



Jan Ulrich, Mandy Morris and Bill Hansen after the magic mustache tonic was applied.



Jen VonBank is taking orders for Ringsted Quasquicentennial commemorative crocks while Mike Rasmussen is taking orders for Quasquicentennial Henry rifles, with one to be given away.



Spilled Ink

By Clinton J. Davis

On Monday night the Armstrong Betterment Club held an open house meeting to discuss a few things and most importantly, hand out awards. These awards consisted of new business plaques which now include several businesses who have been around for a while but have been operating out of their home and not in a store front. A great change the ABC made if you ask me.

More importantly Citizen of the Year and Business of the Year was awarded as well. Lets start with Citizen of the Year. Or more importantly, Citizens of the Year. For 2024, the ABC decided to have two different Citizens of the Year. I guess because it is double the fun? I am guessing this is the first time in the awards history that there have been two winners on the same night. Rhonda and Roman Eisenbacher along with Bernie and Sally Verbrugge were awarded Citizen of the Year. These four people have embodied what living in a small town is all about. Not only volunteering for boards but being out on the town at events and ball games.

Both the Eisenbachers and the Verbrugges deserve the award for Citizen of the Year. Even clumped together, they should be recognized in their own ways. I've worked closely with the Verbrugges when it comes to the Armstrong Museum. Their love and passion for keeping the museum relevant is very inspiring. I also grew up with them being leaders in my Methodist Church. As a kid I can remember them being front and center at church and every Sunday you can expect them to be the same to this day. The Eisenbachers have also shown their support to many local events through the years. If there is a event happening up town, you can bet Rhonda and Roman will be there. They have also hosted one of the most popular events on the Fourth of July for years. The big wheel race is something that every young kid flocks to. Sometimes events on the Fourth are geared towards the older kids and young adults but Rhonda and Roman have given the very little kids a chance to be cheered on.

Congratulations to Rhonda and Roman along with Sally and Bernie. All four have shown what it means to be Citizens of the Year by supporting just about everything.

Business of the Year may come a little biased from this columnist but we don't toot our own horn very often. The Armstrong Journal was awarded Business of the Year. I could go on and on about our operation and how proud we all are at what we do but I don't have enough space on this page. The award has been long coming, if you ask me. The Journal has been around since 1893. A lot of work goes into the newspaper. Even as we were accepting the award, we were covering the event. It always seems that our work is never done, and we like it that way. Those in the public scenes are just the beginning of what we do. Our entire operation is in constant motion whether its columns, legals, photos, publishing, job printing, billing or even fixing the older generations phones. If you stop in our doors, we can typically help. Congrats to the Journal and every publisher since 1893 especially Jerry Wiseman and Kris Grabinoski. Because of their dedication, we get to continue publishing.

Help needed for Easter Egg Hunt in Ringsted

The annual Ringsted Easter Egg Hunt for ages 0-5th grade will be held Saturday, March 30 at 10:00 a.m. at Ringsted Railroad Park, weather permitting.

Due to health and safety precautions, the eggs will be filled with individually wrapped pieces of candy by Community Action Club members.

If you would like to help with this community project,

please consider giving a cash donation to help defray the cost of the candy which will be purchased by Community Action Club. Monetary donations may be given to CAC officers, Anita Larsen or Robin Hansen.

The Easter Egg Hunt was conducted this way the past few years and was a huge success. Candy and prizes were found by the children in over 1500 eggs hidden in the park, thanks to the generosity of our community.

Volunteers are also needed to hide the eggs on March 30. Please contact one of the above officers to volunteer your time.

Supervisors discuss bimonthly payroll

By Michael Tidemann

The meaning of living paycheck to paycheck could change for Emmet County employees, pending a decision by the Emmet County Board of Supervisors on whether employees should continue to be paid once a month or bimonthly.

Emmet County Auditor Heidi Goebel discussed with the supervisors at their Tuesday, Feb. 13 meeting the impact on her office if an upcoming Tyler software upgrade would provide twice-monthly payroll.

Goebel said some employees would prefer bi-weekly paychecks. However, she said that would increase her time to figure deductions and other issues. She said it currently takes four days to prepare monthly payroll.

While Goebel said a programmed timeclock would help the auditor's office in compiling hours and vacation time, Fisher said that would

not work with secondary roads which uses different codes for road work.

Summers-Bauler said Emmet is the only area county with monthly payroll.

"My main concern is the extra time and labor," said Supervisor Tim Schumacher of a shift to bimonthly payroll.

Goebel said she hopes the new Tyler version would be more efficient than what she uses currently.

Supervisor Jeff Quastad said he could agree with bimonthly payroll if the new Tyler software were more efficient, but not if it took more time for payroll preparation.

In other business, Goebel, who serves on an Iowa Government Health Care Plan committee, discussed incentives for wellness plan participation. Goebel also discussed changes in the self-funding process.

In other business the supervisors:

- Heard supervisor reports on past and upcoming area meetings and events.
- Board Chair Todd Glasnapp said county policy needs to reflect prohibitions on vaping on Courthouse property, in addition to smoking tobacco which is currently prohibited.
- The board discussed upgrading the county's alarm system.
- Quastad reviewed options for lining the Courthouse sewer line. The board tabled the matter until the county receives more quotes.
- The board also discussed an EK-2 drainage issue.

Baseball lease and assistant coach hired at NK School Board

By Kim Meyer

With summer sports just around the corner, North Kossuth School Board is preparing for the upcoming season. At their February 12th board meeting, the annual contract with the City of Bancroft to lease the Bancroft Memorial Ballpark was approved at a cost of \$3,000.

Following the resignation of co-head coach Noah Morphew, the district advertised for an assistant baseball coach which will now be filled by Adam Pointer. Adam is also the maintenance director at the Swea City campus.

Adam was present at the meeting to give a building update. He stated that everything is going well and that he and Principal Julie Runksmeier are working on the summer project list. At this time, there is no big project to be taken on during the summer months.

Pointer stated that the outside lights will be fixed when they arrive in the next few weeks.

The board asked Adam if he has seen any leaks since the roof was fixed, which he replied no.

Principal Julie Runksmeier spoke about the district will be doing another controlled ALICE Training this spring.

Kossuth County Deputy Jake Radmaker contacted Principal Runksmeier to inform her that an area business, DragoTec, has purchased a Stop the Bleed Kit for all classrooms in Armstrong, Fenton and Swea City buildings.

She reported that FAST testing results have come back and the district has seen great growth by the students. Julie, along with her staff, are using this data to make updated plans for their students to continue in their growth.

Currently, the district as used three of the five virtual learning days during the month of January. March 6th marks the end of the third quarter.

Shelly Pedersen was approved as an elementary special education para for the remainder of the year of the school year.

The board approved March 25th as the first of two hearings regarding the 2024-2025 Budget. A new regulation was put into place that all school districts must hold two public hearings for the budget. The next hearing will be set at the March 25th hearing.

Also on March 25th at 6:00 p.m., the North Kossuth and North Union School Board will hold a work session with IASB representatives being present.

The next regular scheduled meeting is tentatively set for March 11.

POP TABS

Continue to save pop tabs for the Ronald McDonald House. They may be left at either church in Ringsted, City Hall or Ringsted Legion Community Center

Great Iowa Treasure Hunt hits milestone of paying one million properties to past & present Iowans

DES MOINES, Iowa – A West Des Moines non-profit was the 1 millionth owner reunited with funds in the Great Iowa Treasure Hunt. Today, State Treasurer Roby Smith presented a check to the recipient, Can Play. "During our National Unclaimed Property Day celebration on February 1, thousands of Iowans and businesses searched their name on our website," said Smith. "And it paid off! The awareness from this campaign helped Great Iowa Treasure Hunt hit an exciting milestone; since the program's beginning, a total of 1 million owners have been reunited with their unclaimed property. I am thrilled the millionth property returned was to Can Play in West Des Moines!"

"Can Play was founded through a merger of two other non-profit organizations. After the merger we learned that we would be unable to recover some of the funds raised to support our mission to bring adapted and no-cost sports and recreational programs to our community. Fortunately, our board treasurer, Jay Syverson, suggested that we check the Great Iowa Treasure Hunt and submit a claim once these funds were sent to the State," said Dylan DeClerck, co-founder of Can Play. "We appreciate the Treasurer's help recovering these funds, which will allow us to continue to offer programming throughout the state."

Through Great Iowa Treasure Hunt, the Treasurer's Office works to reunite owners with their lost property. "We work to get the word out about unclaimed property through Iowa media, newspapers, letters, events, social media and our website, but word of mouth is one of our best tools when it comes to raising awareness," concluded

Smith. "Currently, my office is safekeeping more than \$533 million that is waiting to be claimed. Tell your family, friends and neighbors to search for their name at GreatIowaTreasureHunt.gov. Searching is fast, free and easy!"

Great Iowa Treasure Hunt has returned over \$361 million in unclaimed property to past and present Iowans. To see if you have unclaimed property in Iowa, visit GreatIowaTreasureHunt.gov. Connect with the Treasurer on Facebook, Instagram and X to stay up-to-date on all areas of the office.

About Great Iowa Treasure Hunt
Every year, millions of dollars are turned over to the State Treasurer's Office as unclaimed property, which refers to money and other assets held by financial institutions, businesses and organizations that have lost contact with the owner for a specific period of time. Common forms of unclaimed property include dormant checking and saving accounts, uncashed checks, lost stocks, life insurance policies, utility deposits and contents of safe deposit boxes.

About Can Play
Can Play provides adapted recreational sports and skills programs designed to meet the unique requirements of individuals with disabilities, including physical, cognitive, emotional, developmental and neurodiverse conditions, as well as those utilizing wheelchairs or walkers. Using sports and recreation programs, Can Play brings people and communities together to play as one, ensuring everyone has access to play through their Opportunity and Courage Programs. With a mission to decrease the participation gap in sports and recreation that affects underprivileged youth, not just physically, but also on a social, emotional and developmental level, Can Play serves approximately 15,000 participants a year.

Eyeglass Collection

Drop off your old glasses at: Ringsted Legion/Community Center and NorthStar Bank & Agency.

The program is sponsored by the Ringsted Evening Out Club.



News to share?

Contact Clint or Sherry at 712-868-3460
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We publish Engagements, Weddings, and Births, free of charge!



Paging Back through the Ringsted Dispatch

100 Years Ago – February 1924

- Big Valentine Dance at the opera house tonight. Christiansen's Jazz Hounds will furnish the music.
- Fred Kruse bought a team of horses at the Don Spaulding sale Monday and paid \$290.
- The Ringsted Telephone Company forbids the attaching of radio airials to its poles and those who now have wire attached must remove same by April first.

75 Years Ago – February 1949

- It's a girl for Mr. and Mrs. Robert Reed. A seven pound daughter was born to them the morning of February 17 at 4 o'clock. She has been named Becky.
- Because patronage has not warranted continuation of giving shows six nights each week, for the time being only two changes will be shown each week.
- Headline: Capacity Crowd at Amateur Contest Show – they were packed to the rafters in the Legion hall Thursday night at the event hosted by the Business Men's Club.

50 Years Ago – February 1974

- About 40 members and spouses of St. Paul's ALCW Morning Circle went on a Traveling Supper Excursion to the Rick Reed, Loren Johnson, Otto Jensen, John Hattiles, and Franklin Skovgaard homes.
- Jerome Henriksen, Gordon Howe and Robert Petersen attended the Telephone Convention at the Twin Cities a few days this week.
- Photo: City of Ringsted acquires new speed gun, Carl Andersen Jr., Ringsted Chief of Police, is shown demonstrating his new radar unit.

25 Years Ago – February 1999

- Ruby Hermeier of Ringsted was named 1999 Iowa Mother of the Year on February 13 by a selection committee chaired by Elaine Bergan of Lake Mills, 1997 Mother of the Year.
- Photo: Fastelavns Celebration held at St. John's – being the first to break the pinata determined as royalty Princess Kayloni Moore, Prince Wesley Moore, King (Pastor) Gene Hermeier and Queen Diane Smith.
- A little bit of French reached the Armstrong-Ringsted Middle School as the teachers served the fifth and sixth grades their noon meal at the "Chez Pierre" lunchroom.



North Union/Algona High School senior wrestler Harley Tobin signed a letter of intent to wrestle at Buena Vista University in Storm Lake. Tobin wrestled for North Union until her junior year when girl's wrestling became sanctioned requiring her to find a team to be part of. Pictured to the left of Harley is her grandmother, Sue Tobin and to the right is her mom, Sonya Tobin. Standing behind them are Algona Wrestling Coaches Luke Satern and Jake Adams.

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February is Heart Month



Many Hearts Caring for Many Hearts at RCCC Campus

by Connie Reinert; The Ruthven Zipcode

The Ruthven Community Care Center has a full house. Along with those at Assisted Living and The Villa Senior Apartments; that is a lot of hearts to take care of.

There are many caretakers at the facility which means there are many hearts to take care of all those hearts. One of those caretakers with a big heart is Ashley Hicks. Ashley started there full-time in 2019 as a Certified Nurse's Aide in long-term care. When COVID hit, she volunteered to work in the COVID unit for two weeks. She continued to work on the floor until the birth of her son, Declan.

Later, she returned to work and started as a restorative aide. As a restorative aide, she assists residents to improve their mobility. She works with them in their room or takes them to the restorative therapy room where they can work on strengthening exercises using additional equipment and devices. If needed residents also have the option to do physical therapy with licensed physical therapists who visit the center.

"The goal is to work with residents to improve their mobility. If they are able to walk, we encourage them to walk to and from meals and to do

additional walking. If they require the use of a Hoyer lift to get out of bed or a chair, we work to get them strong enough to use the easy stand. If they are at the stage of using an easy stand, we want to help them get to the point of being able to get up without it," explained Ashley. "The easy stand requires both arm and leg strength to use, but if they can do that, then they can maybe advance to walking."

Restorative therapy helps them to build both physical and emotional health. "We are big advocates to help people improve their mobility enough that they may be able to return home. We can bring weights or other equipment to their room if they aren't comfortable going to the therapy room. We have a lot of flexibility to work within their needs and wants. When their quality of life improves, it helps them overall, including their heart health."

"Restorative therapy is beneficial because we are helping them to be more active which helps their mental health," she said. "I think if you have good mental health, you also have a happy heart. Restorative therapy gets their heart pumping and their blood flowing. Many of them keep going on their own once they feel the benefits of the therapy. Our restorative program and our

restorative room are amazing. We are also highly active with getting our residents out of the facility for shopping or other activities which can be restorative as well."

According to her, all the staff work with residents on improving the range of motion with simple exercises throughout the day. Range of motion exercise helps to regain motion and use their muscles properly.

Ashley is a graduate of Ruthven/Ayrshire High School. She earned her certification as an aide in 2014 by attending Iowa Lakes Community College in Spencer. She worked at RCCC for a couple of years and then worked at Longhouse in Spencer until returning to RCCC in 2019. She learned to be a restorative aide by working with the physical therapists to learn the techniques.

"I enjoy having a bit more personal time with the residents," she said. "I get a much better understanding of their limitations and can focus on those. The one-on-one relationship allows me to get to know them better." Her days are busy as she flexes between serving as a restorative aide and a CNA. "One thing I do in general is to get people laughing. That is good exercise too. It strengthens your mental health and your heart."

"My top priority is helping to get people to feel better. When they walk out of the room, I want them to feel good, or look good or both. I know when you look good, you feel good. The toughest part of the job is losing people after building a relationship with them. We can't make it perfect for everyone, and we can't be with everyone at the



For a month all about heart health, we salute Ashley Hicks of Ruthven and all those with caring hearts who work at our local senior care center. "I enjoy having a bit more personal time with the residents, one thing I do in general is to get people laughing. That is good exercise too. It strengthens your mental health and your heart."

Her grandpa is a resident of the care center. Mike Missel of Ruthven now enjoys being at the care center where he can see his granddaughter often. "It is reassuring that he is here. I know that he is getting good care here. The staff are very compassionate about their work and even when I am not here, I know he is getting really good care. I wanted him living here because I am here of course, but I also trust the staff here and knew this was the best place for him."

Ashley's fiancé is David Geiger who is a welder at Nolan Milling in Dickens. She has a stepdaughter who just turned ten; a son Jackson, age 6; son Declan who is four; and a daughter Bexley who will be two in April. Bexley has Downs Syndrome and so therapy is important to Ashley not just at work, but also at home. They do therapy with staff from the AEA twice each month and weekly therapy at Spencer Hospital.

Life can be stressful at home and at work. "I try to remember that stress is somewhat normal and try

to smell the roses at the same time. My kids enjoy coming here and after school I sometimes bring them here to visit with the residents. Of course, they love to see their grandpa."

Ashley believes she will continue to work at RCCC as an aide where she can enjoy the direct work with

residents. She feels a sense that she can provide good support for the residents, but she can also be supportive of the nursing staff.

For a month all about heart health, we salute Ashley and all those with caring hearts who work at our local senior care center.

Common Heart Attack Warning Signs

- 1 Pain or discomfort in chest
- 2 Lightheadedness, nausea, or vomiting
- 3 Jaw, neck or back pain
- 4 Discomfort or pain in arm or shoulder
- 5 Shortness of breath

AMERICAN HEART MONTH

Did you know?

The hormone cortisol can affect individuals' vulnerability to heart disease. According to the University of Rochester Medical Center, cortisol is released as part of the human body's natural response to stress. Though cortisol is not inherently harmful, the URM reports that studies have suggested high levels of cortisol resulting from long-term stress can increase blood cholesterol, triglycerides, blood sugar, and blood pressure. Such increases elevate individuals' risk for heart disease. Various studies have found that acute stress can have a positive impact, providing motivation to accomplish goals and overcome daily challenges. However, individuals with chronic stress are urged to speak with their physicians so they can avoid the adverse outcomes, including heart disease, that can develop when individuals have high levels of cortisol related to long-term stress.

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Obituaries



Eldon Hovick

A memorial service was held for Eldon Hovick on Saturday, February 17, 2024, at the Nazareth Lutheran Church, Armstrong, Iowa, with Vicar Kim Kacmarynski as Officiant. Eldon will be laid to rest at Armstrong Grove Cemetery at a later date.

"If you are reading this, I, Eldon Hovick, have moved on to be with the Lord on February 13, 2024 in Truman, Minnesota; and it is wonderful! I never did like "passed away". I have had a pretty regular life. I've been a lot of places, accomplished a lot of things and have seen so much. I have a wonderful family. I loved them all lots! I was a different person in the early years. I hope I've gotten better."

I was born in Dolliver, IA on November 17, 1938, to Albert and Dorothy Hovick (Nelson). I was baptized and confirmed in Palestine Lutheran Church in Ceylon, MN. I graduated from Ceylon High School in 1956 and went on to Austin Vo Tech for construction. I worked at Arts-Way Mfg helping to build the current Arts Way building after moving from the downtown location.

I married the love of my life, Donna Marie (Jose) on June 11, 1960, at Grace Lutheran Church in Fairmont, Mn. We made our home in Armstrong, IA where we built and renovated many houses. We owned and operated the Armstrong Lumber Yard. We raised 3 amazing children,

Dawn Marie, Debra Lynn, and Doni Albert (Kristi).

We've lived in Armstrong, Des Moines IA, Branson, MO and most recently Fairmont, Mn. I am survived by my wife of 64 years, my children, 8 grandchildren and 2 great grandchildren: Danielle (Jeff Lothammer), Alyssa (Armin Schnelle), Micayla (Andy Matfield), Luke (Tori Irmiter), Wyatt Hovick, Jozie (Devon Laubenthal), and Rachel Hovick as well as 2 great grandchildren: Alexis and Azalea Schnelle. My brothers Mert (Shirley), John (Marilyn), and Alvin (Peggy) and my sister Joyce (Don) Leach and sister-in-law Sandy (Cary) Clow. I am also survived by wonderful nieces, nephews and friends.

Later in my life, I enjoyed a ministry of making and sharing crosses for many occasions. Sharing these crosses was a blessing to me. God Bless each of you.

Online condolences may be left for Eldon's family at HenryOlsonFuneral.com



Scotty Sheets

(Leland Luers)

Scotty Sheets, formerly known as Leland Luers, 59, of Marshalltown, formerly of Ringsted, died Wednesday, February 14, in Des Moines.

Scotty was born in Minneapolis, MN, on January 28, 1965. He attended Armstrong-Ringsted community schools graduating from high school in 1984. While in high school he enlisted in the Army National Guard. Between his junior and senior years, he attended basic training and served in the National Guard while continuing his education at Iowa Lakes Community College

where he majored in Criminal Justice. Upon completion of his education, he enlisted in the US Army where he would serve for four and a half years. Scotty was honorably discharged in July of 1984.

Not long after his discharge from the US Army Scotty enlisted in the US Navy where he served as a Boatswain's Mate on the aircraft carrier USS Lexington. After his honorable discharge in October of 1990, Scotty returned to Ringsted to settle down. He attended driving school in Minnesota and was a truck driver until retirement.

Scotty was a member of the First Presbyterian Church in Ringsted and a patriot at heart. He was a movie buff, being especially fond of Star Wars and Star Trek. He was also a real foodie.

Scotty is survived by his sister Loris Morris (Robert Gifford); niece Lacey (Andrew) Sorrell; and great-nephews Roderick and Theodore. He is preceded in death by his parents Leo and Luella (Hagen) Luers.

Funeral services were held at 11 a.m. Tuesday, February 20, 2024, at the First Presbyterian Church of Ringsted. Burial with military honors followed at St. John's Cemetery in Ringsted.

Online condolences may be offered at www.henryolsonfuneral.com.



Ronald Tow

Ronald Tow, age 95, passed away peacefully on February 11, 2024, at home surrounded by his family. A Celebration of life is planned at 1:00 p.m. on February 29th, 2024 at the American Legion in Brainerd, MN.

Private family burial at Minnesota State Veterans Cemetery, Little Falls. In lieu of flowers, the family

requests donations to the Brainerd, MN American Legion Post# 255 or the Brainerd, MN VFW.

Arrangements are entrusted to Brenny Family Funeral Chapel, Baxter.

Ron was born on January 10, 1929, in Emmet County, Iowa to Obed and Emma Tow. He enlisted in the Navy on February 25, 1948, where he served for 21 years and retired as Chief in May of 1968. Ron relocated his family to Wheaton, Illinois, and managed KFC for 8 years before purchasing Mission Beach Resort in Merrifield, Minnesota in April 1976 and ran the family resort through May 2021.

Ron married Lois (Miller), in May 1954.

Children are Paul (Pam) Tow, Barry Tow, Monte (Sandy) Tau, Rona (Kurt) Lortz, Shelly Baardson, Shirley (Rick) Reinert; grandchildren: Stephanie, Shane, Courtnee, Chelsea, Cameron, Erick, Amanda, Ryan, Lindsay, Sheridy, Cassie, Marylee, Dana, Parker, Brady and 18 great-grandchildren.

Coming Events

Sunday, March 3

10 a.m. to 12:30 p.m. Ringsted Community Breakfast Brunch at American Legion/Community Center; Free Will Donation, Take-outs available; Fundraiser supplemented by Thrivent Action Team

ABC - Armstrong Betterment Club meets 3rd Wednesday of ea. month @ Community Center

New Hours at Dale's Rec. in Armstrong; Monday thru Saturday 11:00 a.m. to 1:30 p.m. & 2 Nights a week, Thursday and Friday 5:00 to 7:30 p.m.

Ringsted City Council meets 2nd Monday of each month 6 p.m.

Armstrong City Council meets 2nd Tuesday of each month

Armstrong City Recycling: 1st & 3rd Friday of ea. month; needs to be by the curb by 7:00 a.m.

Armstrong Public Library board meetings, 3rd Mon. of ea. mo. @library 5 p.m.; Friends of Armstrong Library 3rd Mon. of ea. mo. @6 p.m.

Armstrong Heritage Museum, Open each Wednesday from 1 to 3 p.m. Coffee pot is on & visitors welcome.



Martin E. McGuire

A funeral Mass for Marty McGuire, 81, of Algona, was held Saturday, January 20, 2024, at 10:00 AM at Divine Mercy Parish - St. John the Baptist Catholic Church in Bancroft. The funeral was live streamed on the Divine Mercy YouTube page. Burial followed at St. John the Baptist Catholic Cemetery in Bancroft with military honors conducted by the Bancroft American Legion.

Martin Eugene "Marty" McGuire, son of Charles and Charlotte (Hood) McGuire, was born on July 4, 1942, in Bancroft, IA. He died on Sunday, January 14, 2024, at MercyOne North Iowa Medical Center in Mason City, IA at the age of 81.

Marty spent his entire youth years on his parents' family farm north of Bancroft. It was there where he developed many fond childhood memories helping his parents with

cattle and farming duties. Marty was known to miss a school day on occasion to support the family farm needs including the 9 months he missed after being run over by a farm tractor and in a body cast from his neck to his ankles to heal his many broken bones.

Marty received his education at Saint John's Catholic School in Bancroft where he met his high school sweetheart, Barbara Lappe while attending a dance at a local ballroom. They were married July 3, 1962. In high school, Marty enlisted to join the Air Force which took the newlyweds to Roswell, NM where Marty continued to serve and where they began their family. Their marriage brought forth six children.

After being discharged from the Air Force, Marty and Barbara made their home in the Bancroft area, later Burt, and then in Algona. In the mid-70s, Marty drove a semi-truck before starting his own trucking business with his wife Barbara. Martin McGuire Trucking became Marty's passion which he thoroughly enjoyed. Through his business, he had the opportunity to provide adolescents with a job where he became a mentor to many, teaching them the value of hard work. During these years, in addition to his trucking business, he brought to life many antique farm tractors which were cast off to rust away by refurbishing them to like new. It was in these years too, that he began to collect small scale antique tractors which he greatly enjoyed sharing his love for with others.

Throughout Marty's life, participation in the Catholic church was important to him. His devotion

to our Lord was modeled to those around him. Being vocal, as many have known Marty to be, he had no reservations defending his Christian or other beliefs. It was while attending church he met Shari Frank, who brought immense joy to his life. Together, they enjoyed the simple pleasures of life; attending church together, visiting family and friends, taking road trips, and caring for one another.

Marty will be remembered for his kindness, love and giving nature, work ethic, peacemaker, humor, and his positive outlook on life. Marty lived each day to the fullest. He was always on the go mowing, removing snow, helping others get a tractor started, planning his next project, or spending time with his children, grandchildren, and great grandchildren whom he loved deeply.

Left to cherish Marty's memory is his special companion, Shari, of seven years; his children Katherine McGuire of Stilwell, KS & Jeff Murphy; Carol (Dan) McClemons of Mason City, IA; Karen (John) Turk of Mason City, IA; Kristin (Bruce) Reese of Des Moines, IA; and Kelly (Bruce) Hancock of Ankeny, IA; grandchildren, Melissa (Justin) Lockwood; Andrea Lenz; Michael (Elisa) Matson and Alicia Matson, and Matthew (Savannah) McClemons and Emma McClemons; Kaitlyn (Cody) DeMaris and Ella Turk; Spencer, Martin, and MaKayla Reese; Charlotte Hancock; great grandchildren Natalie, Kaiden, and Madilyn Lockwood; Avery, Emery and Verose Lenz; Sayda and Joslyn McClemons; Emersyn Daniels and Ellie McCann; and Coltyn, Caralyne, and Caisyn DeMaris.

He is survived by three sisters and two brothers, William (Ann) McGuire; Ann Degen; Mary Faith Schiltz; Joe (Carolyn) McGuire and Kristin "Kristi" Brandenburg; his brother and sister-in-laws, Cheryl McGuire; Patricia "Pat" McGuire; Bev Reller; Luella Lappe; Duane (Penny) Lappe; and Diane Hutchinson, and many nieces and nephews.

Marty was preceded in death by his wife, Barbara (Lappe) McGuire, parents Charles and Charlotte McGuire, a son, Charles McGuire, a grandson, Cameron Reese, a granddaughter Morgan Hancock; three brothers, John McGuire, Edmund (Jessie) McGuire, and Tom McGuire; and three brother-in-laws, Donald Degen, Donald Lappe, Donald Schiltz, Robert Lappe, and Stephen Brandenburg.

A special thank you to Dr. Samuel Congello, and the doctors, nurses, and staff on Four East that took care of our father. His care was outstanding, and we are very grateful.



Newspaper policy on publishing obituaries

Stateline Publications would like to notify their readers about the policy regarding obituaries.

As of this date, there will be a \$50 charge for publishing obituaries. The fee includes the full obituary with or without a photo. A death notice and service times will be published free of charge.

Stateline Publications will charge the funeral home directly for local obituaries. Persons bringing in obituaries will be responsible for payment.

Questions can be directed to the Armstrong Journal at 712-868-3460 or the Bancroft Register at 515-885-2531.

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ST. MARY'S CATHOLIC CHURCH
Armstrong, Iowa, Rev. Paul Kelly

WEDNESDAY, February 21
7:00 p.m. Religious Ed. at St. Mary's
SUNDAY, February 25, 2024
8:30 a.m. Mass @ St. Mary's
Lector: Brenda Jones
Ministers of Holy Communion: Suzanne Bonnicksen
Altar Servers: Addison Kruse & Carlynn Zotz
Ushers/Greeters: Nicosons
Cantor: Jacey Welbig & Addison Kruse

Door Keeper: Danielle Nicoson, Feb. 19
NOTE: NO Mass in Armstrong on 1st & 3rd Sundays of ea. month.

FIRST PRESBYTERIAN CHURCH
Armstrong, Iowa
Pastor Suzanne Wobig
SUNDAY, February 25, 2024
9:00 a.m. Worship Service

FIRST PRESBYTERIAN CHURCH
Ringsted, Iowa
Pastor Suzanne Wobig
SUNDAY, February 25, 2024
10:30 a.m. Worship Service

GLOBAL METHODIST CHURCH
Armstrong, Iowa
Rev. Lyndon Roesler
WEDNESDAY, February 21
9:30 a.m. Women's Bible Study
6 p.m. Confirmation
NO Choir

SUNDAY, February 25, 2024
9 a.m. Contemp. Worship Service w/SS kids singing
10 a.m. Fellowship Coffee
10:15 a.m. Adult SS & Kids SS
11:15 a.m. All Church Potluck Dinner
TUESDAY, February 27
10 a.m. Bible Time @VV
10:30 a.m. Spring Creek Bible Time
WEDNESDAY, February 28
9:30 a.m. Women's Bible Study
6 p.m. Confirmation
7 p.m. Choir

UNITED METHODIST CHURCH
Dolliver, Iowa
SUNDAY, February 25, 2024
9 a.m. Worship Service

NAZARETH LUTHERAN CHURCH
Armstrong, Iowa
Vicar Kim Kacmarynski
WEDNESDAY, February 21
5 - 6 p.m. Confirmation
6:30 p.m. Service at United

THURSDAY, February 22
9:30 - 10:30 p.m. Food Pantry Open
SUNDAY, February 25, 2024
9 a.m. Worship Service
WEDNESDAY, February 28
2:30 - 4 p.m. BLAST
5 - 6 p.m. Confirmation
6:30 p.m. Service at Nazareth
Supper prior @5:30 - 6:15

UNITED LUTHERAN CHURCH
Ringsted, Iowa
Vicar Kim Kacmarynski
WEDNESDAY, February 21
5 - 6 p.m. Confirmation
5:30 p.m. Choir
6:30 p.m. Lenten Service @United

SUNDAY, February 25, 2024
Second Sunday in Lent
9:15 a.m. Sunday School
10:30 a.m. Worship Service with Communion
WEDNESDAY, February 28
5 - 6 p.m. Confirmation
5:30 p.m. Choir
6:30 p.m. Lenten Service @Naz.,

Church Message

By Pastor Kent Madison, Lakota and Burt Presbyterian Churches
Marked and Sealed

This past week we began the season of Lent, which is forty-six days before we celebrate Easter. Easter is the greatest event in the history of mankind. It is when we as Christians celebrate the death and resurrection of our Lord and Savior, Jesus Christ.

Lent is intended to be a time of self-denial, a time of moderation or fasting, and a time for the forsaking of sinful activities and habits. Sorry, the Bible does not mention Ash Wednesday, or the period of Lent. However, it does record accounts of people in the Old Testament using dust and ashes as symbols of repentance of sin and/or in mourning of tragic events. Such as in 2 Samuel 13:19; Esther 4:1; Job 2:8; and Daniel 9:3. Jesus also fasted for 40 days in the wilderness before he started his ministry.

Brothers and sisters, God is pleased when we repent of sinful habits. Also, there's absolutely nothing wrong with setting aside some time to focus on Jesus' death and resurrection, which we will be doing for the next few weeks. As we worship, we always need to ask ourselves is it ritual or is it real? God knows the intent of our hearts. However, repenting of sin, and the forsaking of sinful activities and habits, is something we should be doing every day, all year long, not just for the 46 days during Lent. We need to be evaluating ourselves constantly to see if there is any wicked way in us. Psalm 139:23-24 says, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive(wicked) way in me and lead me in the way everlasting." 2nd Peter 1:5-8 says, "For this very reason, make every effort to add to your faith, goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ." I pray none of us wants to be ineffective or unproductive in our walk with Jesus Christ.

Isaiah 43:1 says, "But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine." Are you God's possession? God who created you, He who formed you, has redeemed you. He has called you by name. What a promise we have from God! God tells us; I am the one who created you. I am the one who formed you, and I am the one who redeemed you. And I will call you by name.

Then in Ephesians 1:11-14, "In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the message of truth, the gospel of your salvation.

Days Gone By

One hundred twenty five years ago: February 9, 1899
Publisher: J.A. Reagan

Wednesday evening two more of our worthy young people were united in the holy bonds of matrimony. The contracting parties were Roy Felkey and Miss Rilla Hockett.

Nineteen hundred is now abbreviated thus: '00
Cashier Doughty has been confined to the house the past week with a severe attack of the grip.

One hundred years ago: February 14, 1924 Publisher: H.B. Sturtevant

Mr. and Mrs. W. H. Gibbs are being congratulated on their fortieth wedding anniversary which they celebrated February 12, at the home of their daughter, Mrs. Leonard Olson.

Wm. Mitchell, who has been ill for several weeks is getting along very well at present, although he is still very weak from his long siege.

County Engineer Fred Macdonald informs the writer it cost \$1200 during January to keep the roads passable by shoveling out the snow.

Seventy five years ago: February 10, 1949
Publisher: Robert E. Burns & W.F. Irwin

Final rites were held Monday, Feb. 7, for First Lieutenant Jens T. Weiby, Jr., 23, son of Mr. and Mrs. Jens Weiby. Lieutenant Weiby, a pilot in the air corps, was reported missing in action over Germany, Dec. 1, 1943, and a finding of death was made with the presumptive date established as Sept. 4, 1945. However, a letter on June 5, 1946, from the war department, stated that an official report had been received that he was killed in action on Dec. 1, 1943, in Germany.

Final rites will be held from the First Methodist Church Sunday at 2 p.m. for Captain James S. Knipe, whose body was returned to this country recently from the South Pacific, where he was killed in action April 12, 1945, during the invasion of Okinawa.

Bertle Anderson, owner of the Anderson Jack Sprat store, has been sporting a red necktie announcing the arrival of a new son, Raymond William, born Saturday, Feb. 5, at Holy Family Hospital. According to Bertle, he will make an excellent business partner before too long.

Fifty years ago: February 14, 1974 Publisher: Jerry D. Wiseman

1 Lt. Monty Miller returned to Germany to be with his father Russell Miller who recently had surgery at Rochester. 1 Lt. and Mrs. Miller are stationed at Schweinfurt, Germany.

Tiger Tales: Bruce Countryman is the Senior in the Spotlight. His favorite colors include green and silver, probably because he likes to run his silver Nova into the green ditches.

Photo: Rubber Dynamics - Beginning stages of a rubber raft are that of cutting the fabric from pre-made patterns. JoAnn Prescott and Janet Anderson are shown tracing out the outline of the pattern.

Twenty five years ago: February 10, 1999
Publisher: Jerry D. Wiseman

Photo: Leo and Anita Strong complete the necessary paperwork before donating blood at the Red Cross Bloodmobile February 1 at St. Mary's Catholic Church.

Armstrong Public Library has a new sign, thanks to Don Klink, who made and painted the letters. Librarians and Library Board members like the new location of the identification, above the front door.

A-R Senior Tyler Bonnicksen has been selected by KEYC television in Mankato for their "Cool Kids" weekly feature.

Ten years ago: February 12, 2014 Publisher: Kristin Grabinoski

Photo: Barb Nutt, committee member and Good Samaritan Team co-captain, receives the \$1,000 check presented by Michelle Nicoson, GKN HR Manager. GKN donated the \$1,000 to the Relay for life efforts which will kick off February 17th in Emmet County.

Photo: North Union middle school students Aly Bierstedt and Kayla Sabin were recognized for their outstanding achievement being selected to the MCIBA Middle School Honor Band on November 16, 2013.

Photo: Senior Kaleb Olson gets a big hug from his mom, Beth, during introductions of the senior parents on Friday, February 7th. The Warriors fought hard during the final home game, but came up a bit short, losing to West Bend-Mallard.

When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory."

When you heard His call, when you came to believe the gospel message of the truth we have in Jesus Christ, He marked you. God marked and sealed you with His mark. It is a mark that can never be erased. We are marked and sealed by the mighty hand and Spirit of God himself.

During this time leading up to our remembrance of the death and resurrection of our Lord and Savior Jesus Christ, may we never forget the cost of our salvation. The Bible says, the wages of sin is death, and all have sinned and fallen short. But God loved us so much that he sent His Son to die on a cross that we deserved. Let us always examine ourselves and ask God to open our eyes to the sin in our own lives and then repent of it. May we add to our faith all those attributes we find in Ephesians, that we may be effective and productive disciples of Jesus Christ. That we may be found worthy on the day of His appearing. Amen



Congratulations Gavyn Morpheu



North Union senior Gavyn Morpheu made his first appearance at state wrestling. He is pictured with his North Union coaches Logan Johnson, Joe Johnson, Gavyn and Brady Anderson.

Morpheu makes his first wrestling state appearance

By David Swartz

DES MOINES — North Union senior Gavyn Morpheu wrapped up his high school wrestling career with a 1-2 record at the Class 1A State Wrestling Tournament last week. The 144-pound Warrior began the tournament against Mark Gant of Hinton. Gant opened up the match with a pair of takedowns to build a 4-1

lead and went on to win 8-1.

In the consolation round, Morpheu was matched with a familiar foe in Graettinger-Terril/Ruthven-Ayrshire's Isaiah Malm. The two wrestlers had met early in the season with both wrestling up a weight at 150 at the Okoboji Tournament. Morpheu won that by fall in the first period.

In this second meeting, Morpheu scored the first takedown. After an

escape by Malm, Morpheu came up with another takedown plus a 3-point nearfall before Malm escaped to make the first period score 7-2.

Morpheu chose the bottom position to start the second period and added to his lead with a reversal and two-point nearfall for an 11-2 advantage. Malm chose to start the third period in the neutral position and Morpheu scored another takedown. While Malm

escaped and scored a late takedown, Morpheu advanced with a 13-5 win.

In the next consolation round, Morpheu took on Lucas Bose of Underwood. Bose worked quickly with a takedown and defeated Morpheu by fall in 1:28.

Morpheu wraps up his senior season with a 38-11 record and 111 career wins.



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SUNDAY, MARCH 3, 2024
10 a.m. - 12:30 p.m.

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Ringsted, Iowa

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Fidelity Bank and Trust in Bancroft to award scholarships

Fidelity Bank and Trust has announced that scholarship applications are now available for the 2024 College Scholarship Form.

The forms are available at all locations of Fidelity Bank and Trust or visit www.bankfidelity.bank. Applications must be returned by March 31, 2024.

Under the program, twenty-eight \$500 scholarships will be awarded to area high school seniors who plan to attend a two or four year college or vocational school. The students and their parents are not required to be Fidelity Bank and Trust customers. The scholarships will be awarded

on scholastic standing, extra curricular activities, community involvement, financial need and a short essay on why the individual should be considered for this scholarship.

Interested high school students should contact their high school

guidance office or Fidelity Bank and Trust for further assistance in completing the scholarship application. Scholarship winners will be announced in early April.

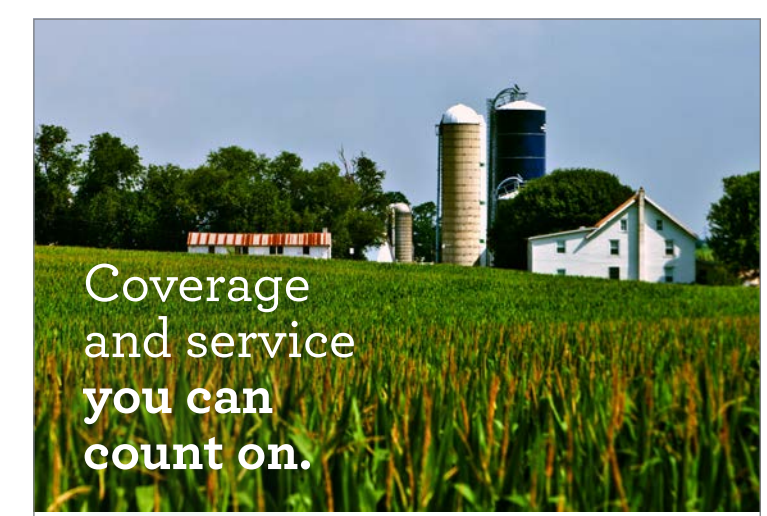
Dick Deitering Memorial to Award Scholarship

The family of Dick Deitering has announced that scholarship applications are now available for 2024 for persons attending post-secondary trade/vocational programs. The forms are available at North Union, North Iowa, Bishop Garrigan and Algona High Schools as well as at Deitering Bros., Inc., in Bancroft.

Under the program, two \$1,000.00 scholarships will be awarded to two high school seniors who attend post high school training in the vocational/trade fields. (Ex. mechanical, hair styling, massage therapy, electrical, plumbing, etc.)

The scholarship will be awarded based on need, community involvement, and with special consideration for persons wanting to return to local area for employment.

A completed application, a letter of recommendation from a high school teacher along with a short essay from the applicant on why he/she should be awarded this scholarship should be returned to their high school counselor or Alan at Deitering Bros. by March 31st.



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Warriors win quarterfinal to move on

By David Swartz

ARMSTRONG — A 9-2 run to end the first quarter put the Class 1A No. 8 North Union boys well on their way to a 77-34 victory over Sibley-Ocheyedan in a district basketball quarterfinal on Monday, February 12.

That little run allowed the Warriors (19-3) to lead 16-9 after trailing 7-5 to the Generals (2-21). North Union stretched its lead to 30-17 by halftime before erupting for 33 points in the third quarter to lead 63-28.

North Union will host the district semifinal at 7 p.m., Thursday against Alta-Aurelia (12-10), who defeated Ar-We-Va 67-61 on Monday.

The Warriors dominated Sibley-Ocheyedan, shooting 50 percent (29-of-58) from the field and 93 percent (14-of-15) from the free throw line.

Kody Irmiter shot 11-of-13 from the field to finish with a game-high 29 points to go with 10 rebounds. Aiden Lofstrom and Khael Jones each chipped in 10 points while Kyan Jones dished out 12 of the team's 23 assists and also had eight rebounds. Danyal

Fothergill filled up the boxscore with nine points, five assists, three steals, two rebounds and a blocked shot.

North Union 77, Sibley-Ocheyedan 34
 North Union (77) - Preston Guerdet 2-9 2-2 7; Danyal Fothergill 4-10 0-0 9; Kyan Jones 1-2 0-0 2; Aiden Lofstrom 5-7 0-0 10; Kody Irmiter 11-13 6-7 29; Caden Walders 0-1 0-0 0; Greyson Colegrove 1-2 0-0 3; Grady Madden 3-6 0-0 7; Drew Henderson 0-3 0-0 0; Khael Jones 2-3 6-6 10; Bryce Beschornor 0-1 0-0 0; Lane Bruhn 0-1 0-0 0. Totals 29-58 14-15 77.
 Halftime Score: North Union 30, S-O 17. 3-pointers - NU 5-21 (Fothergill 1-2, Colegrove 1-2, Madden 1-3, Irmiter 1-3, Guerdet 1-6, Henderson 0-2, Walders 0-1, Kh. Jones 0-1, Beschornor 0-1). Rebounds - NU 32 (Irmiter 10). Assists - NU 23 (Ky. Jones 12). Steals 0 NU 12 (Fothergill 3, Kh. Jones 3). Blocked shots - NU 3 (Guerdet, Fothergill, Kh. Jones). Turnovers - NU 8. Fouls - NU 13. Fouled Out - None.



Taking it to the basket after breaking away was Preston Guerdet during the semi-final game.



Working hard to get to the basket in between the Alta-Aurelia defenders was Kyan Jones.



Grady Madden stands at the logo while looking for a teammate to run the play called by head coach Alex Fisher during the Sibley-Ocheyedan in the district final held in Armstrong.



Aiden Lofstrom defends the basket to stop the shot from Sibley-Ocheyedan in the district final held in Armstrong during the first quarter of the game.



Kody Irmiter #33 and Drew Henderson #13 double team the Sibley-Ocheyedan ball handler to try and block them from scoring.



North Union took four members to compete at our Sub District LDE competition held in Forest City on February 13th. Brylie Deim, Kyla Irmiter, and Carly Oleson created a presentation for the Chapter Program of Activities event, where they received a silver rating. Pictured are Carly Oleson, Kyla Irmiter, and Brylie Deim.



Sienna Hansen competed in the Job Interview LDE and received first with a gold rating. She will advance to our North Central District competition held in State Center on March 2nd.



Addy Sorenson, back turned, unfortunately got hurt recently and had to have her wrist and hand put into a cast. And when she saw Emmet County Deputy Dylan Eshelman standing in the doorway of the North Union gym at a recent basketball game, Addy knew she wanted him to sign her cast. Deputy Eshelman happily signed the cast for the little girl who was all smiles as she walked away.

Warriors win to stay alive in tournament trail

By David Swartz

ARMSTRONG — The Class 1A North Union Boys Basketball Team took a 14-10 lead in the first quarter and built on its advantage throughout their district semifinal game against Alta-Aurelia on the way to a 58-39 win on Thursday, Feb. 15.

With the victory, the Warriors (20-3 overall) advanced to Tuesday's game against St. Edmond (12-11). Tuesday's winner will play in the substate game against either South O'Brien (20-3) or MMCRU (14-8) in Spencer this Saturday.

In last Thursday's game against Alta-Aurelia, North Union had its typical balanced scoring with Preston Guerdet stepping up with an 18-point effort. Grady Madden was the only other Warrior in double digits as he came off the bench to score 11 points while shooting 3-of-5 from 3-point range.

Aiden Lofstrom was solid with nine points and eight rebounds while Kody Irmiter had seven points, 14 rebounds and four steals. Kyan Jones had half of the team's 18 assists along with five steals.

North Union led 30-21 at halftime and 46-31 to start the final period.

Ayden Dullea led Alta-Aurelia with 16 points, 10 rebounds and four blocked shots.

North Union 58, Alta-Aurelia 39
 North Union (58) - Preston Guerdet 7-14 3-6 18; Danyal Fothergill 2-8 3-4 7; Kyan Jones 0-5 1-2 1; Aiden Lofstrom 4-7 1-2 9; Kody Irmiter 3-14 1-4 7; Caden Walders 0-0 0-0 0; Greyson Colegrove 0-0 0-0 0; Khael Jones 0-0

2-2 2; Lane Bruhn 0-0 0-0 0. Totals - 21-60 11-20 58.
 Halftime score: North Union 30, Alta-Aurelia 21. 3-pointers - NU 5-18 (Madden 3-5, Guerdet 1-4, Henderson 1-4, Fothergill 0-2, Irmiter 0-2, Ky. Jones 0-1). Rebounds - NU 34 (Irmiter 14). Assists - NU 18 (Ky. Jones 9). Steals - NU 16 (Ky. Jones 5). Blocked shots - NU 2 (Lofstrom 2). Turnovers - NU 10. Fouls - NU 10. Fouled Out - None.

Commercial building located on the thriving main street in the heart of small town Iowa. Currently operating as a hardware store, the listing includes all shelving, large safe in the back as well as the utility elevator. The inventory is excluded from the sale. Endless opportunities & possibilities!

CENTRAL STATES AGENCY, LLC



\$80,000

NEWLY LISTED!!
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 Bancroft, Iowa

Commercial building located on the thriving main street in the heart of small town Iowa. Currently operating as a hardware store, the listing includes all shelving, large safe in the back as well as the utility elevator. The inventory is excluded from the sale. Endless opportunities & possibilities!

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Bancroft Community Fire Department
BINGO & Silent Auction
 Saturday, February 24, 2024
 Bingo begins at 6 p.m. to 10 p.m.
 Silent Auction 6 p.m. to 8 p.m.
 Summit Center Formerly St. John's School, Bancroft, Iowa
 Food + Drinks + Raffles

THE CITY OF ARMSTRONG
is taking applications for MOWING POSITIONS
 To pick up an application contact Armstrong City Hall 712-864-3535. Applications available until position filled.
ARMSTRONG CITY COUNCIL



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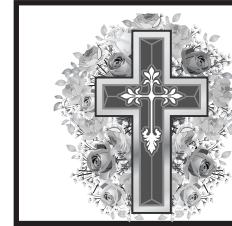


Jason Brace
 418 Highway 18 W
 Algona, IA
 Office | 515.295.3351
 Mobile | 515.890.1870
 jasonbrace.com

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EMMET COUNTY COURTHOUSE REPORT



I tell you the truth, no one can see the kingdom of God unless he is born again. John 3:3

Deed Transfers

Jan. 2 – Idaho Housing and Finance Association to Secretary of Housing and Urban Development: part of Outlot C of the Plat of Blocks 8, 9, 10, 11 and 12, subdivision of Block 7 and Outlots A, B, C and D to the Township of Ringsted, Emmet County, Iowa.

to F.A. Henriksen Legacy Farms, LLC: the North Half of the Northeast Quarter and the North Half of the South Half of the Northeast Quarter of Section 23, Township 98 North, Range 31, West of the 5th P.M., Emmet County, Iowa, and the North Half of the Southwest Quarter of the South 19.75 acres of the South Half of the Northwest Quarter of Section 13, Township 98 North, Range 31, West of the 5th P.M., Emmet County, Iowa.

Jan. 4 – Emmet County, Iowa, to Lakeview Loan Servicing, LLC: the North 22 feet of Lot 9 and the South 22 feet of Lot 10, Block 10, Lough's Addition to the City of Estherville, Emmet County, Iowa.

Subdivision of the City of Estherville, Emmet County, Iowa. Estate of Michael Rhodes Sjoblom to Gene Luscombe: part of the Southwest Quarter of Section 14, Township 99 North, Range 31, West of the 5th P.M., Emmet County, Iowa.

Your Right To Know Proceedings of Emmet County Board of Supervisors

Approved Emmet County Board of Supervisor Minutes February 6, 2024 at 9:00 a.m.

Present: Todd Glasnapp, Chair John Pluth Tim Schumacher Lisa K Hansen Jeff Quastad Absent: None Media: Tiedemann and Ed Funston

ECCOG replacement trailer cost is estimated between \$95,000 to \$115,000. Schumacher shared RIDES meeting materials with board. Schumacher and Pluth discussed the award winners at the Iowa Great Lakes Corridor meeting last week. Sean Bell, with Wheeling Vestas Wind Energy development, introduced himself to the board. Melanie Whippers Bauler shared that Tim Whipple with Ahlers and Cooney, will be at the ISAC spring conference. Walter Davis-Oeth Emmet County Engineer, joined the meeting to discuss the approval of pavement markings quote. Motion by Quastad, second by Pluth to approve the lowest quote for pavement markings of \$91,230.80 from Vogel. All ayes. Motion carried.

policy be sent for review by Ahlers and Cooney. All ayes. Motion carried. Acceptance of external audit results for FY23. Motion by Pluth, second by Hansen. All ayes. Motion carried. Board reviewed Auditor Quarterly Report. Discussion Public hearing for budget amendment #2 opened by Chairman Glasnapp. No public comments were received in the auditor's office. No public comments received during public hearing. Motion to close the public hearing by Quastad second by Schumacher. Roll call vote to close public hearing, Schumacher-aye Hansen-aye, Pluth-aye, Quastad-aye, Glasnapp-aye. All ayes. Motion carried. Motion to adopt Resolution #24-06 Emmet County Budget Amendment #2 by Hansen, second by Schumacher Roll call vote. Quastad-aye, Pluth-aye, Hansen-aye, Schumacher-aye, Glasnapp-aye. All ayes. Resolution adopted. RESOLUTION 24-06 ADOPTION OF FY2024 EMMET COUNTY BUDGET AMENDMENT #2 WHEREAS, the Emmet County Board of Supervisors held the FY 2024 Budget Amendment #2 Public Hearing on Tuesday, February 6, 2024 at 10:00 a.m.

Legal Publications

All legal publications are published as submitted.

Your Right To Know Proceedings of Armstrong City Council

Armstrong City Council Proceedings Regular Council Meeting: February 13, 2024

Present: Mayor Pro Tem: Joann Eaton Council Present: J. Eaton, R. Nutt, A. Kinnander, R. Trenary, R. England, J. City Clerk: C. Hoppe City Attorney: D. Stein (Telephonically) Maintenance: T. Leininger

Mayor Pro Tem Eaton called the meeting to order. Pluth was recited. Motion by R. Nutt to approve the agenda, seconded by R. England. Vote: Ayes-5. Motion Carried.

Motion by R. Nutt to approve the consent agenda, seconded by R. Trenary. Vote: Ayes-4. Motion Carried. Council reviewed the sheriff report sent via email, no comments or concerns were made.

T. Leininger gave the maintenance report. Dump truck hydraulic pump was fixed after some difficulty finding a lift cable, it is now in good working condition. South Water Tower has new plate installed but is still not operable due to a small fire. Leininger was able to install the parts on the street sweeper and it is now in great operating condition. Leininger pointed out the patch work done on 5th Ave and 2nd Ave held through the winter well. A new pump was installed last week on the water plants chlorine booster system, the plow truck was gelled up for three days, and the payload also had a repair made to the blades power line.

Motion by R. Nutt to table approval of pool heaters purchase until some more quotes are submitted, seconded by J. Eaton. Vote: Ayes-5. Motion Carried.

Motion by J. Eaton to table any further discussion on the sewer repair needed on 2nd Ave until some more quotes are submitted, seconded by A. Kinnander. Vote: Ayes-5. Motion Carried.

C. Kendall briefed council on the options available for the upcoming budget process and requested a motion to set the public hearing on the property taxes to March 26, 2024, at a special stand alone meeting.

Motion by A. Kinnander to use option C for the Pre-Levy and setting the Public Hearing on Property Taxes to March 26th, 2024, at 5:00 PM at a special council meeting, seconded by J. Eaton. Vote: Ayes-5. Motion Carried.

Motion by R. Nutt to approve water deposit refund to Tyler Quinn, seconded by A. Kinnander. Vote: Ayes-5. Motion Carried.

Lisa Hansen from the Board of Supervisors brought the new budget timeline to council due to the legislative changes happening now.

Motion by A. Kinnander to approve the advertising of summer staff to include, pool manager, lifeguards, and mowers, seconded by R. England. Vote: Ayes-5. Motion Carried.

R. Trenary. Absent- R Nutt. Motion Carried. A Kinnander offered and moved passage of RESOLUTION 2024-0213-003 AUTHORIZING THE ISSUANCE OF \$1,300,000 GENERAL OBLIGATION CAPITAL LOAN NOTES, SERIES 2024A, AND LEVYING A TAX FOR THE PAYMENT THEREOF, seconded by R. Nutt. Roll Call Vote: Ayes- J. Eaton, A. Kinnander, R. England, R. Trenary. Absent- R Nutt. Motion Carried.

R. Nutt offered and moved passage of RESOLUTION 2024-0213-004 APPROVING CONTRACT WITH GWORKS SOFTWARE \$27,144, seconded by J. Eaton. Roll Call Vote: Ayes- J. Eaton, A. Kinnander, R. England, R. Trenary. Absent- R Nutt. Motion Carried.

J. Eaton offered and moved passage of RESOLUTION 2024-0213-005 RE-APPOINTING CITY ATTORNEY, seconded by A. Kinnander. Roll Call Vote: Ayes- J. Eaton, A. Kinnander, R. England, R. Trenary. Absent- R Nutt. Motion Carried.

J. Eaton offered and moved passage of RESOLUTION 2024-0213-006 AUTHORIZING WAGE INCREASE CITY CLERK POSITION, seconded by R. England. Roll Call Vote: Ayes- J. Eaton, A. Kinnander, R. England, R. Trenary. Absent- R Nutt. Motion Carried.

A. Kinnander offered and moved passage of RESOLUTION 2024-0213-007 REGARDING WRITE OFF/SET OFF ACCOUNTS AND COLLECTIONS, seconded by R. Nutt. Roll Call Vote: Ayes- J. Eaton, A. Kinnander, R. England, R. Trenary. Absent- R Nutt. Motion Carried.

Motion by J. Eaton to table the revision on the Status Update and Review of King Construction Matter until a later date, seconded by A. Kinnander. Vote: Ayes-5. Motion Carried.

A. Kinnander made a comment to council that there will be an upcoming meeting to discuss the water tower repair with Maguire Iron on February 28th, 2024.

R. Nutt made comment on the status of the old plow truck and patrol car and advised Leininger to get the plow loaded with scrap and go drop it off, though he will get back to him this week on where to bring it.

Motion by R. Nutt to adjourn at 6:20 PM, seconded by A. Kinnander. Vote: Ayes-5. Motion Carried.

Table with 3 columns: Name, Memo, Amount. Lists various expenses like Adobe Software, Electric Service, Office/Shop Supplies, etc.

Table with 2 columns: Item, Amount. Lists items like Curb Stop Repair, Kinnander, Arden, Payroll, etc.

Table with 2 columns: Item, Amount. Lists items like Water Tower Repair, McWhinney, David, Payroll, etc.

Table with 2 columns: Item, Amount. Lists items like Operator Services, Nutt, Robb, Payroll, etc.

Table with 2 columns: Item, Amount. Lists items like Communications, Schueller, Travis, Payroll, etc.

Table with 2 columns: Item, Amount. Lists items like Stalls Farm & Home, Supplies, State Hygienic Lab, etc.

Table with 2 columns: Item, Amount. Lists items like Stalls Farm & Home, Supplies, State Hygienic Lab, etc.

Table with 2 columns: Item, Amount. Lists items like Special Revenue Funds, CEBA Revolving Loan, etc.

Table with 2 columns: Item, Amount. Lists items like Debt Service Funds, Debt Service Levy, etc.

Table with 2 columns: Item, Amount. Lists items like Capital Project Funds, Street Project 2023, etc.

Table with 2 columns: Item, Amount. Lists items like Treasurer's Report, Fund Income, General Funds, etc.

Table with 2 columns: Item, Amount. Lists items like Tort Liability, Library Operating, etc.

Table with 2 columns: Item, Amount. Lists items like Library Memorial, Community Center, etc.

Table with 2 columns: Item, Amount. Lists items like Recreation, Seniors, Streets, etc.

Table with 2 columns: Item, Amount. Lists items like Debt Service Funds, Debt Service Levy, etc.

Table with 2 columns: Item, Amount. Lists items like Capital Project Funds, Street Project 2023, etc.

Table with 2 columns: Item, Amount. Lists items like Water Funds, Sewer Funds, etc.

Table with 2 columns: Item, Amount. Lists items like Garbage Funds, Garbage, etc.

Table with 2 columns: Item, Amount. Lists items like Donation, TOTAL, etc.

(Published February 21, 2024)

Large table titled 'NOTICE OF PUBLIC HEARING - AMENDMENT OF CURRENT BUDGET EMMET COUNTY Fiscal Year July 1, 2023 - June 30, 2024'. It contains financial data for revenues, expenditures, and fund balances.

(Published February 21, 2024)

Chairman Glasnapp, called the meeting to order. All in attendance recited the Pledge of Allegiance. Motion by Hansen, second by Quastad to approve the minutes from the last meeting on 01.30.2024 with correction. Also approving minutes for publication. All ayes, motion carried.

During public forum, Quastad discussed ECCOG trailer replacement.

Auditor's Assistant, Mackenzie Kollasch joined the meeting to go over Personnel policy review by Ahlers and Cooney. Motion by Schumacher, second by Hansen to approve the personnel

Meeting Date/Time: 2/6/2024 10:00 AM Contact: Heidi Goebel Phone: (712) 362-4261

Meeting Location: Board Room Emmet County Courthouse 609 1st Ave N, Estherville, Iowa

Explanation of Changes: Juvenile Detention, Legal and Court Related Services- bills have exceeded budget, General Assistance-incorrect entry of salary on initial budget, LOSST funds-obligations made for gravel crushing, Economic Development Fund-loan to Armstrong Golf Course, Administration-Software upgrade, pipeline legal fees, Stateline Cooperative legal fees, HF 718 budget statement postage and office supplies for mailing

THEREFORE, BE IT RESOLVED that the Emmet County Board of Supervisors approves the FY2024 Budget Amendment #2 published and as presented to the Board. Approved this 6th day of February, 2024.

ATTEST: Heidi Goebel, Auditor Todd Glasnapp, Chairperson Discussion to reach a final set of courthouse plans with CMBA Brett and Adam to put out to bid.

Motion to adjourn by Schumacher, second by Hansen to adjourn at 11:45 a.m. All ayes. Motion carried. Heidi Goebel, Auditor Todd Glasnapp, Chairman

For advertising send email to: ads@armstrongjournal.com

Legal Publications continued on page 7

(Published February 21, 2024)

Mayo Clinic Health System recommends cholesterol-lowering diet for heart health

With those New Year's resolutions six weeks behind us, some people may have reverted to less healthy ways of eating. Heart Month is a great time to remind yourself why a healthy diet is important for more than just your waistline.

"What you eat and drink affects your cholesterol and triglyceride levels, and if you have high cholesterol or triglyceride levels, your healthcare team may recommend following a cholesterol-lowering diet," says Ripu Singh, M.D., a cardiologist at Mayo Clinic Health System in Mankato and Waseca.

High cholesterol could cause your heart arteries to harden, a condition called atherosclerosis, which could lead to coronary artery disease. In addition, hardened arteries may allow a coating called plaque to build up and partially block your arteries. Blocked arteries can lead to low blood flow in the heart and chest pain.

What are triglycerides and cholesterol? Triglycerides and cholesterol are types of lipids, or fats, which circulate in your blood. Triglycerides store unused calories and provide your body with energy. Cholesterol is used to build cells and certain hormones.

Cholesterol is made mainly by the liver but can also enter your body in the foods you eat that contain animal fat. Foods that come from animals or contain animal fat include meat, egg yolks, lard and dairy products. The type and amount of fat you eat can influence how much cholesterol your body makes.

Your body makes triglycerides from excess calories, regardless of the calorie source, such as fat, protein or carbohydrates. Triglycerides also are made from excess sugar and alcohol. High triglyceride levels are a risk factor for heart disease.

Lifestyle choices for improving your levels Your healthcare team may recommend some of these lifestyle changes to improve your blood cholesterol levels and lower your triglyceride level:

- Eat a plant-based diet.
 - Eat more high-fiber foods from plants. Choose 100% whole grains, whole fruits and vegetables.
 - Exercise regularly.
 - Get to and stay at a healthy body weight.
 - Limit or avoid trans fats.
 - Trans fats can raise blood cholesterol.
 - Limit your intake of high-cholesterol foods.
 - Reduce consumption of foods like egg yolks, organ meats, animal fat and high-fat dairy.
 - Lower your total fat intake.
 - All oils and fats are high in calories.
 - Lower your saturated fat intake.
 - Saturated fat can raise blood cholesterol.
 - Replace saturated fats with unsaturated fats.
 - Unsaturated fats can lower your blood cholesterol levels. Monounsaturated fats are preferred. Polyunsaturated fats are OK.
- "You can still enjoy foods you love, but you should prioritize a heart-healthy diet and eat less-healthy foods in moderation. Small changes can make a big impact in reducing your risk of heart disease," says Dr. Singh.

Your Right To Know Legal Publication

TRUST NOTICE

IN THE MATTER OF THE TRUST: The William L. Olson Revocable Trust

To all persons regarding William L. Olson, deceased, who died on or about January 7, 2024. You are hereby notified that the trustee listed below is the trustee of the The William L. Olson Revocable Trust dated on March 6, 2008. Any action to contest the validity of the trust must be brought in the District Court of Emmet County, Iowa, within the later to occur of four (4) months from the date of second publication of this notice or thirty (30) days from the date of mailing this notice to the spouse of the decedent settlor, and to all heirs of the decedent settlor whose identities are reasonably ascertainable. Any suit not filed within this period shall be forever barred.

Notice is further given that any person or entity possessing a claim against the trust must mail proof of the claim to the trustee at the address listed below via certified mail, return receipt requested, by the later to occur of four (4) months from the second publication of this notice or thirty (30) days from the date of mailing this notice if required or the claim shall be forever barred unless paid or otherwise satisfied.

Dated on 1-23-24

Larry Olson
5181 HWY 9 E.
Dolliver, IA 50531

Jennifer Bennett Finn #AT0008986, Attorney for Trustee Pelzer Law Firm 113 N. 6th Street, Estherville, Iowa 51334

Date of second publication: February 28, 2024

(Published February 21, 2024)

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Please Recycle • Paper • Plastic • Cans • Glass

Your Right To Know Proceedings of Ringsted City Council

COUNCIL PROCEEDINGS

February 12, 2024
6:00 CITY HALL

COUNCIL PROCEEDINGS were called to order by Mayor Mike Rasmussen with Council: Laidig, Larsen, Nielsen, Morris and Petersen.

AGENDA as posted was approved by Nielsen, seconded by Morris, carried.

CONSENT AGENDA for January 8, 2024 was approved by Morris, seconded by Nielsen, carried.

CITY OPERATIONS Matt reported that the sewer line behind the bar had been cleaned out again, will need to investigate some more. The old city hall building has been cleaned out.

PUBLIC HEARING was set for March 25th for the Property Tax Levy.

HOUSING COMMISSION was approved to continue moving forward with their efforts to clean up properties in town.

RESOLUTION to update the personnel handbook was approved.

RESOLUTION for setting employee salaries has been approved.

COUNCIL continued discussion of FY/25 budget. ADJOURNMENT approved by Nielsen, seconded by Morris, carried.

BILLS APPROVED:

Alliant-Sves	\$1906.29
Armstrong Service-Svcs	\$92.00
Baker-Books	\$124.39
Currans Plumbing-Svcs	\$697.21
Dan's Repair-Svcs	\$603.00
Delta Dental-Ins	\$90.92
ECCOG-Svcs	\$996.36
Estherville Abstract-Svcs	\$750.00
Hawkins Water Treatment Svcs	\$515.30
HIC-Supp	\$185.51
IRS-Tax	\$2203.15
IDR-Tax	\$1984.59
IA One Call	\$27.00
IA State Univ.-Train	\$240.00
IA Workforce -Tax	\$28.73
Ipers-Retire	\$1896.33
Library/Thing-Svcs	\$300.00
M.Rogers-Reimb	\$60.00
MidAmerican-Svcs	\$257.83
Midwest Tech-Svcs	\$153.00
NIA Enviro	\$680.00
NSB- Supp	\$115.00
NUWAY Coop-Supp	\$1521.25
Quill-Supp	\$50.99
Dispatch-Svcs	\$61.92
Library-Alloc.	\$900.00
Telephone-Svcs	\$211.98
RiverValley-Svcs	\$224.76
Shamrock Recycle-Svcs	\$656.00
Sheriff-Contract	\$1256.65
S.Nielsen-Reimb	\$140.00

Hygienic-Lab \$304.50
Trionfo-Ins \$82.21
Wellmark-Ins \$1333.95
Employees-Wage \$6507.50
TOTAL \$27158.32

BY FUND:

General	\$9081.23
Library	\$796.04
Road Use	\$2792.51
Local Option	\$900.00
Water	\$2342.99
Sewer	\$1372.22
Storm	\$338.33
Garbage	\$3027.50
TOTAL	\$20650.82

RECEIPTS

General	\$1753.48
Tort	\$465.93
Library	\$2257.79
Road	\$3693.92
T&A	\$409.46
Emergency	\$25.30
Local	\$3505.75
Debt	\$328.10
Water	\$3340.23
Sewer	\$3690.21
Storm	\$288.49
Garbage	\$3965.87
TOTAL	\$23724.53

ATTEST: SOMMER NIELSEN, CLERK
MIKE RASMUSSEN, MAYOR

(Published February 21, 2024)

PRE ORDER NOW

\$25⁰⁰ Cash/Check

\$26⁰⁰ Credit Card

A History of Ringsted, Iowa written by Ernest Reineke.
Produced by the Ringsted Dispatch.
Sold by the Ringsted Quasiquicentennial Committee. Released June, 2024.
Send payment to or stop into our office at
Armstrong Journal, 529 6th Street
Armstrong, Iowa 50514
or Ringsted Dispatch, PO Box 289, Armstrong Iowa 50514

RINGSTED IOWA • 1899-2024

CITY NAME: NOTICE OF PUBLIC HEARING - CITY OF ARMSTRONG - PROPOSED PROPERTY TAX LEVY
ARMSTRONG Fiscal Year July 1, 2024 - June 30, 2025 CITY #: 32-303

The City Council will conduct a public hearing on the proposed Fiscal Year City property tax levy as follows:

Meeting Date: 3/26/2024 Meeting Time: 05:00 PM Meeting Location: Armstrong Community Center 517 6th St Armstrong, IA 50514

At the public hearing any resident or taxpayer may present objections to, or arguments in favor of the proposed tax levy. After the hearing of the proposed tax levy, the City Council will publish notice and hold a hearing on the proposed city budget.

City Website (if available)

City Telephone Number (712) 864-3535

Iowa Department of Management	Current Year Property Tax 2023 - 2024	Certified 2023 - 2024	Budget Year Effective Property Tax 2024 - 2025	Proposed Property Tax 2024 - 2025	Percent Change
Taxable Valuations for Non-Debt Service	25,962,358		31,624,473	31,624,473	
Consolidated General Fund	201,533		201,533	219,124	
Operation & Maintenance of Public Transit	0		0	0	
Aviation Authority	0		0	0	
Liability, Property & Self Insurance	34,695		34,695	48,788	
Support of Local Emergency Mgmt. Comm.	0		0	0	
Unified Law Enforcement	0		0	0	
Police & Fire Retirement	0		0	0	
FICA & IPERS (If at General Fund Limit)	40,980		40,980	60,364	
Other Employee Benefits	29,030		29,030	0	
Capital Projects (Capital Improv. Reserve)	0		0	0	
Taxable Value for Debt Service	25,962,358		31,624,473	31,624,473	
Debt Service	66,163		66,163	149,852	
CITY REGULAR TOTAL PROPERTY TAX	372,401		372,401	478,128	
CITY REGULAR TAX RATE	14.34387		11.77573	15.11893	
Taxable Value for City Ag Land	81,653		80,889	80,889	
Ag Land	246		246	243	
CITY AG LAND TAX RATE	3.00375		3.04120	3.00375	
Tax Rate Comparison-Current VS. Proposed					
Residential property with an Actual/Assessed Value of \$100,000	Current Year 2023/2024	Certified 2023/2024	Budget Year 2024/2025	Proposed 2024/2025	Percent Change
City Regular Resident	784	784	701	701	-10.59
Commercial property with an Actual/Assessed Value of \$100,000	Current Year 2023/2024	Certified 2023/2024	Budget Year 2024/2025	Proposed 2024/2025	Percent Change
City Regular Commercial	784	784	701	701	-10.59

Note: Actual/Assessed Valuation is multiplied by a Rollback Percentage to get to the Taxable Valuation to calculate Property Taxes. Residential and Commercial properties have the same Rollback Percentage at \$100,000 Actual/Assessed Valuation.

Reasons for tax increase if proposed exceeds the current:

Cost of general and liability insurance increase, wages, benefits, and reconstruction of Golf Course Drive.

NOTICE OF PUBLIC HEARING - PROPOSED BUDGET
Fiscal Year July 1, 2024 - June 30, 2025
Assessing Jurisdiction: EMMET COUNTY ASSESSOR

The Conference Board of the above-named Assessing Jurisdiction will conduct a public hearing on the proposed fiscal year budget as follows:
Meeting Date: 3/12/2024 Meeting Time: 06:00 PM Meeting Location: Emmet County Board of Supervisors Meeting Room Emmet County Courthouse 609 1st Ave N, Estherville, Iowa

At the public hearing any resident or taxpayer may present their objections to, or arguments in favor of, any part of the proposed budget. This notice represents a summary of the supporting detail of receipts and expenditures on file with the Conference Board Clerk. Copies of the Supplemental Budget Detail will be furnished to any taxpayer upon their request.

Contact Name: Barbara A. Bohm Contact Telephone Number: (712) 362-2609

	FYE June 30, 2023 Actual	FYE June 30, 2024 Re-estimated	FYE June 30, 2025 Proposed	Transfers Out	Estimated Ending Fund Balance FY 2025	Estimated Beginning Fund Balance FY 2025	Estimated Other Receipts	Transfers In	Estimated Amount To be Raised By Taxation
1. Assessment Expense	339,970	371,852	388,295		104,093	113,867	12,377	0	366,144
2. FICA				0	0	0	0	0	0
3. IPERS				0	0	0	0	0	0
4. Emergency				0	0	0	0	0	0
5. Unemployment Comp.	0	0	0	0	0	0	0	0	0
6. Tort Liability	0	0	0	0	0	0	0	0	0
7. TOTAL	339,970	371,852	388,295	0	104,093	113,867	12,377	0	366,144

Proposed taxation rate per \$1,000 valuation: \$ 0.54031

Virtual Meeting Information:

https://us02web.zoom.us/j/82202464430?pwd=OGJhbnNsaFpnaHJldkRlKTW9iMkFlQT09 Meeting ID: 822 0246 4430 Passcode: 153900

Pay attention to officials' talk vs. their actions

By Randy Evans

Voters have busy lives — families to care for, jobs demanding their attention, bills to worry about.

So, they can be forgiven if they do not closely track their government leaders' statements and actions. Sometimes voters may find discrepancies between what politicians say and what they do.

Here is one example: Iowa Attorney General Brenna Bird was in the news last week with a statement about the need for Congress to replenish a federal program, the Victims of Crime Act, that assists these people in a variety of ways.

She was one of 42 state attorneys general, Republicans and Democrats, who wrote to leaders of Congress urging them to provide this important assistance.

"We must protect victims from being victimized twice," Bird said in a statement. "Victims have already been through enough. With a looming 41% cut in victim services funding, we're calling on Congress to ensure victims and survivors receive the support they deserve."

With her statement, Bird opened herself up to criticism that she was talking out of both sides of her mouth when it comes to protecting crime victims from being harmed again.

Shortly after taking office in January 2023, Bird stopped reimbursing sexual assault victims for the cost of emergency contraception. That was a significant change from the policy of her predecessor, Thomas Miller, but Bird said she was temporarily making the change while her staff conducted a review of all of state government's victim assistance programs.

One part of Miller's practice was not surprising, given Bird's opposition to abortion. Under Miller, the state victim compensation fund sometimes paid for abortions for women who had been impregnated by rapists.

But less controversial was Miller's practice of paying the cost of the so-called Plan B medication for rape victims, because the emergency contraceptive, though not failproof, reduces the chance of pregnancy after unprotected sex.

So, there should be few qualms among abortion opponents to state government helping sexual assault victims from becoming pregnant. To take the opposite position comes across as cold and uncaring for the

teens and women who are victimized by rapists.

Last April, Bird's spokeswoman Alyssa Brouillet told Iowa Public Radio that as part of a broad review of victim assistance programs the attorney general was "carefully evaluating whether this is an appropriate use of public funds."

Bleeding Heartland reporter Laura Belin asked Bird's office last week whether that broad review had been completed. But Bird's staff would not answer questions about the policy review or the Plan B reimbursements.

These are not "gotcha" questions from a persistent reporter. The questions are logical, especially with Bird being critical of proposed reductions in federal assistance for crime victims. Her staff's refusal to answer such logical questions leaves critics to rightfully wonder whether the attorney general is hoping people do not remember her controversial decision a year ago.

Mark Stringer, executive director of the ACLU of Iowa, said in a statement last year it was unconscionable for Bird to take away this emergency medical care as part of her policy review.

"Being sexually assaulted is traumatic for survivors, and the state of Iowa simply must do the right thing by them," Stringer said. "This includes helping victims put their lives back together and assist them on the road to recovery. Instead, this decision penalizes and re-victimizes them."

Stringer had no idea last year that Bird would be talking 10 months later about protecting crime victims from being victimized twice. Foreshadowing the attorney general's recent statement, Stringer said back then, "There is no room for politics during a crime victim's emergency."

There is an important reason why the attorney general may be eager to publicize the letter she and other attorneys general signed, but is less eager to acknowledge whether her "policy review" has been completed and whether she is standing by her prohibition on reimbursing rape victims for emergency medical care.

The Des Moines Register's Iowa Poll showed last year that 61% of Iowa adults, and 70% of Iowa women, believe abortion should be legal in most or all cases. Even in a conservative state like Kansas, voters rejected an amendment to the state's constitution in 2022 that would have declared women have no right to an abortion.

Beth Barnhill, executive director of the Iowa Coalition Against Sexual Assault, told the Des Moines Register last year she hopes Bird does not

"consider emergency contraception and abortion as the same, because emergency contraception is not the same as abortion. If a rape survivor has access to emergency contraception, then they would potentially not have to make that difficult decision about a pregnancy."

I understand the frustrations of newsmakers when journalists fail to contact them when questions arise about the statements and views of those newsmakers. But it is equally understandable why reporters become frustrated when those political leaders dodge questions about important issues the officials are involved in.

You should not be opining on the importance of Congress not re-victimizing crime victims when you yourself have engaged in what some people would see as re-victimization.

Randy Evans can be reached at DMREvans2810@gmail.com.

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A Very Happy Birthday A come and go birthday party was held Sunday, February 18, at the Nazareth Lutheran Church, to celebrate Bernice Vigdal's 83rd birthday. Guests enjoyed delicious chicken salad sandwiches, desserts, and punch.

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Estherville man arrested on drug charges

Estherville, IA – As a result of an ongoing investigation into the illegal use and sale of drugs, the Estherville Police Department has filed charges against an Estherville man.

On January 24, 2024, Estherville Police filed charges and requested arrest warrants for 41-year-old, Jesse Kinney, of rural Estherville. Kinney's charges stem from an ongoing investigation into the sale and use of Methamphetamine that occurred in December of 2022. During the investigation, Kinney sold methamphetamine on two separate occasions.

Jesse Kinney was charged with 2 Counts of Delivery of Methamphetamine, both Class C Felonies; and 2 Counts of Gatherings Where Controlled Substances Are Used, both Class D Felonies.

Kinney was arrested by the Palo Alto County Sheriff's Office on the arrest warrants following a traffic stop there, on or before February 9th. Kinney was transported to the Emmet County Jail in reference to the arrest warrants and posted a surety bond later that day.

The Estherville Police Department was assisted by the Iowa Division of Narcotics Enforcement, the Iowa Great Lakes Drug Task Force, the Emmet County Sheriff's Office, and the Emmet County Emergency Management Director.

All suspects are presumed innocent until proven guilty in a court of law.

Iowa PBS presents Gardening with Steil

Anticipation is growing for Iowa PBS's upcoming gardening special. Gardening with Steil premieres on air and online Saturday, February 24 at 4 p.m. as part of Festival 2024. The program will be rebroadcast Sunday, March 3 at 6:30 a.m. and Saturday, March 9 at 10:30 a.m. on Iowa PBS's main channel, with additional airings on Iowa PBS WORLD .3 and Iowa PBS Create .4. The program will also be available on demand on iowapbs.org and on the PBS App.

From bonsai and daylilies, to touring both an herb and unique water-wise garden, Gardening with Steil will intrigue, inform and entice viewers to add a little garden fun to their lives.

The program features host Aaron Steil, consumer horticulture extension specialist at Iowa State University, and co-host Cindy Haynes, associate professor and consumer horticulture extension specialist at Iowa State University, as they travel across the state and share current garden trends.

"So many Iowans are creating and

carving for some amazing gardens and this season on Gardening with Steil we get a chance to visit these beautiful landscapes," said host Aaron Steil. "Also featured on the show are techniques to save seed from your garden and a demonstration using autonomous mowers. Gardening with Steil is presented by Iowa PBS as part of Festival 2024, Iowa PBS's only extended pledge drive of the year.

With programming airing on Iowa PBS .1, Iowa PBS WORLD .3 and Iowa PBS Create .4, Festival 2024 takes place February 17-19, February 23-March 3 and March 9-11.

In addition to its statewide broadcast, Iowa PBS .1 is available to livestream on iowapbs.org/watch, pbs.org/livestream, the PBS App, Local Now, YouTube TV and Hulu + Live TV. Iowa PBS programs, behind-the-scenes extras and more can be enjoyed on iowapbs.org, Facebook and YouTube. Viewers can also stream their favorite shows on demand using the PBS App, available on iOS, Android and many streaming devices. Learn more at iowapbs.org.

For more information about Iowa PBS, please contact Sarah Lewis at 515.214.7895 or sarah.lewis@iowapbs.org.

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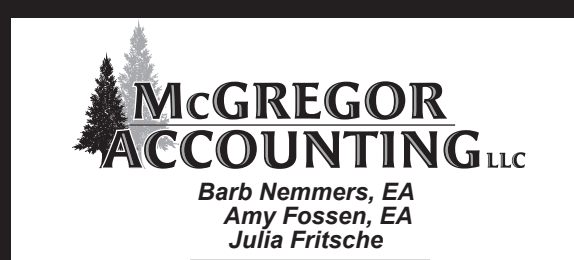


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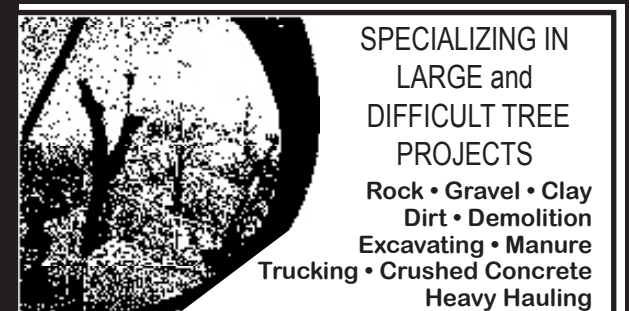


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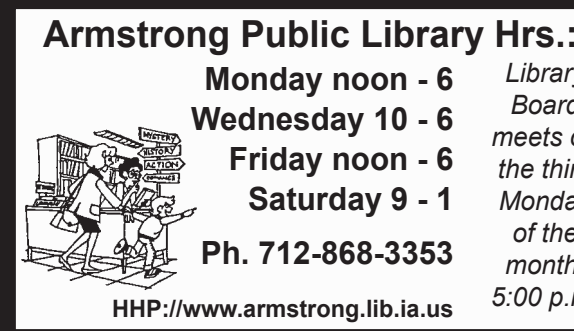
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Thank you to everyone who attended & donated to the Jason Green Benefit. Proceeds will go towards the youth of the area. Special thanks to Armstrong Locker; Journal; Golf Course. Family of Jason Green

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The Kossuth County Conservation Board is accepting bids for contract mowing of Siems Park for the 2024 mowing season. Siems Park is located at 305 200th Street, Whittemore, Iowa. The bid also includes mowing the Stinson Prairie parking lot located at 1905 70th Ave, Whittemore, Iowa twice a month.

Please submit the mowing bid on a per time basis. For detailed information on the mowing requirements contact Kendall Stumme at 515-295-2138. Bids may be dropped off at the Water's Edge Nature Center at Smith Lake or emailed or mailed to:

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The deadline for submitting bids is Thursday, March 7th at 4:00 P.M. The Conservation Board reserves the right to reject any or all bids based on the best interests of the board.

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Warriors defeat the Broncos in quarterfinal game

ARMSTRONG — After a low-scoring first half, the Class 2A No. 13 North Union girls erupted for 28 points in the third quarter and cruised to a 60-38 win over Belmont-Klemme in a basketball region quarterfinal on Tuesday, Feb. 13.

The Warriors led 10-5 after the first quarter and 19-16 at halftime against the Broncos, a team they had defeated

twice during the regular season.

Naomi Jones had the hot hand for North Union, shooting 7-of-10 from the field including 6-of-8 from the free throw line to finish with 21 points. The senior also had 14 rebounds, six assists and six steals.

Freshman Ainsley Ulrich poured in 18 points with three assists and three steals. She was 4-of-10 from 3-point

range. The Warriors had 21 assists in the contest and Shallice Walders also had six of those.

North Union shot 57 percent (23-of-49) for the game.

The win propelled the Warriors to the Friday, Feb. 16 region semifinal game against Pocahontas Area.

North Union 60, Belmont-Klemme 38

North Union (60) - Ainsley Ulrich 7-16 0-0 18; Libby Stevens 2-7 0-1 5; Ava Steinberger 1-1 0-0 2; Olivia Merrill 2-4 1-2 5; Naomi Jones 7-10 6-8 21; Shallice Walders 3-8 0-0 7; Alyssa Welbig 0-0 0-0 0; Avery Walstead 0-0 0-0 0; Hannah Nielsen 1-3 0-0 2. Totals - 23-49 7-11 60.

Halftime Score: North Union 19, Belmont-Klemme 16. 3-pointers - NU 7-17 (Ulrich 4-10, Jones 1-2, Walders 1-2, Stevens 1-3). Rebounds - NU 35 (Jones 14). Assists - NU 21 (Jones 6, Walders 6). Steals - NU 11 (Jones 6). Blocked Shots - NU 3 (Merrill 2). Turnovers - NU 17. Fouls - NU 10. Fouled out - None.



North Union's Olivia Merrill tries to reach for the basketball and block the shot against Pocahontas.



In the last few minutes of the semifinal game, North Union Head Coach Merle Tigges gives senior Naomi Jones a hug as she comes off the court for the last time as a Warrior.

Pocahontas ends NU Warrior's season in semifinal game

By David Swartz

ARMSTRONG — The home court wasn't enough of an advantage for the Class 2A No. 12 North Union Girls Basketball Team in last Friday's region semifinal against Pocahontas Area.

The Indians were more efficient on offense and pounded the boards, out-rebounding the Warriors 41-13 including 16 offensive rebounds in a 58-40 win.

That ended North Union's season with a 17-6 record.

Pocahontas Area (14-8) led 17-13 after one quarter. The lead was still just single digits, 28-21, after a 3-pointer by the Warriors' Libby Stevens. However, the Indians scored the final six points of the half to lead 34-21 at the break. North Union couldn't close the gap in the third quarter as the Indians stretched their advantage to 46-29 by the start of the fourth quarter.

Pocahontas senior center Jenna Vonnahme led all scorers with 21 points and 21 rebounds.

While North Union had three players reach double digits in scoring none of the others scored.

Senior Naomi Jones finished the night with 14 points, five rebounds, two steals and an assist. Fellow senior Libby Stevens had 13 points, three steals and two assists while freshman Ainsley Ulrich had 13 points and four steals.

North Union bids farewell to its three seniors who suited up on the basketball court for the final time — Libby Stevens, Olivia Merrill, and Naomi Jones.

Pocahontas Area 58, North Union 40

North Union (40) - Ainsley Ulrich 6-16 1-1 13; Libby Stevens 4-5 2-2 13; Ava Steinberger 0-0 0-0 0; Olivia Merrill 0-2 0-0 0; Naomi Jones 6-15 2-3 14; Shallice Walders 0-7 0-0 0; Avery Walstead 0-1 0-0 0. Totals - 16-45 5-6 40.

Halftime Score: Pocahontas Area 34, North Union 21. 3-pointers - NU 3-12 (Stevens 3-3, Walders 0-4, Jones 0-3, Ulrich 0-2). Rebounds - NU 13 (Walders 5, Jones 5). Assists - NU 10 (Walders 5). Steals - NU 10 (Ulrich 4). Blocked shots - NU 1 (Merrill). Turnovers - NU 18. Fouls - NU 11. Fouled Out - None.



Reaching out to try and interrupt the pass by Belmont-Klemme was North Union's Libby Stevens.



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