

Lake Mills Graphic



VOL. 150, No. 33

LAKE MILLS, IOWA 50450

WEDNESDAY, AUGUST 17, 2022

\$1.00



Area briefs

Road closures

Winnebago County will be re-paving R74 and A16 north of Lake Mills. The scope of work includes cold in-place recycling four inches of existing pavement and three inches of new asphalt. The daily work area will be closed during each day of paving and opened to traffic overnight. The project is scheduled for Aug. 15 through Oct. 31.

LM city-wide rummage weekend set

Lake Mills will hold their city-wide rummage sales Labor Day weekend, Sept. 2-3. Ads are due to the Lake Mills Graphic by Noon, Friday, Aug. 26, along with \$10 payment.

Fall city-wide cleanup will be held the following Saturday, Sept. 10.

Weather

THURSDAY			
AM Showers, 30%	80°	59°	
FRIDAY			
Scattered T-Storms, 60%	70°	58°	
SATURDAY			
Scattered T-Storms, 60%	70°	57°	
SUNDAY			
Partly Cloudy	71°	56°	
MONDAY			
Mostly Sunny	73°	56°	
TUESDAY			
Mostly Sunny	75°	56°	
WEDNESDAY			
Partly Cloudy	75°	55°	

Official temperatures and precipitation as recorded by the Lake Mills Power Plant are as follows:

Date	Hi	Low	Prec.
Aug. 9	79°	50°	—
Aug. 10	82°	52°	—
Aug. 11	70°	63°	—
Aug. 12	72°	63°	1.8"
Aug. 13	72°	64°	—
Aug. 14	70°	61°	—
Aug. 15	70°	54°	—

Markets

Prices reported as of Tuesday. Prices subject to change.

Five Star	2021	2022
Corn	\$ 6.38	\$ 6.90
Soybeans	\$13.39	\$14.38

Gavilon	2021	2022
Corn	\$ 6.33	\$ 6.90
Soybeans	\$13.29	\$13.42

Inside

EDITORIAL	2
COMMUNITY	3-4
OBITS/RELIGION	5
BACK TO SCHOOL	6-8
CLASSIFIEDS	9
LEGALS	10



Friends donate to Humane Society of North Iowa

This past April, the Mike and Jolene Piper family adopted their dog, Max, from the Humane Society of North Iowa. The family often discussed ways to "give back" to such a good cause. On Aug. 2, their daughters, Joella and Claire, along with their friends, Ellie and Caleb Mondt, and Kenley Helgeson, decided to set up a lemonade stand on the corner of S. 4th Ave. E. and S. Lincoln in Lake Mills and donate the money to the Humane Society. They raised \$160 and the parents and kids themselves pitched in a bit more, for a total of \$257. On Aug. 9, they all travelled to Mason City to donate the funds in person and visit with the dogs and cats at the Humane Society. Pictured (L-R): Joella Piper, Kenley Helgeson, Claire Piper, Ellie Mondt, and Caleb Mondt.



Singelstad, Berger win back-to-back club championships at Rice Lake

Rice Lake Golf and Country Club held their annual Club Tournament, Saturday, Aug. 6. Casey Singelstad and Bennett Berger (pictured above) were club champions for the second year in a row. Barb Miller and Scott Westcott were senior champions. Results follow.

Casey Singelstad, 68; Jamie Gasteiger, 73; Kate Tenold, 75; Becky Helgeson, 76; Jade Gasteiger, 77; Julie Helgeson, 80; Alyssa Slattum, 83; and Cindy Jorth, 87.

Ladies Club Tournament Championship Flight

Casey Singelstad, 82; Lindsay McCord, 86; Jessica Schipper, 87; Becky Helgeson, 89; Sarah Ham, 92; Julie Helgeson, 95; Steph Gilbertson, 95; Krishna Hanson, 98; Kerby Helgeson, 98.

First Flight

Jolene Helgeson, 101; Kate Tenold, 102; Rané Swenson, 108; Cindy Jorth, 108; Jade Gasteiger, 109; Jamie Gasteiger, 109; Steph Storbj, 113; and Alyssa Slattum, 113.

Senior Ladies Club Championship Flight

Barb Miller, 84; Kathy Gilbertson, 92; Julie Treptow, 94; Brenda McCardle, 103; Kathy Nelson, 110; Kathleen Grunhvd, 113; Diane Clark, 113; and Vonnie Anderson, 117.

Ladies Handicap Division

Kerby Helgeson, 67; Lindsay McCord, 68;

Ladies Skins Game

Sarah Ham, birdie on 13; Casey Singelstad, birdie on 16; Krishna Hanson, par on 3; Kerby Helgeson, par on 15; and Jessica Schipper, birdie on 6.

Mens Club Tournament Championship Flight

Bennett Berger, 68; Josh Johnson, 71; Casey Hanson, 68; Chris Helgeson, 75; Jamie Ham, 74; Randy Pals, 75; Brian Hanson, 77; Garrett Ham, 77; David Reese, 74; Jason Slattum, 77; Mike Mehlhoff, 77; Brandon Mondt, 77; Cole Christianson, 73; Harold Hickman, 76; Brady Kurtz, 76; Scott Hanson, 74; and Trevor Halstead, 77.

First Flight

Tyrell Hermanson, 78; Kray Grothe, 78; Lynn Lappe, 78; Jackson Rice, 78; Al Hagen, 79; Dave Iverson, 79; Brad Helgeson, 80; Tim Helgeson, 80; Chris Throne, 80; and Dean Mathiason, 80.

See GOLF, Page 3



Scott Christenson takes over job as Director of Public Works

BY BONNIE KAY BALDWIN
LAKE MILLS GRAPHIC

Wednesday, July 6, was Scott Christenson's first day as the new Lake Mills Director of Public Works.

Christenson, a 2011 graduate of Lake Mills High School and a 2015 graduate of South Dakota State University, has a bachelor's degree in biology.

Since his college graduation, Christenson has lived in Minnesota, Nebraska, North and South Dakota, Wisconsin, and now back in Iowa.

Christenson worked for the Stateline Lake Restoration Committee, Em-

mons, Minn. early on, and the Shell Rock River Watershed District for the last five years.

"I took this position because I really like Lake Mills," he said. "Most of the job entails supervision of department heads: light department, street department, line department, generator department, water and wastewater treatment department, and park and rec department; basically just trying to make everyone's job easier. It's about 80 hours—40 hours a week plus, but it's a salaried position. My staff includes supervisors, Cam Edgerton, Ross Hanson, Amy Vrieze, Doug Ba-

con and Scott Hagenson—in no particular order."

What this new director is looking forward to are the fall conferences like the Iowa League of Cities, for the opportunities for networking and to see what other cities are doing.

"But, the biggest thing," Christenson said, "is trying to enhance recreation and just amenities available to the public, as well as going after grant money for different infrastructure improvements—capital improvements in general. I am really looking forward to working with all of the department heads," he concluded.



Construction on mini golf course begins

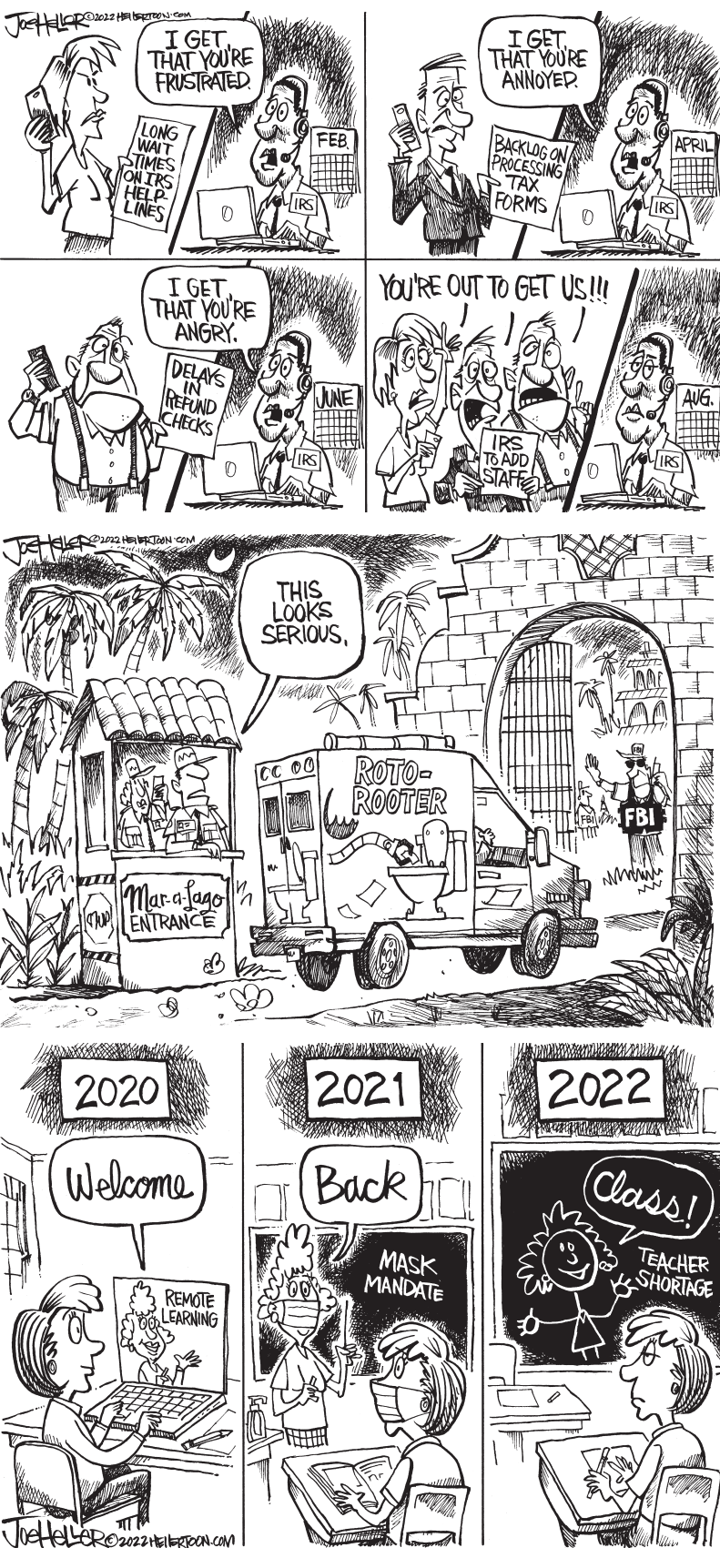
Ground has been broken on the new mini golf course, to be located east of the Aquatic Center on S. Lincoln St. In the picture above, taken last Thursday morning, Aug. 11, sand had been poured and was being leveled. Disc golf holes 4-7 will be closed while construction is ongoing and the east portion of the parking lot is also closed.



Lindeman receives Iowa State Fair awards

Sydney Lindeman (left) brought home two awards from the 2022 Iowa State Fair 4-H Awardrobe Clothing Event. She was in the top five for constructed garment and received the top award by the American Sewing Guild. Sydney is the daughter of Joe and Randee Lindeman, Lake Mills, and a senior at LMHS.

CARTOON CORNER



Citizen needs and Congressional actions

STEVE CORBIN, PROFESSOR EMERITUS OF MARKETING UNIVERSITY OF NORTHERN IOWA

According to the most recent data from Pew Research Center, National Election Studies, Gallup, ABC/Washington Post, CBS/New York Times and CNN Polls, only 21 percent of Americans say they trust the government in Washington, DC to do what is right. The headline from Dante Chinni's June 10 NBC News article sums it up: Americans agree on one thing—DC isn't getting the job done.

Thanks to tainted social media, prejudice-laden cable news, biased left- and right-wing think tanks and the disinformation and misinformation provided by politicians and their party, one can only surmise Americans are greatly divided.

The surprising reality is Democrats, Republicans and independents agree on more issues—about 150—than they disagree.

Here are some examples:

Abortion: Sixty-one percent of Americans think abortion should be legal in all or most cases (Pew Research Center, June 13).

LGBTQ+: Gallup notes in a 2022 report that 70 percent of Americans support marriage between people of the same sex.

Gun Control: Background checks are approved by 89 percent of the public. Banning assault weapons has 63 percent support, 64 percent want to ban high-capacity magazines and 60 percent want to have a nationwide database to track gun sales (ABC News, May 27).

Immigration: Sixty-two percent of Americans feel immigrants strengthen the country; a complete reversal expressed in 1994 (Pew Research Center, Jan. 31, 2019).

Voting: Data for Progress reveals 66 percent of voters want to prevent state lawmakers from overturning elections, 60 percent support universal vote-by-mail and a majority want to make it easier to vote (Sept. 24, 2021).

Healthcare: Providing Medicare for all Americans to ensure everyone has healthcare coverage garners 69 percent support (The Hill, Apr. 24, 2020).

Cannabis: NORML reveals from their Apr. 8 research that 68 percent of Americans support legalizing cannabis plus 60 percent favor expunging cannabis-related convictions.

Racial Justice: Eighty-six percent of citizens agree that racism is a problem and 87 percent be-

lieve books that discuss race or slavery should never be banned (CBS News, Feb. 23).

Taxes: An Oct. 16, 2021 Vox article notes 71 percent of voters support raising taxes on the wealthiest 2 percent of Americans.

The Program for Public Consultation at the University of Maryland released an Aug. 7, 2020 report identifying nearly 150 issues on which the majority of Republicans and Democrats agree, including:

Social Security: Raising the cap on income subject to the payroll tax to \$215,000 or more.

Poverty Programs: Increasing Supplemental Nutrition Assistance Program funding.

Energy and Environment: Reducing US greenhouse gas emissions by two percent a year and providing tax incentives to promote clean energy.

Government Reform: Overturn the Citizens United decision by the Supreme Court and regulate campaign financing.

International Trade: US should continue participating in the World Trade Organization and rejoin the Trans-Pacific Partnership that former president Donald Trump abandoned in 2017.

Federal Budget: Roll back the tax cuts from Donald Trump's disastrous 2017 tax bill, impose a 4 percent surtax on income over \$5 million and add a 1 percent surtax on corporate income over \$100 million.

Let's face it. Polarization has largely been brought on by political parties wanting to be in control and—let's not forget—ego-driven and power-hungry politicians.

Examine the 15 issues identified above and note if your legislator is going counter to the "Will of the People." If so, as Peggy Noonan—revered conservative journalist of The Wall Street Journal—stated in her July 27 op-ed, "vote the bums out." If your legislator's voting record is in accordance with the majority of Americans, do your level best to insure their re-election.

Americans of all political persuasions are together on over 150 issues. But, now—more so than ever—we must have legislators who represent us before their party. For them to do otherwise is a dereliction of duty.

Steve Corbin is a non-paid freelance opinion editor and guest columnist (circa 2013) contributor to 192 newspapers in 31 states who receives no remuneration, funding or endorsement from any for-profit business, not-for-profit organization, political action committee or political party.

Investigate Them All

As much as it pains me to discuss the goings on surrounding this individual now that they no longer have the power to influence the lives of every U.S. citizen, I would be remiss—as a journalist—to ignore it.



Marissa Gasper
Gasper's Gabble

The response of certain groups to the FBI raid that took place at Mar-A-Lago has been to refer to the investigation as "unprecedented"—and it is, but probably not in the way they intend it to mean. Unprecedented simply means that something has never happened before—there is no example or precedent to refer back to, and that is true. And investigation of this nature, at a former President's residence and under a federal search warrant, has never before been conducted. But, the only reason for that is because the suspected crimes that lead to the search are also the first committed by a former President (after Watergate, there was reasonable cause for federal investigation, but he was pardoned and therefore it never happened).

The point being, "unprecedented" does not equate to "unwarranted."

And based on what has been suggested was found during this raid, it was VERY much warranted.

Official documents, property of the United States, are not to be possessed by a lone individual—a citizen—even if they formerly had access as President and labor under the delusion that they may be in that position again. Such classified documents, without the protection of the entirety of the United States Government and in the hands of an individual that has proven themselves to be carelessly arrogant and irrevocably attracted to bad decisions, could jeopardize national security—the safety of every citizen in the country.

Considering the individual in question was, so to speak, a former employee of the United States government with access to sensitive, highly classified information, as well as an egoist who has deluded a significant portion of his base into believing him to be a persecuted figure and the agencies rightfully investigating his crimes to be solely out to get him... the concern of security risk was incredibly valid.

And this was not a spur-of-the-moment, "surprise" investigation, as has been suggested. The investigation into missing Archive documents began almost as soon as the former President left the White House.

The side that wanted presidential candidate Hillary Clinton "locked up" for her compromising emails is now suggesting that an investigation into the theft of official documents from the National Archives is going too far?

I'm not surprised. Just exhausted.

My opinion? Investigate all of them. Every single official—democrat or republican, red or blue, it doesn't matter. Investigate them all.

The corruption of the United States Government runs so deep that a deep scrub of every sitting official, in every branch, is the absolute least that can be done to begin cleaning up the toxic mess the Capitol has become.

Will that happen? Almost certainly not. The resources and time would be a serious drain.

But the point is that this isn't about this one man and his self-involved fantasy that he's being unfairly persecuted. He's not.

And as for the retorts from the right suggesting that it would be different if it were someone from the other side... No.

Investigate them all. Most of us reasonable people would welcome it.

Inside the Iowa House: Thank you to Iowa Educators

It seems hard to believe the new school year is just around the corner. Teachers are heading back to get their classrooms ready and parents are gathering the school supplies their kids need to start the year.

Over the last two years, educators have been working overtime under tough circumstances to support our kids and make sure they are getting a world-class education.

I know far too many educators who are tired and frustrated of being asked to do more with less every year. All while shouldering the blame from some politicians in Des Moines who no longer support public schools.

I don't blame educators one bit. I'm fed up, too. Last spring, I started hearing from more and more teachers who said they weren't going back to the classroom this school year. They were serious.

Today, I'm hearing from local school district leaders who are struggling to find qualified applicants, and have more openings than they are able to fill with just a few weeks to go before school starts.

Frankly, it's no surprise. Over the last decade, state funding for public schools has not kept up with rising costs. It means the burden has fallen on teachers to do more every year with less support to get the job done right.

Last session, the private school voucher bill almost became law and would have stripped more money from public schools to give to private schools instead. In addition to closing more schools in rural areas, vouchers will put more on the backs of teachers.

Educators have also been increasingly target-

ed and vilified by lawmakers here in Iowa who think public school teachers are an enemy. One statehouse leader accused teachers of having a "sinister agenda" and others are working on bills to actually put teachers in jail for doing their job. Educators have also seen the nasty politics infecting Washington, DC trickle down to their local school board and show up in their inbox.

I think it's time for us to hit the reset button and get back to what we do best here in Iowa.

Strong public schools have always been the foundation of our values and the heart of our communities big and small. Teachers and educators deserve our thanks and respect.

So let's all get started on it today with something that may seem small, but will make a big difference. When you get an email with the school supply list from your child's teacher or meet them for the first time at an open house, just say thank you. If you have a friend or neighbor or aunt or grandson working in a public school, send them a text and say thanks.

I'll start it right now. To all the teachers and staff out there getting ready for the new school year: THANK YOU. We see you, and we are with you.

Email: Jennifer.konfrst@legis.iowa.gov
Facebook: [facebook.com/jenniferkonfrstforIowa](https://www.facebook.com/jenniferkonfrstforIowa)
Twitter: <https://twitter.com/KonfrstForHouse>
Instagram: [instagram.com/konfrstforhouse/](https://www.instagram.com/konfrstforhouse/)



Jennifer Konfrst
Iowa House Democratic Leader

Lake Mills Graphic
Published Continuously Since June 3, 1872

Sherylee Gasper—Publisher
204 North Mill St., Lake Mills, Iowa 50450
Phone 641-592-4222 • FAX 641-592-6397
• E-Mail: graphic@wctatel.net •

Subscription Rates
1 Year Iowa/Minnesota \$43.00
1 Year Outside of Iowa/Minnesota..... \$45.00
All subscriptions are non-refundable
Published Wednesday Afternoon Single copy price..... \$1.00

Editor Sherylee Gasper
Office Manager/Reporter..... Bonnie Kay Baldwin
Staff Marissa Gasper
Staff Tyler Cardarella-Gasper
Sales..... Loretta Krahlung

The Lake Mills Graphic (USPS 302-440) is published weekly by the Lake Mills Graphic, 204 N. Mill St., Lake Mills, Iowa 50450. Periodicals postage paid at Lake Mills, Iowa. POSTMASTER: Send address changes to Lake Mills Graphic, P.O. Box 127, Lake Mills, Iowa 50450.

WINNEBAGO
A Proud Member of Lake Mills and the North Iowa Community

Winnebago Lake Mills Production
806 North Lake Street • Lake Mills, IA 50450

City Council Reg. Mtg.	Third Monday, 7 p.m.	City Hall
School Board Reg. Mtg.	Second Monday, 5:30 p.m.	Lake Mills School
Library Board Mtg.	1st Wednesday, 4:30 p.m.	Library
Ambulance Board Mtg.	3rd Wednesday, 6:30 p.m.	Ambulance Shed
American Legion	2nd Monday	Lower Level of Civic Center
American Legion Breakfast	2nd Sunday	Civic Center
Senior Citizens Mtg.	2nd Tuesday of the month	Civic Center
Lions Club	1st and 3rd Tuesday	Asbury Meth. Church
Fire Department Mtg.	1st and 3rd Wednesday, 7 p.m.	Fire Hall
Literary Club	4th Wednesday	Hostesses
LM Garden Club	4th Monday, 7 p.m.	Hostesses
LM Area Historical Society	2nd Monday, 5 p.m.	1901 Victorian House
AA and Al-Anon	Wednesday, 7 p.m.	Sr. Cit. Ctr., Emmons
Congregate Meals	Monday-Friday	Civic Center
Drivers License	Mon.-Fri., 8 a.m.-4 p.m.	FC Courthouse
No Written Test after 3:30 p.m.	Treasurer's office	
Drive Test by Appointment	Mon.-Fri., 10 a.m.-6 p.m.	
Library Hours	Sat., 10 a.m.-2 p.m.	Lake Mills Library
Joice Library Hours	Tues. 9 a.m.-Noon, 1-6 p.m.	
	Wed.-Thurs., 1-6 p.m.	
	Fri. 2-5 p.m., Sat. 9 a.m.-Noon	Joice Library
Board Meeting	2nd Thursday, 7 p.m.	Joice Library
Fitness Center Hours	6 a.m.-7 p.m.	Fleetguard Fitness Ctr.
Winn. Food Bank Sign-up	Every Monday, 11 a.m.-1 p.m.	Salem Resource Rm.

Letters to the Editor

Letters should be no more than 500 words, signed, and include your full address and a phone number for verification of authorship. We reserve the right to reject those not following policy or deemed libelous.

UNSIGNED LETTERS WILL BE TOSSED IN THE ROUND FILE.

Send your letter to:
LAKE MILLS GRAPHIC,
PO Box 127,
Lake Mills, IA 50450
or email graphic@wctatel.net

Ben's Specials of the Week

 2020 Chrysler Pacifica Touring-L • 47,265 Miles • V6 • FWD • Auto Ben's Special Price \$33,005	 2019 GMC Acadia Denali • 58,812 Miles • Lthr • V6 • AWD Ben's Special Price \$39,915
 2019 Ford F150 XLT • 20,708 Miles • SuperCrew • Cloth • V6 Ben's Special Price \$46,999	 2017 Ford F250 Lariat • 64,606 Miles • Lthr • V8 Diesel • AWD Ben's Special Price \$62,999

Full Listing Online at www.forestcityford.com
Located at Junction Hwy. 9 & 69, Forest City, IA
1-800-300-6615

Down Home Cooking

by Bonnie Kay Baldwin

OATMEAL PANCAKES

1-1/2 c. oatmeal
2 c. buttermilk
2 eggs

Mix and add:
1/2 to 2/3 cup flour
1 tsp. baking powder
1/2 tsp. salt
2 Tbsp. butter, melted

Mix together with top ingredients and then fry on a hot griddle.

SPECIAL POTATOES

3 (12 oz.) pkgs. frozen hash brown potatoes squares
1 pint half and half
1/2 c. butter or margarine
1 tsp. salt
1/2 c. Parmesan cheese

Lay hashbrowns in 9x13-inch pan. Cover with half and half and add salt. Melt or piece butter on top. Sprinkle with Parmesan. Bake 30 minutes at 325 degrees. Take out and break up potatoes. Mix and bake for another 30 minutes.

HONEY GLAZED SPARERIBS

3 lbs. spareribs
Water
1 Tbsp. salt
1 Tbsp. pickling spice
1 medium onion, quartered
1/2 c. ketchup
1/4 c. lime juice
1/4 c. soy sauce
1/4 c. honey

Cut ribs into service size pieces and place in a large kettle. Cover with water. Add salt, pickling spice and onion. Bring to a boil slowly. Lower heat and simmer 1 hour. Combine ketchup, lime juice, soy sauce and honey. Heat. Place parboiled ribs over hot coals and brush with glaze until golden brown.

QUICK CHOCOLATE MOUSSE

1 (14 oz.) can sweetened condensed milk
1 (4-4 1/2 oz.) pkg. chocolate instant pudding
1 c. cold water
1 c. (half pint) whipping cream, whipped

In a large bowl, combine milk, pudding mix and water. Beat until well blended. Chill 5 minutes. Fold in whipped cream. Spoon into serving dishes. Refrigerate. Makes 8-10 servings.



Emmons Class of 1982 holds 40th reunion

The Emmons High School Class of 1982 held their 40th class reunion, Saturday, July 16, at the Emmons American Legion. Pictured above, kneeling in front: Kary Marpe and Shelly (Attig) Pansch. Middle row (L-R): Marie (Renchin) Haynes, Nancy (Johnson) Archer, Michelle (Flaskerud) Vangen, Ann (Beers) Devries, Patty Sanderson, Melonie Gooden, Beth (Paulson) Benson, Laurie (Carlson) David, Jamel (Stahl) Gunn, Renae (Thompson) Myers, Beth (Sweet) Smith, and Danny Christenson. Back row: Troy Thompson, Dave Bosma, Mike Wencil, Bruce Epland, and Gib Helland.

The Postscript

"Piccolina"

I was walking down an old street in an old part of San Miguel de Allende, Mexico. Brightly colored wooden doors lined the streets. There was no indication from the outside what might be within. It could be a courtyard filled with flowers and a fountain, or a small business, or somebody's kitchen. It is always a mystery what is behind these doors, and so, when one is open, naturally I look inside.

when I went to greet her. "Oh, no! Piccolina!" Marta said. She didn't think Piccolina should be biting the customers, but they were just puppy bites, and the customer had been asking for it.

The tablecloth was not finished because Marta was proposing something more complicated—and prettier—than I had envisioned. "Fine!" I said, even though I wasn't entirely sure what she was saying. I promised to return in a few days.

"And then I get to see Piccolina again!" I thought. The next time I arrived, the tablecloth was finished, with a fringe all around the edge that transitioned from one color to another, with a mixture of the two colors in between. It had taken a lot of thread-pulling and time, and I paid Marta more than she had asked for and I said goodbye to Piccolina.

But not for good. Yesterday I stopped by, even though I had no business with Marta. "Piccolina, where are you?" I called, and she was easy to find because she was waiting at the doggy gate that Marta had installed. "Piccolina has a gate!" I said. "Piccolina has been running onto the street!" Marta tut-tutted. The street is quiet and cobblestone, so I don't think Piccolina was in much danger, but I also imagine Marta got tired of running outside to retrieve her.

"You are a naughty little dog!" I informed Piccolina, and Marta agreed. You can tell friends things like this, and we are all friends now—Marta and me and Piccolina.

Till next time, Carrie

when I went to greet her. "Oh, no! Piccolina!" Marta said. She didn't think Piccolina should be biting the customers, but they were just puppy bites, and the customer had been asking for it.

The tablecloth was not finished because Marta was proposing something more complicated—and prettier—than I had envisioned. "Fine!" I said, even though I wasn't entirely sure what she was saying. I promised to return in a few days.

"And then I get to see Piccolina again!" I thought. The next time I arrived, the tablecloth was finished, with a fringe all around the edge that transitioned from one color to another, with a mixture of the two colors in between. It had taken a lot of thread-pulling and time, and I paid Marta more than she had asked for and I said goodbye to Piccolina.

But not for good. Yesterday I stopped by, even though I had no business with Marta. "Piccolina, where are you?" I called, and she was easy to find because she was waiting at the doggy gate that Marta had installed. "Piccolina has a gate!" I said. "Piccolina has been running onto the street!" Marta tut-tutted. The street is quiet and cobblestone, so I don't think Piccolina was in much danger, but I also imagine Marta got tired of running outside to retrieve her.

"You are a naughty little dog!" I informed Piccolina, and Marta agreed. You can tell friends things like this, and we are all friends now—Marta and me and Piccolina.

Till next time, Carrie

when I went to greet her. "Oh, no! Piccolina!" Marta said. She didn't think Piccolina should be biting the customers, but they were just puppy bites, and the customer had been asking for it.

Happy 25th Anniversary!

Love, Your Family

MBT Insurance

106 West Main
Lake Mills, Iowa
641-592-0041

www.mbtbank.bank
dgust@mbtbank.com

Men's senior best shot

Men's senior four-man best shot for Aug. 10 had the team of Wayne VanVeldhuizen, Bob O'sell, Jim Villa, John Brighton winning with a 60. Second were the teams of Lyle Thomson, Brian Banwart, Dean Mathiason, Keith Johnson and Dave Iverson, Rick Oltman, Bruce Anderson tying with a 61. Closest to the pin on the par 3's were John Brighton, #2; Mike Dugger, #4; Dean Mathiason, #6; Harlan Betz, #12; and Dave Iverson, #14.

Men's senior four-man best shot for Aug. 15 had the team of Wayne VanVeldhuizen, Dave Arneson, Mike Dye, Rick Oltman winning with a 61. Second were the teams of Mike Kennedy, Paul Yost, Bruce Anderson, Denny May and Mike Hansen, Jim Bowers, Bruce Adams, Jerry Kephart tying with a 63. Closest to the pin on the par 3's were Mike Dye, #2; Rock Bridges, #4; Rock Bridges, #6; Mike Dye, #12; and Terry Ringham, #14.



LMPD report

The Lake Mills Police Dept. responded to 35 calls from Aug. 8-14.

Civil Paper	4
911 Test Call	1
Agency Assist	1
Ambulance Code 3 Emer	3
Animal Calls	2
Domestic/Family Problem	2
Help/Assistance	1
Information Only	1
Locked Out House/Vehicle	2
No Crew Available	2
Noise Complaint	1
Stand By/Keep Peace	1
Speak With Officer	2
Theft/Larceny/Shoplift	1
Traffic Stop	10
Welfare Check	1



Tequila's

MEXICAN BAR & GRILL

DAILY SPECIALS

MONDAY—Closed
TUESDAY—Pollo Loco
WEDNESDAY—Shrimp Burrito
THURSDAY—\$1 Off Fajitas & Half Off Margaritas
FRIDAY—Enchiladas
SATURDAY—Burritos Deluxe
SUNDAY—Kids Eat Free with each Adult Meal (Carry-out meals included)

846 Central Avenue, Northwood • 641-323-0000
NOW OPEN ALL DAY, Tues-Sat. 11 a.m.-9 p.m., Sun. 11 a.m.-8 p.m., Closed Mondays
Like us on Facebook

GRAPHIC OFFICE HOURS

MON.-FRI., 8 A.M.-NOON

So, you're getting a new TV?

Come see the wide variety of Entertainment Consoles!

www.EmporiumFurnitureAndMattress.com
Ph 641-562-2929 Cell 319-541-4775

Summer Is A Great Time To Move!

Join us now and enjoy all the outdoor beauty amongst our scenic countryside location. Comfortable senior living with personalized care all designed for you while enhancing nutritional, social and physical well being.

Apartments Available

Forest Plaza Assisted Living
635 Hwy 9 East
Forest City, IA 50436

Visit us today.

Call Rick at 641-585-1555 • Email: rick@forestplaza.biz
www.forestplaza.biz

ADVERTISE With us

IT PAYS TO ADVERTISE!

The Lake Mills Graphic is offering an **ADVERTISING SPECIAL** that your business will not want to refuse

Advertise 8 times per month at one monthly reduced rate!

Repeat advertising will bring more clients through your door

Call Sales Rep, Loretta Krahling, for details
641-590-0705

DON'T WAIT!
Special pricing ends Sept. 30, 2022

2022 Minnesota Renaissance Festival

NEW IN 2022!

MONKS CRAFT BEER PUB • SHAKESPEARE SHORTS
THE WIZARD'S COTE • SOCK AND BUSKIN STAGE
ROYAL RAPTOR CENTER • DILLY DALLY RIDE
BLOODY MARY BINGO • CROSSWORDS TAVERN
THE QUEEN'S GAMBIT • WINE WAKE
VIKINGS VALHALLA MEAD HALL

FREE PARKING!

WEEKENDS (SAT & SUN) • AUG. 20 - OCT. 2
PLUS LABOR DAY MONDAY, SEPT. 5
& FESTIVAL FRIDAY, SEPT. 30
9 AM - 7 PM • RAIN OR SHINE

[f](https://www.facebook.com) [i](https://www.instagram.com) [t](https://www.tiktok.com) 952.445.7361 • WWW.RENAISSANCEFEST.COM

LMCS Communique—What's new?

What's new? We know a new school year is quickly approaching. A new grade level for students? A new teacher? A new experience for parents sending their first child to school? Sometimes it is a new start in middle school or high school. A new athletic team? A new field show for the marching band?

While we didn't have any major new construction over the summer, the maintenance staff has put down a new coat of wax on the floors and a new coat of paint in some areas. On a larger scale, the district has plans for a new bus garage to be constructed on the north end of town. Stay tuned for more information about the building plans and timeline.

No matter how many new school years a person has gone through, in my experience it brings a sense of excitement, and perhaps, some nervousness. A new school year also brings many new opportunities for teaching and learning, which we are certainly very excited about.

This is my 22nd new school year. My name is Chris Rogne and I have the privilege of serving as the Superintendent of Lake Mills Community School. I started in July and have been

learning a lot about what makes Lake Mills School and the area communities so great. My initial findings are it is the people that make it great, and that is no surprise. I have been very impressed with the community and school pride and I look forward to being part of it all, moving forward. Lake Mills Community School has a rich tradition and I believe it is capable of being recognized as the standard for rural education in the state of Iowa.

As I continue learning about our school and community and serve as Superintendent, below are some values that will guide me throughout the work.

As the leader of learning, service, and change I pledge to be a leader who will promote the success of all students and staff by:

- facilitating the implementation and stewardship of the district's mission and vision;
- advocating for and sustaining a school culture conducive to student learning and staff professional development;
- ensuring management of the organization to provide a safe, efficient, and effective learning environment;
- collaborating with families, community members, and other stakeholders to meet the dis-



CHRIS ROGNE



DAWN BODENHAM



MADDIE BRANDT



BRITTNEY CHRISTIANSON



GRANT DIEKEN

trict's mission and vision.

I will do this by making data informed decisions in an ethical manner and acting with integrity and fairness with student success as the goal.

I look forward to meeting more community members in the coming weeks. I plan to give some system-wide school updates on a monthly basis in the Lake Mills Graphic. If you have any questions, or would like to meet about anything, please feel free to contact me. The best ways to reach me are by email (crogne@lake-mills.org) or school phone (592-0081).

We have some new staff at LMCS this year. Chris Rogne will serve as Superintendent. His wife is Courtney. They have three children Bree, 12th grade, Knute,

ninth grade, and Leif, seventh grade. He enjoys mowing lawn and watching Minnesota Twins Baseball. He also enjoys spending time with his family and watching them participate in the activities they enjoy. This starts his 22nd year as an educator. He states he is excited to be a Bulldog and is looking forward to the start of the school year.

Dawn Bodenham will teach Family and Consumer Science. Her husband is John and her sons are Adam, 23, and Aaron, 21. She spent the last 14 years teaching at Mt. Pleasant Middle School where she had two sections of sixth, seventh, and eighth grades each day that changed each quarter . . . "So we were busy all the time. I was lucky enough to be able to stay at

home for several years while my kids were little and taught high school for a few years just after college. My husband and I graduated from Lake Mills in 1992 and went to Iowa State after that. We lived in Mt. Pleasant for 25 years and were in our last house for 24 years. Moving was a challenge and stressful, but it is nice to have it done. We are building a large building near my parents' house south of Joice, to move my husband's business. He designs and builds equipment for industrial manufacturing. Living in Lake Mills is nice and everyone has been wonderful about welcoming us back to the area."

Maddie Brandt will serve as a Learner Assistant in the elementary school. Her husband's name is Marcus and they have a 1-1/2

-year-old boy named Keagan. She loves to spend time with her family and hang out with friends. She recently worked at First Citizens Bank in Mason City as an Operations Specialist.

Brittney Christianson will serve as a Middle School Science and Communications Teacher. Her husband is Lars. They have three daughters—Tavi, Wrenley, and Campbell. Her hobbies include event planning and decorating, graphic design, gardening, and reading. Prior to pursuing her teaching career, she worked in radio broadcasting and promotional marketing for six years after graduating from college with a degree in communications. For the last five years, she has taught a mix of school subjects at North Iowa Community School District including Special Education, Science, and English/Language Arts at the middle school level.

Grant Dieken will teach seventh and eighth grade Social Studies and sixth grade Communications. He grew up in Clear Lake and is the youngest of four siblings—two older sisters and one older brother. He enjoys running, film, and Marvel. He is a 2022 graduate from Upper Iowa University. Lake Mills is his first teaching job.

Madalyn Dohman will teach Agriculture Education and serve as the FFA Advisor. Madalyn has a twin brother and an older sister. Her hobbies are showing cattle, hanging with her dog, family, and friends, reading, working out, and watching TV. She graduated from Iowa State University this past spring with a bachelor's degree in Agriculture Education. She states that she is very excited to start teaching at Lake Mills.

Welcome Back Students!

Wishing all of you a great & safe year

Stensrud Insurance Services
Quality, Service, Knowledge

105 N. Mill St., Lake Mills, IA 50450
Toll Free 877-592-6767
www.stensrudinsurance.com

WALK THIS WAY!

BACK-TO-SCHOOL SAFETY TIPS

- 1 Always cross the street at crosswalks.
- 2 Walk with a buddy.
- 3 Choose a safe walking route to and from school. The best way is the most direct one with few street crossings.
- 4 Obey all traffic signs and markings.
- 5 Make sure to look to the left, to the right, and to the left again for moving vehicles before crossing the street.
- 6 Don't enter the street from between parked cars or from behind bushes. Drivers should see you approaching the street.
- 7 Be especially alert in bad weather.

sponsored by the
Lake Mills Police Department

Here's Hoping This School Year is One for the Books!

DRAS Cases

880 N. Lake St.
Lake Mills, IA

DM DIELECTRIC MANUFACTURING

CUSTOM PLASTIC & METAL SOLUTIONS

202 N. 9th Ave. W., Lake Mills, IA 50450
641-592-4300 • www.dielectricmfg.com

Welcome Back, Students & Faculty!

Kindergarten Today. College Tomorrow.

It's never too early to start thinking about your child's education. Talk to us about savings plans & rest easy knowing your kids have the brightest future ahead. Contact FTSB today for more information.

FARMERS TRUST & SAVINGS BANK

Buffalo Center • Lakota • Britt • Lake Mills • Bricelyn
641-592-2660 • www.ftsbbank.com

SCHOOL'S OPEN

DRIVE CAREFULLY

HAVE A SAFE & GREAT SCHOOL YEAR!

CENTRAL AUTOMOTIVE

STEVE JOHNSON
209 N. Western, Lake Mills
641-592-4255

GET A GOOD START Here!

Make Sure Your Student's Car is in Good Running Condition!

We offer free pick-up & delivery in Lake Mills

Welcome Back Students & Faculty, Have a Great Year!

DAVE'S AUTO SERVICE

101 West Main, Lake Mills
641-592-9951

YOUR PT TEAM

We help keep the Bulldogs in the game, through comprehensive physical therapy treatment.

WE CAN DO THE SAME FOR YOU!

Physical Therapy

115 North Mill Street
Lake Mills, IA 50450
641-592-3500

WELCOME BACK!

2, 4, 6, 8 who do we appreciate?

Our wonderful students & faculty!

LARSON

500 Larson Avenue, Lake Mills, IA • 641-592-2282
www.larsondoors.com

SAFE DRIVING SECURES BRIGHT FUTURES

Keep students safe by staying alert while driving in school zones. Their future starts with you. Trust in Tomorrow.®

WINNEBAGO INSURANCE AGENCY

301 W. Main, Lake Mills, IA
641-592-1271
See Renee or Cathy, Lake Mills • Starr, Rake

GRINNELL MUTUAL

"Trust in Tomorrow," and "Grinnell Mutual" are registered trademarks of Grinnell Mutual Reinsurance Company. © Grinnell Mutual Reinsurance Company, 2020.

WELCOME Back to School

Heartland POWER COOPERATIVE

St. Ansgar & Thompson
641-584-2251 or 800-349-2832
www.heartlandpower.com

A Touchstone Energy Cooperative

See COMMUNIQUE, Page 7

COMMUNIQUE

From Page 6



MADALYN DOHLMAN

Cassidy Frana will teach High School Math. Cassidy's parents live in Calmar. Cassidy's older sister is an attorney in Waukon, and her younger brother attends NIACC. Cassidy's hobbies include: music/theater, playing the guitar/singing, and golfing. Previously employment included waiting tables at her parents' restaurant through high school, and continued with food service through college.

Kathy Gaetzke will teach middle school Special Education. Her husband is Ryan and her children are Chace, 11th grade, Mason, ninth grade, and Libby, fourth grade. She enjoys any activities that her kids are involved in. She worked in the business sector for 15 years and chose a career change after getting a taste of substitute teaching.

Kelli Helgeson will teach sixth through 12th grade Special Education. Her husband, Ryan, and her have four children. Drew is a junior at ISU, Josie is a senior here in Lake Mills, Hayden a sophomore, and Conner in sixth grade. She states that her family loves the outdoors, which includes boating, fishing, hiking, skiing, etc. They also love



CASSIDY FRANA



KATHY GAETZKE



KELLI HELGESON

watching and playing sports. She spent several years teaching in Michigan as a middle school and high school Special Education teacher, as well as a general education for seventh/eighth grade in Minnesota. They moved to Lake Mills two years ago where she spent a year substituting and then taught K-3 Special Ed in Northwood. "I am so ex-



BRODY RILES

cited to be back in Lake Mills," commented Helgeson.

Brody Riles will teach Industrial Technology. He enjoys riding motorcycles and spending time with family. He worked two years at Owatonna High School and then spent some time working for Larson Manufacturing here in Lake Mills.

LMCS Menu

Aug. 23-26

Breakfast

Tuesday—Cream cheese bagel bites, fruit, juice, milk.
Wednesday—Cereal, toast, fruit, juice, milk.
Thursday—Granola bar, yogurt, fruit, juice, milk.
Friday—Breakfast link, muffin, yogurt, fruit, juice, milk.

Lunch

Tuesday—Hamburger on a

bun, lettuce, tomato slice, oven fries, baby carrots, banana, canned fruit, milk.
Wednesday—Chicken tetrazzini, garlic breadstick, tossed salad, peas, canned peaches, fresh fruit, milk.
Thursday—Sloppy Joe on a bun, oven fries, baked beans, oranges, canned fruit, milk.
Friday—Cheese pizza, broccoli, baby carrots, apple, canned fruit, milk.

Treasurer Fitzgerald's Back to School message on saving

State Treasurer Michael Fitzgerald is reminding parents and loved ones about the importance of saving for a student's education. "Just as summer always seems to slip away, so do the years before your student pursues their higher education dreams," said Fitzgerald. "With the school year starting back up, now is a great time to think about establishing or adding to your College Savings Iowa account."

College Savings Iowa is a 529 plan that lets parents, grandparents, friends and relatives invest for education expenses on behalf of a future scholar. More than \$4.5 billion has already been used to help students achieve their education dreams at eligible education institutions across the country, including apprenticeship programs, trade schools, colleges, universities and more.

Participants investing with College Savings Iowa can enjoy pro-

fessionally managed portfolios, low fees and multiple tax benefits. For example, if an Iowa taxpayer is a College Savings Iowa participant, they can deduct the first \$3,522 they contribute per beneficiary account from their 2022 state taxable income. Plus, account assets grow deferred from federal and state income taxes.

"You only get 18 summers with your children and grandchildren before they're off on their next big adventure," continued Fitzgerald. "We all know how fast those summers fly by, so start saving now. Then you can focus on creating memories while the funds in your College Savings Iowa account continue to work hard to support their future."

For more information about College Savings Iowa, call 888-672-9116 or visit CollegeSavingsIowa.com. Connect with the plan on Facebook and Twitter to stay up to date on current events and plan updates.

How to prepare new college students to manage their health

As thousands of Iowans and Minnesotans head off to college this fall, one of the most important things needed isn't on any shopping list. There are lots of new freedoms when entering college, and when it comes to creating strong routines and habits—especially healthy eating, exercise and sleep—it's important to remember that what you learn now, can shape your health for years to come.

"College is a great place to gain more independence," says Dr. Kristin Avery, provider at MercyOne Clear Lake Pediatric and Adolescent Care. "Sleep, physical activity and quality and quick meal ideas are great places to start forming habits."

Make routines that work

Getting enough sleep helps you concentrate; it helps your body fight off illness and it supports mental health. Yet almost half of all college students say they get less than seven hours of nightly sleep and report feeling tired three to five days a week. Some tips to keep in mind:

- Get quality sleep with a daily routine.
- List favorite healthy, easy-to-make foods/snacks and get those at the dining hall or grocery store.
- Be active doing what you enjoy.

Read how to develop these routines without sacrificing the college experience.

Prioritize mental health

Approximately one third of college students surveyed who say they've been diagnosed with a mental health condition, say they were

diagnosed with anxiety and/or depression. To help prioritize your mental health:

- Choose your favorite strategies to use during times of stress.
- Look up your school's mental health resources in advance.
- Call the Suicide and Crisis Lifeline anytime by dialing 988.

"It's good to identify what works best for you when things get tough to make your toolkit stronger when it is needed," says Dr. Avery. "Take the time now to recognize what works (and doesn't) when you start to feel stress."

Plan ahead before becoming sick

Schedule a visit with your primary care provider before heading off to school. Your provider plays an important role in helping you to establish healthy habits and routines when you leave for college. If you don't have a primary care provider, take a short quiz to find a MercyOne provider in your college town matched perfectly with your needs.

In addition to knowing the resources offered at your college's student health centers, make sure to become familiar with the urgent care and emergency departments near you and when to visit each.

Prepare to treat minor injuries and illnesses in your dorm with a good first-aid kit. Items to include:

- For illness: pain and fever relievers (acetaminophen, ibuprofen) and a working thermometer.
- For wounds: antibiotic ointment, bandages, blister block, tweezers, elastic bandage wrap.
- For insect bites and other skin irritations: anti-itch cream.

WELCOME -back to- SCHOOL

We Hope You Have An Awesome Year!

Dedicated to helping people live their best life

MERCYONE

505 S. 1st Ave. E., Lake Mills • 641-592-3900
635 E. Hwy. 9, Forest City • 641-585-2904

Wishing All Lake Mills Students & Staff A Great Year!

GROE ELECTRIC INC

Lake Mills, IA - 641-592-8282

Back to School!

We wish all area students and staff a safe, successful & fun school year!

WCTA

800-592-6105 www.wctatel.net

Back to School!

Remember to Fuel Up & Enjoy Our Daily Specials!

Chicken, Pizza, Ice Cream & more

DON'S MOTOR MART

401 W. Main St. Lake Mills, IA 641-592-9966

Hope Your Year Gets an A+

MT Wishing you a school year that makes the grade!

MIDWAY TOOLING TECHNOLOGIES, INC.

804 N. Lake St., Lake Mills • 641-592-3571

MAKE YOUR BODY STRONGER

Stay Healthy, Stay Safe!

LAKE MILLS FAMILY FITNESS CENTER

We Support Our LMCS Student Body

- OPEN 24/7 -

721 N. Lake St., Lake Mills, IA • www.lmfitness@wctatel.net

For more info, call 641-592-7285

GOOD LUCK, STUDENTS & STAFF

May the new school year bring good times & good grades!

WILKINSON TOOL & DIE

MIDWEST METAL STAMPING

Lake Mills, IA 641-592-1120
www.wilkinsontool.com
www.midwaytooling.com

BIKE RIGHT!

BACK-TO-SCHOOL SAFETY TIPS

- Always wear a helmet.
- Check to make sure your brakes work, gears shift smoothly, and tires are tightly secured and inflated.
- Make sure your bike has a light and reflectors on the front, back and sides.
- Ride with traffic, not against it. Ride as far to the right as possible.
- Learn and use appropriate hand signals.
- Respect traffic signals. Stop at all stop signs and red lights.
- Stop and look left, right, and left again before entering a street.

Redinger Drug

"Where you get the best for less"

219 W. Main, Lake Mills, IA 592-0141

BACK-TO-SCHOOL

Hope this school year spells out plenty of valuable lessons and great experiences.

Welcome back and good luck with your studies this year!

MBT Bank

106 W. Main, Lake Mills, IA • 592-0041

FDIC www.mbtbank.bank

2022

WELCOME BACK TO SCHOOL

Wishing All Our Students a "Grade A" School Year!

Do it Best SINGELSTAD HARDWARE

202 N. Washington St., Lake Mills • 641-592-2800

Here's to a Stellar School Year

Wishing all of our students a happy & successful year!

NORSEMEN

106 E. Main, Lake Mills, IA • 641-592-5060



Photo courtesy of Lory Groe

2022 LMHS FOOTBALL TEAM—Front row (L-R): Alex Mannes, Brady Hanson, Collin Schmidt, Terrance Carter, Logan Bacon, Beau Kaufman, and Jackson Deyle. Second row: Lance Helming, Chace Gaetzke, Broodie Lawson, Joe Young, Garrett Ham, Jose Rodriguez, and Austin Stene. Third row: Hayden Helgeson, Aiden Stensrud, Jeremiah Jensen, Andrew Grunhovi, Carter Christianson, Wyatt Hanna, Ethan Lawson, and Eli Smith. Fourth row: Royce Peterson, Nash Delger, Josiah Kjeldahl, Charlie Lawson, Tucker Koch, Scott Helgeson, Austin Mannes, Isaiah Torres, and Landyn Christian. Back row: Coaches Skyler Ahrens, Brady Kurtz, Bill Byrnes, Chris Budach, and Jared Finer.



LMHS Bulldogs volleyball 2022 season preview

Head Coach Jim Boehmer is entering his 31st season with the Lake Mills Bulldogs.

With an overall record of 920-207 (.816 winning percentage), the Bulldogs have won 16 of the past 18 regular season conference championships. The Bulldogs have been a Regional Finalist (final 16 teams in the state) 15 times since 1997 and were state tournament qualifiers in 2001, 2010, 2011 and 2012.

In 11 of the last 14 years, the Bulldogs have advanced to the regional finals or better and have managed 17 straight seasons of 30 or more wins prior to COVID (limiting their 2020 season where they still amazed 25 wins).

Assistant coaches for the volleyball team are Brook Christianson, Hailey Borgmeyer and Jordynn Weiland, along with administrative assistant Donna Ellingson

Returning Letterwinners include Ella Stene, Ellie Hanna, Finley Rogstad, Natalie Brandenburg, and Taylor Vanek.

Newcomers to watch include Karli Helgeson, Thea Hoffman, Brynn Rogness, Dottie Byars, Ava Moen, Jolie Rice, Sydney Hagen, Bailey Dagestad, Hannah Sterrenberg, Avery Eastvold, and Claire Levine.

Coach Boehmer's 2022 expectations

In the middle we return Ellie Hanna (Sr). Ellie was a first team all-conference player last year and second team as a sophomore. She brings us height and experience that is invaluable at the high school level.

We have three returners that will battle for court time in junior Ava Moen and sophomores, Bailey Dagestad and Hannah Sterrenberg. They give us some depth at this position, but we will need to find the players that can transition quickly and play pin-to-pin in our offense. This group has some height and that is helpful.

On the outside we return first team all-conference senior, Ella Stene. Ella was an honorable mention as a sophomore, so like Ellie, she gives us experience and height. We also return Finley Rogstad, who was a second team all-conference performer last year on the right side.

We return two juniors who played some varsity last year for us in Dottie Byars and Brynn Rogness. This experience will serve us well. Add in senior Thea Hoffman and sophomore, Avery Eastvold, to this mix and this may be as deep as we have been at a position in years. Any one of these girls can play on the left or right side. I know we can have some dominant hitters on the pins. We need to be more efficient hitters and the best defenders we can, to complete the left and right side.

At the setter position, we return a bunch of players, but none with much varsity experience. Our depth chart includes; Karli Helgeson, Jolie Rice, Brynn Rogness, and sophomores, Claire Levine and Tenley Kesler. The battle will come down to who has the best hands, runs a

quicker tempo, serves very well, and can play great defense. They all need to continue to work on their command on the court.

We have depth at the setter position, but it is no secret that we have to grow at this position and grow quickly. August will determine a lot, as I have always been a coach who likes to get his offense set early and go with it. We need to find our quarterback to take over and we need it quickly. There are a number of kids with the ability to play this position, so we will make this a focus in the early part of our season.

The key to all three hitting positions this year will be who can terminate play most effectively. We have to terminate balls on our first swing attempt. That comes with smart and aggressive decision making. That will be our focus all season, but we have as much depth in the front row as we have had in years. We have a big upside offensively.

Our depth defensively should be great. Senior Natalie Brandenburg, and junior Taylor Vanek will be our anchors on the defense with Brynn Rogness and Finley Rogstad.

Taylor is a returning first team all-conference player from last season. I think Sydney Hagen is also in this company. These five look very good this off-season and any one of them can fill a defensive specialist role. We need to best serve-serve passer and defender, so we can handle the first ball from our opponent. That's the most important part of the game.

I expect some great practice sessions this season, because defensively, we should make it tough for hitters to find the floor on us. I think we are capable of making things extremely difficult on our opposing hitters with this crew of kids. Add in some of our other girls that have the ability to play all the way around for us and we could be much better defensively.

It will be fun working with all these girls to determine each person's role this season.

Our juniors and seniors demonstrate a "team first" mentality, and if we continue to do that, we can be a very strong team this year. We have a very talented group of players in grades 10-12. They have been playing with very high energy and demonstrated a willingness to be coached and improve.

I am excited about our freshman players coming in. We look to have eight or nine of them and they bring a nice work ethic and positive attitude to the high school practice room. They are having a lot of fun and have been a great addition. I believe they can mix well with our returning players.

In the Top of Iowa Conference West race, Forest City will be the team to beat, as they return two all-conference players and a load of talent in their program, so they are certainly a favorite in 2022. The good news is, that we believe we can compete with anyone, so we do our best to have a say in the final standings.

Bishop Garrigan is always in the mix and will be able to battle

for the top spot as well, with two returning all-conference players.

North Union also returns an all-conference player and has an extremely successful athletic program.

BK returns two all-conference players as well.

GHV had a great season last year and North Iowa and Eagle Grove each return one all-conference player.

We will have to play well if we don't want to find ourselves out of the top two in the conference. This has not happened since 2002 and only once since 1999. Not something we want to let happen.

We have been a top four conference team every year since 1990. I have only had two seasons outside the top three, and in 25 of our last 29 seasons, we have finished either first or second in the conference standings. With that said, it is clear our expectations remain high. We want to be that team that those at the top worry about playing. With our tradition, we know we won't be overlooked. But we also know beating Lake Mills would be a highlight for most schools. We have to be ready every night.

During the 2003 conference tournament, Lake Mills began an impressive run in the conference, going 190-4 in that stretch. This includes a stretch of 111 straight regular season conference wins.

Realistically in 2022, we will have some lofty goals for our season, the conference, and the post season. As always, our goal will be to be the best we can be come mid-October so we can make a solid run in the class 2A regional tournament. Some seasons Class 2A is the strongest overall class in Iowa. We also sit near the hotbed of that talent, the northeast corner of the state. Throw in Western Christian and Unity Christian west of us and we know we have to go through some solid programs to reach the state tournament once again.

In the last 13 years, our season ended to the state finalist seven times and in 10 of those seasons, the team who beat us advanced at least to the state semi-finals. So, we know we are one of the best teams in Iowa, year in and year out.

Our big key will be how quickly we can get all the pieces put together, how tough we can be defensively, so this can transition to more swings for Lake Mills and less for our opponent, and an improved serve-serve offense.

With 33 potential players and as much offensive potential and depth as we have had in years, I am confident we will have some solid competition for court time. That should only make us better in the long run. We will have to be sure we put the team needs ahead of the individual desires. We will need to work hard to get quicker and more consistent as a unit.

The Bulldogs will have a scrimmage Saturday, Aug. 20, at 9 a.m. in Nevada. Their first home game will be Thursday, Aug. 25, with the JJV game starting at 5:30 p.m.

Bulldogs optimistic about 2022 season

With a number of returning starters and letterwinners, as well as underclassmen seasoned with varsity experience under their belts, the LMHS football team is optimistic about their chances to improve on last season's 3-6 overall record.

Returning starters for the Bulldogs for the 2022 season include: Logan Bacon, Alex Mannes, Lance Helming, Beau Kaufman, Broodie Lawson, Joe Young, Wyatt Hanna, Aiden Stensrud, and Brady Hanson, who started in 2020, but missed last season due to injury.

Letterwinners returning to the team this season are Chace

Gaetzke, Hayden Helgeson, Jeremiah Jense, Austin Stene, and Garrett Ham.

Coach staff for Lake Mills this season are returning Head Coach Bill Byrnes, Brady Kurtz, Chris Budach, Skyler Ahrens, Brody Riles, and Jason Peterson.

Head Coach Byrnes was generally optimistic about the outlook for the team this coming season, noting that both the offensive and defensive lines should be strengthened by experience. Offensively, the team plans to continue running the triple option Flexbone offense, which stresses the defense as to who is carrying the ball on

the ground. To that end, the Bulldogs hope to run the ball more effectively on offense with a number of returning running-backs with varsity experience, while looking to Brady Hanson and Hayden Helgeson at the quarterback position to help lead the offense.

On defense, the Bulldogs plan to focus on the fundamentals when it comes to tackling, as the team struggled in wrapping up and finishing plays in that area last season.

"We feel that with the experience all the younger kids got last season will help this year as they transition to their second sea-

son of varsity football," finished Coach Byrnes.

The Bulldogs will be competing in Class A District 2 this season, the smallest classification for 11 man football in the state of Iowa. Included in the district this season are West Hancock, North Butler, Mason City Newman, St. Ansgar, North Union, and West Fork.

The Bulldogs will host a scrimmage against GHV this Friday, Aug. 19, at 6 p.m.

The 2022 season will begin facing two non-district foes—Aug. 26, at Forest City, and then hosting Central Springs, Sept. 2.



Performance pointers that can help student athletes avoid injury

Professional sports teams often note that injuries are part of the game. That notion is never too far from professional athletes' minds, but it can be a harsh reality for student athletes to confront, especially if they have never before been sidelined by injury. Though there's no foolproof way for athletes to avoid injury, student athletes and their families can consider these preventative measures to reduce their risk of being sidelined.

• Use diet to athletes' advantage. A healthy diet benefits people from all walks of life, and it can be especially beneficial for student athletes. Precisely what defines a healthy diet depends on variables specific to the athletes, such as age and gender, but Nemours Childrens Health notes that balance is vital for teenage athletes. Avoid cutting back on carbohydrates, which provide fuel for young athletes. When choosing carbs, opt for fruits, vegetables and whole grains instead of sugar-laden options like candy bars. The latter can provide a quick energy burst but then cause an energy crash that makes athletes feel fatigued. In-game fatigue can increase risk of injury. In addition, calcium and iron can be vital to young athletes looking to avoid injury. Calcium helps strengthen bones while iron carries much-needed oxygen to athletes' muscles. Protein is important for athletes, but Nemours notes that most teenage athletes who eat healthy diets already get ample protein. As a result, protein powders and shakes are not necessary for teenage muscle growth.

• Make a good night's rest part of athletes' routine. A good night's

rest is vital for student athletes, as it ensures they aren't playing tired. Tired athletes have slower reaction times and that can increase injury risk. Adequate sleep also benefits athletes' performance. A 2015 study published in the journal *Physiology & Behavior* found that athletes who increased their nightly sleep from seven to nine hours experienced significantly improved performance after doing so.

• Emphasize the rules of the game. The rules of the game aren't in place solely to encourage fair play. Rules also are designed to keep athletes safe. For example, student athletes who play contact sports, including football and soccer, should be taught proper ways to tackle so they can avoid injuring themselves and others. Coaches can reinforce these lessons during practices and even games if the need arises.

• Prioritize offseason conditioning. Rest and recovery is vital for any athlete, but especially student athletes whose bodies are still growing and changing. Offseasons have largely fallen by the wayside, but parents can protect their student athletes by encouraging them to avoid year-round competition. During periods when student athletes aren't competing, they can forgo in-season workout routines to reduce their risk for overuse injuries while also improving their conditioning through cardiovascular workouts. Running on a treadmill, using an elliptical machine and/or swimming are great activities that make it easy for student athletes to keep their bodies in shape as their muscles and joints recover from the season.

BS228175



NIACC Pappajohn Center accepting applications for Fall 2022 Venture School

The NIACC John Pappajohn Entrepreneurial Center is now accepting applications for the Fall 2022 cohort of the University of Iowa Venture School program.

U of I Venture School is the premier statewide program for entrepreneurs and is built from a streamlined curriculum developed by the National Science Foundation I-Corps at Stanford University and the University of California, Berkeley. Venture School emphasizes real-world entrepreneurship and innovation based on a leading-edge curriculum. Participants will encounter the chaos and uncertainty of creating new ventures based on customer discovery.

Fall 2022 Venture School program will be held as a hybrid class. An in-person orientation will be held Thursday, September 29 to explain the course expectations and to meet the coaches. Following classes will be held via Zoom, Oct. 6–Nov. 10. The Launch Day Pitch Competition will be held in-person on the NIACC campus on Thursday, Nov. 17

Each Venture School team will be assigned a local entrepreneur as their coach. Participating teams will be eligible to compete for cash awards both locally

and at the state level during the Venture School launch day at EntreFEST 2023. Last year's Mason City graduates were awarded \$8,000 in prize money during the 2022 EntreFEST pitch competition.

Contact Candi Karsjens at candi.karsjens@niacc.edu with questions or if you are a local entrepreneur interested in becoming a Venture School coach.

To apply for the Fall 2022 cohort, visit <http://www.venture-school.com> and select the Mason City cohort in the drop-down menu. The deadline to apply is Sept. 15, 2022.

The NIACC John Pappajohn Entrepreneurial Center is the expert in rural business innovation and success. In partnership with North Iowa's Small Business Development Center, together we provide tools, support, and resources to Iowa's entrepreneurs. We counsel both new and existing local businesses, from Main Street to industry leaders. We're growing Iowa's entrepreneurial culture through grade school initiatives, college and community programs, and business training and development. Contact the NIACC Pappajohn and SBDC Center at 641-422-4342 or pappajohn@niacc.edu.

HELP WANTED

HEALTH CARE: Hiring Direct Care. Make A Difference Helping Others. Consider a Job Shadow. Forest Plaza Assisted Living, 635 Hwy. 9, Forest City, IA. Email: rick@forestplaza.biz or call 641-585-1555.

INCEN Ads

MISCELLANEOUS GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-855-954-5087

HAWKEYE AUCTION

Lake Mills, IA
Contact: Col. Bruce Helgeson
641-592-2754

SATURDAY, SEPT. 17, 9:30 A.M. — Duane "Snookie" Book Estate, Fertile. Tools, boat, pick-up, lots of scrap iron.

If you're looking for a house or would like to sell—contact AgLand Depot—We have listings & buyers

MAKE A DIFFERENCE HELPING OTHERS

NOW HIRING!

SERVICE COORDINATOR/RN

Forest Plaza Assisted Living
635 Hwy 9 East
Forest City, IA 50436

Call Rick today 641-585-1555
Email: rick@forestplaza.biz Or apply online at indeed.com

TAKING APPLICATIONS

Lake Mills Community School is taking applications for **PART-TIME KITCHEN HELP.**

Hours: 10:20 a.m.-1:30 p.m., M-F.
Starting pay: \$13.65/Hr.

Applicants must be able to work in a fast-paced environment.

ADDITIONAL POSITIONS AVAILABLE:
Wrestling Cheer Coach - \$1,661.08
MS Cheer Coach - \$664.43
Basketball Cheer Coach - \$1,661.08
Color Guard - \$664.43
Assistant softball Coach (pending numbers) - \$2,657.72

LINE CLASSIFIEDS
\$7.50 for 50 words
10¢ each add'l word

DRAS PRODUCTION WORKERS

Looking to hire **Cases**

880 N. Lake St. Lake Mills, IA

Starting pay is \$16.50. Benefits include: Life and health insurance, AFLAC, simple IRA, HSA, vacation, sick leave, and bonus program.

Apply in person at **880 N. LAKE ST., LAKE MILLS, IA**
Interview the same day
Questions call (641) 592-3333

Equal Opportunity Employer

Highway 64 Auction Pre-Harvest Consignment Auction

Consignments Wanted!
Accepting Consignments August 1st

Last Day To Consign August 13th @ Noon - Accepting Consignments Monday-Friday 8:00am-4:00pm / Saturday 8:00-Noon

Auction Date: August 20th & August 21st 2022 – Location 5498 Hwy 64, Baldwin, IA 52207

August 20th Farm & Construction Equipment Auction – Onsite & Online Bidding Available – Great Selection of Equip.
August 21st Support Equipment Auction – Timed Online Only – June's Time Auction Hosted Over 1,500 Lots For Bid

Early Auction Listing: Much More Equipment To Come – Visit www.hwy64auctions.com For Complete Listings

20' Bobcat \$76 Skid Steer Only 100 Hrs	John Deere 4044M Loader Tractor 135 Hr	Wacker Neuson LTN6 Light Plant
Ditch Witch MX272 Mini Excavator	John Deere 3038E Loader Tractor 69 Hrs	John Deere 568 Round Baler
John Deere 5055E Loader Tractor 320 Hrs	New Holland 316 Square Baler	MEC 2033 Electric Scissor Lift
John Deere 844 Wheel Loader	John Deere 3950 Pull Type Chopper	Apache Creep Feeder w/ Gates

Highway 64 Auctions
5498 Hwy 64, Baldwin, IA 52207
Office Phone: 563-673-6400
www.hwy64auctions.com

Fall League Baseball for High Schoolers, including 8th Graders, starts 11 of September at the three locations of Sioux City, the Iowa Great Lakes, and NEW in 2022 the Highway 20 location with fields in Early & Holstein. You choose your location closest to you!

TBD's 18th Year of Fall League Baseball will have games on the Sundays of September 11, 18, 25 and October 2 & 9. Sign up as an individual or small group and be assigned a team or sign up as a FULL team of 12! And also again for the 3rd year at the Iowa Great Lakes there will be 4th-5th Grade & 6th-7th Grade Divisions!

SEE ALL INFORMATION & SIGN UP TODAY:
www.totalbaseballdevelopment.com

For more information contact Bob Protexter at 712-490-7199 / protexter.tbd@gmail.com
Total Baseball Development - Iowa

@TBDsiouxCity @TBDokoboji totalbaseballdevelopment

LAKE MILLS GRPAHC

LINE CLASSIFIEDS
\$7.50 for 50 words
• 10¢ each add'l word

DEADLINE NOON, FRIDAY

Soak up the savings with our CDs

30-Month Bump-Up CD
3.00% APY*
\$1,000 MIN. BALANCE

Open a CD today.
veridiancu.org/deposit

Veridian credit union

*APY = Annual Percentage Yield. APY is current as of 8/11/2022. Interest on CDs is compounded quarterly. APY is subject to change after account is opened. Interest rate locked when account is opened except for bump-up CDs, which can be converted to a higher rate once during their term. Penalty may be imposed for early withdrawal, and fees could reduce earnings on account. Other rates and terms available. Withdrawal of earnings could reduce APY. Membership subject to qualifications and a minimum \$5 new deposit. Public funds and financial institutions not eligible for these rates. Federally insured by NCUA.

30 HOMEOWNERS will receive special savings!

FREE Installation on a new bath or shower!

18 MONTHS No Interest, No Payments!

\$50 Amazon Gift Card with in-home estimate!

mad city WINDOWS & BATHS CALL TODAY! **877-990-0707**
www.MadCityPro.com

Does not include material costs. Not valid with any other offer, or previous job. See representative for details. Financing available with minimum purchase and approved credit. Mad City Windows & Baths, LLC is neither a broker nor a lender. Financing is provided by third-party lenders unaffiliated with Mad City Windows & Baths, LLC. Under terms and conditions arranged directly between the customer and such lender. All subject to credit requirements and satisfactory completion of finance documents. Any finance terms advertised are estimates only. Ask for details. New orders only. Not valid with any other offer, or previous job. Interest will be charged to your account from the purchase date if the purchase balance is not paid in full within the end of the 18 month period or if you make a late payment. With in-home estimate and product demonstration to homeowners. Limit one per household. Electronic gift card (e-gift card) voucher given upon completion of demonstration to be mailed in by homeowner. Subject to approval and security review. E-gift card valid on in-home visits only. Not applicable to Virtual Sales Appointments. Offer not sponsored or promoted by Amazon and is subject to change without notice prior to reservation. Allow 2-3 weeks after demonstration to receive e-gift card. E-gift card valued at \$50. New orders only for appointments completed by 8/31/2022. Offer expires 8/31/2022.

WORTH COUNTY LAND AUCTION

WEDNESDAY, AUGUST 31ST, 2022 AT 10:00 AM

Joice Community Center | 106 Main Street | Joice, IA 50446

Offering a "Century Farm" consisting of 149.81 acres m/l located west of Kensett, Iowa. The farm includes 142.64 FSA tillable acres with a CSR2 of 66.7. Primary soil types include Marshan, Clarion, and Webster clay loam. The farm lease has been terminated and is open for the 2023 growing season.

Contact | Chase Duesenberg | 641.529.0562

PEOPLES COMPANY PeoplesCompany.com | Listing 16283

30 HOMEOWNERS will receive special savings!

FREE Installation on a cabinet refacing project!

18 MONTHS No Interest, No Payments!

\$50 Amazon Gift Card with in-home estimate!

mad city KITCHENS CALL TODAY! **877-990-0707**
www.MadCityPro.com

Does not include material costs. Not valid with any other offer, or previous job. See representative for details. Financing available with minimum purchase and approved credit. Mad City Windows & Baths, LLC is neither a broker nor a lender. Financing is provided by third-party lenders unaffiliated with Mad City Windows & Baths, LLC. Under terms and conditions arranged directly between the customer and such lender. All subject to credit requirements and satisfactory completion of finance documents. Any finance terms advertised are estimates only. Ask for details. New orders only. Not valid with any other offer, or previous job. Interest will be charged to your account from the purchase date if the purchase balance is not paid in full within the end of the 18 month period or if you make a late payment. With in-home estimate and product demonstration to homeowners. Limit one per household. Electronic gift card (e-gift card) voucher given upon completion of demonstration to be mailed in by homeowner. Subject to approval and security review. E-gift card valid on in-home visits only. Not applicable to Virtual Sales Appointments. Offer not sponsored or promoted by Amazon and is subject to change without notice prior to reservation. Allow 2-3 weeks after demonstration to receive e-gift card. E-gift card valued at \$50. New orders only for appointments completed by 8/31/2022. Offer expires 8/31/2022.



LAKE MILLS CITY-WIDE RUMMAGE SALES

Friday & Saturday, Sept. 2-3

Lake Mills, Joice, Scarville, Leland, Emmons sales welcome

It's time to clean out your closets and garages! The Lake Mills City-Wide Rummage Sale is just around the corner!

Cost is \$10, PAYABLE IN ADVANCE.

Oakwood Park has been reserved for rural residents and organizations. Contact LMCD for more information: 641-592-5253

If you would like to participate, submit your garage sale ad to the Lake Mills Graphic by **NOON, FRIDAY, AUG. 26.**

Your ad, along with a map showing the location of all area garage sales, will appear in the Graphic, Wednesday, Aug. 31. Your ad will be placed in a display box to draw more attention.

We can stop HIV, Iowa. One key step? Get tested.

An estimated 14% of people in Iowa living with HIV don't know their status. Testing is the only way to know your HIV status.

The CDC recommends everyone get tested for HIV at least once in their lifetime, & more often when needed.

STOP HIV IOWA

Visit stophiviowa.org to find a testing location near you.

AD DEADLINE NOON, FRIDAY

RADA CUTLERY

OUTSTANDING KITCHENWARE, EXCEPTIONAL VALUE

Fundraise, Shop or Sell

800-311-9691
RadaCutlery.com

MADE IN USA

Professional Business Directory

SHARE A SMILE

DR. SCOTT BOSACKER DDS For All Your Dental Needs

SENSIBLE DENTAL WE WELCOME NEW PATIENTS!
Monday 8am-8pm • Tuesday 8am-5pm
Wednesday 8am-5pm • Friday 8am-5pm
Monday Evenings • Some Saturdays • Emergency Appts
www.LakeMillsDentist.com

206 E Main St Lake Mills Iowa 50450 **641-592-1100**

Forest Plaza Assisted Living
"We're friends-We're family"

- Ongoing Wellness and Activity Programs.
- Three Nutritious Meals Served Every Day
- Elevator to MercyOne F.C. and Miller Rx

635 Hwy. 9 East Phone: 641-585-1555
Forest City, IA 50436 Like us on Facebook
www.forestplaza.biz

ADVANCED DOOR SYSTEMS C.H.I.

SALES, SERVICE AND INSTALLATION

- Sectional Overhead Doors
- Rolling Steel Doors • Electronic Openers

605 East J Street, Suite 100, Forest City, IA 50436
Ph. 641-585-1900 www.ads-doors.com

"The Right Door—The Right Way"

DID YOU KNOW?

Newspaper advertising reminds people of your local business.

It also supports the local economy. Repeated advertising builds company identity and also create awareness.

