



Nashua REPORTER

Huskies win
another
weekend mat
tournament
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City Council kicks off new year

Willsher appointed mayor pro tem; new council member to be appointed this Monday

By KELLY TERPSTRA
Of the Reporter

New Year, new beginnings. As the calendar flipped to 2024 there was a new face and some old ones that attended Nashua's first Council meeting of the New Year at City Hall last week Wednesday. City officials will decide at this

coming Monday's Council meeting on how to decide to fill the remaining vacant Council seat that has left the city with just four Council members.

Unlike the last Council meeting back in December that was held before holiday break when there was not enough members to hold a quorum – the City Council, which

has also appointed a new mayor, had just enough members this time around to discuss matters and vote on agenda items.

Three Council members were present in the newly-elected Dan Zwanziger and Jake Johnson. Johnson sat on last year's Council and like Zwanziger was voted in by citizens at this past November's

election. Ernie Willsher was also in attendance, but newly-elected Council person Samantha Johnson was absent at the important city gathering.

As the city will more than likely appoint that fifth and

SEE CITY COUNCIL, 2

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It's LOOKING A LOT LIKE WINTER

AND IT'S GOING TO FEEL LIKE IT, TOO!

Bob Fenske/Reporter

The view of Cedar Lake from Veterans Park in Nashua is — how shall we put this? — is very winter like Thursday morning, and it appears it's going to get even more so today as another winter storm descends upon the area.

MOTHER NATURE DELIVERS A 1-2 PUNCH TO AREA AND NOW, HERE COMES THE COLD

By BOB FENSKE
Of the Reporter

It may not have been "Snowmageddon," but the snowstorm that arrived in Chickasaw County Monday evening certainly qualified as the first "big one" of the year.

And if the forecast is right, we're experiencing a healthy dose of deja vu today as the National

Weather Service has the area under another winter storm warning, which runs through 6 a.m. Saturday.

Start with storm No. 1. By Tuesday morning, up to five inches of new snow covered the ground in much of Chickasaw County, and strong winds that gusted to more than 30 miles per hour caused considerable blowing and drifting.

Even before the snow started falling Monday, area schools — including Nashua-Plainfield — pulled the plug on classes and activities Tuesday.

Chickasaw County Sheriff Ryan Shawver said that his office hadn't received any reports of major accidents.

SEE WINTER, 2

Winter's late arrival has the Nashua Park Board holding off on celebration

Officials say they will decide fate of Winterfest early next week

By BOB FENSKE
AND KELLY TERPSTRA
Of the Reporter

Winter has obviously arrived in the Nashua area, but the president of the city's Park Board isn't sure it came soon enough to make Winterfest a go in 2024.

"The weather's not cooperating with us. It didn't cooperate with us real well last year until the very last minute," Park Board President Nate Sinnwell told the City Council last week. "It was kind of stressful last year trying to figuring out what we were going to do if we didn't have it."

Granted, it snowed on Monday and Tuesday and more snow is expected today, but Sinnwell said Thursday morning that the Park Board still hasn't made a final decision on holding the event Saturday, Jan. 27, until early next week.

"We're hopeful, but we have some challenges," he said. "We need the ice to be safe, and we're worried if the city employees are going to have enough time to get the sledding hill ready in time. Like I told the council, it would be nice if winter didn't wait until the last minute."

SEE WINTERFEST, 2



Dorothy Huber/Reporter

Park Board members need to decide if they have enough time to prepare for Winterfest, which is scheduled to be held Jan. 27.

The caucus spotlight set to shine on GOP Monday

Trump overwhelming favorite as Republicans set to gather

By BOB FENSKE
Of the Reporter

There are exceptions for sure, but the reality is that most of the time, the spotlight on the Iowa Caucuses during a presidential election shines on just one party.

And this year, the Grand Old Party, i.e., the Republicans, get the honor.

The reason is simple, they have "the race" while

Democrats will have President Joe Biden heading their ticket when voters go to the polls in November.

And some would argue that the Republicans don't have much of a race; after all, former President Donald Trump has a commanding lead heading into Monday's "first-in-the-nation" caucuses.

But Monday's caucuses aren't just about picking the GOP's challenger to Biden, according to the Chickasaw County Republican Central Committee chairman; instead, John Hammel said there is plenty of other business to conduct when party members gather at four locations throughout the county on Monday night.

"How we run our caucuses are actually more like a business meeting," Hammel said. "I know people think it's just about the presidential race, and I'm not saying that's not important obviously but we have a lot to get accomplished."

He said the local caucuses have four purposes. Precincts vote three party members onto the Central Committee, select delegates and alternate delegates for the Chickasaw County Republican Convention that is set for Feb. 17, develop platform planks and vote for their favorite presidential candidate.

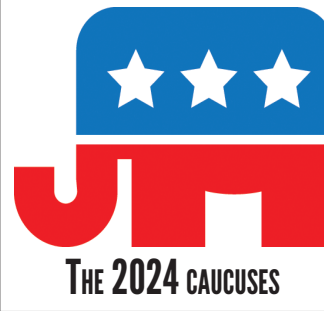
"It's really grass roots, and I think that's an attraction for a lot of people," Hammel said. "Everyone has a voice when it comes to what we're going to run on this year."

Four different caucus sites — including the Gateway to Northeast Iowa Welcome Center for Nashua residents — will welcome Republicans Monday evening.

Registration for the caucuses will begin at 6 p.m., and the caucuses themselves will start at 7. Hammel said the county is following guidelines set by the RPI, the Republican Party of Iowa and among those guidelines are that those who want to take part in the caucuses must be registered Republicans.

"You can register right up to the time we start," he said, "and it doesn't mean you can't come and

SEE CAUCUSES, 4



Supervisors begin negotiations with union, warned of 'HR challenges' ahead

By BOB FENSKE
Of the Reporter

Chickasaw County's Board of Supervisors and its employees, as expected, were "far apart" Monday when negotiations on a new union contract commenced, but if progress was made on a new deal, it won't be known for at least a couple of weeks.

International Union of Operating Engineers No. 234 submitted its initial proposal for a three-year contract for Secondary Roads Department employees and it called for an 8 percent raise this July 1, a 6 percent pay hike on July 1, 2025 and a 4 percent increase on July 1, 2026.

The county's initial offer was for a 2 percent raise this year and 1 percent

increases the following two years.

The two sides went into an "exempt session" to discuss the contract, but Mike Galloway, the county's human resources coordinator and an attorney with Ahlers and Cooney of Des Moines, said that the public wouldn't know if progress had been made — or even if a settlement had been reached — until the Board of Supervisors vote

on a contract that has been ratified by the IUOE members.

"There won't be anything new that comes out of this meeting [the exempt session]," he said.

Under state law, the only provisions of a union contract that can be negotiated are pay scales. The lone exception is contracts negotiated with unions representing law-enforcement officers.

Those deals can include negotiations over benefits and other language. Negotiations between the county and the union representing Sheriff's Office personnel are expected to begin by early next month.

Supervisors have said the union contracts are key to developing the

SEE SUPERVISORS, 4



Bob Fenske/Reporter

If the weather forecast becomes a reality, we may see more snow plows on city streets and area highways as the National Weather Service says Northeast Iowa will be impacted by another snowstorm.

Sheriff: Drivers need to use winter common sense

WINTER: FROM 1

Asked what he would tell motorists, Shawver’s reply was quick.

“Just to slow down and take it easy,” he said. “Look, 95 to 98 percent of people who are driving today have experienced weather like this before, but we forget sometimes that we can’t stop on a dime and things like that. ... We just tell people, take that extra time, before you go, scrape the snow off the vehicles and once you get going, slow down. ... It just comes down to common sense.”

The storm that gave Chickasaw County its first significant snowfall of the season affected pretty much all of Iowa. Ninety-one of the state’s 99 counties were under a winter storm warning Tuesday while the other eight were in a winter weather advisory.

If there was any solace for Northeast Iowa, it was this: It was far worse in other parts of the state. Parts of western and southern Iowa were blasted by snowfalls that exceeded a foot. And as we put the finishing touches on this edition of the Reporter, round two appeared

to be on its way, at least if the National Weather Service was correct.

Forecasters in the weather service’s La Crosse, Wisconsin, office say that 5 to 9 nine inches of new snow could fall as the second major storm of the week impacts Northeast Iowa.

And the second storm will look a lot like the first in that strong winds — expected to gust to near 40 miles per hour — will cause considerable blowing and drifting. The storm comes just a few days after a storm covered the county with 5 inches of snow.

The big difference between Storm No. 1 and Storm No. 2 is that, unlike the storm Monday and Tuesday, temperatures are going to nosedive after the latest winter weather events leaves the area.

By the time Monday rolls around, it will not only look a lot like winter, it’s going to feel like it, too.

High temperatures on Sunday and Monday are forecast to be below zero, with overnight lows on Sunday and Monday are expected to fall to 17 below and 14 below, respectively.

Park Board president tells council about upcoming projects

WINTERFEST: FROM 1

But he couldn’t help but laugh when reminded that before he talked with the council, winter hadn’t really made much of an appearance in Nashua and since then, the area has been hit by one storm and another one is on the way.

“You’re right, I’m either the jinx or the good luck charm, depending on if you like the snow or not,” he said. “We’ll get together next Monday or Tuesday and figure out what we’re doing.”

If it is held, Winterfest will feature the “car drop contest,” the sledding hill, snow shoeing, ice fishing and other winter events. Sinnwell told the council that bingo at the B — formerly known as the Bradford

Guest House — may be held and fireworks are also a possibility.

“It’s a neat experience to be able to do it when it’s cold,” he said.

During the council meeting, Sinnwell also gave the council updates on other Park Board activities, including:

- Members are looking to hold monthly events at Cedar View Park, including a Blues, Brew and BBQ” event that would be held in May and include a UTV ride that would start in the park and end in the park, a band from Waterloo and food trucks.
- Sinnwell said board members are also focusing on tree replacement in the park, pointing out that more than 55 ash trees have been removed in recent years.
- The Park Board is also hoping to add a

“dance floor” to Baldwin’s Bandshell, which opened last summer during Water Over the Dam Days.

• And board members are continuing to work to complete upgrades to the Cedar View campground.

Sinnwell said the board received a \$24,000 estimate from Wedeking Electric for what he has stated for months are “much-needed” electrical upgrades to the camping area.

He also said board members are considering adding more camping sites to the park and possibly raising rates by \$5 a night to raise more funds.

Sinnwell added that the board is continuing to apply for grants to help pay for the upgrades at the park.

Nashua City Council covers a lot of ground in first meeting of year

CITY COUNCIL: FROM 1

final member of the Council, each city official present, including new mayor Hal Kelleher and Nashua City Clerk John Ott, asked the all-important question.

Who is interested in sitting on the Council?

That question remained unanswered as Ott stated there may be some candidates that ran for City Council during the November election that may still be interested, but city officials will have to get the word out to the public in order to find out.

“Get your feelers out there and see if we have folks interested,” said Kelleher.

The Council officially accepted Kelleher’s resignation on the Council, as he was appointed mayor to replace former mayor Alex Anthofer, who abruptly resigned last October.

Willsher was appointed as Mayor Pro Tem at the meeting, a position Kelleher had held prior to becoming mayor.

Kelleher also began to lay down the framework of his tenure as mayor and some of the guidelines he is planning on setting — at least in terms of interacting with the public. He wants to establish regular office hours where he’ll be present at City Hall during the week.

“I was thinking a couple days of week — morning and afternoon hours,” said Kelleher. “Not everyone likes to stand up at Council meetings, things that we can be more accessible to the public.”



Kelly Terpstra/Reporter

The Nashua City Council discusses an issue during its first meeting of the new year.

He said he also wants to make it a priority as far as nuisance properties are concerned and the accompanying ordinance enforcement with those buildings that could take place. Kelleher has been working with Nashua Deputy Clerk Lisa Berends on establishing zones for the city that will help make the process of dealing with nuisance properties more consistent and efficient.

Nashua Area EMS Director Zenda Vikturek gave her monthly report and update to the Council as far as how the new ambulance service in town is going. She said there has been 88 EMS calls since the ambulance and crew went “live” back on July 1, 2023.

“When I was previously on the crew we did maybe 100 a year,” said Vikturek.

Viktirek mentioned private donations from area business and citizens from within the community have generated \$10,600. She also said there could be more donations on the way.

Council members voted to use ARPA (American Rescue Plan Act) funds to purchase a new AED (automated external defibrillator) for the ambulance. The cost of the AED was \$2,500.

“The one that we have right now is the one the police officers had and there’s not the support system there anymore for that — they’re outdated,” said Vikturek.

Nashua Street Superintendent Zade McCall said his department has removed approximately 55 ash trees from Cedar View Park.

The Council also approved the pur-

chase of a 2024 Dodge Ram 2500 with plow from Molstead Motors for \$57,000 that McCall’s department can utilize.

Welcome Center Board Member Karmen Mehmen said she had received a quote to paint the outside of the building for \$7,500 — which would just be the labor cost. She said it would probably take 15 gallons of paint to cover the outside of the building and she is hoping to obtain a “Keep Iowa Beautiful” grant to cover the cost of the paint.

The Council also agreed to allow the Nashua Fire Department to purchase a battery-operated extrication tool with money donated from the Grandy and Watson Estate — which was left to the fire department. The cost of the tool is \$23,000. The fire department will use a portion of that money from the

estate — \$20,500 — to buy the tool. The remainder will be paid by the Nashua Fire Association.

Big 4 Chamber President Val Johnson was also present at the meeting and informed the Council she is interested in generating more interest in transforming downtown Nashua into a business district. She said the future and vision of Nashua is at stake.

“I think we’re at a fork in the road,” said Val Johnson.

Val Johnson said Nashua will not be getting any grants moving forward that could create businesses on or near Main Street without designating the town as a business district or getting ordinances in place for minimum maintenance.

“We’re not getting that plan put together for the future betterment of the town and I’m getting very concerned,” said Johnson. “I’m not about to put \$300,000-plus into my buildings if we’re going to have apartments on street level, Main St. side.”

Val Johnson said Nashua held a special meeting last February to discuss the city’s downtown area and the possibility to get more businesses in the area. She said a meeting that could eventually lead the town down a path to potentially attracting businesses downtown has never materialized since the prior one took place.

“It sounds like we need to get a public meeting together. Is that what we need to proceed with?” said Kelleher. “I’m interested in trying to move forward in some form or matter. It’s a new year and a new beginning.”

Briefs

Nashua Public Library will hold a weekly ‘tea’ on Thursdays

A new program offered by the Nashua Public Library “Coffee/Tea & Conversation” will run each Thursday from 2 to 3 p.m.

Library Director Heather Hackman said that the program is designed to serve senior citizens but patrons of all ages can participate in the program.

There is no cost for the coffee or tea.

Extension to hold crop production program Tuesday

Extension specialists from campus and field specialists from Iowa State University will travel to Cedar Falls on Tuesday, Jan. 16, providing updated management options and recommendations on crop production issues facing Iowa growers.

The 2024 Crop Advantage meeting will give producers a solid foundation of current research-based crop production information to help make smart, informed decisions for their farming operation.

The meeting is an opportunity for farmers and crop advisers to hear current research and crop production information. Meetings include continuing education credits for Certified Crop Advisers (CCA). Private pesticide applicator continuing education will be available and will require a separate fee payable at the location.

The Cedar Falls location will be held at the Bien Venu Event Center at the Holiday Inn and Suites on Jan. 16. Registration check-in opens at 8:15 a.m. and the program runs 9 a.m. to 4:45 p.m. Program highlights for the Cedar Falls location include Entomology speed topics; Managing persistent herbicides (carryover) and weeds (waterhemp), and the impacts of cereal rye on nitrogen cycling and crop production.

For more program details and registration information for Cedar Falls or other Crop Advantage locations, visit: www.cropadvantage.org.

Early registration for each location is \$75; late registration completed less than seven days prior to the meeting, or on-site, is \$100.

Registration includes lunch, refreshments during the day and CCA credits.

Online registration and additional information is available at www.cropadvantage.org. For questions, contact ANR Program Services at 515-294-9487, or anr@iastate.edu, or contact your regional Iowa State University Extension and Outreach field agronomist.

Farm couple getaway to be held in Decorah Feb. 16-17

To help farm families build relationships and set family goals, Iowa State University Extension and Outreach is offering a “Farm Couple Getaway” in February.

This event is aimed at farmers wanting to take advantage of activities to improve farm family communication, work on farm or family goal setting, farm transitions or who just would like a weekend away to discuss farm and family issues.

The getaway will be held Friday and Saturday, Feb. 16-17, at the Hotel Winneshiek in Decorah.

The getaway will run from 12:30 p.m. on the first day to 3:15 p.m. on the second day. There is no cost to attend the program as food, lodging and other expenses are being paid for by sponsorships. However, there is a \$50 per couple deposit to hold each reservation, refundable on the second day of the event.

Registration will be on a first-come, first-served basis with registrations due two weeks prior to the session.

Registration brochures can be obtained from Jenn Bentley, dairy specialist with ISU Extension and Outreach, at jbentley@iastate.edu, or at the ISU Extension and Outreach Winneshiek County office, at 563-382-2949. Dairy specialist Larry Tranel is available at tranel@iastate.edu, or at the ISU Extension and Outreach Dubuque County office, at 563-583-6496.

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Kelly Terpstra/Reporter

Nashua-Plainfield's Nic Brase locks up a cradle on his way to pinning Osage's Preston Beyer during a triangular held in Osage last Thursday.



Kelly Terpstra/Reporter

Nashua-Plainfield senior Tucker Franzen launches a high-arching 3-point shot in a game against Riceville last week.

Husky boys roll to win over Panthers, fall to Warhawks

By KELLY TERPSTRA
Of the Reporter

The Nashua-Plainfield Huskies can push the ball up the floor and score points.

But can they stop the opposing team from lighting up the scoreboard on a consistent basis?

That's a question that Matt Mueller and his Nashua-Plainfield Husky boys basketball squad is going to find out this winter.

Win or lose, it should make for an interesting finish to the 2023-2024 hoops season.

N-P picked up its third win of the year last week Thursday at home with a 70-52 victory over Central Springs. Then the Warhawks of West Fork rolled into town on Friday and caught fire from long range en route to an 82-50 victory over the Huskies.

"Offensively, we're showing progress," said Mueller. "Right now we're playing nine guys and we're just trying to find out who we can count on. Defensively – who's bringing it every night?"

West Fork – one of the predominant powers in small-school class basketball over the course of the last decade or so – can fling the rock into the rim from way out.

The Warhawks buried 13-28

three-pointers in the Top of Iowa East Conference battle and saw its senior guard tandem of Cayde Eberling and Sage Suntken combine to score 48 points. Eberling led all scorers with 29 points and Suntken finished with 19 points. The dynamic duo combined to convert on eight made treys.

"They're shooting an unbelievable percentage from three," said Mueller. "You hope that you can get a hand up on 'em, but they're moving the ball so fast. There ball movement is so good. They're going to get an open look within 10-15 seconds, for sure."

West Fork is tied for third overall in Class 1A with a 37 percent three-point percentage. Eberling is the sixth-best scorer in 1A with a 23.6 scoring average.

West Fork (7-2, 6-1) led 43-13 at intermission, but Mueller's Huskies outscored the Warhawks, 26-24, in the third period of play.

"Actually the sophomores in the third quarter outscored them," said Mueller. "They played well in the third quarter."

Central Springs (2-8, 1-7) was no match for the Huskies as N-P rolled out to a 38-23

[SEE BOYS HOOPS, 6](#)

N-P girls keep it close for while but drop TIC games

By KELLY TERPSTRA
Of the Reporter

Don't let the final scores deceive you – Nashua-Plainfield's hoops games versus Central Springs and West Fork last week were closer than the final scores would indicate.

At least for a while.

But the Panthers and Warhawks were able to pull out those Top of Iowa East Conference battles and claim victories, nonetheless.

It was a tough stretch of games for the Huskies and head coach Josh Smith, which also lost to fifth-ranked Riceville on Tuesday to start the week. Central Springs travelled to Nashua on Thursday and came away with a 51-31 triumph, while West Fork did the same on N-P's home court the following night on Friday with a 73-36 road win.

The league clash with the Panthers of Central Springs saw

N-P trail by just seven points early in the fourth quarter, but the Panthers ended up outscoring the Huskies, 20-7, in the final period to pull away for the 20-point victory.

"I think we played well against Central Springs for the most part and then the wheels kind of fell off," said Smith.

Kaci Crum, a Panther junior 6-2 center, caught fire late and finished with a game-high 19 points and seven rebounds.

"Collectively, we did a really nice job on their post (Crum) until late in the game and she was able to get some clean touches down low and get some offensive rebounds and put-backs and grow their lead a little more, but defensively we played really well for the large majority of that game," said Smith.

Central Springs (8-3, 5-2) outrebounded N-P, 44-20.

The Warhawks saw the

[SEE GIRLS HOOPS, 6](#)



Kelly Terpstra/Reporter

Nashua-Plainfield's Maci Malven uses a screen from teammate Paige Franzen to drive into the lane during a game against Riceville last week.

N-P's WEEKEND WARRIORS

RINKEN, WHITE AND SULLIVAN CLAIM INDIVIDUAL CROWNS AS HUSKIES WIN TRIPOLI TEAM TITLE

By KELLY TERPSTRA
Of the Reporter

While most teenagers nowadays won't know who the Canadian rock band named "Loverboy" is, they can still appreciate one of their song titles from back in the 80s. One of that music group's hit singles was titled – "Working for the Weekend."

That seems to be what the Nashua-Plainfield wrestling squad and Al Frost are doing a pretty good job at this winter.

N-P – ranked fifth in Class 1A – won its third weekend tournament of the season at the 57th Annual Tripoli Invite this past

Saturday.

The Huskies also won their home invite and took home the team title at the Chris Davis Invite early last month.

The Huskies – still competing without a full lineup – were No. 1 in the team standings with 227 points and crowned three individual champs in junior Jayden Rinken (120), as well as seniors Tate White (190) and Aiden Sullivan (215).

Wapsie Valley finished runner-up with 207 points and Denver was third with 196 points – four points better than fourth-place finisher Lisbon (192).

Rinken continued his hot streak of wres-

ling, which includes his first state title won last year at 106 pounds as a sophomore.

Rinken (28-0) has won 48 matches in a row since a 7-5 loss to Jesup's Cooper Hinz at the Hudson Invite a year ago. Hinz is ranked third at 113 pounds this year.

That weight bracket of 113 pounds may well be where Rinken wrestles this year, but time will tell on that front.

Rinken was one of 15 wrestlers in his class that was nominated for the Dan Gable Mr. Wrestler of Year award – a contest put on by IAWrestle, the IWCOA (Iowa

[SEE TRIPOLI CHAMPS, 10](#)

Huskies give 2A No. 1 Green Devils run for their money

By KELLY TERPSTRA
Of the Reporter

Hayden Munn feels the best is yet to come for his Nashua-Plainfield wrestling squad this winter.

Munn – a senior 126-pounder in his last go-round for Al Frost's perennial-power mat squad – is confident his Huskies can get the job done in 2024.

The clock is ticking.

"We haven't wrestled as a complete team yet," said Munn. "We worked our butts off during break. I think if we get everybody where we need to go weight-wise, I think we can be unbeatable."

That's something N-P – ranked No. 5 in the latest dual rankings in Class 1A – is still trying to aspire to be.

The expectations are a little different amongst rarified air when you start to climb the mountain and near the summit – that much is for sure.

"We still got some things to figure out," said Frost, who has coached well over 30-plus years at N-P.

Blessed with tremendous talent, albeit still somewhat undermanned – the Huskies have wrestled to a 13-6 mark so far and locked horns with defending state champ Osage in the first dual back from break last week Thursday on the Green Devils' home mat.

Under the spotlight, No. 1 ranked Osage and its four top-ranked wrestlers flexed its muscles en route to a 48-36 victory over the Huskies. N-P dominated St. Ansgar in the other match of the triangular – 66-15.



Kelly Terpstra/Reporter

Nashua-Plainfield's Maverick Dietz-McDonald picks up back points on his way to a first period pin of St. Ansgar's Jevin Dammén during a triangular in Osage last week.

Still, these Huskies, no matter how good – are hoping all the pieces fall together at the right time when it matters the most.

That's during the stretch run, when dreams are realized or they can just as easily flicker out like a candle in the wind and be gone forever.

The former is obviously preferred and was attained by a large portion of these Huskies last year as they helped reel in two third-place state trophies at the end of the year dual and traditional state tournaments.

Frost is hoping to pencil in two of his top wrestlers in

his lineup in the near future in spot where he would like them. In the meantime, it's business as usual for the Top of Iowa East Conference squad that saw some good things happen against the favored Green Devils.

"The biggest thing with all these guys is confidence," said Frost.

Munn (18-8) – a state qualifier last year – received some of that confidence and a potential shot in the arm as he picked up a pin versus St. Ansgar's Trace Huisman in 40 seconds and also won by fall over Osage's Jasper Sonberg in 2:27.

North in just 1:08. Lamborn finished off her gold-medal day with another first-period pin in 1:13 over Maddisen Kolaas of Sumner-Fredericksburg in her medal match.

Nevaeh Bloker (155) is now 17-13 on the year after the Husky sophomore placed sixth in her weight class. Bloker defeated Kelsey Knief of Bellevue in her first match of the night by fall in just 54 seconds. Knief came back to pin Bloker in the fifth-place match in 3:20.

Jayla Patten (0-5) and Emerson Franzen (4-12) – both sophomores – competed at 130 pounds and 170 pounds, respectively. Neither Husky placed.

N-P placed 19th overall with 27 points. Southeast Polk won the meet with 210 points.

The Huskies and head coach Reece Reams were scheduled to compete in the Top of Iowa Conference meet in Osage today (Friday), barring the postponement of that invite due to inclement weather that is in the forecast.

CENTRAL INVITE TEAM SCORES

Southeast Polk 210, Sumner-Fredericksburg 151, Dubuque Senior 146, AP-GC 99, Waukon 96, Dubuque Whalers 95.5, North Fayette Valley 86, Central Elkader 74, Eau Claire North 70, Oelwein 68, Postville 64, Fennimore 63, St. Ansgar 62, North Crawford/Seneca 59, South Winneshiek 47, MFL-Mar-Mac 42, Bellevue 37, Lancaster 36, Nashua-Plainfield 27, Don Bosco 26, Starmont 12.5, DeSoto 0.

NASHUA-PLAINFIELD INDIVIDUAL RESULTS
130 - Jayla Patten did not place. Champ. Round 1 - Isabel Christensen (SF) pinned Patten, 0:17. Cons. Round 1 - Naomi Duehr (DW) pinned Patten, 2:31.
155 - Nevaeh Bloker placed sixth. Quarterfinal - Bloker pinned Kelsey Knief (BELL), 0:54. Semifinal - Skylar Slade (SEP) pinned Bloker, 1:17. Cons. Semi - Hailey Forster (DS) pinned Bloker, 2:00. 5th Place Match - Knief (BELL) pinned Bloker, 3:20.

170 - Emerson Franzen did not place. Champ. Round 1 - Chloe Crow (DS) pinned Franzen, 1:51. Cons. Round 2 - Cassandra Tucker (OEL) pinned Franzen, 1:43.

235 - Eden Lamborn placed first. Round 2 - Lamborn pinned Zoe Knepper (DW), 1:13. Round 3 - Lamborn pinned Danika Reiser (WAUK), 5:25. Round 4 - Lamborn pinned Rainie Yang (ECN), 1:08. Round 5 - Lamborn pinned Maddisen Kolaas (SF), 1:13.



Lamborn

Nashua-Plainfield sophomore Eden Lamborn had the best day of her wrestling career in Elkader last Friday.

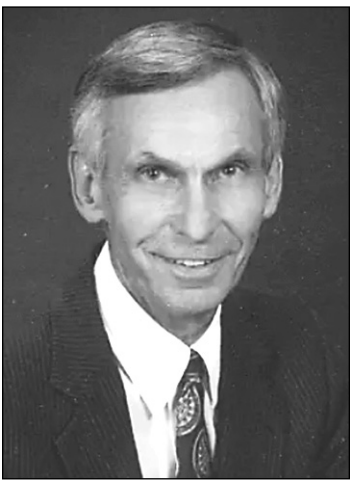
Amongst 22 teams, Lamborn won all four of her matches in the 235-pound weight class bracket to stand atop the medal stand with a first-place finish.

Lamborn improved to 19-6 on the season with four pins on a tremendous day for the up-and-coming Husky grappler at the Sixth Annual Central Invite.

She began the afternoon with a quick pin in 1:13 over Zoe Knepper of Dubuque Whalart and then stuck Danika Reiser of Waukon in her next match in 5:25. Lamborn continued the pin party by winning by fall over Rainie Yang of Eau Claire

Robert ‘Bob’ Wolff, 86

Robert “Bob” Wolff, age 86 of Nashua, died Thursday, Jan. 4, 2024, at Waverly Health Center. Funeral services were held at 10:30 a.m. Wednesday, Jan. 10, 2024, at The United Methodist Church in Nashua with the Rev. Sarah Namukose officiating. Interment was held at Greenwood Cemetery in Nashua with Jason Hansen, Kevin Zwanziger, Steve Sudol, Mark Walk, David DePeuw and Zade McCall serving as pallbearers. Zach McCall, Shannon Tripp, Kiana Griffith, Jamie Stastny, Jessica Stastny-Hall, Regean Tobin, Kennedy Pagel, and Mykah Hall served as honorary pallbearers.



Bob Wolff

women’s basketball and loved the Hawkeyes with a fervent spirit. His admiration for sports was only rivaled by his love for his farm, where he spent countless hours ensuring everything was in perfect order.

Bob’s passion for life extended to his family, especially during a memorable trip with his daughter to the USS Midway. The joy of stepping into his old bunk room brought an undeniable light to his eyes, a moment cherished by his loved ones. A man who always kept a clean lawn, Bob’s structured nature was a testament to his analytical mind and courageous heart.

Friends and family will remember Bob as a man of few words but of immense presence. His stoicism, a likely legacy of his Navy days, was the bedrock upon which he built his life. Yet, beneath that reserved exterior was a man of deep emotion and loyalty, qualities that endeared him to all who had the privilege of knowing him.

Bob Wolff leaves behind a family that will forever be proud of the life he led and the values he instilled in them. His son Mike and daughter Starla, along with the rest of his family and friends, will hold dear the memories of a man who was as steadfast as he was loving.

Robert is survived by son Michael (Deb) Stastny of Nashua; daughter Starla (Tom) Griffith of Kihey, Hawaii; niece Linda (Kerry) Smith; grandchildren Jamie Stastny, Jessica Stastny-Hall and Kiana Griffith; and great-grandchildren, Regean, Kennedy, and Mykah. He is preceded in death by his wife, Nadine (Fritze) Wolff; parents, John and Anna (Kelner) Wolff; sisters, Maxine Hansen, Norma Wolff and Jo Ann Wolff; and nephew, Richard Hansen.

Professionally, Bob’s post-Navy career took him to Ozark/TWA out of Chicago, where he continued to apply the skills and discipline he had honed in the military. He retired in 2012, leaving behind a legacy of hard work and dedication. Retirement also allowed Bob to fully indulge in his passions. He was an ardent fan of Iowa

Briefs

Wartburg dean’s list

Wartburg College has recognized 484 students who were named to the 2023 fall term dean’s list. Among the local students honored were Trey Nelson of Nashua.

Non-profit grant deadline is Monday

The deadline to submit grant applications to the Chickasaw County Community Foundation’s 2024 grant cycle is 5 p.m. this Monday. Technical support will be available to applicants until that time, and the online grant application can be found on the Community Foundation’s website at www.chickasawccf.org. Grants are awarded to projects within the program areas of arts and culture, community betterment, education and youth development, environment and animal welfare, health and human service. Grant recipients will be announced in March.

Board of Supervisors gives raises to EMS workers’ director to meet with cities

By Bob Fenske
Of the Reporter

On a day that the Chickasaw County Board of Supervisors gave final approval to a promised 6 percent pay raise for its EMS employees, the department’s director said he will meet with officials from six county cities next week to give them an update on where Chickasaw County EMS stands after a year in operation. “I really do believe we’re in a really solid place right now,” EMS Director Joel Knutson said during an interview after Monday’s board meeting. “Our call volume has been good, and we’re starting to see revenue coming in. We knew it would be a process — and trust me, it has been one and we’re not there

yet — but in my opinion, we had a good first year.” Supervisors were originally scheduled to act on the pay raise during a meeting held on Jan. 2, but board members put off a decision when Knutson was on an ambulance call during the discussion. On Monday, Knutson said that the 6 percent raises would only be given to employees who started working for Chickasaw County EMS prior to July 1, 2023, and he also presented a “compensation structure” policy to the supervisors. The EMS director said a “mid-fiscal year” pay raise was the best way to deal with the fact the service began six months into the 2022-23 fiscal year. “I could understand and really supported the idea that it



Bob Fenske/Reporter

Musical chairs in the board room

Members of the Chickasaw County Board of Supervisors — (from left) Jake Hackman, Travis Suckow, Scott Cerwinski, Matt Kuhn and Steve Breitbach — join Auditor Sheila Shekleton for Monday’s meeting, the first with a new “seating chart” for board members.

Cerwinski was elected to the chairman post Kuhn had held for two years during a meeting on Jan. 2, but Monday’s meeting marked the first that he led from the “chairman’s chair” as Kuhn moved to Suckow’s old seat and Suckow took over the chair vacated by Cerwinski.

HR attorney: Government entities to face challenges

SUPERVISORS: FROM 1

county’s 2024-25 budget, which must be certified by April 15.

Before meeting with IUOE members, Galloway gave the board an “HR update,” one he said presents a number of challenges not only for Chickasaw County but also for government entities around Iowa. “We’re seeing statewide a very difficult trend in hiring people,” he said. “It doesn’t matter what the classification is.”

He did say that counties like Chickasaw were in competition with the private sector for road workers and that “law enforcement is very, very difficult — not only in the sworn positions but also in the civilian positions, jailers, dispatchers, things like that.”

Galloway said that while there have been “no huge changes” in employment laws in the state that government entities he works with are “focusing on what it takes to recruit and then retain employees. ... The reality is you still have to pay people to keep them. It’s not easy right now.”

He said new laws like House File 718 are causing governmental bodies to rethink how they provide services because of worries that the laws restrict their ability to raise the amount of tax revenue they can receive.

Galloway used law enforcement as an example.

“We’re seeing smaller county seats disband [their police] departments and contract exclusively with their sheriff’s offices because they can’t do it anymore,” he said,

pointing to the city of Harlan contracting with the Shelby Sheriff’s Office for law-enforcement services. “I’m not saying that is happening here; I’m just saying that’s a trend that we are getting many more calls about. ... I think we’re going to see that more and more, with the restrictions on your ability to [levy property taxes].”

Asked by Supervisor Jake Hackman if counties with smaller populations are being more affected by the new tax laws, Galloway quickly responded.

“It appears so, right now,” he said. And he warned supervisors that the challenges will only get tougher.

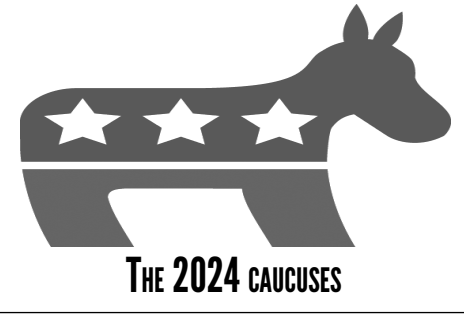
“I’m not an expert on property tax laws, but everyone I’ve talked to has said that the bigger issues will be July 1, 2025. ... You have your work cut out for you.”

Democrats won’t be picking their presidential favorite Monday

Iowa Democrats, like their Republican brethren, will head to caucuses on Monday night, but they will do so without stating a preference for a presidential candidate this fall.

Iowa Democrats have completely redone the structure of their caucuses and presidential selection process in 2024, four years after the party suffered through a disaster of epic proportions during its caucus.

It took weeks for a winner to be announced because of problems the party experienced with its reporting app, and national party leaders took away Iowa Democrats’ cherished “first-in-the nation” caucuses, at least when it came to the presidential selection process.



This year, the state Democrats will still hold caucuses the same day as Republicans, but unlike in previous years, caucus-goers will not vote or indicate their pick to represent the party on the November presiden-

tial ballot. Instead, they will vote for a party nominee through a mail-in voting process that begins Jan. 12 and concludes March 5.

Instead, Democrats will gather Monday night to discuss and adopt proposed resolutions to the county platforms, elect delegates to the county convention and elect precinct committee members to serve on central committees for each county.

In Chickasaw County, caucuses will be held at three sites, with Nashua’s party members set to gather in the Nashua-Plainfield Middle School commons area.

Precinct caucuses will begin at 7 p.m., and Democratic officials are reminding those who want to participate that they must be signed in by that time.

CAUCUSES: FROM 1

observe but if you’re not registered, then you can’t participate.”

Polls indicate that Iowa Republicans want Trump to head the GOP ticket for a third consecutive presidential election. Trump is polling 50 percent while Florida Gov. Ron DeSantis and former South Carolina Gov. Nikki Haley are

battling neck-and-neck to finish as the runner-up. Both are polling between 15 and 18 percent.

Other candidates include tech entrepreneur and author Vivek Ramaswamy and former Arkansas Gov. Asa Hutchinson. Another candidate, former New Jersey Gov. Chris Christie suspended his campaign on Wednesday.

National political pundits

say that Monday’s second-place finisher may be only candidate who can continue to compete with Trump once the primary and caucus season kicks into high gear.

Hammell said Central Committee members are ready for Monday, but he wouldn’t hazard a guess at what kind of turnout the party will have.

“I’ve seen years where it’s

almost a blizzard and you think no one’s going to come,” he said, “and it’s packed, and I’ve seen years where it’s really nice out and you’re expecting a big crowd, and it’s way smaller than you thought. ... We’re ready, though, and we’re encouraging party members to come out. It’s a great way to get involved and have a say in the issues that matter to you the most.”

didn’t seem fair to give employees a pay raise when they had been with us for six months or less,” he said.

So as he prepared his budget for the 2023-24 fiscal year, he budgeted for a 6 percent pay increase on Jan. 1 to match the raises many county employees, save for those represented by unions and the county’s elected officials, received on July 1.

Supervisors agreed, but on Jan. 2, they questioned if all the department’s paramedics, EMTs and drivers should receive the pay increase, and

with Knutson absent, they passed on making a decision.

On Monday, however, they voted 4-1 to approve the pay raises for those whose start date was prior to July 1, 2023. But because it was not on the agenda, they passed on acting on Knutson’s proposed compensation policy.

In addition to the 6 percent raise this year, the proposed policy states that each July 1, starting this year, employees “shall receive the COLA [cost-of-living adjustment] as approved by the Board of Supervisors” as long

as they have had “continuous employment” with Chickasaw County EMS for “six continuous months.”

The proposed policy also calls for the Board of Supervisors, on a five-year basis, to “conduct a market evaluation and readjustment of starting base wages.”

During an interview at the ambulance station after the meeting, Knutson said that one of the reasons the service has been successful is that it continues to attract potential employees.

“It’s important that we stay competitive on wages,” he said, “and if we do that, I think the interest is there.”

He said for the last few months, Chickasaw County EMS has run as an ALS service, meaning a paramedic has been on duty, “97, 98 percent of the time.”

It’s a fact that Knutson will tout when he meets Tuesday with representatives of the six cities that signed 28E agreements for the county-owned entity to provide ambulance service to their residents.

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Bid form/registration and information packets available at Elwood, O'Donohoe, Braun & White, 116 N. Main Street, Charles City, Iowa. Bids and letter of credit due to Elwood Law Firm no later than 4:00 PM on Friday, January 12, 2024. Auction at Greene Community Center, 202 W. South St., Greene, IA on Saturday, January 13, 2024 at 10:00 AM. Only registered bidders allowed into the auction. Further bidding will follow to determine if a contract can be agreed upon. Bid forms and packets also available online by calling (641) 228-8054 or emailing a request to charlescity@elwoodlawfirm.com. For further questions, contact Judith O'Donohoe at (641) 228-8054.

Huskies have one of those ‘not-much-went-well’ games against West Fork

GIRLS HOOPS: FROM 3

Huskies hang around in the ensuing evening's next game and led by eight points with four minutes left in the second quarter, but WF ended up outscoring N-P, 23-6, to take a 41-15 lead at halftime.

“Not much went well against West Fork. Kadence (Huck) got into some foul trouble and turnovers became a huge issue along with giving up offensive rebounds. We didn't execute very well at all,” said Smith.

West Fork (5-5, 4-3) was led by junior guard Leah Weaver's

Hackman continues recent strong play with career-high against Central Springs

BOYS HOOPS: FROM 3

halftime lead and connected on 29 made field goals.

N-P senior forward Trae Geise matched his career-high with 17 points against the Panthers. He shot 7-12 from the field and grabbed nine rebounds.

“If he just figures out how much talent he's got. He should not go into a game thinking that he can be stopped,” said Mueller about Geise.

Four other Huskies were in double figures as senior Tucker Franzen and sophomore Landon Foelske each notched 11 points apiece. Husky soph Matthew Malven hit for 10 points and snared nine rebounds to go along with seven assists.

N-P senior low-post player Hunter Hackman came off the bench to secure a career-high in points with 12. He also came down with five rebounds and dishished out four assists.

“He's been coming along pretty well lately,” said Mueller. “He's been giving us a sub down low and he's really good at seeing things on the floor. That's kind of his thing. He's not a great athlete, his mind works pretty good on the floor.”

N-P (3-7, 2-4) hit 13-14 free throws against West Fork.

Malven (11 points) and Foelske (10 points) led the way against West Fork in the scoring department.

Franzen leads N-P in scoring this season through 10 games with an 11.6 points-per-game average. Malven is second on the team with an eight-point scoring clip and Geise is third with 7.8 ppg. Geise is third in the TIC East with a 55 percent shooting percentage.

The Huskies' game ver-

game-high 27 points and nine steals.

Huck, a junior guard, is one of the best in the state with her defensive pressure. Huck scored 13 points against Central Springs and came away with 10 steals. She put forth another strong effort the following night with 16 points, eight rebounds and six steals versus the Warhawks.

Huck is No. 2 in the entire state (all classes) with 76 steals through 10 games. Only Lily Coil, a Columbus-Junction junior, has more steals with 77.

Turnovers, rebounding and

shooting plagued the Huskies in some form or fashion in those two league contests.

N-P turned the ball over 38 times versus West Fork and shot just 23 percent against the Panthers (9-38 field goals).

The Huskies, now 2-8 overall and 0-6 in the TIC East, gave up 35 offensive rebounds in the two games.

N-P is not tall and that lack of height clearly plays into why the Huskies have a disadvantage on the boards. That being a smaller squad also allows N-P to possess one of the more aggressive defensive units in all of Class 1A.

“It's tough. We play our zone and press and try to generate as many steals as possible because we know we're going to have a mismatch on the boards,” said

Smith. “We game plan to create turnovers with our guards and make it tough for the other team to get clean shots and get their offense set up. Overall, I think we've done a good job with that this year, but playing that style and our lack of size will also create some issues for us on the boards.”

N-P junior forward Paige Franzen scored eight points against Central Springs. Ava Kirk, N-P's sophomore point guard, netted six points against WF and nailed two 3-pointers.

Smith is confident his squad can power through the losses and turn mistakes into lessons learned out on the hardwood. Those setbacks should fuel the Huskies for a strong push toward the postseason if they continue to fight for victories

and trust in Smith's process.

There's still plenty of games left in 2024 to turn the tide.

“We just have to keep improving. That's what it's all about every year – finding ways to get wins, staying together – taking care of the things that matter and silencing out the things that don't are always important. We like the group we have and we'll keep getting better,” said the N-P head coach.

CENTRAL SPRINGS 51, NASHUA-PLAINFIELD 31

CS	10	13	8	20	-	51
NP	4	9	11	7	-	31

Ava Kirk 1-5 0-0 3, Kadence Huck 3-5 7-10 13, Myranda Webster 0-8 0-0 0, Jalynn Pratt 1-5 0-0 2, Paige Franzen 3-6 1-2 8, Maci Malven 1-6 2-3 5, Marleigh Lowe 0-3 0-0 0. Totals 9-38 10-15 31.

3-point field goals - Kirk 1-5, Pratt 0-2, Franzen 1-2, Malven 1-5 Lowe 0-2.

Rebounds - Huck 6, Webster 3, Pratt 3, Franzen 3, Lowe 3, Malven 2.

Assists - Kirk 1, Huck 1, Pratt 1, Franzen 1, Malven 1, Lowe 1.

Steals - Huck 10, Franzen 2, Lowe 2, Kirk 1, Webster 1, Pratt 1, Malven 1.

Blocks - Huck 1, Webster 1.

WEST FORK 73, NASHUA-PLAINFIELD 36

WF	18	23	21	11	-	73
NP	9	6	13	8	-	36

Kirk 2-9 0-0 6, Huck 7-8 2-6 16, Lowe 0-2 0-0 0, Pratt 1-4 2-5 5, Franzen 2-8 1-2 5, Elayna O'Neill 0-0 0-2 0, Malven 2-5 0-0 4. Totals 14-36 5-15 36.

3-point field goals - Kirk 2-8, Lowe 0-2, Pratt 1-2, Franzen 0-1, Malven 0-3.

Rebounds - Huck 8, Lowe 4, Pratt 4, Malven 4, Franzen 2, Kirk 1, O'Neill 1.

Assists - Franzen 3, Lowe 2, Huck 1, Pratt 1, Malven 1.

Steals - Huck 6, Lowe 3, Franzen 1, O'Neill 1, Malven 1.

Blocks - Franzen 1.

Legal Notice - Legal Notice - Legal Notice - Legal Notice - Legal Notice - Legal Notice												
IOWA COUNTY TREASURER'S SEMIANNUAL RECONCILIATION 07/01/2023 - 12/31/2023 CHICKASAW COUNTY												
	Beginning Treasurer's Balance	Total Revenues	Beginning Balance + Total Revenues	Total Expenses	Change in Outstanding	Calculated Ending Treasurer's Balance	Actual Ending Treasurer's Balance	Difference	Outstanding Bank Items			
0001 - GENERAL BASIC	2,897,156.46	3,160,423.77	6,057,580.23	3,494,862.57	-26,500.54	2,536,217.12	2,536,217.12	0.00	91,767.94			
0002 - GENERAL SUPPLEMENTAL	1,154,846.28	1,080,128.00	2,234,974.28	1,106,923.36	7,431.21	1,135,482.13	1,135,482.13	0.00	8,052.95			
0003 - GENERAL BASIC SUB FUND - ARPA	1,300,206.35	15,331.29	1,315,537.64	638,737.96	-1,000.00	675,799.68	675,799.68	0.00	0.00			
0004 - EMS DEDICATED	308,868.02	1,052,544.62	1,361,412.64	465,107.13	-14,858.52	881,446.99	881,446.99	0.00	12,287.13			
0005 - LAND ACQUISITION & DEVELOPMENT	16,000.89	9,748.00	25,748.89	20,748.89	0.00	5,000.00	5,000.00	0.00	0.00			
0006 - COUNTY PROPERTY IMPROVEMENTS	41,738.63	0.00	41,738.63	0.00	0.00	41,738.63	41,738.63	0.00	0.00			
0011 - RURAL SERVICES BASIC	440,434.87	1,358,117.74	1,798,552.61	1,119,666.72	8.32	678,894.21	678,894.21	0.00	163.69			
0020 - SECONDARY ROAD FUND	3,000,134.79	5,144,823.96	8,144,958.75	6,487,119.15	-16,277.40	1,641,562.20	1,641,562.20	0.00	42,177.66			
0023 - REAP CONSERVATION ENHANCEMENT	43,018.70	11,352.57	54,371.27	0.00	0.00	54,371.27	54,371.27	0.00	0.00			
0024 - RECORDER'S SURCHARGE	18,574.54	1,551.59	20,126.13	0.00	0.00	20,126.13	20,126.13	0.00	0.00			
0025 - CHICKASAW COUNTY BETTERMENT	108,222.10	55,520.23	163,742.33	120,000.00	0.00	43,742.33	43,742.33	0.00	0.00			
0026 - CHICKASAW CO. ECON. DEV.	51,762.92	0.00	51,762.92	6,600.00	0.00	45,162.92	45,162.92	0.00	0.00			
0028 - DRUG-K-9 UNIT	3,691.41	3,777.30	7,468.71	0.00	0.00	7,468.71	7,468.71	0.00	0.00			
0029 - SHERIFF DARE ACT.	1,192.50	6.02	1,198.52	0.00	0.00	1,198.52	1,198.52	0.00	0.00			
0030 - CHICKASAW CO. PIONEER CEMETERY	47.94	3,591.62	3,639.56	3,544.60	0.00	94.96	94.96	0.00	0.00			
0031 - AMBULANCE FUND	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
0032 - REC ELECTRONIC TRANSFER FEES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
0033 - LANDFILL POSTCLOSURE	513,262.65	13,247.83	526,510.48	3,129.78	-12.50	523,368.20	523,368.20	0.00	350.00			
0034 - ECONOMIC DEVELOPMENT-GB	20,000.21	0.00	20,000.21	0.00	0.00	20,000.21	20,000.21	0.00	0.00			
0035 - RURAL ROADS INFRASTRUCTURE FUND	802,690.68	222,980.89	1,025,671.57	515,305.88	0.00	510,365.69	510,365.69	0.00	0.00			
0036 - OPIOID SETTLEMENT	41,875.15	9,521.94	51,397.09	0.00	0.00	51,397.09	51,397.09	0.00	0.00			
0037 - BYPASS BASIN	88,721.46	1,937.00	90,658.46	0.00	0.00	90,658.46	90,658.46	0.00	0.00			
0040 - CHICKASAW COUNTY TOURISM	41,180.45	12,940.74	54,121.19	6,201.78	0.00	47,919.41	47,919.41	0.00	0.00			
0045 - CO. ATTY FORFEITURE FUND	2,071.58	10.47	2,082.05	0.00	0.00	2,082.05	2,082.05	0.00	0.00			
0046 - SHERIFF FORFEITURE FUND	653.06	3.30	656.36	0.00	0.00	656.36	656.36	0.00	0.00			
0050 - TWIN PONDS NATURE CENTER	22,748.33	311.95	23,060.28	0.00	0.00	23,060.28	23,060.28	0.00	0.00			
1500 - CAPITAL PROJECTS FUND	471,853.34	111,906.20	583,759.54	26,192.16	0.00	557,567.38	557,567.38	0.00	0.00			
2019 - COUNTY DEBT SERVICE	47,949.23	279,615.74	327,564.97	23,236.25	0.00	304,328.72	304,328.72	0.00	0.00			
3500 - SAUDE FARM FUND	6,370.15	87.36	6,457.51	0.00	0.00	6,457.51	6,457.51	0.00	0.00			
3510 - SCHROEDER STEWARDSHIP FUND	4,137.10	20.90	4,158.00	0.00	0.00	4,158.00	4,158.00	0.00	0.00			
4000 - EMPLOYEE MANAGEMENT COMMIS:	426,461.71	116,525.93	542,987.64	55,032.29	-36,184.62	451,770.73	451,770.73	0.00	8,429.63			
4010 - 9-1-1 SURCHARGE FUND	628,133.35	103,250.96	731,384.31	198,203.46	136,517.37	669,698.22	669,698.22	0.00	139,013.68			
4020 - 28E AGENCY FUND	1,147.74	0.00	1,147.74	0.00	-1,147.74	0.00	0.00	0.00	0.00			
4100 - ASSESSMENT EXPENSE	610,456.43	292,715.79	903,172.22	233,886.63	-20,141.54	649,144.05	649,144.05	0.00	9,682.31			
4140 - AGRICULTURAL EXTENSION SERVICE	2,150.34	161,558.32	163,708.66	159,466.27	0.00	4,242.39	4,242.39	0.00	0.00			
4152 - EMPLOYEE FLEX BENEFITS FUND	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
4200 - SCHOOL DISTRICTS	80,411.62	6,055,224.60	6,135,636.22	5,977,955.80	0.00	157,680.42	157,680.42	0.00	0.00			
4300 - AREA SCHOOLS	7,150.14	545,216.65	552,366.79	537,719.71	0.00	14,647.08	14,647.08	0.00	0.00			
4400 - CORPORATIONS	24,095.66	1,960,040.13	1,984,135.79	1,941,333.39	0.00	42,802.40	42,802.40	0.00	0.00			
4406 - NEW HAMPTON TAX INCREMENTS	3,242.96	173,875.28	177,118.24	175,346.92	0.00	1,771.32	1,771.32	0.00	0.00			
4450 - SPECIAL ASSESSMENTS	150.00	14,618.85	14,768.85	14,768.85	0.00	0.00	0.00	0.00	0.00			
4700 - TOWNSHIPS-CEM, HALL, INS & FIRE	1,909.43	148,445.21	150,354.64	146,007.95	0.00	4,346.69	4,346.69	0.00	0.00			
4800 - PROPERTY TAX AGENCY-BANGS & TB	17.64	991.65	1,009.29	983.08	0.00	26.21	26.21	0.00	0.00			
4900 - BENEFITED FIRE DISTRICTS	638.57	37,469.93	38,108.50	36,850.30	0.00	1,258.20	1,258.20	0.00	0.00			
5010 - MOTOR VEHICLE FEES	252,166.00	2,065,321.00	2,317,487.00	1,626,341.20	0.00	691,145.80	691,145.80	0.00	0.00			
5011 - CLK CRT-PROC FEES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
5020 - MOTOR VEHICLE SALES TAX	230,191.23	1,497,579.72	1,727,770.95	1,483,202.41	0.00	244,568.54	244,568.54	0.00	0.00			
5030 - MOTOR VEHICLE POSTAGE	911.00	5,532.00	6,443.00	5,743.00	0.00	700.00	700.00	0.00	0.00			
5040 - ORGAN TRANSPLANT	59.00	300.00	359.00	120.00	0.00	239.00	239.00	0.00	0.00			
5090 - TAX REDEMPTION-OWNER/LIEN HOLD	15,635.00	57,522.65	73,157.65	68,263.65	0.00	4,894.00	4,894.00	0.00	0.00			
5100 - UNAPPORTIONED TAX	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
5151 - CURRENT TAX ESCROW ACCOUNT	4,970.86	-3,335.40	1,635.46	0.00	0.00	1,635.46	1,635.46	0.00	0.00			
5300 - RECORDER'S ELECTRONIC FEES	278.00	1,453.00	1,731.00	1,575.00	0.00	156.00	156.00	0.00	0.00			
8999 - HEALTH-FLEX INS PASS-THRU	157,433.21	598,658.89	756,092.10	581,909.78	0.00	174,182.32	174,182.32	0.00	0.00			
Report Totals:	13,897,019.68	26,382,466.19	40,279,485.87	27,282,085.92	27,834.04	13,025,233.99	13,025,233.99	0.00	309,224.99			

I hereby certify the above report to be a true accurate account of transactions during the period(s) specified.
Matthew Ysbrand, Treasurer

Matthew Gabrand

No. 23573
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CHICKASAW COUNTY BOARD OF SUPERVISORS' MINUTES
January 2, 2024

The Board convened on Tuesday, January 2, 2024, at 9:04 AM with members Breitbach, Suckow, Kuhn, Cerwinske and Hackman present in the Boardroom on the second floor of the Court House, New Hampton, Iowa. Chairperson Kuhn called the meeting to order. Also present were Auditor Sheila Shekleton, Attorney David Laudner, Terry Johnson, Bob Fenske, member of media, Sheriff Ryan Shawver, Engineer Roman Lending, Assessor Raymond Armel, Custodian Dave Gorman.

Motion by Cerwinske, seconded by Suckow to approve the agenda for January 2, 2024. Roll Call: All Ayes. Motion carried.

Motion by Suckow, seconded by Breitbach to approve the meeting minutes from December 26, 2023. Roll Call: All Ayes. Motion carried.

No Public Comment.

Kuhn requested nominations for Chair for calendar year 2024.

Breitbach nominates Cerwinske to be Chair.

Cerwinske nominates Breitbach to be Chair.

Hackman nominates Kuhn to be Chair.

Kuhn nominates Suckow to be Chair. Motion by Hackman, seconded by Suckow to cease nominations. Roll Call: All Ayes. Motion carried.

Roll Call: Breitbach voted for Cerwinske Suckow voted for Cerwinske Cerwinske voted for Breitbach Hackman voted for Suckow Kuhn voted for Cerwinske Scott Cerwinske will be Chair for

calendar year 2024.

Cerwinske requested nominations for Vice-Chair for calendar year 2024.

Kuhn nominates Breitbach for Vice-Chair.

Motion by Kuhn

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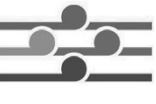
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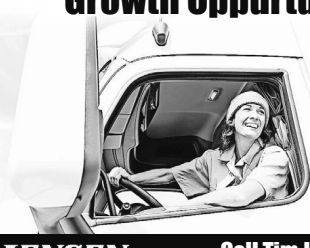
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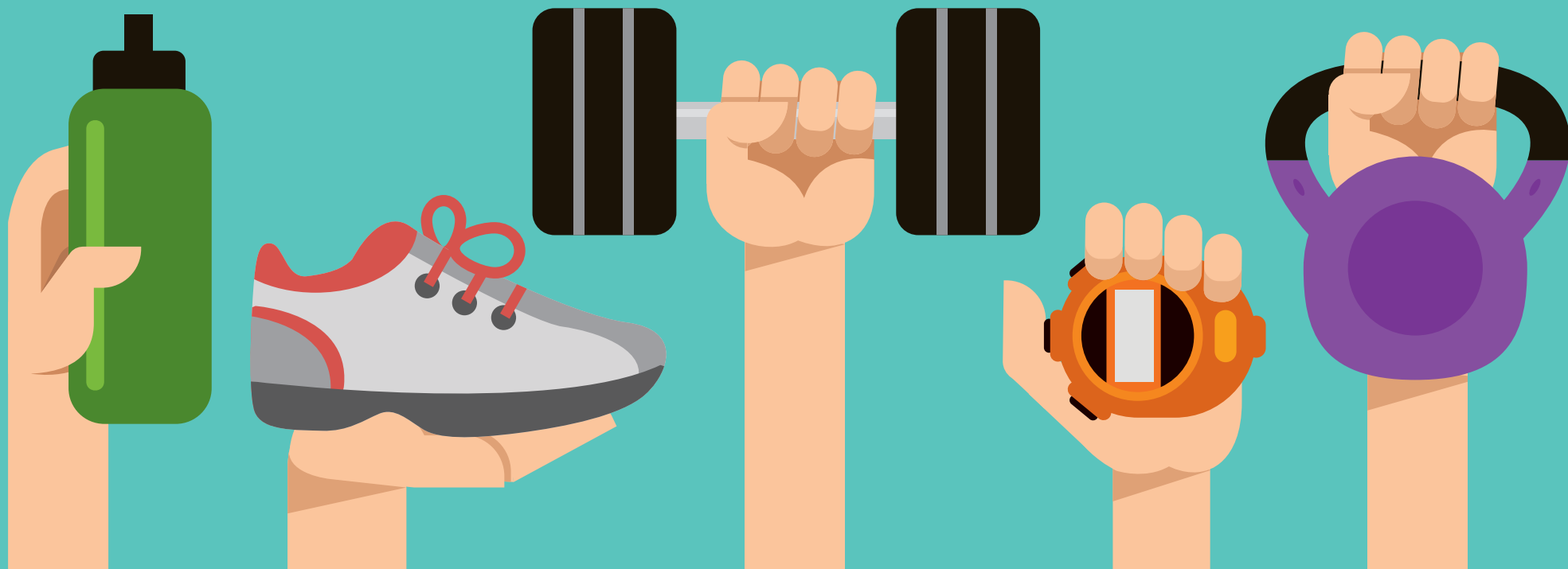
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Health & FITNESS



Especially for us older folks, 'fitness patience' is a virtue

MercyOne New Hampton physician has plenty of advice for those who want to drop weight, return to a more healthier lifestyle

By **BOB FENSKE**
editor@nhtrib.com

The scenario was presented to Dr. Adam Brooks: Old guy who's overweight and out of shape wants to get fit, but he's a little worried about, you know, dropping dead when he goes to his first workout. The fact that the reporter of this story is old — or at the age of 58, getting there — overweight and out of shape — led to the obvious question: So what should he do?

The MercyOne New Hampton Medical Center provider's advice ranged from seeing a doctor to varying the

workout routine to eating better to putting away the scale.

Yes, you read that right. Not that Brooks doesn't think the scale can be a tool in a program — be it a fitness one or a weight-loss one. But he thinks those who want to drop pounds while getting back to a fit lifestyle tend to overemphasize what they see when they step on a scale.

"I think part of it is a tendency that you go two, three weeks, you eat better, you exercise, you do all the things you're supposed to do," Brooks said, "and then you step on the scale and nothing's happened. And people say, 'I'm not making any progress. Why am I doing this?' ... Patience is a virtue, especially when you embark on a weight-loss, fitness program."

For many older Americans, the yearning to turn back the

clock is very real, but Brooks said they must do so with a healthy dose of realism. The runner who used to log 40 miles a week isn't going to start there, especially if that runner hasn't laced up a pair of shoes in 30 years.

His advice to guys and gals like this reporter is to first see a medical provider.

"We're all for preventative health maintenance," he said, "but let's make sure it's safe, let's talk about what you're capable of starting and maintaining, especially for those who have chronic medical conditions."

And he said one of the first things he will tell those that are about to embark on a new program is to realize it's not 1994 anymore.

"It's important to find those age-appropriate health routines," he said. "You know, let's



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There are plenty of ways older Americans can find a more fit lifestyle.

not have those grand illusions that you're going to run a marathon tomorrow."

He suggests that people do a variety of activities — from cardio aerobic types of exercises to strength training to range of motion activities to taking on yoga.

And when Brooks talks about strength training, he's

not saying that one must bench press 350 pounds to be successful.

"The dumbbells will work just fine for a lot of people your age," he said.

The doctor also said that diet can't be left out of the equation. Working out more while increasing your intake of candy ... well, it's not exactly a

recipe for success. He stressed the importance of making sure those on workout regimens get enough protein, for example.

And for those who need help, he said the 21st century provides the technology to assist those who want are seeking fitness.

[SEE FITNESS, 9](#)

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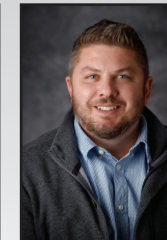
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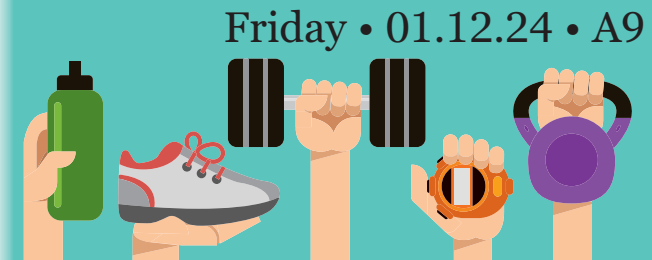


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Health & FITNESS



Keeping that New Year's 'diet resolution'

Experts offer us simple tips to make sure we continue to eat healthier

The dawn of a new year marks a great time to turn over a new leaf.

Many people begin a new year by making resolutions, and aspiring to eat healthier is annually among the most popular pledges health-conscious individuals make.

A recent Statista survey of hundreds of people across the globe found that eating healthier was the second most popular New Year's resolution of 2023.

In fact, 50 percent of respondents indicated they set goals to eat healthier in the year ahead. Though each year is different, it's fair to assume a similarly large percentage of resolution-minded individuals will aspire to eat healthier over the next 12 months.

As people begin their journeys to a healthier lifestyle, they can consider these strategies to stay the course with a new diet.

Do not eat too close to bedtime.

A 2014 study published in the Journal of Human Nutrition and Dietetics found

that eating more of a day's total energy intake in the evening is associated with a higher risk of being overweight or obese.

The researchers behind the study concluded that eating more of the day's energy intake at midday can lower the risk of being overweight or obese.

Individuals are more likely to stay the course when they see positive results, so try to eat dinner several hours before bedtime and resist the urge to snack after dinner-time.

Treat yourself, but only periodically.

It's unreasonable and potentially counterproductive to completely avoid foods seen as treats.

Cutting out indulgent foods may seem appropriate, but such an approach could make you miserable, and a diet that sparks feelings of misery will prove harder to commit to than one that allows for the occasional indulgence.

Moderation is the name of the game, and that should be a rule of thumb for both healthy

foods and indulgences. Don't make indulgences part of your daily routine, even if you eat them in moderation.

Rather, save your treats for special occasions, and even then only eat them in moderation.

Consider eating less, but more frequently.

Data is conflicting in regard to eating smaller but more frequent meals.

A 2015 study published in the Journal of the Academy of Nutrition and Dietetics found that individuals who had six or more eating occasions in 24 hours had a lower mean body mass index than people who had four or fewer eating occasions in 24 hours.

The researchers behind the study concluded that eating a larger number of small meals throughout the day may be associated with improved diet quality and lower BMI.

This approach is commonly referred to as "grazing," and some research has indicated it has no metabolic advantage over other approaches to eat-



ing.

So what to make of the mixed results? Dieters can decide for themselves and eat more frequent but smaller, healthier meals to combat hunger pangs that can arise when

switching to a new diet.

If hunger is no longer posing a threat that can derail your diet and your ultimate goals, then this approach might increase the chances you stay committed to eating right.

Scale is tool but not end all, be all

FITNESS: FROM 8

"There are a lot of good apps out there," he said. "Johnson & Johnson, for example, but there are plenty more, and the reputable ones, they're really good, really helpful. They have lots of good ideas, and you might find something you'll really like."

He also suggested not going it alone when starting a new fitness program.

"Find a friend, find a group, that has the same goal that you do," he said. "If you have to work out in the morning, you know, it's a lot easier to do it with someone else."

He paused and laughed. "Plus, it's always nice to have someone holding you accountable, right?"

And, of course, be patient.

He's had patients over the years who have quit working out right when the tangible results are near.

"So say you want to lose weight, you have to have a caloric deficit, obviously," he said, "but if you're doing strength training, for example, you may be losing fat but gaining muscle mass and it might be that the muscle mass is heavier than the fat loss. You're winning. You have a healthier lifestyle, and that scale is lying to you."

In other words, don't listen to the scale?

"It's a tool, I get that, but if you are increasing activities, you're getting healthier," Brooks said. "It's really over the course of three to four months that you're going to start seeing the best results so give it time. Trust me, it'll work for you, but you have to know going in that it's not just going to happen overnight."

One-size-fits-all isn't true when it comes to diet

There's no one-size-fits-all strategy when it comes to calorie consumption, and that can contribute to some confusion as adults try to achieve and maintain a healthy weight.

Dietary guidelines established by the United States Department of Health and Human Services promote nutrient-dense foods and beverages, but many people prefer to know how

many calories they should consume each day.

Though that's understandable, the quality of the calories consumed goes a long way toward determining how nutritious a diet is.

The Cleveland Clinic notes that the DHHS guidelines have historically recommended adults 21 and over consume between 1,600 and 3,000 calories per day.

However, staying within those parameters does not necessarily mean a person's diet is healthy. Though individuals should keep total calorie consumption in mind when planning their diets, it's equally important to recognize what else the DHHS has to say about diet, particularly foods to avoid.

The DHHS recommends limiting consumption of foods and beverages that are high in added sugars, saturated fat and sodium.

Limiting consumption of alcoholic beverages is another way to ensure your diet is working for you and not against you

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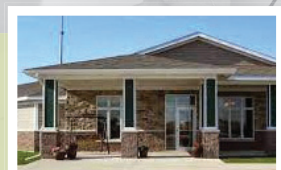
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Time critical for N-P

TRIPOLI CHAMPS: FROM 3

Rinken went 47-2 year ago in his state title run and finished third at 106 pounds at state his freshman campaign with a 53-2 mark. He won his 100th match at the traditional state tournament last season and is looking to become just the second wrestler in N-P history to claim 200 career wins. The other wrestler to accomplish that historic feat at N-P is Jayden's older brother, Garret Rinken – who currently dons a singlet at the University of Northern Iowa.

Sullivan (22-5) – who sat out last Thursday's triangular at Osage with sickness – came up huge at Tripoli. He outlasted No. 6 Indy Ferguson of Lisbon by an 8-5 decision at 215 pounds in the pair's semifinal tussle. He then took down No. 12 Parker Timp of South Winneshiek by that same 8-5 advantage to secure a gold medal. Timp pinned Sullivan in that Chris Davis Invite last month hosted by Wapsie Valley. Timp, like Sullivan, is a state qualifier from a year ago.

White (27-2), ranked ninth and another returning state qualifier for Frost, continued to shine out on the mat this year with a two victories at this respective weight class. He won 6-3 over Drew Lansing of Wapsie and took home a major decision (13-5) triumph over Corbin Hill of Denver in his medal match.

Fourth-ranked Nic Brase (26-1) suffered his first defeat of the season in his finals match at 113. Top-ranked Gavin Landers (26-0) of Denver defeated Brase by a score of 8-0.

"He needs those battles. That's what he's gotta have," said Brase.

No. 11 Kanen Decker of Wapsie Valley turned the tables on the Huskies'

10th-ranked wrestler at 157 pounds – Jackson Carey. Decker won by fall over Carey in the finals match in 3:59. Carey (13-6) had stuck Decker in just 1:07 at last month's Battle of Waterloo.

None of Frost's 14 wrestlers finished any lower than sixth place in their weight brackets.

Brase, Carey, Hayden Munn (126) and Aiden Gelner (150) all finished in the runner-up step on the podium stand.

The postseason is fast approaching for the Huskies. N-P travels to Manly tonight (Thursday) to take on the host Central Springs Panthers, along with North Butler/Clarksville and No. 7 West Hancock in a key TIC dual. Then it's off to the Hudson Invite on Saturday. Regional duals are set to take place on Tuesday, Jan. 30.

"We basically got 30 days – less than that – for the regional duals. The state duals – if we happen to make that – are in a month," said Frost.

TRIPOLI INVITE TEAM SCORES

Nashua-Plainfield 227, Wapsie Valley 207, Denver 196, Lisbon 192, South Winneshiek 124.5, Woodbury Central 115, Sumner-Fredericksburg 86, Belle Plaine 84, Waterloo Columbus 42, Riceville 10, Tripoli 0.

NASHUA-PLAINFIELD INDIVIDUAL RESULTS

106 - Connor Sullivan placed sixth. Quarterfinal - Cannen Beaumont (DEN) pinned Sullivan, 1:49. Cons. Round 3 - Sullivan dec. Bradley Lewis (BP), 12-6. Cons. Semi - Cael Stricker (LIS) maj. dec. Sullivan, 12-1. 5th Place Match - Gavin Thuente (SW) pinned Sullivan, 5:18.

113 - Nic Brase placed second. Semifinal - Brase pinned Hunter Henry (BP), 0:54. 1st Place Match - Gavin Landers (DEN) maj. dec. Brase, 8-0.

120 - Jayden Rinken placed first. Quarterfinal - Rinken maj. dec. Wally Kaufman (WV), 17-4. Semifinal - Rinken pinned Cade Happel (LIS), 3:04. 1st Place Match - Rinken pinned Sam Egan (SF), 4:28.



Kelly Terpstra/Reporter

Nashua-Plainfield senior 190-pounder Tate White controls Beau Wrage in each team's Top of Iowa East Conference dual in Osage last week Thursday. The top-ranked Green Devils beat No. 5 N-P, 48-36.

126 - Hayden Munn placed second. Semifinal - Munn dec. Jackson Knapp (LIS), 7-5. 1st Place Match - Brody Kleitsch (WV) maj. dec. Munn, 11-0.

132 - Luke Zwanziger placed fourth. Quarterfinal - Zwanziger pinned Riley Brandt (DEN), 3:32. Semifinal - Brand Beaver (WOOD) pinned Zwanziger, 1:26. Cons. Semi - Zwanziger pinned Payton Weeda (BP), 3:17. 3rd Place Match - Brandt (DEN) pinned Zwanziger, 1:44.

138 - J.R. O'Neill placed fourth. Quarterfinal - Holden Koele (WOOD) pinned O'Neill, 0:53. Cons. Round 2 - O'Neill pinned Kale Lyons (DEN), 2:16. Cons. Round 3 - O'Neill pinned Eric Greve (SW), 4:00. Cons. Semi - O'Neill pinned Krayton Zimmerman (WV), 5:50. 3rd Place Match - Ryder Meeks (LIS) dec. O'Neill, 8-1.

144 - Devon Blanchard placed fourth. Quarterfinal - Blanchard dec. William Sankot (BP), 9-3. Semifinal - Collin Holm (SW) pinned Blanchard, 2:48. Cons. Semi - Blanchard maj. dec. Tyler Glenn (SF), 10-1. 3rd Place Match - Tiernan Boots (LIS) pinned Blanchard, 2:20.

150 - Aiden Gelner placed second. Quarterfinal - Gelner pinned Camron Zellmer (WOOD), 2:50. Semifinal - Gelner pinned Wade Sankot (BP), 1:56. 1st Place Match - Easton Krall (WV) pinned Gelner, 4:37.

157 - Jackson Carey placed second. Quarterfinal - Carey pinned Wesley Brandt (TRI), 0:36. Semifinal - Carey pinned Braven Beaumont (DEN), 2:24. 1st Place Match - Kanen Decker (WV) pinned Carey, 3:59.

165 - Dylan Blanchard placed fifth. Quarterfinal - Derek Kressley (BP) pinned Blanchard, 4:19. Cons. Semi - Kyle Kuboushek (SW) dec. Blanchard, 10-3. 5th Place Match - Blanchard pinned Derek Kressley (BP), 0:54.

175 - Maverick Dietz-McDonald placed sixth. Quarterfinal - Brock Kleitsch (WV) pinned Dietz-McDonald, 1:09. Cons. Round 3 - Dietz-McDonald pinned Quinn Huinker (SW), 2:45. Cons. Semi - David Warrior (DEN) pinned Dietz-McDonald, 4:26. 5th Place Match - Gavin Carmer (LIS) dec. Dietz-McDonald, 3-1.

190 - Tate White placed first. Semifinal - White dec. Drew Lansing (WV), 6-3. 1st Place Match - White maj. dec. Corbin Hill (DEN), 13-5.

215 - Aiden Sullivan placed first. Quarterfinal - Sullivan pinned Jaden Beal (BP), 0:56. Semifinal - Sullivan dec. Indy Ferguson (LIS), 8-5. 1st Place Match - Sullivan dec. Parker Timp (SW), 8-5.

285 - Isaac Jones placed fifth. Quarterfinal - Mason Knipp (WC) pinned Jones, 1:08. Cons. Semi - Derek Hilsenbeck (WV) pinned Jones, 1:56. 5th Place Match - Jones pinned Kolton Brummond (SW), 0:46.

Health & FITNESS

Strengthen the heart

Experts: There are variety of activities to boost heart health

The heart is a vital component of the human body. Without a functional heart, life is simply not possible. As with other muscles in the body, it is important to give the heart a workout to improve its strength and vitality. Exercise is an ideal way to strengthen the heart and reduce your risk for heart disease and other conditions. Certain activities are prime for boosting heart health.

- **Aerobic exercise:** Aerobic exercise raises heart rate and gets the blood pumping throughout the body. Aerobic activity improves circulation, and over time it ensures the heart does not have to work as hard to pump blood, thus potentially lowering blood pressure. Aerobic exercises include brisk walking, running, swimming, cycling, playing tennis, and other activities that get the heart pumping. Aim for 30 minutes each day, for at least five days a week.
- **Resistance/weight training:** Building muscle can help the body burn fat and boost metabolism. This type of training can use weights or the body's own resistance. Improving muscle mass while reducing body fat and excess weight are heart-healthy steps to take. Strength training can be incorporated into a routine two to three days a week.
- **Balance and flexibility exercises:** A person may wonder what flexibility and balance has to do with heart health. While there isn't a direct correlation to how the heart works, these types of activities will help reduce the risk of falls or injuries to muscles and joints while working out.
- **Healthy eating:** The foods people eat can affect heart health. Opt for lean protein sources and foods that include healthy fats.

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