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Nashua

REPORTER

Postseason
nears for
N-P golf,
track teams
Page 14



Vol. 118, Issue 18

9 May 2025

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‘Vets Pier’ proposed for city park

Nashua council members endorse city attorney’s plan that will be funded by donations



Kelly Terpstra/Reporter

Nashua City Council members on Monday gave the go-ahead to build a boardwalk and a dock at Veterans Park.

By KELLY TERPSTRA
Of the Reporter

Hot dogs, hamburgers or walking tacos
Sounds good, right?

How about enjoying that delicious food fare along the beautiful and picturesque shore line of Cedar Lake right next to Veterans Park with a cool, refreshing breeze rippling off the water.

That’s David Skilton’s plan that he unveiled to the Nashua City Council this past Monday during a regular meeting inside the Council Chambers.

Skilton – Nashua’s City Attorney – came up with the idea alongside Martin Gardner Architecture’s Mark Moines (designer for the proposed project) that would build a boardwalk on the shore where boats could pull up to potential food vendors on the lakeside of Veterans Park, just down from the dam and across from the Highway 346 bridge.



“I love this idea. It’s giving me Clear Lake vibes,” said Nashua City Council member Samantha Johnson.

The developmental plan – titled “Veterans Pier Project” – also included the study and feasibility of constructing a handicap accessible

[SEE CITY COUNCIL, 6](#)

Farmers finally get a forecast they all can love

After weeks of both rain and cold, planting should be shifting into high gear this week

By BOB FENSKE
Of the Reporter

After a maddening slow start to the 2025 planting season, the pace is about to go into overdrive.

That’s because Mother Nature is finally going to give area farmers a break.

“It’s about time,” Five Star Cooperative agronomist Bob Sobolik said Tuesday afternoon. “We really haven’t had one of these 10- to 14-day windows in two or three years, so yeah, we’ve earned this one. Let’s hope that forecast doesn’t change.”

How slow has planting gone thus far this season? A look at the three most recent Iowa Crop and Condition Reports, which are put out weekly by the USDA’s National Agricultural Statistics Service, tell the story.

In the report released April 21, 11 percent of the corn and 8 percent of the soybeans had been planted in the Northeast District, which includes Chickasaw County. A week later, the report showed 14 percent of the corn and 12 percent of the soybeans had been planted. And in the most recent report released on Monday, those numbers had climbed to just 19 percent for corn and 17 percent for soybeans.

Blame a relatively cool and very rainy April, but finally, there is nothing but blue skies ahead.

In the seven-day forecast for Nashua put out by the La Crosse, Wisconsin, office of the National

[SEE PLANTING, 5](#)



Bob Fenske/Reporter

Our kids clean up well, don’t they?

Nashua-Plainfield High School students Cam Cleveland and Elexa O’Neill make their way through the school’s prom grand march on Saturday as students celebrated the annual gala with the theme “It’s 1920’s Night.”

[See MORE PHOTOS, Page 4](#)



Bob Fenske/Reporter

Busy morning for the chamber!

Big 4 Chamber of Commerce volunteer Val Johnson hands a plate of treats to David Skilton of Cronin, Skilton and Skilton on Thursday morning to celebrate “Small Business Week” It was part of a busy morning for the chamber as its volunteers conducted four “ribbon cuttings” as well.

[See PHOTOS, Page 5](#)

Darth Vader makes an appearance at N-P’s Spring Concert!

Anyone who walked into the Junior High Spring Concert a little late on Tuesday may have done a double take.

But, yes, that was Band Director Scott Stroud in a Darth Vader costume conducting the 7/8 Band’s performance of the “Star Wars Theme” on a night of wonderful music by students in grades 6-12.

Kelly Terpstra/Reporter
[See PHOTOS, Page 13](#)



Bench dedication for Plainfield officer killed in line of duty set for Saturday morning

By BOB FENSKE
Of the Reporter

Plainfield will honor one of its own, a law-enforcement officer who died in the line of duty more than 64 years ago, with a special ceremony Saturday morning.

A memorial bench for William L. Meadows, a Plainfield police officer who died while responding to a robbery on Jan. 23, 1961, will be dedicated at

10 a.m. at the city’s Veterans Park.

The program will include opening remarks by Plainfield Mayor Tom Geise, vocalist Sherry Greenlee performing “God Bless the USA,” Doug Strike and Kenn Deike offering up “words of remembrances” and current Bremer County Sheriff’s Office Chief Deputy Robert Whitney reading the poem “American Died.”

Following the dedication ceremony, refreshments will be served at the

Plainfield Public Library.

Strike and Deike, who led the fundraising efforts for the bench and a permanent marker at Meadows’ gravesite in Waverly, are hoping for a good turnout.

“Bill Meadows deserves that,” he said. “He gave his life for the community, and we’re so appreciative for those who have contributed funds – big and small – so we can make this a reality.”

Nurse so happy she took her ‘180’

New Hampton
Nursing and Rehab
director of nursing
loves helping people

By Bob Fenske
Of the Reporter

It's a "180" that Mariah Riley will never regret. Back in 2016, she had a plan. She would graduate from Sumner-Fredericksburg High School and head to the University of Iowa and pursue a law career.

And then one day, her life turned on a proverbial dime. "I really did the ultimate 180, I decided I wanted to go into health care," she said. "I've always loved helping people, and I don't know what it was but I just decided I needed to go into health care. That's where my heart was taking me."

Fast forward nine years, and Riley is now the director of nursing at New Hampton Nursing and Rehabilitation. She took over the position on April 7 after spending seven years at Tripoli Nursing and Rehab, where she started as a certified nursing assistant (CNA), and then worked as a licensed practical nurse (LPN), became a registered nurse and eventually became the nursing home's assistant director of nursing.

"Honestly, I got homesick at Iowa," she said, "and so I transferred to Northeast Iowa Community College and took that job as a CNA in Tripoli. And I'm really not kidding at all when I say I fell in love with geriatrics immediately. Obviously in school, they train you in all aspects of nursing, but I knew I wanted to work in long-term care."



Photo courtesy of New Hampton Nursing and Rehab
Mariah Riley began her duties as the director of nursing at New Hampton Nursing and Rehab on April 7 after spending seven years at a long-term facility in Tripoli.

She loves the fact that she gets a chance to build long-term, meaningful relationships with residents and their families.

"If you're in a hospital or even a clinic setting, you might catch yourself thinking, 'I wonder how it all turned out,'" she said, "where in long-term care,

I know because I'm there every day. Those relationships, they mean the world to me."

Riley, who is engaged and has a 20-month-old son, said she was ready for a new challenge and has found one at New Hampton Nursing and Rehab. And she's appreciative that she has been welcomed with proverbial open arms by the staff at the facility located on New Hampton's east side between Mikkelson Park and Garnant Pond.

"I loved my time at Tripoli," she said, "and I don't think you spend seven years in one place without making it a little hard to leave. But I was ready for something different; I just wanted it to be in long-term care. That's my passion, and I think it always will be."

She laughed when asked what a typical day is like for her.

"Well, for all nurses — it doesn't matter where you work — I don't know if there really is a typical day," she said. "It's one of the things I love about nursing. Every day is different. No two patients, no two residents, are exactly alike."

"One of the most important parts of nursing or any job in healthcare really is to understand that every patient reacts



Photos courtesy of Jenny Monteith/MercyOne New Hampton
Nurses pose for a couple of promotional pictures at MercyOne New Hampton Medical Center and MercyOne New Hampton Family Clinic.

MercyOne CEO celebrates key ‘foundation’ of healthcare

Flugum says New Hampton's hospital, clinic blessed with nurses who are both caring, compassionate

By Bob Fenske
Of the Reporter

Don't get MercyOne New Hampton Medical Center CEO Aaron Flugum wrong, he appreciates all of the employees who work at the only hospital facility in Chickasaw County.

At the same time, though, Flugum will tell you that traditionally, nurses have been the foundation of MercyOne and hospitals like it across the county.

And as National Nurses Week kicked off on Tuesday, the hospital's top administrator said that tradition remains very much alive at a MercyOne New Hampton.

"A lot of times, yes, it's the provider putting in the orders, but it's the nurses who are providing the direct care," he said, "and we're so lucky here to have caring and compassionate nurses that want our patients to get the possible care they can. I know it's their week and everything, but I'd say that even if it wasn't National Nurses Week."

Flugum also made a pitch to those who might be thinking about a career in nursing.

"Nursing education has a great return on investment," he said, pointing out that a two-year nursing degree can pay great dividends in the future and adding that there's a lot of room for growth in the field of nursing.

Licensed practical nurses become registered nurses who can then go on to earn their BSNs and a master's in nursing.

SEE NURSES, 3



SEE RILEY, 3



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Sunday, May 11	Happy Mother's Day
Monday, May 12	Dragon Express Food Truck 11 am to 7 pm North Butler Jr. High Band & Choir 9:30 am (Activity Room)
Tuesday, May 13	Black Sheep Coffee Trailer 7 am to 10 am; Funky Pepperoni Food Truck 11 am to 7 pm; Runaway Scrubs 11 am to 3 pm; BINGO on the lawn 5 pm to 7 pm
Wednesday, May 14	Cosmic Smash Food Truck 11 am to 7 pm; Inflatables 9 am to 12 pm & 3 pm-7 pm; The Balloon Man & Petting Zoo 2pm to 3:30 pm.
Thursday, May 15	Black Sheep Coffee Trailer 7 am to 10 am; Boyd's Food Truck 11 am to 7 pm; Iowa Sweet Food Truck 4 pm to 7 pm; Tom Hofer & The Iowa Playboys 6-8 pm
Friday, May 16	Employee Appreciation Meal 12:00 pm.



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A little primer on National Nurses Week

National Nurses Week begins each year on May 6 and ends on May 12, Florence Nightingale's birthday.

These permanent dates enhance planning and position National Nurses Week as an established recognition event. As of 1998, May 8 was designated as National Student Nurses Day, to be celebrated annually. And as of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year.

The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896. Each of ANA's state and territorial nurses associations promotes the nursing profession at the state and regional levels. Each conducts celebrations on these dates to recognize the contributions that nurses and nursing make to the community.

The ANA supports and encourages National Nurses Week recognition programs through the state and district nurses associations, other specialty nursing organizations, educational facilities, and independent health care companies and institutions.

The week traces its roots back to 1953, when Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made.

A year later, National Nurse Week was observed Oct. 11-16. The year of the observance marked the 100th anniversary of Florence Nightingale's mission to Crimea. Representative Frances P. Bolton sponsored the bill for a nurse week.

A bill for a National Nurse Week was introduced in the 1955 Congress, but no action was taken. Congress discontinued its practice of joint resolutions for national weeks of various kinds, but in 1974, President Nixon became the first Oval Office inhabitant to issue a National Nurses Week proclamation.

— American Nurses Association



Photo courtesy of Gina Schumacher

Celebrating nurses!

As National Nurses Week kicked off Tuesday, we saw quite a few posts about folks' "favorite nurses" and we just loved this picture of 2021 New Hampton High School graduate Rylee Schumacher put up by her mother, Gina. So to Rylee and all the nurses out there, thanks for all you do.

Long-term care facility welcomes new nursing director with open arms

RILEY: FROM 2

differently to a procedure, a care plan and things like that. And that's OK. All nurses need the skills, no question about it, but we all have to understand that all patients are different, too."

A month into her new position, Riley said she's been amazed at both the residents and the staff members.

"They've all gone out of their way to make me feel so welcome," she said. "It's overwhelming, but in a very good way."

At home, of course, her son keeps her hopping. "He's moving all the time,"

she said with a laugh, "and I know he's just getting started."

Kind of like his mommy at work.

"My goal, our goal here, is to make sure our residents all get the care they deserve," she said, "and one of the things I love about my job here, is that I get to keep my hands in nursing, I get to use my skills."

"It's been a good move for me, and I feel pretty lucky because I know some people think of work as work, but I actually love my job. I get to do what I always wanted, help people, and that's pretty cool."



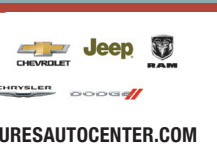
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E is for Encouragement and giving others hope



Dr. Rachel Holthaus
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MercyOne New Hampton CEO grateful for nurses at hospital and clinic

NURSES: FROM 2

Some become specialty nurses or nurse leaders in a variety of settings. Others go on to become nurse practitioners or nurse anesthesiologists.

"You have so many options when you go into nursing," he said. "The opportunities in nursing are almost endless."

He pointed out that MercyOne's nurses work in a variety of departments. There are ER nurses, clinic nurses, med-surg nurses, specialty nurses, like cardiac rehab, and more.

Flugum said he's proud of all of his nurses, and he appreciates the fact that some of them are "homegrown talent" who have returned to New Hampton.

But mostly as National Nurses Week kicked off, Flugum was thankful for the men and women who fill the nursing positions throughout MercyOne.

"They have a lot of responsibilities," he said, "and I appreciate — we all appreciate — that in their minds, our patients always come first."

"Our nurses have always had that attitude and I'm grateful for that because, in my mind, that's what makes MercyOne MercyOne."



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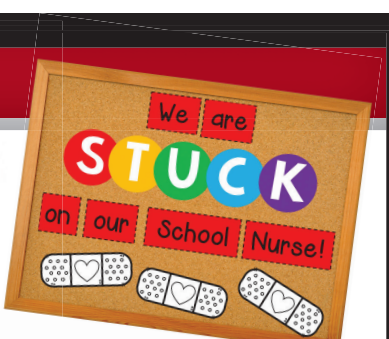
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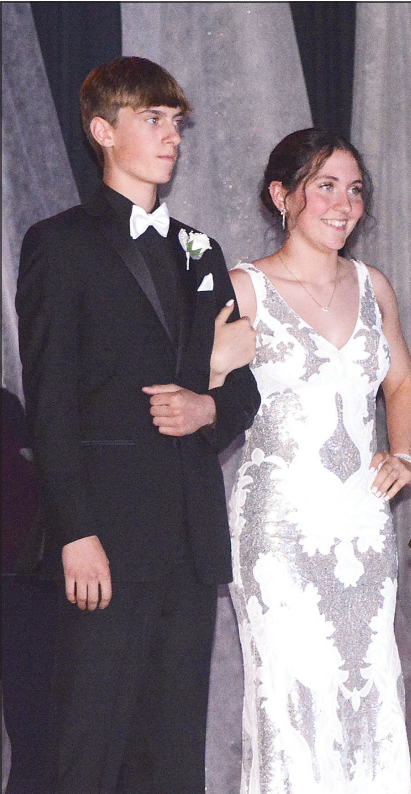


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Snapshots from prom!
Blaine Brannon and Addi Garves (left) join other couples in stopping to pose for pictures during Nashua-Plainfield's prom grand march Saturday night, where the attire worn by Cal Levi and his date, Savannah Moeller (above), match perfectly.



Andrew Schmitt and Marleigh Lowe are introduced to the standing-room-only crowd during the grand march while Dawson Glaser and Jalissa White (right) pose for photos with family and friends before the dance begins.



Nashua-Plainfield students (left) pose for a gazillion photos after the Grand March while the Huskies' girls track team (above) escorts teammate Jennifer McLeland around the gym.



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Planting season to shift into high gear

PLANTING: FROM 1

Weather Service, there is not a single mention of rain until the middle of next week, and even that chance is minuscule. That has area farmers positively giddy. So, too, does the fact that temperatures are expected to be in the 70s and until at least the middle of next week.

"I'd say by mid-week, definitely later in the week, you're going to see a lot of planters in the field," Sobolik said Tuesday. "Then again, they're already out there. I had a guy in the office today ... he came from Rudd to Lawler back to New Hampton and he told me he saw 30 planters."

New Hampton received 5.24 inches of rain in April, almost an inch and a half more than the normal 3.79 inches Chickasaw County's second-largest city receives in the month. It marked the second straight month Nashua had received above-average precipitation. In March, the city's reporting station recorded 3.36 inches of rain, about 1.25 inches above average.

That has helped ease drought fears, even though the latest U.S. Drought Monitor report that was released last week showed that Chickasaw, Bremer and Floyd counties remain classified as "abnormally dry," but much of Butler County is off the report for the first time since last summer.

"We have enough moisture to get the crop in the field," Sobolik said. "I am concerned about a hot, dry summer that they're saying we might get, but for now, we're good."

Sobolik said he also has some worries about the level of sub-soil moisture in the area, but "you get down two feet right now and we're looking good. ... It's the same thing every year; timely rains are going to be important."

For now, though, he's just happy for his fellow farmers; after all, they've been raring to go for a while now.

"They're getting that window, and after all the stuff we've been through the last few years," Sobolik said, "you know what? They've earned it."

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Nashua-Plainfield Community Schools

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County leaders want more information but know the time is nearing when they have to replace air conditioner on building's roof

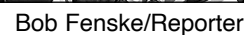
Concern over the air conditioner unit that sits atop the courthouse roof spiked recently, Gorman said, when

"It's something we should probably be planning for, start budgeting for," he said, "because let's face it, no air conditioning in a building like this,

Hackman's fellow board members said they would want a more concrete estimate of the cost before deciding which way to proceed, and Gorman said he felt the board had time to make a decision.

Board members agreed to give the go-ahead for the new parking stalls, as long as they had signs marking them

- Board members also agreed to send out requests for proposals (RFPs) for both accounting and human resources services. Supervisors were quick to point out that they are not necessarily dissatisfied with the services they are receiving, but as board member Travis Suckow put it, “It doesn’t hurt us to see what’s out there.”



 WaverlyHealthCenter.org/Clinics/General-Surgery-Clinic



Nub's owner wants better access for anglers near dam

CITY COUNCIL: FROM 1

fishing pier at the end of the park.

"The concept is, in lake communities there's a restaurant on the lake that people pull their boat up to and they go and get something to eat when they're having fun on the lake. This is pretty common in lake communities," said Skilton.

The Council unanimously agreed to Skilton's plan, which would not cost the town of Nashua any money and all of funds would be donated to a city fund that would go toward construction of the lakeside attraction.

"That would allow then for this part of the park to be seen by the road for activities on a Saturday for a short period of time to have food vendors in pads established with power, for them to plug and serve a hot dog, a hamburger, something," said Skilton.

Skilton said the most expensive part of the project – which would include boat slips – is the docking system and a pier for wheelchairs to roll down safely. He said that dock area could be added on to with possible expansion.

"I think it can be done in chunks," said Skilton.

Skilton said he has been in contact with many clubs and organizations about the exciting idea, as well as the local VFW.

"They don't have any objections to changes to the park. But they do have an objection to funds being used because there aren't a lot of funds," said Skilton about the VFW's blessing to use the land for the project.

Skilton said each improvement to be submitted by a building permit when all the funding is complete.

"I've worked with the music boosters – they have all of this income. If Dwight (dam operator) is willing to listen, I'd gladly hear it. I don't really see what the problem would be."

The Nashua City Attorney said "gravel pads," hooking up electric and getting food vendors on board would not be a problem and are relatively cheap.

"It's a wonderful lake that we have and the more opportunities that we have to do things – not in conflict with other activities...I think that's good for the community," said Skilton.

A DECADE AGO back in 2015 the city of Nashua, through the Vision Iowa Program, conducted a feasibility study that looked to revamp and revitalize the downtown area as well as make major upgrades and enhancements along the lakefront of Cedar Lake.

That proposed project – on a much more in-depth and wider scale – was part of the study that included the creation of a waterfront restaurant/marina complex at Veterans Park and condominium development along the shoreline of Cannon Park. Under that plan, Veterans Park would have been relocated to a vacant lot north of the post office and across from the VFW.

Those proposed plans by the Visioning Committee never came to fruition.

There has been much discussion concerning that area near Veterans Park below the dam.

Nub Ronnei, owner of Nub's Bait, Tackle and More in downtown Nashua – which is stone's throw distance from Veterans Park – continued to inquire and ask questions to the city about a pathway that is no longer accessible after repairs where recently made to the hydro dam that sits right next to the park.

The longtime downtown business owner said the lack of access to the water below the dam hurts his business, specifically his bottom line.

"There's always been a path down there," said Ronnei. "There's a sign up there that says portage for down below the dam and there isn't now. I don't understand why we can't have it to make it easier for people to come here and go below the dam and fish?"

Boomerang Construction out of Anamosa was the earth-moving firm that placed gigantic rocks near the shoreline of the river below the dam to fix a hole

in it.

Ronnei is not happy that his customers don't have a safe way to cast their line into the river without traversing over large boulders and potentially injuring themselves.

"An hour and it would all be done," said Ronnei. "When they were taking the rock out of the road out of the river, if they would have just put it up on both sides on the road going up, instead of covering it up, it would have all been done."

Skilton, Nashua Mayor Hal Kelleher and Johnson had much back-and-forth about the topic with Ronnei. Skilton stated the city has to follow any and all guidelines before any construction is undertaken to build a walkway for fishermen at that location.

"Any location on a dangerous site has to be approved by an engineer to make sure it's ADA compliant and we've got to dot the I's and cross the T's," said Skilton.

Ronnei also wanted to know about the sequence patterns of the gates on the dam that open and close to keep water in Cedar Lake and allow it to flow downstream.

The concept is simple to Ronnei – heavy flow means less fishing and that hurts his sales. He's also concerned about safety if would-be fisherman risk it and walk on the rocks to snag a bluegill or largemouth bass.

"What happens when somebody slips on those rocks?" said Ronnei.

Skilton said the city could arrange a conference call with the operator of the dam that controls the water flow.

"When there's too much water, it automatically kicks that north gate – drops that gate open and there is absolutely no fishing on that whole north side," said Ronnei. "Believe it or not, it puts a big bump in my income. If Dwight (dam operator) is willing to listen, I'd gladly hear it. I don't really see what the problem would be."

FOUR COUNCIL members – Jake Johnson was absent – also voted on whether to accept the final construction report from Shuck Britson Engineering concerning the dam repair. The city received a second opinion outside of Shuck Britson's report and that engineering firm agreed with the first report.

The issue with the report has been the appearance of a boulder/s – that weigh nine tons apiece – that have floated to the surface of the water below the dam. Those huge stones were put in place underwater to fix the gaping hole in the middle of the dam.

"So those blocks are supposed to move?" asked Council member Dan Zwanziger. "They're starting to move already and we haven't had high water yet. You wait until all the gates are open."

Skilton and Kelleher said they were told that was normal for the boulders to move somewhat as that was part of the process that allows the large rocks to fall in place.

"The blocks will have some movement and the revetment is moving around and settling these things in," said Kelleher. "That would be in the normal parameters of what it's supposed to be doing. That's what we were told."

"Apparently, that's part of the design," said Skilton. "We were all hoping that this thing works."

Nashua City Clerk John Ott said each nine-ton boulder has a GIS (Geographic Information System) location on them.

Samantha Johnson made a motion to approve the final construction report. Peggy Hall seconded. Zwanziger, along with Ernie Willsher, voted no, while Hall and Johnson were the nay votes – meaning the motion failed as the vote was deadlocked at 2-2.

BIDS WERE UNVEILED for demolition of property at 1020 Greeley St.

Those bids came from Ben and Ashley Caster (\$650) with Cole Excavating, Hannemann Construction (\$1,500) and Rod and Dorlayn Bigelow (\$5,000).

Ott said the winning bid would be announced at a future Council meeting.



Bob Fenske/Reporter

They asked the question ...

Reporter Editor Bob Fenske spent a couple of hours talking about his career as both a journalist and a sports official with Nashua-Plainfield Junior High students on Thursday, and when one of the class members asked "are you going to put us in the paper," he pulled out his cellphone and snapped this photo. In all seriousness, the eighth-graders in both of teacher Amber Carter's classrooms were a model audience. Not only were they attentive but they asked a host of great questions.

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Beef in a healthy, sustainable diet

By the Cattlemen's Beef Board and National Cattlemen's Beef Association

The Internet is flooded with trendy diets and conflicting advice on what a healthy diet is. The conversation has expanded beyond nutrition to consider whether the foods we eat are not only healthy but also sustainable — often leaving people confused about what is “good” and “bad” to eat. To help cut through the confusion about what contributes to a healthy sustainable diet, beef farmers and ranchers have worked using science and research to build a solid foundation. Using this research as a guide, we'll look at how beef promotes health and helps prevent nutrient deficiencies, and the ways in which cattle play a unique role in our food system by upcycling inedible plants to high-quality protein.

All of these factors can impact your choices at the meat case and on the menu.

BEEF'S ROLE IN A HEALTHY DIET
Right now in America and other developed countries, it is common to be both overweight and, at the same time, undernourished. Why? We are surpassing recommended levels of calories, but we're not balancing that with enough physical activity, and we're not getting the recommended amounts of many important nutrients.

Beef — including steak, roasts and ground beef — offers a solution to this dilemma. It's both delicious and it provides more nutrients in fewer calories than many other food choices. For example, a 3 oz. serving of beef contributes over 50% of the daily value of protein and is also an excellent source of zinc, vitamins B6 and B12, niacin, and phosphorus and a good source of iron.14

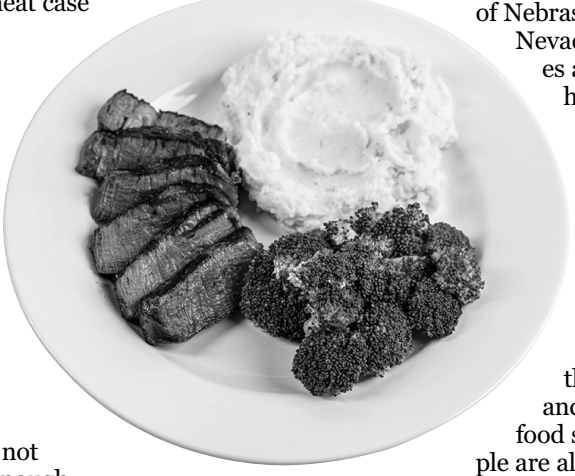
ALTERNATIVE PROTEINS: BETTER THAN REAL BEEF?

It seems like every time you open a health or fitness magazine, a celebrity is promoting the newest power protein food. And for good reason — a healthy, balanced diet includes protein from a variety of sources. While alternative proteins are gaining attention and space in the fridge and on plates, their perceived health benefits may not outweigh the nutritional consequences of not including lean meats in your diet.

Current diet fads like to tout the proteins in plant-based products. We like black beans, quinoa, and edamame, too, especially when they are paired with a great beef meal. But they are no substitute for beef's high-quality protein, which contains fewer calories and more nutrients.

A cooked 3-oz. beef top sirloin steak averages about 156 calories while providing approximately 25 grams of protein, which is nearly half of the recommended daily value.

To get the same amount of protein (25 grams), you'd need to eat six tablespoons of peanut butter (amount customarily consumed is 2 Tbsp) or a whopping three cups of quinoa (amounts customarily consumed is about ¾ cup), for instance, which both also deliver a sizable amount of calories (564 calories for peanut butter; 666 calories for quinoa).



SUSTAINABLE FOOD SYSTEM: WOULD LESS BEEF BE BETTER?

Cattle are beneficial in a sustainable food system because of their unique stomach structure, which allows them to eat and digest what we as humans can't.

In addition to the grasses they graze on for most of their lives, they can eat numerous other byproducts from plant-based food production, such as brewers grains, pea pulp, beet tops, potato peelings and sunflower hulls, which are all byproducts of human activities or other products, such as pea-protein burgers and meat crumbles.

Instead of going to a landfill, cattle eat these “waste” products and turn them into a high-quality protein edible for human consumption.

Cattle also graze in areas where it's impossible to grow crops, like the sand hills of Nebraska or the arid land of Nevada, taking those grasses and turning them into high quality protein, in places that could otherwise never be used to feed a growing population.

CONTRIBUTING TO A HEALTHY SUSTAINABLE DIET

The bottom line is that beef is nourishing and part of a sustainable food system, and most people are already eating beef within global dietary guidelines. So, what can we all do to help make our diets healthier and more sustainable? There are three big opportunities that can make the biggest difference: waste less food, eat a balanced diet and improve the productivity of agriculture globally.

On average, 40% of all the food brought home in America goes uneaten, enough to fill a 90,000-seat Rose Bowl stadium every day, and that means food waste costs the average American family \$2,500 annually. If we wasted less beef, and less food in general, we would improve the environmental impact of our diets because that waste wouldn't be emitting methane in a landfill.

One great way to avoid food waste is using ingredients you already have to make a new meal or eating “plannedovers” to re-create leftovers.

We can also eat a balanced diet to contribute to a healthy and sustainable food supply. We know that on average, 3 ounces of cooked beef provides 10 essential nutrients in about 170 calories including 25 grams of high quality protein, zinc, iron, and B vitamins. Beef packs a nutrient punch that can't afford to be lost.

By eating a variety of whole grains, fruits, vegetables, and lean proteins — and not wasting it — we can create a sustainable food system that will support a growing global population, so all people can thrive.

As we work together to build a healthier, more sustainable food supply for ourselves and future generations, our focus should be on changes that are science-based, practical and highly impactful, like reducing food waste, consuming balanced meals and improving global agricultural productivity.

— information courtesy of Beef. It's What's For Dinner; www.BeefItsWhatsForDinner.com



Facts and Figures on Today's Beef

By the Iowa Beef Industry Council

ABOUT BEEF – NUTRITION

It's hard to beat the nutrients you get from a serving of real beef. Beef supplies 10 essential nutrients that support a healthy lifestyle, including protein, zinc, iron and B vitamins.

Beef is an authentic source of high-quality protein without a long list of ingredients and no added sodium — it's just beef that you're getting for dinner.

One serving of beef is 3 ounces, about the size of a deck of cards, and provides 25 grams of protein (roughly 50% of your daily value) in about 170 calories.

Animal proteins such as lean beef are complete, high-quality proteins that contain all the essential amino acids your body needs.

All beef choices have to meet the same safety standards. Vigilance on farms, rigorous safety inspections, and strict government guidelines ensure the highest level of safety for whichever type of beef you choose.

You would have to eat 6 tablespoons of peanut butter (564 calories) to get the same amount of protein provided by one 3-oz serving of lean beef (150 calories).

Lean beef has less than 10 grams of total fat per 3-oz serving. About half the fat in beef is monounsaturated fat, the same heart-healthy kind found in olive oil.

ABOUT THE BEEF COMMUNITY
Livestock turn feed-grade

grains into high quality protein for our diets. Less than 5 percent of global grain production is used to feed livestock.

One farmer or rancher today raises enough food to feed 155 people compared to just 19 in 1940. In fact, less than 1% of the U.S. population raises our food.

The beef community directly or indirectly accounts for more than 1.4 million jobs and contributes more than \$188 billion in output to the national economy.

Cattle farmers and ranchers have invested more than \$30 million since 1993 in safety research and outreach programs. The beef community as a whole invests at least \$550 million in safety annually.

87% of farmers and ranchers who raise beef follow best management practices consistent with BQA because it's the right thing to do.

Raising beef today requires less water, land, and energy and has a smaller environmental footprint thanks to continuous improvements by farmers and ranchers.

Compared to 1960, there are half as many farmers and ranchers today feeding a U.S. population that has more than doubled.

Approximately 85% of U.S. grazing lands are unsuitable for growing crops. Grazing cattle on this land more than doubles the area that can be used to raise food.

ABOUT UPCYCLING
Cattle do more than recycle — they upcycle human-ined-

ible plants into high-quality protein.

90% of what cattle eat is forage and plant leftovers that people can't eat and would otherwise go to waste.

Cattle generate more protein for the human food supply than would exist without them because their unique digestive system allows them to convert human-inedible plants into high-quality protein.

ABOUT THE IOWA BEEF INDUSTRY COUNCIL

Funded by the \$1 per-head National Beef Checkoff Program and the \$0.50 per-head Iowa State Beef Checkoff Program

The Iowa Beef Industry Council Board of the Directors is comprised of beef and dairy farmers from across the state who provide guidance and oversight of beef checkoff investments for the beef industry.

Checkoff dollars are invested in beef promotion, consumer information, research, industry information and foreign market development, all with the purpose of strengthening beef demand.

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A place on the map

Pleasantville bar and grill named home of this year's Iowa's Best Burger

By ERIKA OSMUNDSON
For the Iowa Beef Industry Council

On the square in Pleasantville, family, community and Iowa's best burger intersect at Halftime Bar & Grill.

The Iowa Beef Industry Council and Iowa Cattlemen's Association have named Halftime Bar & Grill – and its owners, the DeHeer family – the home of Iowa's Best Burger for 2025.

As long-time residents of Pleasantville, Kevin and Kathy DeHeer, along with their children, Amanda and Tyler DeHeer, have owned and operated Halftime Bar & Grill for just over two years. Kathy was the one to steer the family down the path of restaurant ownership and going into business as a family. She has worked for Frosty's, a restaurant where Halftime Bar & Grill is now. The owners were looking to retire and approached Kathy to see if she was interested in buying them out.

"I had always wanted to run a café," said Kathy. "I talked with Amanda, who also worked part-time for Frosty's, to see if she wanted to be a part of it, too. We both kind of had this restaurant dream, so we thought, why not?"

Pleasantville is known for its school sports and the community had expressed the need for a local sports bar. As the DeHeers made the restaurant their own, they went with it. TVs are spread throughout the restaurant and tuned to major sporting events and the décor definitely gives a fun sports bar vibe.

Some might wonder if a sports "bar" is for kids. Halftime Bar & Grill is family-friendly and kids are always welcome. In fact, Kathy said that they have been known to turn a TV or two to cartoons when kids are in. There are coloring books and crayons available, plus a menu just for the kids. And yes, there is a burger option for them, too.

At this family-owned business, the staff feel like family,

too. Andy Moen, one of the cooks, said that the restaurant can be hectic, but everyone in the family throws their backs into the restaurant's success. They are quick to help and treat the team like family.

Amanda commented that taking over the restaurant has been life-changing and that it is a lot harder than they thought it would be, but she said it is rewarding.

"I remember thinking one of the most rewarding times was when we first opened and I was in the kitchen working," Kathy echoed. "There was a game going on and a bunch of people in here. Everybody was laughing and having a good time and I could hear it in the kitchen. That moment – hearing laughter fill the restaurant – was when I knew we had created something special."

Halftime Bar & Grill has nine burger offerings on its menu featuring combinations of toppings for every palate. From their classic Bacon Cheeseburger to their Sriracha Bourbon Burger and the Over-The-Top Beer Cheese Burger to the Barnyard Argument Burger, the DeHeers have amped up the tasting experience, providing patrons with a variety of options to choose from.

After several years of the trendy smash burger claiming the Iowa Best Burger crown, Halftime Bar & Grill returns us to an original grilled patty. Sourced from a local meat locker, their all-beef patties are 8 ounces of fresh, never frozen beef. You can decide



if you want one or two patties (a whole pound of beef) for each burger selection.

A fan favorite and one that the Iowa Best Burger judges mentioned was the Humpback Burger, which features an 8-ounce all-beef patty topped with ham, pepper jack cheese, bacon and sautéed onions, drizzled with Halftime's smoky house sauce. Burgers are served with your choice of fries or a premium side for an upcharge.

This contest has already made a difference in sales. Before Halftime Bar & Grill was announced as one of the Top 10, they were selling approximately 170 burgers in a week. Following the announcement, burger sales increased to 392 burgers at their peak.

Amanda also said they've seen increases among all sales



Photo courtesy Iowa Cattlemen's Assoc.

Kathy and Amanda DeHeer show off one of the burgers that earned the Halftime Bar & Grill in Pleasantville the designation as the home of Iowa's Best Burger for 2025, selected by the Iowa Beef Industry Council and Iowa Cattlemen's Association.

within the restaurant, not just the burgers.

The purpose of Iowa's Best Burger contest is to promote beef and the producers who raise it. The DeHeers had several examples of guests who came in, not knowing that Halftime Bar & Grill existed, but had heard radio advertisements about the contest and stopped in for a burger.

Kathy and Amanda watched the Iowa's Best Burger contest unfold last year and dabbled with getting Halftime Bar & Grill into the contest, but fell short of the Top 10. This year, Amanda said that they focused more on the promotion and concerted effort to see what they could do.

"We got on and printed

materials provided for the contest," said Amanda. "And we told our staff if someone is eating a burger and enjoying it, ask them to vote. We used the QR codes provided and even showed some of our older guests how to use the code to vote."

Another area of focus for the DeHeers is quality and consistency. Tyler said that they care about the quality of their food because if they serve bad food, people won't come back. He expressed that repeat business in a smaller community is crucial. If they are busy, it isn't just about getting the food out, they are honed in on quality, he said.

"People kept telling us that we should enter the contest and that our burgers are the best thing ever," said Kathy. "When the contest started, we had regulars say that we were going to be No. 1. Making the Top 10 was our goal and winning was just icing on the cake."

Both Amanda and Kathy said there were happy tears when they found out that they had made the Top 10 and then even more when they found out they'd won.

The family said they appreciate the outpouring of local support and will always be grateful to the community regulars. But winning this contest and the exposure it generates to a larger audience will help their restaurant thrive.

Thanks to the community, quality beef and one unforgettable burger, Halftime Bar & Grill isn't just serving food – it's earned a permanent place on Iowa's culinary map.

Halftime Bar & Grill's kitchen is open 11 a.m. to 9 p.m. Tuesday through Thursday, 11 a.m. to 10 p.m. Friday and Saturday and 11 a.m. to 7 p.m. on Sunday. You can learn more about Halftime Bar & Grill and get updates on specials by following them on Facebook.

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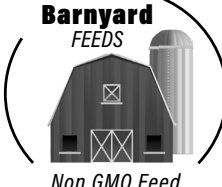
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Cattle have taught high school senior plenty of lifetime lessons

SCHWICKERATH: FROM 11

"I wouldn't be where I'm at today without cattle."

Her parents, Tony and Janet Schwickerath, nodded their heads in unison as their youngest daughter spoke those words.

"It's true," Tony said. "She's learned the value of hard work, I can tell you that. As a parent, we couldn't be prouder of our girls — both Carrie and her older sister, Beth. They are kind, they have great work ethics. That's what you want as a parent, right?"

Beth graduated from New Hampton in 2021; Carrie will take the same walk across the stage a week from this coming Sunday. And in a way, it will be the end of an era — one that revolved around cattle — for Tony Schwickerath.

"It was always me-and-the-girls' time," he said. "We go out when it's 10 below out and whatever, we'd spend one hour out. That's when the girls could talk ... it's barn talk and I loved every minute of it."

Janet smiled as her husband talked.

"I'm pretty sure that was the favorite part of his day, no matter how much work had to be done," she said. "It was cool to see how they bonded together."

CARRIE SCHWICKERATH was just 6 years old when she bought her first cow.

New Hampton farmer Garth Griffin took her and her father out to a pasture and told her to pick one.

"He said whichever one I wanted I could have," she said, "and I found this one that was really friendly, really nice and I just had to have that red Angus cow."

She named it C6 — C for Carrie; 6 for her age at the time — and she was hooked on cattle for life.

Over the years, she's shown cattle both at the Chickasaw County 4-H and FFA Achievement Fair and the Iowa State Fair. She's had good days and not so good days, but the former far outnumber the latter. That trailer is Exhibit A.

A work ethic was born the day C6 came to her farm.

"They have to be fed twice a day, and so even if you have after-school activities and you're involved in things like that," she said, "you always have to come home and do the chores — no matter if it's light or dark out, you still have to get them done."

And as fairs drew near, she was constantly washing and cleaning her cows, working on halter breaking them and gearing up for another trip to another show ring.

She also learned that cows are ... well, they're a lot like people.

"They're more comfortable at home so sometimes the show ring can be a scary place for them," she said. "They have their good days and they have some bad ones, too — just like me, just like everyone, I guess. But it's been so worth it. I've met so many people from so many places, I just feel lucky that I got to do this."

NOT THAT SHE isn't involved in other activities.

Her senior bio that is, in a word lengthy.



Photos courtesy of Carrie Schwickerath

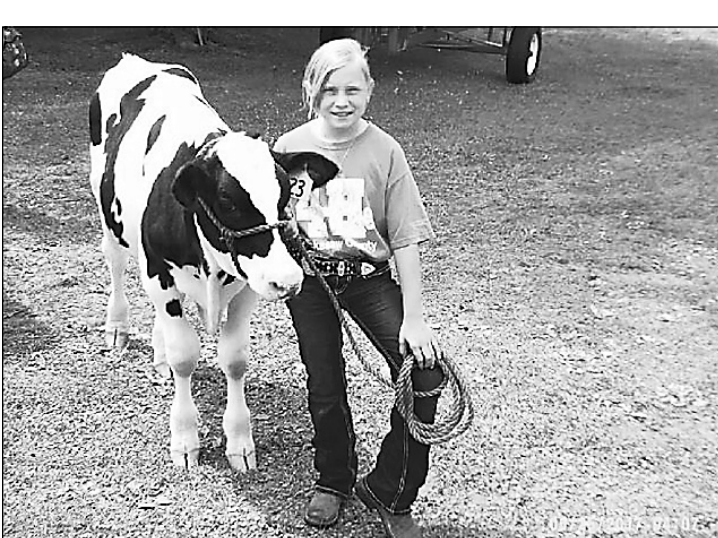
New Hampton High School senior Carrie Schwickerath poses for one of her senior pictures in front of a trailer that contains a host of awards she has won at cattle shows around the state during a showing career that began when she was just a shy, quiet and reserved youngster.

She has been the president of the 4-H County Council, a Little Wapsie Legend 4-H officer and served on just about every 4-H committee that exists. She's been an active member of the New Hampton FFA and served as it president this past year. She's the senior class treasurer, member of Core Interact, C.L.A.S.S. and the National Honor Society. She's also the Iowa Junior Red Angus Association Northeast District representative and has worked at the New Hampton Veterinary Clinic for the past five years.

Does she sleep?

"When I can," she said with a laugh, "but I'm glad I've had all these opportunities. It's made me who I am today."

Garth Griffin remembers that 6-year-old well, and he and his wife, Nancy, have



grown very fond of the young lady they helped turn into a cattleman.

Did he see the makings of a cattle showing champion 12 years ago when he first took her and her dad out to that

pasture?

"Absolutely not, and I don't want that to sound bad, but Carrie was the quietest, shyest little girl," he said. "She hid behind Tony's leg, but that's the beauty of this. Look at her now. Look at how much she's grown. It's been amazing to watch her, and we feel like we almost adopted her. We're so proud of her."

And she has continued to grow in high school.

"You would look at me as a freshman or sophomore, and see I was not outgoing or talkative or any of that jazz," she said, "but through a lot of the clubs and everything ..."

She paused and laughed.

"And I'm not quiet anymore."

IN SOME WAYS, though, she is a typical high school senior. She's ready for commencement, ready to end this

chapter and move on to the next.

She will head to Ames and Iowa State University this fall and begin working on a pre-vet degree. She'd love nothing more than to one day return to New Hampton and work as a veterinarian.

But there are still a few more "lasts" to experience.

She remembers the first time one of her animals was sold at the fair auction and loaded on a trailer.

It was 2018, and she won't lie, she cried.

She found a friend in Barbara Schwickerath, who had graduated from New Hampton that spring.

"When it was my first year, I was crying because I just put my animals on the trailer," she said, "and Barbara was a senior, and it was her last year so she was loading her very last steer and she was crying, too."

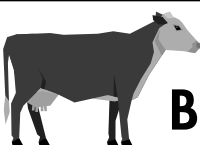
It's a memory that Tony and Janet Schwickerath will have for the rest of their lives. There was Barbara, the high school senior, consoling their daughter, Carrie.

"And now it's going to be your turn," Tony said to his daughter, "to do the same thing for someone this year."

For a moment, the garage was quiet.

And then Carrie Schwickerath smiled.

"I will because that's what I've loved about cattle ever since C6," she said. "It's not just about the cow; it's about the people."



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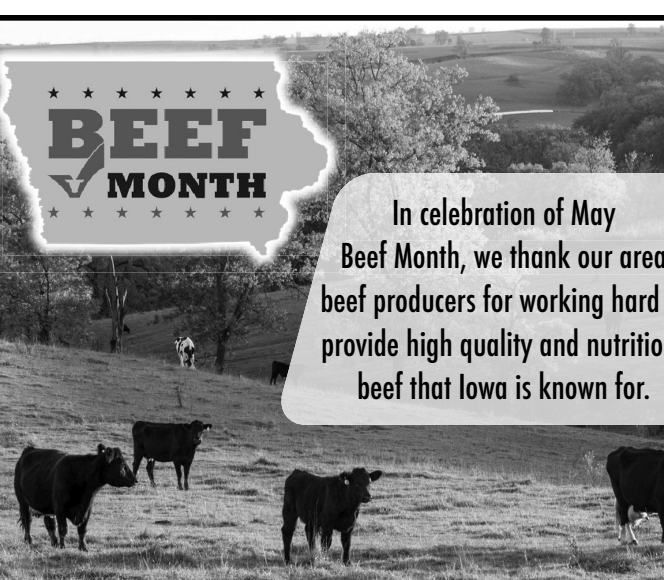
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HOW CATTLE SHAPED A YOUNG WOMAN

FROM C6 TO A SENIOR IN HIGH SCHOOL, CARRIE SCHWICKERATH IS GRATEFUL FOR AN AMAZING EXPERIENCE

By **BOB FENSKE**
Of the Reporter

One of Carrie Schwickerath's senior pictures tells the story of just how much success she's attained over the years showing cattle and being involved in a wide range of activities — both in and out of school.

There's the New Hampton High School senior in front of her cattle trailer, which is covered in ribbons and awards she's earned over the past decade that started with a shy, quiet girl and ended with a vibrant young woman.

And as she and her parents sat in a garage on their acreage northwest of New Hampton recently, the New Hampton High School senior said, in a way at least, she owes it all to cattle.

"I think it's taught me so much about me," she said. "It's more than just showing the cattle in the show ring. It's about the friends that you make along the way, the leadership things you learn and things like that. And it's a family feel when you go to the fair and you're with the same cattle people every year and you're always inviting new people in to make the family even bigger."

She paused for a moment and smiled.

SEE SCHWICKERATH, 10



One of Carrie Schwickerath's senior pictures pretty much sums up how she feels about cattle, but she has some other favorites, too. There are her parents, her sister, the legions of friends she's made over the years at cattle shows and folks like Garth Griffin (left), who has been a mentor to her since she bought her first cow from him when she was a shy 6-year-old.

Photos courtesy of Carrie Schwickerath

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Husky coach: Every '10th,' every lean will be key at qualifier

BOYS TRACK: FROM 14

likely need to improve on that 4x400 PR if it wants to take the team down to Des Moines. That clip is registered as the 34th-best time in the event according to the Bound website.

The state of Iowa accepts a district champ in Class 1A and on to the state meet in running, throwing and jumping events, then it's a crapshoot to fill out the state field. The next best 14 throws, jumps or leaps comprise the 24 entrants into each state event, which will be held down in Des Moines from May 22-24.

"Every 10th of a second, every lean matters," said Sudol. "You gotta keep battling. Even if you're in second place you gotta be pushing it just to get in on time. You don't want to take anything for granted."

That 4x400 squad is one of several relays that N-P head coach Chase Sudol has high hopes for when the state qualifier rolls around this coming Thursday at Northwood. That qualifying site is where the Huskies won the first district team title in school history back in 2023. So needless to say Sudol's Huskies will have good vibes next week when they step on the track – regardless of what Mother Nature dolls out as far as weather conditions.

"We always run well at Northwood. It's a well-run meet," said Sudol about districts. "The way we run our program, this is what we aim for. This is our big meet and what we always talk about all year long. We're always striving for districts. Our goal is to get these kids down to state. They have brought into that ever since I've become a track coach."

N-P hit on its 4x800 relay at Dike as it placed third, but more importantly the time was a season-best in 8:41.45 with the contingent of Mitchell, Hansen, Smith and junior Brexton Bird. That's currently 17th-fastest in 1A as of Thursday afternoon.

The shuttle hurdle relay would have more than likely produced a top-24 time in the small-school class on Monday with the team of Foelske, Blanchard, Clayden Gerholdt and Tyler Zimmer. Sudol said they ran a 1:05.47. The problem was the relay got disqualified as one of the runners left early. Sudol is still scratching his head as to how that happened and why that time didn't count.

Regardless, the point is Sudol feels confident he may be able to get four relays down to Drake Stadium at the state meet next week.

"I want four relays. That's what my goal is," said Sudol. "It's gonna be a lot of fun. The excitement's amazing."

That includes the distance medley squad of Navarii Williams, Kalainoff, Smith and Hansen. That group finished second at the Cowpath in 3:46.81. Currently that time is 27th-fastest in 1A.

"The dmed will be close. Hopefully maybe we can win that," said Sudol.

Foelske wasn't even supposed to run in the 110 high hurdles on Monday but produced a season-best clip of 16.47 to win the race.

Williams ran a PR of 23.46 in the open 200 at Dike, good for third place.

Bird placed third in mile run in a PR of 4:55.93 at the Cowpath and Tucker Jacobs PR'd in long jump (17-11), which was a second-place leap.

"With the way that we ran the other night we'll have some individual chances as well," said Sudol about individuals that have a chance to make it on their own to run down at the blue oval of the state meet in Des Moines.

One thing is for certain, Kalainoff, who represents the second-best toss in the discus (167) and came awfully close to medaling at the Drake Relays last month will be a favorite to win a state championship in the field event. He tossed 161 on Monday, which amazingly didn't win the event. North Fayette Valley's Cael Reichter heaved a 170-1, which is now the third-best toss in Class 2A.

N-P competed in the TIC East league meet on Thursday, which took place in Greene and was hosted by North Butler.

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400 dash - 12. Andrew Schmitt 59.01, 16. Lucas Sinnwell 1:03.43.
800 run - 3. Zeke Kalainoff 2:15.61, 4. Braeden Mitchell 2:15.66.
1,500 run - 6. Brexton Bird 5:16.1, 7. Luke Paplow 5:18.43.
400 hurdles - 10. Chris Niedert 1:04.9, 11.

Schmitt 1:05.27.
4x100 - 5. Williams, Tucker Jacobs, Kamden Chyma, Berger 48.12.
4x200 - 6. Berger, Miles Carpenter, Quintyn Boehmer, Carson Mundorf 1:42.8
4x400 - 2. Jake Smith, Eli Kalainoff, Landon Foelske, Jase Hansen 3:37.87.
4x800 - 3. Mitchell, Hansen, Smith, Bird 8:41.45.
Sprint medley - 7. Foelske, Chyma, Williams, Z. Kalainoff 1:44.58.
Distance medley - 2. Williams, E. Kalainoff, Smith, Hansen 3:50.07.
Shuttle hurdle - 4. Foelske, Clayden Gerholdt, Jagger White, Niedert 1:13.09.
High jump - Z. Kalainoff NH, Schmitt NH.
Long jump - 9. Boehmer 15-9.25, 10. Jacobs 15-7.
Shot put - 10. Jaxon McDonald 34-8, 14. Dawson Becker 31-2.
Discus - 4. E. Kalainoff 144-5, 12. Becker 96-5.

COWPATH RELAYS TEAM SCORES

St. Ansgar 168, North Butler 159, Nashua-Plainfield 130, Janesville 80, Dunkerton 75, North Fayette Valley 41, Clarksville 39, Rockford 9.

NASHUA-PLAINFIELD RESULTS

100 dash - 6. Chyma 12.34, 9. Berger 12.61.
110 hurdles - 1. Foelske 16.47, 7. Niedert 21.83.
200 dash - 3. Williams 23.46.
400 dash - 5. Paplow 59.59, 9. Sinnwell 1:00.65
400 hurdles - 5. Ben Percy 1:06.43, 8. Niedert 1:07.95.
800 run - 2. Hansen 2:10.45, 5. Z. Kalainoff 2:19.1.
1,600 run - 3. Bird 4:55.93, 6. Avery Mueller 5:16.4.
3,200 - 2. Paplow 11:29.28, 5. Caleb Sinnwell 12:23.03.
Discus - 2. E. Kalainoff 161-07, 12. Becker 96-7.
High jump - 3. Z. Kalainoff 5-4.
Long jump - 2. Jacobs 17-11, 4. Boehmer 16-2.5.
Shot put - 11. McDonald 36-1, 12. Michael Stroud 31-11.
Sprint medley - 2. Foelske, Chyma, Williams, Z. Kalainoff 1:43.2.
Distance medley - 2. Williams, E. Kalainoff, Smith, Hansen 3:46.81.
4x100 - 5. Williams, Jacobs, Chyma, Berger 48.46.
4x200 - 5. Tyler Zimmer, Carpenter, Berger, Boehmer 1:41.85.
Shuttle hurdle - Foelske, Devon Blanchard, Gerholdt, Zimmer DQ.
4x400 - 2. Smith, Mitchell, Foelske, Blanchard 3:37.87.
4x800 - 2. Mitchell, Hansen, Smith, Bird 8:50.67.
JV RESULTS
4x100 - 1. Mundorf, Emerson Richards, James Corathers, Carpenter 51.32, 2. Brady Lensing, Stroud, Becker, McDonald 55.07.
4x200 - 1. Mundorf, Richards, Corathers, Percy 1:47.15.
4x800 - 1. Mueller, Connor Sullivan, Nick Hulbert, Percy 10:20.37.



Kelly Terpstra/Reporter

Nashua-Plainfield's Kolbie Vance putts the ball during a home meet last week.

Husky boys will open golf postseason on home course

GOLF: FROM 14

home on Wednesday, May 14 and will compete at Highland Golf Course in Mason City at districts on Monday, May 19 should the team or any individuals qualify.

Husky senior Dawson Glaser fired a 43 on Thursday and came back with a 41 on Monday. Another senior, Cal Levi, shot a 45 at Round Grove.

Trost wanted to reiterate that in golf, like a lot of athletics, you're only as good as your last shot. That mindset will come in handy for his Huskies when the significance of these upcoming meets gets turned up a notch.

"I try to emphasize golf is a next shot sport," said Trost. "Good, bad or indifferent, it's always going to be the next shot."

THURSDAY, MAY 1 BOYS TRIANGULAR AT NASHUA
Nashua-Plainfield 170, St. Ansgar 175, Rockford 214.
Medalist - Kylen Enabnit, Rockford

40. N-P scores - Dawson Glaser 43, Devon Blanchard 41, William Lindeland 44, Tyler Zimmer 42, Kolbie Vance 47, Cal Levi 49.
JV results - Ethan Franzen 47, Jagger White 48.

THURSDAY, MAY 1 GIRLS TRIANGULAR AT NASHUA
Nashua-Plainfield 189, Forest City 215, Rockford 262.
Medalist - Paige Franzen, N-P 39.
N-P scores - Franzen 39, Faith Franzen 42, Paisley McCain 54, Elayna O'Neill 54, Ava Kirk 59, Natalie Feldman 63.

MONDAY, MAY 5 BOYS TRIANGULAR AT GREENE
Nashua-Plainfield 173, North Butler 174, Mason City Newman 196.
Medalist - Nolan Reser, North Butler 39.

N-P scores - Glaser 41, Lindeland 40, Vance 57, Levi 45, Franzen 49, White 47.
JV results - Jackman Mehmen 63, Kaden McMichael 52.

MONDAY, MAY 5 GIRLS TRIANGULAR AT GREENE
North Butler 200, Mason City Newman 203, Nashua-Plainfield 206.
Medalist - Zoey Thompson, North Butler 43.
N-P scores - P. Franzen 46, F.

N-P girls get perfect night to recognize their seniors

GIRLS TRACK: FROM 14

last year. The new record holders were freshman Ava Foelske along with juniors Jalissa White and Manuela Jimenez. Huck of course anchored the all-time best mark.

Get this – standout freshman Kelly Cerwinske didn't even run in the event and was replaced by Jimenez, a foreign-exchange student from Spain that will return to her homeland after the state meet is over.

Will the tall and slender Spaniard run in the event at the qualifying meet?

Inquiring minds want to know, but Husky head coach Amber McCall has played it close to the vest. She'll answer that all-important question when she rolls out her lineup in the race at the district qualifying meet.

The Husky sprint medley's fastest clip this spring is listed as the third-fastest 1A time in the state.

"We are starting to drop time within our splits, which is awesome. We have areas to improve on our handoffs still, so that is great. I'm very proud of those four individuals!" said McCall.

McCall talked about Jimenez, who handed off to Huck in the sprint med.

"Manuela had an awesome night. She has been a great addition to our team. She has been all in and doing whatever we need her to be. We really, really enjoy coaching her!" said McCall.

Huck won the 400 dash, 800 and 1,500 run on Monday. The eight-time state title winner didn't PR in those events but she'll more than likely compete in them at the qualifier. Although the 200 dash is the wildcard for N-P, as Huck broke the school record (26.19) in that event earlier this year and sports the second-quickest time in the small-school class in that sprint event.

N-P's distance medley team of Foelske, White, Cerwinske and Huck ran a 4:29.74, good for first place at the North Butler Invite last week Friday. That's the second fastest clip for N-P this season.

The Huskies placed fourth at North Butler with 52 team points. Huck once again won her marquee events (400, 800, 1,500).

Gerholdt PR'd in the 3,000 run (fourth place) in 14:19 and placed fourth at North Butler. Lowe did the same on Monday in the 400 hurdles (1:22.85), where she placed eighth.

N-P's 4x800 shaved off more than 30 seconds off of their season-best performance with an 11:18 in Nashua on Monday. That squad of Cerwinske, fresh-

man Emma Hinders, Foelske and White placed second.

N-P junior Eden Lamborn – a 20th place finisher in the shot put last year at state – placed fifth in the event at the Cowpath with a toss of 29-9.

McCall summed up her senior class, which still has time to make even more remarkable memories in the final stretch for the Huskies out on the oval.

"It was a perfect night to recognize our group of seniors. They're amazing individuals that we are so thankful to be able to have/had the opportunity to coach these last four years," said the N-P head coach. "We are going to soak in these next couple weeks with them as we are going to miss them tremendously, but we are so excited to see them go move mountains in this next chapter of life. They are each going to do big things!"

N-P competed in the TIC East league meet at North Butler on Thursday.

NORTH BUTLER INVITE TEAM SCORES

Jesup 138, St. Ansgar 126, Sumner-Fredericksburg 91, Nashua-Plainfield 52, North Butler 50, Clarksville 38, Tripoli 31, Janesville 30, Turkey Valley 30.

NASHUA-PLAINFIELD RESULTS

100 dash - 18. Brooke Russel 16.24, Victorious Mirembe 16.27.
100 hurdles - 12. Abi Schmitt

20.96, 14. Rachel Paplow 21.57.
200 dash - 15. Russel 33.97, 17. Mirembe 34.79.

400 dash - 1. Kadence Huck 1:00.06, 11. Natalie Feldman 1:23.42.
400 hurdles - 11. Marleigh Lowe 1:29.75, 12. Adiley Gerholdt 1:39.24.
800 run - 1. Huck 2:22.56, 7. Emma Hinders 3:00.22.
1,500 run - 1. Huck 5:26.08, 7. Hinders 6:16.67.
3,000 run - 4. Amberley Gerholdt 14:19.23, 6. Bailey Bond 18:54.13.
Discus - 10. Eden Lamborn 79-6, 13. Klaire Marshall 66-10.
High jump - 7. Manuela Jimenez 4-2.
Long jump - 12. Lowe 12-5.
Shot put - 6. Lamborn 29-3.5, 13. Chloe Fundermann 25-9.5.
Sprint medley - 7. Eva Foelske, Jalissa White, Jimenez, Kelly Cerwinske 2:01.24.
Distance medley - 1. Foelske, White, Cerwinske, Huck 4:29.74.
4x100 - 10. Schmitt, Am. Gerholdt, Fundermann, Ad. Gerholdt 1:01.41.
4x200 - 8. Lowe, Am. Gerholdt, Ad. Gerholdt, Jimenez 2:09.1.
4x400 - 5. Foelske, White, Jimenez, Cerwinske 4:48.08.
4x800 - 4. White, Foelske, Cerwinske, Hinders 11:44.47.

JV RESULTS

100 dash - 15. Jennifer McLeland 27.0.
Discus - 1. Feldman 73-8, 9. Kamryn Zimmer 55-2.
Shot put - 6. Zimmer 20-11.
4x100 - Marshall, Mirembe, Russel, McLeland 1:13.28.

COWPATH RELAYS TEAM SCORES

St. Ansgar 154, Nashua-Plainfield 108.5, North Fayette Valley 99, Janesville 98.5, North Butler 84,

Clarksville 63, Dunkerton 48, Rockford 20.

NASHUA-PLAINFIELD RESULTS

100 dash - 13. Fundermann 15.89, 14. Russel 16.42.
100 hurdles - 10. Lowe 19.87, 12. Schmitt 21.01.
200 dash - 13. Russel 33.94, 14. Schmitt 34.31.
400 dash - 1. Huck 57.82, 2. Cerwinske 1:04.12.
400 hurdles - 8. Lowe 1:22.85, 11. Ad. Gerholdt 1:39.43.
800 run - 1. Huck 2:19.85, 6. Paplow 3:00.79.
1,500 run - 1. Huck 4:59.73, Hinders DNF.
3,000 - 2. Am. Gerholdt 14:32.9, 3. Bond 20:01.61.
Discus - 5. Lamborn 84-3, 12. Marshall 58-5.
High jump - 5. Jimenez 4-4, Mirembe NH.
Long jump - 7. Cerwinske 13-6.5, 9. Lowe 13.5.
Shot put - 5. Lamborn 29-9, 9. Fundermann 27.
Sprint medley - 1. Foelske, White, Jimenez, Huck 1:51.26.
Distance medley - 3. Foelske, White, Jimenez, Hinders 4:56.92.
4x100 - 7. Schmitt, Am. Gerholdt, Fundermann, Ad. Gerholdt 1:01.48.
4x200 - 6. Fundermann, Am. Gerholdt, Ad. Gerholdt, Mirembe 2:11.22.
Shuttle hurdle - 5. Schmitt, Ad. Gerholdt, Paplow, Lowe 1:23.61.
4x400 - 3. Foelske, White, Jimenez, Cerwinske 4:38.69.
4x800 - 2. Cerwinske, Hinders, Foelske, White 11:18.39.
JV RESULTS
4x100 - 4. Marshall, Mirembe, Russel, McLeland 1:11.63.

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Members of the 7/8 Band (above) perform at the Nashua-Plainfield Junior High Spring Concert on Tuesday, which was followed by the high school's concert that included Band Director Scott Stroud (right) honoring his seniors, including Calista McDonald.



Filling the gym with some great spring music!



Percussionist Tate Demro (left) plays the cymbals while members of the Sixth-Grade Chorus (above) sing a song during the Spring Concert Tuesday.



Senior Bailey Bond (left) is recognized for her contributions to the band, Madaly Hennings (above) acknowledges the crowd after playing a piano solo that garnered her a perfect score at a recent state contest and Natalie Feldman (right) plays her saxophone with the Concert Band.



Spring Concert photos by the Reporter's Kelly Terpstra



Members of the Concert Band trombone section (above) play their instruments while junior high vocal director Martin Thies shares a few thoughts with the crowd during the concert.

Huskies heating up out on links as postseason looms

N-P girls break 190 in win over Forest City while boys shoot a season low to pick up triangular win

By Kelly Terpstra
Of the Reporter

Jeff Trost, a hall of fame golf coach, has walked his fair share of links courses across the entire state. The leader of the Nashua-Plainfield golf program for well over 40 years can't remember the last time his Husky girls golf team broke 190 for a nine-hole round. That's exactly what N-P did last week Thursday in what was this girls team's last home meet before regional competition starts next week on Friday, May 16. "I would have to look. It just doesn't jump out at me when we did that," said Trost about the last time his Huskies dipped below 190.

That low score enabled his Class 1A squad to defeat Forest City (215) and Rockford (262).

"It's gotta be a confidence booster. It's what they've been working for," said Trost.

Trost's two seniors, Paige Franzen and Faith Franzen, were the top two individual golfers on the leaderboard with a 39 and 42, respectively.

"Those seniors, I'm just so proud of them," said Trost.

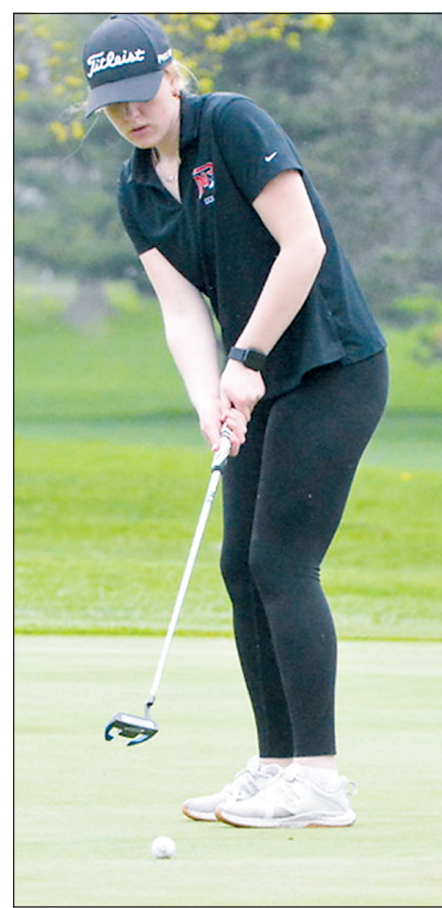
The N-P boys, who have caught fire in the last two meets and produced some of the lower team rounds for nine holes in quite some time, took home top honors on Thursday as well. N-P carded a 170, five strokes better than St. Ansgar's 175. Rockford finished with a 214.

N-P junior Devon Blanchard was medalist runner-up with a 41, a testament to his athletic prowess as he also competes in track and field during the spring.

"He's slowly getting there," said Trost about Blanchard. "It's just repetition, repetition."

Husky junior Tyler Zimmer carded a 42 to notch the next best score for N-P. The Husky boys squad also looked impressive this past Monday as N-P shot a 173 at the Round Grove Country Club in Greene, a triangular hosted by North Butler. That winning tally by N-P was one stroke better than the host Bearcats' 174. Mason City Newman wound up third with a 196.

As far as seniors go, N-P William Lindeland is hitting this stride at exactly the right time. He fired a career-low 40 at Greene, which earned him the



Kelly Terpstra/Reporter
Nashua-Plainfield Elayna O'Neill keeps an eye on her ball as it heads to the hole while Cal Levi chips the ball on to the green during a meet at the Nashua Town and Country Club last week.

medalist runner-up spot. "For all the Paige's and Faith's that I have, it means just as much to see William work his way from where he was at," said Trost.

The N-P girls didn't shoot its best round of the year at Round Grove on Monday and finished third with a 206. The Franzens – who are cousins – each carded rounds of 46.

The Husky girls will look to crack state for the third-consecutive year when regional finals play begins a week from this Friday. The Husky girls team travels to Lone Pine Country Club in Colesburg for the first round of regionals, a meet hosted by Edgewood-Colesburg. Qualifiers advance on to the regional finals at Little Bear Country Club in Wyoming. That meet is hosted by Midland and takes place on Wednesday, May 21.

The last meet before sectionals and regional play begins will be the conference meet. The N-P boys host the TIC East league meet in Nashua on Monday. That same day the N-P girls team heads over to Pioneer Town & Country Club in Manly, the league meet that will be hosted by Central Springs.

N-P boys host sectionals at

SEE GOLF, 12



Kelly Terpstra/Reporter
Nashua-Plainfield's Eva Foelske (above) gets out of the blocks cleanly to start the distance medley while teammate Klaire Marshall beings her spin in the discus at the Cowpath Relays Monday night.

N-P girls take second at Cowpath

Foelske, White, Jimenez and Huck set school record in sprint medley relay

By Kelly Terpstra
Of the Reporter

The weather was pristine. A clear blue sky and bright sunshine beckoned five Nashua-Plainfield seniors to run their best at the Cowpath Relays this past Monday.

They each answered the call. The Huskies' Amberley Gerholdt, Bailey Bond, Marleigh Lowe, Jennifer McLeland and Kadence Huck competed in the last home track and field meet of their prep careers.

Huck won't stop there as one of the most talented high school track and field athletes in the entire state – and all-time for that matter – will head off to Stillwater and Oklahoma State University to take her remarkable running ability on to the next level at college this fall.

Her storied high school career has come down to just two weeks remaining with what will be a state title on the line.



Hauling in the heaviest of hardware team-wise for Huck and her N-P teammates would be the ultimate punctuation point

and a tremendous cap to a brilliant run by the heralded Husky. Huck and her fellow seniors made their mark on a night

that was absolutely gorgeous and pitted the top two team finishers at state last year in defending 1A champ St. Ansgar and the runner-up Huskies.

Was this a preview of what could take place in a few weeks down at state on the blue oval of Drake Stadium in Des Moines? Kind of.

The Saints racked up the team title over N-P on Monday – 154 to 108.5, but the stakes will be much higher when the two teams square off against each other next week Thursday at the state qualifier in Northwood.

Then the atmosphere will be even more ratcheted up and amplified the following week at state.

The Huskies will be ready and looked primed in the sprint medley as N-P shattered the school record in the event in a time of 1:51.26. That broke the old mark of 1:51.62 set

SEE GIRLS TRACK, 12



Kelly Terpstra/Reporter
Nashua-Plainfield's Jake Smith (left) gives maximum effort as he completes the 400 leg of the distance medley while teammate Zeke Kalainoff (above) rounds the curve as he anchors the Huskies' sprint medley relay at Monday's Cowpath Relays.

Huskies lowering times as state qualifying meet nears

N-P boys coach says team has several solid chances in relays, individual events to earn trips to 1A state track meet

By Kelly Terpstra
Of the Reporter

Statistical oddities happen – but not that often.

On a rare occurrence you'll see duplicate times matched by an individual or relay in the sport of track and field.

But to have it happen in back-to-back meets is certainly not the norm.

That's exactly what happened with Nashua-Plainfield's 4x400 relay in successive meets held last week Thursday at Dike-

New Hartford and this past Monday in the Huskies' home Cowpath Relays.

At Dike at the Simons Relays, N-P's 4x400 foursome of Jake Smith, Eli Kalainoff, Landon Foelske and Jase Hansen recorded a season PR of 3:37.87. The shuffled group of Smith, Braeden Mitchell, Foelske and Devon Blanchard matched the identical clip at home on Monday and in the process proved they're also one to watch when all the cards will be laid on the table at the district meet in the coming days.

Sudol was stunned to hear the time in

Nashua for his 4x400 relay on Monday was the exact same clip the event produced several days earlier at Dike.

"I didn't know that either until Landon told me that because Eli came up hurt," said Sudol about the surprise to hear the final relay of the evening duplicated its previous clip at Dike to the tee. "That was exciting. That was a positive."

There are no guarantees with a one-time shot such as districts. N-P will more than

SEE BOYS TRACK, 12

Nashua-Plainfield freshman's perfect round keys win over Butler County Shooting Stars

By Kelly Terpstra
Of the Reporter

N-P freshman Maverick Sinnwell fired a 50-straight round to take home top honors in a trapshooting meet held at the Clarksville Sportsman's Club and hosted by the Butler County Shooting Stars on Wednesday.

That perfect round by Sinnwell highlighted an impressive evening out on the trapshooting range for his combined squad of Charles City/N-P/RRMR as they topped BCSS – 240 to 220.

Husky freshman Hunter Brase wasn't far behind Sinnwell as he missed just one clay target and finished with a 49. N-P frosh Lane Barlow

produced a round of 46. CC/NP/RRMR placed third at the Cedar Falls 100 Open on Saturday with a 462. Sinnwell led the way with a 95.

On Monday the Huskies traveled to Cresco and took on the Cresco Area Clay Crushers. Husky senior Nic Brase fired a 49 and Sinnwell came up with 47.

Nic Brase is having a fine season, as are all his Husky teammates, as he again missed only one target last week Thursday at home versus BCSS. Brase won the meet, just like Sinnwell did at Clarksville. This time Brase won his shoot-off by going 49-21. Cooper Wedeking (49-19) of BCSS and Carson Linde (49-14) of Charles City finished

second and third, respectively. Sinnwell shot a 48 and continues to fire incredible rounds this spring.

THURSDAY, MAY 1 TOP-THREE SQUADS
CC1 233, CC2 223, BCSS1 219.

TOP-THREE BOYS
Nic Brase (NP) 49-21, Cooper Wedeking (BC) 49-19, Carson Linde (CC) 49-14.

TOP-THREE GIRLS
Kinley Roths (CC) 47, Ali Blickenderfer (CC) 46, Abby Groesbeck (CC) 41, Savannah Fisher (BC) 41.

NASHUA-PLAINFIELD RESULTS
CC1 (233) - Blickenderfer 46, Hunter Boehmer 47, Cole Jones 48, Tyler Eskildsen 43, Brase 49.

NP (212) - Lane Barlow 44, Tate Demro 39, Hunter Brase 36, Maverick Sinnwell 48, Corbin Johnson 45.

CEDAR FALLS 100 TARGET OPEN INVITE

TOP THREE SQUADS
Cedar Valley Shotgunners 471, Waverly-Shell Rock 464, CC/NP/RRMR 462.

TOP-THREE BOYS
Gavin Nielsen (Cedar Valley) 98, Colton Chase (W-SR) 96, Emmett Davison (Janesville) 95, Cole Jones (CC) 95, Benjamin Buhr (Red Cedar) 95, Sinnwell (NP) 95.

TOP-THREE GIRLS
Jalyn Hawk (Van Buren) 97, Evelyn Erhardt (Cedar Valley) 96, Ali Blickenderfer (CC) 91.

NASHUA-PLAINFIELD RESULTS
CC1 (462) - Sinnwell 95, Jones 95, Blickenderfer 91, Boehmer 91, N. Brase 90.

MONDAY, MAY 5 TOP-THREE SQUADS
CACC1 235, CACC2 226, CACC3 224.

TOP-THREE BOYS
Ben Jackson (CACC) 50, Ethan Tlusty (CACC) 49-20, Brase (NP) 49-19, Boston Danielson (CACC) 49-14.

TOP-THREE GIRLS
Harley Fisher (CACC) 46-21, Lydia Bollman (CACC) 46-15, Blickenderfer (CC) 45.

NASHUA-PLAINFIELD RESULTS
CC1 (219) - Blickenderfer 45, Boehmer 40, Jones 46, Eskildsen 39, Brase 49.
NP (213) - Barlow 39, Demro 43, H. Brase 44, Sinnwell 47, Johnson 40.

WEDNESDAY, MAY 7 TOP-THREE SQUADS
CC1 240, BC 220.

TOP-THREE BOYS
Sinnwell (NP) 50, H. Brase (NP) 49, Jones (CC) 48.

TOP-THREE GIRLS
Roths (CC) 46, S. Fisher (BC) 43, Blickenderfer (CC) 42.

NASHUA-PLAINFIELD RESULTS
CC (240) - Sinnwell 50, H. Brase 49, Jones 48, Parker Deardouff 47, Barlow 46.