

American Legion Auxiliary News

Parkinson Unit 250 of the Lenox American Legion Auxiliary met on Tuesday, April 22, 2025. We wish to thank the families of Margaret Swank and Ken Pollard who recently gave donations to our organization.

Our Memorial Program will be Monday, May 26, 2025 at 10:00 a.m. in the Lenox Community Center. The program will be on the Poppies and the POW's. Members are encouraged to meet on Thursday, May 22, 2025 at 5:00 p.m. out at the West Cemetery to put flags on veterans and auxiliary members' graves.

Coloring books about the history of the poppy will be handed out to all 3rd graders during Memorial Week.

Members can order Auxiliary shirts online. Order by May 12th if you

Gary Freeman awarded Urban Rural Good Citizen award

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tried his hand at wheat, but quickly learned there just wasn't much money in it. By the 1980s, he was farming around 2,000 acres. When his father's health declined in the late '80's, Gary took over that land as well. Over the years, he continued to grow his operation and purchased several farms.

Barb played a vital role

would like a shirt for Memorial Week. This is a fundraiser for our organization, as for every shirt ordered the chapter will receive \$5.00 per shirt. Talk to Linda Christensen if you need more information.

Scholarships were judged by Linda Weeber, Linda Kemery, Jennie Tyler, and LaDonna Pafford. The Auxiliary will be presenting a \$300.00 scholarship this year on May 7, 2025 during the school awards program.

Flag A Yard will be our fundraiser in June. Watch the paper for more details.

Safety Letters to all area farmers were sent out. We wish them good luck during the spring planting season.

Our next meeting will be Tuesday, May 13 at 5:15 p.m. at St. Patrick Catholic Church.

in the farm – helping plant beans, hauling grain, and running parts. Farming was always a family effort.

Gary farmed for nearly 50 years, dedicating his life to the land. Eventually, health concerns forced him to scale back, and in 2025, his son-in-law, Monty Douglas, stepped into take over farming his ground – continuing Gary's legacy.

From the Desk of Your Life Fitness Center Marti Cordell

The last couple of weeks I expanded on some excuses and offered some ideas to bust them. I decided this week I would just list a few more because excuses are sneaky sometimes and often very convincing.

Last week we touched on the “I don't have time” and suggested doing short HIIT training and other things that can be done in a short amount of time.

“I'm too tired.” There are days I feel this to the bone but let me tell you, you never regret a workout when it's done. Exercise actually increases energy. Start with light movement and see where it goes. Many times once I get started I find that I am not too tired after all.

“I don't have a gym membership” Well, what are you waiting for? LOL. Just kidding, kind of.

Whether you just don't have one, can't afford one, or just don't like going to one, there are many ways to exercise outside of the gym if you just do it. I find it easier to do it if I go somewhere because there are less distractions.

“I get bored.” Yep this is me too. Switch things up, try different types, follow different challenges or different people. Take your workout outside.

“I don't see results fast enough.” We all want results overnight but it just doesn't happen that way. Keep going, just because you don't see it in a day, a week, or even a month exercise is making changes that you won't believe. I challenge you to notice things outside of looking in the mirror or stepping on the scale. Things like less aches, the ability to get more done without resting,

or not getting winded with short bursts of movement. If you are consistently exercising notice how much quicker your recover, how many reps you are able to do or the improvement in your form. You can even have blood pressure improvements, lower cholesterol and lower your risk of diabetes.

And another big one....

“I don't know what to do.” There are endless resources many of them are online. However, if you are not comfortable with online there are still many resources in books, magazines or the people around you. We all have that “I feel dumb asking for help with this” which is ridiculous but that doesn't change the fact that we have all felt that way at some point. I used to dislike weights and floor

work and I think a lot of it was not knowing what to do because now that I have figured it out I love it.

“I get enough exercise at work.” I won't deny that there are some very physical jobs. However, technology has minimized a lot of physical labor and I am willing to bet many of us are not as active as we think.

“I can't exercise because \_\_\_\_\_.” Insert any physical ailment. I am here to tell you many aches are caused by lack of movement. There are ways around issues. Consult your doctor and to figure out what movements to avoid and then work around them and modify.

We all come up with justifiable excuses. Call yourself out on your own BS. It won't stop the excuses from coming but it might help you push through them.

Past Time Tables

10 Years Ago:

Lenox band and vocal students hosted the Iowa High School Music Association's (IHSMA) State Solo and Ensemble Contest in 2015. Eight schools participated in this event. Lenox had 37 entries with 14 band and 23 vocal events. The band and vocal students received 19 Division I, 14 Division II, and 2 Division III ratings and 2 Comments only.

On a dreary, dank, windy, very chilly 46-degree evening starting 6:00 p.m. vehicles began arriving for the walk-in to the Lenox School Junior-Senior Prom. The theme this year was Time After Time incorporating eras of the 1920's, 50's, 60's, and 80's. The gym was divided into quadrants where each era was represented.

Lenox Municipal Utilities invited the third-grade students from Lenox Elementary School to join them in celebrating Earth Day. Thirty-three students, Mrs. Standley and Ms. Still came to the E.W. Tyler Municipal Wind Station where John

Borland, LMU General Manager, explained the way the turbine works and answered the students' questions. In groups the students and teachers went inside the wind turbine. Two trees were planted. We are hoping to take a picture with this third-grade class in nine years at graduation to see how much the trees have grown. The students colored pictures of the wind turbine for a contest. Trey England and Abigail Kennan were the winners.

25 Years Ago:

Nearly 22 years with the United States Postal Service will come to an end for Paul Brokaw when he finishes his final day of work at the post office on May 1,2000. He started as a part-time clerk on May 13, 1978. In 1982 he replaced Spec Calvin as postmaster. Debb Grout will assume duties as Officer in Charge at the Lenox Post Office on May 1.

The Lenox Care Center named the resident and staff members of the quarter. The resident of the quarter was Edwin Arthur

(Art) Kilgore. He had lived at home a long time, but needed extra care and came to the Care Center and liked it. The staff member chosen was Marilyn James. She was trained as a medical secretary, but had other positions before being trained as an EMT.

Gary Swank of Lenox recently enjoyed an expense paid trip for two to Las Vegas, compliments of Garst Seed Company. Gary farms 500 acres of land and has cattle. Gary recently entered the Master's Contest with Garst 8541, which yielded a winning 192.71 bushels per acre! He took home first place honors in the local division.

50 Years Ago:

The Lenox faculty is nearing completion with the need for a high school vocal teacher being the one vacancy still to be filled. In the elementary grades, Mrs. Karl Sundell and Mrs. Neva Hill are retiring, and Janice Cline, special education teacher has resigned. Sharon Warner has been hired as 4<sup>th</sup> grade teacher for the 1975-76

school year. Mrs. Earl Clem will teach 3<sup>rd</sup> grade while Mrs. Don Briley will have a combination 1<sup>st</sup> -2<sup>nd</sup> grade.

Mr. and Mrs. Kirk Maharry of Manson, Iowa are the proud parents of a daughter, Nicole Lea, born April 27<sup>th</sup>, 1975 at Fort Dodge. She is welcomed into the home by two brothers, Rodney and Andrew.

The Lenox girls track team upset favored Bedford for the team title at the Jayette Relays. The final team score saw Lenox with 77 ½ points, Beford with 76 points and Anita followed closely with 66 in the seven-team field. Vicki Gordon took the only first place for the Tlgerettes as she won the 880-yard run in a new school record time of 2:33.6 and the mile run in 5:44.4. She also ran on the second-place distance medley relay team. Individuals placing second were: Gail Brokaw in the shot put and discus, Shirley Miller in the long jump and Janet Bradley in the high jump.

notified that on April 25, 2025, the undersigned was appointed administrator of the estate.

Notice is hereby given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against

the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the date of the second publication of this notice or one month from the date of the mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated on April 29, 2025.

Delia E. Tirado  
Administrator of the Estate  
1625 SE Roberts Drive  
Apt 207  
Gresham, OR 97080  
Rod K. Maharry  
ICIS#: AT0004958  
Attorney for the  
Administrator  
Engel & Maharry, PLC  
713 Davis Ave.  
Corning, IA 50841  
Date of second publication  
14 day of May 2025.

5-7-2t



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NOTICE OF PUBLIC HEARING - AMENDMENT OF CURRENT BUDGET				
City of CLEARFIELD				
Fiscal Year July 1, 2024 - June 30, 2025				
The City of CLEARFIELD will conduct a public hearing for the purpose of amending the current budget for fiscal year ending June 30, 2025				
Meeting Date/Time: 5/21/2025 06:15 PM		Contact: Pam Nickell		Phone: (641) 336-2479
Meeting Location: Clearfield City Hall, Council Chambers, 401 Broadway St., Clearfield, IA				
There will be no increase in taxes. Any residents or taxpayers will be heard for or against the proposed amendment at the time and place specified above. A detailed statement of: additional receipts, cash balances on hand at the close of the preceding fiscal year, and proposed disbursements, both past and anticipated, will be available at the hearing. Budget amendments are subject to protest. If protest petition requirements are met, the State Appeal Board will hold a local hearing. For more information, consult <a href="https://dom.iowa.gov/local-gov-appeals">https://dom.iowa.gov/local-gov-appeals</a> .				
REVENUES & OTHER FINANCING SOURCES		Total Budget as Certified or Last Amended	Current Amendment	Total Budget After Current Amendment
Taxes Levied on Property	1	141,970	0	141,970
Less: Uncollected Delinquent Taxes - Levy Year	2	0	0	0
Net Current Property Tax	3	141,970	0	141,970
Delinquent Property Tax Revenue	4	0	0	0
TIF Revenues	5	0	0	0
Other City Taxes	6	36,080	0	36,080
Licenses & Permits	7	845	0	845
Use of Money & Property	8	3,605	0	3,605
Intergovernmental	9	141,000	0	141,000
Charges for Service	10	419,500	0	419,500
Special Assessments	11	0	0	0
Miscellaneous	12	25,000	15,000	40,000
Other Financing Sources	13	0	0	0
Transfers In	14	0	0	0
Total Revenues & Other Sources	15	768,000	15,000	783,000
EXPENDITURES & OTHER FINANCING USES				
Public Safety	16	21,650	0	21,650
Public Works	17	153,000	0	153,000
Health and Social Services	18	0	0	0
Culture and Recreation	19	48,154	10,000	58,154
Community and Economic Development	20	78,000	0	78,000
General Government	21	77,000	5,000	82,000
Debt Service	22	9,619	0	9,619
Capital Projects	23	0	0	0
Total Government Activities Expenditures	24	387,423	15,000	402,423
Business Type/Enterprise	25	400,000	0	400,000
Total Gov Activities & Business Expenditures	26	787,423	15,000	802,423
Transfers Out	27	0	0	0
Total Expenditures/Transfers Out	28	787,423	15,000	802,423
Excess Revenues & Other Sources Over (Under) Expenditures/Transfers Out	29	-19,423	0	-19,423
Beginning Fund Balance July 1, 2024	30	561,043	0	561,043
Ending Fund Balance June 30, 2025	31	541,620	0	541,620
Explanation of Changes: The City of Clearfield was the fiscal sponsor on behalf of the Clearfield Cemetery Board. They were the recipient of a Taylor County Endowment Grant for the driveway at the cemetery. The expenses for General Government are some higher than anticipated.				

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