

RATHBUN LAKE AREA YMCA CONT.

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A restored full-size gymnasium, once divided, now reopened for basketball, volleyball, and pickleball, a 1,500-square-foot fitness center addition, filled with brand-new cardio and strength equipment, newly created community room, designed for gatherings, meetings, and social connection, refreshed wellness studio for group fitness classes and programming, upgraded lobby, offices, and entryway, improving both function and accessibility, new WiFi café space, allowing members to work or relax while on-site.

Ross noted that more than \$100,000 in new equipment has been added to support a growing membership base and expanded programming. "We've added space and improved what we have so we can do more," Ross said. "More programs, more opportunities, and more ways to serve people of all ages."

One of the most talked-about features of the renovation is a unique piece of strength equipment known as the "Stabilizer," designed by Centerville native JR Bonus. The machine, which allows for more natural body movement during lifts compared to traditional fixed systems, is the first commercial unit of its kind and was installed right here in Centerville.

"This is unit number one," Ross said during the facility tour. "When you see these anywhere else, just remember, the first one is right here."

Bonus, who helped design the new weight room layout and equipment selection, emphasized safety, accessibility, and versatility as key goals in bringing the Stabilizer to the YMCA.

The ribbon cutting was just the start of a full day of activities designed to invite the public in and showcase the facility.

Community members had the opportunity to tour the new addition and renovated spaces, participate in free fitness classes, including yoga and strength training, watch swim team demonstrations, enjoy family-friendly activities, including pool inflatables, and compete in a free throw contest in the

updated gym. The event also served as an open invitation for residents to explore membership options and experience the YMCA firsthand.

"It doesn't cost to look," organizers said. "Come in, take a tour, and see what the Y has to offer."

While the physical upgrades are significant, YMCA leaders were quick to emphasize that the mission remains unchanged.

Membership continues to be the backbone of the organization, allowing the Y to reinvest directly into the community through programs, scholarships, and services.

"Mission comes before money," Ross said. "But without support, there is no mission. Every membership helps us give back, whether it's through youth programming, swim lessons, or financial assistance for families."

Even with the ribbon officially cut, YMCA leaders say this is only the beginning.

Plans are already in motion for continued improvements, including future work in the pool area and expanded programming opportunities across all age groups.

"The most exciting part," Ross said, "is that we're just getting started."

For Centerville and the surrounding communities, the renovated YMCA stands as both a reflection of what's been accomplished and a promise of what's still to come.

Thank you to the following Donors:

Appanoose Industrial Corporation, Allerton Gas, Hall Engineering, Kris Koestner, J Donald & Laurel Lee Family Foundation, Rochelle Porter, Rhonda Dixon, Frank Reznicek, Valeriee McKinley, Michael Craver, Morgan Cline Foundation, C&C Machining Inc., State of Iowa, Rita Hartness, Jason Fraser, Porter, Ann Young, Nicole Clapp, Valerie McKinley, James E Shirley, Quinten Merritt, Joe Sharp, Norma Putman, Leslie Schramm, Blake Waldrop, Jamie Lewellen, Janell Armstrong, Reznicek Family, Kendal Gonnerman, Vickie Spurgeon, SHerwin Williams, JB McConville. All totaling more than \$795,000 total towards the project.

CHARITON VALLEY ELECTRIC COOPERATIVE ANNOUNCES 2026 YOUTH TOUR REPRESENTATIVES

Chariton Valley Electric Cooperative (CVEC) has selected two local students to represent the cooperative on the 2026 Electric Cooperative Youth Tour to Washington, D.C.

This year's representatives are Isla Avery, a student at Centerville High School, and Kirah Whitney, a student at Moravia High School. The students were selected through an application and interview process and will join other Iowa students in June for the weeklong leadership experience in the nation's capital.

Sponsored by electric cooperatives across the country, the Youth Tour gives high school students the opportunity

to learn more about government, public policy and the cooperative business model. While in Washington, D.C., participants will visit national monuments and museums, meet with members of Congress and connect with students from rural communities across the United States.

"We are proud to support these students and provide them with the opportunity to experience our nation's capital," said Troy Amoss, CEO/General Manager of Chariton Valley Electric Cooperative. "Youth Tour helps develop future leaders and gives students a deeper understanding of how cooperatives serve their communities."



Isla Avery

Isla Avery is a sophomore at Centerville High School and the daughter of Evan and Rodganna Avery. At school, she is involved in band, FFA, FCCLA, wrestling, cross country, cheer, track and field, student council, speech and drama club. In their free time, Isa enjoys participating in 4-H and being an active member of her church. She is excited for the opportunity to visit Washington, D.C., meet other students from across the country and gain a better understanding of how government works.



Kirah Whitney

Kirah Whitney is a sophomore at Moravia High School and the daughter of Heather and Chad Whitney. She participates in volleyball, basketball, trapshooting and FFA, and enjoys being involved in her church's youth group outside of school. Kirah is looking forward to participating in Youth Tour and learning more about the nation's history and government.

CVEC is proud to support the Youth Tour program each year, made possible through the generosity of its membership. Investing in the next generation of leaders and giving back to the communities we serve remains at the heart of our cooperative's mission.

For more information about the Youth Tour program, visit www.cvec.com.

SHAREN KAUZLARICH OPENS CHIROPRACTIC OFFICE IN BLOOMFIELD



No matter how many ways you can think of to enjoy life, you can't do anything when you're in pain.

Pain can interfere with your recreational activities, keep you from getting a good night's sleep...even keep you from working the job

You need to support your family. That's where Dr. Sharen Kauzlarich can help. Dr. Sharen Kauzlarich is devoted to relieving back and neck pain

So stop just "imagining" your life PAIN FREE, start really living it again.

Let Dr. Sharen Kauzlarich help you get out of pain fast and back to the things you enjoy doing most!

Dr. Sharen is a graduate of Cleveland Chiropractic University in Kansas City, MO. Is Board certification which include;

National Boards of Chiropractic

Examiners. She has been a provider of chiropractic care for the past 30 years most of those years have been providing care to

Patients in the Kansas City and Lees Summit, MO area.

I am happy to announce I am opening my office in Bloomfield IA at 100 N Dodge Street, Bloomfield, IA. I will be sharing the office with Dr. Susan Warner DPM. Thursday May, 21, 2026 will be my opening day!

Scheduled days. Will be Mondays, Thursdays and Fridays. 9:00- 12:00 noon. & 1:00-3:00 pm

My approach to health care is simple. I invite my patients to take charge of their health through lifestyle choices and chiropractic care,

I strive to be a compassionate caregiver that is willing to do what is necessary to put my patient at ease.

Dr Sharen treats the following:

- *Work injuries
- *Headaches
- *Back pain
- *Neck pain
- *Joint pain
- *Numbness
- *Tingling

We understand the causes and treatment of persistent pain and offer the most Modern chiropractic techniques for painless effective relief.

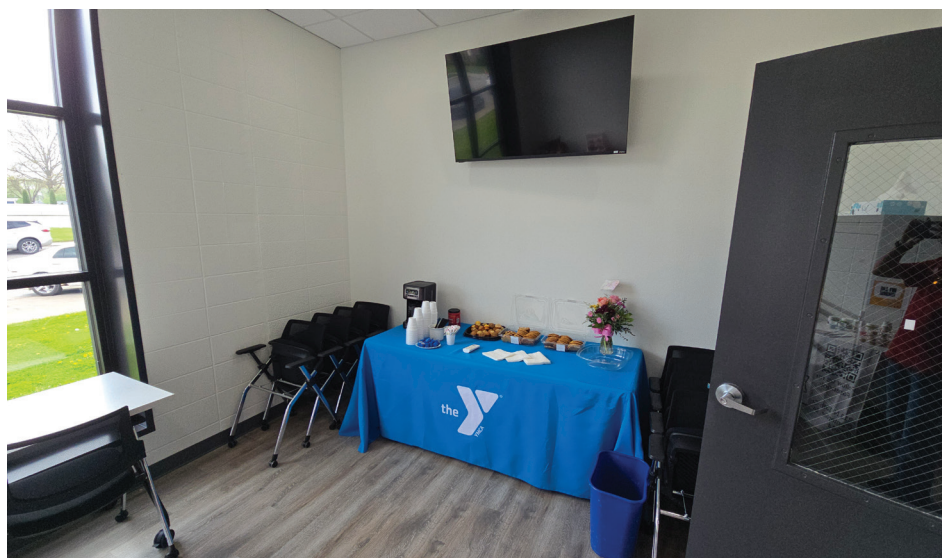
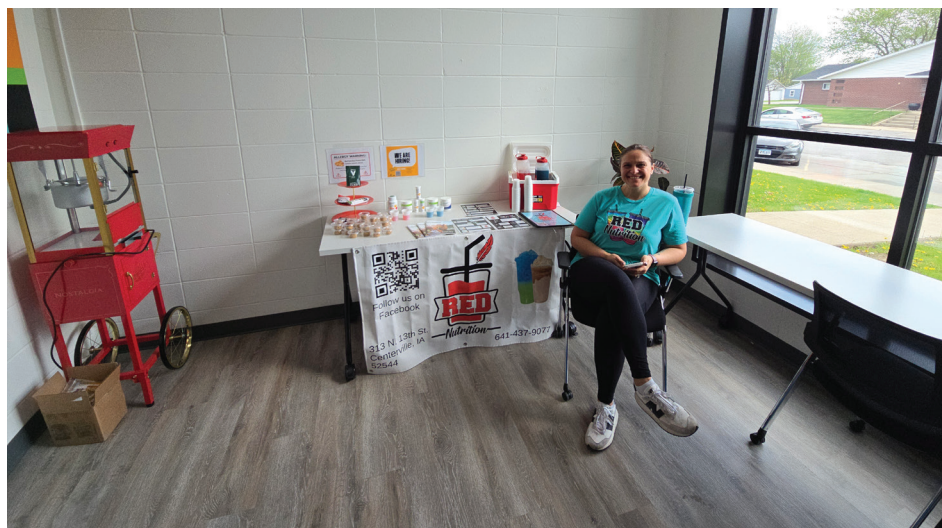
I'd love to hear from you and answer any further questions you may have about our service!

RATHBUN AREA SOLID WASTE 5-12-26 AGENDA

Rathbun Area Solid Waste 5/12/26 9:30 Meeting Location: RASWC education center

- I. Call to order
- II. Roll call
- III. Approval of agenda
- IV. Approval of Minutes from April 14, 2026 meeting.
- V. Approval of the Treasurer's & Delinquent Account Reports
- VI. Approval of April Bills
- VII. New Business

- a). SCISWA contract
- b). Larry Henderson retirement
- c). State Financial audit 25
- d). IHCC update
- VIII. Regular Business
- a). DNR correspondence
- b). Other correspondence
- c). Recycling Center and Transfer Station report from Dane Blozovich
- IX. Adjournment - Next regular meeting June 9, 2026 @ RASWC Education Center



2026 GRADUATION

We will be broadcasting Centerville High School graduation at 2:30 PM on Sunday, May 17.

WATCH LIVE ON **Pitch**.TV