



The Postscript

“Nervous as a Cat”

“She was nervous as a cat!” is how the saying goes. I have decided this expression makes no sense. Our cat, Felix, is the least nervous creature I have ever lived with.

My old Newfoundland dog, Moxie, with her saggy jowls and lumbering gait, was much more nervous than Felix. Moxie was nervous about strange noises and things she couldn’t see clearly (which was most everything) and loud voices. She was very well-behaved, but sometimes would pull a butter wrapper out of the garbage—oh, so carefully—and proceed to lick every trace of remaining butter off that wrapper. Then, knowing she had done a truly wicked thing, she would wait for the inevitable reckoning when I would return to the kitchen, see the wrapper played out flat on the rug and say to her, “Moxie, do you know anything about this?”

At that point, her legs would visibly quiver, she would press her face against the wall, and she would look as if she expected the beating of her life.

I never once hit that dog. She was just nervous. And she had a conscience. She knew she was not supposed to remove trash from the trashcan—and despite many reprimands—she had done it. Again.

My cat, Felix, does not have these problems.

He regularly helps himself to the trash. He hauls out whatever he likes to see if there is anything tasty. Usually, it is stale bread or an empty package. (He has perfectly fine cat food in his bowl the entire time.) If there is nothing interesting in the trash, he will look further afield. We had some leftover cookies of various types in a plastic bag on the counter, and Felix hauled the bag onto the floor and took one bite from each type of cookie. None of them were any good, apparently, but he did a very thorough test.

When, in the morning, my husband, Peter, or I discover his wickedness and yell at him, Felix looks

at us, bored.

“People are ridiculous,” Felix seems to say, “They get worked up about the stupidest things.” Then he falls asleep.

I googled the expression “nervous as a cat,” and it comes from the idea that a cat moves very quickly and suddenly. It is used when a person is uneasy or overly alert. I don’t think Felix is uneasy in the least. But he is very alert. He can spring into action from complete stillness, zoom

down the hall, bounce off the wall at the far end, return to hit the back of the sofa and land on a chair—all in a moment. He has a lot of fun doing this.

On the other hand, I am nervous. I worry about telephone conversations that happen and those that don’t. I worry about the things I say and the things I forget to say. I stew over what I should have done after I’ve done something and what I should do before I’ve done anything at all. I am in a more-or-less permanent condition of nervousness, and I’ve been watching my cat with interest because I think being nervous as a cat would be a big improvement.

I would love to be utterly relaxed and then spring into action when the situation seemed to warrant it. I would love to bounce off the walls just because it was fun to do. I think that will be my new goal.

The next time Peter asks me if I am worried, I’ll assure him, “Not at all. I’m nervous as a cat!”

Till next time,

Carrie

To see photos, check out CarrieClassonAuthor on Facebook or visit CarrieClasson.com.



Carrie Classon

The Postscript

Hometown Cookin’ Favorites

By Loretta Krahling
Correspondent

Easter will be here soon. Many families will be gathering for a special meal or brunch together during this special time.

BREAKFAST PIZZA

If you are planning to serve a brunch for Easter morning, you might like to serve this pizza dish. If you are not fond of bulk sausage, you can use ground pork.

- 1 lb. bulk sausage
- 1 tube refrigerated crescent rolls (8)
- 1 cup frozen hash browns, thawed
- 2 Tbsp. grated Parmesan cheese
- 1 cup (4 ozs.) sharp Cheddar cheese, shredded
- 5 eggs
- 1/4 cup milk
- 1/2 tsp. salt
- 1/8 tsp. pepper

In a skillet, cook sausage until browned. Drain. Separate crescent dough into 8 triangles. Place in an ungreased 12 inch pizza pan, with points toward the center. Press over bottom and up sides to form a crust; seal perforations. Spoon sausage over crust. Sprinkle with potatoes. Top with Cheddar cheese. In a bowl, beat together eggs, milk, salt and pepper. Pour into the crust. Sprinkle Parmesan cheese over all. Bake at 375 degrees for 25-30 minutes.

BREAKFAST EASY BAKED EGGS

This is an easy and great dish. Bacon bits could be added to this recipe easily and would give it a bit more flavor.

- 9 eggs
- 1/2 cup plain yogurt or sour cream
- 1/2 cup milk
- 1/2 tsp. salt
- 1/2 tsp. dried sweet basil
- 6 ozs. cheese of your choice, grated
- 2 Tbsp. butter, melted

In a large bowl, beat eggs. Add yogurt or sour cream, milk, salt and sweet basil. Mix well and pour into an 8 x 8 baking dish. Mix grated cheese and butter, and sprinkle on the top. Bake at 325 degrees for 35 minutes. Yields 8 servings.

SCALLOPED CORN

This recipe is one that I have made and is similar to a recipe that my mother used to prepare years ago. That might be why it is a favorite of mine.

- 1 can whole kernel corn
- 1 can cream corn
- 1 cup sour cream
- 1 egg

- 1 pkg. cornbread mix
 - 1 tsp. onion salt
 - 1/4 tsp. salt
 - 1/4 tsp. pepper
 - 1/2 stick melted margarine
 - 1 cup mozzarella cheese
- Combine all ingredients except cheese. Pour into a greased 1 1/2 quart casserole dish and bake for 20 minutes in a 350 degree oven. Add mozzarella cheese and bake for another 25 minutes. This recipe can be doubled and put in a 9 x 13 pan if you need to serve it for a large family gathering.

HAWAIIAN MEATBALLS

This is a very tasty dish. Personally, I do not use the microwave but prefer to use the oven with this dish. 1 small can crushed pineapple (drain and reserve 1/3 cup juice)

- 1/4 tsp. salt
- 1/8 tsp. ground cloves
- 1/8 tsp. allspice
- 1 lb. ground turkey or lean ground beef
- 1 egg
- 2 slices bread crumbs, crumbled
- 1 Tbsp. instant minced onions

Sauce:

- 1/3 cup pineapple juice
- 1/3 cup brown sugar
- 1/2 cup ketchup

Mix all ingredients except sauce ingredients. Shape into meatballs and place into a flat baking dish. Cover and microwave on high for 6 minutes or bake for 1/2 hour at 350 degrees. Drain juices. Stir sauce ingredients together and pour over browned meatballs. Cover and bake for 1/2 hour at 350 degrees or microwave for 5 minutes until meat is fully cooked.

Loretta’s Tips:

1. Dip a knife in water first before slicing an egg. The slice will be smooth with no yolk sticking to the knife.
2. For fluffier omelets, add a pinch of cornstarch before beating.
3. To keep fish from sticking to the pan, bake on a bed of chopped onion, celery and parsley. This also adds a nice flavor to the fish.

Have a Happy Easter!

Loretta Krahling is a columnist with over 38 years of newspaper experience. If you have any favorite recipes you would like to share, please email them to Loretta at krahling93@gmail.com

Track season gets underway

Girls @ Osage

The LMHS girls’ track and field team took third place out of nine teams competing at last Tuesday’s meet hosted at Osage. The Bulldogs finished the meet with a team score of 92, finishing behind second place West Fork (120), and first place St. Ansgar (131). Also competing were Charles City (68), Nashua-Plainfield (48.5), Osage (45), North Iowa (40), Riceville (38.5), and Rockford (6).

Avery Eastvold placed first in the high jump (5’4”) and Tori Sterrenberg placed third (4’8”).

Makenzie Budach placed third in the long jump, leaping 15’1”.

Jacky Gallardo ran for a second place finish in the 100m Dash with a time of 14:03.

The Shuttle Hurdle Relay (Faith Stene, Cora Sauer, Tori Sterrenberg and Natalie Lary) finished in second place with a time of 1:14.34.

Cora Sauer placed second in the 400 hurdles with a time of 1:12.40.

The 4x200 Relay placed first with a time of 1:50.80. Participating in the relay were Brittany Leibeg, Avery Eastvold, Makenzie Budach and Regan Eastvold.

The Sprint Medly placed second with a time of 1:58.05. Running in the medly were Brittany Leibeg, Jacky Gallardo, Regan Eastvold and Natalie Lary.

The 4x400 Relay (Brittany Leibeg, Cora Sauer, Reese Delger and Natalie Lary) finished in third place with a time of 4:30.37.

Boys @ Eagle Grove

The LMHS boys’ track and field team participated in the Umstead Relays at Eagle Grove last Tuesday, April 8.

Hayden Thompson finished first and set a school record in the 3200m with a time of 9:59.78. Knute Rogne finished second with a time of 10:21.54.

Finishing first in the Distance Medley were Zach Stene, Nash Delger, Stephen Brandenburg and Kade Van Roekel, with a time of 3:57.91.

Also finishing first with a time of 1:40.93 was the 800m Sprint Medley of Landyn Christian, Nash Delger, Zach Stene and Kade Van Roekel.

Knute Rogne placed first in the 1600m with a time of 4:47.08.

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Austin Stene and Reagan Ham were medalists at the opening golf meet held at Rice Lake last Tuesday, April 8.

LMHS golf season begins

BY TYLER CARDARELLA-GASPER
LAKE MILLS GRAPHIC

Belmond-Klemme

The golf teams had another strong showing at their second meet of the 2025 season hosted at the Belmond Country Club last Friday, April 11. Both teams secured a first place finish overall at the meet, the boys finishing with a score of 167, while the girls finished with a score of 215, placing ahead of both Belmond-Klemme and West Hancock, who were also competing that day.

Austin Stene once again medaled at the meet, taking first place after finishing the course with a 37. Carter Helgeson took third place at the meet with a score of 42, while Samuel Grothe was just behind him at 43 strokes, securing a fourth place finish.

Also competing for the Bulldogs were Kaleb Rogstad (45), Korbin Abele (47), and Kane Koch (47). Claire Levine was the top finisher for the girls’ team, completing the course with a final score of 51 for a second place finish. Addison Frank was a single stroke behind Levine with a score of 52 to take third place, while Judy Gallardo placed fourth with a score of 55.

Also competing for the girls’ team were Reagan Ham (57) and Abby Beaty (60).

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APRIL		
17	3rd Hour 4:30 p.m. 6 p.m.	MS Musical Practice, Auditorium Var. Boys Track, Home Bulldog AAU Basketball Practice, HS Gym
18	9 a.m. 5 p.m. 10 a.m.	NO SCHOOL: GOOD FRIDAY Youth Volleyball, MS Gym Var. Girls Track @ Northwood-Kensett Easter Egg Hunt, All Gyms Var. Girls Track @ Iowa City West
20	1:30 p.m. 4 p.m.	12U Travel Baseball, HS Gym 10U Travel Baseball, MS Gym
21	3rd Hour 6 a.m. 4:15 p.m. 4:30 p.m. 6 p.m.	MS Musical Practice, Auditorium HS Gym Closed, Prom Prep Var. B/G Golf @ Gruis Rec Area (North Iowa) Bulldog AAU Basketball Practice, MS Gym
22	3rd Hour 6 a.m. 4:30 p.m.	MS Musical Practice, Auditorium HS Gym Closed, Prom Prep Var. Girls Track @ GHV 7th/8th Gr. Boys Track @ Forest City, Waldorf Var. Boys Track @ Belmond-Klemme
	5 p.m. 5:30 p.m.	Youth Volleyball, MS Gym Baseball Hitting Session, Auxiliary Gym
23	3rd Hour 6 a.m. 6:30 a.m. 2 p.m.	MS Musical Practice, Auditorium HS Gym Closed, Prom Prep Softball Hitting, Auxiliary Gym EARLY DISMISSAL: PROF. DEV. DAY Softball Pitching, MS Gym
	5:30 p.m. 6 p.m. 6:30 p.m.	10U Travel Baseball, MS Gym Booster Club Meeting, Room 125 Adult Volleyball League, MS Gym
24	3rd Hour 6 a.m. 4:30 p.m.	MS Musical Practice, Auditorium HS Gym Closed, Prom Prep Var. Girls Track @ Roland Story 7th/8th Gr. Boys Track @ West Hancock Var. Boys Track @ North Iowa
	5 p.m.	Youth Volleyball, MS Gym
25	3rd Hour 6 a.m. 4:15 p.m. 4:30 p.m.	MS Musical Practice, Auditorium HS Gym Closed, Prom Prep Var. B/G Golf @ Eagle Grove Var. Girls Track @ Belmond-Klemme Var. Boys Track @ North Butler
26	6 p.m.	5th/6th Gr. River City Honor Band Prom Grand March, HS Gym


LMCS Menu

April 21-25 Breakfast

- Monday—Cereal, toast, fruit, juice, milk.
- Tuesday—Tornado, fruit, juice, milk.
- Wednesday—Cereal, donut, fruit, juice, milk.
- Thursday—Cream cheese bagel bites, fruit, juice, milk.
- Friday—Granola bar, fruit, juice, milk.

Lunch

- Monday—BBQ chicken on a bun, creamy coleslaw, potato smiles, canned applesauce, fresh fruit, milk.
- Tuesday—Chicken & cheese quesadilla, tortilla chips, black bean corn salad, refried beans, banana, canned fruit, milk.
- Wednesday—Cowboy cavatini, garlic breadsticks, tossed salad, corn, oranges, canned fruit, milk.
- Thursday—Biscuits & gravy, sausage patty, tater tots, peas, pineapple, fresh fruit, milk.
- Friday—Pork rib on a bun, Romaine lettuce, sliced tomato, sweet potato fries, apple slices, canned fruit, milk.



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