

CARROLL TIMES HERALD

OPINION

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.



To the Editor

To the Editor:
I have been a supporter of New Hope Village since it opened. I spent two summers during my college years working in mostly Cottage 5 and filling in at the other cottages as necessary. I shop at NHV Bargain Shoppe not only in Carroll but also at all their other locations. Sometimes I will buy an item and when I get it home find out it wasn't going to work for the purpose I intended and I re-donate said item.
Right now, I have three boxes of mostly re-donations in my studio intended to go to NHV Bargain Shoppe. NHV Bargain Shoppes are, in my opinion, the best second hand charity stores I have been to. I was very disheartened to hear the decision to have all of their Rx outsourced from some other place. The two locally owned independent pharmacies in Carroll have been filling NHV

scripts for years. Small independent businesses are the backbone of any community. Out of every dollar spent in Carroll at local businesses, \$.68 stays in Carroll. I, too, am a small independent business owner. \$.68 doesn't sound like much but it adds up quickly.
Let me do the math, for every \$100 dollar in sales in the studio, \$.68 stays local when I shop, donate, hire services and attend fundraisers locally. I have a thousand-dollar day that's \$680, and so on. I will donate these three boxes to Carroll NHV Bargain Shoppe but I am not shopping at any of the locations from now on. I still believe in New Hope Village and what they have accomplished but I can't put my hard-earned dollars into their account for it to be spent outside of Carroll.
Laura Comito
Carroll

Carroll County Corner

BY GENE MEINERS
The Carroll County Board of Supervisors held their regularly scheduled meeting on July 28 at 9 a.m. in the boardroom.
I will first apologize for the shortness of this report, but at this time of the year we usually do not have as much activity.
The first item of the agenda was the review and approval of Resolution 2025-017, a resolution designating Voting Representatives for ISAC (Iowa State Association of Counties). Each department or Elected Office (Affiliate in ISAC's terms) is



Gene Meiners

allowed one voting delegate. The Resolution was approved.
The Board reviewed and approved payables for the period of \$414,708.18.
A plat that was requested by Jerry Breidert in Section 23 of Sheridan Township was approved by the Board.
Treasurer Lisa Wegner then presented the Treasurer's Semi-Annual Report that was approved by the Board.
A Fireworks Display Permit was presented for J&M Displays at 28328 205th Street, Glidden Iowa for August 1st. The Board approved the permit.
If you have any questions on any of these topics or any other subject feel free to contact me or any other Supervisor. Thank you.

Keeping the doctor away

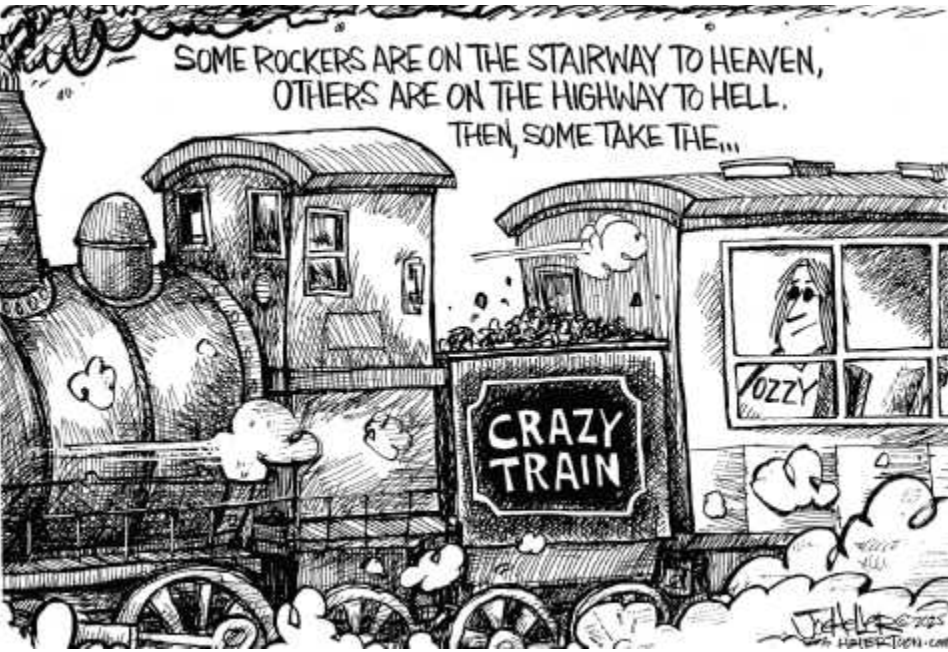
Since it now takes great effort for me to sit down, bend over and tie my shoelaces due to an ever-intrusive tummy, I've started exercising again.
By exercising, I mean going for at least a twice-weekly walk or hike around town.
As a Type II diabetic, I have to be careful about what I eat, and try to manage my condition with exercise.
I've not been as careful about what I eat for the past couple of months, which probably explains my expanding belly. (Which is not the same as my waistline - I have almost no hips.) So I've decided to meet the problem halfway by getting back into my favorite past-time, which is walking.
I usually strike out from the house (apartment) around 6 or 7 p.m., after the absolute heat of the day, but while it's still warm and sunny enough for me to break a sweat. I'll strike out in any direction but normally try to incorporate downtown in my impromptu, unplanned route.
I don't take the dog because A) I don't like bumping into other dog walkers when I've got him on the leash, and B) this is "me" time, not "him" time. Walking the dog requires stopping to smell the roses (or other distractions) every five seconds. When I'm getting exercise, I prefer not to stop.
I'm seeing more and more of Carroll on my walks. Par-

ticularly the neighborhoods. I texted my daughter the other evening that Carroll has the prettiest houses I've ever seen. Block after block of one gorgeously decorated, well-kept, neatly pruned, beautifully landscaped, thoughtfully designed, attractively built home after another. It would be impossible to decide on a "favorite," as they're all so nice. So the simple act of getting out and about in Carroll is worthwhile.
What strikes me most about Carroll residences is that none are ostentatious. Each home feels decorated or designed according to one's personal taste, not an effort to keep up with the neighbors or grab attention. I don't know how true that is, it's just an observation.
I'll swing through six or seven residential blocks, then cruise through downtown, which is usually (for better or worse, one reason or another) emptied out by 8:00. It's a nice area to walk. Something else I'll point out: Carroll seems perfectly safe at any time of day, which is something of a rarity in my experience.
I won't name the town, or the state, but a couple of years ago, I was "followed



Dan Marsh

home" one night by a car that had clearly slowed for the driver and passengers to have a look at me. This was in the midst of a citywide crime spree that saw seven firearms-related homicides in a 10-day period. Thus ended my night walks.
I can't imagine that in Carroll.
I prefer walking because I hate running. It's boring and hurts my knees. I have an uncle who's now in his late-80s who exercised every day of his life. I always wanted to be like him. I can't say I'm there, but it helps to have a role model. He's still reasonably healthy and active in what I'll call his declining years. I'm in my 50s and sometimes have a little trouble rolling out of bed.
It's best to exercise while listening to music, so I usually deploy my noise-canceling headphones and put on Ozzy Osbourne or Smashing Pumpkins or something similar to keep the energy up. Movie soundtracks also work. But the point isn't listening to music, it's sweating out the toxins that regularly accumulate in my bloodstream. I won't be ready to run a triathlon next year or hike the Rockies, but maybe I can incorporate more areas of Carroll into my routine, in a shorter time frame.
And if a walk a day keeps the doctor away, so much the better.



FROM THE MAYOR

State Baseball: It Takes A Lot Of Work

BY JERRY FLESHNER
Mayor of Carroll

Last week saw a huge influx of visitors to Carroll attending the Class 1A/2A state tournament. I am pleased to say that outside of the heat and humidity the tournament was a great success; again. This is what happens when a community comes together. It requires many volunteers, and I am pleased to say, not just people from Carroll but from other towns as well.
I originally planned to write a thank you note in this column. However, I happened upon a Facebook post from Chad Tiemeyer, the City of Carroll Director of Parks & Recreation. Chad and the many workers from Carroll serving with him worked tirelessly to keep the field clean and perfect for this level of play. I read his post and realized I could not



Jerry Fleshner

have said it better myself. So, with Chad's permission here is a thank you for all those who helped make this a success, in his words, not mine.
After 97 hours this past week working at Historic Merchants Park, I can honestly say: it was one of the most rewarding weeks of my career. Hosting the Iowa State Baseball Tournament for the small classes is a privilege—and this year's tournament was the best yet.
To our incredible staff and volunteers: thank you from the bottom of my heart. Your tireless work behind the scenes—prepping the field, running concessions, welcoming teams, and fans, keeping everything clean, safe, and running smoothly—that's what makes this event special. You gave up your time, your energy, and in some cases your sleep, all to make sure Carroll shined on a statewide stage.
I'm proud every day to call Carroll my home—but especially proud this week. And just when I thought it couldn't get any better... we received word that His-

toric Merchants Park has been named the National Baseball Coaches Association Region 5 Diamond of the Year. This is a huge honor and a reflection of the pride and care we all pour into this ballpark. From the field to the warm welcome extended to every visitor—this is what community looks like.
Thank you all. To Ashley Schable for being the biggest asset of the state tournament committee and being the glue that holds us all together.
And Iowa High School Athletic Association for continuing to choose Carroll! Thank you all so much for your hard work!
Well put Chad. Yes the tournament was great. Like Chad, I want to personally thank the many people who helped make it that way.
From the Mayor Jerry Fleshner



Chad Tiemeyer

Why the Iowa Senate finally approved enhanced First Amendment protections

BY LAURA BELIN
<https://iowacapitaldispatch.com>

When the Iowa House and Senate approve a bill unanimously, you might assume it was easy to get the measure to the governor's desk. But appearances can be deceiving. Sometimes, a unanimous vote for final passage obscures years of hard work to pull a bill over the finish line.
So it was with House File 472, which took effect on July 1. The law will make it easier for Iowans to defend themselves when facing meritless lawsuits filed in order to chill speech. Such cases are often called "strategic lawsuits against public participation," because the plaintiffs have no realistic chance to win in court. Rather, they are suing as a means to silence or retaliate against critics.
Iowa was the 38th state to adopt an "anti-SLAPP" law, according to the Washington, D.C.-based Institute for Free Speech, which advocates for such legal protections across the country.
If not for one state senator's determined opposition, Iowa might have joined that club years earlier.
The long-running effort to pass Iowa's anti-SLAPP bill

illustrates how one lawmaker can block a measure that has overwhelming bipartisan support and no meaningful opposition from lobby groups.
Protecting the 'core freedoms of the First Amendment'
House File 472 creates "a special motion for expedited relief in actions involving the exercise of the right of freedom of speech and of the press, the right to assemble and petition, and the right of association." David Walker, a retired Drake University law professor and longtime chair of the Iowa Commission on Uniform State Laws, highlighted the bill's key provisions in testimony before an Iowa Senate subcommittee in January 2025. (Iowa's law closely tracks model language from the Uniform Law Commission.)
Walker explained how the bill "protects and encourages the core freedoms of the First Amendment," preventing powerful forces from using nuisance, defamation, or other kinds of lawsuits to muzzle critics. Defendants can ask a court to promptly consider a motion to dismiss such lawsuits. After being sued, they have 60 days to file that motion for expedited relief.

The court must schedule a hearing within 60 days of receiving that motion, and must rule on it within 60 days of that hearing. Defendants can appeal if the court denies their motion to dismiss.
Importantly, Walker said, the anti-SLAPP bill freezes discovery while the motion to dismiss is pending. (The court can order discovery "if good cause is shown.") Without such a freeze, litigants can rack up huge legal expenses during the discovery process, which may involve depositions, productions of documents, or court appearances.
Many lawsuits take years to resolve. Walker noted that the Iowa State Bar Association's litigation section strongly supported provisions of the bill that "provide a quick process for the hearing before the court." The bar association was among a dozen entities that registered in favor of the anti-SLAPP bill in 2025.
Finally, the bill provides a sanction by allowing defendants to recover reasonable attorney's fees and costs if they succeed in getting the lawsuit dismissed through the expedited process. That's a "protection against Pyrrhic victories" in court, Walker said.