Curb Appeal

By Riki Mickelson of the Green Thumb Garden Club here in Northwood

I was honored to meet Gloria George of Northwood when choosing her address at 1208 First Ave. S. for our weekly curb appeal.

She was very happy to invite me and my son into her beautiful yard and home, and to tell me many wonderful stories.

A Senior Moment

By Sandy Olson

There is so much fall fun happening at Reconnect 720 that it's going to be hard to fit it all into this space. We'll start with the regular calendar events our members enjoy each month: Men's Coffee, every Monday at 8:30 a.m. unless it's a holiday. Ladies' Coffee Connection, every Tuesday at 8:30 a.m. Both gatherings feature good coffee, good treats and great conversation.

Weekly Bible Theme Study each Monday at 12:45 p.m. Join anytime; it's not a traditional study where you need to be there from the beginning.

Chair exercise, every Friday at 9:30 a.m. NOTE: a new one has begun, Cardio Drumming! It's fun and great movement but definitely non-traditional.

Crochet and Knitting Club, every Thursday at 12:45 p.m. Join anytime; work on your own project.

Bible Art Journaling, first and third Thursdays, 9 a.m. with Deb Rohne. Bring your Bible; Deb has other materials.

Every Tuesday afternoon is card and game time. We play several different games; those in attendance choose. Some played are Rats, Mexican Train, Bingo (two different types) or Hot Slots, a new game.

Fun With Holly Bell hap-

pens on the last Wednesday of the month, October 28. Right after lunch at 12:45 p.m. Patti Brekken teaches craft each month. In October it will be on Friday, the 16th at 1 p.m. She will be doing a free demonstration of how to accessorize your home by making a variety of pumpkins from ordinary materials that are budget-friendly Deanna reads "Strange But True" at 11:30 a.m. on Wednesday, the 21st. These are really strange laws or traditions from around the country.

The monthly birthday party, for all October babies, will start at 2 p.m., also on Wednesday, the 21st. Guests of the celebrants are always invited; cake and ice cream!

NOW, for some new activities! We will be starting an Adult Coloring group on Thursday, October 8 at 9-10:30 p.m. This will meet twice a month; the second date is on October 22. Bring your coloring books and crayons, markers, pencils and we will have some as well. This has been requested so please join us if you find this activity fun and relaxing.

Worth County Public Health nurses will hold a flu shot clinic on Friday, the 9th at 1 p.m. No appointment is needed but bring your insurance information.

Our annual drive-up dinner fundraiser will take place

she had at her "big house," as she calls it. Gloria says she got the inspiration for the barn quilt from Door County, Wisconsin, which is known for its picturesque costal towns.

You can really see in the colors used. If you have the time, I highly recommend driving by this breathtaking artistry.

Carpenter All-Class Reunion was held on August 29

The All-Class Reunion of Carpenter and Otranto Schools was held at the Carpenter Community Center on Saturday, August 29.

Sixty-Three former students attended and spent the day sharing memories of times past. A noon meal

was served by the Carpenter Community members. A short meeting was held. Bruce Gerdts gave the Treasurer's Report.

Information was given about the requirements to be followed by a teacher in 1922. Things have definitely changed! The list of stu-

dents we have last in the last two years was read and updated.

The committee of Bruce Gerdts, Melvin and Pat Johnson and Ann Hendrickson appreciate everyone who attended.

"We look forward to seeing you next year!"

ACT opens 61st season with a comedy

The first play in Albert Lea Community Theatre's (ACT) 61st season is the comedy, "Marriage Can Be Hazardous to Your Health." The show runs from October 1-10 at the Marion Ross Performing Arts Center, 147 N. Broadway in Albert Lea.

The show centers on Eddie's midlife crisis as he escapes his picture-perfect family and sets up a swinging bachelor pad in New York City. The comedy is about

the relationship between the new and the old, touching anyone who has ever fought and forgiven.

The cast includes Daniel Montenegro as Eddie Walker, a vain, hyper, commercial producer in a midlife crisis; Heather Bell as Cindy Smith, Eddie's smart, gorgeous young live-in girlfriend; Amber Mattson as Diana Walker, Eddie's intelligent ex-wife who undergoes a major personal makeover; Mark Place

as Roger Billingsley, Eddie's nervous best friend and lawyer; and Corissa Schwarz as Mrs. Valdez.

Directed by Brian Mattson, performances will be October 1-4 (matinee) and 7-10 (matinee). Curtain rises at 7:30 p.m. for evening performances and 2 p.m. for the October 4 and October 10 matinee performances.

More information is available by visiting the ACT website at ACTonBroadway.com.

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Northwood
Anchor

Opinion

Savvy Senior

Helping an aging parent manage their money

By Jim Miller

Dear Savvy Senior,

Since my dad passed away last year, my 82-year-old mother has struggled to keep up with her bills. She's proud and insists on doing things herself, but I worry she's falling behind. How can I help her manage her finances without upsetting her?

--Concerned Daughter

Dear Concerned,

You're not alone – lots of adult children step in to help aging parents with their finances. Whether it's paying bills, handling bank accounts, filing insurance claims, or sorting through taxes, taking on these responsibilities can feel tricky. The key is to approach it with respect, organization, and the right safeguards. Here's how to help your mom without stepping on her independence.

Have a conversation

Talking about money can be sensitive, especially with a parent who values doing things on her own. Start with a gentle, respectful conversation. Share your concerns and offer to help with her bills or other chores. If you have siblings, loop them in too. Knowing the whole family is on the same page can reassure your mom that everyone cares, not that you're taking over.

Get organized

If your mom is open to your help, the first step is getting organized. Make a clear list of her financial info, including monthly bills like utilities, phone, cable, and credit cards; bank and investment accounts; company benefits like retirement plans or pensions; insurance policies, including life, home, auto, long-term care, and Medicare; and copies of recent income tax returns. Having everything in one place will make managing her finances much smoother for both of you.

Locate legal documents

Now's also a good time to see if your mom has essential legal papers: a will or trust, an advance directive with a living will and health-care proxy, and a durable power of attorney for finances. If she doesn't, now's the time to get them in place. If she does, make sure they're up to date and that you know where to find them.

Simplify financial tasks

To make life easier for both you and your mom, set up automatic payments for her bills and have her income go straight into her bank account. If her accounts and investments are scattered, consider consolidating them – it makes everything much simpler. You can also get her banking and investment accounts online so you can pay bills and monitor everything anytime, without digging through papers or making extra trips.

Set up protections

Protect your mom from scams or risky spending. A True Link Visa Prepaid Card (truelinkfinancial.com/prepaid-card) gives her access to her money but lets you set spending limits. Online monitoring services like Carefull (getcarefull.com) or EverSafe (eversafe.com) can watch her accounts, flag anything suspicious, and send alerts if something seems off. These tools give peace of mind while letting her maintain independence.

Seek outside help

If you live far away or just need a hand, professional services can step in. SilverBills (silverbills.com) handles bill payments, while a certified daily money manager (aadmm.com) can come by once or twice a month to pay bills, make deposits, sort through health insurance statements, and keep everything organized. Think of them as extra hands to make life easier for both of you.

Helping a parent manage finances takes patience, respect, and tact. With clear communication, organization, and the right safeguards, you can support your mom while keeping her independence and peace of mind intact.

Send your questions or comments to questions@savvy-senior.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

I told my sister that she had drawn her eyebrows too high.
How did she take that?
She looked surprised.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. The rain sounded cold. That's because it was cold. For many years of my walking on this good Earth, such things signaled it was time to get the house ready for cold weather by putting up the storm windows and stacking firewood. I'd scurry up a sturdy (our least wobbly) ladder while carrying a putty knife to pry out any stubborn screens before replacing them with the storm windows. Then we installed tar paper first, followed by straw (or hay) bales around the base of the house to insulate the uninsulated stone foundation. This was meant to block freezing drafts and lower the amount of wood and fuel oil needed for heating. Stacking the bales tightly against the home's base stopped the frigid winter wind from rushing into crawl spaces or uninsulated floor cavities. Without such precautions, the wind gained speed as it whipped through the house. Standard bales provided an R-value that I am guessing was even higher than their X-value or Z-value, but I'm no expert. We did all this without consulting a single woolly bear caterpillar (woolly worm) or for that matter, a single woolly mammoth. Woolly bear caterpillars cannot predict the weather, but I examine them each year. I like simple answers, of which there are few, perhaps none. Folklore says long black bands mean a harsh, cold and snowy winter. A wide, rusty brown middle band predicts a mild winter. If the dark head is the lon-

gest, it means a severe early winter, while if the dark tail is longer, it foretells a cold late winter. The reality is that the bands show the caterpillar's age and how much it has eaten, not future weather. But keep looking—we get plenty of reality elsewhere.

Read any good T-shirts lately?

I see a lot of T-shirts worth reading: here are three of them.
“Family troublemaker” being worn by a 3-year-old boy but would have been just as proper on a grandfather.
Stupid should hurt.
I'd agree with you but then we'd both be wrong.

I've learned

The hardest thing to say is “I'm sorry,” but “Worcestershire” has to be a close second.
I'm the world's greatest advocate of hyperbole.
Mumbling is the glue that holds a marriage together.

Bad jokes department

What happens when you call the tin-nitus hotline? It just keeps ringing.
If you drive a Subaru in reverse, what are you? U r a bus.
I asked the librarian if there were any books on the Titanic. She said, “Probably, but they would be soaking wet by now.”
I saw a man pushing a wheelbarrow filled with horseshoes, four-leaf clovers and rabbit's feet. He was pushing his luck.

Nature notes

Not all gulls are eating pilfered pizza or fallen french fries in a parking lot. A Bomgaars store had a large flock of ring-billed gulls on its roof. The Latin word “arena” means sand, and the stage

where gladiators and exotic animals engaged in mortal combat was covered in a thin layer of sand. The store's roof might have been a gull arena. There are at least 28 gull species in North America, and not one of them is officially called a seagull. They are named Bonaparte's gull, herring gull, ring-billed gull, Franklin's gull, etc.

My neighbor Crandall enjoys watching true crime documentaries. That's what he says he is doing when the squirrels swipe the seed from one of his bird feeders.
A flock of starlings filled a tree. They were noisy, definitely not the silent majority. They are complex learners and were likely sharing the news of the day, the locations of predators, food sources, prime roosting sites, their hopes and dreams, and their frustrations with dunderheaded humans.

The number of pheasants counted in Minnesota DNR's August roadside survey jumped nearly 20% from last year. This year's pheasant index was 90 birds per 100 miles of roads driven, compared to 75 birds in 2025. There were 93 broods per 100 hens, an increase from 82 broods per 100 hens in 2025, with an average of four chicks per brood. Weather and habitat are the main influences on Minnesota's pheasant population. There was a net loss of about 22,500 acres of protected wildlife habitat compared to 2025. The cottontail rabbit index (14 rabbits per 100 miles) was similar to 2025 (14.5 rabbits per 100 miles).

Meeting adjourned

Mark Twain wrote, “I could live two months on a good compliment.” Please become an expert at forgiveness, be happy about the good fortune of others, and offer kind words.

Letters to the Editor

Voters of Worth County District 1,
I am pleased to offer my support for Amy Jorgensen in her run for County Supervisor.
Amy and I have been friends for many years, and if you know Amy you know about her love of horses, a love that she and I share. Through our friendship, I have come to know Amy as someone who is dependable, hardworking, and genuinely cares about the people around her.

One of the qualities I admire most about Amy is her willingness to lend a hand. Whether it is a neighbor, a friend, or even someone she doesn't know, Amy is the kind of person who is willing to step up when someone needs help. She doesn't look for recognition or expect something in return—helping others is just part of who she is.

I believe those qualities will serve her well as County Supervisor. Amy understands the importance of supporting our farmers and the ag-related industries who work with them, maintaining safe roads and reliable county infrastructure like our bridges, and strengthening the small towns and rural communities that make up our county. These aren't just campaign talking points; they are issues that affect the everyday lives of my husband and me living here in District 1, and our friends and neighbors who live and work in Worth County.

Amy also brings valuable experience from her time working in the county Treasurer's Office. That experience has given her firsthand knowledge of county government and the responsibility that comes with managing public resources. I believe that practical experience, combined with her common-sense approach and willingness to listen, will make her a strong and responsible County Supervisor.

Most importantly, Amy cares about people. She believes in responsive leadership and understands that serving in public office means listening to residents, being available when people need help, and working to find practical solutions.

I am proud to call Amy my friend, and I am pleased to support her candidacy for County Supervisor. I believe she will bring integrity, dedication, and a genuine commitment to our communities to the position.

Sincerely, Laura Fritz

Have you ever had the Grinch stick a needle in your knee?
When my knees and shoulders started hurting a couple years ago, I went to the Mayo Clinic and asked why do they hurt, and what my future looked like. They ordered x-rays and the Dr. basically said your knees are arthritic. What

can we do? “Take pain pills, when that doesn't work, we will give you cortisone shots, and when that doesn't work we will give you new knees”. I thought that doesn't sound very good. At this time in my life I had heard of “rooster comb” type cartilage shots and I asked about that. The Dr. was negative and said they aren't covered by insurance and they may not work very well.

Fast forward a year. I've now heard of hyaluronic acid injections from 2 people because my cousin gets them in her knees and my niece gives the shots where she works. Then I see a Facebook post that asks “Do your knees hurt?” Sounding a little like a Ron White comedy line, I decide to read the post and some of the information and find out that the Optimum Health Clinic in Clear Lake was offering a \$35 consult addressing joint pain. What can I loose I thought, and made the call. My knees at this point in my life occasionally woke me up at night in pain, and walking down hill or in some situations would produce a little “ouch” with each step. But normal day to day I wasn't in constant pain though I babied myself a little and didn't do dumb things anymore like jump out of the back of the pickup.

On the appointment date, I sit in the waiting room and here's three women from Northwood in there with me, and all tell me that they are getting help with their conditions and they rattle off a handful of other people known to me that are doing the same thing and seem to be happy. It's expensive though, one of the women says with her eyes pretty big. Insurance doesn't cover this stuff.

Well, the research was already done in my mind at that point and I was kind of excited to see what they would suggest for treatment.

It should also be said at this point that my in-laws had had 3 (of 4) knees replaced this summer and I had become quite intimately informed of all that it dealt with.

Ushered into the presence of the health care staff, they x-rayed my knees and shoulder and back. Examined me, and did an ultrasound (luckily I wasn't pregnant they discovered) of my knees and shoulders. The result, yes, they agreed with Mayo that I have some arthritis and in addition because of the ultra sound they could tell both knees have torn meniscus's on both sides, classic Adam Savage “there's your problem”. The verdict, “I think we can help you” with a great chance of success. You're in pretty good shape, things haven't progressed that far. There is hope.

“We do the following. Hyaluronic acid and platelet-rich plasma (PRP) injections and finally stem cell injections” About \$12,000. I sort of gulped, decided

I had the money to spend that way, and scheduled the services. PRP is your own blood, taken out, run through a centrifuge and injected back into places that hurt as a treatment for inflammation which causes pain. Hyaluronic acid is a natural substance produced by the human body where it acts as a fluid-like, slippery gel found in fluids and tissues. Those first two sounded pretty good. The Stem cells will help your body regenerate the damaged tissues.

Cut to the short version, the PRP injection all by themselves with the first shots made the pain go away (because they treat the inflammation I was told) in my shoulders and reduced it in my knees. The long needles that were stuck into my knees are for me were almost pain free though I braced myself for the worst case when I first saw them. The knees slowly started hurting.

1 month between shots, wear a brace on the knees and a course of vitamins. On the 4th month I got the stem cells in my knees (That's the reference to the lady who gave me that shot in her Christmas Grinch costume) this past December 2025. In the last 2/3 of the year my knees have felt better all the time. The 6 month x-rays showed visible proof of better joints, and the ultra sounds show that the meniscus tears are healing.

I have talked to one other person in the area that didn't get the relief that I have with their joint pain. So it's not perfect for everyone but it seems like all the others that I have talked to had very positive results.

I had a Dr. from Minnesota come by to do some gun work in the last month. We talked about the treatment I had. He works “below the knees” doing similar things. He also uses stem cells in the clinic he works in. “Why don't Dr's and hospitals normally do this stuff I asked. He looked at me and said “a fancy hospital with a large expensive OR department wants to do the most expensive treatments the most often as they can”. Which kind of all made fatalistic sense. Why offer a \$12,000 procedure that might work when they can do \$60,000 procedures. I do know a couple people that aren't happy with their knee jobs, but most seem to be OK, so the fact that hospitals have good success with this is a positive thing. I've just become somewhat cynical and while I'm not drinking the cool aid, I'm at least a little more open to some ideas than my past would indicate.

Would I recommend the treatment I had? Yes. I think it's worth looking into if you find yourself in a similar situation.

Dan Block

Northwood Anchor

Early Files

100 years ago

September 16, 1926

Indications now are for heavy entries in all departments at the 1925 Worth County Fair, which starts next Tuesday, September 21. President Hewitt and Secretary Christianson have reasons to believe this year's show will run ahead of the last in attendance and satisfaction. Night fairs will be held two evenings, Wednesday and Thursday. Following the acrobatic and comedy entertainment before the grandstand, there will be a magnificent fireworks display.

Deputy Game Warden Monplasure of Mason City

75 years ago

September 20, 1951

Royden Christianson, Joice, was elected Worth district Boy Scout chairman at a meeting held at Manly. Arthur Roberts, Manly, was named assistant chairman and S.B. Swartz, Hanlontown, district commander. Frank Kremer, Northwood, was named county scout finance chairman and member at large of the district committee.

Cpl. Sidney Holt, Northwood, and Sgt. 1st Cl. James Martin, St. Ansgar, were among North Iowa soldiers scheduled to arrive at San

50 years ago

September 16, 1976

Soybean harvest began in the area last week, with the first load of soybeans arriving at a local elevator on Sept. 10, when several loads were received. Although this is an early date for soybean harvest. Manager Bob Fricke of Central Soya noted that the company's first load in 1975 was received only three days later, Sept. 13.

Donald Nappe, Kensett feed store manager, was elected to the Northwood-Kensett school board in Tuesday's election. Nappe received 165 votes and Robert Thoe,

25 years ago

September 19, 2001

Newcomer Deanna Madsen was the top vote-getter in last Tuesday's Northwood-Kensett school board election. N-K voters cast 183 ballots for Madsen to give her one of the two 3-year terms in Tuesday's election. Incumbent Mike Dierenfeld edged challenger Dan Block 162-155 to claim the other seat on the N-K board of directors.

New officers were elected to the advisory council of RSVP of North Central Iowa. Jean Stowell, director of the Top of Iowa Welcome Center, was elected as secretary of the

10 years ago

September 21, 2016

Iowa Secretary of Agriculture Bill Northey made a stop in Northwood to learn more about how the local food bank operates, and cooperates with the Food Bank of Iowa. On hand to discuss services available in the community were Manna volunteer coordinators Terri and Tom Sculley and Trish O'Brien-Edwards, regional partnership coordinator with the Food Bank of Iowa.

Included in this week's homecoming actives is the crowning of the homecoming queen and king. This year's

was in Northwood Saturday and informs The Anchor that the ringneck pheasant season will be open only three days in Worth County his year, October 14, 15 and 16.

Ed Escherich, Hanlontown marshal, received a "black hand" letter threatening him with death, as a result of the killing by Escherich of Charles Adams, alias Charles Moran, St. Paul bandit, when the later resisted arrest on the road near Hanlontown a year ago last July.

Dr. M.B. Peterson, who has been located in Northwood for four years, has accepted a position with Dr. Geo. W. O'Connell, prominent Chicago doctor, and, together with Mrs. Peterson, will leave for that city this week.

James L. Taylor has purchased the A.F. Marshall shop and business and took

Francisco last Thursday from Japan. They came abroad the transport Gen. William Weigel.

Mr. and Mrs. A.C.S. Rue moved to Storm Lake, Iowa, where Mr. Rue is heating and maintenance engineer at Buena Vista College, commencing September 15. The Rues returned to Northwood from Des Moines where they had lived for several years with the intention of retiring.

Thieves, presumably young people, broke a window at the Lee Mobil station to unlatch the door and gain entrance. The break in occurred sometime on Sunday night. Only candy was taken.

Acey Harldson of Joice left for military service and is training in San Diego with the Marine Corps. Donald

Kensett insurance representative, received 91 votes.

Official enrollment figures of Friday, September 10, at Northwood-Kensett schools showed a slight increase over opening day count. The school system will receive state financial aid for 890 students, up six from the earlier figure. This is down 50 from the 1975 enrollment of 940, however.

Mary Amundson, a 1976 graduate of Northwood-Kensett High School, will leave this week for Mankato, Minn., where she will be employed. Mary will share an apartment with Anita Senne, who will attend Mankato State University.

The Viking Warriors placed second to Newman in a triangular two-mile race held

council. Ralph Wolf serves as chairperson of the advisory council. Carol Peters was elected as vice chair of the RSVP.

The Northwood's Men's Club put the Northwood New Christmas Lights fund over the top with a \$1,000 donation. The fund has exceeded its \$15,000 goal by raising \$16,893.48.

Paige Pangburn received championship ribbons at the Valley Park Hunter/Jumper Horse Show in Des Moines. She is shown with her ribbons on RH Dragonfly, a horse owned by Camelot Equestrian Centre, Joice, Iowa. Paige is the daughter of Donnie and Bryn Pangburn, Northwood.

Ashley Dierenfled, daughter of Mike and Joan Dier-

homecoming court includes Emily Christianson, Mackenzie Costello, Miranda Stambaugh, Calli Christiansen, Tegan Cotter, Matthew Parcher, Thomas Fick, Brett Bachtle, Caleb Kliment and Danton Lloyd.

Funds are being raised to spruce up the welcome sign in Bolan, along with a sidewalk connecting the community center and church there.

The eighth grade Transition Math class at N-K visits ADA Enterprises in Northwood. While they were there, ADA president Tom Swensrud led them on a tour and discussed how math is used in manufacturing.

Last week students and their parents had the opportunity to pick up a few books

possession this week. Mrs. Taylor will conduct a beauty parlor in connection with the barber shop. Oscar Streich, who was employed as a barber by Mr. Marshall, will remain in the capacity, for the time at least, with the new owner.

Worth County Farm Bureau women will hold a public demonstration of their work done during the past year at the Farm Bureau booths in the floral hall on three days at the fair next week, according to Mrs. Albert Linter, county chairman. Those taking part include Mrs. Will Estes, Mrs. Will Pangburn, Crystal Nielandt, Hazel Hill, Mrs. Guy Cooper, Mrs. Herman Doebel, Edna Bradwell, Florence Finch, Mrs. George Manus, Mrs. Henry Englehorn, Viva Cobb and Mrs. Leif Odden.

Hagen, son of Leonard Hagen, left the same day and will serve.

Four local students are attending Waldorf College at Forest City this year and began classwork last week. They are Curtis Rustad, Howard Nelson, Donald and Virgean Aamodt, all of Northwood. This is Virgean's second year and the boys are freshmen.

Mrs. Emery Ladd, the former Gladys Curtness, and son Obed arrived from Avoca, Wisc., to visit in the home of her parents, Mr. and Mrs. G.B. Burtness. They expect to travel to Long Beach, Calif., to visit her sister Mrs. James (Ivanel Burtness) May, and family. Mrs. Ladd will wind up affairs in Wisconsin and then return to Northwood.

at Northwood Saturday. St. John's of Bancroft was third. In the reserve race, Viking runner Jamie Welsh placed first with 11:33, followed by second place Jim Tesar (11:34) Newman. "I was very pleased with the way Welsh ran this race with two very even paced miles at 5:46 and 5:47. This time of 11:33 ranks as Welsh's fourth best time in the two-mile," coach Craig Lease noted.

The N-K freshmen-sophomore won the opening football game of the season Monday night when they downed Forest City 7-0. The score was 0-0 through the first three quarters with the Vikings scoring on a pass play in the final period. The team travels to Osage next Monday night.

enfeld, recently won the 4-H State Award in the project area of Beef in Ames. Ashley will receive a \$100 Saving Bond.

Lillian Thompson will celebrate her 90th birthday with her family at the Lutheran Retirement Home.

N-K running back Tom Carmody retained his balance long enough to gain five yards on this second-half carry against North Central's Scott Trebil and Andy Haack during N-K's 41-7 victory over the Falcons at Mead Field in Manly. Carmody's 11 carries for 61 yards included a 15-yard touchdown run and two catches for 46 yards included an 18-yard, over-the-shoulder catch in the end zone for the Vikings' final touchdown.

for some recreational reading, with the book fair held at the N-K Elementary School.

Sisters Lisa and Mary Irons showed cattle at the open Maine-Anjou cattle show at the Iowa State Fair. Lisa won the Reserve Champion Maintainer Spring Yearling Bull and the Champion Maintainer Cow/Calf pair.

Senior Mackenzie Costello goes up for one of her team-leading three blocks in the 3-0 win over Mason City Newman. The talented hitter is now fourth on the team with 29 kills and tied for second with 17 blocks.

N-K's Danton Lloyd runs through a huge hole provided by teammates Hayden Halbach and Tom Fick.



WCTA celebrates fourth annual Member Appreciation Day

Winnebago Cooperative Telecom Association (WCTA) recently celebrated its fourth annual Member Appreciation Day on September 9 at Friendship Hall in Forest City, Iowa.

The annual event brings WCTA members together for an evening. Attendees were served, received an exclusive member gift, exprise giveaways and a special kids' drawing. WCTA welcomed a record crowd of more than 1,300 attendees this year.

"Member Appreciation is one of our favorite events of the year," said Mark Thoma, CEO. "It's a great reminder of what makes WCTA so special and gives us an opportunity to connect and cele-

brate with the people we proudly serve and who invest in WCTA every day. We're thankful for their continued support and for everyone who came out to celebrate with us."

Prize winners included:

- \$150 Bill Credit: Jerrod Obermeyer (Kiester), Dennis Schipull (Northwood)

- Blackstone Griddle: Patti Strukel (Forest City), Tristan Miller (Forest City)

- Beats Headphones: Roger Wangsness (Lake Mills), Deeann Goette (Albert Lea)

- Ninja Creami: Daryl Mattson (Conger), Danielle Keough (Woden)

- Smart Weather Station: Fred Hare (Fertile), Michael Adams (Lake Mills)

NIACC presents 'Tony Danza: Standards and Stories' on October 3

Tony Danza: Standards and Stories will be presented at the North Iowa Community Auditorium on the NIACC campus at 7 p.m. on Saturday, October 3. This presentation is part of the 2026-2027 NIACC Performing Arts & Leadership Series.

Tony Danza and his four-piece band are bringing their hit live show, Standards & Stories, to NIACC. Combining timeless music with wit, charm, storytelling, and a dash of soft shoe and ukulele performances, Danza performs a selection of his favorite standards from the Great American Songbook while interweaving stories about his life and personal connection to the music.

This hit live show has entertained audiences around the country with The New York Times raving "Tony's a live wire who tap-dances, plays the ukulele, tells stories and radiates irresistible charm... He exudes the kind of charisma that can't be taught!" Broadway World said, "His voice and showmanship is a welcome reminder of why the standards are just that-because they're timeless." "The man has TRUE stage presence like we don't see any-



more. His singing voice is on par with any of the great performers of yesteryear or any year. Seeing Tony Danza on stage in your lifetime is a must.," said Scott Spears of WWGH Radio.

Danza has been one of the world's most beloved and iconic entertainers for over 40 years. Perhaps best known for his starring roles on two of television's most cherished and long-running series, Taxi and Who's The Boss, Tony has also starred in hit films such as Angels in the Outfield, She's Out of Control, Hollywood Knights, and Don Jon. Well established as a song and dance man, Tony has also starred on Broadway in The Producers, A View from the Bridge, and most recently received rave reviews for his performance in the Broadway musical comedy, Honeymoon in Vegas, with the New York Times calling his performance "sly genius," and a "career high." He received an Emmy nomination for his guest spot on The Prac-

- Kids' Drawing – Nintendo Switch 2: Owen Provenzano (Forest City)

A complete list of prize winners will also be shared on WCTA's social media channels.

The event also included an education table featuring information about upcoming free educational courses:

- Cybersecurity Training, WCTA Main Office, Lake Mills, Iowa on Tuesday, October 20, 9:30 a.m.

- Streaming TV, WCTA Main Office, Lake Mills, Iowa on Thursday, October 22, 9:30 a.m.

More information or to register for these free classes is available by calling the WCTA office at 800-592-6105.

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Ag Fair teaches students about farm safety, industries

Northwood-Kensett and Central Springs third grade students once again spent a day learning about life on the farm, with a focus on how to stay safe and how emergency responders help people. The annual Ag Fair took place on Wednesday, September 9, at the Worth County Fairgrounds.

In addition to farm safety, they also learned about conservation, equipment and other facets of farming and the ag industries.

The morning of learning came during the annual ag fair organized by Worth County Farm Bureau, which involves several other local groups and volunteers.

This year's ag fair began with a look at vehicles and equipment used by the Northwood Fire & EMS, including fire and ambulance units and farm rescue equipment.

NVFC members led a tour of the department's specialized rescue equipment in a truck, ambulance and a fire engine, discussing how the vehicles and various equipment might be used at an emergency scene on a farm, or elsewhere in the area.

The students then moved to the Livestock Arena to view a number of presentations and demonstrations.

Owen Burrack with Worth County Conservation, talked about animals in the area that might be found in and around farms.

Jordan Lee, from Heartland Power Cooperative, presented information on electrical safety, including the danger of working and playing near power lines.

Teresa Butler, Worth County 4-H Director, and FFA students Lauren Heiken and Brynlee Faber, discussed and demonstrated the dangers of becoming trapped in grain containers and bins, and the best ways to safely escape.

Becky Hanson, with Worth County Soil Conservation, shared information and displayed the effects of soil runoff and erosion.

Farm Bureau board member Ron Davidson, assisted by student volunteer Breck Lutz, explained how a combine works, how to stay safe around them and gave the students a look inside the machine's cab.

Cody and Marena Henkle talked about how drones are used to analyze fields and to apply chemicals remotely.

Mike with the Iowa Corn Growers Association brought a mobile education trailer and talked with students about corn industry.

Worth County Extension Program Coordinator Kennedy Eskildsen, assisted by student Avery Brunsvold, talked about corn and soybeans and the products they are used to make. Also on hand were a number of farm animals for the third graders to learn about and interact with, presented by N-K and Central Springs FFA and Worth County 4-H members and leaders.

Ady Peterson and Elle Lendsay talked about poultry, and gave the third graders a hands-on experience with some chicks.

Owen Binnebose and Jaxon Arthur, with Braun



Show Cattle, taught the younger students about beef cows.

Aydan Schutz and Kendal Kruger, with Ray Gaskill, brought them face to snout with some young pigs.

Crystal Klooster, Piper Backhaus and Mike VanSabbten taught them about sheep.

Pat and Melvin Rothove and Natalie Shoars gave them a look at visiting horses.

Harley Logeman and Aspen Beland presented information and a hands-on

experience with a dairy cow from the Steven and Linda Medlang farm.

Other Northwood-Kensett and Central Springs FFA and Ag students also helped during the ag fair. They led small groups of third grade students to the various stations, helped set up and take down and helped serve and cook the lunch, which was provided by the Worth County Cattlemen.





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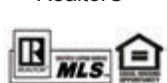
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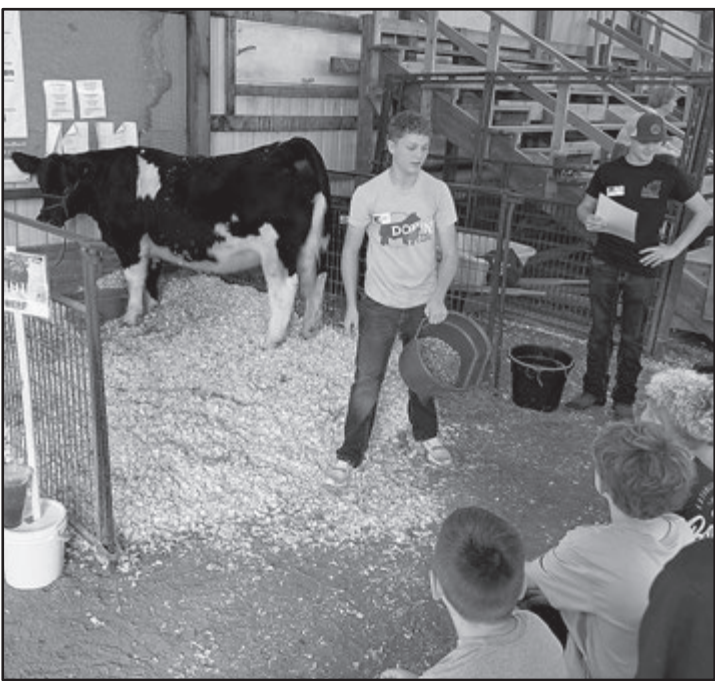
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National Farm Safety and Health Week history and themes

The 2022 data for the U.S. Bureau of Labor Statistics indicates that the agricultural sector is still the most dangerous in America with 417 fatalities.

Fall harvest time can be one of the busiest and most dangerous seasons of the year for the agriculture industry.

For this reason, the third week of September has been recognized as National Farm Safety and Health Week.

This annual promotion initiated by the National

Safety Council has been proclaimed as such by each sitting U.S. President since Franklin D. Roosevelt in 1944.

National Farm Safety and Health Week is led by the National Education Center for Agricultural Safety (NECAS), the agricultural partner of the National Safety Council.

Every September, the U.S. Agricultural Centers join partners across the U.S to raise awareness about the safety and health of people working agriculture by promoting resource-

es that fit with the daily themes of National Farm Safety and Health Week.

This year's themes include:

Monday, September 21: Equipment & Rural Roadway Safety

Tuesday, September 22: Health and Wellness

Wednesday, September 23: Generations of Farming

Thursday, September 24: Confined Spaces in Agriculture

Friday, September 25: Cancer Prevention

Share the road this harvest season

Iowa State University Extension and Outreach marks National Farm Safety and Health Week with road safety reminders

During National Farm Safety and Health Week, Sept. 21-25, Iowa State University Extension and Outreach is urging all drivers to use caution on Iowa's roads this fall. Harvest season is underway, and large farm equipment is sharing the roads with everyday traffic.

"Drivers are reminded to slow down and share the road with farm machinery this fall," said Kapil Arora, field agricultural engineer with ISU Extension and Outreach.

Large farm equipment, including combines, grain carts and tillage implements, have significant blind

spots. Drivers should account for these blind spots and judge time and distance carefully before attempting to pass. Because farm equipment frequently slows on hills and around curves, drivers should reduce speed and keep a safe following distance. Drivers should also keep in mind that this equipment is often wide, long and unable to move fully onto the shoulder.

Farm machinery operators share responsibility for road safety as well. Keeping lights, signals, reflectors and the slow-moving emblem free of dust helps equipment remain clearly visible to other drivers. When moving multiple pieces of equipment between farms, operators should space them out to support traffic flow and should avoid peak traffic

hours.

Iowans share the same roads and the responsibility to travel them safely. Staying alert, slowing down and taking precautions can help make this harvest season safe for everyone.

For more information and additional resources, visit the National Education Center for Agricultural Safety or download "Safely Sharing the Road with Farm Vehicles" and "Use SMV Emblems for Your Safety" from the ISU Extension Store.

Iowa State University Extension and Outreach will share farm safety topics daily throughout National Farm Safety and Health Week, Sept. 21-25.

Find more online at www.extension.iastate.edu.

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SEPTEMBER 21-25, 2026

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FARM SAFETY WEEK

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It's a Lifestyle
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The Northwood Anchor
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Worth County Farm Bureau & Teresa Stehn, Outreach Coordinator, would like to send out some special thank yous from the recent Ag Fair/Farm Safety held for Northwood-Kensett and Central Springs Third-Graders. Without all of your help this would not be possible.



Ron Davidson, Worth County Farm Bureau board member, is pictured at the recent ag fair, as he teaches Central Springs and Northwood-Kensett third grade students about combine safety and how corn is harvested.

Thank you to the schools for letting the students attend and take home some knowledge of agriculture and farm safety

To the Worth County Fair Board for use of the buildings.
Presenters: Northwood Volunteer Fire & EMS Company; Heartland Power Cooperative, Jordan Lee - electrical safety; Natalie Shoars, Pat and Melvin Rothove - horse; Ady Petersen and Elle Lendsay- poultry; Kendal Kruger, Aydan Schutz and Ray Gaskill - swine; Crystal Klooster, Piper Backhaus and Mike VanSabbem - sheep; Owen Binnebose, Jaxon Arthur and Braun Show Cattle - beef; Becky Hanson - Worth County Soil Conservation; Harley Logeman, Aspen Beland, Steven and Linda Medlang for providing the dairy cow; Mike, Iowa Corn Growers Assoc.- corn; Corn and Soybeans - Kennedy Esklidsen and Avery Brunsvold; Ron Davidson and Breck Lutz - combine; Lauren Heiken, Brynlee Faber and Teresa Butler - grain safety; Owen Burrack, Worth County Conservation; Cody Henkle - drones and Nexus Cooperative for the donation of the wood chips and corn.

Special Thanks to Christian Miller, N-K FFA students; Derek Straube and CS FFA students for their help with setup, tear down, cleanup, kitchen help and group leaders and Worth County Cattlemen for grilling.



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WORTH COUNTY FARM BUREAU

Secretary Naig Urges Iowans to Prioritize Safety, Mental Health this Harvest Season

As the busy harvest season starts to ramp up across the state, Iowa Secretary of Agriculture Mike Naig is urging Iowans to keep safety top of mind in the field, around the farm and on the road. Farming can be physically exhausting and mentally demanding, and agriculture remains one of the most dangerous industries in America. In recognition of National Farm Safety and Health Week, Secretary Naig has provided safety tips for both farmers and drivers as well as resources for Iowans needing mental health support.

“Harvest is an exciting time of year, but the long hours, heavy equipment and increased activity on our rural roads mean everyone needs to keep safety top of mind,” said Secretary Naig. “Farmers should take the time to work safely, get enough rest and look out for one another. Drivers can do their part by slowing down, putting away distractions and being patient when they encounter farm equipment on the road. The stress and economic pressures facing agriculture can also take a toll, so I encourage farmers

and ag workers to check in on family, friends and neighbors and reach out when help is needed. A safe and successful harvest means everyone makes it home at the end of the day.”

This year’s National Farm Safety and Health Week theme, “Safety Today, Success Tomorrow,” highlights the importance of making safety and well-being a priority every day. By incorporating the following safety tips and resources, Iowans can help ensure a safe and productive harvest season:

For Drivers and Road Safety

Be Patient: Farm equipment often moves slowly. Be patient and wait for a safe opportunity to pass, considering that it may be difficult to see around large machinery.

Keep a Safe Distance: Stay a safe distance behind farm equipment, especially when that equipment is turning or slowing down, to avoid collisions.

Signal Awareness: Be aware that farm equipment may make wide turns and may not always be able to signal. Watch for hand sig-

nals or other indicators from operators.

Avoid Distractions: Stay focused on the road and avoid distractions like texting or using your phone.

For Farmers

Stay alert: Avoid shortcuts while operating machinery.

Emergency Equipment: Ensure a first-aid kit is well stocked, a fire extinguisher is in working order and your cell phone is always charged and easily accessible.

Equipment Maintenance: Regularly inspect and maintain all farm machinery. Ensure that guards are in place and signals, lights and safety features are functioning properly.

Proper Training: Follow the guidelines for operating equipment. Ensure that everyone operating farm equipment has proper training.

Protective Gear and Chemical Storage: Wear appropriate personal protective equipment (PPE) such as gloves, goggles and hearing protection. Store chemicals in their original containers with proper labels and always use them according to their label.

Safety Around Grain Bins: Never enter a grain bin unless necessary and only if you have proper training and safety equipment. Do not work alone.

Mental Health and Stress Management

Stress Management: Engage in stress-relieving activities and take breaks when needed. Activities such as exercise and hobbies as well as plenty of sleep can help.

Manage Fatigue: Ensure adequate rest to combat fatigue, which increases the risk of mistakes and injuries. Prioritize sleep and schedule short breaks during long hours to maintain alertness.

Talk About It: If you are feeling overwhelmed or stressed, do not hesitate to reach out to family, friends or mental health professionals. Iowa State University Extension and Outreach has farm stress resources available that were created in part through a grant from the Iowa Department of Agriculture and Land Stewardship.

Iowa Concern Hotline: The Iowa Concern Hotline can be reached at 1-800-447-

1985 and offers confidential support and resources for those in need.

Your Life Iowa: For help with alcohol, drugs, gambling, mental health or suicidal thoughts, contact Your Life Iowa at 855-581-8111, text 855-895-8398, or chat at yourlifeiowa.org.

988 Suicide & Crisis

Lifeline: For immediate crisis support, call or text 988 anytime.

For additional resources on farm safety and wellness, visit the National Education Center for Agricultural Safety, Iowa’s Center for Agricultural Safety and Health, or the North Central Farm and Ranch Assistance Center.

Northwood Insurance Agency

91 9th St. South
Northwood, Iowa
50459

641-324-9844
fax: 641-324-2570
email: jamidtgard@gmail.com

John Midtgard
Agent



FARM SAFETY WEEK

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The third graders from Northwood-Kensett gathered for a photo at the annual Ag Fair.

10 easy steps for Farm Safety

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4. Provide training.
5. Conduct inspections.
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The kids on the bus read read read

Children in the Little Learns program at the Lake Mills Library recently learned about school buses. In addition to hearing a bus story, they boarded a bus with Michael Wallin, transportation director at Lake Mills schools, who taught them about bus safety.

Briefs

Lake Mills Fall Carnival tomorrow

Lake Mills will host a Fall Carnival tomorrow, 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.

LMCS celebrates building's 100 years Sunday

Lake Mills Community School will celebrate the 100th anniversary of its historic 1926 school building with an event this Sunday, September 27, from 1-3 p.m.

The celebration will include a century of memories, the chance to reconnect with old classmates and the chance to honor the foundation of the Lake Mills school community.

The celebration will be held from 1-3 p.m. and will include ice cream floats as well as the celebration of the school's history.



BAM at the library

Young people in the Lake Mills Library's after school program spent their first day with a critical thinking team building game. They also enjoyed dirty sodas.

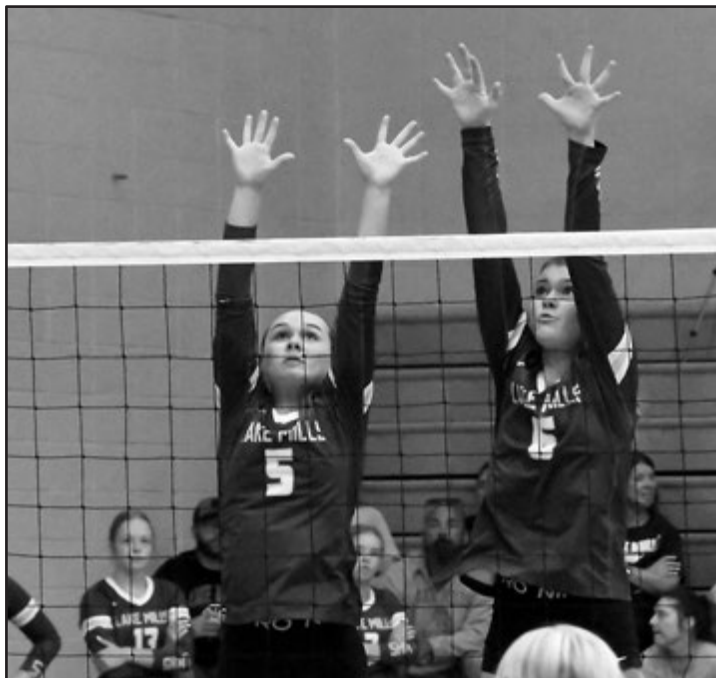


On the Web

The library's after school program continued with a big group that took part in spidery activities. They built a web to help with introductions. Then they took part in a building challenge.

Lake Mills

News Sports



Bulldogs Regan Eastvold and Tori Sterrenberg go up for a block during recent tournament action at Central Springs.



Bulldog senior libero Cora Sauer serves the ball during recent tournament action in Manly. She was 27-30 on the day with five ace serves.

Bulldogs easily handle Bishop Garrigan

By Julie Salisbury

The Lake Mills Bulldogs hosted the Bishop Garrigan Golden Bears in a Top of Iowa Conference West match on Tuesday, September 15, and won easily in three sets, 25-16, 25-10 and 25-9.

Mackenzie Budach led the team in kills with 12, she also had five digs, one block and was a perfect 10-10 serving with one ace. Betsy Byars had eight kills, five digs and was 21-23 serving with a team high nine ace serves, and Regan Eastvold had 28 assists, one block, four digs and was 6-8 serving with four ace serves. Ari Stensrud had seven kills, four blocks, five digs and was 12-13 serving with two ace serves. Hayden Wempen had two kills, one block and was 6-6 serving with three ace serves and Afton Dean had three kills and two blocks. Tori Sterrenberg had two kills and two blocks and Cora SAuer had 11 digs and was 11-13 serving with three ace serves.

The Bulldogs tallied 34 kills, 28 assists, 11 blocks, 30 digs and were 66-73 serving with 22 ace serves.

On Saturday, September 12, the Bulldogs won the Central Springs Invitational Tournament with a 5-0 record. They defeated



Bulldog Makenzie Budach puts down one of her 32 kills on the day at the recent Central Springs tournament.

Central Springs 21-12, 21-10, defeated Newman 21-14, 13-21 and 15-11, defeated Northwood-Kensett 21-9, 21-9, defeated Rockford 21-8, 21-9, and defeated Clarksville 21-2, 21-6.

Budach led the Bulldogs with 32 kills, four blocks, 14 digs and 23-25 serving with seven ace serves. Byars had 28 kills, one assist, 10 blocks, 15 digs and was 27-29 serving with four ace serves, and Regan Eastvold had 77 assists, seven kills, 20 digs, one block and was 37-41 serving with seven ace serves. Sauer had 21 digs, two assists, seven blocks and was 27-30 serving with a team high five ace serves. Stensrud had 15 kills, 21 digs, seven blocks and was 53-57 serving with

a team high 13 ace serves, and Sterrenberg had five kills, six blocks and one assist. Dean had nine kills and six blocks, and Wempen had five kills, one dig and two blocks. Faith Stene was 12-13 serving with two ace serves, and Liz Oldenkamp had three digs and was 10-12 serving. Halle Peterson was a perfect 5-5 serving with one ace.

As a team, the Bulldogs had 101 kills, 83 assists, 37 blocks, 96 digs and were 194-212 serving with 39 ace serves.

Lake Mills is 12-3 overall and 3-0 in conference play at the time of this article. They traveled to Forest City on Saturday, September 19, for tournament action. See next week's edition for the results.

Lane Rygh fifth at Osage Invite

By Julie Salisbury

The Lake Mills cross-country teams traveled to Osage on Tuesday, September 15, for the Osage Invitational and were led by Lane Rygh who is ranked no. 19 in Class 1A. Rygh placed fifth with a time of 17:26. Caleb Skogen was 17th with a time of 19:21 and Wyatt Hansen was 21st with a time of 19:26. Carson Christianson was 22nd with a time of 19:28 and Kade Lee was 23rd with a time of 19:31. Aiden Reese was

27th with a time of 19:50 and Micah Skogen was 34th with a time of 20:23. The Bulldogs as a team, placed second.

The Bulldog boys have now entered the team rankings, they are ranked no. 13 in Class 1A in the IATC Cross-Country Team Rankings.

In the jv boys race, Jesse Rygh was 11th with a time of 21:30, Conner Van Roekel was 19th with a time of 22:58 and Case Casperson was 24th with a time of

24:30.

The Lady Bulldogs were led by Kara Renneker who was 13th with a time of 22:44 and Kaylie Sylvara who was 23rd with a time of 23:31. Tori Holtan was 29th with a time of 24:42 and Lily Young was 34th with a time of 25:21. Katie Machin was 35th with a time of 25:21, Laylah Ingledue was 52nd with a time of 30:20 and Kylie Schulz was 53rd with a time of 30:24. The Lady Bulldogs finished fifth as a team.



Bulldogs Tori Holtan, Lily Young and Kara Renneker take off at the Osage Invitational.



Bulldog Kaden Lee runs along the trail at the Osage Invitational. Photos courtesy of Kathie Blake Photography.



Bulldog Leif Rogne wraps up the Belmond-Klemme ball carrier during Thursday night's game in Lake Mills.



Bulldog Mason Helgeson with one of his 18 carries on the night against the Broncos. Helgeson ran for 82 yards and had one 21 yard reception.

Bulldogs fall to Broncos

By Julie Salisbury

The Lake Mills Bulldogs hosted the Belmond-Klemme Broncos in a district game on Thursday, Sept. 17, and were defeated 34-0 after trailing 20-0 at the half.

The offense was led by Mason Helgeson who had 18 carries for 82 yards and a 21 yard reception. Asher Stensrud had 11 carries for 42 yards and he was 2-12 throwing, he passed for 32 yards and had one interception. Carter Ham had one carry for 13 yards and one reception for 11 yards.

Sawyer Schipper had three carries for seven yards and Cruz Flugum had nine carries for five yards.

Flugum had one kick return for 13 yards and Helgeson had five for 36 yards and one punt return for 14 yards.

Leading the defense was Lane Sprecher with nine total tackles and eight solo. Helgeson had 6.5 tackles, six solo, and Gavin Levorson had 4.5 tackles, four solo. Schipper had 3.5 tackles, three solo, and Leif Rogne had 3.5 tackles, two solo. Carter Ham had three tack-

les, two solo, and Andreas Aragon had 2.5 tackles, two solo. Berkeley Dean had 1.5 tackles, one solo, and Flugum, Logan Whitner, Elliot Horton and Ramon Fernandez each had one solo tackle. Easton Gassman had a tackle assist.

Braylon Hanson had one kickoff for 20 yards and Rogne had two punts for 62 yards total.

The Bulldogs are 0-4 on the season and 0-2 in district play. Lake Mills travels to West Hancock on Friday, September 25.

New term begins for 2026-2027 Iowa State 4-H Council

Thirty Iowa youth are beginning their terms as members of the 2026-2027 Iowa State 4-H Council following their induction during the closing ceremonies of the 2026 Iowa 4-H Youth Conference held at Iowa State University.

Representing communities across Iowa, these young leaders will serve as ambassadors for Iowa 4-H while helping shape programs, events and opportunities for youth across the state.

Adylyn Peterson, of Worth County will serve on the Iowa State 4-H Council this year.

"The Iowa State 4-H Council provides young people with meaningful opportunities to lead, collaborate and make a difference," said Megan Carlson, 4-H youth program specialist with ISU Extension and Outreach. "Through their service, council members help ensure that Iowa 4-H remains relevant, responsive and driven by youth voice."

Council members were selected through a competitive application and interview process designed to identify youth with strong leadership potential, communication skills and a commitment to serving others. During their year of service, members participate in leadership development experiences, connect with peers from across Iowa and contribute to initiatives that strengthen the 4-H program.

Council members say they are eager to expand the reach of Iowa 4-H and help more young people discover growth opportunities.

"I hope the 2026-2027 State 4-H Council will impact 4-H'ers from across the state," said Ella Tasler of Greene County. "4-H is such a great opportunity to be a part of, and I want everyone to have as great of

an experience as I have had."

One of the council's primary responsibilities is helping plan and facilitate the annual Iowa 4-H Youth Conference. Members also support activities at the Iowa State Fair, promote statewide leadership opportunities and serve as ambassadors in their home counties and surrounding communities.

Brynn Ostrem of Hamilton County said she is especially excited about helping plan the next Iowa 4-H Youth Conference and ensuring youth voices are heard. "I am most excited to accomplish the planning and execution of the 2027 State 4-H Conference, and I hope to have an impact on Iowa 4-H youth by helping them get their voices heard about changes or improvements to local county and state 4-H events."

In addition, council members serve on committees focusing on youth voice, philanthropy, service and outreach. Through these experiences, members collaborate with Iowa 4-H staff and partners, provide input on programs and initiatives, lead service-learning efforts and help foster connections among young people across the state.

For Chloe Rickertsen of Scott County, outreach and awareness are key goals. "This year I'm hoping to spread more awareness about all the fulfilling activities you can participate in through 4-H at the county and state levels," she said. Rickertsen and fellow ambassadors are already developing presentations to help young people learn about opportunities and become more involved in 4-H.

Council members also help promote the annual 4-H'ers for 4-H campaign, a



ADYLYN PETERSON
WORTH COUNTY
IOWA STATE
4-H COUNCIL

youth-led effort that supports Iowa 4-H programs and opportunities, including enrollment assistance, camps, conferences and statewide leadership experiences. Participation in the campaign helps members better understand the impact of philanthropy and the importance of investing in future generations of 4-H youth.

As representatives of Iowa 4-H, council members share their experiences through local events, workshops, fairs and leadership activities that encourage youth engagement and strengthen connections between local and statewide programs.

Addison Thomas of Story County said sharing personal experiences can help inspire younger members to become involved. "There are many ways to be a leader and make an impact in your community through 4-H," Thomas said. "By sharing my story with other 4-H'ers, I am able to show them that there are opportunities to impact, serve and lead on a larger scale."

The experience helps members build skills in leadership, communication,



professionalism, teamwork and civic engagement while preparing them to be Beyond Ready for college, careers and life.

For many council members, the experience is also an opportunity for personal growth. Luci Kucera of Jasper County said she hopes to strengthen her leadership and public speaking skills while serving as a role model for younger members. "I am able to help other 4-H'ers gain skills that are going to be beneficial for the rest of their lives," she said. Kucera added that serving on the council allows her to demonstrate what 4-H has to offer and how young people can make a difference in their communities while

pursuing their own educational goals and passions.

As a council member, Hailey Stein of Palo Alto County said she is excited to connect with youth from across Iowa, learn from their experiences and help create an environment where every 4-H member feels welcome to experiment and learn. She also hopes to inspire younger members to step outside their comfort zones and take advantage of the many opportunities available through 4-H, noting that "sometimes the most rewarding experiences begin with simply trying something new."

"State 4-H Council gives young people the chance to learn by doing, lead along-

side their peers and create positive change in their communities," said Erica Holliday, 4-H youth program specialist. "These experiences help youth build the confidence and skills they need to succeed today and into the future."

Throughout the year, council members attend multiple retreats to develop innovative ideas, strengthen connections with Iowa youth and help expand opportunities for current and future 4-H members.

The State 4-H Council members represent all parts of Iowa. They work to give back to their communities and help 4-H Youth Development best serve the youth of Iowa.

CONCERNED ABOUT DATA CENTERS IN IOWA?

*Join Iowa CCI Action for a community
meeting in Mason City.*

- **WHEN:** Tuesday, September 29th from 6:30-8:00PM
- **WHERE:** North Iowa Area Community College, 500 College Drive, Mason City, IA 50401

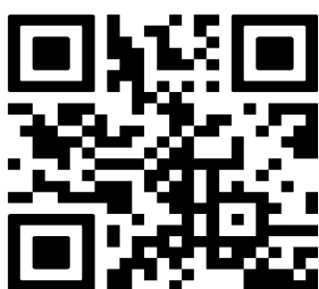
Iowans are turning out in large numbers to tell their elected officials - *No new data centers in Iowa!* - by urging elected officials to pass data center moratoriums.

So far, 28 Iowa counties and 8 towns have passed data center moratoriums – and more are on the way!

These big tech monstrosities are often owned by multi-billion-dollar corporations that are gobbling up our water, energy, farmland, tax dollars and more.

Why the rush to build so many, so fast?

Join us Tuesday, September 29 to learn more and find ways to take action!



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Notice

NOTICE OF INTENT TO FILL THE VACANCY OF WORTH COUNTY RECORDER BY APPOINTMENT

The office of the Worth County Recorder will be vacant on October 1, 2026. The Worth County Board of Supervisors intends to fill this vacancy by appointment no later than September 28, 2026, at a regularly scheduled Board of Supervisors meeting, as authorized by Iowa Code §69.14A(2)(a) until the next pending election as defined in section §69.12.

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY

Case No. ESPR009525
NOTICE OF APPOINTMENT OF ADMINISTRATOR AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF BONITA GAYLE TURVOLD NORLANDER, Deceased
To all persons interested in the Estate of Bonita Gayle Turvold Norlander, Deceased, who died on or about October 1, 2023:

You are hereby notified that on September 10, 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 on September 8, 2026.

Wallace William Norlander
Administrator of the Estate
5250 Vernon Avenue, Apt. 206
Edina, MN 55436

Douglas A. Krull
ICIS#: AT0004489
Attorney for the Administrator
Krull Law Office
714 Central Avenue
Northwood, IA 50459-0200

Date of second publication the 30th day of September, 2026.

38-2t

Notice

IN THE IOWA DISTRICT COURT FOR WORTH COUNTY JUVENILE DIVISION NOTICE

TO: Any putative father of H.W. (DOB 07/27/2019)

YOU ARE HEREBY NOTIFIED THAT THERE is an ongoing Child in Need of Assistance case in the Juvenile Court for Worth County, Iowa, case no. JVVJ001042.

You are further notified that Adjudication hearing on the CINA petition has been set in the Courtroom of the Worth County Courthouse, Northwood, Iowa, on the 12th day of October, 2026, at 10:00 a.m.

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

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

Jeffrey H. Greve
Worth County Attorney
Telephone: 641-324-1291
Email:
attorney@worthcounty.org 37-3t

Notice

IN THE IOWA DISTRICT COURT FOR WORTH COUNTY JUVENILE DIVISION NOTICE

TO: Any putative father of E.J. (DOB 08/08/2026)

YOU ARE HEREBY NOTIFIED THAT THERE is an ongoing Child in Need of Assistance case in the Juvenile Court for Worth County, Iowa, case no. JVVJ001041.

You are further notified that Adjudication hearing on the CINA petition has been set in the Courtroom of the Worth County Courthouse, Northwood, Iowa, on the 12th day of October, 2026, at 10:00 a.m.

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

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

Jeffrey H. Greve
Worth County Attorney
Telephone: 641-324-1291
Email:
attorney@worthcounty.org 37-3t

Supervisors

September 15, 2026
Special Meeting
The Worth County Board of Supervisors met pursuant to adjournment with A.J. Stone, Enos Loberg and Mark Smeby, present. Jacki Backhaus, auditor, was also present.

Meeting called to order by Loberg at 11: 04 A.M.
Motion Smeby/Second Loberg to approve today's agenda. Motion carried.

Motion Smeby/Second Loberg to approve claims in the amount of \$1,704,575.36 per the following schedule. Motion carried.
Access Systems Leasing
Service-Dap, Eng & Asr.1,071.07
Activated Insights
Service-Phd..... 197.88
Avantage Fs Inc
Fuel-Eng.....664.06
Ahlers & Cooney, P.C.
Service-Gsr.....627.50
Amazon Capital Services
Supplies.....8,979.15
At&T Mobility
Service-It/Gis..... 318.17
Axon Enterprise, Inc.
Supplies-Shf.....31,113.20
Bauer Built Tire Inc
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Service-Vaf.....108.00
Black Hills Energy Inc
Service-Eng.....86.61
Bmc Aggregates Llc
Rock-Eng.....4,061.51
Brian M. Kuchay, Md
Ems Contract.....100.00
Callie Plattum, Mileage-Trs.35.72
Canadian Pacific Railroad Co
Rent-Con.....50.00
Carquest Auto Parts Inc
Supplies-Eng.....1,302.80
Cemstone Concrete Materials, Llc
Supplies-Eng.....4,572.00
Centurylink, Service-Eng...182.37

Cerro Gordo Co Auditor
Service-Juj.....2,318.77
Chad Wurtzel, Reimb-Shf....25.99
Chosen Valley Testing, Inc
Service-Cap.....4,500.00
City Of Carpenter
Rutf-Eng.....33.74
City Of Fertile
Rutf-Eng.....2,204.08
City Of Grafton
Rutf-Eng.....1,261.94
City Of Hanlontown
Rutf-Eng.....550.05
City Of Joice, Rutf-Eng....1,492.38
City Of Kensett, Rutf-Eng..735.61
City Of Manly, Service-Eng..59.85
City Of Northwood
Service-Eng.....554.57
Cnh Industrial Capital
Supplies-Con.....972.20
Colton Kisner, Reimb-Eng..184.99
Crazy Clean, Service-Gsr.1,800.00
Cresco Building Services, Inc.
Service-Cap.....624,474.46
Croell, Inc., Service-Eng 30,000.00
Culligan Of Mason City
Service-Gsr.....139.60
Diamond Mowers Inc
Parts-Eng.....972.18
Dorsey & Whitney Lip
Service-Cap.....20,969.50
Election Source
Supplies-Aud.....38.42
Emily Eilertson
Mileage-Trs.....50.16
Enos Loberg, Mileage-Sup..384.25
Eurofins Test America
Service-San.....430.00
Falkstone Llc, Rock-Eng..4,227.66
Forest City Veterinary Clinic, Llc
Service-Shf.....147.74
Frank Stearns
Service-Mex.....250.00
Freeborn County Coop Oil
Fuel-Eng.....25,154.46
Government Forms & Supplies
Supplies-Aud.....137.14
Grafton Welding
Service-Con.....440.00
Greve Law Office

Rent & Payroll-Aty7,508.50
Groe Enterprises, Inc.
Supplies-Eng.....39.12
Halock Security Labs
Service-Dap.....233.19
Hartland Lubricants & Chemicals
Supplies-Eng.....4,022.58
Heartland Power Coop
Service-Wwt.....2,372.18
Huber Supply Co Inc
Supplies-Eng.....336.55
I35/105 Welcome Center Inc.
Fy27 Aug H/M Tax-Ndp 1,108.33
Ia Prison Industries
Supplies-Eng.....11,927.02
Ia Secretary Of State
Service-Aud.....967.18
Ia State Assn Of Assessors
Edu-Asr.....850.00
Iccs, Edu-Con.....265.00
Imwca
Wk Comp Prem-Ins.....10,342.00
Intoximeters, Inc
Supplies-Shf.....6,510.00
Iowa Communications Network
Service-Dap.....825.00
Ip Pathways
Service-Dap.....1,410.88
Jacki Backhaus
Reimb-Aud.....842.81
Jacob Hanson, Reimb-Trs..288.80
Jason Holtan
Reimb-Eng.....184.98
Jj's Hardware
Supplies-Gsr & Dap.....677.98
Joe's Collision & Performance Inc
Service-Shf.....78.59
Jolene Hiekle, Reimb-Rec..961.10
Kam Line Highway Markings Llc
Supplies-Eng.....84,309.20
Kevin Springer Construction
Service-Gsr.....324.50
Kingland Construction Services
Service-Cap.....28,171.42
Kiow, Service-Phd.....462.00
Knudson Automotive Service
Service-Eng.....18,130.68
Kruger Electric Llc
Service-Wat & Wwt.....2,316.75
Larsen Plumbing & Heating Inc

Service-Gsr.....277.26
Lawson Products Inc
Parts-Eng.....1,533.26
Liftoff, Llc, Service-Dap.....69.00
Madsen Construction
Service-Cap.....176,589.75
Manly Junction Signal
Service-Sup.....383.31
Mark's Tractor Inc
Supplies-Con.....64.92
Mason City Red Power, Inc.
Parts-Eng.....220.32
Matrixcare Home Health & Hospice Llc, Service-Phd.....3,518.44
Matt Parrott/Storey Kenworthy
Supplies-Aud.....211.55
Mercyone North Iowa Occupational Health
Service-Eng.....24.00
Metal Culverts Inc
Supplies-Eng.....9,838.40
Mid-American Research Chemical
Supplies-Eng.....445.01
Missy Dagestad
Mileage-Trs.....35.72
Mitchell Co Sheriff
Service-Shf.....2,600.00
Myron Corp, Supplies-Vaf..624.31
Nassco Inc., Supplies-Gsr...133.20
Nate Levan, Service-San...294.25
Nelson Family Trust
Rent-Shf.....300.00
Nexus Cooperative
Supplies-Con.....576.35
Niagoc, Service-Tra.....342.28
North Iowa Broadcasting Inc
Service-Phd.....3,791.00
Northwood Anchor Inc
Service-Sup.....639.11
Northwood Sanitation Llc
Service-Gsr.....321.50
Peterson Contractors Inc
Service-Eng.....337,570.20
Plunkett's Pest Control Inc
Service-Gsr.....386.97
Professional Office Services
Service-Trs.....4,516.59
Quality Flow Systems, Inc.
Service-Wwt.....15,625.30
Roto-Rooter Of Mason City

Service-Gsr.....250.00
S&H Environmental Services Llc
Service-Wat & Wwt.....23,174.65
Seat Treasurer, Edu-Aud25.00
Shane Batton, Service-Gsr..560.00
Shred Right, Service-Phd....83.77
Singelstad's Hardware
Supplies-Eng.....150.00
Steve Butler, Reimb-Gsr....73.15
T-Mobile, Service-Shf.....1,650.18
Trading Post
Supplies-Eng.....3,524.25
Truck Center Companies
Supplies-Eng.....2,769.45
Uline Inc, Supplies-Eng...5,307.89
Van Diest Supply Company
Supplies-Eng.....7,011.05
Veenstra & Kimm, Inc
Service-Cap.....88,800.21
Vestis, Service-Eng.....91.76
Wageworks, Inc.
Service-Ndp.....71.10
Watson & Ryan, Plc
Services-Asr.....1,944.17
Wex Bank, Service-Tra....23,371.13
Whks & Co, Service-Eng..3,438.00
Winnebago Coop Telephone Assn
Service-Gsr.....3,818.00
Winn-Worth Beto
Fy27 Aug H/M Tax-Ndp 1,662.50
Worth Co Historical Society
Fy27 Aug H/M Tax-Ndp 1,108.33
Worth County Engineer
Fuel-Shf.....6,079.73
Worth County Fair
Fy27 Aug H/M Tax-Ndp 1,662.50
Worth County Treasurer
Taxes-Eng.....9,696.92
Worth Lumber Co
Supplies-Eng.....321.81
Ziegler Inc, Parts-Eng....4,803.09
Grand Total.....1,704,575.36
Motion Stone/Second Smeby to adjourn at 11:05 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

Lake Mills Community School

Meeting Minutes
Board of Directors
Lake Mills Community School District

September 14, 2026

Regular meeting of the board:
Vice President Kari Osheim called the regular meeting to order at 5:00 P.M. in the Library—Media Center at 102 South 4th Avenue East, Lake Mills, Iowa, and determined a quorum. The following board members were present: Vice President Kari Osheim, Jolene Helgeson, and Kristin Wempen. President Ryan Joynt was absent. Jake Thompson was absent at the start of the meeting. Others present included Superintendent Chris Rogne, Elementary Principal Connor Kem, Board Secretary Drake Abbey, and guests.

Agenda:
Wempen moved to approve the agenda. Helgeson seconded the motion. The motion carried with all ayes.

Administrative and other reports:

Mr. Rogne commented on announcements and celebrations. The community is invited to a celebration for the 1926 building's 100th anniversary. The celebration is scheduled for Sunday, September 27, 2026, from 1:00 P.M. to 3:00 P.M. Five special education teachers gave a special education report. Five teachers gave a report related to Life Space Crisis Intervention and Teach to Heal. Mr. Kem gave a building-level report. Director Jake Thompson arrived at 5:29 P.M. during Mr. Kem's building-level report. Mr. Kem also gave Mr. Madson's building-level report in his absence. Mr. Rogne gave a system-wide report and facilities update.

Consent agenda:
Helgeson moved to approve all items as presented on the consent agenda. Wempen seconded the motion. The motion carried with all ayes.

1. Approval of previous minutes
2. Approval of officials
3. Approval of fundraisers: FBIA (shirts, decals, banners, stickers, etc.); band and chorus (Butter Braid pastries, home goods and frozen food, chocolate bars and pretzels, mattresses and bedding supplies); wrestling (clothing); Library—Media Center (fall book fair)

4. Approval of financial reports
5. Approval of committee reports
6. Acceptance of donations
7. Approval of personnel items
a. New hires, appointments, and adjustments: Krissi Dalluge (for learner assistant); Annaston Stene (for middle school girls' wrestling coach); Khrystine Bendickson (for learner assistant); Nathan Sletten (lane change to MA+30)
8. Approval of open enrollment requests
a. In: Krissi Dalluge requests her kindergarten and 4th grader attend from St. Ansgar; Andrew Hansen requests his 7th grader attend from Forest City
b. Out: Andrew and Brittany Hall request their 5th and 6th graders attend Forest City; Christen Walberg requests her 6th and 8th graders attend Forest City; Jewell and Tyler Doss request their kindergarten attend North Iowa; Jessica Hidalgo requests her 8th grader attend Forest City; Ryeder Gonzalez requests that a 1st grader attend Clayton Ridge – Iowa Virtual Academy
9. Approval of partnerships & agreements
a. Addendum to contract for educational services with NIACC
b. Engagement letter with Nolte, Cornman & Johnson, P.C., for fiscal year 2026 audit

Old business:
Wempen moved to approve the IASB Policy Primer revisions. Helgeson seconded the motion. The motion carried with all ayes. The revised policies include 503.11 and 503.11R1.

New business:
1. Thompson moved to approve attendance at the National FFA Convention. Wempen seconded the motion. The motion carried with all ayes.
2. Mr. Rogne presented a proposal for local first responders to use a retired school bus for a training drill before disposal. Helgeson moved to approve selling the 2007 Blue Bird 65-passenger school bus to a metal recycling facility for scrap metal price following its use in a safety retraction drill by local first responders. Thompson seconded the motion. The motion

carried with all ayes.

3. Mr. Rogne presented the 2025-2026 special education deficit. Wempen moved to authorize administration to submit a request to the School Budget Review Committee for a modified supplemental amount of \$437,840.11 for the 2025-2026 special education deficit. Helgeson seconded the motion. The motion carried with all ayes.

4. Mr. Rogne presented the 2025-2026 excess costs of the English learner program. Wempen moved to authorize administration to submit a request to the School Budget Review Committee for a modified supplemental amount of \$8,360.82 for excess costs of the 2025-2026 English learner program. Thompson seconded the motion. The motion carried with all ayes.

Presentation and approval of bills:

1. Payment application number 5 and the final acceptance for the high school gym HVAC project were not ready, so the board did not act on this item.

2. Wempen moved to approve payment of the list of bills as presented. Helgeson seconded the motion. The motion carried with all ayes.

Next meeting:
The next regular board meeting is scheduled to be held in the Library—Media Center on Monday, October 12, 2026, at 5:00 P.M.
Adjournment:
Wempen moved to adjourn the meeting. Helgeson seconded the motion. The motion carried with all ayes. The meeting adjourned at 6:09 P.M.

Kari Osheim, Board Vice President	
Drake Abbey, Board Secretary	
List of bills:	
Vendor Name	Description
Amount	
Fund Number 10	General Fund
AbeBooks, Textbook.....	25.25
Access Systems	
Contract overage.....	1,572.24
AgVantage FS, Inc.	
Tank rent.....	150.00
Albert Lea Newspapers, Inc.	
Publications.....	113.00
Algona Community School District, Registration.....	175.00
Amazon Prime	
Supplies.....	8,934.63
Arnold Motor Supply	
Bus parts.....	179.23
Baumann, Brianna	
Meal reimbursement.....	103.87
Beat By Beat Press	
4th grade musical.....	395.00
Bjorklund, Robert	
Physical.....	70.00
Black Hills Energy	
Natural gas.....	651.54
Blick Art Materials	
Supplies.....	344.36
Bodenham, Dawn	
Supplies.....	187.85
Carolina Biological Supply Company, Supplies.....	335.86
Central Automotive Repair & Collision Inc., Services.....	712.55
Chick-fil-A, Meals.....	48.93
City of Lake Mills	
Utilities.....	10,408.91
Clothing Care Center	
Services.....	931.70
Coloff Digital, LLC	
Website support.....	200.00
Coloff Media	
Publications.....	135.00
Department of Administrative Services	
Administration fee.....	600.00
Des Moines Register #1150, The Subscription.....	63.01
Don's Motor Mart, Fuel.....	328.55
Fiserv, Processing fees.....	569.19
Frechnick, Phillip	
Services.....	375.00
Gopher Sport, Supplies.....	733.75
Greenfield, Allison, Supplies	19.42
Grimco, Inc., Equipment.	7,070.00
Groe Electric, Inc.	
Service call.....	194.59
Hanson, Carrie	
Screencastify subscription.	84.00
Heartland AEA	
Registration.....	166.00
Hebrink, Kevin, Physical.....	70.00
Holiday Inn Des Moines	
Lodging.....	235.20
Holiday Inn DM Downtown	
Lodging.....	1,310.40
Honsey, Mark, Physical.....	70.00
Huber Supply Company, Inc.	
Cylinder rental.....	273.00
Iowa Events Center	
Parking.....	39.00
Iowa High School Music Association, Registration fees.....	202.00
ISEBA, Insurance.....	6,765.68
Jethro's BBQ, Meals.....	64.84
JJ Jasmine Thai Cuisine	
Meals.....	51.03
Kendall Hunt Publishing Company, Supplies.....	1,368.64
Kesler, Tiffany, Mileage.....	129.05
Knapp, Kehan, Services.....	4,106.00

Lake Mills All Sports Booster Club, Inc.	
WCDA allocation.....	613.27
Lake Mills Music Boosters	
WCDA allocation.....	613.27
Lange, Ash	
Nonpublic transportation reimbursement.....	230.40
Lange, Heidi	
Nonpublic transportation reimbursement.....	230.41
Literacy Resources, LLC (dba Heggerty), Online access.....	534.00
LMCS - Activity Fund	
WCDA allocation.....	13,359.33
Madson, Steven, Meals.....	45.00
Malo, Meals.....	83.51
Manufacturers Bank & Trust Company, Fees.....	112.00
Marketplace on Mill Street	
Supplies.....	141.00
Martin Brothers Distributing	
Supplies.....	364.79
McGraw-Hill Education	
Wonders.....	530.70
Menards - Mason City	
Supplies.....	375.44
Midwest Alarm Services	
Inspection.....	390.36
NCIBA, Membership.....	25.00
Nelson Septic Services LLC	
Portable restroom rentals	250.00
Next Generation Technologies, LLC, Monthly support.....	219.00
Northwood Anchor	
Publications.....	420.96
One Source The Background Check Company	
Background checks.....	142.50
Paper Corporation (The)	
Paper.....	5,225.80
Peterson Sanitation, Inc.	
Trash pickup.....	470.00
Peterson, David	
Physical.....	70.00
PSNI, Software renewal....	400.00
Quill LLC	
Rotary trimmer.....	189.99
Rieman Music Inc.	
Supplies.....	183.96
Schnebly, Lindsey	
Supplies.....	117.63
Scholastic Inc., Supplies..	2,045.23
School Bus Sales Co.	
Bus parts.....	36.10
Schumacher Elevator Company	
Full maintenance.....	627.56
Singelstad Do It Best Hardware	
Supplies.....	339.69
State Industrial Products.....	
Supplies.....	1,227.66
Sweetwater Sound	
Supplies.....	428.52
Teacher Synergy LLC	
Resources.....	121.84
ThriftBooks, Supplies.....	99.20
Tower Garden, Lights.....	325.00
Turf Trimmers Plus, LLC	
Lawn care.....	7,958.58
Verizon Wireless	
Hotspot.....	40.01
Wallin, Michael	
Fuel reimbursement.....	54.00
Walmart.com, Supplies.....	234.21
Wex, Inc., Fee.....	8.00
Winnebago Cooperative Telecom Association	
Telephone and Internet	1,402.26
Winnebago County Treasurer	
Drainage ditch repairs.....	896.93
Winnebago County Tribune	
Advertising.....	257.64
WM Corporate Services, Inc.	
Recycling.....	1,353.44
Xello Inc., Subscription...	3,100.00
Young Plumbing & Heating	
Service calls.....	3,040.44
zLabs, Subscription.....	225.00
Fund Number 10.....	99,722.90
Fund Number 19	
Non-Fiduciary Scholarship Fund	
Coe College, Scholarship..	1,179.29
Fund Number 19.....	1,179.29
Fund Number 22	
Management Levy Fund	
EMC Insurance Companies	
Insurance.....	69.00
ISEBA, Insurance.....	1,130.07
Lake Mills CSD - Self-Insurance Fund, Insurance.....	117.62
Stensrud Insurance Services	
Insurance.....	1,742.45
SU Insurance Company	
Insurance.....	28,895.50
Fund Number 22.....	31,954.64
Fund Number 71	
Self-Insurance Fund	
Advantage Administrators	
Services.....	7,765.85
Fund Number 71.....	7,765.85
Fund Number 82	
Bulldog Assistance Fund	
Amazon Prime, Supplies.....	76.98
Holtan, Abby, Supplies.....	425.80
Fund Number 82.....	502.78
Fund Number 21.....	
Student Activity Fund	
Accola-Sabin, Andrea	
Officiating.....	140.00
Amazon Prime, Supplies...	481.89
Anderson's, Supplies.....	85.98
Belmond-Klemme High School	
Entry fee.....	120.00
Bondurant-Farrar High School	
Entry fee.....	175.00
Central Springs Community School, Entry fee.....	125.00
Clothing Care Center	
Services.....	251.85
Dahle, Tony, Officiating....	150.00

Decker Sporting Goods	
Supplies.....	176.25
Dehrkoop, Mike	
Officiating.....	90.00
Forest City High School	
Entry fee.....	100.00
Greiman, Todd	
Officiating.....	85.00
Iowa Association of Track Coaches	
Membership.....	60.00
Iowa Basketball Coaches Assoc.	
Membership.....	146.90
Jostens, Inc., Yearbooks.....	686.85
Lang, Matt, Officiating.....	150.00
Leading Edge Fundraising	
Discount tickets.....	265.25
McColloch, Daniel	
Officiating.....	90.00
National FFA Organization	
Supplies.....	33.00
Osage High School	
Entry fee.....	140.00
Pike, Travis, Officiating.....	150.00
Reiter, Sam, Officiating.....	140.00
S&S Activewear, Supplies.....	273.10
Slater, Jason, Officiating.....	150.00
Spirit Lake High School.....	
Entry fee.....	150.00
Steimel, Clayton	
Officiating.....	90.00
Sullivan, Thomas	
Officiating.....	290.00
Texsource Indiana	
Supplies.....	863.81
Thein, Sarah , Officiating.....	140.00
Tigges, Sandra, Officiating.....	140.00
Trophies Plus, Inc.	
Supplies.....	147.86
Varsity Spirit Fashions & Supplies, LLC, Uniforms.....	6,362.10
Vrieze, Jon , Officiating.....	150.00
Whitehill, Scott	
Officiating.....	304.80
Fund Number 21.....	12,904.64
Fund Number 33	
SAVE Fund	
Access Systems Inc.	
Lease.....	5,136.80
Fund Number 33.....	5,136.80
Fund Number 36.....	
Physical Plant & Equipment Levy Fund	
BMC Aggregates L.C.	
Roadstone.....	1,621.03
Chosen Valley Testing	
Inspections.....	1,102.50
Groe Electric, Inc.	
Equipment; occupancy sensors.....	6,095.77
Martin Gardner Architecture, P.C.	
Architectural services.....	780.00
Outdoor Recreation Products	
Playground equipment.....	1,777.50
Young Plumbing & Heating.....	
HVAC systems.....	10,836.22
Fund Number 36.....	22,213.02
Fund Number 10	
General Fund	
Fiserv, Processing fees.....	563.57
Fund Number 10.....	563.57
Fund Number 61.....	
School Nutrition Fund	
Anderson Erickson	
Supplies.....	1,231.72
Lake Mills CSD - General Fund	
Payroll.....	31,116.18
Martin Brothers Distributing	
Supplies.....	11,920.41
Pan-O-Gold Baking Company	
Supplies.....	332.91
Fund Number 61.....	44,601.22
List of officials:	
Tom Sullivan, JJV-JV-V Volleyball, 09/15/2026.....	\$140.00
Sarah Thein, JJV-JV-V Volleyball, 09/15/2026.....	\$140.00
Dan McColloch, MS Football, 09/15/2026.....	\$90.00
Clayton Steimel, MS Football, 09/15/2026.....	\$90.00
Mike Dehrkoop, MS Football, 09/15/2026.....	\$90.00
Chris Suntken, V Football, 09/18/2026.....	\$150.00 plus mileage
Official, V Football, 09/18/2026, ..	\$150.00
Official, V Football, 09/18/2026, ..	\$150.00
Official, V Football, 09/18/2026, ..	\$150.00
Official, V Football, 09/18/2026, ..	\$150.00
Larry Wentz, JJV-JV Volleyball, 09/19/2026.....	\$175.00
Brenda Drake, JJV-JV Volleyball, 09/19/2026.....	\$175.00
Michael O'Connell, JJV-JV Volleyball, 09/19/2026.....	\$175.00
Mark Nalan, JJV-JV Volleyball, 09/19/2026.....	\$175.00
Jury Eichmeier, JJV-JV-V Volleyball, 09/22/2026.....	\$140.00
Todd Greiman, JJV-JV-V Volleyball, 09/22/2026.....	\$140.00
Steve Staudt, JV Football, 09/28/2026.....	\$100.00
Monte Moore, JV Football, 09/28/2026.....	\$100.00
Dan McColloch, JV Football, 09/28/2026.....	\$100.00
Adrain Simonson, JV Football, 09/28/2026.....	\$100.00
Paige DeArmoun-Moretz, MS Volleyball, 10/01/2026.....	\$85.00
Dale Ludwig, MS Volleyball, 10/01/2026.....	\$85.00
Cory Yoder, V Football, 10/02/2026.....	\$150.00 plus mileage
Official, V Football, 10/02/2026, ..	

City Council

The Council of the City of Northwood met in regular session at City Hall on September 14, 2026 at 6:00 pm with Mayor Moehle presiding and the following council members present:

George-Zenz, Bode, Peterson, Schreiber, Reeder.

Motion to approve the agenda. Unam.

Motion to approve the following under Consent Agenda: Meeting Minutes of August 24, 2026; Treasurer Report; Liquor License Auto Renewal-Shade Tree Li-quors; Claims as follows:

Payable to: For: Amount
NSB Bank
Safe Deposit Rental Box ...\$40.00
Principal, Insurance.....\$706.20
NSB Bank
Monthly ACH\$20.00
Iowa Dept of Revenue
Sales Tax\$756.90
Iowa Dept of Revenue
WA Excise Tax\$1,365.23
Payroll, Wages.....\$23,541.49
Payroll, Pool Wages\$7,952.25
Verizon Wireless
Cell Phones-tr,fd\$107.09
Visa, Supplies-pool,cc,pw...\$324.25
Wellmark BCBS
Insurance.....\$9,267.96
Wellmark BCBS
Insurance.....\$786.60
Payroll, Wages.....\$23,196.96
Payroll, Pool Wages\$1,590.55
Alliant Energy
Utilities.....\$16,527.87
USPS, Mailing-cc\$421.20
Payroll, Wages.....\$26,384.20
ACCO, Supplies-pool.....\$285.82
Ace Professional Services
Window Cleaning-cc.....\$50.00
AgVantage FS
Oil Tank Rental\$4.00
Albert Lea Seed House
Supplies-pw\$260.00
Amber Julseth, Mileage.....\$36.25
Badger Meter
Beacon Hosting\$76.32

Supervisors

**September 14, 2026
Thirty-eighth Day**

The North 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 September 8, 2026 minutes. Motion carried.

Motion Smeby/Second Stone to authorize construction of IDALS WOR982210D Doug Petersburg constructed wetland in connection with Drainage District #23/Lat 9. Motion carried.

Motion Stone/Second Smeby to approve the drainage claims per the following schedule. Motion carried.

Popp Farm Drainage, DD #35, Repair.....\$2,100.00
Motion Stone/Second Smeby to

Brick Gentry, Services.....\$60.00
Carquest, Supplies-pw.....\$217.22
Cemstone, Supplies-pw.....\$481.00
Croell, Supplies-pw.....\$516.00
D & L Equipment
Supplies-pw.....\$354.87
Doug Moehle, Mileage\$30.45
Eilertson Repair
Repairs-cem.....\$318.00
Falkstone, Supplies.....\$52.85
Fallgatters
Supplies-pool.....\$6.56
Hach, Supplies-pw\$221.60
Hawkins, Supplies-pw\$40.00
Huber Supply, Supplies-pw \$60.45
Iowa One Call
Services-pw.....\$22.50
JJ's Hardware
Supplies-pw.....\$1,293.67
John Deere Financial
Freight, parts-pw\$341.25
Kevin Springer Const.
Repairs-pw.....\$800.00
Knutson Auto, Service-tr..\$78.05
Knutson Oil
Fuel-pw,tr.....\$3,721.40
Microbac Labs
Testing-pw.....\$1,172.25
Mitch Huftalin
Tree Removal.....\$1,200.00
Northwood Anchor
Publications.....\$196.22
Northwood Sanitation
Services.....\$11,426.00
Northwood Sanitation
Bags-cc.....\$500.00
ODP Solutions
Supplies-lib.....\$105.36
Overhead Door Co.
Repair-pw.....\$1,733.60
Proline Dist.
Supplies-pw\$10.65
SCP, Parts-pw.....\$71.00
The Northway Corp.
Supplies-pw.....\$110.70
Trading Post
Supplies-pw\$434.55
USA Blue Book
Supplies-pw\$144.63
WCTA
Phone/Internet\$703.02

approve the clerk of court's monthly report. Motion carried.

Motion Smeby/Second Stone to approve the Class "E" Retail Alcohol License for Diamond Jo Worth LLC d/b/a The Jo Stop. Motion carried.

Motion Loberg/Second Smeby to set the date and time for the appointment of recorder on September 28 at 9:00 A.M. Motion carried.

Notice

THE IOWA DISTRICT COURT FOR WORTH COUNTY

Case No. ESPR009526
NOTICE OF APPOINTMENT OF EXECUTOR AND NOTICE TO CREDITORS
IN THE MATTER OF THE ESTATE OF WALDREN H. CHARLSON, Deceased
To all persons interested

Worth Co. Engineer
Fuel-pd.....\$973.83
Worth Co. Sheriff
28E Law Enforcement\$38,628.50
Worth Lumber Co.
Supplies-pw.....\$111.13
Library:
Alliant Energy
Utilities.....\$498.84
Visa, Supplies.....\$138.84
Ace Professional Services
Window Cleaning.....\$60.00
Center Point Large Print
Materials\$162.42
Ingram Library Services
Materials\$789.84
Marco, Services\$90.72
Summary of August 2026 receipts by fund type: General - \$51,964.08; Special Revenue-\$56,093.88; Debt Service - \$0; Capital Projects-\$0; Enterprise-\$111,377.61; Trust & Agency - \$0.
Summary of August 2026 disbursements by fund type: General - \$109,653.64; Special Revenue-\$36,477.63; Debt Service-\$0; Capital Projects-\$0; Enterprise-\$71,492.25; Trust & Agency - \$0.
Roll was called and the following voted aye: George-Zenz, Bode, Peterson, Schreiber, Reeder.
Motion to approve Resolution No. 2609-16 Approving the FY25-26 Annual Urban Renewal Report. Unam.
Motion to accept the bid of \$19,487.00 from Ross Gaetzke to replace the residential sidewalks that were in violation of City Code Chapter 136 and access the costs against the abutting property owner. Sidewalk permits will not be issued to the sixteen abutting property owners that were served notices of order to repair. Unam.
Motion to adjourn. Unam.
Doug Moehle, Mayor
Amber Julseth
City Administrator/Clerk

Motion Stone/Second Smeby to approve requesting membership in the Central Iowa Juvenile Detention Center per the terms of the 07/24/26 28E Agreement effective July 1, 2027. Motion carried.

Motion Stone/Second Smeby to adjourn at 9:13 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

Notice

NOTICE OF A PUBLIC HEARING ON DESIGNATION OF EXPANDED WORTH COUNTY CONSOLIDATED URBAN RENEWAL AREA, AND ON PROPOSED URBAN RENEWAL PLAN AMENDMENT

Notice Is Hereby Given: That at 9:00 a.m., at the Worth County Courthouse, Northwood, Iowa, on October 5, 2026, there will be conducted a public hearing on the question of designating an expanded Worth County Consolidated Urban Renewal Area (the "Urban Renewal Area"), pursuant to Chapter 403, Code of Iowa, by the addition of the property (the "Property") situated in Worth County, Iowa more particularly described as follows:

"Tract A" described as all that part of the East Half of the Northwest Quarter of Section 32, Township 100 North, Range 21, West of the 5th P.M., Worth County, Iowa described as follows:

Commencing at the Northwest corner of the Northeast Quarter of the Northeast Quarter of said Section 32; thence South 89 degrees 41 minutes 18 seconds East, a distance of 196.25 feet, on an assumed bearing on the North line of said Northwest Quarter; thence South 00 degrees 18 minutes 42 seconds West, a distance of 50.82 feet, to the South right-of-way line of County Road No. 105, which is the Point of Beginning; thence South 42 degrees 23 minutes 30 seconds West, a distance of 200.92 feet on the Easterly right-of-way line of County Road S-28; thence South 00 degrees 00 minutes 01 West, a distance of 86.40 feet, on the Easterly right-of-way line of said County Road S- 28; thence Southeasterly a distance of 618.46 feet, on the Easterly right-of-way line of said County Road S-28, on a tangential curve concave to

the Northeast, with a radius of 758.47 feet and a central angle of 46 degrees 43 minutes 10 seconds; thence South 46 degrees 43 minutes 09 seconds East, a distance of 427.40 feet, on the Easterly right-of-way line of County Road S-28, on a tangential line; thence North 43 degrees 16 minutes 51 seconds East, a distance of 648.76 feet, to a point on the Westerly right-of-way line of Interstate Highway No. 35 Ramp C; thence North 28 degrees 40 minutes 15 seconds West, a distance of 510.73 feet, on the Westerly right-of-way line of said Ramp C; thence North 57 degrees 06 minutes 01 seconds West, a distance of 290.59 feet, on the Westerly right-of-way line of said County Road No. 105; thence North 89 degrees 43 minutes 59 seconds West, a distance of 369.92 feet, on the South right-of-way line of said County Road No. 105, to the Point of Beginning, EXCEPTING THEREFROM Tract "D", Tract "E", and Tract "F" as shown on Plat of Survey recorded June 26, 2015 as Fee Book 20150702, Worth County, Iowa.

AND
Tract "E" as shown on Plat of Survey recorded June 26, 2015, as Fee Book 20150702, Worth County, Iowa.

AND
Tract "B" in the Northeast Quarter (NE 1/4) of the Northwest Quarter (NW 1/4) and the Southeast Quarter (SE 1/4) of the Northwest Quarter (NW 1/4) of Section Thirty-two (32), Township One Hundred (100) North, Range Twenty-one (21), Worth County, Iowa, as described in the Plat of Survey recorded as Document No. 20060217 in the records of the Worth County Recorder.

AND
Parcel "D" in part of the E 1/2 of the NW 1/4 of Section 32, Township 100 North,

(unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated on September 11, 2026.

Marlys P. Charlson
Executor
770 410th Street
Kensett, IA 50448-7584

Douglas A. Krull

of Range 21, West of the 5th P.M., Worth County, Iowa as described in the Plat of Survey recorded as Document No. 20150701 in the records of the Worth County Recorder.

AND
Parcel "F" in part of the E1/2 of the NW1/4 of Section 32, Township 100 North, of Range 21, West of the 5th P.M., Worth County, Iowa as described in the Plat of Survey recorded as Document No. 20150702 in the records of the Worth County Recorder.

AND
All that part of former county road "T"/Wheelerwood Road right of way in the East Half (E1/2) of the Northwest Quarter (NW1/4) of the West 50 feet of the Northeast Quarter (NE1/4) of Section Thirty-two (32), Township One Hundred (100) North, Range Twenty-one (21) West of the 5th Principal Meridian, north of the current Wheelerwood Road right-of-way, and South of the current ramp "C" interstate 35 right-of-way in Worth County, Iowa.

The proposed amendment to the Plan covers the addition of the Property to the Urban Renewal Area and makes it subject to the provisions of the Plan. The amendment also authorizes the undertaking of new urban renewal projects in the Urban Renewal Area consisting of (a) using tax increment financing to pay the costs of constructing, furnishing, and equipping a new RV park and; (b) using tax increment financing to pay the costs of constructing, furnishing and equipping of a new County Administration Building.

At the hearing any interested person may file written objections or comments and may be heard orally with respect to the subject matter of the hearing.

Jacki A. Backhaus
County Auditor

38-2t



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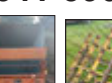
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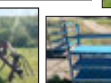
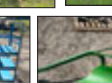











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Auctioneer's Note: The Meland's have decided to sell their acreage and move to town. Hammer Down Auction is happy to assist them with the sale of their equipment from their small farming operation. Jim is an outstanding mechanic and most items are in working condition. If you are looking for good, usable smaller farm items, don't miss out on this auction.



Vikings Avarie Skellenger sends the ball through the double block for a kill during Saturday's game against Clarksville.



Vikings Chloe Woods passes the ball during tournament action in Manly.

Vikings get win over Indians in tournament action

By Julie Salisbury

The Northwood-Kensett Vikings volleyball team traveled to Manly on Saturday, Sept. 12, for a tournament. The Vikings defeated Clarksville 21-19, 21-14, and fell to Lake Mills 9-21, 9-21, fell to Rockford 17-21, 16-21, fell to Central Springs 12-21, 13-21 and fell to Newman 12-21, 10-21.

Mia Fierova led the team in kills with 11, she also had nine digs, six blocks and was 26-30 serving with three ace serves. Kenley Solberg led the team in assists with 17, she also had seven digs and was 25-26 serving with three ace serves. Avarie Skellenger had nine kills, five digs, one assist and was 13-15 serving with two ace serves, and Lilly Strand had seven kills, two digs, three blocks and was 20-26 serving with two ace serves. True Hackenmiller had

seven kills, eight assists, one block, five digs and was 4-8 serving and Hallie Hanson had three kills and two digs. Ashlyn Skellenger had 13 assists, one kill, six digs and was 12-15 serving with four ace serves, and Chloe Woods had 20 digs, one kill and was 13-15 serving with two ace serves. Lexi McHenry had two digs, and Avery Grunhovd was 7-7 serving with one ace serve.

The Vikings as a team had 39 kills, 39 assists, 64 digs, 10 blocks and were 120-143 serving with 17 ace serves.

On Tuesday, Sept. 15, the Vikings traveled to Belmond-Klemme to take on the Broncos in a non-conference game and lost in four sets. They lost 20-25 in set one, 6-25 in set two, won 25-21 in set three and lost set four 20-25.

Strand led the team with five kills, 10 digs and 12-14

serving with two ace serves. Fierova had four kills, four blocks and three digs, and Avarie S. had four kills, one block, 10 digs and was a perfect 14-14 serving with two ace serves. Hanson had two kills, three blocks, four digs and was 5-7 serving with one ace and Ashlyn S. had two kills, 15 assists, one block, two digs and was 10-11 serving with two ace serves. Hackenmiller had two kills, five assists, two blocks, 12 digs and was a perfect 11-11 serving with one ace, and Solberg had two kills, 22 digs and was a perfect 15-15 serving with one ace. McHenry had five digs and Woods had four digs.

The Vikings had 21 kills, 20 assists, 72 digs, 11 blocks and were 67-72 serving with nine ace serves.

Northwood is 0-2 in conference play and 4-11 overall.

Northwood-Kensett XC: Humility and Joy

By Troy Einertson

Northwood-Kensett cross country coach

Last week our wonderful XC runners competed at the Clear Lake Invitational that was run on the Veterans Memorial Golf Course. This is one of our bigger races of the season, so we had everyone running to see how we were sitting against some very good teams.

Lola Cronbaugh started the day off by toeing the line with all the other middle school girls who were eagerly awaiting the start. Lola got out very well and ran a time of 12:25 over the 2 mile course and won for the third time this year. I have talked with Lola quite a bit about her runs, and every time she finishes she always says, "I can do better Troy."

This is a phrase that has become synonymous to our team this year. They always finish a race, and no matter where they finish they always say, "I can run faster." This is where Humility and Joy come into the picture.

I teach fourth grade, and my vocabulary skills are mostly at a fourth grade level, so I had heard of Humility before, but have never used it. So I wanted to make sure I got it right. Humility is: the quality of being humble, meaning you lack arrogance, have a modest view of your

own importance, and focus less on yourself. This word describes Lola and the rest of the team to a T!

Sometimes in XC and other sports there are always the I athletes. It is always about them no matter what. We do not have this on our team, it is all about WE. It hasn't always been the case, but this year it is way different. We have kids like Lola, who want to get better not for themselves, but for the team. They want to change IT, as I said in an earlier article, and the way to do this is through Humility. We need to focus on the team and not so much on ourselves and this team is doing an amazing job of doing just that.

Onto the girls race! Every time the girls get ready to run we always talk about what the plans are for the race. The plan for this race was to, "Get up and Get by!" Sometimes we get too complacent in our running and we sit instead of getting after it. The girls took the phrase to heart, and they got after it.

Ivy finished second, Olivia fifth, Charlotte, Maddie, Maggie and Kaylee all crushed their PRs and as a TEAM we finished fifth.

Now some of you might be shaking your head at fifth place finish saying it was only fifth Troy. Well the four teams that beat us were Clear Lake, Denver, Boone and Bonduant-Farrar. So, not a bad day for the girls at all.

By the time the boys ran I was a little g a s s e d ! Chasing kids around the 3.1 mile course three times was taking its toll. I got to the start line just in time to give

them their prerace talk and off they went.

This was only the boys second race of the year, and I didn't know what to expect. They had been working very hard, but didn't have a lot of racing experience. We were also missing Wes, one of our vocal leaders, so I just hoped the boys could get out and get after it.

Saxon and Ethan got out together, while JJ was just a little behind. When they came through the mile I knew they were going to have a day! Ethan separated from Saxon a little and came through with a time of 22:41. A 2 minute PR for him! Saxon was a little behind, running 23:54, another 2 minute PR, and JJ finished in 26:26, which was his season's best time. So just like the girls, they had a great day in Clear Lake.

After all of the races we kind of debrief a little and talk about the race. All of the kids seemed very happy, and this is where JOY came from. They all were talking a mile a minute on how great a run they had, and they couldn't wait for their next race to get after it again. I sat there with a weird look on my face because this has never happened before. Usually they are complaining about something or talking some crazy



Lola Cronbaugh smiling at Dean: Picture by Becca Cronbaugh



Prerace talk: Picture by Nancy Schrupp

Nelson returns kickoff 70 yards in loss to Wildcats

By Julie Salisbury

The Northwood-Kensett Vikings hosted the Riceville Wildcats in a district game on Thursday, Sept. 17, and although the score was a lopsided loss, 84-20, there were still some very bright moments within the game.

Viking senior Landen Nelson escaped a tackle and was able to scoot down the sideline for a 70 yard kick return and a touchdown. He had eight kick returns for 150 yards total and he had 17 carries for 44 yards.

Henry Hanson was 2-4 passing, he threw for 15 yards, one touchdown and one interception. He also had seven carries for 39 yards. Brady Tufte had 20 carries for 47 yards, and Tegan Trenhaile had nine carries for 30 yards. Tyce Helgeson had three carries for 14 yards and a touchdown, and had a kick return for 18 yards. Tucker Duvall had one carry for three yards and a kick return for

four yards. Gabe Aleman had a kick return for no yards and Jaxon Reyerson had two receptions for 15 yards and a touchdown.

B. Tufte had three punts for 86 yards.

B. Tufte led the defense with three solo tackles, and Bryck Abrams and Weston Heims each had two solo

tackles, Duvall, Aidan Ouverson, Trenhaile, Nelson, Aleman, Martin Girouard and Carson Tufte all had one solo tackle.

The Vikings are 0-2 in district play and 2-2 overall. They will travel to North Iowa on Friday, Sept. 25, for a district game with the Bison.



Cheery cheerleaders

The Northwood-Kensett football cheerleaders are always happy to smile for the camera. Pictured are (from left) Maddie Christianson, Maggie Rye, Maci Smith, Ashlyn Skellenger, Lexi McHenry, Natalie Shoars, True Hackenmiller, Ivy Toresdahl and Kenly Solberg.



Viking senior Landen Nelson escapes a tackle and runs 70 yards for a touchdown during Thursday night's game against Riceville.



Viking sophomore Weston Heims with a solo tackle during Thursday night's game against Riceville.

gibberish I do not understand!

JOY also came from the picture of Lola, of the girls and the boys. In all of my years of coaching and running I have never been a part of, or seen a picture like Lola took. She was just finishing a 2 mile race where she averaged a little over 6:10 a mile, and this was by a seventh grader! Now her mom explained the picture to me, but I still had to sit there and think for a while. Lola's brother Dean was cheering her on at the end of her race, and even though Lola was gassed, she smiled at Dean with appreciation.

That is what our sport is about, giving everything you have for your team and yourself, and showing an appreciation for those who are there to support you. Lola will be the first to tell you she hates recognition, but she deserves all that she gets. Not for being just an amazing runner, but an amazing kid!

The JOY the picture of the

boys brought was just thinking how far they have come. Ethan is a senior who has never run XC before, Saxon is just starting running the 3.1 mile course, JJ, is always out there trying his best and Ronan is working at getting back at it. Having these four out there makes us all better. Not just runners but people. Ethan's mom took a picture of him finishing, and in the background were the girls cheering him on.

JOY! Finally what brings me the most JOY is represented in the picture of the girls and I. Before every race

we get together and discuss our race plan. Today it was GET UP AND GET BY. We talked, they broke us down, and they went out and executed the plan. As a coach all we can ask for is our kids to go out there and compete and do the best they can. That is what they did, and they have been doing it all year. This team brings me JOY every day we are working together, and I am very honored to be their coach! Enjoy your week everyone, and if you want to watch the squad run all together again, we are in Manly on Thursday!



Saxon, Ethan, JJ and Ronan: Picture by Jake Urbatsch

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