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Nashua REPORTER

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Nashua, IA 50658 • 75 cents

Supervisors get push back on dam

During discussion how board should use ARPA funds, Chickasaw County resident takes issue with \$50,000 for Nashua

By **BOB FENSKE**
Of the Reporter

Depending on how one looks at it, Chickasaw County has somewhere between \$61,559.24 to more than \$1.2 million remaining when it comes to its American Rescue Plan Act (ARPA) funds.

That's obviously a wide dispar-

ity, but during a meeting of the Chickasaw County Board of Supervisors Monday, board members discussed how they wanted to spend the money the federal government doled out to local government agencies to help them deal with issues caused by the COVID-19 pandemic.

Board members also were criti-

cized Monday by a New Hampton resident who took supervisors to task for a decision it made on May 1 to provide the city of Nashua with \$50,000 for a dam project.

Board Chairman Matt Kuhn provided supervisors with a spreadsheet that showed the county has paid \$876,525.30 in claims with ARPA funds. The vast majority of

that money has been used to start Chickasaw County EMS, the county-owned ambulance service, but the county has also paid \$20,000 for the development of a new website, \$600 for drone pictures and \$15,000 for a jail

SEE SUPERVISORS, 2

**Huskies
compete
at 1A state
qualifier**
Page 10



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Bob Fenske/Reporter

The Nashua Garden Club designed and purchased the new “Welcome” banners that can be found on light poles throughout the downtown area.

Garden Club helps spruce up downtown

The members of the Nashua Garden Club has spent more than two decades helping beautify the town they call home, and their latest project has helped spruce up the city's downtown area.

The club purchased banners — which include a picture taken by Sue Bussey at the Pella Tulip Festival — for the light poles on Main Street, and presented them to the City Council in March.

Started in 2000, the club has a monthly meeting in which members share ideas and their knowledge. Members for a number of years have tended to a “boat garden” at Lake Shore Park and also presents an annual scholarship to an area high school student.

The club holds two fundraisers a year — the first is an annual Christmas wreath sale in November and the second is a soup supper that is held during the Christmas in Nashua festival in December.

Members say that everyone is welcome to join the Garden Club, which has just three requirements — enjoying flowers, plants and fellowship.



photo credit xxx

Senior members of the Nashua-Plainfield High School Husky Leadership Team include (from left) Autumn Nelson, Kendall Bailey-Pint, Bailey Fisher, Makinzey Bahnon and Paige Ripley.

ALL IN ALL, A HECK OF A RIDE

AS THEY GET READY TO DEPART NASHUA-PLAINFIELD, HUSKY LEADERSHIP TEAM SENIORS APPRECIATE THEIR SCHOOL

By **BOB FENSKE**
Of the Reporter

The five seniors on the Husky Leadership Team sat around the table Thursday morning for a conversation about their journey through Nashua-Plainfield High School.

They laughed a lot, but Paige Ripley, Autumn Nelson, Makinzey Brannon, Kendall Bailey-Pint and Bailey Fisher also turned serious at times as they both looked back and peered into the future, one that begins a week from this Sunday when they will walk into their school gym as seniors and walk out as Nashua-Plainfield High School alums.

As the conversation neared its end, the five young women were asked to take on the role

N-P seniors have busy week ahead

Nashua-Plainfield High School will holds its annual commencement ceremony at 2:30 p.m. on Sunday, May 21, in the high school gymnasium.

Seniors will also take part in an optional baccalaureate service on Wednesday, May 17, at 6:30 p.m. in the gym.

Following the service, Nashua-Plainfield will hold its annual Senior Awards Night, which will begin at approximately 7:30 p.m.

of a teacher and grade the place they've called home for the past four school years.

“I’d say an A-minus,” Brannon said. “There’s so many good things about our school and the people here, and I think the only thing missing is just more opportunities. Don’t get me wrong, I love my school, I just wish we had a few more things to offer students. But you know what? It’s a good A-minus.”

Her classmates smiled.

“That’s the grade I would give it, too,” Fisher said. “There’s so many good things about our school, and I think it’s been a really good place for all of us.”

Fisher paused and smiled.

“Am I ready to be done? Oh yeah,” she said as her friends laughed in agreement. “It’s time

SEE SENIORS, 3



Bob Fenske/Reporter

The Nashua Park Board's Cedar View Campground opened for the season last month, and Park Board Chairman Nate Sinnwell said board members are expecting “business” to pick up as the weather warms up.

Park Board is gearing up for a busy summer

Nashua’s campground opens; board putting the final touches on Water Over the Dam Days

By **BOB FENSKE**
Of the Reporter

Nashua Park Board President Nate Sinnwell couldn’t help but laugh when asked if helping put together a big town festival like Water Over the Dam Days was easier the second time around.

“Absolutely, and I can’t stress that enough,” he said. “We’re way ahead of last year, and it’s like anything in life, once you’ve done something, it’s a lot easier doing it the next time. I don’t know if I developed an ulcer last year, but man, it felt like it. I think all of us are off ulcer watch this year.”

The 2022 celebration was the first one put on by the Park Board, and this year’s festival is not that far away; in fact, as Sinnwell talked about the board gearing up for summer, he pointed out that six weeks from today (Friday), the board will kick off the celebration.

It will include some major improvements to Cedar View Park, including the opening of the Baldwin Bandshell that is currently being constructed to remember the well-lived life of longtime Nashua resident Dick Baldwin.

SEE PARKS, 6

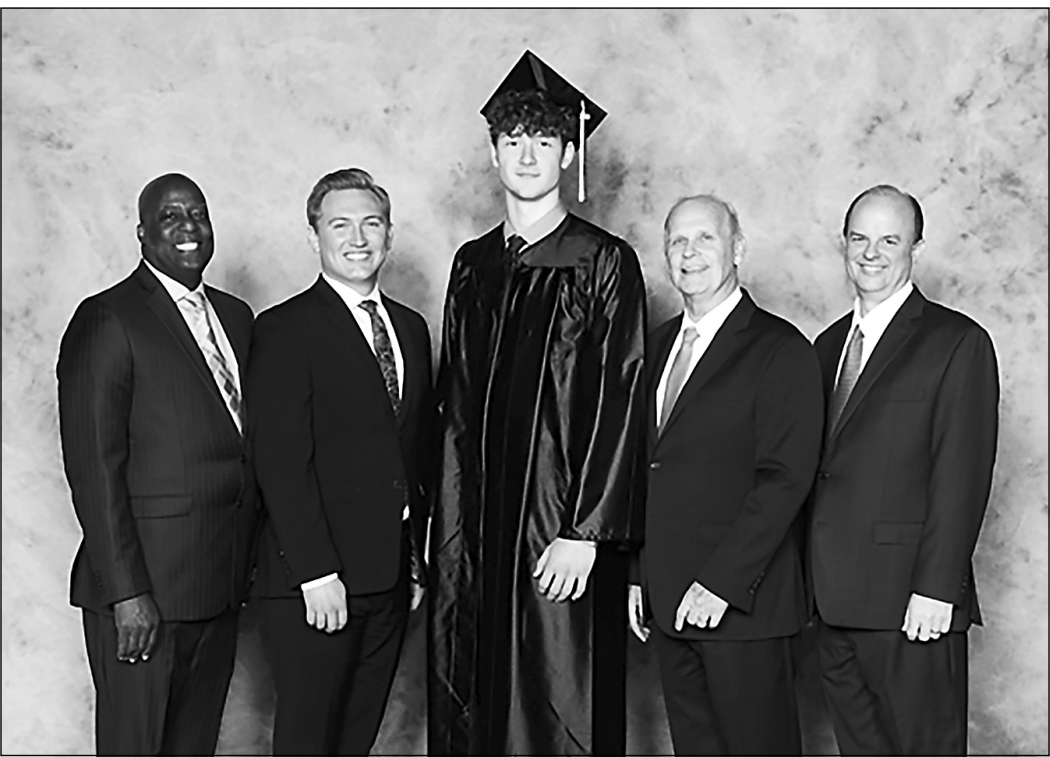


Photo courtesy of KWWL

'Best of the Class'

Aiden Lamborn from Nashua-Plainfield High School poses with KWWL-TV personnel after being honored as a member of the 2023 Best of the Class. KWWL and the University of Northern Iowa honored valedictorians or top graduating seniors from across eastern Iowa at a celebration on Saturday, April 29, at the McLeod Center on the UNI campus.

Seniors grateful for their school

RAGBRAI : From 1

to do something different, but I think I'll always have special memories of this place — maybe not the school but the people.”

NASHUA-PLAINFIELD will confer 34 diplomas on Sunday, May 21, and if the Husky Leadership Team seniors are any indication, the soon-to-be alums are ready for the next chapter of their lives.

They may not know exactly what that future has in store, save for their destinations next year, but they're excited to begin their journey in that so-called “real world.”

Ripley and Bailey-Pint are headed to Hawkeye Community College, Nelson will go to Iowa State, Brannon is bound for Mason City, home of North Iowa Area Community College, and Fisher will attend Capri College.

On this day, the Reporter asked them to look back and talk about their high school experiences.

They were up front and honest as they talked about everything from a freshman year cut short by the COVID-19 pandemic to their teachers to their friends.

Start with that pesky pandemic that hit in March 2020 and abruptly ended their first year of high school.

“At first, it was like we don't have school for two weeks,” Nelson said, “and we're all like, ‘OK, that's cool.’ I remember thinking that I wouldn't come back after having two weeks off, but then ... honestly, it was like a lot of us realized we missed it.”

As strange as their freshman year was, their sophomore year may have been worse.

“I didn't think it was going to be as long as it was, and even when we started our sophomore year,” Ripley said, “I didn't think it was going to be that serious in that we would have to wear masks and like do online classes.”

THEY BELIEVE Nashua-Plainfield has plenty of strengths.

There are the relationships that can be built. There is the fact that a school the size of Nashua-Plainfield gives students a chance to really connect with their teachers and coaches.

There is the fact that if they wanted to, they could be involved in a lot of activities.

“You don't have to be a super sporty person,” Nelson said, “to play sports, you know what I mean? If you're at a bigger school, you have to be great at it or you don't make the team. Here, everyone can be involved.”

They were asked about their favorite teachers, and the names came flying.

The reasons they named them were many — “Miss [Marie] Glaser is just really fun,” Bailey-Pint said of the school's art teacher, “and the music she plays is great” — yet every person around the table also talked about having teach-

ers that not only taught subjects but also made it a point of connect with them.

“I think that's the deal here that maybe big schools don't have,” Bailey-Pint said. “You get to have relationships that you can build with all of your teachers. You're not just a number to them, they really care about you.”

They laughed when they recalled the fun times they had playing “Battlesmith” in social studies instructor Josh Smith's classroom.

“I think what makes a teacher really good is when they can connect with you even if they teach something that, you know, you think is kind of boring,” Ripley said. “Like, some of us say don't really like math, but a teacher like Mr. [Shane] Huck, he works with you, he helps you. I mean we just have a lot of kind teachers who are passionate about their jobs and it's hard not to respect that.”

FOR MANY SENIORS who are “short-timers” — the last day of school for Nashua-Plainfield seniors is this coming Tuesday — suffer from an affliction known as senioritis.

Yet, as ready as these Class of 2023 members are ready to leave, they've been surprised at just how fast the 2022-23 school year has gone.

“I mean, I keep thinking it was just a few days ago that we started school,” Bailey-Pint said, “and now, it's almost done.”

Senioritis hasn't been a problem, at least it wasn't for these five.

“I had way worse senioritis last year,” Nelson said. “Wait, I guess that would be junioritis, but you know what I mean.”

Yet, they're ready for May 21. They're ready to be done. Really, they're ready for summer.

“I think that's the one thing people forget about seniors,” Nelson said. “We've gone through a whole school year, and we're like everyone else, we're ready just to have a summer again.”

“That's really true,” Ripley said. “The weird part is that we're not coming back.”

SOME OF THE seniors will return to the Nashua-Plainfield area; some won't.

That's a fact when it comes to any school, but as they got ready to head back to class on Thursday, there was little doubt that Nashua-Plainfield's seniors appreciated their little school.

“For me, for all of us I think, we got to experience a lot of good things here,” Fisher said. “I think that's what everyone wants from their school.”

Her friends nodded their heads in agreement. The countdown to commencement was definitely on, but so, too, was the gratitude they felt for their Husky experiences.

“I have no complaints,” Ripley said. “I'm ready to do something different, but this was a really good place to go to school. And I think everyone here would say that.”

Michael Allan Showers, 51

Michael Allan Showers — a beloved husband, father and friend — passed away on Wednesday, May 3, 2023, in West Union, at the age of 51.

A memorial service will be held in Michael's honor at a later date.

Hugeback-Johnson Funeral Home & Crematory in Fredericksburg have been entrusted with Michael's arrangements.

Online condolences for the Showers family may be left at www.hugebackfuneralhome.com.

Born on May 17, 1971, in Des Moines, the son of William and Charlotte (Vermeulen) Showers, Michael was known for his friendly, selfless, and optimistic nature. He was a devoted family man who cherished his time with his loved ones and lived every day to serve his family. He will be missed by all who knew him.

Michael graduated from West Des Moines Valley High School in 1989 and went on to earn a bachelor's degree from the University of Northern Iowa in 2002.

He found great joy in his work as a driver and sales representative for Schwans, where he was able to connect with people on his route and share his love for the products he sold. His outgoing personality and genuine interest in others made him a favorite among his customers and colleagues alike.

In a serendipitous encounter, Michael met the love of his life, Heidi Bloem, at a Git-N-Go gas station where he was work-



Michael Showers

ing. The two quickly fell in love and were married on Sept. 23, 2000, at Dutton's Cave in West Union. Michael would say that the secret to a successful marriage is “low expectations,” then laugh and say, “Marry your best friend.”

Michael's family was his everything. He took great pride in loving and providing for his wife and kids. Having learned how to be a superb culinary chef from Ferrari's in Cedar Falls, Michael was always eager to cook a feast for his family and friends, whether it be by grill or by stove. Always sharing his food, his love for the Chicago Cubs and the Iowa State Cyclones, he lived an enriched life at home with his family. His charcoal BBQ chicken legs were legendary.

A nature lover at heart, Michael relished the time he spent camping at Dutton's Cave in West Union, the very place where he and Heidi exchanged

their wedding vows. Dutton's Cave campground came alive through the years with many days and nights of campfires and fellowship with special friends who became honorary family. Cooking, talking, listening to tunes and dancing under the stars were medicine to his soul.

Music was another of Michael's passions, with the Grateful Dead holding a special place in his heart. He was fortunate enough to see them live in concert, an experience he often recalled with great fondness. Michael's love of music paved the way to many cherished friendships. To quote from the Grateful Dead's Box of Rain lyrics, “And it's just a box of rain, or a ribbon for your hair, such a long, long time to be gone, and a short time to be there.”

Those who knew Michael will remember him for his friendly demeanor, those brilliant blue eyes, and his infectious smile. He had a unique ability to see the good in every situation, to persevere in adversity, and to lift the spirits of those around him.

Michael is survived by his loving wife, Heidi of Fredericksburg; one daughter, Micah Showers of Fredericksburg; one son, Gabriel Showers of Fredericksburg; one sister, Ann (Stephen) Smith of West Des Moines; and many nieces and nephews. He is also survived by many friends he considered to be his chosen family and who called him brother.

He was preceded in death by his parents; one brother, William “B.J.” Showers Jr.

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It takes a team to make Senior Life Solutions a success

Program's goal is to help older residents struggling with depression, anxiety

By Bob Fenske
editor@nhtrib.com

The three women sat at a table in the Senior Life Solutions room at MercyOne New Hampton Medical Center, and it didn't take long to realize that Ashley Evans, Kathleen Huegel and Mandy Krueger shared a bond.

If you wanted to see folks who are passionate about their work, you found the right room on this day.

Their charge is simple: Help those individuals, usually 65 or older, who are experiencing depression, anxiety or both.

"It's a normal part of aging," Evans said, "and that's just the reality. But they also come from an age group that has worked through so many things that it's hard to ask for help. We tell our people over and over that it's OK, that we're here to help them through this process."

Each of the three women have their own jobs.

Evans, a registered nurse, is the program's director. Huegel serves as Senior Life Solutions' therapist. And Krueger is the office patient coordinator who does a little bit of everything — from providing the adminis-



The Senior Life Solutions team — (from left) therapist Kathleen Huegel, office coordinator Mandy Krueger and the program's director, registered nurse Ashley Evans — find their work with older residents to be rewarding.

trative and clerical services the program staff needs to assist-

ing patients with their needs. But, in a sense, that bond — that desire to help their patients through a difficult part of their lives — means they work as one.

"For me, sometimes the best part of my day is just talking with the people who come here," Krueger said. "We'll talk about anything and everything, maybe it has nothing to do with the program, but when that person leaves the room, they feel better and guess what? So do I."

It's been a unique position for Evans, whose nursing



career has run the gamut. She's done almost everything when it comes to her profession, but serving as the director of Senior Life Solutions has been, in a word, rewarding.

"You get into nursing to help people," she said, "and I'm not saying I didn't do that before, but here, I feel like we're making a real difference. To watch the progress people make, I mean, I'm sitting here and I have goosebumps just thinking about it. It might take time, but people leave here with a whole new outlook. It's an amazing process."

The first step, of course, is to realize that there is an issue.

"One of the things we know is that the symptoms of depression and anxiety so often go unnoticed or are overlooked," the therapist said. "Before people come to us, they just figure it's just what aging is. Those feelings, they think, are just going to be with them for the rest of their lives."

She pointed out that the onset of depression or anxiety is caused by a major life change, and for older residents, let's be honest, are tackling a number of major life changes. There's retirement. There are their children who are building their own family lives. There are the loss of some physical

abilities. There may be a new home environment or a loss of loved ones.

"Let's face it, what we can do physically at 65 or 70 isn't the same as when we were 20, 30 or 40," she said. "That's just one of the many transitions older people go through, and those transitions can be painful and difficult."

And that's where Senior Life Solutions steps into the fray.

Those who take part in the program are first given a comprehensive assessment and then patients meet up to three times per week in what Evans terms a "really supportive, encouraging" group environment. They also meet with a psychiatrist — Dr. Mark Lassisse — to see if medication is needed.

Even after they "graduate," patients still can access Senior Life Solutions through after-care planning and programs.

"We love staying engaged with our people," Evans said, "even if we don't see them three times a week like we have for a while."

One of the key components of the program is the group sessions, and the reason is simple.

"So many people think they're the only ones going through this," Huegel said, "and then they come here and they realize, 'Hey, I'm not the

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Nurse practitioner: Women, take care of yourself first

The month of May is full of days and weeks of celebration ... May Day, Teacher Appreciation week, National Nurses' Day, Mother's Day, Firefighter's Day, National Foster Care Day, Mental Health Awareness month, EMS week, National Hospital Week, and most importantly, Women's Health Month.

Women are responsible for a lot of things throughout their daily lives, from getting kids ready for school every morning, to getting to work on time, preparing supper every night to juggling several different schedules on a daily basis.

Despite everything that women do daily, it is important that they take the time for themselves.

It is important for women to have a yearly wellness exam with their healthcare provider to review their preventative health maintenance, including immunizations, PAP smears, mammograms, DEXA scan (bone density test), and colonoscopies.

For a healthy woman, without a family history of breast cancer, we recommend women start their yearly mammograms at the age of 40. Healthcare guidelines indicate women

start their PAP smear screenings at age 21. DEXA (bone density test) screenings are indicated for women whom are postmenopausal, so be sure to ask your healthcare provider when the time is right for you!

Also, new guidelines indicate colonoscopy screenings start at age 45, a change from previous recommendations of age 50.

Another important aspect of women's health month is heart health. Did you know that heart disease and stroke claim the life of one woman every 80 seconds?

However, less than half of women recognize heart disease

as their leading cause of death. Traditional risk factors of heart disease include: hypertension, tobacco use, diabetes, obesity, and family history. But did you know that increased stress, lack of sleep, and anxiety/depression put a woman at higher risk for heart disease?

Unfortunately, many women are under increased stress due to their jobs or family situations and it is important that these risk factors are identified and addressed appropriately.

So, I am asking you to please schedule your annual wellness exam with your local healthcare provider to review any

risk factors you may have that would put you at a higher risk of heart disease and to ensure you are up to date with your preventative health maintenance.

As women, it seems as though we are always quick to put others first, but now is the time to set time aside for yourself!



McGrath

.....
Lacey McGrath is a nurse practitioner at MercyOne New Hampton Family Clinic.

Program serves residents within 30-mile radius of New Hampton

SENIOR LIFE: FROM 4

only one.' That's important to know they're walking the same path as other people."

In those group sessions, patients share their personal experiences, their strengths and their weaknesses, but all along, they're boosting their self-esteem and confidence.

"Those relationships we see people build with other people facing the same challenges are key and valuable," Huegel said. "What we see is that participants learn new skills to support their mental health wellness for the remainder of their lives."

Senior Life Solutions' New Hampton program serves residents that live in a 30-mile radius of the city, and Evans encouraged those struggling with depression or anxiety to reach out to her or her staff by calling 641-394-1627.

"Anyone can make a referral to the program," she said. "We're going to do everything we can do to make sure people get the help they need and get it in a safe environment. Let's face it, it's scary sometimes to ask for help, but trust me, the outcomes we get to see here, they tell us it's the best thing you can do for yourself or for one of your loved ones."

As her co-worker talked, Huegel couldn't help but smile.

"I agree with everything she said, and plus, you're going to meet some fun people along the way. Trust me, this program is so worth it."



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To all of our nurses ... thank you!

National Nurse's Week comes to an end on Friday, but as you can see from the pictures on this page, our nurses — including those at MercyOne New Hampton Medical Center — do great work throughout the year and we thank them for the care they provide all of us.

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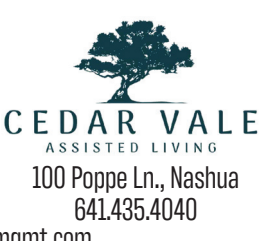
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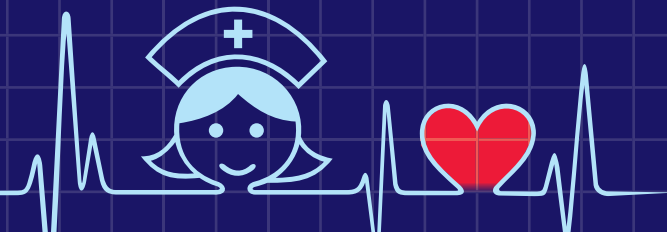


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Sudol named TIC East's top coach

N-P takes fourth at conference, claim Panther Relays team title

By Kelly Terpstra
Of the Reporter

Chase Sudol loves handing out medals to his Huskies. Team championships are also a goal any track coach would want to achieve. But it's the connections with his student athletes that matter the most to Sudol – who helped guide his N-P boys track team to yet another blue-ribbon finish this spring on Monday at the Panther Coed Relays in Manly. “The kids are what mean the most to me,” said Sudol. The icing on the cake? That would be representing as best his squad can down at the state meet in less than two weeks.

N-P success, though, is probably one of the main reasons why Sudol's peers voted him Top of Iowa Conference East Coach of the Year in 2023.

His ability to lead, inspire and motivate sure didn't hurt, either.

Sudol, in his seventh season as N-P head boys track coach, talked about receiving the prestigious honor.

“It means more than I can say. From where we started – to never really running track – to being a track coach,” said Sudol. “Just having the kids' belief – me as a coach, that's what I think I bring to the table. The relationship with kids, just getting them out and having success with that. It means an awful lot.”

Sudol helped the Huskies win their fourth meet of the season on Monday at the Panther Relays, although the meet was scrapped the final two events – the 4x100 and 4x400 – after threat of lightning and severe weather entered the area.

N-P reeled in the team title with 107 points – eight more than runner-up Clear Lake and Central Springs, which finished with 95 points each.

The Huskies finished fourth at the TIC East Conference meet last week Thursday, which was hosted by N-P. Nashua-Plainfield scored 103 points. Osage clipped rival St. Ansgar by one point – 147-146 – for the team title. Central Springs was third (116).

“I think we did fine. It wasn't quite what we wanted, but when we were without Joel (Winters) and just looking at some things – we kind of knew winning conference was going to be difficult,” said Sudol. “He's a big piece of what we try to do here. Losing him in some of our relays really hurt.”

N-P senior Kaden Wilken ran a season-best time of 15.87 in the 110 hurdles to place second at the TIC meet. His shuttle hurdle relay squad was crowned conference champs with a first-place time of 1:03.07. The team was made up of Wilken, Aiden Lamborn, Bo Harrington and Titus Evans.

Lamborn, a senior, won the high jump (six feet) and took home the top medal in that event.

N-P's 4x800 hit a PR at Manly with the team of Harrington, Dylan Blanchard, Jase



Kelly Terpstra/Reporter

N-P's Kaden Wilken (left) and Titus Evans compete in the 110 hurdles at the Top of Iowa Conference meet on Thursday in Nashua.

Hansen and Eli Kalainoff. The foursome clipped out to a 8:55.84.

“We had a good idea going into Central Springs on Monday on kind of what we wanted to do, but (Eli) Kalainoff is going to give us the missing link to our 4x800,” said Sudol.

N-P freshman Landon Foelske finished second in the 400 hurdles at the Panther Relays in 1:08. He PR'd in that race at conference with a sixth-place finish and season-best time of 1:04.

Sudol thinks N-P can surprise some people at the state qualifier on Thursday.

“Tomorrow's the end, so we gotta see what we can do and make things happen. This is when dreams are made,” said Sudol. “Being a state qualifier is always something you can put on your job resume because it shows how much hard work it takes to be a state qualifier.”

What just might set N-P apart from other competitors in events that will vie for state berths? – his group of seniors that have run down on the state blue oval at Drake Stadium in Des Moines before.

“That's why I think we feel so good is just the leadership we have,” said Sudol. “These seniors are the ultimate gamers.”

TOP OF IOWA EAST TEAM SCORES

Osage 147, St. Ansgar 146, Central Springs 116, Nashua-Plainfield 103, North Butler 70, Mason City Newman 58, West Fork 56, Northwood-Kensett 43.

NASHUA-PLAINFIELD RESULTS

100 dash - 4. Navarii Williams 11.93, 11. Easton Richards 12.81.
200 dash - 5. Aiden Lamborn 23.73, 6. Williams 23.87.
400 dash - 5. Bo Harrington 54.42, 9. Eli Kalainoff 57.72.
800 run - 5. Jase Hansen 2:16.14, 12. Luke Paplow 2:35.9.
1,600 run - 11. Caleb Lentz 5:32.88, 12. Levi Winters 5:35.28.
3,200 run - 6. Caleb Sinnwell 12:26.49, 7. Winters 12:27.16.
110 hurdles - 2. Kaden Wilken 15.87, 3. Titus Evans 15.96.
400 hurdles - 6. Landon Foelske 1:04, 15. Braeden Mitchell 1:10.91.
4x100 - 5. Richards, Blaine Brannon, Aiden

Gelner, Cam Cleveland 49.54.
4x200 - 3. Richards, Gelner, Brannon, Williams 1:38.05.
4x400 - DQ. Harrington, Kalainoff, Wilken, Evans.
4x800 - 2. Harrington, Dylan Blanchard, Hansen, Mitchell 8:56.04.
Sprint medley - 3. Williams, Gelner, Lamborn, Evans 1:40.86.
Distance medley - 4. Brannon, Glener, Blanchard, Hansen 4:06.24.
Shuttle hurdle - 1. Wilken, Lamborn, Harrington, Foelske 1:03.07.
High jump - 1. Lamborn 6, 5. Geise 5-6.
Long jump - 6. Geise 17-9.5, 9. Wilken 16-10.5.
Shot put - 10. Zander Lentz 32-5, 14. Isaac Jones 29-8.
Discus - 4. Kalainoff 105-11, 10. Jackson Zwanziger 93.

PANTHER COED RELAYS TEAM SCORES

Nashua-Plainfield 107, Clear Lake 95, Central Springs 95, North Union 86, North Iowa 64, Northwood-Kensett 55, Riceville 55, Forest City 46, Belmont-Klemme 40.

NASHUA-PLAINFIELD RESULTS

100 dash - 4. Wilken 12.37, 10. Cam Cleveland 13.61.
200 dash - 5. Harrington 24.52, 7. Brannon 25.16.
400 dash - 3. Kalainoff 56.77, 9. Brexton Bird 1:06.31.
800 run - 6. Hansen 2:15.96, 10. Blanchard 2:25.89.
1,600 run - 3. C. Lentz 5:36.55, 6. Paplow 5:49.72.
3,200 run - 3. Winters 12:19.5, 4. Sinnwell 12:35.51.
110 hurdles - 1. Wilken 16.12, 3. Foelske 16.54.
400 hurdles - 2. Foelske 1:08.72, 7. Mitchell 1:13.38.
Shuttle hurdle - 2. Wilken, Lamborn, Harrington, Foelske 1:05.74.
4x200 - 3. Williams, Gelner, Brannon, Lamborn 1:38.49.
Sprint medley - 3. Williams, Gelner, Lamborn, Evans 1:40.63.
Distance medley - 4. Foelske, Gelner, Jake Smith, C. Lentz 4:22.95.
4x800 - 2. Harrington, Blanchard, Hansen, Kalainoff 8:55.84.
High jump - 2. Lamborn 5-10.
Long jump - 9. Avery Mueller 14-5, 11. Matthew Malven 14-4.
Discus - 10. Kalainoff 101-5, 12. Zwanziger 95-4.
Shot put - 12. Z. Lentz 33-3, 13. Jones 31-5.

Huck honored as TIC's top runner; N-P girls take sixth

By Kelly Terpstra
Of the Reporter

Whatever it takes. That's Jalissa White and Ellie Eick's mindset the rest of the way for the Nashua-Plainfield girls track squad.

Those star N-P runners have shifted gears and are looking to shine down on the big, blue oval at state in the coming weeks.

White, a freshman, and Eick, a junior, started at a steady pace in long-distance races early on, now they're finishing fast in sprints.

That's any means necessary mantra to get the job done for the Huskies – who feature undoubtedly one of the best runners in the entire state.

That of course would be sophomore sensation – Kadence Huck.

Back to White and Eick.

“Jalissa and Ellie have been consistently running distance events and we switched that up the second half. In the second half they have basically been running sprints. We know it's not an easy switch, but they have done it well,” said N-P head coach Amber McCall.

Eick, White, Huck and junior Jordyn Frost – who is having a breakout year for N-P out on the oval and in her leaps over the high jump bar – ran a stout 4:30.04 in the distance medley to take home top honors at the Top of Iowa Conference meet last Thursday.

N-P sports the eighth-fastest time in that event in Class 1A with a 4:24.25, which took place late last month at the Sumner-Fredericksburg meet.

Huck is the unquestioned leader of the pack in the TIC this year and she demonstrated why on her home track at the league get-together hosted by the Huskies.

Huck is the defending state champ in the open 400 and she won three conference individu-

al titles at the league meet. She took home gold in that aforementioned 400 dash, the open 800 and the 1,500 run. She holds the top time in Class 1A in the 400 dash (57.36), 800 run (2:12.82) and sits second in the mile run (4:38.36) in the small-school class.

So of course, she was named TIC Girls Track Athlete of the Year.

“This is a huge accomplishment, especially for a sophomore,” said McCall. “This award usually goes to a senior. So it's a very big honor!”

N-P placed sixth as a team at the league meet with 62 points. Osage nipped runner-up St. Ansgar for first – 146-143.

Nashua-Plainfield tied with Clear Lake for third with 82 points at the Panther Coed Relays this past Monday. The 4x100 and 4x400 races were cancelled due to weather.

Frost was second in the high jump at the Panther Relays with a leap of 4-9.

Two other N-P athletes that also compete in the field events are junior Myranda Webster and freshman Eden Lamborn. Webster was fifth in the discus at Manly with a season-best throw of 86-10. Lamborn was seventh at the Panther Relays in the shot put (32-2). Her PR is 33-2.5 this spring.

“We have been so proud of Eden and Myranda. They have made some huge gains this season and have helped our team tremendously! They have been scoring points for us in both shot and discus consistently,” said McCall.

TOP OF IOWA EAST TEAM SCORES

Osage 146, St. Ansgar 143, West Fork 96, Central Springs 92, Northwood-Kensett 89, Nashua-Plainfield 62, North Butler 47, Rockford 31, Mason City Newman 28.

NASHUA-PLAINFIELD RESULTS

100 dash - 11. Elayna O'Neill 15.38, 12. Emily Becker 15.47.



Kelly Terpstra/Reporter

Nashua-Plainfield junior Myranda Webster watches her discus toss fly at the Top of Iowa East Conference meet in Nashua last week Thursday. The Husky girls finished in sixth place as a team with 62 points.

200 dash - 9. Amberley Gerholdt 30.71, 14. Abi Prugh 33.49.
400 dash - 1. Kadence Huck 57.36, 11. Kami Hannemann 1:15.45.
800 dash - 1. Huck 2:27.68, 8. Ellie Eick 2:49.42.
1,500 run - 1. Huck 4:59.34, 7. Jalissa White 6:02.55.
3,000 run - 10. Emma O'Neill 18:28.66.
100 hurdles - 10. Marleigh Lowe 19.38.
400 hurdles - 11. Lowe 1:21.37.
4x100 - 8. Lower, Becker, Prugh, El. O'Neill 58.5.
4x200 - 6. Jordyn Frost, El. O'Neill, White, Eick 2:00.94.
4x400 - 7. Gerholdt, Hannemann, Sara Buba, Lowe 5:02.2.
4x800 - 7. Gerholdt, Paisley McCain, Buba, Hannemann 12:33.85.
Sprint medley - DQ. Frost, El. O'Neill, White, Eick.
Distance medley - 1. Frost, Eick, White, Huck 4:30.04.
High jump - 3. Frost 4-8.
Long jump - 8. Hannemann 11-11, 10. Kamryn Zimmer 10-7.
Shot put - 6. Eden Lamborn 31-4, 13. Myranda Webster 24-11.5.
Discus - 7. Webster 83-9, 14. Lamborn 68-8.

PANTHER COED RELAYS TEAM SCORES

West Fork 98, Central Springs 92, Clear Lake 82, Nashua-Plainfield 82, North Union 78, Riceville 61, Rockford 56, North Iowa 37, Forest City 29.
NASHUA-PLAINFIELD RESULTS
100 dash - 10. El. O'Neill 15.33, 12. Becker 16.17.
200 dash - 10. Gerholdt 31.53, 14. Prugh 33.05.
400 dash - 8. Hannemann 1:16.18, 15. Em. O'Neill 1:34.82.
800 run - 1. Huck 2:35.57, 3. Eick 2:43.9.
1,500 run - 1. Huck 5:05.1, 9. White 6:03.77.
3,000 run - 1. Huck 11:08.65.
400 hurdles - 3. Lowe 1:19.74.
4x200 - 5. Frost, Lowe, White, Eick 2:01.43.
Sprint medley - 3. Frost, El. O'Neill, White, Eick 2:06.54.
Distance medley - 1. Frost, Eick, White, Huck 4:37.41.
4x800 - 4. Gerholdt, McCain, Buba, Hannemann 12:47.94.
High jump - 2. Frost 4-9.
Long jump - 9. Hannemann 12-3, 10. Zimmer 11-6.75.
Discus - 5. Webster 86-10, 13. Lamborn 68-3.
Shot put - 7. Lamborn 32-2, 9. Webster 30-4.



Kelly Terpstra/Reporter

N-P golf coach Jeff Trost (right) watches Class 1A sectional boys golf play alongside AGWSR coach Ryley Schipper on Wednesday at the Nashua Town & Country Club.

Chance of showers today for first round of regionals

GIRLS GOLF: FROM 9

N-P needs to place in the top two positions in the team standings at the postseason first round today (Friday) in order to advance to Lone Pine Golf Course – the site of the Class 1A Region 4 Final, hosted by Edgewood-Colesburg. There's a chance of showers this morning, but that should give way to an overcast sky with a temp in the mid-70s, although it could be a tad humid.

No matter, as the playing conditions will be the same for every linkster out on the nine-hole course.

Do the Huskies have enough bite to remain in contention for a state tournament berth when the most important meet of the season tees off at 10 a.m. today (Friday)?

Trost likes his team's chances.

“They're thinkin' bigger and better things,” said Trost.

N-P took to Round Grove Country Club in Greene for the TIC East Conference meet on Monday. North Butler, the host school, was crowned league champs with a 383. Newman (388) was second, while N-P was third with a 408.

Paige Franzen – a sophomore and cousin of Faith – lost in a playoff to NB's Reagan Mulder for overall medalist honors. Each TIC star golfer fired identical rounds of 45-46-91. Faith

Franzen was fourth (91) and was also all-conference.

Nelson – a three-year letter-winner and one of two seniors on the squad – placed 15th individually with a 104. Sinnwell carded a 121.

N-P soph Payton Howland (154) and senior Ellie Woodman (135) will also take to the links this morning with aspirations of being crowned sectional champs.

N-P has not beaten North Butler this season.

“We obviously have to get over the North Butler hump,” said Trost. “South Winn's averages are right where ours are.”

The other schools at N-P's Class 1A Region 4A meet will be Clarksville, Riceville, Rockford, St. Ansgar, South Winneshiek and West Fork.

HOME TRIANGULAR THURSDAY
Team scores - Nashua-Plainfield 200, Mason City Newman 212, St. Ansgar 227.

Medalist - Paige Franzen (NP) 46.
N-P scores - Franzen 46, Autumn Nelson 49, Faith Franzen 52, Natalie Sinnwell 53, Payton Howland 77, Ellie Woodman 71.

TOP OF IOWA EAST CONFERENCE TEAM SCORES

North Butler 383, Mason City Newman 388, Nashua-Plainfield 408, Osage 426, West Fork 449, St. Ansgar 454, Central Springs 460, Northwood-Kensett 467, Rockford 538.

Medalist - Reagan Mulder (NB) 45-46-91* won playoff.

N-P scores - P. Franzen 45-46-91, Nelson 50-54-104, F. Franzen 50-42-92, Sinnwell 59-62-121, Howland 76-78-154, Woodman 71-64-135.



Kelly Terpstra/Reporter

N-P sophomore Paige Franzen gets ready to tee off at home earlier this spring.

NOTICE

We will be open by appointment only on Saturdays from Memorial Day thru Labor Day weekend.

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N-P girls show mettle at TIC East golf meet

Franzen cousins lead Huskies to third-place finish, team hosts a Class 1A regional tournament today

By Kelly Terpstra
Of the Reporter

Somewhere along the line it clicked for Nashua-Plainfield junior Natalie Sinnwell.

Tee shots moved where she wanted them to, chips started landing on the green and putts started sinking into the cup.

She's far from perfect, but she's come a long ways in a matter of months with her golf game.

Sinnwell's score will be counted on this morning (Friday) when her Nashua-Plainfield girls golf team takes to its home course in an effort to advance out of the first round of regional play.

Sinnwell shot a career low (53) at N-P's home triangular versus Mason City Newman and St. Ansgar on Thursday of last week. Add Paige Franzen's medalist-winning tally of 46 and Autumn Nelson's medalist runner-up card of 49 and the Huskies will have as good a chance as any to be playing for a state berth next week Monday in the Class 1A regional finals in Colesburg.

Faith Franzen – an N-P sophomore – fired a 52 last week and has also come onto



Franzen



Sinnwell

the scene in a big way.

N-P's 200 in that nine-hole round at home last week was the lowest round the Huskies have accumulated in three seasons prior to the cancelled COVID-19 2020 season.

That's why head coach Jeff Trost – who is trying to keep his Huskies' season alive in this his 43rd year of leading the N-P program – is so excited.

"We want to see what we can do," said Trost.

Gone are the days for Sinnwell – a lefty – when she carded rounds in the 70s, or even 80 for a nine-hole round.

"Now she's got the confidence that hey, I can shoot low 50s and maybe even sneak into the 40s," said Trost. "She's got that drive now to do it every time. Now there's a different expectation level for her."

SEE GIRLS GOLF, 8



Kelly Terpstra/Reporter

Nashua-Plainfield's Faith Franzen gets ready to hit a tee shot at a home meet played last month at the Nashua Town and County Club.

Huskies' season ends at home sectional meet

N-P boys take fifth at TIC East meet, match place at postseason

By Kelly Terpstra
Of the Reporter

Dawson Glaser stood outside the clubhouse of his home golf course on Wednesday afternoon and knew he could have shot better.

That was a truth he was more than open and honest about.

The low scores that would have advanced his Nashua-Plainfield boys golf team to the next round of district play at their Class 1A sectional meet didn't materialize on a beautiful spring day at Nashua Town & Country Club.

Glaser still held his head high – in even defeat. "We've seen better days. Perfect weather out here – little disappointed with the 100s, but I'm glad we got four people in the 90s," said Glaser. "We shot a little bit better as a team at our conference meet."

Glaser and his teammates' season ended on Wednesday – but the future remains awfully bright for a Husky squad that will return everyone of its top players next season.

N-P finished fifth (392) at its sectional – some 23 strokes back of needing to catch runner-up Rockford (370) to advance to district play at Highland Park Golf Course in Mason City this coming Monday. AGWSR won the meet with a 335.

"It would have been nice to make it again like last year," said Glaser, talking about how his freshman season played out, which saw N-P advance to the district round on this same course last spring.

Glaser – N-P's No. 1 golfer – shot a 49 in his first nine holes of play on his home nine-hole course that features rolling hills and two Par 5's. The Husky baseball standout finished with a 47 in his second round. That totaled to a card of 96 over 18 holes.

"We knew we had to beat Rockford and North Butler to make it. AGWSR is a good team," said Glaser. "We knew we needed a few 40s from everyone. We had a few 40s and a couple bad back nine's."

Glaser will turn his attention to baseball – where the tall and lanky sophomore catcher/pitcher is one of the area's better players.

But he sure would have liked to play some more golf with his teammates on Monday. It just didn't happen.

What it probably would have taken for N-P

SEE BOYS GOLF, 7



Kelly Terpstra/Reporter

Nashua-Plainfield head coach Chase Sudol holds his finger high in the stands amongst proud Husky fans after his shuttle hurdle relay took first place at the state qualifier in Northwood Thursday night. N-P was trailing toward the end of the race until junior Titus Evans' terrific run in the anchor leg wowed the crowd as he helped send the relay down to the state tournament in Des Moines next week. N-P won the boys district title over runner-up St. Ansgar.

Running to Des Moines!

Huck, boys shuttle hurdle relay team qualify for state; Huskies hoping for more today

By Kelly Terpstra
Of the Reporter

What a night for the Nashua-Plainfield Huskies.

N-P will be well represented at the state meet next week in Des Moines after the Huskies competed at the state qualifier in Northwood on Thursday night.

The N-P boys won the district championship over second-place St. Ansgar.

The Huskies needed to finish third and ahead of the Saints in the final race of the evening – the boys 4x400 relay.

N-P did just that and raised the district championship banner.

Kadence Huck won all three individual events (400, 800, 1,500) she ran in.

Huck also anchored the distance medley, which also took first place.

Huck, the defending Class 1A state champ in the open 400, blistered the track at Northwood with a dazzling run of 57.61 – just short of her school record of 57.36.

Aiden Lamborn won the high jump (six feet), Kaden Wilken crossed the tape first in the 110 hurdles and Wilken was also a part of the winning shuttle hurdle relay that also earned a blue-ribbon.



Kelly Terpstra/Reporter

Husky freshman Eli Kalainoff (above) barrels on home in the 4x800 relay and Ellie Eick (right) races down the home stretch in the distance medley.



Kelly Terpstra/Reporter

Nashua-Plainfield's Devin Blanchard (above) taps in a par putt while teammate Dawson Glaser (below) works on reading the green during the Class 1A sectional meet Wednesday.



Brase leads N-P trapshooters

By Kelly Terpstra
Of the Reporter

Nic Brase was dialed in at Cresco on Tuesday. Brase, a sophomore Husky trapshooter for Mike Olseon's split squad of Charles City and Nashua-Plainfield, fired a 49 at the meet that was won by the Cresco Area Clay Crushers.

Brase – a state place-winner for the Huskies out on the wrestling mat last winter – defeated Jaxson Barnes of Cresco in a shoot-off for second place 49-8 to 49-2.

Ethan Tlusty of Cresco was the top dog as he was perfect with a 50.

Cresco's #11 squad won the meet with 230. N-P placed 10th in the team standings with four shooters – Brase (49), juniors Dawson Demro (43), Micaiah Groothuis (42) and J.R. O'Neill (42).

Brase was also on point at the Cedar Falls Gun Club Open Invite on Saturday where he hit 96 clay targets out of a possible 100. Demro finished with a 91, Groothuis an 88, O'Neill an 84 and sophomore Cam Cleveland came up with a 66.

N-P placed 15th overall with an aggregate team score of 425.

N-P took on Osage at home last week Thursday. The Huskies wound up fourth with a 169. Charles City's No. 1 team won the meet with a 222.

Demro fired a 46, followed by Brase (43), O'Neill (41) and Groothuis (39).

ON TAP FOR OUR NASHUA-PLAINFIELD HUSKIES

FRIDAY

Girls golf at Class 1A first-round regional, Nashua Town and County Club, 10 a.m.

WEDNESDAY

Girls golf at Class 1A final-round regional, if qualified, Lone Pine Golf Course, Colesburg, 10 a.m.

THURSDAY

Track at Class 1A state meet, Drake Stadium, Des Moines, 9 a.m.

FRIDAY, MAY 19

Track at Class 1A state meet, Drake Stadium, Des Moines, 9 a.m.

SATURDAY, MAY 20

Track at Class 1A state meet, Drake Stadium, Des Moines, 9 a.m.

MONDAY, MAY 22

Baseball vs. Rockford, JV at 4 p.m., varsity at 6 p.m.

Softball vs. Rockford, varsity at 6 p.m., JV at 7:30 p.m.



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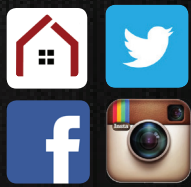
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