Retiree puts herself first, loses 55 pounds

TIMES-REPUBLICAN

Watching what she eats and getting her body moving every day has made for a remarkable health improvement for Mary Roche, of Marshalltown.

The 73-year-old got in the water at the Marshalltown YMCA-YWCA for group exercise classes following a shoulder surgery at the advice of her doctor.

It has worked as she has lost 55 pounds in the past 16 months and is feeling "I decided I wanted to

put myself first and the Y offered the best option, Roche. You've got the weight room and you ve got the water exercise classes."

She recommends daily physical activity and finding ways to create lean muscle. Roche acknowledges that the first step in the process is always the hardest for many people.



Retiree Mary Roche finds daily exercise at the YMCA-YWCA of great physical and mental health

"Just decide to do it. Say 'today is my day," Roche

She has discovered the many benefits of exercise

and eating healthier. "I feel great," Roche

said. "I have more energy, my attention span is much better, my clothes fit better and psychologically I just feel it really has an impact on how you feel about your self-worth."

Beware of ticket scams ahead of Iowa State Fair

TIMES-REPUBLICAN

DES MOINES — As the great Iowa State Fair approaches and concerts and shows are scheduled in venues all over the state, Attorney General Brenna Bird is reminding Iowans to be cautious when purchasing event

Digital tickets and purchases are now prevalent, leading to an increased risk of ticket scams. Scammers will often create counterfeit tickets or duplicate a ticket and sell them to more than one person. Purchasing tickets through third parties like social media and paying for them via gift cards, wire transfers or peer-

to-peer payment apps such as Venmo or ApplePay heightens the possibility of being scammed.

"The state fair serves as a great reminder to stay cautious when purchasing event tickets," said Attorney General Bird. "Scammers prey on the excitement of people who are eager to see a favorite artist, event or show, so it's important to be extra cautious and double-check ticket sources."

How to protect yourself from tick-

- Purchase tickets directly from
- Verify website address when buying tickets from name-brand sites such as Ticketmaster or StubHub
- Be skeptical of tickets being sold on social media
- Be skeptical of sellers that want payments via gift cards, wire transfers, payment apps or cryptocurrency
- Be skeptical of sellers that want to negotiate the price
- Pay with secure payment methods such as credit cards
- Examine the ticket details for er-

People who think they have been targeted by a ticket scam, should contact the Iowa Attorney General's office at 888-777-4590 or file a complaint online at: www.iowaattorneygeneral.gov/.

Legals
NOTICE OF MEETING FOR APPROVAL OF DEVELOPMENT
AGREEMENT WITH SHOPS AT MARSHALLTOWN, LLC AND AUTHORIZATION OF ANNUAL APPROPRIATION TAX INCREMENT PAYMENTS

The City Council of the City of Marshalltown, lowa, will meet West State Street, on August 11, 2025, at 5:30 p.m., at which time and place proceedings will be instituted and action taken to approve a Development Agreement between the City and Shops at Marshalltown, LLC (the "Company") in connection with the renovation and redevelopment by he Company of the existing Marshalltown Mall Urban Renewal Marshalltown 3, which Agreement Area No. 3, which Agreement provides for certain financial incentives in the form of annual appropriation incremental property tax payments in an amount not to exceed \$7,250,000 under the authority of Section 403.9(1) of the Code of Iowa. The commitment of the City

to make annual appropriation in cremental property tax payments to the Company under the Development Agreement will not be a general obligation of the City, but such payments will be payable solely and only from incremental property tax revenues generated within the Marshall own Urban Renewal Area No. 3. Payments under the Development Agreement will be subject annual appropriation by the

At the meeting, the City Council will receive oral or written objections from any resident or property owner of the City. property owner of the City. Thereafter, the City Council may at the meeting or at an adjournment thereof, take additional action to approve the Development Agreement or may abandon the

This notice is given by order of the City Council of Marshalltown. Iowa. in accordance with Section 403.9 of the Code of

Alicia Hunter, City Clerk Published in the Times Republican Aug 1, 2025 L60004 #37932

NOTICE OF PUBLIC HEARING

NOTICE OF MEETING OF THE BOARD OF TRUSTEES OF THE MARSHALLTOWN WATER WORKS, CITY OF MARSHALL

WN, STATE OF IOWA, ON THE MATTER OF THE PROPOSED AUTHORIZATION
OF A LOAN AND DISBURSE-MENT AGREEMENT AND THE ISSUANCE OF NOT TO

EXCEED \$65,000,000 WATER REVENUE CAPITAL LOAN NOTES, AND THE HEARING ON THE ISSUANCE THEREOF

PUBLIC NOTICE is hereby given that the Board of Trustees of the Marshalltown Water Works, City of Marshalltown, State of Iowa, will hold a public hearing on the 19th day of August, 2025, at 12:00 P.M., in the Board Room, Marshalltown Water Works, 205 E. State Street, Marshalltown Iowa at which Marshalltown, lowa, at which meeting the Board proposes to take additional action for the authorization of a Loop and Diagrams. thorization of a Loan and Disbursement Agreement by and between the City and the lowa Finance Authority and the issuance to the Iowa Finance Authority of not to exceed \$65,000,000 Water

City under the said Loan and Disbursement Agreement, in order to provide funds to pay the costs construction, acquisition, or acquisition, construction, reconstruction, extending, remodeling, improving, repairing, and equipping of all or part of the Municipal Water Utility, including construction of a new 6 MGD Reverse Osmosis (RO) Treatment Process Train, including a detention basin, water treatment buildings, dual-media gravity filters, stallation of a pre-procured RO membrane system, water treatment chemical storage and feed systems, site piping, additional high service pumping, and electrical work and instrumentation and controls associated with the new water treatment equipment, con struction of a new chemical and pump building, including new booster pumps and chemical feed and storage, and related improvements and extensions to the Municipal Water Utility. The Notes will not constitute general obligations or be payable in any

Revenue Capital Loan Notes, to

evidence the obligations of

Water Utility. At the above meeting the Board shall receive oral or written objections from any resident or property owner of the City to the above action. After all objections sidered, the Board will at the meeting or at any adjournment thereof, take additional action for the authorization of a Loan and Disbursement Agreement and the issuance of the Notes to evidence the obligation of the City thereunder or will abandon the proposal to issue said Notes.

manner by taxation, but will be

payable from and secured by the

Net Revenues of the Municipal

This notice is given by order of e Board of Trustees of the the Board of Marshalltown Water Works, City of Marshalltown, State of Iowa as provided by Sections 384.24A and 384.83 of the Code of Iowa.

Dated this 21st day of July, 2025. Zachary Maxfield, Secretary of

the Board of Trustees, Marshall-town Water Works, Marshalltown, lowa Published in the

Times Republican Aug 1, 2025 L60015 #37934 NOTICE OF PUBLIC HEARING

REVERSE OSMOSIS
MEMBRANE
TREATMENT PROCESS TRAIN
MARSHALLTOWN
WATER WORKS
MARSHALLTOWN, IOWA

PUBLIC IMPROVEMENT

PROJECT Public Hearing on Proposed Contract Documents and Estimated Cost for Improvement.

Contract Documents (plans, specifications, and form of contract), and estimated cost for the Marshalltown Water Works Reverse Osmosis Membrane Treatment Process Train project at its meeting at 12:00 PM on 19th day of August 2025, in the Board Room, at the Marshalltown Water Works main office located at 205 E State Marshalltown, Marshalltown Works Board of Trustees meetings are open for the public to attend in person.

Contract Documents

A copy of said plans, specifications, and form of contract, and estimated total cost is now on file at the Marshalltown Water Works Main Office and may be examined at 205 E State Street,

Marshalltown, Iowa, 50158. General Nature of the

Public Improvement Construction of a new 6 MGD Reverse Osmosis (RO) Tràin Process Marshalltown Water Works existing treatment plant site and north to Sand Road, including a detention basin, water treatment buildings, dual-media gravity filters, installation of a pre-procured RO membrane system, water treatment chemical storage and feed systems, site piping, additional high service pumping, and electrical work and instrumentation and controls associated with the new water treatment equipment. The work also includes the construction of a new chemical and pump building at the existing Marshall-town Water Works water treatment plant that will include new booster pumps and chemical feed and storage.

This Notice is given by authoriof the Marshalltown Water orks Board of Trustees, Marshalltown, lowa. Laura Eilers, Chairman

ATTEST Zachary Maxfield, Secretary Published in the Times

Republican Aug 1, 2025 L60015 #37936

Notice of Public Hearing **Zoning Map Amendment** The City of Marshalltown City Council will hold a public hearing on Monday, June 9th, 2025 at 5:30 PM to consider an official zoning map amendment for approximately 2.05 acres located

along the west side of S 8th Ave-

nue between E Main Street and

E Linn Street. This public hearing will be held in the council chambers located at 10 W State The properties subject to this official zoning map amendment are legally described as follows:

Lots 1, 2, 13, 14, 15, and 16, Block 1, Woods Addition to Marshall, Marshall County, Iowa

Lots 1, 2, 3, 4, and 5, Block Woods Addition to Marshall, Marshall County, Iowa AND

Lots 11, 12, 13, 14, 15, and 16, Block 3, Woods Addition to Marshall, Marshall County, Iowa

To the centerline of adjacent public right-of-way.

Persons wishing to comment on this item may attend the public hearing and provide comment at that time or may contact Clayton Ender, Zoning Administrator, prior to the meeting by phone, 641-754-5756 or by email. cender@marshalltown-ia.gov. Information regarding the proposed action may also be viewed at city N Center Street, Marshalltown, IA, 50158 during normal business hours of 8:30 AM to 4:30 PM Monday through Friday.

Alicia Hunter, City Clerk Published in the Times Republican Aug 1, 2025 L60004 L37935

> **NOTICE OF SALE Pursuant to Iowa Code**

Chapter 578 A, notice is hereby given the following sale by auction:

Date of Sale August 5, 2025 Time of Sale 9:00 AM Place of Sale 301 High Street Marshalltown, IA 50158 Items to be Sold:

Miscellaneous personal property located in Unit Number 88

Sale will be by auction with the property sold to the highest bidder. The items will be sold as a group unless oth-

erwise stated on the day of sale and the items will be sold as is. The highest bidder must be

prepared to pay cash and remove all items from the storage unit on the day of sale.

Questions concerning the sale may be directed to Cindy Brodin, Phone: 641-758-4500

Published in the Times Republican Aug 1 and 4, 2025 L60034 #37930

Driving Unimpaired classes resume in Iowa Falls

TIMES-REPUBLICAN

IOWA FALLS — Iowa Valley Business and Community Solutions announces the resumption of its essential Driving Unimpaired class, designed to meet state requirements for individuals charged with Operating While Intoxicated or Driving Under the Influence. Ryan Haacke, a certified Prime For Life facilitator, is joining the teaching staff to lead these crucial sessions.

The State of Iowa mandates that individuals charged with OWI or DUI within Iowa, or Iowa drivers charged in another state, complete a specialized course for drivers under the influence of alcohol and/ or drugs. Iowa's program utilizes the comprehensive 12-hour Prime for Life curriculum, which is specifically designed to help participants understand and accept the need for behavioral changes to reduce the risk of future problems related to impaired driving.

The inaugural class with Haacke is scheduled from 4 p.m. to 10:15 p.m. on Aug. 5 and Aug. 6 each day. The class will be held at Ellsworth Community College, located in Reg Johnson Hall, Room 105. Pre-registration is strictly required to secure a spot in the class.

This course fully complies with state requirements under sections 321J.2 and 321J.17, Subsection 2 of the Iowa Code, ensuring participants meet the legal obli-To register for the class, or for more information on

becoming a certified instructor, contact Iowa Valley Business and Community Solutions directly at 641-

Stay informed with ISU's new Agriculture and Natural Resources newsletter

TIMES-REPUBLICAN

AMES — A new newsletter from Iowa State University Extension and Outreach offers Iowans and others across the region a convenient way to stay up to date on key insights in agriculture and natural resources. The ANR Scoop, published twice a month, shares expert-backed research, timely updates, educational opportunities and practical information straight from ISU experts.

Whether people work in agriculture, manage natural resources or simply want to stay informed about topics affecting Iowa's land, water and rural communities, The ANR Scoop compiles a wide range of useful content. Each issue includes highlights such as:

• Research summaries and news releases

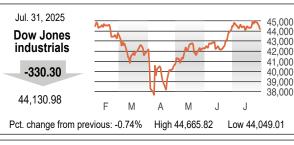
- Articles and blog posts from Iowa State experts
- New publications and tools for decision-making
- Educational podcasts and videos

Subscribers can expect concise, relevant information designed to support informed decision-making and connect readers with the latest from ISU Extension and

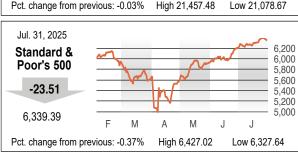
Anyone interested in agriculture and natural resources in Iowa is welcome to subscribe.

To sign up, visit the ISU Extension and Outreach -Agriculture and Natural Resources website.

A DAY ON WALL STREET







Local Grains: The prices paid for cash grain in central Iowa at the close of trade on July 31, 2025. Corn: \$3.69 - 3.83 Soybeans: \$9.29 - 9.34

Losses for health care stocks help push Wall Street lower

Stocks capped a choppy day of trading on Wall Street with more losses Thursday after an early big tech rally faded and a health care sector pullback led the market lower.

The S&P 500 fell 0.4 percent, its third straight decline. The benchmark index, which is just below the record high it set on Monday, notched a 2.2 percent gain for the month of July and is up 7.8 percent so far

The Dow Jones Industrial Average lost 0.7 percent, and the Nasdaq composite closed less than 0.1 percent

Roughly 70 percent of stocks in the S&P 500 lost ground, with health care companies accounting for the biggest drag on the market.

Health care stocks sank after the White House released letters asking big pharmaceutical companies to cut prices and make other changes in the next 60 days. Eli Lilly & Co. fell 2.6 percent, UnitedHealth Group slid 6.2 percent and Bristol-Myers Squibb dropped 5.8 percent.