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TRIBUNE

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www.nhtribune.news • Thursday, March 7, 2024 • 16 pages • Issue 10 • Volume 150

At long last, EMS remodel a go

Supervisors, though, quibble over using ARPA funds for \$175,000 project

By BOB FENSKE
editor@nhtrib.com

The Chickasaw County Board of Supervisors finally gave the go-ahead to remodeling the Chickasaw County EMS ambulance station so that it will include living quarters for its drivers, paramedics and EMTs.

But it took some quibbling to get the deal done and the contract with

Stanton Electric, which will serve as the construction manager of the project, was approved by just a 3-2 vote because board members couldn't reach a consensus on how they wanted to pay for the almost \$175,000 project.

None of the board members had issues with the contract that Stanton Electric owner Chuck Stanton and County Attorney David Laudner had drawn up, but the meeting turned testy

when it came to what funds would be used to complete the project.

At a meeting earlier this year, board members had agreed to use a combination of the county's American Rescue Plan Act (ARPA) funds and the EMS Department's budget to pay for the project, but after a motion was made to approve the contract, Supervisor Jake Hackman said he wanted the the project to be paid for solely with EMS

funds.

Asked by resident Terry Johnson what had changed, Hackman offered a quick and succinct reply.

"I've changed my mind," he said.

"All the time, as long as we've heard about this project, we were going to get ARPA funds," Johnson said, "but we keep reversing and kicking the can

down the road again and now you want to cut them out of the ARPA fund? I find that disgusting." Hackman, in reference to the fact

[SEE REMODEL, 2](#)

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Students lead the way with Opportunity Fair

Iowa BIG North students ready to welcome businesses and colleges to event Tuesday

By BOB FENSKE
editor@nhtrib.com

New Hampton High School student Bryce Flugum's answer was short and to the point when it came to the goal he and his fellow Iowa BIG North students had as they set up the Opportunity Fair.

"We wanted to make it a one-stop shop," he said.

Anything else?

"Nope, that's about it."

Well, it looks like the students succeeded as New Hampton High School will be home Tuesday to a substantial career fair that will include at least 32 businesses, military recruiters and representatives from more than a dozen colleges.

[SEE FAIR, 7](#)



Bob Fenske/Tribune

New Hampton High School Jazz Band member Connor Stumme plays his saxophone during the Jazz Dessert Concert that was held this past Friday evening and kicked off what will be a busy couple of weeks for young instrumentalists throughout the school district.

NEW HAMPTON STUDENT MUSICIANS GO 'OUTSIDE THE BOX' AT DESSERT CONCERT

By BOB FENSKE
editor@nhtrib.com

Ask Jenny Adam the difference between concert band and jazz band, and the New Hampton Middle School instructor has a quick answer.

"If you think about music as a language," she said, "jazz is a different dialect."

And for almost an hour, the instrumentalists of New Hampton Middle School and New Hampton High School showed they were quite comfortable speaking the dialect as they put on a rousing Jazz Dessert Concert in the competi-

tion gym lobby that makes for a cool venue for the event.

The students also showed their versatility as a number of them played multiple instruments during the concert.

But it's the jazz that attracts kids to what is basically an "extra-curricular" when it comes to band. Yes, concert band and jazz band both have "band" in them, but they are vastly different.

As Adam put it, a concert band composer is "very specific" when he or she writes the music and expects the music "to be played a certain

way. "Jazz band offers a lot more creativity and outside of the box thinking. It is almost guaranteed that the same band will never perform the same chart exactly the same way."

That's what Adam and her husband, Justin, who is the high school band director, love about jazz in general and the Dessert Concert in particular.

They also appreciate the fact that they have multiple students who played more than one instrument on Friday evening, something Justin

[SEE BAND, 3](#)

Lawler Library gets a new and bigger look

Facility almost doubles in size with addition of former community room

By BOB FENSKE
editor@nhtrib.com

The Lawler Public Library has a new and much "bigger" look these days.

The library, which shares a building with City Hall in the small Chickasaw County town's downtown area, recently underwent an expansion that its director, Cathy Humpal, says has almost doubled the size of the facility.

"We were so cramped before, and it was very difficult for us to do



Bob Fenske/Tribune

Lawler Public Library Director Cathy Humpal poses for a photo in the newly remodeled facility that recently underwent an expansion.

It's now official, New Hampton headed to UIC

By BOB FENSKE
editor@nhtrib.com

After more than a century in the Northeast Iowa Conference, New Hampton is headed to the Upper Iowa Conference after superintendents in that conference voted Tuesday to accept the applications from New Hampton and Waukon to join the league at the beginning of the 2025-26 school year.

"There is a sense of relief, I think you can say that," New Hampton Superintendent Jay Jurens said.

"We know what we're doing, we know where we're going and who we're going to play. It's been a process, but we knew it would be. I understand the attachment our community has to the NEIC, but this is the right thing for our students."

Jurens also serves as the

[SEE CONFERENCE, 9](#)



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Quick work

In a relatively short meeting, New Hampton City Council sells land, buys snowblower

Page 4



Passion found

New Hampton High School senior to continue running career at Wartburg next year

Page 11



Boomers

Check out our stories, great sponsors in pages devoted to Baby Boomers

Page 13-16

Primary filing period underway for those seeking county offices

Three Board of Supervisors seats — currently held by Breitbach, Hackman and Kuhn — along with auditor, sheriff up for election in 2024

By BOB FENSKE
editor@nhtrib.com

Those interested in becoming candidates for federal, state and county offices have a little more than two more weeks to get their names on the ballot for this summer's primary election.

The filing period for the June 4 primary, at least when it comes to county offices, began on Monday and runs through 5 p.m. on Friday, March 22, and those who want to seek their party's nomination must have their filing papers in by that date.

The filing period for federal and state offices began on Feb. 26 and runs through March 15.

Chickasaw County Deputy Commissioner of Elections Gina Fangman said Monday that residents who want to run in either the Democratic or Republican primary can stop into the Auditor's Office to pick up paperwork and added that candidates will also need to get the required number of signatures for the respective offices they are seeking.

"The number [of signatures] depends on the office," Fangman said and added that the signatures must

come from those who live within the county or, in the case of supervisor races, within the district.

This year's election will have a relatively healthy number of county offices up for election as three supervisor seats and two county-wide offices are slated to be on the 2024 ballot.

Supervisor districts on the ballot this year include the District 1 seat currently held by Democrat Steve Breitbach, the District 3 seat currently held by Republican Jake Hackman and the District 4 seat currently held by Republican Matt Kuhn.

Other county offices on the 2024

ballot are auditor and sheriff.

Auditor Sheila Shekleton, a Republican, won an uncontested election in 2022 to fill her office's vacancy, while Ryan Shawver, also a Republican, was appointed to the office in January 2023 after then-Sheriff Marty Hemann retired.

Both state legislators — State Sen. Sandy Salmon, R-Janesville, and State Rep. Charley Thomson, R-Charles City — have announced that they intend to seek re-election.

And while 2024 is a presidential election year, this is once-every-six-years in the election cycle that will see

Iowa without a U.S. Senate race.

That means the only other federal office, besides president, that will be on the ballot in Chickasaw County, will be the U.S. House of Representatives seat that is currently held by Republican Ashley Hinson.

As for the county offices, those who enter the primary will basically cast their lot with the June 4 election.

That's because under Iowa law, those that file for the primary can not file as an independent for the same office when the non-party filing period opens up later this summer, although they can seek another office.



Terri Josephson/Tribune

Lose an hour of sleep so let Lions do the cooking!

New Hampton Lions Club President Adam Zeien sells Tribune Editor Bob Fenske a ticket for the 52nd annual Pancake and French Toast Breakfast that will be held from 8 a.m. to 12:30 p.m. this Sunday at the New Hampton High School cafeteria.

The breakfast is always held on the morning after we "spring ahead," which means if we're going to lose an hour of sleep, we might as well let the Lions do the cooking for us.

Tickets for the event are \$8 in advance and are available from any New Hampton Lions Club member. Tickets will also be available at the door Sunday and are \$8.50. Proceeds from the breakfast will go to support a variety of Lions projects, as well as scholarships the organization awards each year.

Lawler Library hopes to add STEM area

LIBRARY: FROM 1

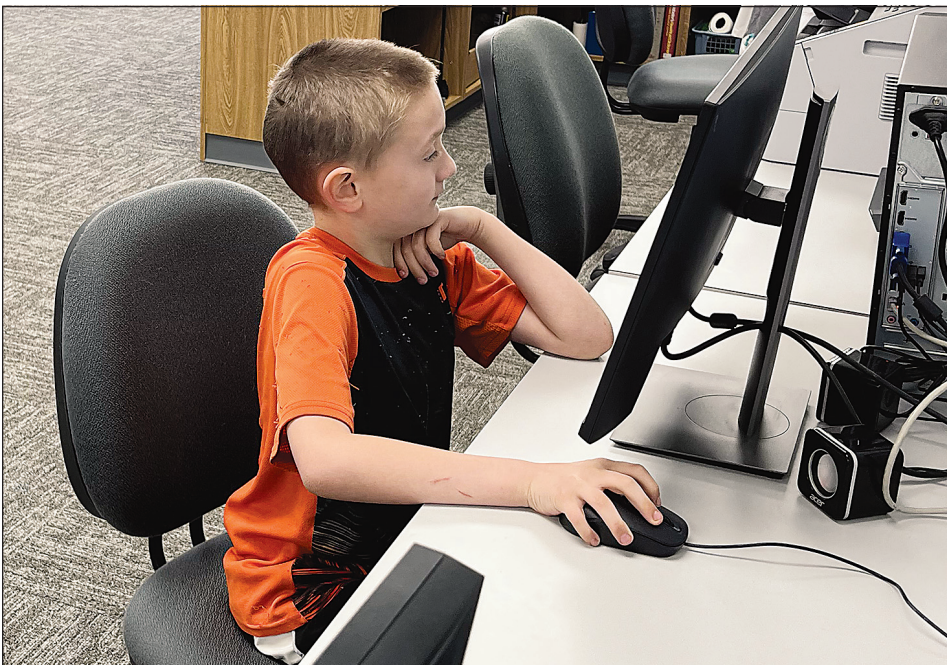
programming," Humpal said. "We were really a room crammed full of books, and now, look around, we look like a library."

Late last year, Humpal and the Library Board approached the City Council about taking over what had been a community room in the back of the building and incorporating the room into the library.

"One of our board members, Renea Huinker, she's really a visionary and I think once she suggested it, we thought this would be perfect," Humpal said. "Obviously, we're landlocked when it comes to expanding the building but that room would add so much to our facility."

The community room had served a variety of purposes over the years. It was where, for years, Lawler residents cast ballots during elections and was also used for things like showers, group meetings and the like. But in recent years, it has been rarely used.

Council members agreed to turn the room over to the Library Board, with the condition that funds for the "expansion" would have to come from the library budget and donations.



Bob Fenske/Tribune

Young Jenson Humpal, the grandson of Lawler Public Library Director Cathy Humpal, works on one of the computers in the newly-expanded facility.

The wall between the library and community was removed, a window was added, new flooring was installed and after being closed for about three weeks last month so that the renovation could be completed, the library reopened last week.

"The community room, without a window, it was dark, it wasn't very airy, if you will," Humpal said. "It's amazing to me how much one window can make a difference."

Then again, the same can be said for the entire library, which has undergone a major transformation over the past month.

It looks — heck, it smells — new.

"Every time I walk in here, I feel so blessed," said Humpal, who serves as the library's director since 2008. "It's like we have a new building."

And it's not done yet. Humpal and her board members hope to develop a "STEM corner" and are looking forward to celebrating the renovation during an open house this spring.

"Libraries are so important, and I know I'm supposed to say that with my job but it's true," she said. "People do rely on us — not just for books but for a lot of other things. Our computers get used, people find so many answers in this little building and that's why we're excited to start really what is a new chapter for us."

She said even when the library was closed during the renovation, patrons stopped by needing help they couldn't anywhere else in the small town.

"People would come in, 'Cathy, I really

need copies,' things like that," she said. "We're here to help, and now, we can offer more things. The people who met in the community room, the [Legion] Auxiliary, for example, they can still meet here. We have the room to do it. We'll have the room to have programming and still have people able to come and do what they need to do at the library. We were so small, it was almost claustrophobic."

.....

The Lawler Public Library this week has returned to its "spring hours," meaning it is open Mondays from 1 to 6 p.m., Tuesdays from 1 to 5 p.m., Wednesdays from 8 a.m. to noon, Thursdays and Fridays from 1 to 5 p.m. and Saturdays from 8:30 to 11:30 a.m.

Supervisors battle over how to pay for EMS remodeling project

REMODEL: FROM 1

that ARPA funds were used to purchase ambulances and equipment for the county-owned ambulance service that began running on Jan. 1, 2023, offered his rebuttal.

"Mr. Johnson, our ARPA funds have funded this EMS from the start," he said.

Supervisor Matt Kuhn, who made the original motion to approve the contract, said he found it interesting that not only did supervisors agree to allocate \$600,000 of ARPA

funds to the Secondary Roads Department but that another \$217,000 of ARPA funds were used to fund the rural portion of the ambulance service costs for this fiscal year.

"What's funny is that doesn't get brought up," Kuhn said.

Board members then voted 3-2 — with only Hackman and Travis Suckow voting in the affirmative — to reject Hackman's amendment.

Kuhn then clarified his motion to approve the contract with Stanton Electric — using \$64,000 of ARPA funds with the EMS Department budget covering the rest of the costs.

The contract requires that sub-contractors Country Carpentry, Mic's Plumbing and Heating, Stanton Electric, Midwest Floors and TSI Iowa be employed on the project, and their costs, along with interior finish work and other project costs — like a dumpster, clearing, storage trailer and blue prints — add up to \$156,414.

The contract also calls for Stanton Electric to receive a 5 percent construction management fee of \$7,821 and a 3 percent bond of \$4,927 for a total of \$169,162.

Stanton told supervisors he also had a \$5,500 contingency

fee, and the contract calls for the construction manager to return to the supervisors if that contingency is exhausted.

Board Chairman Scott Cerwinski also read a letter from Fredericksburg resident Doreen Cook, who voiced her opinion that those on the first crew should be required to be at the station and not at their homes when they are on duty.

Hackman also had questions about a recent social media post on the Chickasaw County EMS Facebook page in which the department acknowledged receiving a \$5,000 donation from Milkhouse Candles that "will go towards the construction of living quarters for our hardworking staff."

Hackman said he believed that \$5,000 should be accounted for in the project cost, but in the end, the board decided not to include that donation and further investigate the nature of the donation.

Finally, board members voted on Kuhn's clarified motion, with Kuhn, Steve Breitbach and Cerwinski voting for it while Hackman and Suckow cast dissenting votes.

Stanton said work would begin on the project soon and that he expects no issues with the contract's call for a completion date of July 15.

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- Sensory processing disorder
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Bob Fenske/Tribune

BAND: FROM 1

A young woman with long brown hair is shown in profile, playing a saxophone. She is wearing a black short-sleeved shirt. A tattoo is visible on her left forearm. In the background, other musicians and brass instruments are partially visible, suggesting a band performance.

The concert will include performances

Monday's concert begins at 7 p.m. and will be held in the competition gymnasium.



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The image displays a variety of Castrol automotive maintenance products. In the background, three large black plastic jugs are visible. The leftmost jug is labeled 'CASE II CASE NO.1 ENGINE OIL' and 'HUILE MOTEUR'. The middle jug is labeled 'CASE II CASE HY-TRAN PREMIUM HYPER-TRANSMISSION OIL' and 'HUILE DE TRANSMISSION'. The rightmost jug is labeled 'CASE II CASE COOLANT' and 'LIQUIDE DE REFRIGEREMENT'. In the foreground, there is a can of 'MULTI-POINT BRAKE GREASE' (GRASSE POLYVALENTE) with a red and black label. To the left of the grease can is a single brake pad. To the right of the grease can is a brake disc and a white cylindrical oil filter with the 'Prestolight' logo and 'LF3744' part number.

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Can You Save Too Much For a Rainy Day?

“Save for a rainy day” is an old piece of advice — and a good one. But is it possible to save too much?

To begin with, what defines a “rainy day” in terms of financial needs? It could be any number of things: a temporary loss of employment, a major home or car repair, a large medical bill, and so on.

If you did not have the money readily available to pay for these types of expenses, you might be forced to dip into your IRA, 401(k) or other retirement accounts, incurring taxes and possible penalties, as well as lowering the amount of money you’d have available for retirement. And that’s why it’s a good idea to build an emergency fund containing up to six months’ worth of total expenses, with the money kept in a liquid, low-risk account that’s separate from the accounts you use for your daily spending needs.

An emergency fund is valuable, but many people may be over funding it. And while this isn’t the biggest financial mistake one can make, it could result in some missed opportunities.

For one thing, when you keep money in a low-risk account, you can generally count on your principal being protected, which means the money will be there for you when you need it —but the flip side is that this money likely won’t grow very much, if at all. And if you’re going to achieve your long-term goals, such as a comfortable retirement, you need your investment portfolio to provide you with significant growth potential within the context of your individual risk tolerance. So, any excess dollars kept in your rainy-day fund might be used to help fuel some growth-oriented investments.

You could also use these dollars to help diversify your investment portfolio. If you only owned one type of investment, your portfolio could take a big hit if a market downturn



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affected just that asset class. But by owning a mix of stocks, bonds, government securities and other investments, you can help reduce the impact of market volatility. (Keep in mind, though, that diversification, by itself, can’t protect against all losses.)

Still, before deciding on what to do with extra money you might have in your emergency fund, how will you know if you indeed have too much? Up to six months’ worth of total expenses may be adequate for most people — but everyone’s life is different. For example, if you have reason to believe your employment — or that of your spouse — may be in jeopardy in the near future, or if you anticipate the need for some renovations to your home, but not for a year or so, you might want more than six months of expenses tucked away in your emergency fund. Also, once you’re retired, you may well want to keep a year’s worth of expenses in the fund. If you need cash, you don’t want to be forced to sell investments when their price may be down, especially since you have less time for them to recover.

Ultimately, when thinking about how much to keep in your emergency fund, review your situation carefully and weigh as many variables as you can. And if you do decide your rainy-day fund is abundant, use any “overflow” in a way that can help you keep moving toward your financial goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.
Edward Jones, Member SIPC

Students to have ‘shorter’ weeks

New Hampton Community Schools and St. Joseph Community School students will have a couple of “less-than-full” weeks.

Students will be dismissed an hour early next Tuesday and Thursday because of the parent-teacher conferences. Friday is set to be a comp day for teachers, and with professional development set for Monday, March 18, there will be no classes that day.



Submitted photo

A heartwarming display of teamwork!

Members of the New Hampton and Turkey Valley FFA chapters pose for a group picture during National FFA Week, when they came together to reach their goal of producing 100,000 Meals from the Heartland, a nonprofit organization dedicated to combating hunger. Through fundraising efforts, strategic planning and hands-on work, these young individuals embraced the challenge with unwavering enthusiasm. The initiative not only served as an opportunity to make a tangible difference in the lives of others but also fostered a sense of purpose within the local communities. Students, teachers, and volunteers came together, united by a shared commitment to addressing food insecurity and making a meaningful impact.

See STORY, next week’s Tribune

City Council approves selling land, purchases used snowblower

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

In a relatively quick meeting Monday night, the New Hampton City Council approved the sale of city-owned land and gave the go-ahead for the Street Department to purchase a used snowblower to replace one that is more than 45 years old.

Start with the land sale, which consists of the city’s right-of-way that extends from Gardner Street to Spring Creek located to the east of the dead-end street.

Earlier this year, council members agreed to accepting bids for the little more than a half-acre of land, but despite one resident, Bill Prouty, requesting that the right-of-way be divided into three parcels during a public hearing on Feb. 19, the council moved forward to accept bids on the entire parcel of land.

Council members set the minimum bid for the parcel at \$8,500, which they said took into account the value of the land as well as the city paying for the survey of the area.

On Monday, the city opened two bids — one from Kelly O’Donell; the other from Bill and Mary Prouty, both of whom



Bob Fenske/Tribune

New Hampton City Council members OK’d the sale of a tract of land that runs from the end of Gardner Street to Spring Creek.

own lots adjacent to the right-of-way.

O’Donnell’s bid was for \$12,500 but also stated that he would go \$1,250 higher than the highest bid. The Proutys also put in an “escalation bid,” one with an original offer of \$16,000 that could increase by \$2,561 over the highest bid. But the Prouty offer was capped at \$18,561.

Because O’Donnell had not capped his bid, City Attorney Todd Prichard told council members that O’Donnell’s final bid was \$19,811 — the \$18,561

the Proutys had bid, plus \$1,250 — and council members voted 5-0 to accept the offer on the land.

Also on Monday, council members gave Public Works Director Casey Mai the go-ahead to purchase a 2007 snowblower for \$70,000 to replace the 1978 snowblower the city currently uses to remove snow from the downtown area.

But council members agreed with Mai to exclude the \$2,500 trade-in on the city’s current snowblower.

“I think we can get more for

that just selling it for parts,” Councilman Joe Denner said.

Mai said the city’s current snowblower has had a number of issues in recent years, and after the meeting, he said the piece of equipment is vital to snow removal.

“I know we haven’t had much snow this year, but we’ve still had it out five times,” he said. “If we couldn’t blow the snow into trucks, it would literally take us days to clean out the downtown after a snowfall. That’s not good for anyone — the businesses, the residents, anyone.”

New Hampton Calendar of Events

March 2024

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IOWA STATE UNIVERSITY Extension and Outreach

THURSDAY, MARCH 7

- 3:15pm Track & Field: Boys Varsity Meet vs. IATC Indoor @ Iowa State
- 3:45pm- 5:45pm Trap Shooting Sportsman’s Club Boyd Practice (Senior)
- 9:30-noon Private Pesticide Applicator CIC (P-CIC) Chickasaw County Extension

FRIDAY, MARCH 8

- End 3rd Quarter
- 7:30am Interact Club Meeting in Mrs. Ward’s room - 106
- 3:45pm- 5:45pm Trap Shooting Sportsman’s Club Boyd Practice (Intermediates)

SATURDAY, MARCH 9

- FFA NE District FFA Conference @ Waukon
- Individual Speech TBD State Individual Speech Contest
- Beta Sigma Phi Fundraiser, entertainment by The String Showdown at Golf & Country Club, NH

SUNDAY, MARCH 10

- NH Lions Club Pancake Breakfast, New Hampton

MONDAY, MARCH 11

- 7:00pm Music High School Gym Parade of Bands-Middle School and High School

TUESDAY, MARCH 12

- Parent Teacher Conferences 1 hour early dismissal
- 1:00pm- 7:00pm Iowa BIG North Opportunity Fair to the District
- 2:30pm Track & Field: Girls Varsity Meet vs. Wartburg College @ Wartburg College
- 2:30pm Track & Field: Boys Varsity Meet vs. Wartburg College @ Wartburg College
- 3:45pm- 5:45pm Trap Shooting Sportsman’s Club Boyd Practice (All)

- 9 am - 2 pm Volunteer Income Tax Assistance (VITA), Chickasaw County Extension

WEDNESDAY, MARCH 13

- 12 pm -1pm Retirement Planning Workshop, Chickasaw Co. Extension

THURSDAY, MARCH 14

- Parent Teacher Conferences 1 hour early dismissal
- 3:45pm- 5:45pm Trap Shooting Sportsman’s Club Boyd Practice (Seniors)
- Irish Stew (Chickasaw Event Center) New Hampton

SATURDAY, MARCH 16

- Hunter Education class at F’burg Sportsman’s Club, register w/IA DNR is required. Questions call 641-394-4714, Fredericksburg
- Nashua Chamber Awards Banquet, Advance Tickets Required, Nashua
- 10-10:45 am Private Well Stewardship Program, Sumner Iowa

FRIDAY, MARCH 15

- No School Comp Day
- 3:45pm- 5:45pm Trap Shooting Sportsman’s Club Boyd Practice (Intermediates)

MONDAY, MARCH 18

- No School Teacher In-service

TUESDAY, MARCH 19

- 3:45pm- 5:45pm Trap Shooting Sportsman’s Club Boyd Practice (All)
- 4:30pm Track & Field: Girls Varsity Meet vs. Luther College @ Luther College
- 4:30pm Track & Field: Boys Varsity Meet vs. Luther College @ Luther College
- 6-8 pm Extension Council Meeting, Chickasaw County Extension

WEDNESDAY, MARCH 20

- 9:00am- 2:00pm Student Senate Middle School Gym Student Senate Red Cross Blood Drive.
- 3:45pm- 8:00pm Lettermen’s HS Weight Room Lift-a-thon MS - will start lifting around 3:45 pm HS - will start lifting around 5:00 pm
- 5:00pm Chickasaw Athletic Booster Club Meeting Middle/ High School Cafeteria
- Veteran’s coffee 9 am at Heritage Residence, New Hampton
- 9-11:30 am Certified Handlers C-CIC, Chickasaw County Extension

THURSDAY, MARCH 21

- 3:45pm- 5:45pm Trap Shooting Sportsman’s Club Boyd Practice (Seniors)
- 7:00pm Drama Auditorium MS Musical
- 9 am -2 pm Volunteer Income Tax Assistance (VITA) Chickasaw County Extension

FRIDAY, MARCH 22

- 7:00pm Drama Auditorium MS Musical

SATURDAY, MARCH 23

- 8:00am FFA Middle School Gym New Hampton FFA Chapter Banquet
- New Hampton Craft and Vendor Shopping event by Canedo, at Chickasaw Event Center, New Hampton
- NH Fire Fighters Association Dance at

- NH Golf & Country Club, New Hampton
- Pizza Puzzle at the B, Nashua

SUNDAY, MARCH 24

- Future Business Leaders of America State Leadership Conference at Cedar Rapids
- Suicide Grief Support - Everyone Hurts at St. John’s School of Religion 1:30-3 pm, New Hampton

MONDAY, MARCH 25

- Future Business Leaders of America State Leadership Conference at Cedar Rapids

TUESDAY, MARCH 26

- Future Business Leaders of America State Leadership Conference at Cedar Rapids
- 3:45pm- 5:45pm Trap Shooting Sportsman’s Club Boyd Practice (All)

WEDNESDAY, MARCH 27

- 3:30pm Troy Baas Photography High School Athletic Complex Area Spring Sports Pictures/All State Speech photos if needed
- 9-11:30 am Ornamental and Turf Pest Control C-CIC, Chickasaw County Extension

THURSDAY, MARCH 28

- 2 Hour Early Out
- 7:15am Yearbook Meeting
- 3:45pm- 5:45pm Trap Shooting

Sportsman’s Club Boyd Practice (All)

- 4:30pm Soccer: Girls Varsity Game vs. Charles City @ New Hampton High School High School Athletic Complex Area
- 5:00pm Track & Field: Girls Varsity Meet vs. Multiple Schools @ Waverly-Shell Rock High School
- 5:00pm Track & Field: Boys Varsity Meet vs. Waverly-Shell Rock @ Waverly-Shell Rock High School
- 6:00pm Soccer: Boys Varsity Game vs. Charles City @ New Hampton High School High School Athletic Complex Area
- 9 am - 2 pm Volunteer Income Tax Assistance (VITA), Chickasaw County Extension

FRIDAY, MARCH 29

- No School Spring Break
- 3:45pm- 5:45pm Trap Shooting Sportsman’s Club Boyd Practice (Intermediates)

SATURDAY, MARCH 30

- Nashua Women of Today Easter Egg Hunt at Husky Wellness Center, Nashua
- Easter Egg Hunt & Brunch, Chickasaw Event Center, New Hampton
- NH Woman of Today, Annual Easter Egg Hunt 10 am at Mikkelson Park, New Hampton
- 4-5:30 pm YQCA Chickasaw County Extension

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Church Services

NEW HAMPTON
TRINITY LUTHERAN
223 S. Water
trinitylutherannewhampton.org
641-394-2552
Pastors Kevin Frey and Dan Christensen
Service times: 6 p.m. Wednesday; 9 a.m., Sunday.

HOLY FAMILY CATHOLIC
202 N. Broadway
641-394-2105
Father Jim Goerend
Mass times: 4 p.m., Saturday; 8 and 10 a.m., Sunday.

NEW HAMPTON
METHODIST & UNITED CHURCH OF CHRIST
at First United Methodist
201 N. Locust Ave.
Service times: 9:15 a.m. Sunday at NHMC; 10:30 a.m. Sunday at New Hampton UCC.

REDEEMER LUTHERAN
611 W. Court St.
saudejerico.com
Pastor Peter Faugstad
Service time: 4 p.m. Saturday Divine Service
HARVEST CHURCH
481 S. Linn Ave.
harvestcares.com
641-394-4380
Pastor Anthony Harris
Service time: 9:30 a.m. Sunday.

PRAIRIE LAKES
234 S. Linn Ave.
prairielakeschurch.org
641-456-6880
Pastor Cory Orr
Service times: 9 a.m., Sunday.

JERICO
JERICO LUTHERAN
2512 120th St., New Hampton
saudejerico.com
Pastor Peter Faugstad
Service time: 8:30 or 10:30 a.m. Sunday Divine Service (check website).

SAUDE
SAUDE LUTHERAN
2949 Stevens Trail, Lawler
saudejerico.com
Pastor Peter Faugstad
Service time: 8:30 or 10:30 a.m. Sunday Divine Service (check website).

IONIA
UNITED CHURCH OF CHRIST
firstumcnewhampton.com
Service time: 9 a.m. Sunday.

ST. BONIFACE CATHOLIC
Father Jim Goerend
Mass: Saturday, 6 p.m.

LOURDES
OUR LADY OF LOURDES CATHOLIC
Rev. Jerry Kopacek
Mass time: Saturday, March 16, 4 p.m.

ALTA VISTA
ST. BERNARD CATHOLIC
Rev. Jerry Kopacek
Mass time: Saturday, 6 p.m.

ZION LUTHERAN CHURCH
Pastor Sue Cira
641-364-2115
Service time: Sunday, 8 a.m.

ELMA
IMMACULATE CONCEPTION CATHOLIC
Rev. Jerry Kopacek
Mass: Sunday, 7:15 a.m.
ST. PETER LUTHERAN CHURCH
Pastor Bruce Miller
107 Wood St. Elma
Service time: 9 a.m. Sunday.

NORTH WASHINGTON
IMMACULATE CONCEPTION
Father Jim Goerend
Mass: Saturday, March 16, 6 p.m.

God loves His people

God didn't send Son into the world to condemn it but to save it

I've been working on getting the stuff organized in my basement. This has been an ongoing project for quite a while. I get some areas done in a hurry but others ... not so much.

I find something that needs to be looked at more closely and find myself lost in memories with not much getting accomplished. I keep promising myself that I'll get this much done this week, but it just doesn't seem to happen.

Promises – you know those agreements we make with ourselves or someone else to do or not to do something. I always mean to follow through with my promises when I make them but it just doesn't always happen.

We've been talking

about God's covenants during this season of Lent. Promises from God. Promises that we can depend on to happen.

God's covenant with Noah, the people, and the animals that never again would there be a flood to wipe out the earth. God's covenant with Abraham and Sarah that their descendants would be great numbers ... like the stars in the sky or the sands on the beach by having this child at a very old age.

The covenants sent down with Moses for us as the Ten Commandments – laws to follow to maintain order and right living, especially to be servants as shown to us by Jesus.

The covenant as God's

promise that believers won't perish but will be given eternal life which we find in John 3:16, "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life."

The world. This world. Our world that we live in. God made and loved the world and called it good. Sometimes I think about the people in the world who just can't seem to get along with each other because of race, color, beliefs, country of origin, and etc.

Or the people in countries who fight against each other. All are part of the world that God made.

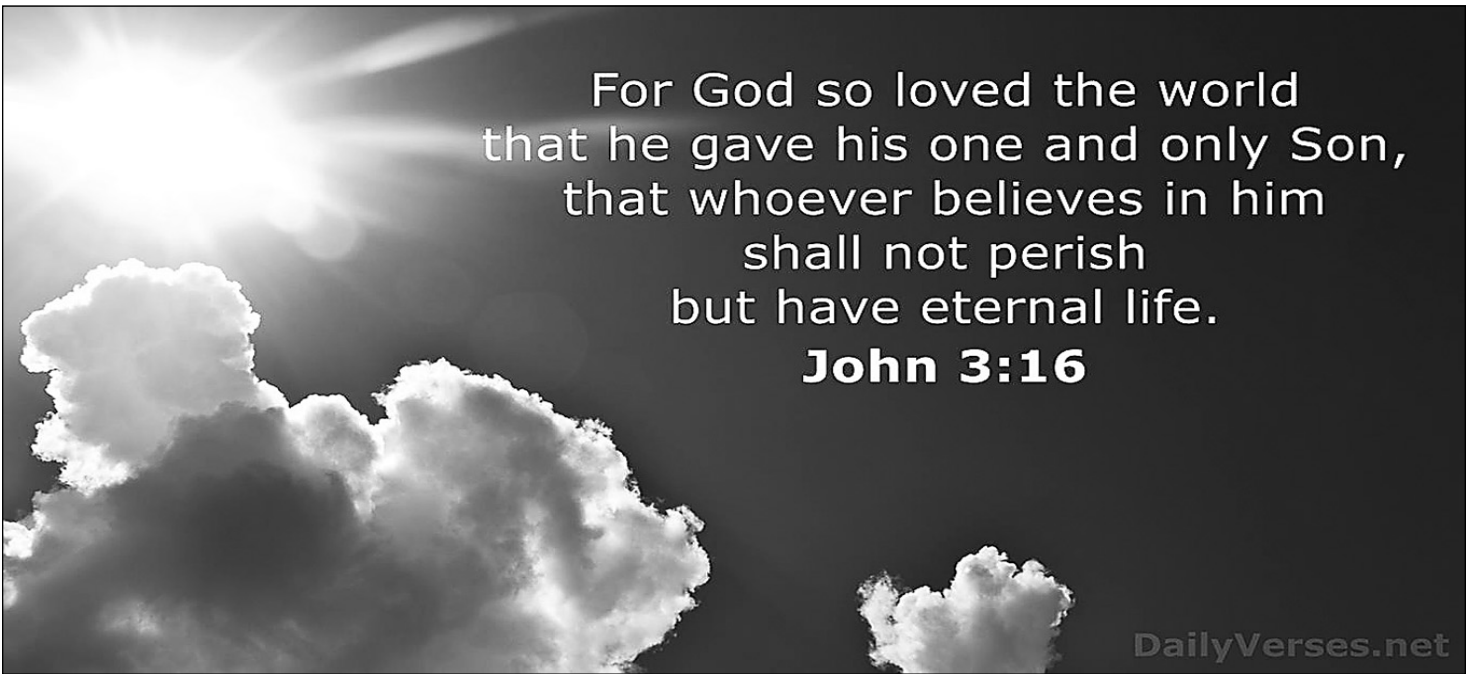
The next verses say that God didn't send his



Pastor Sue Cira serves Immanuel Crane Creek Lutheran Church in rural Lawler and Zion Lutheran Church in Alta Vista.

Son into the world to condemn the world but to save it.

The world is important to God. The people in the world are important to God. All the people. God loves the people. God loves the world. We can trust God's promises and that God loves us.



For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 3:16

DailyVerses.net

Exploring the traditions that come with Lent

The Lenten season marks a period of 40 days when faithful Christians prepare for the glory of Easter Sunday. Easter commemorates the miracle of Jesus Christ's resurrection, which is foundational for the Christian faith.

Lent is a season when Christians reflect and prepare to celebrate Easter. Lent is a period of spiritual purification that begins on Ash Wednesday and ends on Holy Thursday. Fasting, giving alms and prayer are some of the hallmarks of Lent.

Many Lenten traditions are well known, but others are not. Here's a glimpse at some of those traditions.

The first 'Lent'

Lent is based on the 40 days that Jesus spent in the desert in preparation for his public life. Matthew 4:1-11 shares that Christ was led into the desert by the Holy Spirit for a period of fasting and prayer, where He constantly encountered the devil and his temptations.

Lent also mirrors the period of time (40 days) that the Israelites spent in their journey from slavery in Egypt to the promised land of Israel.

Black fasts

While certain Lenten restrictions have lightened up a bit in recent years, it once was the norm to consume a single meal per day of bread, water and herbs after sunset on Ash Wednesday and Good Friday, which was known as a black fast. During the other days of Lent, no food was allowed until 3 p.m., which Christians believe was the hour of Our Lord's death.

Piñatas for Lent?

The Lenten tradition of hitting a papi-



er-mâché creation filled with candy originated in Italy. Eventually the idea was picked up by the Spanish and brought to Mexico, where the familiar piñatas now known to partygoers across the globe appeared.

Professor Michael Foley, author of "Dining with the Saints," says the original piñata had seven cones to represent the seven deadly sins. Hitting the cones and defeating the sins revealed the heavenly reward in the form of candy.

Prayerful pretzels

In the early Middle Ages, when other foods were not allowed during Lent, pret-

zels became popular. The twisted shape of the pretzels was associated with arms entwined in prayer.

Hot cross buns

Hot cross buns are synonymous with Easter. Although they may predate Christianity and might have been a tradition adopted to make Christianity more relatable to the masses, one legend suggests they originated with a 12th century Anglican monk.

This monk reportedly baked the buns and marked them with crosses in honor of Good Friday. These yeasted sweet rolls have since become a popular treat during Lent.

Church Services

NASHUA
LITTLE BROWN CHURCH
littlebrownchurch.org
Pastor Drew McHolm
Service times: Sing-A-Long Service, 10:15 a.m., and worship service at 10:30 a.m., Sunday.

REPUBLIC CHURCH
1794 280th St., Ionia
Pastor Sarah Namukose
Service time: 10:30 a.m. Sundays.

UNITED METHODIST CHURCH
314 Brasher Street
Pastor Sarah Namukose
Service time: 9 a.m. Sundays.

ST. JOHN LUTHERAN
300 Merrill St.
Pastor Todd Burrichter
Service time: 9 a.m. Sundays.

CEDAR POINT CHURCH
310 Main Street
Pastor Darin Cerwinski
Service time: 6:30 p.m. Friday.

ST. MICHAELS CHURCH
602 Cedar Street
Father Tom Heathershaw
Service time: 6:30 p.m. Saturdays.

ST. JOHN'S UCC - PLEASANT HILL
10009 Union Ave.
Pastor Drew McHolm
Service time: Sunday, 9 a.m.

PLAINFIELD
UNITED METHODIST
404 2nd St.
319-276-3195
Pastor Roberta Robbins
Service time: Sunday, 8:30 a.m.

LAWLER
OUR LADY OF MT. CARMEL CATHOLIC CHURCH
3030 Highway 24
Father Nick Radloff
Mass: Saturday, 4 p.m.

IMMANUEL CRANE CREEK LUTHERAN CHURCH
2616 140th St, Lawler
Pastor Sue Cira
Service time: 9:30 a.m., Sundays.

FREDERICKSBURG
ST. PAUL'S LUTHERAN CHURCH-MISSOURI SYNOD
222 S. Washington Ave.
Pastor Ron Koch
Service time: 9 a.m., Sundays.

PEACE UCC CHURCH
221 Oak St.
Pastor Scott Smith
Service time: 9 a.m., Sundays.

WAUCOMA
ST. MARY CATHOLIC
218 3rd St. NW
Father Nick Radloff
Mass: Sunday, 8:30 a.m.

ST. LUCAS
ST. LUKE CATHOLIC
215 East Main
Father Nick Radloff
Mass: Sunday, March 17, 10:30 a.m.

PROTIVIN
HOLY TRINITY
124 N. Main St.
Father Nick Radloff
Mass: Sunday, March 17, 8:30 a.m.

LITTLE TURKEY
ASSUMPTION OF THE BLESSED VIRGIN MARY
3303 160th St.
Father Nick Radloff
Mass: Sunday, 10:30 a.m.

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FIRST UNITED CHURCH OF CHRIST
31015 150th Street
Rev. Peter Wenzel
Service time: 10 a.m., Sundays.

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Almanac

	H	L	P
Wednesday	21	2	--
Thursday	55	35	--
Friday	65	34	--
Saturday	64	29	--
Sunday	74	29	--
Monday	41	27	.32
Tuesday	52	24	--

Forecast

Thursday: Increasing clouds with rain likely by evening; high 54, low 37.

Friday: Cloudy, blustery and rainy with a high of 44 and a low of 25.

Saturday: Mostly sunny with a high of 44 and a low of 24.

Sunday: Mostly sunny with a high of 51 and a low of 30.

Extended forecast: We'll start the weekend with sunny skies and warm temperatures as highs are expected to be in the 60s and lows dropping into the 30s.

Meetings

MONDAY

- Chickasaw County Board of Supervisors, 9 a.m., Courthouse.
- New Hampton Light Plant and Telecommunications boards, 5 p.m., New Hampton Municipal Utilities Board Room.

History

- In 1876, 29-year-old Alexander Graham Bell receives a patent for his revolutionary new invention — the telephone.
- In 1936, Nazi leader Adolf Hitler violates the Treaty of Versailles and the Locarno Pact by sending German military forces into the Rhineland, a demilitarized zone along the Rhine River in western Germany.
- In 1941, a British expeditionary force from North Africa lands in Greece during World War II.
- In 1965, in Selma, Alabama, a 600-person civil rights demonstration ends in violence when marchers are attacked and beaten by white state troopers and sheriff's deputies during a day that becomes known as "Bloody Sunday."
- In 1999, American filmmaker and Oscar winner Stanley Kubrick dies in Hertfordshire, England, at the age of 70.
- In 2010, Kathryn Bigelow becomes the first woman to win an Academy Award for best director, for her movie "The Hurt Locker."

Birthdays

- Former MLB star Jeff Kent turns 56.
- American actress and comedian Wanda Sykes turns 60.
- Former tennis star Ivan Lendl and MLB Hall of Famer Joe Carter turns 64.
- American golfer Tom Lehman turns 65.
- American actor Bryan Cranston, who starred in "Breaking Bad," turns 68.

Corrections

- The Tribune wants to make sure all information it presents is accurate and correct.

If you see an error, please call Editor Bob Fenske at 641-394-2111.

Tribune

USPS 379-680

Official Newspaper:
New Hampton
Chickasaw County

Known office of publication
18 E. Main St.
New Hampton, Iowa 50659

Published Thursday.

Periodicals postage paid at New Hampton, IA 50659

POSTMASTER: Address changes to
New Hampton Newspapers,
801 Riverside Drive
Charles City, IA 50616

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publisher@nhtrib.com

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Donald William Pankow, 88

Donald William Pankow, age 88 of Cedar Falls and formerly of Decorah and Cresco, died Monday, Feb. 26, 2024, at Western Home in Cedar Falls.

Funeral services for Don were held at 11 a.m. Friday, March 1, 2024, at Jerico Lutheran Church with the Rev. Peter Faugstad presiding.

Friends greeted the family two hours prior to the service on Friday at the church.

Hugeback-Johnson Funeral Home & Crematory in New Hampton has been entrusted with Donald's services. Online condolences for the Pankow family may be left at www.hugebackfuneralhome.com.

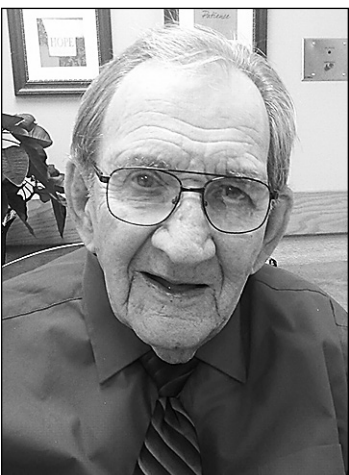
Born on Jan. 20, 1936, in rural Winneshiek County, to Carl and Catherine (Casey) Pankow, Donald was the eldest of four boys. He was baptized on Feb. 2, 1936, at St. Benedict Church in Decorah, and from an early age, he demonstrated qualities of generosity, kindness and a caring nature.

Donald attended school in Decorah, graduating from high school in 1956.

His commitment to his community was evident as he assisted his father in maintaining St. Benedict Church in Decorah.

On April 1, 1967, in Cresco, he married the love of his life, Mabel Anderson. The couple established their home in Cresco and shared many years of joy and companionship until Mabel's passing. Following this, Donald moved to Decorah, where he continued to embrace life with open arms.

Donald was a man of simple pleasures, finding joy in activities such as fishing and bike rides around Decorah. His mornings were spent at the local barbershop, engaging in friendly conversations with friends. A dedicated community member, he also took pride in serving coffee at the bakery every morning and tending to the flowers at



Donald Pankow

the Decorah State Bank.

Known for his love of family, Donald cherished moments spent with his children, grandchildren and great-grandchildren.

His passion for family vacations, car rides, and his enthusiasm for trains, gardening, polka, and dancing brought joy to those around him. The Train Museum in Boone held a special place in his heart, symbolizing one of his favorite excursions.

Donald is survived by one son, Travis (Daisy Heins) Pankow of Elma; two daughters, Michele (Ron) Farley of Aplington, and Darlene (Riley) McAlpin of Waterloo; four grandchildren, Jessie (Rachel) Farley of Indianola, Ashley (Andy) Peters of Wellsburg, Ashton Pankow of Elma, and Alexis Pankow of Elma; seven great-grandchildren, Lyle, Letty, Alice and Maeva Farley and Edwin, Abigail and Luther Peters; one brother, Robert Pankow of Dubuque; one sister-in-law, Nancy Pankow of Decorah; and many nieces and nephews.

He was preceded in death by his parents; wife, Mabel on Oct. 13, 2000; one daughter, Dawn Marie Pankow in infancy; and two brothers, Marvin and Wayne Pankow.

Pork chop meal to be held in Alta Vista Sunday

St. Bernards Church in Alta Vista is holding the 38th St. Patrick's Supper on Sunday, March 10, serving from 3 to 6 p.m.

The meal, which is a drive-through dinner, consists of grilled pork chop, dressing, corn, potatoes and gravy and pie. Tickets are \$15 in advance and \$16 at the door, the door being the Alta Vista Municipal Hall, where patrons may pick up their food.

Tickets are available from parishioners, also at the New Hampton Fareway, AV Express in Alta Vista and Security State Bank in New Hampton and Elma. Raffle tickets sponsored by the Catholic Order of Foresters St. Joseph's Court No. 878 are available.

Property Transfers

Judith A. Taylor LIV TR and Judith A. Taylor TR to Little Charlie Properties LLC; S48' NEW HAMPTON NO ADDITION Lot: 7 Block: 16.

Kate L. McCracken, Randy K. Lindenberg, Ann L. McCracken, Ann McCracken and Robert B. Malcolm to Frederic D. Rewoldt REV TR and Mary A. Rewoldt REV TR; NE SE 24-94-13.

New Hampton United Methodist Church, First United Methodist Church of New Hampton, Methodist Church New Hampton, First United Methodist Church of New Hampton Iowa. First Methodist Church, First Methodist Episcopal Church in the Town of New Hampton Iowa AND METHOSIDT CHURCH OF NEW HAMPTON IOWA to New Hampton Methodist Church; NEW HAMPTON NO ADDITION Lot: 1 Block: 13 NEW HAMPTON NO ADDITION Lot: 5 Block: 13 NEW HAMPTON NO ADDITION Lot: 6 Block: 13 NEW HAMPTON NO ADDITION Lot: 7 Block: 13 NEW HAMPTON NO ADDITION Lot: 8 Block: 13 NEW HAMPTON CAREFREE FIRST ADDITION Lot: 4 Block: 2 N56' NEW HAMPTON NO ADDITON Lot: 1 Block:12 N55' NEW HAMPTON NO ADDITION Lot: 2 Block: 12.

Angela K. Frisbey, Angela K. Stanton and Jack Frisbey to Angela K. Frisbey and Jack Frisbey; LB & N30' L7 SW SW 20-96-13.

Raymer Properties LLC to Nolan Watson and India Watson; NEW HAMPTON SOUTH VIEW ADDITION Lot: 10 Block: 4.

Peter L. Zeien and Dixie S. Zeien to Katie Anne Johnson; NEW HAMPTON MAPLE LEAF ADDITION Lot: 7 Block: 3.

James C. Mitchell EST and Kathleen A. Gruenberg EX to Lynne Harris, Kathleen Gruenberg, James Michael Mitchell and Cynthia Mitchell; UNDIVIDED ONE HALF INTEREST E75' S191' W150' L6 SW 07-94-11 UNDIVIDED ONE HALF INTEREST PARCEL S IN L6 E1/2 SW 07-94-11.

Richard J. Schoonover and Diane Schoonover to Darin Berg and Brenda Berg; FREDERICKSBURG DREWELOW HILLCREST FIRST ADDITION Lot: 4.

William ‘Bill’ Zubrod, 90



Bill Zubrod

William “Bill” Zubrod, age 90 of New Hampton, died Tuesday, Feb. 27, 2024, from natural causes surrounded by his loving family at MercyOne North Iowa Medical Center in Mason City.

A Mass of Christian Burial was held at 11 a.m. Monday, March 4, 2024, at Immaculate Conception Catholic Church in North Washington with the Rev. Ken Glaser celebrating the Mass.

Interment was held at St. Mary's Cemetery, North Washington with Joe Zubrod, Erick Zubrod, Shaye Zubrod, Treyvon Wright, Ken Lueschow and David Torres serving as pallbearers.

Friends greeted the family from 3 to 6 p.m. Sunday, March 3, 2024, at Hugeback-Johnson Funeral Home & Crematory in New Hampton where there was at 5:30 p.m. Parish Scripture Service. Visitation continued an hour prior to the Mass at the church in North Washington on Monday.

William Joseph “Bill” Zubrod was a cherished husband, beloved father, and revered member of his community.

Born to William A. and Christina (Mishak) Zubrod on Dec. 18, 1933, in Howard County, Bill was a man whose roots ran as deep as the farmland he so lovingly tended throughout his life.

Bill's formative years were spent in rural landscapes, where he attended several country schools before completing his education at St. Mary's High School in North Washington. From the tender age of 16, Bill was devoted to a life of farming, having started with the basics of working with horses and milking cows by hand on his family's farm. His passion for agriculture blossomed into a lifelong vocation, shaping him into a career farmer with an unwavering dedication to the land and the noble profession he had chosen and desired as a young child.

In a serendipitous twist of fate, Bill met the love of his life, Margaret Long, from Charles City, at a barn dance hall in Mason City. Capturing her heart as deftly as he pocketed her shoe during their first dance, the couple embarked on a loving courtship of 14 months before uniting in marriage on Nov. 24, 1960, at Immaculate Conception Church in North Washington.

Their union was blessed with nine children, and together they built a life rich in love and faith on the Zubrod family farm, where they remained throughout their 63-plus years of marriage.

Bill's children fondly remember him as an extraordinary father, whose hands, strengthened by years of labor, were matched only by his incredible work ethic — a legacy he proudly passed on to them.

His involvement with the Immaculate Conception Parish ran deep; Bill and Margaret were not only active in parish activities but also found joy in nurturing their spirituality within the community that was an integral part of their lives.

A man of diverse interests, Bill found pleasure in the simple joys of life. He was an avid card player, with horse thief being his game of choice, and hosted many lively gatherings

with family and friends. His love for Hershey's kisses was well-known, as was his quick wit and good-natured humor. Despite his reputation as a joker, Bill was also a man of few but meaningful words, always speaking with sincere honesty.

The pride of Bill's life were, without a doubt, his children, whom he often declared were the best crop he ever raised on the farm. His creative spirit shone through in the wooden toys he crafted for his kids and grandkids, and his love for old country and rock music often filled the air, accompanying the rhythms of farm work.

Bill's competitive spirit led him to win a popcorn popper in a display of his arm-wrestling prowess, a testament to his strength and playful nature.

Described by those who knew him best as handy, faith-filled, and passionate, Bill's legacy is one of devotion—to his family, his faith, and his love of farming. His life was a testament to the values he held dear, and his influence will continue to be felt by all who had the privilege of knowing him.

Bill is survived by his wife, Margaret; eight children, Wendy (Ken) Lueschow of Cresco, Tina (Dan) Beck of Elkader, Diann (Bill) Brinda of Somerville, Alabama, Joe (Deb) Zubrod of Lawler, Erick Zubrod of Waterloo, Malea Zubrod (Robert Honaker) of Mason City, Valerie Zubrod of Somerville, Alabama, and Amanda (David) Torres of Marshalltown; 19 grandchildren; 19 great-grandchildren; one great-great grandchild; one brother, Melvin (Agnes) Zubrod of Garrison, Minnesota; one sister-in-law, Lorraine Zubrod of Washington state; and many nieces and nephews.

Bill was preceded in death by his parents; son, Jeffrey in infancy; siblings, Orville (Velma), Virgil, Robert Zubrod and Madonna (Jack) Taylor.

Donald Leo Schwickerath, 87



Donald Schwickerath

Donald Leo Schwickerath, age 87 of New Hampton, passed away peacefully surrounded by family on Monday, Feb. 26, 2024, at MercyOne North Iowa Medical Center in Mason City.

A Mass of Christian Burial was held at 10:30 a.m. Saturday, March 2, 2024, at Holy Family Catholic Church in New Hampton with the Rev. Jim Goerend officiating.

Military interment honors will be in Calvary Cemetery, New Hampton with Mitchell Clemens, Blake Wiegmann, Seth Wiegmann, Brent Sands, Shawn Schwickerath and Mike Schmitt serving as pallbearers.

Friends greeted the family from 4 to 7 p.m. Friday, March 1, 2024, at the Hugeback-Johnson Funeral Home and Crematory in New Hampton. Further visitation was held one hour prior to the service Saturday at the church.

Donald was born on May 10, 1936, in Colo, the fourth child of Leo and Catherine (Coleman) Schwickerath.

Donald's upbringing in North Washington, surrounded by his five siblings, laid the foundation for a life filled with adventure, service and love.

After graduating from St. Mary's High School in North Washington in 1954, Donald embarked on a new journey by joining the United States Army. Stationed at Fort Polk and Camp Chaffee, he cherished the camaraderie he built with fellow soldiers and the exciting adventures they experienced together. Donald's time in the army became a cherished chap-

ter in his life.

Following his military service, Donald encountered the love of his life, Donna Schmitt, at Holly's Restaurant in New Hampton. The two were united in marriage on May 9, 1962, at IC Catholic Church in Charles City. Their union brought forth three children — Regina, Roberta and Randy — and their home in New Hampton became a hub of love, laughter and cherished memories.

Donald was a man of diverse talents and interests. He started his career at Zips Auto Body before taking the entrepreneurial leap to establish New Hampton Auto Body, a business he successfully ran for many years. In partnership with Jack Rosauer, he also owned and operated the New Hampton Roller Skating Rink, where he reveled in the joy of family gatherings and skating adventures.

A social butterfly, Donald had a passion for card games,

especially Euchre. Sunday afternoons were dedicated to intense card games at his mother's house, and his regular card club meetings were a source of great enjoyment. He enjoyed adventures of fishing and making homemade horseradish. He, Donna, and friends perfected the horseradish recipe and handed it out to many who enjoyed the “heat.”

His love for engaging conversations extended to everyone he met, and he was known for his willingness to help others, earning him the prestigious Life Saving Award at the Iowa State Fair in Des Moines.

Donald's strong faith was a guiding force in his life, and he was a loyal parishioner at Holy Family Parish in New Hampton. He and Donna attended 4 o'clock Mass every Saturday and watched Sunday morning Mass regularly, nurturing their spiritual connection.

Donald is survived by his wife, Donna of New Hampton, one son, Randy Schwickerath of New Hampton, two daughters, Regina (Scott) Stenberg of Johnston, and Roberta (Bret) Wiegmann of Adkins, Texas; eight grandchildren; two great-grandchildren; one sister, Dorothy Carlin of New Hampton; and one sister-in-law, Karen Schwickerath of New Hampton.

He was preceded in death by his parents; siblings, Francis Schwickerath, Marianne (Donald) Mashek, Kathleen (Donald) Sullivan and Merle Schwickerath; and brother-in-law, Michael Carlin.

ISU Extension to put on webinars for beginning and small farmers

Join Iowa State University Extension and Outreach for the Small Farm & Beginning Farmer series, designed exclusively for beginning farmers and small acreage owners.

Hosted by ISU Extension and Outreach in Muscatine County, this series is a combination of informative webinars and hands-on, in-person events. It is tailored to provide essential insight and practical advice for those venturing into farming or seeking to enhance their small-scale agricultural operations. Each session, led by industry experts and seasoned professionals, covers critical topics relevant to the challenges and opportunities of small-scale farming.

All webinars start at 6 p.m. and are offered through Zoom. The dates and topics are as follows:

- March 7: Small-Scale Poultry Management
- April 11: Manure Management for Small Farms
- May 9: Sheep and Goat Management: Starting Your Flock
- June 13: Maximizing Pasture Potential: Multispecies Grazing Strategies
- Aug. 29: Sheep and Goat Breeding Management: Maximizing Your Flock's Potential
- Sept. 12: Working with an Ag Lender
- Oct. 10: Private Well Stewardship for Well Owners
- Nov. 14: Small Orchard Management
- Dec. 12: Getting Started in Commercial Vegetable Production

Registration is open to all and is free. Participants can register for each session at <https://go.iastate.edu/FH5MHR>.



Bob Fenske/Tribune

Finally, a rainy day

Rain falls on downtown New Hampton on Monday morning, marking the first time in 18 days New Hampton received measurable rainfall. The good news, though is that more rain is in the forecast tonight (Thursday) and Friday, and obviously, we can use it!

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Bigger NEIC schools still without a home

CONFERENCE: FROM 1

superintendent at Turkey Valley, which is a member of the UIC, and he said the lone UIC school to vote against New Hampton and Waukon was West Central, the smallest school in the conference.

The NEIC is the oldest conference in the state of Iowa, and New Hampton was a charter member of the league when it was formed in 1920.

From 1969 to 2021, the membership remained steady at seven, but Oelwein left the league in 2021 and joined the North Iowa Cedar League.

The remaining six schools then voted to remove Waverly-Shell Rock, by far the NEIC's largest district, from the conference in the hopes that it would make the NEIC more attractive to potential expansion.

But not a single school expressed interest in joining the NEIC and with Waverly-Shell Rock departing the conference after this year and Crestwood leaving after the 2024-25 school year, that left just four schools — one less than state law allows for conferences to exist — in the NEIC.

During a meeting early last month in which the UIC accepted Crestwood's appli-

cation, superintendents also extended an invitation to apply to the conference. On Tuesday, those applications were accepted but UIC superintendents did not make any decision on Decorah's application to the conference.

"A lot of school boards haven't met since we got Decorah's application," Jurrens said, "so we really couldn't have a vote. Ultimately, it's up to the school boards."

Although it hasn't officially been voted on, the UIC will in all likelihood break into two divisions — one for larger schools and the other for smaller schools.

The NEIC schools will join North Fayette Valley, MFL MarMac and South Winneshiek in the large-school division while Central Elkader, Clayton Ridge, Kee High, Postville, Turkey Valley and West Central will make up the small-school division.

"We haven't officially voted on that," Jurrens said, "but I do know that's the intent."

He said in addition to athletics, the Upper Iowa Conference also offers other programs for its schools. Jurrens said the conference currently has music, art and speech festivals.

"Quite honestly, they have a few more things like that than we did in the NEIC. ... That's important because you want your conference to be about more than just sports."

What remains to be seen is where the NEIC's three largest schools will end up.

Waverly-Shell Rock will compete as an independent next year but has applied to the WaMaC for the following year. Decorah has its application into the UIC while Charles City's hopes of joining the North Central Conference were dashed Monday night when two of that conference's schools voted against bringing the Comets into the NCC.

Charles City Superintendent Anne Lundquist, during a board meeting on Monday, said the next step for the district will be to examine the reasoning behind the denial and work toward a resolution or explore options for another conference altogether.

Meanwhile, work on the new, expanded UIC will begin almost immediately.

"The ADs will start meeting now to get the 25-26 schedule ready," Jurrens said. "It takes time to get everything together and I'm sure we'll use it wisely."



Photo courtesy of Dennis Pagel

Porkonomics!

Local pork producer Joanne Tupper visited New Hampton Elementary School fourth-grader classes recently and brought along these cuddly babies. Tupper shared details about their pork enterprise and how much they use math on a daily basis.

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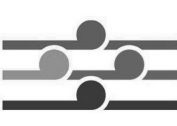
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Part-Time Clerical position for Floyd Co. Public Health/Home Health Care. Our team is looking for a self-motivator and someone who enjoys a wide variety of office duties. Computer skills necessary.

Applications available at:
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Phone: 641-257-6111 or Website: www.floydcoia.org

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Applications available at:
Floyd Co. Public Health/Home Health Care
1003 Gilbert St., Charles City, IA 50616
Phone: 641-257-6111 or
Website: www.floydcoia.org

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To be considered for these positions, contact Courtney Hageman, Human Resources: 563-237-5324 chageman@farmerswin.com

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Primary duties include conducting septic system site evaluations and annual inspections of septic system pumpers, performing well inspections, collecting water sample tests, installing 911 addressing signs, inspecting swimming pools and tattoo parlors, overseeing nuisance and dog bite complaints, and preparing and adhering to approved budgets.

A qualifying candidate must have basic mechanical and critical-thinking skills, must become well-versed in local and state laws related to the duties of the position, and must be proficient in Microsoft Word/Excel/Outlook. Basic Geographic Information System knowledge preferred.

Competitive wage and benefit package.
Applications must be submitted online at
www.floydco.iowa.gov/Jobs by noon on March 22, 2024.
Call 641-257-6131 or e-mail auditor@floydcoia.org for more information.

EOE

The Howard County Sheriff's Office is hiring for a Dispatcher/Jailer Position

This job will require both dispatching for all emergency and non-emergency calls and jailer responsibilities in the Howard County Jail. A high school diploma or GED is required, and you must pass a background check. Starting wage is \$20.00 with added shift differential for late shift. After a 6 month probation the base wage will increase to \$22.22 with yearly step increases after that. Some of the benefits include health insurance, life insurance, flex spending and IPERS.



You can pickup an application at the Howard County Sheriff's Office in Cresco, IA or call 563.547.3535 to have an application emailed or mailed to you.
This job will be open until filled



Equipment Operators

Reicks View Farms is seeking Equipment Operators to join our crops department.

As a member of our team, you'll have the following responsibilities:

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- Perform routine maintenance and repairs on farm equipment and heavy machinery
- Plow snow from driveways and parking lots

The ideal person has extensive knowledge of heavy machinery and is dependable with a strong work ethic. The crops department has full-time and seasonal positions available.

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Reicks View Farms is a family farm with over 300 employees and 130 production partners dedicated to farming corn and producing top quality pork. We believe that working together as a family is what helps us strive to get better each day and sets us apart from the rest.

Please apply at reicksviewfarms.com if this sounds like the right opportunity for you!



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Kelly Terpstra/Tribune

And the Chickasaws are off and running ...
and jumping and throwing, too!

The New Hampton girls track team — including Chickasaws’ (clockwise from top) Capri Lester, Sydney Laures, Madison Shawver and the Hackman sisters, Kayme and Kinsley — compete at their first meet of the season Tuesday when they traveled to the Mason City High School Fieldhouse. The boys track team opens its season today (Thursday) at the Iowa Track Coaches Association state meet in Ames, while the rest of the Chickasaw spring sports teams — boys and girls soccer, boys and girls golf and trapshooting — begin practices next week.



Bob Fenske/Tribune

New Hampton High School senior Megan Pickar shares a few thoughts and thanks those for supporting her and her teammates during a ceremony last Friday when Pickar announced that she would run cross country and track at Wartburg College.

New Hampton senior is
ready to run some more

Pickar says competing cross country is an eye opener, now she’s headed to Wartburg to continue long-distance running

By BOB FENSKE
editor@nhtrib.com

Go back in time a year ago and tell then-New Hampton High School junior Megan Pickar that she would be heading to Wartburg College to run cross country and track after graduating from high school and she probably would have laughed. But there she was Friday afternoon, making her commitment to the Knights. "I decided a little like mid-cross country season," she said before the short ceremony that was held in her school's cafe-

teria. " I never thought before cross country that I wanted to run at all in college. ... The distance running was really new for me and in general ... I decided I loved it really quick." It's been a strange, yet at times wonderful, journey for the Chickasaw senior — one that started long ago with youth sports and gymnastics and took a dark turn on July 1, 2020, a little more than a month after she finished the eighth grade. At the end of a routine, she landed wrong and went home "thinking I had just

SEE PICKAR, 12

New Hampton bowlers compete
at Junior Gold qualifier; Porath
qualifies for national USBC meet

By KELLY TERPSTRA
sports@nhtrib.com

Six New Hampton bowlers competed in a YBSF (Youth Bowling Scholarship Foundation) Junior Gold qualifier this past Saturday at Cadillac XBC (Xtreme Bowling Center) in Waterloo. The qualifier was put on by the Cedar Valley YBSF and saw New Hampton junior Jamison Porath qualify for the Junior Gold Championships, which will be held in Detroit from July 12-20. The national tournament features the top male and female USBC (United States Bowling Congress) youth bowlers that compete in three divisions — 18-and-under, 15-and-under and 12-and-under. Qualifiers for the national tournament in Michigan must bowl in at least 24 games of competition to advance. More than 3,250 USBC bowlers competed at the Junior Gold Championships last summer, which were held at six bowling centers in Indianapolis. Bowlers aim to win a portion of a \$450,000 scholarship and secure a spot on the Junior USA team. Aidan Furukawa, from Ohio,



Photo courtesy of Kalista Porath
Jamison Porath will compete in the Junior Gold Championships this coming weekend.

won the U18 boys title last year and Gianna Brandolino of Illinois took home the U18 girls crown. Porath advanced to the Junior Gold Championships

SEE BOWLING, 12



Wrapping up another
successful pool season!

The curtain closed on another Chickasaw Women's Pool League season this past weekend as the league held its annual tournament. Those bringing home the hardware from the tournament included (clockwise from top left) champions Heather Steege and Laurie Schultz, runners-up Jaime Frahm and Leslie Noehl and third-place finishers Hazel Ducker and Sandy Burgart. The tournament came on the weekend after the pool league held its final matches of the season and the league championship went to the Hide-A-Way, which compiled an 84-60 record to best the second-place team, Butch's II, which compiled a 76-68 mark, by eight games in the standings. Finishing third and fourth were teams from Dak's Tap as the Dak's II team went 74-70 while Dak's I went 73-71. Photos courtesy of Maria Roethler/Chickasaw Women's Pool League Secretary

ON TAP FOR CHICKASAWS, TROJANS

THURSDAY

New Hampton boys track at IATC Indoor, Iowa State, 3:15 p.m.

TUESDAY

New Hampton coed track at Wartburg College, 2:30 p.m.

FRIDAY, MARCH 15

Turkey Valley coed track at UIC Conference Indoor, Luther College, 4 p.m.

TUESDAY, MARCH 19

New Hampton coed track at Luther College, 4:30 p.m.

FRIDAY, MARCH 22

Turkey Valley coed track at North Fayette Valley, 4:30 p.m.



Injury big factor in Pickar's goal to be therapist

PICKAR: FROM 11

hyperextended my knee or something like that."

It turned out to be far worse as she tore her ACL and meniscus, underwent surgery and began what was, as she put it, a "really long recovery" but she persevered on and played multiple sports for the Chickasaws.

A year ago, Pickar ran on the New Hampton's 4x800 relay team that finished 12th at the Class 2A state track meet, and this past fall, she decided to double up and play both volleyball and run cross country.

She had a banner season in the latter, earning all-conference honors at the NEIC meet and just missing a trip to the state cross country meet. In the process, she found joy in long-distance running.

"I just really like the feeling after running of accomplishment," she said, "and just the fact that you have teammates supporting each other. Everything just makes me really happy when I'm running."

Pickar said she looked at several different colleges and felt more comfortable at Wartburg.

"I've been to a lot of places touring, and they just really stood out to me," she said. "They all support each other and it's just like family. It really felt like family when I went."

After a solid senior season on the



Bob Fenske/Tribune

New Hampton High School senior Megan Pickar shares a light moment with her parents, Matt and Barb, during a ceremony Friday in which she announced she will attend Wartburg College and compete in both cross country and track.

basketball court, she's ready for her last season as a Chickasaw. New Hampton opened the track season on Tuesday when it traveled to the new Mason City Fieldhouse for an indoor meet.

And then she'll be off to Wartburg, where she plans on majoring in biology, but her long-term goal is to become a physical therapist.

"My recovery, that really opened my eyes to physical therapy," she said, "and I'm so thankful to everyone who helped me get to this point. I want to help people who have to go through something like I did."

She says that long-ago injury, though, has taught her some valuable lessons.

"I've learned things like patience and

hard work and dedication," she said. "I've learned how much hard work I do need to accomplish a goal, but I've also been super supported, too, by my family, my coaches, my friends."

"I wish the injury had never happened obviously, but in some ways, it's made me the person I am today, the person I want to be."

Former NEIC student-athlete aiming to umpire in 'the show'

By JOHN BURBRIDGE
sports@charlesccitypress.com

Theo Arndt knows the maxim by heart.

"Don't make the game about



Arndt

Arndt has grown up respecting the game. He has been involved with baseball for most of his life, dating back from his formative youth league playing days and through his prep tenure as an all-conference outfielder/pitcher for the Charles City Comets that led to him signing to continue his career at Wartburg College.

Even during his scholastic playing days, Arndt would often volunteer umpire for local youth play, and then later for

high school.

Now, Arndt is umpiring at the professional level.

It got to this point after Arndt made the brave call to more vigorously pursue his passion to stay in the game when he enrolled at a prestigious umpiring school in Vero Beach, Florida last spring.

"I learned so much that I didn't know before," Arndt said. "Little things ... like how to position yourself before cleaning the plate ... how to project confidence whenever you take the field and whenever you make a call."

The experience paid off as Arndt was subsequently hired by Minor League Baseball in conjunction with the MLB to umpire for the California League, which includes Class A and Rookie level affiliated teams.

Arndt obviously has the dream of reaching "the show" like the players he presides over. But his path to the majors may be even more difficult. Major League umpires have a strong

union and — once they reach the "bigs" — are often able to retain their jobs due to far less turnover compared to that of players and coaches, thus openings occur less frequently.

"It usually takes about 8 or 10 years to reach the major league level," Arndt said. "The youngest (MLB) umpires are around 32 years old."

But though the MLB doesn't often open doors for young umpires still in their 20s, the level Arndt is now working can come with the fraught warning: No Country for Old Men.

"With two-men crews in Rookie ball, you've got to cover a lot of ground," said Arndt, who exercises and watches his diet in the same pious manner as during his playing days.

"As you move up, the less ground you have to cover. But you've got to be able to move if you want to move up."

And you've got to love the game, even though the game — or rather players/coaches/fans — don't always love you back.

"I try to be decisive with my calls ... go with my first instinct," he said. "If I miss a pitch or call, I try to put it behind me before the next pitch."

"Many games are ball, strike, out, safe to where most anyone can umpire them. Much fewer games have those crucial calls or rulings that cause controversy and arguments. But if the

worst thing that happens to me during a day is getting yelled at a baseball game ... I can live with that."

Still, the abuse can be daunting, especially with such over-the-top episodes getting played more regularly on social media. Such a trend may be the prime reason fewer people want to "step to the plate" to become umpires, but Arndt counters with some of the positives.

"For any high school or college student who wants to earn money during the summer, I can't think of a better summer job," he said. "Not only can you make good money, but you learn so many life skills ... how to take control of a situation while staying in control yourself ... how to deal with people."

Arndt, who umpired numerous high school games before heading to the pros last summer, comes from a baseball-laden family. He and his younger brother, Tait, were teammates at Charles City and were briefly teammates at Wartburg. When asked if he tried to recruit his brother to the umpiring ranks, Arndt said, "He was more of a pitcher, so he doesn't like umpires that much. He's more into coaching."

Talk of umpires being replaced in some capacity by artificial intelligence periodically becomes the "rhubarb" of the day. But Arndt makes a case for

the reliability the human eyes and the human ears working in concert with each other in determining a "bang-bang" call. "For a close call at first base, I don't just look at the foot hitting the base and the ball hitting the glove — I listen for them."

.....

Arndt will have some "Northeast Iowa company" this year when it comes to working minor league games.

That's because earlier this year, former Riceville athlete John Miller — who like Arndt, worked a full load of high school baseball games — was named a minor league umpire for the 2024 season.

Miller, who worked several New Hampton baseball games the past few years, said he was excited for the opportunity that awaits him.

"It's been a hectic past couple of days," Miller said early last month after he received the call to "go pro."

"I'm glad I had a chance to work with a lot of good people over the past few years," said Miller, who also been a basketball referee since graduating from high school in 2018. "Umpiring and refereeing has been a great way to stay involved in the game, and I hope more people my age will see that and officiate."

— *The Tribune's Bob Fenske contributed to this story.*

New Hampton has healthy contingent of bowlers compete at Junior Gold qualifier

BOWLING: FROM 11

on Saturday in the U18 division with a series of 808, which placed him 18th.

Other New Hampton bowlers that com-

peted in the qualifier over the weekend were Jaxson Porath (711), Gabe Macon (685), Landon Marr (681), Kody Kleen (664) and Jarrin Robinson (620).

Porath became the first New Hampton

bowler to qualify for the Class 1A state tournament held at Cadillac XBC last month. He finished 28th overall.

New Hampton finished up its second season of competitive bowling this winter.

Chickasaw Men's Pool

Week 19 Feb. 26

	W	L
HereZ 2 U	96	75
Butch's 1	95	76
Brite Spot	95	76
Bowlaway Lanes	95	76
Big Willie's	93	78
Dak's Tap 2	87	84
Dak's Tap 1	86	85
Butch's 2	86	85
VFW	84	87
Hide-A-Way	72	99
Rascals	70	101
The Office	67	104

RESULTS

HereZ 2 U 8, Dak's Tap

1 1

Brite Spot 6, VFW 3

Big Willie's 5, The Office

4

Butch's 2 5, Rascals 4

Butch's 1 5, Dak's Tap

2 4

Bowlaway Lanes 8, Hide-

A-Way 1

THREE-GAME

WINNERS

Bowlaway Lanes: Ryan

& Scott, Kyle & Sam

HereZ 2: Tim & Dave,

Corey & Brad

Butch's 2: Will & Derek

COFFEE CUP BOWLING

STANDINGS

	W	L
D&K	15	9
Rochford Insurance	14	10
Mid-Tech Services	13	11
Hugeback-Johnson	13	11
Vern Laures Auto	13	11
Geerts Plumbing	12	12
Muscari, LLC	8	16

FEB. 28 RESULTS

Week 22

Hugeback-Johnson 3,

Geerts Plumbing 1

D & K 3, Muscari LLC 1

Mid-Tech Services 3, Roch-

ford Insurance 1

Vern Laures Auto 3, Dummy

1

LEADERS

High individual games:

Kristi Kirkus 252, 208, Diane

Nehl 214.

High individual series:

Kirkus 641, Nehl 550, Linda

Lechtenberg 521.

High team games: Mid-

Tech Services 487, Roch-

ford Insurance 455, Huge-

back-Johnson 439.

High team series:

Mid-Tech

1,341, Rochford Insurance

1,295, Hugeback-Johnson

1,245.

MOST PINS OVER AVG.

(GAME)

Kristi Kirkus 85

MOST PINS OVER AVG.

(SERIES)

Kirkus 140

Karen Schmitt, Secretary

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CenturyLink participates in the Lifeline program, which makes residential telephone or qualifying broadband service more affordable to eligible low-income individuals and families. Eligible customers may qualify for Lifeline discounts of \$5.25/month for voice or bundled voice service or \$9.25/month for qualifying broadband or broadband bundles. Residents who live on federally recognized Tribal Lands may qualify for additional Tribal benefits if they participate in certain additional federal eligibility programs. The Lifeline discount is available for only one telephone or qualifying broadband service per household, which can be either a wireline or wireless service. Broadband speeds must be at least 25 Mbps download and 3 Mbps upload to qualify.

A household is defined as any individual or group of individuals who live together at the same address and share income and expenses. Services are not transferable, and only eligible consumers may enroll in these programs. Consumers who willfully make false statements to obtain these discounts can be punished by fine or imprisonment and can be barred from these programs.

If you live in a CenturyLink service area, visit <https://www.centurylink.com/aboutus/community/community-development/lifeline.html> for additional information about applying for these programs or call 1-800-201-4099 with questions.



March 2024



Friday, March 8, 2024
End 3rd Qrt.

Monday, March 11, 2024
School Board Meeting

Tuesday, March 12, 2024
Parent Teacher Conferences

Thursday, March 14, 2024
Parent Teacher Conferences

Friday, March 15, 2024
No School
4:00 PM Track: High School vs.

(Away) Type: Conference Indoor
Opponent: Luther College
4:00 PM Track: High School vs.
Central Elkader IA Clayton Ridge
Kee High MFL MarMac North
Fayette Valley Postville West
Central" Multiple Schools (Away)

Monday, March 18, 2024
No School

Friday, March 22, 2024
4:30 PM Track: High School vs.
Clayton Ridge Crestwood Kee
High Oelwein Community Schools

Postville Tripoli West Central"
Multiple Schools (Away)
7:00 PM Musical - Mean Girls Doors
open at 6:00pm for the public.

Saturday, March 23, 2024
7:00 PM Musical - Mean Girls Doors
open at 6:00pm for the public.

Monday, March 25, 2024
12:00 AM IHSSA All-State Individual
Speech (Home)

Tuesday, March 26, 2024
4:30 PM Track: High School vs.

Waukon Denver Community
Schools Wapsie Valley Kee High
Dunkerton North Fayette Valley
South Winneshiek Tripoli" Multiple
Schools (Away)

Friday, March 29, 2024
NO SCHOOL

Sunday, March 31, 2024
Easter

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SENIORLiving

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MERCYONE NEW HAMPTON HELPS FREDERICKSBURG WOMAN GET BACK TO THE THINGS SHE ENJOYS

Special to the Tribune

The mother of two and a proud grandmother of four, Elaine Westin, 68, of Fredericksburg was struggling to do many of the activities she loves.

Said Elaine, “My husband and I went on a cruise up the east coast into Canada to see the Fall foliage and I couldn’t do many of the walking tours. My knee was weak and the pain went into my back. My flower beds suffered last summer because it was hard for me to bend over and weed.

“I couldn’t pick my strawberries. I even had trouble working the pedal on my sewing machine. Climbing the bleachers in the arena to watch my grandson play sports was painful and difficult. And I was not steady on my feet holding my 5-month-old grandson and I want to feel steady and sure of myself.”

Elaine had torn her meniscus in her right knee and was putting off knee replacement surgery, but finally it was time.

“I got connected to Dr. Radulescu, or Dr. “Rad” through Patrice who runs a local quilting shop in New Hampton. Patrice had knee replacement surgery with Dr. Rad and she said good things about him, and encouraged me to schedule an appointment with him,” said Elaine.

Dr. Radulescu is an orthopedic surgeon at MercyOne North Iowa Orthopedics Care at Mason City Clinic and he does outreach clinics at MercyOne New Hampton Medical Center as well as other MercyOne affiliated hospitals including Kossuth Regional Health Center and Hancock County Health Systems each week.

Said Elaine, “Dr. Rad is a kind, kind soul. He is very competent and he met all my concerns and he wasn’t so businesslike not to take the time to hear me out and answer all my questions. Dr. Rad is very calming. He is a very gentle person.”

For Elaine, Mason City is an hour drive from her home in



Fredericksburg. But MercyOne New Hampton is only 15 minutes away.

Said Elaine, “The day of the surgery was the day of a big snowstorm in north Iowa — the nurses called and kept me posted on Dr. Rad’s arrival. He could have canceled the surgery, but the whole surgical team risked being on the road to come and perform my surgery. I think they risked their lives to get to New Hampton, and I think that’s pretty special.”

“The surgery went fine and I was up and walking that evening. I am totally happy with rehab which is helping me to strengthen my legs. The first

week I was using a walker; the second week, a cane and now I am walking without any assistance. My physical therapy is also conveniently at MercyOne New Hampton,” said Elaine.

“Now I am looking forward to all the activities I haven’t been able to do comfortably. My husband and I are planning a trip to Florida soon and I am excited to being able to get out and walk in the nice weather.”

“At my last appointment with Dr. Rad he said, ‘It’s good to see you smile.’ Those little things mean a lot.

“I am fortunate to have the patient care of a large health institution care, but in a hometown atmosphere.”



Photos courtesy of MercyOne New Hampton Medical Center

Elaine Westin says that she appreciates the care and dedication she has received from her medical team during her knee replacement surgery and her recovery.

Live your best life.

Don’t let joint pain keep you from doing the things you love.



Orthopedic surgeon, Dr. Mihail Radulescu, is a specialist at MercyOne New Hampton Medical Center. Dr. Radulescu cares for a variety of bone, muscle and joint issues. Coordinating your care with MercyOne’s physical therapy and sports medicine program, Dr. Radulescu will provide quality care from diagnosis through recovery. Let MercyOne help get you back into your active lifestyle.

MERCYONESM

New Hampton Medical Center
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1st & 3rd Tuesday of the month
Appointments: (641) 494-5210

Retirement workshop set for this Wednesday

The Chickasaw County ISU Extension office will be holding a “Lunch & Learn” Retirement Planning Workshop this coming Wednesday at its new office that is located at 115 N. Broadway Ave. (the old Conway-Markham Funeral Home) in New Hampton.

Highlights of the workshop will be defining retirement goals, going through financial essentials for retirement and maximizing

retirement benefits.

The workshop will run from noon to 1 p.m. and is a BYOL — bring your own lunch — affair.

There is no cost to attend and those who want to attend the workshop do not need to RSVP.

For more information, call 641-394-2174 or email xchickasaw@iastate.edu.

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SENIORLiving

Living Longer

There are a number of reasons that the number of Americans aged 65 and older is at an all-time high

As Baby Boomers continue to move into retirement, these numbers are predicted to rise from about 13 percent of the total population just 10 years ago to nearly 20 by next year.

At the same time, life expectancy rates have been at or near all-time highs.

Credit goes to healthier lifestyle choices and amazing advances in both medicine and health care.

Critical factors

The Centers for Disease Control and Prevention reports that medical breakthroughs played the largest role in rising life expectancy before the COVID-19 pandemic.

In past years, seniors were more susceptible to chronic disease, infection and other previously fatal maladies. Vaccinations against dangerous viruses have led to declines in death rates worldwide.

Researchers have also learned more about how the role of heart disease, lack of physical exercise and poor diet can shorten life expectancy. Healthier living and other prescriptive aids have also helped transform the so-called "golden years" into a longer, more productive period of time.

Finally, a focus on safety has played a role, with critical improvements to our food, water, workplace and highways.

Don't be average

Meeting and then working to beat the average life expectancy takes focus and discipline.

Seniors who consume a diet that's low in processed foods, excess salt and fatty meats are part of this growing contingency of healthy, active people in their 80s and beyond.

Researchers have learned that remaining highly social plays a part, as well. That may mean spending time with family and friends, joining a hobby group or participating in community events.

These personal choices also contribute to your emotional well-being and overall health.

What to watch for

Americans have generally been living much longer, but the Journal of the American Medical Association notes that struggles may remain on a personal level.

Depression and loneliness are particularly widespread among seniors, and nagging issues like arthritis may impact our ability to take part in some daily activities.

If you're eating a healthier diet, have renewed your focus on social activities and exercise regularly but feel your quality of life is still lacking, reach out to someone.

Family, friends, counselors and medical professionals can provide the support you need.

Why Should I Plan Ahead?

Pre-Planning is a matter of taking time to think about and record your end of life desires. It is also about ensuring that your wishes are known, so they can be acted upon when the time comes. You can protect you and your family by pre-funding your plan. This ensures your expenses will be covered when you need them to be. This relieves your family of the burden of making difficult decisions. You can trust Hugeback-Johnson Funeral Homes to help you get started if you choose to act now or in the future.

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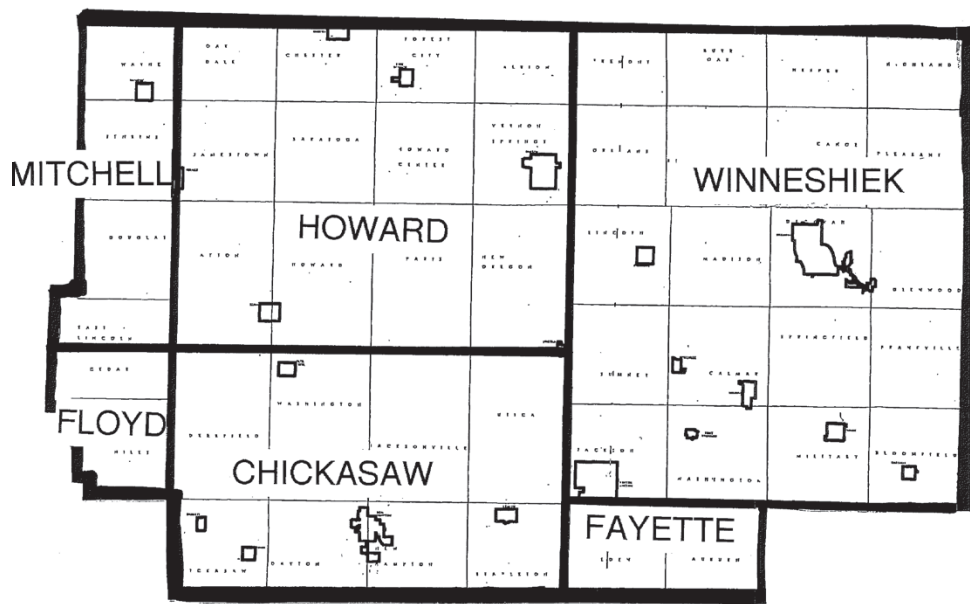
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Dating in later life? Why not!

Older, single Americans have more time to have more fun

People are living longer, a reality that can be traced to a number of factors, including advancements in medicine and greater dissemination of information regarding preventive health care.

According to data from the United Nations Population Division, the average life expectancy in the United States is 81.65 for women and 76.61 for men.

Canada has even higher life expectancies, at 84.74 for women and 81.15 for men.

As people live longer, some may outlive their significant others and ultimately find themselves once again interested in sharing experiences with a special someone.

Seniors ready to re-enter the dating pool may find that things are quite different from what they experienced as naïve teenagers or young adults.

Dating used to be about hanging out with friends and meeting people at shared events, such as school dances or work parties or even while enjoying a night out with friends.

Nowadays, dating often begins in cyberspace. This can be confusing and anxiety-in-

ducing for adults who didn't grow up with technology guiding their every move.

According to a report in The Atlantic, more than one-third of baby boomers are not currently married, and this generation has had higher rates of separation and divorce and lower rates of marriage than the generations that preceded them.

Many boomers have years ahead of them to devote to new relationships. Here's what they may want to know before navigating twenty-first century dating waters.

You're not in this alone

While online dating may be portrayed as a young person's game, plenty of older adults are now finding connections online.

In fact, many different dating apps are geared toward the senior set, including SeniorMatch, eHarmony, Singles50, OKCupid, and Silver Singles, among others.

More time for fun

As a senior, you may have more time to devote to recreation and leisure.

This can be a great opportu-



nity to get out and meet someone who shares your passions and interests.

Online dating has its advantages

While online dating apps and websites may have certain

things working against them, particularly if their algorithms for pairing people are not fine-tuned, they also can be helpful.

Online dating can expand social circles beyond local neighborhoods or even states, provinces or countries. You're

casting your net over a much larger body of water.

Furthermore, dating app profiles typically spell out exactly what another person is seeking, which can save seniors from having to revisit awkward dating moments from

years past.

Seniors may have to navigate new waters in modern dating.

But with a good mindset and a little persistence, it is possible for seniors to find a special someone in cyberspace.



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Be smart with financial planning

Retirement can be enjoyable and rewarding, as long as you remain healthy and have enough savings to cover expenses. You'll want to make sure you're ready through smart financial planning. This becomes even more important if a medical issue arises and you're not adequately prepared to absorb the financial implications.

Create a strategy

There can be catastrophic impacts if you were to outlive your nest egg or encounter an unexpected situation.

Preparing for these circumstances can be difficult while also ensuring that you can continue to live life to the fullest in retirement.

That's why it's important to create a strategy ahead of time so that you're ready. That may mean moving investments into lower-risk mutual funds or bonds since higher-risk products present more near-term risk for older investors.

Consider diversifying your investments since there is also considerable risk associated with focusing on any single segment. Simply shift slightly toward new, but still safe investments.

If you aren't confident that you can pull off this delicate balancing act, get in touch with a reputable financial advisor. They'll help you develop a personal plan that works within your plans and goals.

Keep working

For some, retiring at 62 or even 65 simply doesn't make good immediate financial sense. Others may consider staying on



the job to address worries about having enough in their nest egg.

There are also targeted financial incentives given by some pension plans and Social Security for those who continue to work. Your decision might also be impacted by sharply rising interest rates, changes at work or costs associated with inflation. If you decide to stay on, be sure to continue making contributions to your retirement plan.

Other benefits

There are property tax relief programs

for older Americans that are administrated by federal and state government agencies. In the meantime, energy assistance programs may also help you save money each billing cycle.

Contact local representatives to find out more about options and eligibility.

Seniors should also take advantage of special discounts available through retailers, grocers and even national parks. You may also consider down-sizing to a condo or apartment in order to save on monthly rent and utility costs.

Text and photos courtesy of Senior Living

Gift ideas for your favorite 'boomer'

Seniors seem to be on the go, and that's something holiday shoppers can keep in mind as they look for gifts for their aging parents, grandparents and others.

With that in mind, shoppers can consider these gifts that align well with the lifestyles of seniors who are out and about and making the most of their free time.

- **Golf clubs or additional golf gear:** Data from the National Golf Foundation indicated that more than 34 million people in the United States played golf in 2019, and 15 percent of those players were 65 and over.

- **Travel gifts:** The 2023 AARP Travel Trends survey found that 85 percent of older travelers rank travel in their top three priorities for discretionary spending. The appeal of travel has not worn off for modern seniors, and shoppers can keep that in mind this holiday season.

- **Exercise gear:** The National Council on Aging notes that adults who exercise after turning 65 continue to reap the same rewards that improve quality of life among younger men and women. In addition to boosting immunity, exercising after 65 continues to improve mood so long as seniors stay the course.

- **Spa session:** All that activity is good for the body, but so is a little post-activity rest and relaxation. A day at the spa, where seniors can get a massage, take a mental break and address minor aches and pains can be just the thing seniors need.

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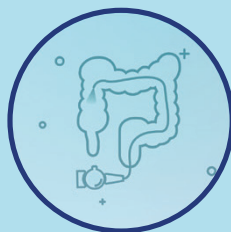
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