

“Thriving in Place” workshop coming to Storm Lake

Like most older Americans, you may be intending to live in your current home for as long as possible. The decision for rural Iowans to age in place (remaining in one's current home or community as they age) may seem like an obvious and logical choice.

A Monday, September 15, 2025, ISU Extension and Outreach Workshop, Stay Independent: Thriving In Place, guides participants through five critical factors for aging in their home will be held from Noon to 1:00 pm and 5:30 pm to 6:30 pm at the Buena Vista County Extension Office, 701 Seneca, Suite 1, Storm Lake, Iowa, 50588.

“Thriving In Place” workshop is designed around five key topics which aging experts identify as critical factors to consider and plan for to successfully age in place. These include Housing, Health & Wellness, Transportation, Personal Finance, and Connection & Growth. The research-based workshop

“Thriving In Place” provides educational resources and decision-making tools that examines various aspects of life beyond just housing.

The research-based one hour workshop is \$10 per attendee and is a part of the Stay Independent Healthy Aging series. <https://www.extension.iastate.edu/human-sciences/stay-independent> Pre-registration by September 9th is required to assure all materials and resources are available.

Registration Deadline! is Tuesday, September 9.

Register at Buena Vista County Extension by calling 712-732-5056 or online:

- Noon Session: <https://go.iastate.edu/DLB7UL>
- 5:30pm Session: <https://go.iastate.edu/AYGECE>
- Pay \$10 with a check payable to ISU Extension.
- The workshop will focus on how to:
 - Understand the definition of aging in place.
 - Identify practices to safely to age in place.

- Assess your home environment.
- Identify helpful resources and services.

The Stay Independent program is geared towards adults 60+ and their family and will focus on identifying current and future potential needs and pre-planning for changes, including home modifications, services that can assist in maintaining your independence at home and resources to promote the ability to age in place.

“Even though many older Americans believe they will be able to manage changes to their health, wellbeing, and finances as they age, approximately 70% will require help with their care at some point, for an average of three years,” according to Carol Huneycutt Ehlers, Health and Human Sciences Educator focused on family finance with ISU Extension and Outreach Buena Vista County Extension.

For more details you may call the Extension Office at: 712-732-5056

Scams are aimed at older Iowans

DES MOINES—Iowa Attorney General Brenna Bird recently warned Iowans about scams and fraud targeted at older Iowans.

Scammers often target older Iowans, exploiting their kindness and good will. These schemes can take many forms, such as a scammer posing as a family member in urgent need of help or falsely claiming the older Iowan is involved in a crime and needs to pay to avoid arrest or jail. It's important for senior Iowans to be on alert, recognize the warning signs of a scam, and know how to avoid and report scams.

Attorney General Bird's of-

fice presents at regular Stop the Scammers events around the state to educate Iowans against scams. At a June event, Iowan Lynne Caltrider approached a representative from the attorney general's office concerned that she might be involved in a scam. An investigation revealed that she had indeed been scammed out of a considerable amount of money. Working with state and local law enforcement, several individuals in relation to the crime have been arrested.

While the investigation is ongoing, Attorney General Bird's office was able to recover a small part of the money

Lynne deposited in a cryptocurrency ATM at the direction of scammers.

In July, Lynne was awarded the Meritorious Service Award by the Iowa Insurance Division's Fraud Bureau for her willingness to share her story and aid in the arrest of criminals connected to the scheme.

If you or someone you know is a victim of or suspicious of a scam, contact the Iowa Attorney General's office at 1-888-777-4590 or file a complaint online: <https://www.iowaattorneygeneral.gov/lor-consumers/file-a-consumer-complaint>.

T.R.A.V.E.L. tips for traveling with a loved one with dementia

As millions of Americans prepare for end-of-summer getaways and future holiday vacations, the Alzheimer's Foundation of America (AFA) is advising caregivers taking a trip with a loved one who has dementia to follow the T.R.A.V.E.L. tips so the journey is as smooth as possible.

“Whether you're taking a road trip or a flight, there are preparations and adaptations caregivers should make to make the trip as smooth as possible for their loved one living with dementia,” said Jennifer Reeder, LCSW, AFA's Senior Director of Educational and Social Services. “During a busy holiday travel weekend with packed roadways and crowded airports, it's especially important for families to be proactive and prepared.”

AFA recommends taking the following dementia-friendly T.R.A.V.E.L. tips:

Time the travel properly.

Plan the travel mode and the timing of your trip so the level of anxiety and stress for your loved one is minimized. Incorporate the person's capabilities and needs when deciding on arrangements.

Anything unfamiliar, such as a place, environment, or change in schedule can be overwhelming for someone with dementia. Try to preserve the person's routine and support them through changes.

Reduce stress and anxiety.

If travelling by mass transit, familiarize the person beforehand, in keeping with their understanding, with what will happen at security checkpoints. This can reduce potential anxiety.

Avoid overscheduling.

It is tempting to schedule

many activities and experiences during a trip, but this might overstimulate someone living with dementia. It could potentially cause confusion, agitation, or anxiety. Build in downtime so the person can rest and recharge. Take regular breaks on road trips for food, bathroom visits, and rest, and try to avoid rush hour.

Value quality over quantity.

Focus on spending quality time together rather than on the number of sites, attractions, and activities you can fit in.

Explore traveler assistance.

If flying, the Transportation Security Administration (TSA) offers assistance with the screening process to air travelers with certain medical conditions, including dementia-related illnesses; Contact the TSA Cares Helpline at least 72 hours prior to your flight to learn more. Advise

the airline that you are traveling with someone who has dementia, request early boarding, and inform them about any special needs your loved one has.

Leave prepared.

Bring snacks, water, activities, and comfort items (i.e., a blanket or the person's favorite sweater), as well as an extra set of comfortable and weather-appropriate clothing. Be sure to bring important health and legal-related documentation, a list of current medications, and physician information with you.

Caregivers who have questions about traveling with someone who has a dementia-related illness can speak with a licensed social worker through the AFA Helpline by phone (866-232-8484), text message (646-586-5283), or webchat (www.alzfdn.org). The helpline is available seven days a week.

Go ahead,
make a difference
in your community.



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LEGAL NOTICE

**CITY COUNCIL MINUTES
WEDNESDAY, AUGUST 27, 2025,
6:00 P.M.**

CHEROKEE CITY HALL

A regular meeting was called to order on this date by Mayor Schmidt. Roll call: Present: Councilpersons Ankrum, Loughlin, Pingel, City Administrator Pudenz, City Attorney Hines and City Clerk-Treasurer Lucas. Absent: Councilperson Nitz and Puffett.

Motion by Loughlin, seconded by Pingel to approve the agenda. Roll call: AYES: All. NAYES: None.

Mike Shriver, 112 N. 8th Street, addressed the council with concerns regarding the finish work at the end of his driveway following the completion of the 8th Street Improvement Project. Administrator Pudenz will review the matter and follow up with Mr. Shriver to determine an appropriate solution.

Motion by Loughlin, seconded by Ankrum the following was approved under Consent Agenda. Roll call: AYES: All. NAYES: None.

Approve City Council Minutes of August 12, 2025. Approve Bills totaling \$112,001.46.

ALLIANT ENERGY NATURAL GAS \$461.41
ASCENDANCE TRUCKS MIDWEST FIX WASHER PUMP IN SWEEPER, CHECK ENGINE LIGHT \$6,593.70
AURELIA LUMBER COMPANY SIDING \$64.00
BARCO MUNICIPAL PRODUCTS ST. NAME SIGNS \$126.74
BOMGAARS OPERATING SUPPLIES \$1,551.77
BRAD'S TIRE SERVICE MOWER BELTS \$277.97
BUILDERS SHARP, & SERVICE AIR FILTER \$57.16
CASEY CARPENTER FUEL REIMBURSEMENT \$150.00
CENTRAL IOWA DIST. INC. TOWELS, GARBAGE BAGS, CLEANER \$432.00
CHAMPION ELECTRIC, INC. REPAIR CROSSWALK SIGN, RESET CONTROLLER \$406.87
CHEROKEE AVIATION AUTHORITY PROPERTY TAX DRAW \$135.08
CHEROKEE CO. ENVIRONMENTAL POOL & SLIDE INSPECTION \$493.00
CHEROKEE REGIONAL MED. CEN-

TER RANDOM SELECTS \$78.00
CHESTERMAN COMPANY POOL CONCESSIONS \$742.70
COAST TO COAST CALIBRATION CALIBRATION OF WEIGHTS \$150.64
CORE & MAIN LP VAVLE BOX ADAPTER, PAINT, VALVES \$3,782.65
COUNTRY TIRE & SERVICE TIRE REPAIRS, OIL CHANGE, BRAKES \$1,076.38
FIRE SERVICE TRAINING BUREAU HMA WRITTEN \$50.00
FOUNDATION ANALYTICAL LAB WASTEWATER & WATER SAMPLES \$778.00
HAWKINS, INC. LAB SUPPLIES \$50.00
HY-VEE, INC. POOL CONCESSIONS, COFFEE, WATER \$137.26
I & S GROUP, INC. FEMA-WWPT, GENERAL CONSULTING \$8,393.80
IOWA DEPT. OF NATURAL RESOURCES ANNUAL NPDES PERMIT FEE \$1,275.00
IOWA LAKES ELECTRIC COOP ELECTRICITY \$163.42
IOWA LAW ENFORCEMENT ACADEMY TRAINING COURSES \$45.00
JEBRO, INC. CRS-2 \$1,107.15

JJSS, LLC FEMA-HAUL BUGS \$3,600.00
K & M TREE SERVICE STORM CLEAN UP, REMOVE ASH TRE \$4,990.00
KRIS ALESCH YOUTH SOCCER RE-FUND \$25.00
MACQUEEN EQUIPMENT LLC FACIEPIECE \$513.66
MID AMERICAN ENERGY ELECTRICITY \$35,231.96
MID-AMERICAN BENEFITS, LLC 9/25 ADMIN FEES & CLAIMS THROUGH 8/20/25 \$1,030.04
MOTOR PARTS SALES HYDRAULIC FITTINGS & PARTS \$255.50
MUNICIPAL SUPPLY, INC. SMART-POINTS \$5,210.00
O'REILLY AUTOMOTIVE STORES BITS \$31.98
ONE OFFICE SOLUTION OFFICE SUPPLIES \$97.97
PITNEY BOWES GLOBAL FIN. SERVICE POSTAGE MACHINE LEASE \$159.57
R.J. THOMAS MFG. CO., INC. PD TRUCK WRAP, PET WASTE BAGS \$498.00
REHAB SYSTEMS, INC. EMERGEN-

CY JET VAC, CLEAN LIFT STATION \$590.00
REMER REALTY & APPRAISAL FEMA-APPRAISALS (2) \$850.00
SCE, LLC 425 EUCLID CURBSTOP REPAIR \$1,447.94
SIOUX SALES COMPANY PANTS \$335.80
T.P. ANDERSON & COMPANY FY25 AUDIT FEES \$20,000.00
THE COLLINS GROUP US & IOWA FLAGS \$311.35
THOMPSON PROPANE & SUPPLIES FUEL \$743.18
TRUCK EQUIPMENT INC. GUTTER BROOM \$480.00
UNUM LIFE INS. CO OF AMERICA 9/25 LIFE & DISABILITY INS. \$1,686.55
USPS UTILITY BILL POSTAGE \$553.27
VISUAL EDGE IT, INC. COPY CONTRACT \$111.89
WESTERN IOWA TECH. COMM. COLLEGE CPR TRAINING \$180.00
WEX BANK FUEL \$4,488.10

Motion by Pingel, seconded by Loughlin to postpone setting a public hearing for an access and encroach-

ment easement on City-owned property until the City Attorney receives a legal description of the easement. Roll call: AYES: All. NAYES: None.

Motion by Loughlin, seconded by Ankrum to approve an Indemnification Agreement between Schoon Construction and the City for work at Oak Hill Cemetery. Roll call: AYES: All. NAYES: None.

Two proposals were provided to update the printers for City Hall, the Library and the Fire Department- one from Access Systems and one from Visual Edge IT. Motion by Ankrum, seconded by Loughlin to accept the proposal from Access Systems. Roll call: AYES: All. NAYES: None.

Administrator Pudenz reported that the City has received the first payment from FEMA in response to the June 2024 flood.

Motion by Pingel, seconded by Loughlin, the meeting was adjourned at 6:34 p.m. Roll call: AYES: All. NAYES: None.

Media Present: None.

Craig Schmidt, Mayor ATTEST: Sara Lucas, City Clerk-Treasurer (CT0905/L#174)

LEGAL NOTICE

**Cherokee Community School District
Regular Meeting August 18, 2025**

The Cherokee Community School District Board of Education held a regular meeting on Monday, August 18, 2025 at 5:30 P.M. The meeting was held in the CWHHS Library, 600 W. Bluff St., Cherokee, IA.

The meeting was called to order at 5:32 P.M.

The Pledge of Allegiance and Mission Statement were recited.

Moved by Riggert, seconded by Mullins to approve the agenda. All Ayes

Roll call of board members was taken. Present were Jodi Thomas, Brian Freed, Jared Barkley, Jocelyn Riggert, Ray E. Mullins

Visitors were welcomed. Thomas referenced board policy 213, Public Participation in Board Meetings.

Moved by Freed, seconded by Mullins to approve the consent agenda. All Ayes

- Minutes of the work session/regular meeting – [7/21/25]
- Monthly Bills
- Financial Statements
- Resignations – Rachel Elder – CES Para; Dawn Shea – CES Para; Sarah Frohling – CWHHS Para
- Contract Extensions – Nichole Skokan – CES Para, Jill Mosbach - CMS Para; Nicole Seliski - CWHHS Para; Shannon Ohlson - CWHHS Para; Tiffany Updike – CWHHS Para; Gail Kremer – Volunteer FB Cheer Coach; Jackson Graff – Volunteer Football Asst. Coach; Tyler Zeimen – CMS Football Coach

Principal and Superintendent reports were given.

Moved by Freed, seconded by Riggert to affirm board policies 411.2 - Classified Employee Qualifications, Recruitment, Selection; 505.5-Graduation Requirements; 507.1 - Student Health and Immunization Certificates; 603.1 – Basic Instruction Program; 603.5 - Health Education; 402.4 - Gifts to Employees; 402.6 - Employee Outside Employment; 403.1 - Employee Physical Examinations; 403.2 - Employee Injury on the Job; 403.3 - Communicable Diseases. All Ayes

Moved by Freed, seconded by Barkley to approve a resolution approving Revenue Purpose Statement ordering an election on a revenue purpose statement to authorize expenditures from revenue received from the state

secure an advanced vision for education fund, and ordering the publication of a notice of election. Ayes: Riggert, Barkley, Freed, Mullins, Thomas

Moved by Mullins, seconded by Freed to approve the Emergency Operations Procedures manual for the 2025-2026 school year. All Ayes

Moved by Freed, seconded by Mullins to approve Board Policy 503.9 - Student Use of Personal Electronic Devices contingent on legal advice. All Ayes

The board reviewed Policy 402.5, Required Professional Development for Employees – 1st reading.

Tom Ryherd discussed preliminary enrollment numbers for fiscal year 2025/26. Official count day is October 1.

The IASB Annual Convention will be held on November 19-21, 2025.

Moved by Freed, seconded by Riggert to enter into closed session under Iowa Code 215.1(i)(i) of the open meeting law to evaluate the superintendent. Ayes: Barkley, Freed, Mullins, Riggert, Thomas

The board resumed in open session at 6:54 P.M.

Moved by Freed, seconded by Barkley to adjourn the meeting at 6:54 P.M. All Ayes

Regular Meeting – September 15, 5:30 P.M.

President, Board of Education Cherokee Community School District Secretary, Board of Education Cherokee Community School District

Cherokee Community School GENERAL FUND

Adobe Inc., 2,496.00, Adobe Advanced Network Professionals, 213.60, Tech Ahlers and Cooney, PC, 667.00, Legal Services Amazon Capital Services, 3,540.07, Classroom Supplies AMHA HARRISON, 215.00, STEM Supplies Apple, Inc., 17,861.00, Tech ArbiterSports LLC, 1,035.00, Rschool Ascendence Trucks Midwest, LLC, 1,836.92, Trans Supplies Benson's Sanitation, LLC, 660.00, Garbage BF&S Lawn & Tree Service, 811.00, Grounds Maintenance Bio Corporation, 1,150.86, Lab supplies Blaine's Culligan, 593.00, SALT Black Art Materials, 105.00, Classroom Supplies

Blooket LLC, 239.52, Classroom Supplies BMI, 187.23, Music License Bomgaars Supply, 652.96, Supplies Breakout EDU, 1,128.00, Subscription C-M-L Telephone Cooperative Assoc, 2,150.63, Phone/Internet Data Capital Sanitary Supply CO, INC, 3,368.85, Maint Supplies Carolina Biological Supply Co, 2,394.68, Lab supplies CATES, SHANNON, 788, Reimbursement Champion Electric, 876.37, Outside Labor Character Strong, 4,250.00, Curriculum Cherokee Chronicle Times, 273.06, Publication Christiansen, Brian, 247.05, Reimbursement City of Cherokee, 485.14, Water & Sewer Claussen, Tonya, 222.00, Outside Labor Clayton Ridge Community School District, 8,380.40, Open Enrollment CodeMonkey Studios Inc., 1,750.00, Curriculum COMPanion Corporation, 3,540.00, Renewal Cornwall, Avery, Bjornstad & Scott, 750.00, Legal Services Diamond Vogel, 543.00, Field Paint Discount School Supply, 544.56, Art Supplies Edmentum, Inc., 2,991.02, Online Learning Electronic Specialties, Inc., 370.56, Annual Service EPS Operations, LLC, 4,003.39, Curriculum ESGI, LLC, 274.00, Curriculum Ewell Educational Services, 390.00, AET Dues Father Flanagan's Boys' Home, 314.04, Curriculum FELD SECURITY, 249.00, Alarm Monitoring Flinn Scientific, 926.72, Curriculum Funderman, Steve, 136.92, Clothing Allowance Generation Genius, Inc., 995.00, Instructional Materials Gimkit, Inc, 650.00, Annual Renewal Goodheart-Wilcox Company, Inc., 2,389.50, Curriculum Great Books Foundation, The, 2,025.50, TAG Curriculum Holiday Inn Airport Des Moines, 352.80, Lodging - Mallory Houghton Mifflin Company, 15,000.00, Curriculum IHSA, 200.00, Director Fee

Inspire to Create Enterprises, LLC, 291.46, Instructional Supplies Iowa Assoc of School Business Officials, 250.00, Membership Dues Iowa Association of School Boards, 4,948.00, Policy Subscription 2026 Iowa One Call, 10.90, One Call Service ISFIS, Inc., 1,875.30, 2025-2026 Subscription Fee IXL Learning, Inc., 12,312.50, Online subscription J.W. Pepper and Son, Inc., 137.29, Instructional Materials JMC Computer Service, Inc., 17,521.14, 25-26 JMC KP Mathematics LLC, 436.70, Instructional Supplies Lakeshore Learning Materials, LLC, 54.03, Instructional Supplies LIMINEX, INC DBA GOGUARDIAN AND PEAR DECK LEARNING, 6,000.00, GoGuardian LiveSchool, 3,358.94, 25/26 Subscription MALAUSKY, MATTHEW, 51.00, SAI CONF REIMBURSEMENT Marcus Lumber, 1,232.00, Maint Supplies Marzano Resources LLC, 89.95, Instructional Coach Resource Mathematically Minded, 468.00, Annual Renewal Mid-West 3D Solutions, LLC, 2,861.00, Curriculum Purchase Midwest Computer Products, Inc., 22,008.08, BenQ boards MJ Floors, 18,950.00, Gym Floors MODERN HEATING INC, 1,145.89, SUPPLIES Motor Parts Sales, 766.92, TRANS SUPPLIES Mystery Science, Inc., 1,199.00, Subscription NWEA, 7,223.75, Testing One Office Solution, 2,777.99, Tables/Chairs Pilot Rock Signs, 100.00, Parking Signs Piper Sandler & Co., 1,000.00, Dessemination Agent Pitco Education, LLC, 95.85, Supplies PITTS, KELLY, 140.00, DOT Physical Plunkett's Pest Control, Inc, 77.00, Pest Control Prophet Corporation c/o, The, 1,686.35, PE Supplies Quadient Finance USA, Inc., 546.44, Postage REALITY WORKS, 971.78, Curriculum Purchase Really Great Reading, LLC, 8,977.70, Curriculum Renewal

Reams Sprinkler Supply, 298.86, Parts Renaissance Learning, Inc., 3,364.40, Curriculum Renewal Riverside Assessments, LLC, 8,777.20, Curriculum Purchase Rock Valley Precast, Inc., 583.00, PARKING CURBS Rural School Advocates of Iowa, 750.00, Membership Dues 2025-2026 Sanitary Services, Inc., 4,548.60, Garbage Collection SCE, LLC, 2,783.45, Outside Labor Scholastic Magazine, 3,425.84, Annual Renewal School Administrators of Iowa, 1,740.00, SAI Conference/Dues School Bus Sales, 200.91, PARTS School Connect, LLC, 450.00, Annual Renewal School Nurse Supply, 513.48, Health office supplies School Specialty, LLC, 5,408.61, Classroom Materials Secure Content Technologies, Ltd., 2,000.00, Securly for Ipad Soundzabound Music Library, 149.00, Music Library Spencer CSD, 20,318.15, 24-25 2ND Sem Spec Ed Expenses Staples, 1,053.34, Supplies Storey Kenworthy/Matt Parrott, 169.36, Checks Teacher Synergy, LLC, 275.00, Curriculum Thomas Bus Sales of Iowa, Inc., 236.04, Transportation Parts Time Management Systems, 398.88, Time & Attendance Ventris Learning LLC, 301.00, Professional Supplies Verizon Wireless, 562.08, Cell Service Western Iowa Tech Comm College, 6,866.17, Project Success Xello Inc., 4,800.00, Xello Your FleetCard Program, 7,740.36, Gasoline/Diesel Fund Total, 327,258.91

MANAGEMENT FUND

Central Insure, 245,335.85, Insurance Premium Iowa Local Government Risk Pool, 156,836.30, Natural Gas Program Risk Administration Services, Inc., 42,102.00, Workers Compensation Storm Protection Fund, 28,381.00, **STORM PROTECTION FUND** SU Insurance Company, 18,871.75, Equipment Breakdown Fund Total, 491,526.90

SELF-INSURANCE FUND

Point C, 4,475.00, Admin Fees United States Treasury, 656.88, PCO-Rl Fee

Fund Total, 5,131.88
Local Option Sales and Service Tax Fund
Rick's Computers, 98,550.00, Chromebooks
Fund Total, 98,550.00
PHYSICAL PLANT & EQUIPMENT
Access Systems Leasing, 2,125.70, Lease for Copiers Aercor Inc, 1,751.60, Replacement AP's Carroll Control Systems, Inc., 1,022.50, HVAC Champion Electric, 703.36, Outside Labor Copper Cottage, 6,824.31, HVAC eBOARDsolutions, 7,413.00, FY 26 Subscription Elevate Roofing, 1,260.93, Roof Repairs KOOPMAN ROOFING, INC, 2,397.94, Roof Repairs M & S HVAC Services, LLC, 4,534.66, HVAC MODERN HEATING INC, 3,072.09, Drinking Fountain Mongan Painting Company, 2,100.00, Painting PLAINS MECHANICAL SERVICE, 340.00, HVAC Software Unlimited, Inc., 16,069.00, Software Fund Total, 49,615.09

STUDENT ACTIVITY FUND

Amazon Capital Services, 952.63, Supplies Anderson, Jaydin, 150.00, Official CENTER SPORTS, INC, 90.19, Football Supplies Christopher, Cory, 160.00, Official Fareway Stores, Inc., 172.04, Concessions Fleming, LeAnn, 135.00, Official Fry, Mike, 135.00, Official Hy-Vee Pharmacy, 24.00, Flowers Senior Night IOWA HIGH SCHOOL MUSIC ASSOCIATION, 25.00, IHMSA Fees Kalous, Shane, 175.00, Official LeMars Community Schools, 400.00, Band competition NASSP 385.00, NHS Chapter Dues PAULSRUD, JAXON, 95.00, Official PEDERSEN, LES, 135.00, Official RobotZone, LLC, 881.96, Robotics Schuller, Tom, 160.00, Official Shea, Mark, 135.00, Official Van Beek, Allen, 245.00, Official Fund Total, 4, 455.82

SCHOOL NUTRITION FUND

JMC Computer Service, Inc., 2,677.28, 25-26 JMC Fund Total, 2,677.28 (CT0905/L#381)