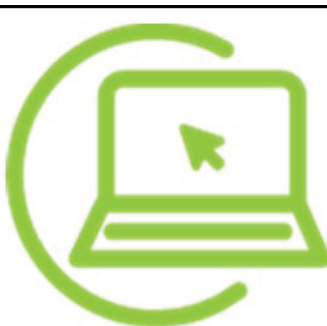




New Hampton Chickasaw County TRIBUNE

Your Community. Your Team. Your Media.

www.nhtribune.news • Thursday, July 24, 2025 • 16 pages • Issue 30 • Volume 151

Supervisors waive EMS payment

Fund balance falls below \$750k, but board votes 3-1 to not charge cities

BY KELLY TERPSTRA
sports@nhtrib.com

When six towns entered into a 28E agreement to fund Chickasaw County's ambulance service back in 2023 – each entity took a chance that the contract would work.

While there was admitted uncertainty as to how that union would play out, the state of that venture is a lot

more clear two-and-a-half years in.

At this past Monday's Chickasaw County Board of Supervisors meeting, those cities, along with the county, learned that another quarterly payment to that EMS has been waived.

"I can't say for the cities, but I have to assume the way this has gone, I think all of them will be more than happy to continue the agreement. It's worked well," said board member

Steve Breitbach. "I don't think anybody expected a year of waived payments this early in the contract."

That's what has taken place in the five-year agreement that saw roughly \$280,000 of payment forgone from New Hampton, Bassett, Fredericksburg, Ionia, Lawler, North Washington and the county's share of that funding.

On a 3-1 vote the Board waived

October 5's

fall payment.

Breitbach

made the motion and it

was seconded. His vote, along with

Vice Chair Scott Cerwinski and Issac

Carter, made it certain that another

payment was waived. No payments

were made in 2024 by the cities. That

will also hold true in 2025 as the next

scheduled payment is due on Jan. 15,

2026. The County has made just two payments after certifying the budget and tax levy in the spring of 2024.

SEE SUPERVISORS, 11



Students will need to put away those cell phones this year

School Board approves policy that brings New Hampton into compliance with new law

BY BOB FENSKE
editor@nhtrib.com

New Hampton School Board member Nate Schwickerath couldn't help but laugh as he made the motion to adopt a policy dealing with personal electronic devices that some students are not going to like.

Then again, New Hampton board members, like their brethren around the state have little say in the matter because of a bill that was signed into law by Gov. Kim Reynolds earlier this year.

The bill, House File 782, bans cell phones and other electronic devices during class time, and board members waived the first reading of New Hampton's policy and voted to adopt the policy during Monday's meeting, the first to include the district's new superintendent, Erik Smith.

"It's mandatory. We should have done it earlier apparently," Schwickerath said as he made the motion to adopt the policy, "and I'm going to apologize in advance. ... I mean for what's to come."

The new policy means that students will not be able to use electronic communication equipment, mobile phones, smartphones, video game devices or portable media players during "instructional time," and Smith said New Hampton will define that time as from the first bell of the day to the final bell of the day.

"The instructional time is something we have a little control over," Smith said. "There are a few things, but a lot of it is here's the policy, here's the law."

Smith said the new policy will allow students to wear so-called smart watches, but notifications on the watches must be turned off. There are a few exceptions in the policy – like allowing

SEE SCHOOL BOARD, 5



Kelly Terpstra/Tribune

New Hampton Municipal Pool water safety instructor Kinek Reicks (above) gives his students a lesson before they head back into the pool while Josi Singewald (below) teaches the back float to one of her students.

ONE SWIMMING STROKE AT A TIME

NEW HAMPTON WATER SAFETY INSTRUCTORS TEACH KIDS SKILLS THEY CAN USE THROUGHOUT THEIR LIVES



BY KELLY TERPSTRA
sports@nhtrib.com

Kinek Reicks is a leader.

He also loves the water.

That's why the 2025 Turkey Valley High School grad thought working as a lifeguard and water safety instructor (WSI) for the past two summers in New Hampton would be an excellent idea.

He was right, so he dove right in.

Reicks, who will attend the University of Northern Iowa this fall in Cedar Falls and study marketing and business analytics, also enjoys working with kids.

That's why teaching swimming lessons was a win-win for the gifted and talented young adult that has also put his acting chops on display for TV's drama department.

Needless to say, he isn't afraid of the big stage. The Trojan alum talked about why working at the New Hampton pool was the right

fit for him.

"I've met like some of my best friends here – getting to build connections, not only with the staff, but the people who swim here consistently," said Reicks.

Reicks isn't the only TV grad carrying around a whistle and suntan lotion on the pool deck as manager and swimming lessons coordinator Michelle Nystel said half her lifeguards and WSI's are from the school that resides in Jackson Junction. The other aquatic safety experts attend or have graduated from New Hampton.

Nystel, a high school history teacher at TV who has been the New Hampton Parks and Rec pool's swimming lessons coordinator since 2013, talked about the classes they offer at the fun-filled spot at Mikkelson Park that is definitely a sought-after attraction for

SEE LESSONS, 2

City of New Hampton will partner with business on north-end water project

BY BOB FENSKE
editor@nhtrib.com

The New Hampton City Council on Monday moved forward a two-phase water project that will help a city business with its water needs and proposed growth.

The action came on the same night that council members approved purchasing a new boiler system for the New Hampton Community Center that houses the City Clerk's Office, the City Council chambers, the New Hampton Economic Development Office and the city's Parks and Recreation

Department.

Start with the water project in which the city will partner with New Hampton Transfer and Storage.

Council members unanimously approved having Public Works Director Casey Mai complete the necessary DNR applications for the project

and develop a cost-sharing proposal with the city for Phase 2 of the project.

Phase I would be extending an eight-inch water main extension approximately 1,100 feet to the north along North Linn Ave., and would cost between \$135,800 and \$145,880. New

Hampton Transfer and Storage would pay the expense of that phase that also includes adding two hydrants.

Phase II would then "tee" off of the extended main and add about 1,300 feet of eight-inch main to the west,

SEE CITY COUNCIL, 4

Your Prime Years

Check out our great sponsors and helpful stories in our four-page pullout for 'Boomers'

Pages 7-10

Building strength

New Hampton student-athletes have put in plenty of time in the weight room this summer

Page 16

All-league

Chickasaws, Trojans each have four named to all-league squads

Page 16



\$125 Single Copy

Evolution of a relay

Years ago, the American Cancer Society’s Relay for Life challenged members of the community to form teams that could “relay” for those fighting cancer. Teams raised money for the worthy cause, in part, by promising to have at least one team member walking on the track at all times.

It was symbolic. The message to those fighting cancer as well as to their caregivers was, “You are not alone. You have a whole team behind you. We’re with you.”

But like so many things in life, systems and the way we do things will sometimes just run its course. Today, there isn’t much left of the relay in Relay for Life. There is no protocol to form large teams and to commit to time on a track or walking trail. Individuals are still welcome to do that, but it hasn’t been an expectation for quite a while.

That doesn’t mean that Relay for Life has stopped being a force in raising funds for the American Cancer Society.

It continues to be a crucial resource to raise money for cancer research and for new and more effective treatments. It provides nearly a half billion in grants to study and help eradicate these cancers: blood, brain, breast, cervical, colon, head and neck, kidney, lung, melanoma, ovarian, pancreatic, prostate, sarcoma (soft tissue) and childhood cancers.

It provides another \$43 million in research dollars to study other cancers not listed here.

Important dollars are still being raised for the American Cancer Society, but how we’re doing it at the local level has changed.

About 2,000 Relay for Life events are held throughout the country every year.

Each event is unique to its community, but they all have something in common. They celebrate cancer survivors, acknowledge the important role of caregivers, honor and remember loved ones, and raise dollars that will go on to fund critical research.

Individuals may participate in these Relay for Life events in a way that is comfortable to them.

That could mean simply listening to program speakers tell their stories about their journey with cancer. Or hearing, remembering, and silently honoring the names of loved ones who have passed away from cancer. Or sharing a meal with someone and enjoying live music that may be provided—knowing that cancer, in some way, has touched all of us and that it’s up to all of us to try to eradicate it.

Your attendance at Relay for Life makes a difference. And yes, your donations help to move toward the goal of one day making cancer a survivable diagnosis for everyone. But it’s more than that.

Your presence is symbolic. For those currently fighting cancer. For their caregivers. For others honoring the memory of a loved one. For all of these individuals, the message you send is, “You are not alone.”

And that’s what is core to Relay for Life—not an actual relay, but a fellowship.

Let us do good together by supporting our local Relay for Life.



Sandra Reicks is a member of both the Lawler Lions Club and the Chickasaw County Relay for Life Committee.



Kelly Terpstra/Tribune

New Hampton water safety instructor Halle Weber (above) works with two of her students and a group of WSI and swim-lesson aides — (below, from left) Michelle Nystel, Dawson Monteith, Luella Reicks, Josi Singewald, Kinek Reicks, Halle Weber, Maycen Hackman and Paige Stumme — pose for a photo after a session of lessons end.

Instructors love to see ‘pool growth’ in their students

LESSONS: FROM 1

all age levels – young and old.

“New Hampton – as long as I’ve been alive – has had Red Cross swimming lessons,” said Nystel. “Every year we still have large classes.”

The pool just wrapped up swimming lessons for the season last week, but there are three levels (1-6) for kids interested in taking the plunge and learning more about not only having fun in water, but respecting it so danger can be avoided.

“Not only is it something that you can do with your friends, something for fun, but it’s a safety skill,” said Reicks. “It’s something you can use for life. The stuff that you learn here could potentially save your life one day.”

Level one is for Kindergarten kids and there’s also a Water Tots swim program for youth as well. Level 6 is for kids that have completed sixth grade.

“We do a June session and a July session,” said Nystel.

Of course younger kids can sometimes deal with trepidation about dipping your toe in the water for the first time according to Reicks. But like his colleagues and friends at the pool that are certified life savers, he helps calm those nerves and educates a boy or girl to get accustomed and acclimated to being in the pool – whether that’s in the deep end or near more calm and shallow waters.

“The kids that I have – a few of them were scared at first – but seeing them conquer their fear and swim in the deep end, go off the diving boards and having a blast is really fulfilling,” said Reicks, who just wrapped up his first year as a WSI.

Luella Reicks, also a 2025 TV grad, is in her second year as a WSI and she’ll be enrolled at Kirkwood Community College in Cedar Rapids this fall in an effort to become a nurse. Like Kinek, she tutors and coaches Level 3 swimmers in group and in 1-on-1 private lessons.

“My favorite highlight is teaching kids that you wouldn’t think that would be able to go in the pool by themselves. They



have a goal and you’re able to help them reach that goal and they’re able to be independent,” said Luella.

Her message to kids that may be afraid of the water is simple. “It won’t eat you alive,” smiled Luella, who has been employed at the pool for four seasons.

But water safety is no joke as Nystel said drowning is the No. 2 killer in kids under five after accidents.

“Swimming is a life skill and I think it’s one of the most important things you can do for your kids,” said Nystel. “I did it here. This is where I learned to swim.”

One such example of teaching water safety, Nystel says, is they have a clothing day for young swimmers during lessons where children put on actual clothes over their swimsuits and get in the water to experience what it’s like to deal with getting a shirt wet or a pair of jeans that will become saturated and bog you down.

“The first time they walk in, they’re just like this is so weird, it feels funny. That’s why we want you to practice and know what that feels like,” said Nystel. “We explain to them that if you’re going to get in an emergency situation in the water, typically it’s not when you’re swimming. You need to know what to expect.”



Maycen Hackman (left) watches as Luella Reicks jots down “notes” during a swimming lesson session.

Nystel knows the pool is in safe hands when she has to step away from the water.

That’s something she was forced to do after having foot surgery on the last day of school. She wore a walking boot and that limited her time and in-person interaction with her instructors.

“I trust them. I know they’re responsible. I think this summer, the biggest thing I’m so thankful for is the amount of time I’ve been away, I’ve known

the pool’s been in good hands. I’ve known the program’s been in good hands. That really has been the highlight of my summer.”

Nystel said she doesn’t have to think twice about putting her lifeguards and instructors in charge of a program that continues to impact lives in a positive way – for that she feels blessed.

“We have a very good staff this year. I’m so appreciative of that,” said Nystel.

Chickasaw County Relay for Life set for a week from this Sunday

Chickasaw County residents will gather on Sunday, Aug. 3, to take on cancer at the annual county-wide Relay for Life event that will take place at Highland Park in Lawler.

The Relay will run from 11 a.m. to 3 p.m. and include a freewill donation meal., live music and the chance to honor a loved one who has been lost to cancer or who has survived the disease with a luminary bag.

The suggested donation for a luminary bag is \$10.

At 1 p.m., a program will be held and speakers will share short stories about their cancer journeys.

The Relay for Life event is open to all, and attendees are encouraged to bring a lawn chair.

Funds raised during the Relay for Life will be used for various programs and research conducted by the American Cancer Society.

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Mon-Fri 8 am-5 pm; Sat: 8 am-3 pm

Church Services

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

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

NEW HAMPTON
METHODIST
201 N. Locust Ave.
641-394-2893
Pastor Paula Hemann
Service time: 9 a.m.
Sunday.

REDEEMER LUTHERAN
611 W. Court St.
saudejerico.com
Pastor Peter Faugstad
Service time: Saturday,
Divine Service, 6 p.m.

HARVEST CHURCH
481 S. Linn Ave.
harvestcares.com
641-394-4380
Pastor: Josh Jacobs
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.

UNITED CHURCH OF
CHRIST
4 E. Court St.
Service time: 10:30
a.m.

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

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

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

ST. BONIFACE CATHOLIC
Father Christopher
Podhajsky
Mass: Saturday, 6 p.m.

LOURDES
OUR LADY OF LOURDES
CATHOLIC
Rev. Telesphore Dusabe
Mass time: Sunday, 11
a.m.

ALTA VISTA
ST. BERNARD CATHOLIC
Rev. Telesphore Dusabe
Mass time: Saturday, 6
p.m.

ELMA
IMMACULATE
CONCEPTION CATHOLIC
Rev. Telesphore Dusabe
Mass: Sunday, 7:15 a.m.

ST. PETER LUTHERAN
CHURCH
Pastor Bruce Miller
107 Wood St. Elma
Service time: 9 a.m.
Sunday.

ELMA CHRISTIAN CHURCH
Pastor Paula Hemann
207 Plum Street Elma
Service time: 10:30
a.m. Sunday.

Prayer brings peace

It takes persistence, but in the end, prayer deepens connection with God

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
— **Philippians 4:7**

Praying was a continual practice of Jesus. Often Jesus went off to a secluded place to pray, to be alone while he talked with his Father.

Once after Jesus finished praying, the disciples asked Jesus to teach them to pray. They realized how little they knew about prayer by observing Jesus’ life of prayer.

This was when Jesus taught them the prayer

that we know as “The Lord’s Prayer” or “The Our Father.”

Jesus instructs his disciples that it is okay to make requests of God in their prayers and to do so persistently.

Remembering that we ask that God’s will, not ours, be done we pray asking for ourselves the same as what we would ask or grant for another. By doing so, our prayer reflects God’s love for us and God’s call for us to love one another.

Jesus teaches that successful prayer has the element of persistence. We are asking God, who

has everything and is not reluctant to help. God always answers prayers and gives what we need, which is not necessarily what we want.

Prayer is a critical practice that nurtures our faith.

It helps to deepen our connection to God. During prayer, we can quiet our thoughts, the mental chatter, and align with the presence of God.

With God in the midst of it all, even things that are messy and incomplete, we can release our troubles to God. This allows a sense of peace



Pastor Sue Cira serves Immanuel Crane Creek Lutheran Church in rural Lawler and is also a transitional pastor at Trinity Lutheran in New Hampton.

and renewed strength to come into us.

May you all experience this peace.



Photos courtesy of Trinity Lutheran Church

It’s ‘Christmastime’ at Trinity

Trinity Lutheran Church’s children celebrated “Christmas in July” with a variety of activities — including fun games (above) and cookie decorating (below) — during its annual Vacation Bible School that was held last week.



Love must be sincere.
Hate what is evil; cling to what is good.
Romans 12:9

DailyVerses.net

Church Services

NORTH
WASHINGTON
IMMACULATE
CONCEPTION
Father Christopher
Podhajsky
Mass: Saturday, Aug. 2,
6 p.m.

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 Cerwinske
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-
PLEASANT HILL
10009 Union Ave.
Pastor Drew McHolm
Service time: Sunday,
9 a.m.

LAWLER
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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., Sunday.

FREDERICKSBURG
ST. PAUL’S LUTHERAN
CHURCH-MISSOURI
SYNOD
222 S. Washington Ave.
Pastor Ron Koch
Service time: 8:30
a.m., Sundays.

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

FREDERICKSBURG
UNITED METHODIST
111 S. Hamilton Ave.
Pastor Alex Johnson
Service time: 10:15
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: Will begin when
restoration project is com-
pleted.

PROTIVIN
HOLY TRINITY
124 N. Main St.
Father Nick Radloff
Mass: Sunday, Aug. 3,
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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Legal Notice

NOTICE OF PUBLIC HEARING
YOU AND EACH OF YOU ARE HEREBY NOTIFIED that at a meeting held on July 7, 2025, the City Council motioned to set a public hearing for the Council's intent to sell/abandon the 3 rods lying East and adjacent to Lot 21 and lying North of Railroad ROW and 3 rods lying south and adjacent to Lots 17-20 all in NW ¼ of the NW ¼ of Section 24, Township 95 North, Range 14 West, to the City of Ionia, Chickasaw County, Iowa.
A public hearing on the acceptance of the sale will be held at 7:10 pm on August 4, 2025, in the City Hall in the City of Ionia, Iowa.
Written objections to the sale of the 3 rods lying East and adjacent to Lot 21 and lying North of Railroad ROW and 3 rods lying south and adjacent to Lots 17-20 all in NW ¼ of the NW ¼ of Section 24, Township 95 North, Range 14 West, to the City of Ionia, Chickasaw County, Iowa must be filed with the City Clerk on or before August 4, 2025, at 5:00 pm.
SIGNED AT IONIA, IOWA, ON THIS 7TH DAY OF JULY 2025.
Randy Taylor, Mayor
Donna Geerts, City Clerk

No. 25058
7/24/25 New Hampton Tribune
www.iowapublicnotices.com

**READ THE LEGALS ...
It's YOUR RIGHT
TO KNOW!**

Legal Notice - Legal Notice

CHICKASAW COUNTY BOARD OF SUPERVISORS' MINUTES July 14, 2025
The Board convened on Monday, July 14, 2025, at 1:00 PM with members Breitbach, Carter, Cerwinski, Suckow, and Hackman present in the Boardroom on the second floor of the Court House, New Hampton, Iowa. Chairperson Hackman called the meeting to order. Also present were Board Secretary Sheila Shekleton, Attorney David Laudner, Bob Fenske, member of media, Terry Johnson, Board of Health members Jeremy McGrath, Joan Knoll, EMA/911 Director Jeff Bernatz, Sheriff Ryan Shawver, Land Use Administrator Raymond Armel, Public Kyle Hennessy, Kim Hennessy, Jordan Grober, Lynn Schwickerath, Sharon Heying, Linda Gansen, Paul Gansen, Debbie Gossling, Steve Kuehn, Treasurer Matt Ysbrand, Chickasaw County Public Health Lisa Welter, Ann Knutson, Recorder Shirley Troyna, 20/20 FX, LLC Denny Ungs and Jodee Ungs, County Engineer Liza Harold, Safety Ranae Carey.
Motion by Suckow, seconded by Cerwinski to approve the agenda for July 14, 2025. Roll Call: All Ayes. Motion carried.
Motion by Breitbach, seconded by Carter to approve the minutes for July 7, 2025 meeting. Roll Call: All Ayes. Motion carried.
Motion by Cerwinski, seconded by Suckow to approve payroll check date July 11, 2025. Roll Call: All Ayes. Motion carried.
Motion by Breitbach, seconded by Carter to approve prior bill in the amount of \$550.00. Roll Call: All Ayes. Motion carried.
Motion by Cerwinski, seconded by Carter to approve claims in the amount of \$906,021.38. Roll Call: All Ayes. Motion carried.
Motion by Suckow, seconded by Breitbach to approve the quarterly reports ending June 30, 2025 for the Emergency Medical Services and the Sheriff's department. Roll Call: All Ayes. Motion carried.
Public comment: Kyle Hennessy shared the downside to the cut in Public Health budget FY 2025-2026 for him. Kim Hennessy shared downside to the cut in Public Health budget FY 2025-2026 for her.
Consensus of the Board of Supervisors to direct the Northeast Iowa Workforce committee member, Supervisor Suckow, to vote for the merger consideration.
Discussion by concerned citizens regarding closure of the bridge on 150th Street West of V18. Lynn Schwickerath, Jordan Grober, Sharon Heying, Linda Gansen, Paul Gansen shared their experience with the closure of the bridge.
Discussion by the Board of Supervisors about the Cedar Lake Improvements Council

Legal Notice - Legal Notice

TELECOMMUNICATIONS UTILITY BOARD ROOM MINUTES, JULY 14, 2025 5:15 P.M.
The members of the Telecommunications Board of Trustees met for a regular meeting on Monday, July 14, 2025 at 5:15 p.m. in the Telecommunications Office at 112 East Main Street, New Hampton. Board members present were Cantu, Dahl, Anderson, Babcock, Berns, General Manager Brian Quirk and City Clerk Karen Clemens were also present.
The meeting was called to order by Board Chair Anderson at 5:31pm
Moved by Cantu, seconded by Berns; that the agenda be approved as presented. Ayes – Five. Nays – None. Absent – None. Motion carried.
Moved by Babcock, seconded by Berns; that the minutes of the regular meeting held on June 9, 2025, be approved as presented. Ayes – Five. Nays – None. Absent – None. Motion carried.
Moved by Berns, seconded by Babcock; that claims in the amount of \$83,414.82 be approved. Ayes – Five. Nays – None. Absent – None. Motion carried.
Moved by Dahl, seconded by Cantu; that the Finance Reports for June 2025 be approved. Ayes – Five. Nays – None. Absent – None. Motion carried.
General Manager Brian Quirk informed the Board of the upgrade that Cedar Falls Utilities is currently making. CFU is migrating to a new streaming platform which requires a 20 mig line to each home. This upgrade will be completed in August/September 2025 and will not impact rates for New Hampton Telecom video only customers.
Telecom staff has mailed engagement letters to residents who live along Hwy 24 east of New Hampton in the Woodland Estates area to gauge their interest in having the NH Telecom build out to their homes. Staff is hopeful to have enough residents to sign up so the project can begin in the Fall of 2025, with service installation hopefully in Spring 2026.
General Managers Report:
1. Staff has been very busy in June with new installations; recently completed the connection of two apartment buildings.
Moved by Dahl, seconded by Berns; that the meeting adjourn at 5:45 p.m. Ayes – Five. Nays – None. Absent – None. Motion carried.
ATTTEST: KAREN CLEMENS, City Clerk
GRANT ANDERSON, Board Chair
TELECOMMUNICATIONS
JULY 14, 2025 5:15 P.M.
Iowa Department of Revenue, Sales Tax June\$1,759.13
New Hampton, City of, Utility Bill ... \$576.14
Aureon, Ethernet Transport \$2,685.00
Waverly Utilities, 10 Gb Transport ... \$899.95
Black Hills Energy, Gas Service..... \$46.11
Cedar Falls Utilities, Wholesale Bandwidth, Fiber Point to Point \$2,580.00
Madison National Life, Term Life, AD&D, Supplemental Life \$68.85
US Cellular, iPad Service \$29.79
Payroll Account, June Salaries \$22,118.07
NIMECA, Disability Insurance \$86.73
Eide Baily, Microsoft 365 Agreement . \$79.72

Council OKs bid to replace boilers at Community Center

CITY COUNCIL: FROM 1

where the line would then head south for another 2,000 feet. The phase would include two new hydrants and two valves. New Hampton Transfer and Storage has requested that the city cost share in the second phase, which is expected to cost between \$285,750 and \$295,750.
During a Water Committee meeting earlier this month, New Hampton Economic Director Tammy Robinson said the extension will not only benefit

one business in town but potentially six to eight more businesses because it would provide better water quality and pressure to the city as a whole.
During that meeting, Water Committee members Deb Larsen and Kerstin Schwickerath agreed to present the plan Monday to the full council, which gave the go-ahead for the project although the city's "cost share" has yet to be finalized.
Also on Monday, the council agreed to accept a bid of \$72,759 from Mick Gage Plumbing and Heating for a two-boil-

er system to replace the Community Center's current boiler that was installed sometime in the 1960s or 1970s.
“We had a lot of trouble this last winter — more than usual,” City Clerk Karen Clemens said, “and like Mick said, it’s just time. We didn’t want to go through another winter like that.”
In other business from Monday night’s meeting:
• The council hired Bill Boyd to replace Ken Douglas as the city’s meter reader.
Douglas, who has been with the city

for the past 10 years, plans to retire at the end of August, and Boyd will begin working for the city on Aug. 1 so that he can receive training from Douglas.
• Council members also learned from Mai that the number of properties that still have dead ash trees standing dropped from 25 two weeks ago to 15 on Monday.
Council members are expected to vote Aug. 4 on hiring a contractor to deal with dead ash trees on private properties because of potential safety concerns for city residents.

Little Brown Church to hold Marriage Reunion Aug. 3

Married couples from near and far will gather just outside Nashua on Sunday, Aug. 3, when the Little Brown Church in the Vale hosts its 72nd annual Marriage Reunion and Vow Renewal.
The event will begin at 8:30 a.m. with coffee and donuts, and at 10:15, couples will head into the historic church for its weekly “Sing-a-Long,” and the worship service that will include the vow renewal will begin at 10:30.

Following the service, lunch will be served on the grounds of the church that is located just to the east of Nashua.
Church officials emphasize that the reunion is not just for those who said their “I do’s” at the Little Brown Church; instead, all married couples are invited to attend the meeting.
Those who are attending should call the church at 641-435-2027 to reserve a lunch.

Rural Lawler church to hold ice cream social Tuesday

The Immanuel Lutheran Church will host an ice cream social on Tuesday at the Bethany Hall, 1241 Pembroke Ave., Lawler. The freewill donation meal will include pork sandwiches, potato salad, fruit, baked beans, ice cream, toppings, brownies and apple crisp. Serving that day will be from 5 to 7:30 p.m.



New Hampton Community Schools Notifications

ORIENTATION FOR FAMILIES

ELEMENTARY OPEN HOUSE
WEDNESDAY, AUGUST 20TH
2:00 P.M. - 6:00 P.M.

MIDDLE SCHOOL OPEN HOUSE
WEDNESDAY, AUGUST 20TH
4:00PM - 6:00PM
5TH GRADE ORIENTATION AT 5:00PM

HIGH SCHOOL FRESHMEN OPEN HOUSE
WEDNESDAY, AUGUST 20TH
6:00 P.M. - 7:00 P.M.

NOTICE ~ ALL ATHLETES

You must have a Doctor's certificate of fitness before you are eligible to participate in athletics. Athletes are responsible for obtaining their own physicals. All athletes must have insurance or waiver of insurance along with emergency procedure cards on file with school before they will be allowed to participate. IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must sign an acknowledgement form stating they have received the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports." Students cannot practice or compete in those activities until this form is signed and returned.

SCHOOL BUS SERVICE

Ten buses will operate in the district to provide transportation for approximately 720 rural students. Bus assignments will be published in a later issue.
High School students living in New Hampton may ride from the elementary school building to the high school building in the morning and from the high school to the elementary building in the afternoon.

SCHOOL BUS VIDEO CAMERAS

The New Hampton Community School District Board of Directors has authorized the use of video cameras on school district buses. The video cameras will be used to monitor student behavior, to maintain order on the school buses, and to promote and maintain a safe environment. Students and parents are hereby notified that the content of the videotapes may be used in a student disciplinary proceeding. The content of the videotapes are confidential student records and will be retained with other student records. Videotapes will only be retained if necessary by the administration. Parents may request to view videotapes of their child if the videotapes are used in a disciplinary proceeding involving their child.

REPORTING A SAFETY CONCERN

- If you see something, say something.
- Call 9-1-1 if there is an immediate danger, if you know about an emergency, or if you see suspicious activity.
- Otherwise you may report any other safety concerns via the district's reporting number 641-394-2134 Extension 6008. This number allows students, staff, parents, and community members to confidentially submit concerns regarding safety, harassment, intimidation, and bullying to the district administration. All reports may be submitted anonymously.

PARENT NOTIFICATION

Parents'/Guardians' Rights Notification:
Parents'/Guardians in the New Hampton Community School District have the right to learn about the following qualifications of their child's teacher: state licensure requirements for the grade level and content areas taught, the current licensing status of your child's teacher, and baccalaureate/graduate certification/degree. You may also request the qualifications of an instructional paraprofessional who serves your student in a Title I program or if your school operates a schoolwide Title I program.

Parents'/Guardians may request this information from the Office of the Superintendent by calling or sending a letter to Office of the Superintendent, 710 West Main Street, New Hampton, IA 50659.

STUDENT ABUSE BY SCHOOL EMPLOYEES AND ASSIGNED INVESTIGATORS

Chapter 102 of the Iowa Administrative Code prescribes procedures for charging and investigating incidents of abuse of students by school employees. The school district's designated investigators are: Erik Smith, Superintendent (641) 394-2134, Jamie Steege or Jessica Moore, school nurses (641) 394-2134

HUMAN GROWTH AND DEVELOPMENT

The school district provides students with instruction in human growth and development. Parents may review the human growth and development curriculum prior to its use and have their child excused from human growth and development instruction. Parents should contact the principal if they wish to review the curriculum or to excuse their child from human growth and development instruction.

Erik Smith
Superintendent 641-394-2134 ext. 6

Matt Manson
High School Principal 641-394-2134 ext. 3

Cory McDonald
Activities Director 641-394-2134 ext. 4

MULTI-CULTURAL GENDER FAIR (MC/GF) GRIEVANCE PROCEDURE

Students, parents of students, or employees of the New Hampton Community Schools have the right to file a formal complaint alleging non-compliance with the regulations out-lined in Title VI of the 1964 Civil Rights Act, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, or Section 12.(8) of the Iowa State Education Standards.
Level I (Informal and Optional) - Employees with a grievance of discrimination on the basis of gender, sexual orientation, race, national origin or disability may first discuss it with their principal or immediate supervisor, with the objective of resolving the matter informally. A student or parent with a complaint of discrimination on the basis of gender, sexual orientation, race, national origin or disability should immediately discuss it with the teacher, counselor or building administrator involved.
Level II (Informal and Optional) - If the concern remains unresolved, the grievant is encouraged to approach the MC/GF Compliance Committee for the purpose of resolving the concern through fact gathering and discussion. The role of this group is to reconcile, if possible, the concern of the grievant using an informal procedure. The group will consist of the grievant, the person against whom the grievance has been filed, the principal or designee, a minimum of two MC/GF Advisory Committee members, and the MC/GF Facilitator.
Level III (Formal) - If the grievance is not resolved at level one or level two and the grievants wish to pursue the grievance, they may formalize it by filing a complaint in writing on the Compliance Violation Form, which may be obtained from the Compliance Officer.
The remaining steps in the grievance process will be reviewed with the grievant. The entire grievance procedure is available for inspection in the Compliance Officer's Office along with other information relating to these topics. Please contact Brad Schmitt, Middle School Principal, 710 W. Main, New Hampton, IA 50659, (641) 394-2134 ext. 2 b_schmitt@new-hampton.k12.ia.us if you have any questions, concerns, or complaints. Mr. Schmitt is the Title VI and Title IX Officer for the New Hampton Community School District.

PARENTAL NOTICE GENERAL EDUCATION INTERVENTIONS

The New Hampton Community School District uses a problem solving model to address student concerns through general education interventions. Problem solving activities are part of the school's general program and may occur at any time throughout the school year. The problem solving process is a systematic set of procedures designed to look at different factors that might be affecting student success, such as what is taught, how it is taught, and how the student responds to these processes. During the problem solving process, school personnel (including special education staff and Keystone special education personnel) may be involved in gathering information that will be used to develop effective interventions.
As parents, you are key participants during all facets of problem solving. If a child is recommended for special education services, parents must give written consent. Parents may also request that their child be considered for special education services at any time by contacting the child's principal.

SECTION 504 OF THE REHABILITATION ACT OF 1973

Section 504 of the Rehabilitation Act of 1973 prohibits discrimination against persons with a disability in any program receiving federal financial assistance. In order to fulfill obligations under Section 504, the New Hampton Community School District has the responsibility to avoid discrimination in policies and practices regarding its personnel and students. No discrimination against any person with a disability should knowingly be permitted in any program and practices of the school system.
The New Hampton Community School District has the responsibilities under Section 504, which include the obligations to identify, evaluate, and if the student is determined to be eligible under Section 504, to afford access to appropriate educational services.
If the parents or guardians disagrees with the determination made by the professional staff of the school district, he/she has a right to a hearing with an impartial hearing officer.
If there are any questions, please feel free to contact Jessica Nelson, Section 504 Coordinator for the New Hampton Community School District, at (641) 394-2134 ext. 1.

FAMILY EDUCATIONAL RIGHTS & PRIVACY ACT NOTIFICATION OF RIGHTS

The Family Educational Rights and Privacy Act (FERPA) affords parents and students who are 18 years of age or older ("eligible students") certain rights with respect to the student's education records. These rights are:
(1) The right to inspect and review the student's education records within 45 days after the day the School receives a request for access.
Parents or eligible students who wish to inspect their child's or their education records should submit to the school principal (or appropriate school official) a written request that identifies the records they wish to inspect. The school official will make arrangements for access and notify the parent or eligible student of the time and place where the records may be inspected.
(2) The right to request the amendment of the student's education records that the parent or eligible student believes are inaccurate, misleading, or otherwise in violation of the student's privacy rights under FERPA.
Parents or eligible students who wish to ask the School to amend their child's or their education record should write the school principal (or appropriate school official), clearly identify the part of the record they want changed, and specify why it should be changed. If the school decides not to amend the record as requested by the parent or eligible student, the school will notify the parent or eligible student of the decision and of their right to a hearing regarding the request for amendment. Additional information regarding the hearing procedures will be provided to the parent or eligible student when notified of the right to a hearing.
(3) The right to provide written consent before the school discloses personally identifiable information (PII) from the student's education records, except to the extent that FERPA authorizes disclosure without consent.
One exception, which permits disclosure without consent, is disclosure to school officials with legitimate educational interests. The criteria for determining who constitutes a school official and what constitutes a legitimate educational interest must be set forth in the school's or school district's annual notification for FERPA rights. A school official typically includes a person employed by the school or school district as an administrator, supervisor, instructor, or support staff member (including health or medical staff and law enforcement unit personnel) or a person serving on the school board. A school official also may include a volunteer, contractor, or consultant who, while not employed by the school, performs an institutional service or function for which the school would otherwise use its own employees and who is under the direct control of the school with respect to the use and maintenance of PII from education records, such as an attorney, auditor, medical consultant, or therapist; a parent or student volunteering to serve on an official committee, such as a disciplinary or grievance committee; or a parent, student, or other volunteer assisting another school official in performing his or her tasks. A school official typically has a legitimate educational interest if the official needs to review an education record in order to fulfill his or her professional responsibility.
Upon request, the school discloses education records without consent to officials of another school or school district in which a student seeks or intends to enroll, or is already enrolled if the disclosure is for purposes of the student's enrollment or transfer.
(4) The right to file a complaint with the U.S. Department of Education concerning alleged failures by the School to comply with the requirements of FERPA. The name and address of the Office that administers FERPA are: Student Privacy Policy Office, U.S. Department of Education, 400 Maryland Avenue, SW, Washington, DC 20202

ANNUAL NOTICE OF NONDISCRIMINATION

The New Hampton Community School District offers career and technical programs in the following service areas: Industrial Technology, Family and Consumer Sciences, Business, Vocational Agriculture.
It is the policy of the New Hampton Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Brad Schmitt, Middle School Principal; 710 West Main, New Hampton, Iowa 50659, 641-394-2134 ext. 2, b_schmitt@new-hampton.k12.ia.us

Brad Schmitt
Middle School Principal 641-394-2134 ext. 2

Emily Steele
Elementary Principal 641-394-2134 ext. 1

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You Have an Estate Plan — Whether You Know It or Not

Think estate planning is only for the wealthy or elderly? Think again. If you own anything — a home, a car, a savings account, even a pet — you already have an estate plan. The only question is: Did you create it, or will your state do it for you?

When someone passes away without an estate plan, state laws take over, deciding who gets what and when. This legal process may not reflect your wishes. That’s why taking control of your assets through a personal estate plan should be a top priority.

At its core, estate planning is about clarifying your wishes and making things easier for your heirs. It ensures your assets are distributed according to your preferences, designates who will make decisions on your behalf if you can’t, and provides guidance for your care in a medical crisis. Most plans include four key components:

- 1. A Will** – This document outlines how your assets should be distributed after your death and names an executor to oversee the process in probate court. It can also designate guardians for minor children. Keep in mind that a will doesn’t cover everything — certain transfer on death (TOD) accounts and jointly held property may bypass your will entirely.
- 2. Power of Attorney** – If you become incapacitated, you’ll want someone you trust to be able to make decisions on your behalf. A durable power of attorney designates such a person, helping to ensure your bills are paid, your business continues (if you have one), and your wishes are honored.
- 3. Health Care Directive** – Sometimes called a living will, this document spells out your preferences for medical treatment if you’re unable to speak for yourself. It can also designate someone to make health care decisions for you.
- 4. Beneficiary Designations** – Accounts like 401(k)s, IRAs, and life insurance policies transfer directly to the people you name, regardless of what your



Clint Whitcome
Financial Advisor
121 W. Main St. Suite 1
New Hampton, IA 50659
641-394-4449
www.edwardjones.com Member SIPC
Edward Jones
MAKING SENSE OF INVESTING

will says. It’s essential to review these beneficiary designations regularly, especially after significant life events such as marriage, divorce, death of a spouse or the birth of a child.

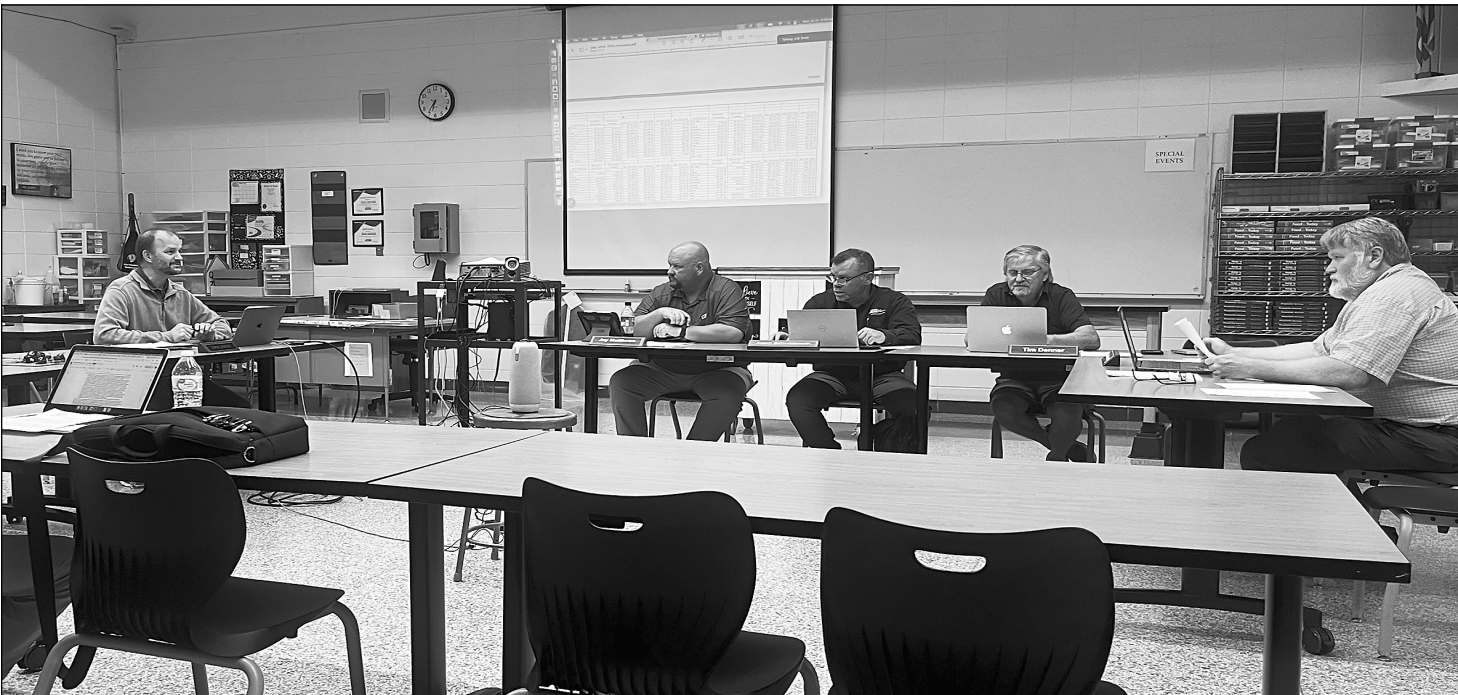
One common myth is that a will is all you need. But wills only take effect after death; they don’t help if you’re alive but unable to make decisions. Another misconception is that estate planning is only for the wealthy. In truth, planning is about more than money — it’s about making things easier for the people you love during difficult times.

An effective estate plan can prevent costly legal battles, reduce confusion and give your loved ones a clear roadmap to follow. It also allows you to leave a legacy that reflects your values and priorities.

As your life changes, your estate plan should change along with it. Review your documents every few years or after major life events. It’s often a good idea to seek help with such reviews. Your financial advisor or attorney can guide you through the process, ensuring your plan fits your unique circumstances.

In the end, estate planning isn’t just about planning for what happens when you are gone. It’s about feeling confident, knowing that what matters most — your family, your purpose, your legacy — is protected.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.



Bob Fenske/Tribune

New Hampton Superintendent Erik Smith (left) discusses the district’s “financial numbers” during Monday night’s School Board meeting.

School Board agrees to increase activity director’s stipend

SCHOOL BOARD: FROM 1

a student to have access to a personal electronic device if the parent or guardian “can establish there is a legitimate reason related to the student’s mental or physical health to retain access during instructional time.”

Students who violate the policy for the first time will be able to pick up their device at the end of the school day, and the student’s parent/guardian will be notified. For each subsequent violation, the device will be released to the student’s parent/guardian following a meeting with the student and parent/guardian to create a plan to avoid further violations.

The adoption of the policy was part of a relatively quick-paced meeting in which board members met for just an hour.

Board members agreed to raise Activities Director Cory McDonald’s stipend for his AD position from \$18,000 to \$20,000. McDonald is on a full-time teacher contract — teaching for half the day and the serves

as the AD for the other half of the day. The stipend has been given to activity directors since New Hampton went to a “half-time AD” in 2020.

Smith said “finding clean data” to see how McDonald’s pay would compare with other districts was, in a word, difficult, and the superintendent said he felt the “negotiated settlement” pay increase should be given to the stipend in future years.

“You bring an energy to the job, and because of that, I’m going to make the motion [to increase the stipend],” Schwickerath said, and fellow board member Adam Schwickerath agreed.

“I’ve had a front row seat, with my son being in baseball and being in here,” he said. “Thank you for the extreme effort you have put into this. The fire and the enthusiasm has been amazing.”

Board members agreed and approved the motion.

“I just want to say thank you,” McDonald said. “It makes all the hard work feel appreciated.”

In other business from Monday’s meeting:

- Board members approved the low milk bid from AE Dairy and the low bread bid from Bimbo Bakeries for the upcoming school year. They also agreed to raise the price of the so-called “afternoon milk” from \$45 to \$55 a year, but even with the price increase, the fee won’t totally cover the district’s cost.

- McDonald and Smith also updated the board members on the improvements to the football, track and soccer complex. Smith said the new scoreboard for the facility will be delivered in early August, and McDonald said the board will be moved from the south side of the field to the north side, in large part so to allow track athletes to be able to see their times as they cross the finish line.

“It’s where it should have always been,” said McDonald, who also added that a new speaker/sound system will also be installed at the facility and is being paid for through donations.

Parade ‘returns’ to Ionia Fun Days that is set for Aug. 1-2

The theme for this year’s Ionia Fun Days — which is to be held Aug. 1 and 2 — is “Honoring Hometown Heroes.”

Grand Marshals of the 11 a.m. Saturday parade will be the “past, present and future Ionia Military Heroes.”

But kicking off the weekend

will be kid’s painting at 6 p.m. Friday at the Ionia Community Library meeting room, kids must pre-register by contacting Heather Hackman.

A softball tournament will be held starting Friday at 7 p.m. and from 7-8 p.m. “free family fun for all ages” tout games of

knowledge, skill and chance.

The Little Miss and Mister and Miss Teen Ionia will be crowned at 8 p.m. Friday, with a fireworks show at 9 p.m.

The slate on Saturday includes a free will donation pancake breakfast from 8 to 10 a.m., the softball tournament continues at 9 a.m., with a Bloody Mary bar from 9 to 1 p.m.

After a one-year hiatus, due to a detour that ran through Ionia last summer, the two-way parade at 11 will be followed by kids’ games from noon to 2 p.m. and a car, truck and antique tractor show from noon to 3 p.m.

A bag tournament, puzzle, pop and pizza challenge and the Southland Band wrap up Ionia Days on Saturday.

New Hampton Community Schools First Day of School August 25, 2025



REGISTRATION

Parents of children in the elementary, middle and high school are asked to register their children online for the 2025-26 school year. Online registration will open on:

Monday, July 28, 2025

Go to: new-hampton.k12.ia.us

Click Menu, go to Registration, and follow the links.

If you need assistance, please contact the School Offices or stop in after **August 1st**.

Parents new to district should stop in or call the school office after **August 1st** for assistance.

The purpose of registration is to provide an opportunity for parents to pay school fees, hot lunch/breakfast fees and to find out their class assignments. This service is necessary to eliminate congestion on the first day of school. Education Options Registration will be with registration on the above dates.

FEE SCHEDULE

INSTRUCTION FEE

K-4		\$55.00
5-8		\$80.00
9-12		\$85.00

7-8 GRADE ATHLETIC TOWEL FEE \$20.00

One time payment per year if a student participates in football, volleyball, cross country, basketball, wrestling and/or track.

RevTrack online fees will be waived until August 25, 2025

OPTIONAL FEES

School Yearbook High School		\$75.00
Vehicle Registration		\$15.00

High School students who drive vehicles to school **must** register **each** vehicle. All vehicles must have a sticker/tag visible from outside the vehicle in order to legally park in the high school parking lot.

ACTIVITY PASS

Student Activity Passes will be FREE for all regular home Athletic events held at New Hampton CSD. Thanks to the generous partnership from Bank Iowa, NH Athletic Booster Club, First Citizens, Rochford Insurance Agency, O'Donnell Insurance, Fidelity Bank, Security State Bank, Luana State Bank, Joe Maloy Insurance, Nobsisch Insurance, and Curtis Franzen - Farm Bureau Financial. State sponsored tournaments, NEIC Conference Tournaments, the high school and middle school musicals, and the high school variety show are NOT included in this fee.

K-4.....	Free	5-12.....	Free
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H.S. Activity Admission Fees

Adults \$6.00 per event

Students \$6.00 per football event

Students \$4.00 per other event

M.S. Activity Admission Fees

Adults \$3.00

Students \$2.00

Family \$5.00

Adult
Activity
Pass

The school will provide the opportunity for adults to obtain a ten-punch activity pass for the 2025-26 school year at a cost of \$50.00 per ticket. With the ten-punch ticket at \$50.00, an individual will save \$10.00 over the cost of ten single admissions. Over and above the cost of savings, an activity pass holder will gain quicker admission to events. People who hold an activity pass will not need to stand in line to obtain their single admission ticket. These activity passes will only be honored at New Hampton home events and would not apply to state sponsored tournaments, the high school musical, and UIC Conference tournaments. The ten-punch activity passes can be obtained during the dates noted above for student registration days or from the Superintendent's Office any day during normal business hours.

SCHOOL LUNCH PROGRAM

BREAKFAST/LUNCH PROGRAMS AT ALL BUILDINGS BEGINNING

Monday, August 25, 2025

Breakfast (preK-4) \$1.95

Lunch Per Meal (preK-4) . \$2.85

Lunch Per Meal (5-12) . . . \$2.95

Extra Milk Per Carton 40¢

Afternoon Milk (K-3) \$55

Lunch fees may be paid during registration. Please fill out a Free/Reduced Lunch Form to see if you qualify. The High School will have a closed noon period ~ students will eat in the cafeteria whether they bring their lunch or use the school lunch program.

WAIVER OF STUDENT FEES

Students whose families meet the income guidelines for free and reduced price lunch, the Family Investment Program (FIP), Supplementary Security Income (SSI), transportation assistance under open enrollment, or who are in foster care are eligible to have their student fees waived or partially waived. The Standard Fee Waiver application form will be available when parents register their children. This waiver does not carry over from year to year and must be completed annually. This waiver of student fees applies only to the above listed fees. Fees for the high school and middle school yearbooks and activity passes are not included in these waiver provisions.

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New Hampton Community Schools



Erik Smith

Superintendent 641-394-2134 ext. 6

Matt Manson

High School Principal 641-394-2134 ext. 3

Cory McDonald

Activities Director 641-394-2134 ext. 4

Brad Schmitt

Middle School Principal 641-394-2134 ext. 2

Emily Steele

Elementary Principal 641-394-2134 ext. 1



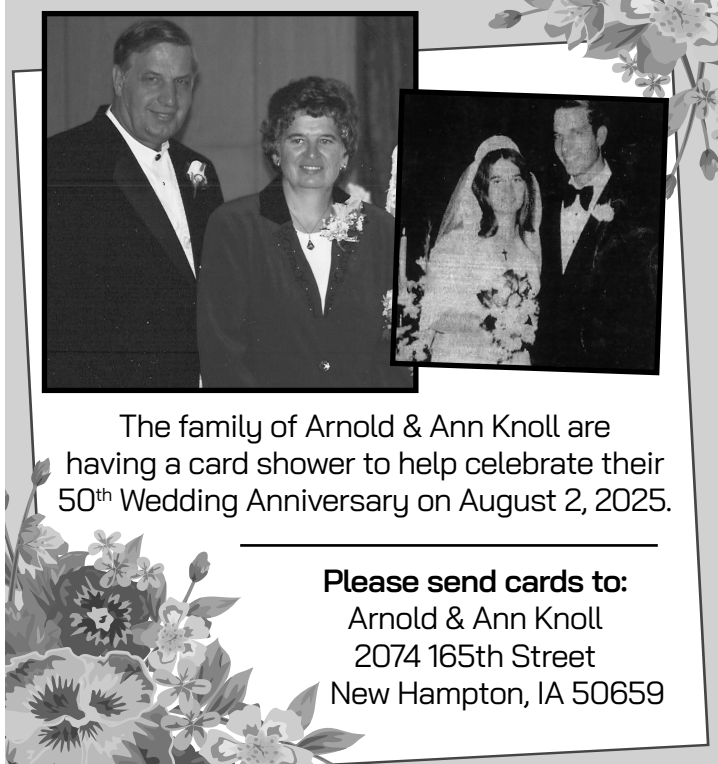
**Zimmerman's
Greenhouse
& Produce**

2 miles west
of Alta Vista
8am-8pm Mon. - Sat.
641-364-7002
*We accept Senior & WIC Farmers
Market Vouchers and EBT*
Baked Goods on Fridays & Saturdays

**Fresh
Flower
Bouquets**

**Greenhouse
Flowers Still
Available**

Ready:
Sweet Corn
Green Beans
Potatoes
Cabbage
Watermelon
Zucchini
Kohlrabi
Tomatoes
Cucumbers
Sweet Onions
Fresh Eggs,
Honey,
Jams & Jelly
& Much More!



The family of Arnold & Ann Knoll are having a card shower to help celebrate their 50th Wedding Anniversary on August 2, 2025.

Please send cards to:
Arnold & Ann Knoll
2074 165th Street
New Hampton, IA 50659

Greene Herb Festival

Sunday, July 27, 2025

10 am to 3 pm

Perrin Park – North 1st Street
Greene, IA

Plant and craft vendors with all things for your garden or made from the garden: plants, oils, soaps, lotions, garden art, antiques, jewelry, honey, books, vintage & rustic decor

Great Food!

No entrance fee! Free Seminars!

You don't want to miss this event!

Want to be a vendor or need more information contact us at:
ritabarth@hotmail.com

Herbfest brought to you by Greene Garden Club and the friendly residents of Greene

Almanac

	H	L	P
Wednesday	75	54	.28
Thursday	72	54	--
Friday	75	56	.50
Saturday	82	46	--
Sunday	75	62	--
Monday	78	67	--
Tuesday	86	74	--

Forecast

Thursday: Partly sunny early and then showers and storms likely; high 82, low 67.

Friday: Mostly sunny but pop-up showers possible; high 84, low 66.

Saturday: Mostly sunny with a high of 85 and a low of 69.

Sunday: Sunny with a high of 89 and a low of 70.

Extended forecast: We'll start the work week with more of the same — warm and humid — as highs will be near 90 and lows will drop to around 70.

Meetings

MONDAY

- Chickasaw County Board of Supervisors, 9 a.m., Courthouse.

History

- In 1911, American history scholar Hiram Bingham gets his first look at the ruins of Machu Picchu, an ancient Inca settlement in Peru that is now one of the world's top tourist destinations.
- In 1915, the steamer Eastland overturns in the Chicago River, drowning between 800 and 850 of its passengers who were heading to a picnic.
- In 1959, during the grand opening ceremony of the American National Exhibition in Moscow, Vice President Richard Nixon and Soviet leader Nikita Khrushchev engage in a heated debate about capitalism and communism in the middle of a model kitchen set up for the fair.
- In 1969, Apollo 11, the U.S. spacecraft that had taken the first astronauts to the surface of the moon, safely returns to Earth.
- In 1998, director Steven Spielberg's World War II epic, "Saving Private Ryan," opens in theaters.

Birthdays

- Famed American aviator Amelia Earhart was born in 1897.
- American actress and pop singer Jennifer Lopez turns 56.
- American actress and singer Kristin Chenoweth turns 57.
- Barry Bonds, MLB's career leader in home runs, turns 61.
- Former NBA superstar Karl Malone turns 62.
- Television's "Wonder Woman," Lynda Carter, turns 74.
- Michael Richards, who played Kramer on "Seinfeld," turns 76.

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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Sharon Kay Miller, 76

Sharon Kay Miller, age 76 of Ionia, was called to her heavenly home Thursday, July 17, 2025, at Mayo Clinic Hospital, Methodist Campus, surrounded by her family, after a courageous battle with cancer.

A Mass of Christian Burial for Sharon Miller will be held at 10:30 a.m. Monday, July 28, 2025, at Immaculate Conception Catholic Church in Charles City with the Rev. Tom Heathershaw officiating.

Burial will be at Calvary Cemetery in Charles City.

Visitation will be from 3 to 6 p.m. Sunday, July 27, 2025, at Hauser Weishaar Funeral Home in Charles City and will continue one hour before the service at the church on Monday.

Sharon Kay (Hoffman) Miller was born on March 28, 1949, to August and Lorriane Hoffman, in New Hampton.

She graduated from Charles City High School in 1967 and went on to work at Hillandale, the egg plant, in New Hampton.

In 1968, she met Maurice Miller at a dance in Lawler. The two were united in marriage on Nov. 8, 1969, at St. Boniface Catholic Church in Ionia. To this union, two sons, Gregory and Terry, were born.

During the early years of marriage, Sharon was a stay-at-home mother, farming alongside Maurice. Once the boys were older, in 1986, she started working at Salsbury Laboratory, later Fort Dodge Animal Health, and retired in 2004.

Although she was "retired" she didn't slow down. In 2005, she began working in the office for Gilbert's Sale Yard, later Wrightz Sale Yard, being a smiling face to the farmers. There wasn't a face she didn't forget.

She volunteered at IC School serving school lunches and was an active member of Immaculate Conception Catholic Church. She did all of this while still being active on the farm, farming alongside her husband and boys.

She and Maurice were part of card clubs in earlier years. Although not frequented



Sharon Miller

much, her luck at the casino was impeccable. She kept a tidy farmstead and loved to simply sit and watch the neighbors pass by and watch the cattle on pasture. She planted a plentiful garden each year and was an amazing baker and cook.

Every Tuesday night, the entire family would gather at her kitchen table for "Tuesday Night Suppers." If you left hungry, that was your own fault.

Her love for her grandchildren was unparalleled and she spoiled them unendingly.

Living family members include her husband of 55 years, Maurice; sons, Greg and Terry (Jennifer) Miller; grandchildren, Claire, Brock and Becca Miller; siblings, Kenny Hoffman, Denny Hoffman, Jerry (Cindy) Hoffman, Carol (Gary) Arickx, Tom (Jerimiah) Hoffman, Joan (Don) Fix, Sue (Larry) Bortz and Dean (Laurie) Hoffman; in-laws, Vince (Barb) Miller, Melvin (Rosalyn) Miller, and Vivian (Victor) Fickling; along with numerous nieces, nephews, other family members and friends.

Sharon was preceded in death by her parents, August and Lorraine; mother and father-in-law, Leo and Gertrude; a grandson, Kendrick Miller; and brother, Ronnie Hoffman.

Hauser Weishaar Funeral Home is in charge of local arrangements. Online condolences may be left on the Tribute Wall for the family at www.hauserfh.com.

Lawrence Duane Coen, 92

Lawrence Duane Coen, age 92 of Fredericksburg, died Thursday, July 17, 2025, at New Hampton Nursing and Rehab.

No formal services will be held at this time.

Hugeback-Johnson Funeral Home & Crematory in New Hampton has been entrusted with arrangements.

Jerome and Malee Rosonke

Dr. Jerome R. Rosonke, age 84 of Aberdeen, South Dakota, passed away Monday, January 20, 2025, at Avera St. Luke's Hospital, and his wife, Malee Kathern Rosonke passed away on Tuesday, April 29, 2025, at the age of 83.

A memorial service for Jerome and Malee Rosonke will be held at 1 p.m. Saturday, July 26, 2025, at Hugeback-Johnson Funeral Home & Crematory in New Hampton with Deacon Vic DeSloover presiding.

A joint inurnment will be held at Calvary Cemetery, New Hampton. Friends are invited back to the funeral home following the inurnment for fellowship and to enjoy a root beer float, a Rosonke family favorite treat.

Friends are invited to greet the family from 12:30 to 1 p.m. prior to the memorial service at the funeral home on Saturday.

Clyde Dave Miller, 77

Clyde Dave Miller, age 77 of Ionia, passed away on Sunday, July 20, 2025, on hospice care at NorthCrest Specialty Care in Waterloo, after a long battle with leukemia.

A graveside service will be held at 2 p.m. Thursday, July 24, 2025 at the Garden of Memories Cemetery in Waterloo, located at 3669 Logan Avenue, and be officiated by Pastor Isaac Johnson of New Hope Lutheran Church in Charles City.

Friends may greet the family from 11:30 a.m. to 12:30 p.m. Thursday, July 24, 2025, at Hugeback-Johnson Funeral Home & Crematory in New Hampton, where there will be a social hour following the visitation from 12:30 to 1:30 p.m.

Property Transfer

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A sincere thank you to Rev. Nick Radloff, Rev. Jacob Rouse, Deacon Jim Zajicek and the members of Assumption and Our Lady of Mt. Carmel parishes, and all of the Christ Our Hope Cluster parishes, for the beautiful wake and funeral services for our dad, Francis Reicks. Thank you to the employees of Hugeback Johnson Funeral Home for your courtesies and support in preparing for his funeral celebration. Thanks to everyone for your kindness, prayers, cards, memorials, food, flowers, and friendship. The entire community has been amazing. Our heartfelt thanks to the employees of the New Hampton Nursing and Rehab Center and Kensington Place for their incredible care of dad over the last seven years. Many of you were like family to him; you are all so appreciated. May God abundantly bless you all.

The Family of Francis Reicks

Duane Raymond Bodensteiner, 82

Duane Raymond Bodensteiner, age 82 of Fredericksburg, died Wednesday, July 16, 2025, at Bartels Lutheran Retirement Community in Waverly.

A Mass of Christian Burial was held at 10:30 a.m. Wednesday, July 23, 2025, at St. Mary Catholic Church in Waucoma with the Rev. Henry Huber celebrating the Mass.

Interment was held at St. Rose Catholic Cemetery, rural Waucoma.

Friends greeted the family from 4 to 7 p.m. Tuesday, July 22, 2025, at Hugeback-Johnson Funeral Home & Crematory in Fredericksburg, where there was a 7 p.m. Parish Scripture Service. Visitation continued an hour prior to the Mass at the church in Waucoma.



Duane Bodensteiner

Duane and Bea were part of the founding group that brought St. Frederick's Catholic Church to Fredericksburg. Duane served as chairman of the church board.

His love for sports was a constant throughout his life. Duane was an avid bowler, golfer, and softball player, and he relished in the triumphs of the Iowa Hawkeyes.

He found joy in attending his children's and grandchildren's sporting events, cheering them on with enthusiasm and pride.

Duane's competitive spirit shone through in card games, especially Euchre, where he was known as a formidable opponent.

Family vacations were a highlight for Duane and his loved ones, as they explored various destinations across the United States, creating memories that would last a lifetime. These trips were a testament to his adventurous nature and his desire to share new experiences with those closest to him.

Duane's commitment to service was exemplified by his over 50 years of dedication to the Fredericksburg Lions Club. His involvement in this organization was not just a testament to his desire to give back but also a reflection of the high regard in which he was held by his peers.

Duane leaves behind a legacy of love and commitment.

He is survived by his beloved wife, Beatrice; his children, Denise (Jeff) Udelhofen of Peosta, Carla (John) Christiansen of Lakeville, Minnesota, and Greg (Amy) Bodensteiner of Waverly; his grandchildren, Cody Udelhofen, Allison (Nathan) Helms, Jocelyn Nyblom, Jenna Nyblom, Brenna Bodensteiner, Ryan Christiansen, Braden Bodensteiner, Brittney Bodensteiner and Brooks Bodensteiner; one great-grandchild, Beau Helms; his brothers, Ronald Bodensteiner of West Union, Leon (Alice Neitzey) Bodensteiner of Bolivia, North Carolina, and Neil (Dorothy) Bodensteiner of Hawkeye; and his sisters, Jeanette Croatt of Hastings, Minnesota, Donna (John) Weibel of Manchester, and Wanda (Bob) Sanders of Summer.

Duane was preceded in death by his parents; two sisters, Karla Ann and Mary Alice, both in infancy; brother-in-law, Leallan "Butch" Croatt; and sister-in-law, Donna Bodensteiner.

Marcia M. Knutson, 66

Marcia M. Knutson, age 66 of New Hampton, died Monday, July 14, 2025, at MercyOne New Hampton Medical Center.

A Mass of Christian Burial was held at 11 a.m. Monday, July 21, 2025, at St. Wenceslaus Catholic Church in Spillville with the Rev. Chris Podhajsky celebrating the Mass.

Interment followed at Calvary Cemetery in New Hampton.

Friends greeted the family from 2 to 5 p.m. on Sunday, July 20, 2025, at Hugeback-Johnson Funeral Home & Crematory in New Hampton. Visitation continued an hour prior to the service on Monday at the church.

Marcia Marie (Klimesh) Knutson was born on February 19, 1959, in New Hampton and was the fifth child of Elmer and Martha (Woldan) Klimesh.

She grew up in Spillville and was a carefree child who loved the outdoors — whether it was growing flowers, picking ginseng or occasionally hunting squirrels.

Marcia attended St. Wenceslaus School through 6th grade and then went on to attend South Winneshiek Community Schools. She graduated in the top 10 of her high school class.

Upon graduating high school, she pursued nursing at Northeast Iowa Community College (1979) and started working at Mercy Medical Center in New Hampton. While working, she intermittently pursued her bachelor's degree from Upper Iowa University (1985) and later a master's degree from Winona (Minnesota) State University (2000).

She was a hard worker whose healthcare career spanned 35 years, where she made a difference in countless people's lives. In 2011, she was recognized



Marcia Knutson

Cletus R. Ries, age 89 and a lifelong New Hampton resident, died Monday, July 21, 2025, at the New Hampton Nursing and Rehabilitation Center.

A Mass of Christian burial will be held at 10:30 a.m. Tuesday, July 29, 2025, at Immaculate Conception Catholic Church, North Washington, with the Rev. Chris Podhajsky celebrating the Mass.

Interment with military honors will be in St. Mary's Cemetery, North Washington, with his grandchildren serving as pallbearers.

Friends may greet the family from 4 to 7 p.m. Monday, July 28, 2025, at the Hugeback-Johnson Funeral Home and Crematory in New Hampton where there will be a 7 p.m. Parish Scripture Service. Visitation continues an hour prior to Mass at the church on Tuesday.

Cletus R. Ries, 89

North Washington, with the Rev. Chris Podhajsky celebrating the Mass.

Interment with military honors will be in St. Mary's Cemetery, North Washington, with his grandchildren serving as pallbearers.

Friends may greet the family from 4 to 7 p.m. Monday, July 28, 2025, at the Hugeback-Johnson Funeral Home and Crematory in New Hampton where there will be a 7 p.m. Parish Scripture Service. Visitation continues an hour prior to Mass at the church on Tuesday.

Antique Engine Power Show in Fredericksburg set for next month

The \$5 entrance fee remains the same as other years for the 2025 Northeast Iowa Antique Engine and Power Show on the grounds east of Fredericksburg Aug. 9-10. Ages 12 and under are free.

Gates open at 8 a.m. both days and will feature outdoor demonstrations starting at 10 a.m.

There will be a flower contest Saturday at 9 a.m., shelling and threshing at 1 p.m., baling and combining at 2 p.m. and a tractor pull at 4 p.m.

The smaller tractors — of the garden variety — will take their turn Sunday at 11 a.m., with shelling and threshing and a kids pedal pull at 1 p.m., combining, baling and plowing at 2 p.m.

A variety of activities both days include sheep shearing, wood carving, ensilage cutting,



Tribune file photo

Danny Deetz (left) and Al Schumbohm team up to make some rope during the 2024 Northeast Iowa Antique Engine and Power Show.

corn picking, a saw mill, blacksmith shop and kid's games, with, of course, a wide selection of vintage tractors and equipment with which to reminisce.

A food stand will be open, with a craft, flea and farmers market Saturday from 9 a.m. to 6 p.m. and Sunday from 9 a.m. to 2 p.m.



Your Prime Years



Cyberattacks on the Rise

In the internet age, businesses, government offices and individual citizens are increasingly at risk of scams, security leaks and phishing attempts.

If a hacker gains access to your financial and personal information in this way, they can use it to carry out financial fraud. This has become known as identity theft, and it's happening daily. Thieves gain access and then steal money from bank accounts, make illegal purchases or apply for loans or credit cards. Protect yourself by securing your accounts, familiarizing yourself with the signs of identity theft and staying on the lookout.

PROTECTING YOURSELF

Build your defense against identity theft by taking proactive measures. Experts rec-

ommend that you develop complex — and different — passwords for all your devices, bank accounts and social media. This is made easier by using a password manager. Guard against phishing attempts when someone tries to trick you into clicking on a dangerous link through emails or text messages.

If you're unsure how to complete these tasks or just have more questions, reach out to a local insurance and risk management professional. They're equipped to help safeguard your accounts and can discuss the range of personal insurance options available for cyberattack coverage and identity protection.

KNOW THE SIGNS

Keep a close eye on your bank account, credit card statements and credit reports. Sudden or unexpected changes should raise a red flag.

Don't overlook loan or credit card

approvals that you never applied for or charges for items that you didn't purchase. If your household bills typically arrive by mail, pay close attention to any sudden stop.

Identity thieves sometimes alter a billing address to take over an account.

Other warning signs include being unexpectedly denied credit or a rejected tax return.

THE NEXT STEP

If you notice a warning sign, take immediate action. Suspend bank cards or credit accounts if there is fraudulent or suspicious activity. Report ongoing issues to the authorities, including the IRS and credit reporting agencies. Going forward, regularly review your credit reports to ensure accuracy, always avoid sharing personal information over the phone, and limit your exposure to potential threats as much as possible.

Focus on Eating Right

All the exercise in the world might not help if you're still making poor dietary choices.

Your new healthier lifestyle requires a two-pronged approach: Align your physical fitness objectives with a commitment to proper nutrition. Even minor adjustments to your diet can significantly affect your results when paired with a well-structured workout plan. A healthy diet will provide all the energy necessary while helping you effectively manage your weight. Talk to your health-care provider before implementing major changes, particularly if you are following a specific diet or are unfamiliar with all your options.

MEETING NUTRITIOUS NEEDS

Protein becomes even more crucial as your physical activity increases, since it plays such a vital role in health as we age. Increased protein intake can help mitigate the effects of sarcopenia, the natural decline of muscle mass, function and strength that often occurs in seniors. Protein supports recovery from exercise, helps maintain mobility and balance, and aids in building and preserving strength. According to medical professionals, 30 to 35 percent of your total caloric intake should consist of protein, which also facilitates vitamin absorption, concentration and energy levels.

A WORLD OF CHOICES
Maintaining a healthy diet does not require overly restricting yourself or experiencing hunger pangs. Diversify your protein sources to prevent monotony and dissatisfaction, while incorporating healthier options such as fish, poultry, legumes and beans. These foods are nutrient-dense and can be prepared in a variety of delicious ways. Adding more vitamin-rich vegetables to your meals promotes overall health and helps you feel "full." For optimal bone health, consider including fatfree or low-fat dairy products fortified with vitamin D.

CELEBRATING PROGRESS

The age-old encouragement to find balance in life holds true in the context of dietary habits as well. As you navigate a path to wellness through diet and exercise, don't forget to celebrate the small achievements that mark your progress. Treat yourself to a beloved snack or small dessert as a means of recognition, and that can help you remain motivated. If you have concerns about potential setbacks, there are plenty of non-food rewards that can serve as incentives. Consider indulging in a massage, a manicure, a facial or a leisurely spa day.

Purchase a small gift for yourself, even something as simple as a visit to the hairstylist. After rewarding yourself, continue to pursue your health goals with renewed enthusiasm.

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Your Prime Years

Travel Tips for Seniors

Many older Americans plan to spend their golden years traveling, which is great. It keeps people physically and mentally healthy, improving brain function, and it's fun.

"In general, traveling, going to new places and meeting up with family and old and new friends is really vital for our mental health," says Kathleen Cameron, former senior director of the National Council on Aging's Center for Healthy Aging.

STAYING HEALTHY

The Centers for Disease Control and Prevention maintains a list of travel health notices for countries around the world. These notices inform travelers of all ages or outbreaks, natural disasters and other events that can affect health. These notices are categorized into four levels. The first, Level 1, is for travelers to practice the usual precautions for their destination, such as consuming bottled water. Level 2 includes enhanced precautions and may also identify specific risk populations. Level 3 urges travelers to reconsider nonessential travel and Level



4 cautions travelers there is an extreme health risk. If your trip includes a long flight, NCOA says planes are usually less humid than the normal environment, which can put travelers at higher risk of dehydration and respiratory disease. Drink lots of water and walk in the aisle to prevent blood clots.

STAYING SAFE

As exciting as trips are, avoid posting travel plans on social media. The NCOA says thieves use social media to target homes where the occupants are out of town. Consider asking a friend or family member to check in on the house period-

ically, turning lights off and on and grabbing any mail or packages. On the road, use your hotel room's safe for passports, jewelry and cash. Double check that the code works before placing anything inside. Look for bags and wallets that guard against pickpockets. Look for jackets and pants with magnetically sealed pockets, inside pockets and other storage options to foil thieves. Before leaving, call credit card companies and banks to let them know your destinations. Take at least one back-up card in case the worst does happen, and also make sure you're carrying cash safely.



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There are plenty of options when it comes to choosing your annuity payout

monthly, quarterly or annually. You have the option to receive payments on a specific date or across multiple dates. The exact size of your payout will be influenced by the length of the payment period, among other considerations. You can choose between a fixed or variable annuity, so familiarize yourself with the difference before making a commitment with a financial planner or insurance agent. Depending on your individual circumstances, that decision

may significantly affect your future payout.

EXPLORING YOUR OPTIONS

The amount received will vary based on your selected type of annuity. Immediate annuities require an upfront lump sum investment so that you can start receiving payments right away. An insurance broker will provide a range of scheduling options tailored to your needs. Deferred annuities, on the other hand, will include later payouts — but they can still be made before retirement. Unlike other tax-deferred retirement vehicles such as a 401(k) or IRA, investors have the flexibility to contribute as much as they wish each year. This feature makes annuities particularly advantageous for

those who are approaching retirement and want to quickly build up their savings.

WHAT'S RIGHT FOR YOU?

Annuities can be a smart choice for those seeking a stable income after leaving the workforce or for anyone who worries they haven't saved as much as they'll need to live comfortably during their golden years.

Just remember that insurance companies set return rates, and they may not necessarily produce your desired long-term growth. Annuities generally have higher fees when compared to other long-term investment options. You may incur so-called "surrender" charges for early withdrawal.

Why Insurance Is Important

Health insurance premiums aren't cheap, but neglecting your health can be even more costly — particularly over the long term.

When facing budget constraints, it's smart to reduce costs but not at the expense of your well-being. Research into health outcomes has made clear the importance of preventive care: Maintaining general wellness involves an ongoing commitment to exercise, eating right and regular checkups. At the same time, good health is never guaranteed and if a sudden medical situation arises, the uninsured could be putting both their financial stability and overall health in jeopardy.

HIGHER COSTS

Without insurance, your out-of-pocket expenses for health-care can be exorbitantly high.

Those with coverage pay their standard deductible or a fraction of the total expenses when going to their general practitioner or a specialist. In contrast, the uninsured are forced to navigate sometimes very confusing pricing structures imposed by healthcare providers. The costs may widely vary, but it's always more than what the insured pay.

DANGEROUS DELAYS

Studies show that nearly a quarter of the uninsured end up delaying healthcare because of higher associated costs. Unfortunately, this can lead to worsening health results and then the need for more extensive and costly treatments. Those with health insurance have access to timely medical care and they're more likely to avoid these worsening outcomes.

PRESCRIPTION WORRIES

Many depend on daily medication to manage their health,

including chronic issues like diabetes and hypertension, among others. As with medical procedures, however, out-of-pocket costs can quickly pile up. Insurance provides more affordable access to these needed prescriptions. Without it, some may find themselves in the difficult position of having to ration their medications — or, in some tragic cases, going without them entirely.

FINANCIAL ISSUES

Some states have imposed penalties on those who remain uninsured. That can lead to a compounding financial burden: You'll be expected to pay out-of-pocket healthcare expenses and additional taxes. As these expenses grow, some end up falling behind on payments to their creditors. Penalties often follow, and that only adds to the financial strain. Even if your health improves, the financial results could be catastrophic.

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1st & 3rd Thursday afternoons
Appointments: (641) 394-1690

EAR / NOSE / THROAT

Mason City Clinic
Vishram Jalukar, MD
1st and 3rd Monday 8 am-4 pm
Appointments: (641) 494-5380

PODIATRY

Northeast Iowa Podiatry
Colleen Lowe, DPM
Every Thursday
Appointments: (319) 234- 2644

OBSTETRICS/GYN

MercyOne Obstetrics and GYN
Chad McCambridge, MD
Patrick Courtney, MD
Every Wednesday
Appointments: (641) 428-7766

PSYCHIATRY

Mason City Clinic
Mike Gerber, ARNP
2nd and 4th Monday, 12:30-4 pm
Appointments: (641) 494-5170

OPHTHALMOLOGY

Wolfe Eye Clinic
Benjamin Mason, M.D.
One Friday per month
Appointments: (800) 542-7957

WOUND CARE CLINIC

MercyOne New Hampton
Thursdays 12:30 to 4:00 pm
Appointments: (641) 394-1687

MercyOne New Hampton Medical Center
Mercyone.org/newhampton



Your Prime Years

Regular Exercise Has Many Benefits

Seniors should get 150 minutes of moderate-intensity aerobic activity and two days of muscle strengthening activities every week, the National Institute of Aging says.

It doesn't have to be all at once. Aim for small amounts of exercise throughout the day to net the total amount of minutes.

GO SLOW

Don't jump in all at once. Increase physical activity gradually over a period of weeks or even months. And never start exercising before talking to your medical professionals about whether it's safe for you to do so. Whenever there's a break in your new fitness routine, gradually work your way up again to avoid injury.

SET GOALS

Set realistic, specific fitness goals for yourself. The institute suggests goals such as a 10-minute walk three times per week. Review these goals regularly as you make progress. Consider using an app or other way to track your progress, or even keep a written log. Celebrate your successes and think about



exercising with friends and family for more accountability.

VARY YOUR ACTIVITIES

Try to vary the types of exercise you get. Include a combination of aerobic, strengthening and balance activities. Some examples to get in your 150 minutes may include:

- Taking the stairs instead of an elevator (use the hand rails!).
- Working in the yard or garden.
- Swimming or water aerobics.
- Dancing.
- Playing a low-impact sport, such as pickleball.

Look for indoor and outdoor activities and, when you can, try to build more physical activity into your

daily life. Identify any barriers to physical activity, such as poor weather, and plan for what to do when that happens. Plan your activities for the parts of the day when you have the most energy. You may find you get a boost of energy after some physical activity.

GEAR

Work out in clothes and shoes that are comfortable and safe. Shoes should support your feet, have nonskid soles and appropriate heel and arch support. Change them out regularly as you become more physically active.

Clothes should allow for a full range of movement and be appropriate for your climate. Look for fabrics that pull sweat away from the skin and dry quickly.



Home Projects to Make Life Easier

More and more seniors are opting to age in place in their homes rather than downsize or move to assisted living facilities. With a little work, seniors can stay in their family home for longer.

Here are some projects recommended by the AARP.

LIGHTING

The U.S. doesn't have height requirements for electrical outlets or switches, so they could be at any height in the house. For comfortable aging in place, consider raising the outlets and lowering the switches so they are easier to reach from a seated position, such as in a wheelchair. Opt for paddle-style switches rather than traditional toggle switches as they are easier to use with a

knuckle or elbow. Consider installing more lighting than you think you need. As seniors lose vision, extra lighting can help them be independent longer.

WINDOWS AND DOORS

Widen door frames, when you can. This will make your home more accessible if you need to transition to a wheelchair or scooter for mobility. Also chose door knobs and other hardware that can easily be turned. Think about using them without the full use of hands or arms. There should be at least one way to get into and out of the homes without using steps.

KITCHENS AND BATHS

In the kitchen, opt for various height countertops so there's a place for the standing and seated cook. Choose storage options that don't require lifting or

excessive pulling or bending. Look for pull-out drawers and trays that can increase usability. Situate appliances so hazards are eliminated. For instance, look at ranges with controls on the front so you won't have to reach over hot pots to adjust the temperature. Keep microwaves and dishwashers where they can be used by people sitting or standing.

Securely mount toilets to the wall at the proper heights to be useful. Mind where doors open and close and make sure there is plenty of room for people to use them with a mobility aid. While a hot bath is great for aching muscles, a shower is generally more usable and safer than a bathtub. Eliminate any step or lip to the shower entry and, if possible, choose a large enough shower to accommodate a seated transfer or roll-in use.



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EMS director makes pitch to waive quarterly payment

SUPERVISORS: FROM 1

“So if they paid in January, this would be their first payment in two years,” said Chickasaw County Attorney David Laudner.

Under the 28E agreements the county has with the six cities, quarterly payments are waived if the EMS fund balance is above \$750,000 for two consecutive “reporting dates.”

“They’ll have to be above 750 for two consecutive quarters in order to automatically trigger the stop again,” said Laudner. “You can waive any payment you want.”

Laudner reminded the Board that January’s scheduled payment goes up 5 percent.

“The number is going to have to be calculated off of 2023, plus five percent, plus another another five percent. Then January would be another plus five percent. It would accrue. It would be 15 percent,” Laudner stated about January’s 2026 scheduled payment.

Chickasaw County EMS Director Joel Knutson said his ambulance service’s cash balance was \$716,000. He said that quarterly cash pool report could be under \$750,000 come January, the next scheduled payment after October.

“We don’t know what the next quarters are going to be,” said Knutson. “We don’t know the financial impact that this Medicaid subsidy is going to have. If they were to make this payment in October or January,

it’s going to push the balance up over a million dollars. I feel like there’s probably a better place that the cities and the county can allocate those funds to than sitting with such a high pool of cash balance.”

Knutson said his department will receive a GEMT (Ground Emergency Medical Transportation) subsidy, which he said will ‘certainly help out.’ But that poses a much bigger question.

“I talked to Jake (Hackman) about it before he left. How much money needs to sit in there? What’s a realistic number?” said Knutson.

That number of \$750,000 was set and determined in 2023 by the Board. Just two of those Board members remain in Hackman and Breitbach.

“When we entered into this 28E Agreement I don’t think any of us were really figuring there were going to be any waivers. We just always figured it was going to always be funded every quarter,” said Breitbach. “I know there were some changes made on this revenue stream. At this point in time we don’t necessarily need any more money in this account for another quarter. That’s my opinion.”

Knutson would like to purchase a new ambulance, but he said he doesn’t know if that will take place during this five-year agreement with the cities and county.

“I do not know that we would end up replacing a truck under the current agreement, just with



Kelly Terpstra/Tribune

Chickasaw County Auditor and Board of Supervisors Secretary Sheila Shekleton confers with Supervisor Scott Cerwinski during Monday’s meeting.

how they’ve performed thus far. Everything’s subject to change,” said Knutson.

Knutson informed the Board on what the cost would be for a new ambulance. Chickasaw County currently has a fleet of three rigs, which are rotated to lessen wear and tear on those vehicles.

“If we look at major expenditures. We need a ton of capital to buy an ambulance. That’s \$220,000,” said Knutson. “We also don’t want to get caught in the short end of it when we do need to use those funds. We don’t want to run it down to

zero.”

Knutson said the plan is to spread out the replacement of ambulances by at least two years, if not longer.

“The goal as it sits right now would be to leave that remounted truck that we got last, first off for all transfers, put the miles on that as much as we can. When that one reaches end of life, we should have two ambulances – Medic One and Medic Two – that sit with less than 100,000 (miles) on them,” said Knutson.

The approximate payment

to the EMS in Jan. 2026, with three five percent increases included, would come to a tune of \$290,000. The payment structure started with a base rate in 2023, then included five percent increases added each calendar year according to Laudner.

“In the letter we’ll state that they’re still obligated for January,” said Chickasaw County Auditor Sheila Shekleton about the memo that will be sent to the cities informing them the Board waived October’s quarterly payment.

NEI3A offers dementia services

Northeast Iowa Area Agency on Aging (NEI3A) is proud to announce the launch of Dementia Friendly Iowa’s Dementia Service Specialist (DSS) Consultations, a free service for individuals and families navigating dementia.

“At NEI3A, we recognize how overwhelming dementia can be for both individuals and families,” said a press release for the organization. “Our new DSS Consultations are designed to provide personalized support, guidance, and resources to those navigating dementia.”

Each consultation is led by a trained Dementia Service Specialist who will:

- Assess the current situation, including symptoms and stage of dementia
- Help develop a clear care plan
- Provide vital education on dementia progression, safety strategies, and communication tips
- Offer tools and techniques to support caregivers
- Connect families with local resources such as support groups
- Facilitate a unique dementia simulation experience to help caregiver better understand dementia

The contact for DSS Consultations is Erick Hill, who may be reached at 319-287-1163 or ehill@nei3a.org.

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City of Alta Vista Council Meeting Monday, July 14, 2025	Delinquents were discussed. Water was discussed. Sewer was discussed. Streets were discussed. Sanitation was discussed. Parks were discussed. Municipal Hall was discussed. Electric was discussed. Financial reports from January 2025 to May 2025 were present. Slick made the motion, seconded by Pride to approve the financial reports. All ayes. Motion carried.	Zurich-Travelers\$9,010.0000, Workman's Comp\$47,854.39
The regular meeting for the City Council of Alta Vista convened on Monday, June 9, 2025, at 6:00 pm with the following Council members present:, Kayla Pride, Samantha Slick, Rick Haying, Adam Roethler, and Amy Laures in the Alta Vista City Hall. The meeting was called to order by Mayor Burt Ostert.	Disbursements were discussed. Laures brought up check 4214 for Lynch Dallas. Mayor Ostert made a comment at the beginning of the meeting that the invoice for Lynch Dallas was incorrect as it only stated that he spoke to the attorney about the fire department. He stated that he spoke about delinquents, junk vehicles, and the audit also, not just the fire department. Laures stated that Ostert is going after the Fire Department and showing them no respect over the past months. Haying made the motion, seconded by Haying to approve the disbursements. All ayes. Motion carried.	Library Account City of Alta Vista\$36.53, Utilities City of Alta Vista...\$829.37, Payroll Liability Flatford, Christina\$276.23, 5/25-6/7 Taylor-Griffen, Crystal\$281.75, 5/25-6/7 Halvorson, Pat\$73.50, Wages VISA\$475.55, Supplies AV Shopper\$315.00, Advertising Steve Buchanan.....\$60.00, Yoga VFW\$100.00, Rent AV Express\$17.98, Cookies Jarrett Holthaus\$62.58, Projector Screen Flatford, Christina\$266.27, 6/8-6/21 Taylor-Griffen, Crystal\$350.31, 6/8-6/21 Taylor-Griffen, Crystal\$18.90, Mileage Windstream\$132.61, Telephone/Internet\$3,296.58
Agenda was discussed. Pride made the motion, seconded by Slick to approve the agenda. All ayes. Motion carried.	June Disbursements General\$27,540.84 Road Use Taxes\$ 5,491.10 Snow Removal\$ - Water\$ 1,125.79 Water Control\$ 382.66 Sewer\$ 1,534.72 Electric\$ 11,779.28 Library\$ 3,296.58 Economic Development\$ - Debt Services\$ - Total\$ 51,150.97	June Disbursements General\$27,540.84 Road Use Taxes\$ 5,491.10 Snow Removal\$ - Water\$ 1,125.79 Water Control\$ 382.66 Sewer\$ 1,534.72 Electric\$ 11,779.28 Library\$ 3,296.58 Economic Development\$ - Debt Services\$ - Total\$ 51,150.97
June 9, 2025 regular meeting minutes were discussed. Haying made the motion, seconded by Pride to approve the June 9, 2025 regular meeting minutes. All ayes. Motion carried.	To WhomAmt, Purpose US Treasury\$2,523.86, Withholdings State of IA\$313.41, Sales State of IA\$190.97, WET IPERS\$1,539.64, Withholdings Wellmark\$811.03, Health Insurance Alliant Energy\$9,142.97, Electric Purchase City of Alta Vista\$167.76, Utilities Holthaus, Jarrett\$21.19, Receipts Void AV Express\$136.50, Fuel Coast to Coast\$119.98, Toner Heiman\$6,310.00, Pump Jendro Sanitation.....\$1,476.91, Garbage John Deere Financial.....\$60.77, Antifreeze, Grass Seed, Weed Killer Microbac Laboratories, Inc. \$17.50, Drinking Water Analysis New Hampton Tribune \$150.59, Publications Stanton Electric LLC.....\$1,239.95, Baseball Lights, Street Lights, Garage Door, Power Outage USA Blue Book\$134.41, Hach Bruening Rock Products\$374.25, Rock Cooley Pumping.....\$100.00, Portable Toilet Microbac Laboratories, Inc.\$232.50, Wastewater Testing LeisureTime\$16.97, Shipment Best Services.....\$8,805.95, Generator Buchholtz, Dale W.....\$1,194.66, 5/25-6/7 Holthaus, Jarrett.....\$528.77, 5/25-6/7 Quickbooks\$1,068.93, Annual Fee Windstream\$150.25, Telephone/Internet Buchholtz, Dale W.....\$1,194.66, 6/8-6/21 Haying, Richard\$46.17, May Meeting Holthaus, Jarrett\$543.08, 6/8-6/21 Laures, Amy L\$46.12, May Meeting Ostert, Burt L\$92.35, Mayor Pay Pride-, Kayla\$46.12, May Meeting Slick, Samantha.....\$46.17, May Meeting	General\$27,540.84 Road Use Taxes\$ 5,491.10 Snow Removal\$ - Water\$ 1,125.79 Water Control\$ 382.66 Sewer\$ 1,534.72 Electric\$ 11,779.28 Library\$ 3,296.58 Economic Development\$ - Debt Services\$ - Total\$ 51,150.97
Fire Department was discussed. Haying made the motion, seconded by Slick to approve Larry Laures to remain Alta Vista Fire Chief. All ayes. Motion carried. Chief Laures read the oath of office. Water tank was discussed. After discussion, Roethler made the motion, seconded by Haying to list the water tank online for \$1,750.00 and a hose reel with 100 ft of hose online for \$400.00. Length of Service Award Program was discussed. Audit was discussed. Laures feels it is a waste of time and feels that the audit requester should not be anonymous.	Fire Department was discussed. Haying made the motion, seconded by Slick to approve Larry Laures to remain Alta Vista Fire Chief. All ayes. Motion carried. Chief Laures read the oath of office. Water tank was discussed. After discussion, Roethler made the motion, seconded by Haying to list the water tank online for \$1,750.00 and a hose reel with 100 ft of hose online for \$400.00. Length of Service Award Program was discussed. Audit was discussed. Laures feels it is a waste of time and feels that the audit requester should not be anonymous.	General\$27,540.84 Road Use Taxes\$ 5,491.10 Snow Removal\$ - Water\$ 1,125.79 Water Control\$ 382.66 Sewer\$ 1,534.72 Electric\$ 11,779.28 Library\$ 3,296.58 Economic Development\$ - Debt Services\$ - Total\$ 51,150.97
Library was discussed. Clerk read Resolution 2025-7-3 to transfer \$6,580.00 from the LOST fund to the Library account for ½ allocations. Laures made the motion, seconded by Haying to approve Resolution 2025-7-3. Roll call vote. Ayes: Laures, Pride, Slick, Roethler, Haying. Nays: none. All ayes. Motion carried. Generator was discussed. Generator placement was discussed.	Library was discussed. Clerk read Resolution 2025-7-3 to transfer \$6,580.00 from the LOST fund to the Library account for ½ allocations. Laures made the motion, seconded by Haying to approve Resolution 2025-7-3. Roll call vote. Ayes: Laures, Pride, Slick, Roethler, Haying. Nays: none. All ayes. Motion carried. Generator was discussed. Generator placement was discussed.	General\$27,540.84 Road Use Taxes\$ 5,491.10 Snow Removal\$ - Water\$ 1,125.79 Water Control\$ 382.66 Sewer\$ 1,534.72 Electric\$ 11,779.28 Library\$ 3,296.58 Economic Development\$ - Debt Services\$ - Total\$ 51,150.97
Junk vehicles were discussed. Solid waste control was discussed. Council received a letter from the DNR regarding animal carcasses being dumped in a field. It was determined it is allowed as long as it is only bones and no meat or skin attached.	Junk vehicles were discussed. Solid waste control was discussed. Council received a letter from the DNR regarding animal carcasses being dumped in a field. It was determined it is allowed as long as it is only bones and no meat or skin attached.	General\$27,540.84 Road Use Taxes\$ 5,491.10 Snow Removal\$ - Water\$ 1,125.79 Water Control\$ 382.66 Sewer\$ 1,534.72 Electric\$ 11,779.28 Library\$ 3,296.58 Economic Development\$ - Debt Services\$ - Total\$ 51,150.97
Nuisance properties were discussed. Clerk will send letter to residents who are violating the ordinances for grass and weed.	Nuisance properties were discussed. Clerk will send letter to residents who are violating the ordinances for grass and weed.	General\$27,540.84 Road Use Taxes\$ 5,491.10 Snow Removal\$ - Water\$ 1,125.79 Water Control\$ 382.66 Sewer\$ 1,534.72 Electric\$ 11,779.28 Library\$ 3,296.58 Economic Development\$ - Debt Services\$ - Total\$ 51,150.97
Building permits were discussed. Codification of the Ordinance Book was discussed.	Building permits were discussed. Codification of the Ordinance Book was discussed.	General\$27,540.84 Road Use Taxes\$ 5,491.10 Snow Removal\$ - Water\$ 1,125.79 Water Control\$ 382.66 Sewer\$ 1,534.72 Electric\$ 11,779.28 Library\$ 3,296.58 Economic Development\$ - Debt Services\$ - Total\$ 51,150.97
City attorney was discussed.	City attorney was discussed.	General\$27,540.84 Road Use Taxes\$ 5,491.10 Snow Removal\$ - Water\$ 1,125.79 Water Control\$ 382.66 Sewer\$ 1,534.72 Electric\$ 11,779.28 Library\$ 3,296.58 Economic Development\$ - Debt Services\$ - Total\$ 51,150.97

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ELECTRIC UTILITY COMMUNICATIONS BOARD ROOM MONDAY JULY 14, 2025 5:00 P.M.	General Managers Report: 1. Staff is replacing poles and services in the alley between Spring & Main, between Chestnut & Walnut. 2. Reported on vehicular accident and damage done to utility pole located on the corner of N Pleasant Hill and East Main Street. Moved by Babcock, seconded by Cantu; that the meeting adjourn at 5:31 pm. Ayes – Five. Nays – None. Absent – None. Motion carried.	Hawkeye Alarm & Signal. Alarm Monitoring Install Cell Communicator\$2,285.09 Jendro Sanitation, Refuse Pickup\$90.00 L & R Manufacturing, LLC, Rebar, Steel\$572.84 LeisureTime Golf Cars LLC, Polaris Oil Change\$213.95 LS Supply & Rental, Concrete Pads & Coils Stock for Scoreboard\$214.30 Mick Gage Plumbing & Heating, Inc. Service Minisplits, Restroom Repairs- Stolz\$686.46 MidAmerican Energy, July WS4 Payment.....\$33,000.00 NAPA Auto Parts, Additive, Grease Gun Drain Pan.....\$91.91 New Hampton Electric, Inc., Repair underground Service at 420 W Main \$1,109.71 New Hampton Municipal Utility, Phone\$137.51 New Hampton Municipal UtilityJoint Expense Reimbursement\$3,563.58 New Hampton Tribune, Legal Publications.....\$103.21 New Hampton, City of, Utility Bill\$53.49 NIMECA, MRES Settlement Payment\$5,073.23 Reimbursement, Medical Reimbursement.....\$2,681.98 Rapid Printers, Envelope Moistener\$5.87 Schueth Ace Hardware, Batteries, Sealant Spray Paint, Snap Knife\$53.49 Stanton Electric, PVC, Couplings, Misc Supplies for Scoreboard\$346.56 Stuart C Irby, Co., Crimps, Covers, Splice Goat Wrench\$1,279.99 Visa, Safety Glasses, Tools, Trailer Jack, Engine Parts, Ink Cartridges, Gloves\$2,375.17 Wheeler World, Inc., Tube Assembly, Fuel Line\$5,495.36 Zip's, Wire Rope\$51.35 Total\$594,211.50 Less Transfers\$102,000.00 TOTAL TO BE APPROVED\$492,211.50 PAYROLL CHECKS WRITTEN SINCE JUNE 9, 2025
The Board of Trustees of the New Hampton Municipal Light Plant met for a regular meeting on Monday July 14, 2025 at 5:00 pm in the board room at the Communications Office at 112 East Main Street, New Hampton, IA.	Board members present were Cantu, Dahl, Anderson, Babcock, Berns. General Manager Brian Quirk and City Clerk Karen Clemens were also present. The meeting was called to order by Board Chair Anderson at 5:00 p.m. Moved by Babcock, seconded by Cantu; that the agenda be approved as presented. Ayes – Five. Nays – None. Absent – None. Motion carried.	NIMECA, Monthly Power Bill, CTS Improvement.....\$304,895.37 Iowa Department of RevenueSales & Use Tax June\$9,985.20 USPS, Postage for Utility Bills\$195.73 Gabriela Amaya, Refund Final Account Balance\$58.27 New Hampton, City of, Utility Bill\$87.04 Jendro Sanitation, Refuse Pickup\$90.00 Visa, Lighting, Tools, Carpet Cleaner, Tire Cutter.....\$84.66 Visa Annual Fee\$12.00 Madison National Life Ins Term Life, AD&D, Supplemental Life\$117.50 Rapid Printers, Utility Billings\$220.51 US Cellular iPad Service\$39.78 Black Hills Energy Engine Fuel, Utilities\$1,012.39 NIMECA, Disability Insurance\$279.73 USPS, Postage for Utility Bills\$228.94 Nolan Ross Refund Final Account Balance.....\$58.17 Devon Monnahan Refund Final Account Balance\$127.71 Chris & Michelle Krieg Refund Final Account Balance\$86.88 John Deere Financial Welder Supplies, Parade Candy, Cord\$290.82 Stika, Casey Parade Candy\$53.72 Wesco Receivables Corp, Substation Transformer Parts, Connectors.....\$97,129.84 New Horizons Chamber...Payments on Utility Bills\$552.68 USPS, Postage for Utility Bills\$192.67 Altec Industries, Inc. Seat, Winch Line for Truck\$3,551.64 Reimbursement Medical Reimbursement.....\$276.43 Bond Transfer, Monthly Transfer \$102,000.00 City Laundering Co. Industrial Laundering Services\$113.26 Community Insurance of Iowa, Surety Bonds.....\$100.00 Continental Research Corporation, Towels\$715.38 Crossroads Mobile Maintenance, 4 Annual Truck Inspections.....\$8,043.72 DGR, Stolz Park Project & Rate Study Follow-up\$2,782.00 Five Star Cooperative, Gas & Diesel \$529.47
Moved by Dahl, seconded by Berns; that the minutes of the June 9, 2025 regular meeting minutes be approved. Ayes – Five. Nays – None. Absent – None. Motion carried.	Moved by Dahl, seconded by Berns; that the minutes of the June 9, 2025 regular meeting minutes be approved. Ayes – Five. Nays – None. Absent – None. Motion carried.	AFLAC, Supplemental Insurance\$241.42 Ameritas Life Insurance, Deferred Comp.....\$829.15 Ameritas Life Insurance, Deferred Comp.....\$884.26 EFTPS FICA & Federal Taxes\$5,476.24 EFTPS, FICA & Federal Taxes\$5,616.36 Iowa Dept of Revenue State Withholding Tax \$1,480.93 Treasurer, State of Iowa IPERS\$7,918.15 Wellmark, Health & Dental Insurance.....\$9,839.20 Total Payroll\$32,285.71
Moved by Berns, seconded by Cantu; that the Finance Reports for June 2025 be approved. Ayes – Five. Nays – None. Absent – None. Motion carried.	Moved by Berns, seconded by Cantu; that the Finance Reports for June 2025 be approved. Ayes – Five. Nays – None. Absent – None. Motion carried.	ATTEST: KAREN CLEMENS, CMC, City Clerk GRANT ANDERSON, Board Chair LIGHT PLANT JULY 14, 2025 5:00 P.M.
General Manager Brian Quirk updated the Board regarding the repairs of Engine #7. Cypress Engine is preparing to start work in August with plans to have the engine running in September 2025. Ziegler Inc has forwarded the insurance proceeds to the NHMLP in the amount of \$1,244,642.97. These funds will be used for the repair costs to Cypress.	Quirk also shared with the Board a proposal from Van Wert Company for the materials to install an Advanced Metering Infrastructure (AMI) metering system. The City of New Hampton is also interested in participating with this project for water meters. The Lt Plant estimated cost is \$495,680.96 for the meters and approximately \$79,539.96 for the shared expenses for the service and installation. Lt Plant employees will be installing the new meters. Quirk will continue to update the Board with additional information as it becomes available.	No. 25055 07/24/25 New Hampton Tribune www.iowapublicnotices.com

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DATA PROCESSING/EMS2,555.00 ALLIANT ENERGY/ IPL, IONIA SHOP ELECTRICITY SEC RD37.42 ALTA VISTA PUBLIC LIB, FY 25.26 BUD- GET ALLOC17,280.54 ALTA VISTA, CITY OF, AV SHOP UTILI- TIES SEC RD71.88 AMAZON CAPITAL SERVICES, UNI- FORMS- DOUGLAS/MILLER-SHER- IFF272.19 ANDREA KIME, MILEAGE REIMB- CLI- ENT CALLS -JUNE 2025 - PH \$74.00 AT&T MOBILITY, PHONE - EMS 44.96 BIG FOUR FAIR & 4.H, FY 25.26 BUDGET ALLOCATION3,000.00 BLACK HILLS ENERGY -NATURAL GAS SVC- COUNTY BUILDINGS 706.16 BODENSTEINER IMPLEMENT COM- PANY, 2012 JD MOWER - COUNTY BETTERMENT21,500.00 BOEHMER, KATIE, VA COMM MEETING - JULY 2025 - VA25.00 BOUND TREE MEDICAL LLC, MEDICAL SUPPLIES - EMS2.93 BUTLER CO REC, ELECTRICITY- JULY 2025 - ANCHOR TOWER - 911-483.93 BUTLER-BREMER MUTUAL TELE- PHONE CO, PHONE/INTERNET SVC- COUNTY DEPT1,405.50 CENTEC CAST METAL PRODUCTS, BRASS GRAVE MARKERS & STAKES - VA1,949.00 CENTURY LINKPHONE/INTERNET - 91133.95 CHICKASAW COUNCIL ON AGING -FY 25.26 BUDGET ALLOCATION CHICK- ASAW EVENT CNTR2,600.00 CHICKASAW COUNTY AUDITOR, GEN- ERAL LIABILITY INS. EMA/911, AS- SESSOR17,470.19 CHICKASAW SOIL & WATER CONSER-	VATION DISTRICTFY 25.26 BUDGET ALLOCATION4,000.00 CINTAS CORPORATION NO 2, CONSUM- ABLES SUPPLIES - GEN SVC.....109.72 CJ COOPER & ASSOC INC/S & G HAR- VIEUX INC, RANDOM DOT DRUG TESTING SEC RD110.00 CLOUDCOVER USA, INC., ANTIVIRUS FIREWALL SUBSCRIPTION - DP 900.00 CONTINENTAL RESEARCH CORP/CUS- TODIAL SUPPLIES - HERITAGE/PH/ GS203.28 COTT SYSTEMS INC ..ANNUAL ONLINE INDEX BOOKS FEE. 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AT- TORNEY6,070.00 IOWA COUNTY ATTORNEYS ASSOC, REG. FEE-IOWA ACTS OF INTEREST- COUNTY ATTORNEY/SHERIFF\$180.00 IOWA DEPARTMENT OF NATURAL RE- SOURCESS, WELL PERMITS 4TH QTR 2025- ENVIRO HEALTH125.00 ISAC, FY2026 MEMEBERSHIP DUES - GEN SVC.....6,560.00 JANE COLLINS,MILEAGE REIMBURSE- MENT - CLIENT CALLS - PH.....267.40 JENDRO INC, GARBAGE/RECYC - COUNTY BUILDINGS3,067.05 JOHN DEERE FINANCIAL, GENERAL SUPPLIES - COUNTY DEPT3,955.81 JUDY PAULUS GEBEL, PUB HLTH & CLI- ENT CALLS MLG JUNE 25.....431.90 K-CONSTRUCTION INC, BROS-CO19(117)- 8J-19 PAYMENT #8 SEC RD5,403.19 MICROBAC LAB, WELL WATER TEST- ING-LAB FEES1,076.50 KNUTSON, ANN, MILEAGE REIMBURS- MENT - CLIENT CALLS- PH26.60 KUEHN, KATHRYN, VA COMM MEET-	ING - JULY 202525.00 KWIK TRIPGASOLINE & DIESEL SEC RD7,575.16 KWIK TRIP INC , FUEL/GAS - EMS, EH, CONSV.HERITAGE.GEN SVC2,167.62 LAERDAL MEDICAL CORPORATION, MONITOR AHA W/ INSTRCTR TAB- LET EMS SHARE8,755.58 LAWLER PUBLIC LIBRARYFY 25.26 BUDGET ALLOC18,015.04 LAWLER, CITY OF, LAWLER SHOP ELECTRICITY 3 MONTHS SEC RD 68.32 LEAF CAPITAL FUNDING LLC, COPIER LEASE RICOH SEC RD215.10 LISA WELTER, MILEAGE REIMBURSE- MENT- CLIENT CALLS/MEETING - PH101.50 LS SUPPLY & RENTAL INC, V-48 CON- CRETE PRODUCT MATERIALS SEC RD58.14 MARV & ZIPS REPAIR INC, PARTS- BA- TTERY CABLE - GEN SVC7.50 MCKESSON MEDICAL-SURGICAL, MED- ICAL SUPPLIES - PH162.21 MEGAN LESTER, CLIENT CALLS MLG JUNE 25532.70 MIENERGY COOPERATIVE, ELECTRIC- ITY- CONSERVATION2,743.98 MORGAN UNDERWOOD, MILEAGE RE- IMBURSEMENT- TOURISM42.00 NASHUA PUBLIC LIBRARYFY 25.26 BUDGET ALLOC22,292.26 NASHUA REPORTER, LEGAL NOTICE- BOARD PROCEEDINGS- BOS682.99 NEW HAMPTON LIBRARY, FY25.26 BUD- GET ALLOCATION28,435.01 NEW HAMPTON MUNICIPAL UTILITIES, PHONE/INTERNET - SHERIFF.CA 853.81 NEW HAMPTON TRIBUNE, LEGAL NO- TICE. - JUNE 2025- BOS, SEC RD, CONSV1,103.88 NEW HAMPTON, CITY OF, NH SHOP UTILITIES SEC RD1,174.67	NEW HORIZONS-CHAMBER, TOURISM AGREEMENT - JUNE 20251,108.59 NORTH IOWA BROADCASTING INC, RADIO INTERVIEW- STATE GRANT - PH25.00 NORTHEAST IOWA COMMUNITY AC- TION CORP, CO RES UTILITIES/ ADMIN SVC JUNE 2025993.91 OSSIAN INC, CHLORIDE BAGS (WINTER) SEC RD10,544.00 OTTO'S OASIS, PERINNIALS FOR FLOWER BEDS - COURTHOUSE..... 231.85 PHYSICIAN'S CLAIMS COMPANY, BILL- ING SERVICE MAY 2025 - EMS 7,197.45 POWER PLAN, PARTS #41 SEC RD 235.52 RANDY NOSBISCH, VA COMM MEETING JULY 2025 - VA,25.00 RAPID PRINTERS , TONER VA-DATA PROC1,387.24 RC&D FOR NORTHEAST IOWA INC..... FY 25.26 BUDGET ALLOC RC&D, TUR- KEY & UPPER WAPSI4,850.00 RILEY'S INC, OFFICE/CUSTODIAL SUPP - COUNTY DEPT969.70 S & T COLLISION CENTER AND AUTO LLC, ALTERNATOR FOR SQUAD CAR - SHERIFF911.17 SCHUETH ACE HARDWARE, GARDEN SPRAYER - EMS33.96 SHELLY LAMPSON-BAST, MILEAGE REIMBURSEMENT - CLIENT CALLS- PH400.40 STATE OF IOWA/STATE MEDICAL EX- AMINER, MEDICAL EXAMINER FEES- \$2 RESIDENT2,047.00 STEEPLE JACK, PAINT COURTHOUSE FLAG POLE - GS825.00 SUPERIOR LUMBER INC, TRIM BOARD- GEN. 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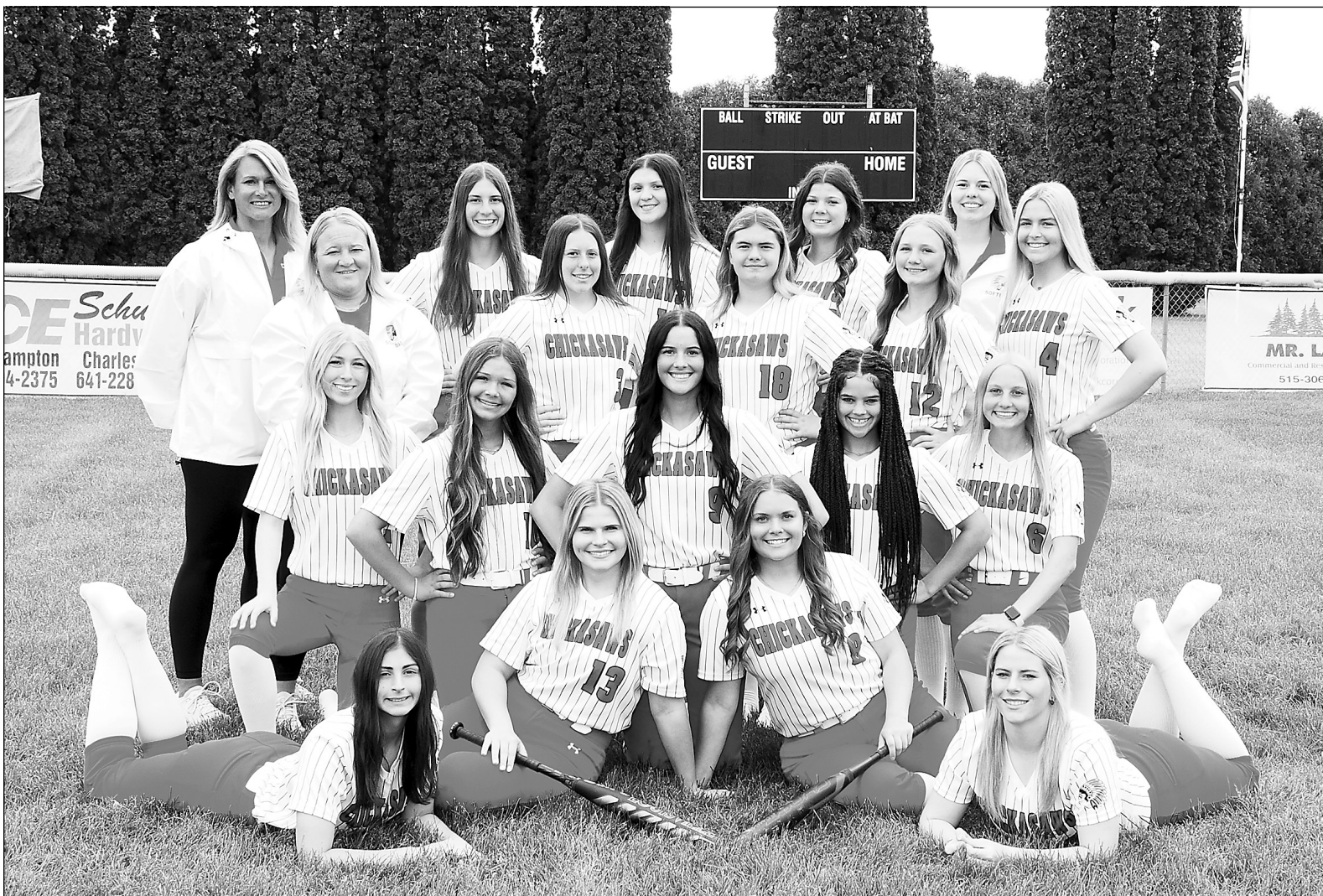
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Thanks for a great summer!

Our New Hampton diamond teams represented us well



Representing the Chickasaws on the softball diamond this summer were (front row, from left) Brooklyn McShane, Cora Schwickerath, Jackie Pickar, Chloe Weigel, (second row) Kailynn Gebel, Gretta Kuehner, Maici Weber, Kadence Rings, Rylie Vsetecka, (third row) head coach Krissy Anderson, Kayme Hackman, Marley Schwickerath, Elsie Kuehner, Caycee Crawford, (back row) assistant coach Cari Laures, Kinslee Rings, Brynlie Ackerson, Sydney Laures, assistant coach Jenna Heeren and (absent) Kaidance Hall.

PHOTOS COURTESY OF TROY BAAS PHOTOGRAPHY



Representing the Chickasaws on the baseball diamond this summer were (front row, from left) Drew Kipp, Kye Rausch, Tate Schwickerath, Gabe Macon, Chase Humpal, Reid Rausch, Jackson Kellogg, (middle row) Carter Cajthaml, Xander Meyerhoff, Jay Pickar, Ashton Pitz, Cargin Robinson, Braxton Bundy, Colton Ashley, Jaxon Eckley, (back row) Ethan Carter, Caleb Utley, Jacob McDonald, assistant coach Jordan Rommes, head coach Cory McDonald, assistant coach Gannon Shekleton, Landon Marr, Carson Laures and Caden Rochford.



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Chickasaws rolled with punches in '25

NH Softball: From 16			
inside the circle with a 4.30 ERA through 40.2 innings. She also struck out 46 batters. It was her bat, though, that impressed the most.			
“She just has a really smooth swing. It’s fun to watch her swing a bat,” said Anderson. “She’s got her swing down to a fine science.”			
Crawford led the league with 41 RBI and was tied for third in the conference with 28 runs scored. She tied with Chickasaw junior Maici Weber for third-most hits in the NEIC with 36.			
Crawford’s powerful bat was also No. 1 in doubles with nine, again tied with Luzum. Her total bases tallied was also the leader in the league with 69, while her slugging percentage (.683) was second.			
“She works at it,” said Anderson. “She’s a good athlete. Crawford has now bashed 17 dingers in her career – five her freshman campaign and four as an eighth-grader. She’ll look to pass former teammate and current Chickasaw assistant coach – ’24 NH grad Jenna Heeren – potentially next year on the all-time homer list at New Hampton. Heeren sent 24 long balls over the fence during her storied run as a Chickasaw.			
Perhaps what Anderson loves the most about Crawford is her willingness to learn and understand the game.			
“The one thing that probably sets Caycee apart is her knowledge of the game. She just understands the ins and outs of the game,” said Anderson.			
Weigel, a junior, formed a potent tandem inside the circle this year for the Chickasaws alongside eighth-grader Brynlie Ackerson. Weigel went 5-5 in the pitching department with a 3.69 ERA. She fanned 40 batters in 55 innings pitched.			
“How lucky are we that we have multiple pitchers?” said Anderson.			

NEIC Softball			
	Conf.	All	
Crestwood	11-1	20-8	
Charles City	9-3	17-15	
Decorah	6-6	15-15	
New Hampton	4-8	15-14	
Waukon	0-12	4-20	

Weigel was also a consistent presence at the plate as she batted .307 and was fifth in the NEIC with 26 singles, tied with Weber. Weigel struck out just four times in 101 at-bats. Her 31 hits, including five doubles, was second on the team.

Weigel was also flexible with the glove as she played numerous positions, including shortstop and the outfield while not pitching.

“Her, along with everybody else, just kind of rolls with the punches and were just trying to figure out what positions, not necessarily best for them, but best for the team at that point,” said Anderson. “She’s an example of that, whether it be pitching or playing shortstop or playing the outfield. She just went wherever we needed her.”

Weber, who finished up her second season at NH after being an all-conference player at Turkey Valley, had another fine year out on the diamond and earned a second-team distinction.

Weber blasted three home runs and drove in 17 RBI to go along with her .353 average. She played 20 runs and was one of the best defenders in the league at her catching position.

Weber was sixth in the league with 149 putouts and sported a .966 fielding percentage.

“She’s a go-getter, puts her head down and works hard,” said Anderson.

NH’s catcher also put time in the outfield and also played some infield for the Chickasaws.

New Hampton senior third baseman Cora Schwickerath was selected on to the second team as well.

All-NEIC Softball			
FIRST TEAM PITCHERS			
Clara Hjelle	Decorah	Jr.	
Ainsely Teeling	Crestwood	So.	
FIRST TEAM CATCHER			
Lauren Luzum	Decorah	Jr.	
FIRST TEAM INFELDERS			
Elizabeth Bucksa	Decorah	So.	
Payton Hadley	Charles City	Sr.	
Mya Rimrod	Charles City	Sr.	
Caycee Crawford	New Hampton	Fr.	
Ella Bergan	Crestwood	Sr.	
FIRST TEAM OUTFIELDERS			
Emerson Bohlen	Charles City	Sr.	
Dylin Thompson	Decorah	Jr.	
Chloe Weigel	New Hampton	Jr.	
FIRST TEAM UTILITY/DESIGNATED PLAYER			
Jordyn Fisk	Crestwood	So.	
SECOND TEAM PITCHER			
Addison Ellis	Charles City	Fr.	
Kieman Ruppert	Crestwood	Jr.	
SECOND TEAM CATCHER			
Jaeda Molstead	Charles City	Fr.	
SECOND TEAM INFELDERS			
Lillian Olson	Decorah	Sr.	
Brooklyn Molitor	Charles City	Sr.	
Kyra Butikofer	Crestwood	Sr.	
Mari Delaney	Waukon	Sr.	
Cora Schwickerath	New Hampton	Sr.	
SECOND TEAM OUTFIELDERS			
Makenzie Gallagher	Crestwood	Jr.	
Isabella Schlatter	Crestwood	Jr.	
Reese McCormick	Waukon	Sr.	
SECOND TEAM UTILITY/DESIGNATED PLAYER			
Maici Weber	New Hampton	Jr.	

She batted .238 with one home run, 11 RBI and 21 runs scored – which was fifth-best in the NEIC.

Schwickerath also demonstrated a fine glove at the hot corner – one of the most challenging positions to play on defense in softball – by making key play after key play for the Chickasaws in critical and pressure-packed situations.

“She was just wonderful to have around. She loved that team. She knew she had a leadership role there and she embraced it,” said Anderson. “She never complained.”

Schwickerath and fellow senior Jackie Pickar were the lone seniors to graduate for NH. Pickar batted .264, came up with 24 hits and knocked in 15 runs. She also presented a strong throwing arm in the outfield.

“Jackie and Cora helped us move in the right direction

during their time here,” said Anderson. “It will be hard to see them go.”

Ackerson was the odd girl out in terms of reeling in an all-league selection as far as the top-five best statistical pitchers were concerned in the five-team league.

The league slotted just two pitchers for each of the two all-conference squads. That doesn’t mean Ackerson wasn’t deserving as she came on to the scene in a big way with a 7-5 mark and 1.83 ERA – which was second-best in the NEIC behind Charles City freshman Addison Ellis (1.20 ERA). She also sported the best opponent’s batting average by limiting hitters to just a .154 clip at the plate. She struck out 76 in just over 61 innings pitched.

New Hampton played to a mark of 15-14 this past season and finished fourth in the league with a 4-8 mark.

Coach likes what Trojans ‘building’

TV Softball: From 16		UIC Softball	
While Schuchhardt’s glove was a valuable weapon for TV, Kuennen’s legs wreaked havoc out on the base paths for opposing teams.		Conf.	All
Kuennen, a sophomore left fielder for the Trojans, led the team with 18 stolen bases, which ranked fifth in the league.		Kee High	15-1 27-11
“Kendall was another offensive leader for us (batting .286 in the conference and .300 overall), but her speed made her a threat as well,” said Troyna.		South Winn	14-2 19-19
That ability to move from station to station via Kuennen’s smart baserunning played right into Troyna’s philosophy out on the diamond.		North Fayette V	13-3 16-18
“I really like to play fast, so having her at the top of the line-up helped us set that pace. She found her home in left field for the majority of the season (a little bit of catcher to give Layni a break) and showed great range to track down fly balls,” said Troyna.		Turkey Valley	9-7 11-20
Kuennen batted .300 and notched 23 runs. She came up with 27 hits and produced 12		Clayton Ridge	7-8 8-14
		West Central	6-9 8-17
		MFL MarMac	6-9 5-11
		Postville	1-15 1-17
		Central Elkader	1-15 1-23

RBI.

Turkey Valley finished the season with a mark of 11-20 and 9-7 in the UIC – good for fourth place.

“As a coaching staff we are extremely proud of our girls! We had girls step up in new or different roles and they accepted those roles. We could not have asked for better senior leadership from our three seniors (Vsetecka, Schuchhardt, Autumn Maklenburg) and the leadership from our entire team,” said the TV head coach. “Even though we will miss all three of them, we are very excited for what we have returning next year, what we have coming up, and what we are building!”

All-UIC Softball

FIRST TEAM		
*Britney Hageman	South Winneshiek	Sr.
*Abby Wagner	South Winneshiek	Sr.
*Sarah Dean	North Fayette Valley	Sr.
*Hannah Schroeder	North Fayette Valley	Jr.
*Emme Wikner	MFL MarMac	So.
*Addison Winters	Kee High	Jr.
Lily Kolsrud	Kee High	Jr.
Rylee Mudderman	Kee High	So.
Lilah Strong	Kee High	So.
Madi McDanel	Turkey Valley	Jr.
Audrey Ostrander	Clayton Ridge	Sr.
SECOND TEAM		
Elena Schulte	Kee High	Jr.
Isabelle Mettill	Kee High	Jr.
Alexis Rowan	Kee High	Fr.
Addison Timp	South Winneshiek	Jr.
Izzy Kuboushek	South Winneshiek	Sr.
Bailey Kuennen	South Winneshiek	Fr.
Kadee Batterson	North Fayette Valley	Fr.
Ella Sieck	North Fayette Valley	So.
Alex Kent	North Fayette Valley	Sr.
Morgan Vsetecka	Turkey Valley	Sr.
Kacie Picha	MFL MarMac	Jr.
Hannah Scott	West Central	Jr.
HONORABLE MENTION		
Morgan Mohn	Kee High	Fr.
Layla Mathis	Kee High	8th
Adrienne Winings	South Winneshiek	Sr.
Alyssa Holthaus	South Winneshiek	Sr.
Lexi McGowan	North Fayette Valley	So.
Peyton McElree	North Fayette Valley	Fr.
Kendall Kuennen	Turkey Valley	So.
Layni Schuchhardt	Turkey Valley	Sr.
Amyra Millard	Clayton Ridge	Sr.
Karly Wille	Clayton Ridge	Jr.
Macey Tellin	West Central	So.
Faith Steinbronn	West Central	Sr.
Garnett Niedziejko	MFL MarMac	Sr.
Autumn Shaw	MFL MarMac	Sr.
Reese Berns	Central Elkader	Sr.
Savannah Orr	Central Elkader	Sr.
Olivia Guese	Postville	So.
Carlie Knudtson	Postville	Sr.
* Denotes unanimous selection		

Sports Briefs

Coffee Cup Bowling League to hold annual meeting Aug. 13

The Coffee Cup Bowling League will hold its organizational meeting at noon on Wednesday, Aug. 13, at Diner 63.

The league is a short (24 weeks) handicapped league that bowls three games each Wednesday, beginning at 1 p.m.

It begins in early September and usually finishes sometime in March, depending on weather closings.

The league is open to both men and women, and those with questions can contact Karen Schmitt at 641-220-3365.

New Hampton grad on Missouri Valley’s preseason ‘watch list’

New Hampton High School alum Noah Fenske has been named to the Missouri Valley Football Conference’s preseason “watch list.”

Fenske started 11 games at left tackle for Southern Illinois in 2024, but he will play center this season for the Salukis, who open the season on Aug. 30 with a home game against Thomas More University.

The watch list was released this Monday and also included the preseason poll in which head coaches, sports information directors and media picked defending national champion North Dakota State as the favorite to win the Missouri Valley title. South Dakota State, which won national titles in 2022 and 2023, was picked second while South Dakota was tabbed for third.

Southern Illinois finished sixth in the poll while the University of Northern Iowa was tabbed for eighth.

Girls Union forms Iowa Girl Foundation

As the Iowa Girls High School Athletic Union (IGHSAU) approaches its 100th anniversary in 2027, it announced this week the creation of the Iowa Girl Foundation—a bold new step to strengthen the future of girls’ athletics and leadership in Iowa.

The Foundation’s core initiatives include:

- Empowering the Iowa Girl – An educational tour promoting the value of school-based activities and leadership.
- Future Champions – Youth clinics at IGHSAU state championships aimed at skill development and inspiration.
- Scholarships – Recognizing standout student-athletes across Iowa.

Week of July 20 1950 (75 years ago)

- The general public is invited to attend the open house at St. Joseph’s Hospital Saturday and Sunday, when the new addition, just completed, will be open for inspection.

The new building, which is called a utility room, is 36 feet 8 inches wide and 145 feet long. It is of steel and brick construction and will house the heating plant and laundry room. The R.A. Stolz Construction Company is the contractor for the project.

- Around New Hampton: Howell Motor Company, Tires, \$10.99 plus tax and your old tire, while they last!; Riley Electric Company, Westinghouse Refrigerator, Freeze and Store 59 pounds of Food, \$189.95; Bo-Peep Shop, Salem China Dinnerware, 61 piece set, \$15.95; Contact 1st National Bank in New Hampton for all your banking needs.

1975 (50 years ago)

- The Health Facilities Construction Review Committee will meet Aug. 28 in Des Moines to review an appli-

cation to build a new 70 bed intermediate nursing care facility in New Hampton.

The proposed New Hampton facility will be known as Lake Park Manor Care Center and will be located at Fourth Avenue and Sunset. The project is estimated to cost \$700,490 and February, 1976 has been set as the date of completion.

- Dean Johnson, a running back and defensive linebacker for New Hampton High in the 1974 grid season, has been selected as a member of the North team for the Third Annual Iowa Shrine Bowl game to be played Aug. 9, at Drake Stadium in Des Moines.

Eighty-eight all-star high school football players were selected by Iowa football coaches for the benefit of the Shriners Hospitals for Crippled Children. Training camps open July 27, with the North team training at Central College in Pella.

2000 (26 years ago)

- The sixth annual St. Joseph Golf Tournament held at Raleigh Hill Golf

Course on Friday netted \$4,435 for the church, making a total of the tournaments almost \$30,000.

Tourney winners were Alex Barr, Jon Nicolaisen, Mitch Rosonke and Bryan Hugeback, Dave Meirick and Jamie Wegner served as co-chairmen for the tournament.

- The New Hampton varsity girls softball team got off to a 2-0 start in the post-season with a Class 3A district championship. The Chickasaws received a first-round bye and then defeated Crestwood 15-0 and Hampton-Dumont 6-1.
- The New Hampton varsity baseball team is one win away from the state tournament after defeating Waukon at Decorah with a Class 3A district championship.

The Chickasaws defeated the Indians 5-2 to advance to the sub-state game at Decorah on Friday, where they will meet West Delaware, a 5-4 winner over Oelwein in district play.

2015 (10 years ago)

- The Iowa Shrine Bowl won’t have

just one representative from New Hampton in Cedar Falls for the week, but two.

Scott Frerichs will be the coach for the North team while Connor Frerichs will play under his dad one last time in the Shrine Bowl on July 25 at the UNI Dome.

While Connor played inside linebacker for his high school team, for the Shrine Bowl he will play outside linebacker. Lauren Frerichs will also be on the sidelines as she will serve as the ball girl.

The Shrine Bowl, which started in 1973, to date has raised over \$2,268,000 for the Shriner’s Hospitals for Children.

- The competitive spirit between twin sisters Morgan and Allison Nuss will give New Hampton golf fans something to talk about for many years.

Morgan recently won the Iowa Junior Amateur title for the 12-13 age group, held at Mason City. She shot an 83 and Allison placed second with an 88.

However, Allison defeated Morgan to win the Waterloo Junior Golf event at Fox Ridge in Dike.

Allison shot a career-low 81 and Morgan fired a 94.

Those scores are indicative of what the girls might shoot at the high school level. The girls are the daughters of Marty and Carolyn Nuss of New Hampton.

2020 (5 years ago)

- For once, Saturday night did not feel like 2020. Fans lined the fence around the Mikkelson Park baseball diamond. There were some reminders of the year of COVID-19. The concession stand was closed and the pool was empty.

One normal thing, New Hampton won a district title, defeating Sumner-Fredericksburg 10-0. Playing in their 10th straight district title game, the Chickasaws earned their fourth sub-state berth in the past five years.

The Chickasaws will face second-ranked North Linn, which is 17-2 after beating Jesup 14-4 Saturday night.



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Kelly Terpstra/Tribune

New Hampton’s Jay Pickar (above) gets a workout in at the Chickasaws’ weight room on Thursday morning while Aleigha Cahoy (right) does the same during New Hampton’s summer strength and conditioning program.



Strength coach: ‘We’re not done’

STRENGTH: FROM 16

Rommes. “We want to keep obviously going up. We can always get better at something. This is a huge part to do with every single program at this school. It affects way more students and athletes than you think.”

Rommes said he thinks over 80 percent of the student body that participates in extracurricular activities at NH has made time to want to get better in this relatively new program that is in its second year. Over 120 Chickasaws have answered the bell in this often-attended conglomeration of all grades and sports.

They’re uniting as one to make a change – for themselves and the entire community.

“It’s like an overall wellness thing,” said Rommes. “There’s some kids that don’t play any sports at all, at least they can care at something in their lives and feel great about themselves and have goals. Goal setting is super important.”

Chickasaw soon-to-be-seniors Emmett Kuehner and Madison Shawver used to work out at their school as freshmen in the summer of 2022. My how things have changed in just those three short years.

“There were about 10 people that came,” said Kuehner. “We were just in the weight room for an hour, where here you’re in there 35, 45 minutes. You get your lifting in and then you’re on to your other half with the speed and agility part.”

There is a different rotation of New Hampton coaches that work out the Chickasaw athletes each week, whether it be a jumping drill, specific weight training or to improve cardio. Think plyometrics – exercises that focus on quick bursts to improve speed, power and agility.

The active Chickasaws are also sharpening their minds.

“These guys feed off each other so well,” said Rommes. “They’re all in the same boat. Waking up early, it’s hard for everybody.

“Once you get in a rhythm, no one’s going to feel bad for you or sorry for you because everyone’s in the same boat.

We might as well do it together. We’re all Chickasaws.”

Shawver, who competes in volleyball and track, talked about how the transformation of the strength and conditioning program has come full circle.

“My freshman year was a select few girls,” said Shawver. “They were glad that they were there, but also sad that nobody else was there. Going from that and seeing the change to now having a hundred-something people here – it’s good to see we’re building the culture and making it better for other people when they make it to high school. Just bring the culture now.”

Sure it’s early when the workouts take place three days a week – Monday, Tuesday and Thursday – but starting to exercise at 6 a.m. (when the first high school session begins) gets your day started off on the right foot and leads to a positive mindset right off the bat.

“You think of working out and you think it’s not very fun. The people here make it fun,” said Shawver. “Even though it’s six in the morning, everyone has a smile and they’re ready to work and ready to get better.”

Rommes, a South Winneshiek grad and standout athlete for the Warriors, talked about the early morning hours, which spells a recipe for success for his students while some folks are still asleep.

“When we don’t give excuses for our kids, they’re not going to make excuses to get up early. Everyone’s tired in the morning. I’m tired. I think that’s important too, to get them to understand that we can’t make excuses for ourselves, so they can’t make excuses for themselves,” said Rommes.

Kuehner is a shining example of logging in a whole host of activities during a summer day, which is needless to say – jammed-pack. The wrestler, who also plays football and is on the trapshooting team in the spring, wakes up before 5 a.m. some days to feed his show animals and then makes the 15-minute drive to New Hampton from his home in Lawler. He works out, participates in football practice, then

it’s off to his summertime job – where he pours concrete for Tony Tank, owner and CEO of Jerry Tank Masonry and Concrete.

Kuhener is feeling the vibe this summer and books and supplies for when school starts haven’t even been purchased. He’s off to a roaring start in 2025 and he’s looking to carry that momentum into the classroom.

“We definitely stress like high energy and getting going in the morning. Bringing the energy is where it’s at and a lot of music definitely makes it a good time,” said Kuehner, who said he prefers a classic rock playlist when the motivating tunes are blaring.

Kuehner talked about the tangible, first-hand results he has noticed since getting the most out of his mind, body and spirit during these summer workout sessions.

“I’m definitely more confident on the football field. I know that I put in a lot of work,” said Kuehner. “You’re a lot more passionate in the stuff you do when you work all summer for it.”

When there’s well over 100 high school students taking part in the program – that means the workouts have been split into three sessions. Boys start at 6 a.m., followed by girls at 7 a.m. and then middle school students finish the day on Tuesdays and Thursdays at 7:45 a.m.

“This is what it looks like. We have to split into two groups because we can’t fit into our weight room. That’s a huge positive,” said Rommes.

McDonald summed up the end goal of the program he’s happy to be a part of.

“Most importantly, it’s not just about athletics. It’s about establishing a healthy lifestyle and being physically fit for a lifetime,” said McDonald.

The student athletes took part in the first ever “Max-Out Week,” which started on Monday with pro agility and 10-yard flies test. Tuesday was super special as all grades 7-12 walked up to the football field for PowerHour, a fun-filled family night that saw each individual attempt a squat and



New Hampton assistant coach Carter Henry helps with a broad jump drill during the Chickasaws’ summer strength and conditioning program last week Thursday.

bench max on the track. There were summer awards handed out and the reward of pizza for all. This morning (Thursday) a 40-yard dash test and competitive games were all undertaken

that put an end to a productive summer.

A key aspect of the program that Rommes is excited about is that this is just the beginning of what’s sure to be a routine

every summer that helps prepare every Chickasaw for a tremendous school year – on and off the field.

“We’re not done. That’s the best part,” said Rommes.



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HAPPY RETIREMENT Jan Wendland



Chickasaws land four on all-NEIC softball teams



New Hampton's Chloe Weigel (above) drives a ball to the outfield in a game against Charles City while Chickasaw teammate Caycee Crawford (right) homers in a game against Waukon this summer.



Turkey Valley's Madi McDanel swings at a pitch during a game against Clayton Ridge this past season.

UIC coaches honor quartet of Trojans

McDanel named to all-conference first team, Vsetecka is second-team pick and Schuchhardt and Kuennen also are honored

By Kelly Terpstra
sports@nhtrib.com

The Turkey Valley Trojans saw four players get picked for the Upper Iowa Conference all-league squads this summer. That's a key indicator that Anthony Troyna's team definitely got better as the season wore on after a 3-9 start.

Selected on the first team for the Trojans was junior first baseman Madi McDanel, who smashed two round-trippers in 2025 and led the Trojans with 24 RBI. Her team-leading 30 hits on the year were accentuated by eight doubles and 25 runs plated – also tops for TV. McDanel led the Trojans in almost every statistical category on offense as she slugged .571 and sported an on-base-percentage of .473 to go along with a team-leading batting average of .390.

What was perhaps the most amazing stat for McDanel?

She only struck out four times in 77 at-bats.

"Madi was one of our best hitters for us all season," said Troyna, who took over long-time Trojan head coach Junior Hackman after being an TV assistant the year prior. "She was someone who was a tough out for opposing teams. She put the ball in play and put it in play hard."

McDanel excelled in the field at first base and racked up a .961 fielding percentage.

"Defensively, she was very reliable at first base. She did a great job picking balls out of the dirt when needed," Troyna added.

TV senior shortstop Morgan Vsetecka made it back-to-back years of being selected on the UIC second team.

Vsetecka smacked a home run, rapped out 26 hits (seven doubles) and collected 16 runs knocked in to go along with 21 runs scored. She batted .302 at the dish.

Once again, Vsetecka demonstrated tremendous discipline



Vsetecka



Kuennen



Schuchhardt

at the plate and displayed a keen batting eye by only striking out three times in 86 at-bats.

Vsetecka has been the team's starting shortstop since her sophomore year.

"As the season went on, she continued to get even better at the plate and defensively. She was a very tough out and someone who put the ball in play a ton," said the TV head coach.

TV senior Layni Schuchhardt and sophomore Kendall Kuennen were awarded with honorable-mention all-UIC distinction.

Schuchhardt's defense at the catcher position helped TV win ball games as she committed just four errors in 101 total chances for a .960 fielding percentage. She tallied seven assists in the field.

"Layni played such a crucial role for us this summer! She was a great catcher for us all season long, accepting the challenge of not letting softballs get past her," Troyna said. "All of the work she put in the off-season truly paid off as she was one of our defensive captains and the improvement from last season to this season was truly impressive."

Schuchhardt led the team with 13 base on balls and sported a .310 on-base-percentage. She collected three doubles on the year and knocked in eight runs.

SEE TV SOFTBALL, 14

Crawford, Weigel named to first team; Schwickerath, Weber are second-team selections

By Kelly Terpstra
sports@nhtrib.com

Caycee Crawford and Chloe Weigel have been mainstays on the New Hampton Chickasaw softball team for probably longer than you would have guessed.

The dynamic duo for first-year Chickasaw head coach Krissy Anderson helped New Hampton produce back-to-back winning seasons this summer. For their effort and prowess out on the diamond, each was awarded a spot on the first team all-NEIC league squad that was picked by Northeast Iowa Conference coaches recently.

The New Hampton standouts have logged valuable innings since their eighth-grade year, meaning Weigel finished up her fourth season on the varsity level at New Hampton and



Schwickerath



Weber

earned back-to-back first-team honors. Crawford, just a sophomore, was a newbie on the first team after being selected to the NEIC second team a year ago.

Crawford bashed eight home runs, which was tied for the league lead alongside Decorah's Lauren Luzum. The versatile Chickasaw that played up the middle at shortstop, and at the corner at first base, also pitched for New Hampton. She was 2-3

SEE NH SOFTBALL, 14



New Hampton student-athlete Braden Manson (above) and a group of Chickasaw girls (below) go through a workout in the weight room as part of the school's summer strength and conditioning program that comes to a conclusion this week.

REACHING NEW HEIGHTS

NEW HAMPTON'S STRENGTH AND CONDITIONING PROGRAM ATTRACTS A CROWD THIS SUMMER

By Kelly Terpstra
sports@nhtrib.com

What have you accomplished before 8 a.m. this summer?

If you're like over 100 New Hampton student athletes, a lot.

And no, getting in your car to drive to purchase a breakfast sandwich at McDonald's isn't the right answer.

During several days in May and the entire months of June and July, the hallways of New Hampton High School have been filled with loud music, laughter and a bustling energy that is not only palpable, but infectious.

Just what are these young Chickasaws doing?

The answer – working out and getting better.

Led by a large contingent of Chickasaw coaches and NH Athletic Director Cory McDonald, a horde of teenagers – over 100 strong – are waking up before sunrise to lift weights, improve their speed and agility and perhaps most important, strengthen close bonds that should pay big dividends in the long run.

The newly revamped 10-week New Hampton Strength and Conditioning program – which started on May 27 and will end today (Thursday) – has been nothing short of remarkable.

"These nine weeks have reinforced all of the positive qualities that we want to have in our student athletes at New Hampton – commitment, dedication, hard work, team work," said McDonald. "Our strength and conditioning program is our way to transform New Hampton High School and our community. We're on our way."

McDonald – who is also the Chickasaws' longtime base-



ball coach – is one of many leaders that helps facilitate the workouts, but it's also an all-hands-on-deck approach to not only achieving greatness, but tapping into sustained success through staying active.

"This is truly a team effort," said McDonald.

Jordan Rommes – a physical education teacher at NHHS and an assistant coach for the baseball and football programs – and Carter Henry (NH freshman boys hoops coach, assistant football coach this fall) are the coaches that are in charge of the program.

"Everything that we're doing here is training upwards," said

SEE STRENGTH, 15



Kadence Rings stretches out to get maximum length on her broad jump.

AREA ALL-CONFERENCE BASEBALL TEAMS IN NEXT WEEK'S TRIBUNE