

Valentine's C.A.R.E. for loved ones with dementia

Alzheimer's Foundation of America Offers Four Tips for a Dementia-Friendly Valentine's Day

Valentine's Day can take a different form for families impacted by dementia, as loved ones may be unable to express emotions, communicate, or remember shared moments as they did before the onset of dementia.

To support families and caregivers, the Alzheimer's Foundation of America (AFA) is encouraging people to show C.A.R.E. — four dementia-friendly tips for celebrating Valentine's Day with someone living with memory loss.

"Dementia may change how someone engages with the world, but it does not diminish their ability to feel love, comfort, and connection," said Jennifer Reeder, LCSW, AFA's Senior Director of Educational and Social Services. "With thoughtful adjustments, families can create meaningful moments that honor their bond on Valentine's Day and beyond."

AFA encourages families to

follow the four C.A.R.E. tips to create a dementia-friendly Valentine's Day:

•Chat About Past Experiences Together

Reminiscing can foster emotional connection and provide positive cognitive stimulation; however, asking questions like "Do you remember?" might cause frustration for someone living with memory loss. Instead, share stories as gentle reminders of a shared history.

Browse old photos, describe where they were taken, talk about favorite vacations or celebrations, and highlight meaningful memories. This shared reflection can strengthen your emotional bond without putting pressure on your loved one.

•Add Comforting Sensory Experiences

A bouquet of fragrant, non-toxic flowers—such as roses,

orchids, or sunflowers—can brighten the moment as well as stimulate the senses. You can also enjoy soothing or familiar music together, touch soft fabrics, or share a favorite dessert.

Simple sensory experiences can be uplifting for someone living with dementia, while comfort and familiarity help reduce anxiety and promote emotional well-being.

•Reinforce Connection in Any Form

Intimacy and connection may change, but they do not disappear. Whether it's holding hands, taking a short walk, watching a familiar movie, or enjoying a meal together, small and shared activities can foster closeness.

Nonverbal expressions—smiles, gentle touch, eye contact—can speak volumes when verbal communication becomes difficult.

Create and adapt to what feels natural and reassuring

for your loved one.

•Express Your Feelings Openly

Writing a Valentine's card can be a powerful gesture—both for you and your loved one. Read the message aloud so they can hear the warmth behind your words.

Even if they cannot fully process every sentence, they may still feel the emotional tone.

Expressing affection through kind words, acts of service, or other "love languages" meaningful to them will strengthen your bond.

AFA's Helpline, staffed entirely by licensed social workers who are specifically trained in dementia care, can provide additional information and support for families.

The Helpline is available seven days a week by phone (866-232-8484), text message (646-586-5283), and web chat (www.alzfdn.org).

KIWANIS KORNER

THURSDAY, FEBRUARY 5

We started the day in our usual way, Ate Amy's food, was delicious I say. Sausage and biscuits and a coffee cake, Oh what a breakfast our Amy can bake. We thank you Amy and want you to know, You are the best, win, place, and show. We all hope you had a great breakfast too, Our breakfast was a 10 hope your was a two. Come be a Kiwanian and you will say, My joining was such a happy day. We all ate hardy, and while in the mood, We thanked the Lord for our wonderful food. Our speakers today were Dale and his bride, And they told of their safari ride. They shared their adventure, with all of us, How they saw the critters from a small bus. Thank you, you two, it was a great show, We loved your sharing your trip don't you know. And then we learned and I think you will agree, Brute honesty with out empathy, Is not honesty, but is by chance, Just an mean exercise in arrogance. Our business meeting was short sand sweet, And none of your business, I must repeat. Have a great week and stay safe and sound, See you next Thursday when you stop around. Can't wait to see you become members too, We are the best in all that we do. Just help each other and you will find, How great it feels just to be kind. **SEE YOU THURSDAY, FEBRUARY 19 AT 7:00 AM AURELIA COMMUNITY CENTER**

Cover Crop Business Accelerator opens applications for 2026

Program helps build infrastructure needed to meet growing farmer demand

AMES, IA — To support continued cover crop adoption across the Midwest, Practical Farmers of Iowa and the Iowa Soybean Association are now accepting applications for the Cover Crop Business Accelerator (CCBA) program.

Now in its seventh year, the program helps new and established cover crop businesses expand to meet rising farmer demand for cover crop seed and application.

Cover crop acres in Iowa have grown quickly in recent years. Iowa farmers planted more than 3.8 million acres of cover crops in 2024, up from about 1.6 million acres in 2017, according to the 2017-2024 Nutrient Reduction Survey Results.

Even with that growth, cover crops are still used on only a fraction of Iowa's farmland. Keeping cover crop acreage growing will require more cover crop seed and more applicators across the landscape.

To address this, CCBA participants receive personalized business coaching, agronomy assistance and financial support.

Funding can be used to offset equipment costs and provide incentives for seeding.

"The Cover Crop Business Accelerator program, created in partnership with Practical Farmers of Iowa, is helping farmers learn from each other and adopt cover crops with confidence," Mike Gilman, ISA's senior conservation program manager, says. "Together, we're expanding cover crop use while improving soil health, protecting water quality and strengthening the future of our farms."

Ryan Wolf of Keosauqua, Iowa, is a current CCBA participant.

"If you have a cover crop business, it's a no-brainer for me," Ryan says. "The people you meet and network with at the events are absolutely

wonderful, all doing similar work in different parts of Iowa and across the Midwest. I'd definitely do it again."

Applications are open and will be filled on a first-come, first-served basis with priority for farmers in Iowa, Nebraska and Minnesota.

To apply, visit practicalfarmers.org/cover-crop-business-accelerator-program. For questions, contact Ann Krause at (515) 232-5661 or ann.krause@practicalfarmers.org.

This program is funded by Builders Vision Philanthropy and the Walmart Foundation.

About Practical Farmers: Practical Farmers of Iowa

is a nonprofit with more than 9,000 members that equips farmers to build resilient farms and communities.

We create learning opportunities via farmer-led events, on-farm research and educational content through our robust network of farmers. We also provide funding and technical assistance to help farmers adopt regenerative farming practices and grow farm businesses.

Our vision is an Iowa with healthy soil, healthy food, clean air, clean water, resilient farms and vibrant communities.

To learn more, visit <http://practicalfarmers.org>.

LEGAL NOTICE

CHEROKEE COMMUNITY SCHOOL DISTRICT OPEN MEETING JANUARY 22, 2026

The Cherokee Community School District Board of Education held an open meeting on Thursday, January 22, 2026, beginning at 12:30 p.m. in the Central Office, located at 600 West Bluff, Cherokee, Iowa.

The Cherokee Education Association (CEA) and the Cherokee Community School District Board of Education presented their initial proposals for the 2026-27 school year. This meeting

was open to the public in accordance with Chapter 20 of the Iowa Code.

The CEA's initial proposal included a base wage increase of \$2,000 and proposed changes to the certified staff handbook.

The Board of Education proposed a \$0 base wage increase until the Iowa Legislature establishes the Supplemental State Aid (SSA) for fiscal year 2027.

President, Board of Education Cherokee Community School District Secretary, Board of Education Cherokee Community School District (CT02-13/L#30)

LEGAL NOTICE

JANUARY 26, 2026

The Aurelia City Council met in special session on January 26, 2026, at Aurelia City Hall. Mayor Redig brought the meeting to order at 5:30 p.m. with roll call as follows: Council Members Present: Nelson,

Bleil, Bruce, Fassler Absent: Johnson Also Present: Steph McSparran Budget workshop was held. Meeting adjourned at 6:43 p.m. Roman Redig, Mayor Steph McSparran, City Clerk (CT02-13/L#14)

LEGAL NOTICE

CHEROKEE COMMUNITY SCHOOL DISTRICT SPECIAL MEETING FEBRUARY 3, 2026

The Cherokee Community School District Board of Education held a Special Meeting on Tuesday, February 3, 2026 following the public hearing. The meeting was held in the CWHS Library, 600 W. Bluff St., Cherokee, Iowa.

The meeting was called to order at 5:31 P.M.

Moved by Mullins, seconded by Barkley to approve the agenda. All

Ayes Moved by Mullins, seconded by Barkley to approve a resolution supporting the proposed issuance of approximately \$7,400,000 School Infrastructure Sales, Service and Use Tax Revenue Bonds.

Ayes: Barkley, Mullins, Thomas Moved by Mullins, seconded by Barkley to adjourn the meeting at 5:32 P.M. All Ayes

President, Board of Education Cherokee Community School District Secretary, Board of Education Cherokee Community School District (CT02-13/L#30)

LEGAL NOTICE

IN THE IOWA DISTRICT COURT FOR CHEROKEE COUNTY FREEDOM MORTGAGE CORPORATION, PLAINTIFF vs. JOHN W. GRAY, NICOLE MICHELLE GRAY, BANK OF AMERICA, N.A., QUAD CORPORATION, INC. AND STATE OF IOWA, IOWA DEPARTMENT OF REVENUE AND FINANCE, DEFENDANTS EQUITY NO. EQCV028366 ORIGINAL NOTICE FOR PUBLICATION

TO THE ABOVE NAMED DEFENDANTS:

You are hereby notified that there is a petition on file in the office of the clerk of the above court which petition prays for a judgment in rem against the property involved in this action for the sum of \$87,683.31 with interest at 3.875% per annum from and including June 1, 2025, on the promissory note executed by John W. Gray, a married person and mortgage executed by John W. Gray, a married person, and Nicole Michelle Gray, nontitled spouse joining as to marital/homestead rights only to Mortgage Electronic Registration Systems, Inc. as mortgagee, as nominee for Freedom Mortgage Corporation, its successors and assigns

and assigned to Plaintiff, who is the sole and absolute owner thereof.

Said note, together with the mortgage given to secure the same are due and payable by reason of the failure of the Defendants John W. Gray, a married person, and Nicole Michelle Gray, nontitled spouse joining as to marital/homestead rights only to pay the installments of principal when due. Plaintiff also prays in said Petition for the foreclosure of said mortgage dated February 16, 2016 recorded in Book 2016 Page 0280 in the Recorder's Office of Cherokee County, Iowa, with said note dated February 16, 2016 on the following described property, to-wit:

Lot 3, Block 8, Sanford and Moores Addition to the Town of New Cherokee, Cherokee County, Iowa

and also asking that said mortgage be declared a prior and superior lien to that of each of the above named Defendants; for appointment of a receiver; for the amount paid by Plaintiff for attorneys' fees, abstract expense, costs and accruing costs of this action; that special execution issue for the sale of said real estate to satisfy said judgment, interest, attorneys' fees and costs and for such other and further

relief as may be just and equitable. FOR FURTHER PARTICULARS, SEE COPY OF PETITION NOW ON FILE.

THE PLAINTIFF HAS ELECTED FORECLOSURE WITHOUT REDEMPTION. THIS MEANS THAT THE SALE OF THE MORTGAGED PROPERTY WILL OCCUR PROMPTLY AFTER ENTRY OF JUDGMENT UNLESS YOU FILE WITH THE COURT A WRITTEN DEMAND TO DELAY THE SALE. IF YOU FILE A WRITTEN DEMAND, THE SALE WILL BE DELAYED UNTIL THREE MONTHS FROM ENTRY OF JUDGMENT IF THE MORTGAGED PROPERTY IS YOUR RESIDENCE AND IS A ONE-FAMILY OR TWO-FAMILY DWELLING OR UNTIL TWO MONTHS FROM ENTRY OF JUDGMENT IF THE MORTGAGED PROPERTY IS NOT YOUR RESIDENCE OR IS RESIDENCE BUT NOT A ONE-FAMILY OR TWO-FAMILY DWELLING. YOU WILL HAVE NO RIGHT OF REDEMPTION AFTER THE SALE. THE PURCHASER AT THE SALE WILL BE ENTITLED TO IMMEDIATE POSSESSION OF THE MORTGAGED PROPERTY. YOU MAY PURCHASE AT THE SALE. The Plaintiff's attorneys are Petosa

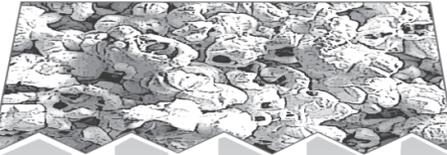
Law LLP by Benjamin W. Hopkins, whose address is 1350 NW 138th Street, Suite 100, Clive, IA 50325, telephone number 515-222-9400, facsimile number 515-222-9121.

You must serve a motion or answer on or before the 12th day of March, 2026, and within a reasonable time thereafter file your motion or answer in the Iowa District Court of Cherokee County, at the Courthouse in Cherokee, Iowa. If you do not, judgment by default may be rendered against you for the relief demanded in the Petition. This case has been filed in a county that utilizes electronic filing. You should refer to (i) Iowa Court Rules Chapter 16 for general rules and information on electronic filing; and (ii) Iowa Court Rules Chapter 16, division VI regarding the protection of personal information in court filings.

If you require assistance of auxiliary aids or services to participate in court because of a disability, immediately call your district ADA coordinator at (712) 279-6035. (If you are hearing impaired, call Relay Iowa TTY at 1-800-735-2942).

YOU ARE ADVISED TO SEEK LEGAL ADVICE AT ONCE TO PROTECT YOUR INTERESTS. (CT 02-06, 13, 20/L#126)

Fun Fact



Popcorn is popular at theaters, sporting events, amusement parks, and everywhere else people gather. Most of the world's corn production used for popcorn is in the United States. 25 states grow corn, mostly in the very fertile areas of Iowa, Illinois, Nebraska, Minnesota and Indiana.

Source: www.nal.usda.gov

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LEGAL NOTICE

CHEROKEE COMMUNITY SCHOOL DISTRICT PUBLIC HEARING FEBRUARY 3, 2026

The Cherokee Community School District Board of Education held a Public Hearing on Tuesday, February 3, 2026. The hearing was held in the CWHS Library, 600 W. Bluff St., Cherokee, Iowa.

The public hearing was called to order at 5:30 p.m.

Board Members Present: Jared Barkley, Jodi Thomas, Ray E. Mullins II; Absent: Brian Freed, Jocelyn Rigert

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

The board reviewed the proposed renovations and addition to Cherokee Washington High School. No objections were filed.

The public hearing was closed.

Moved by Barkley, seconded by Mullins to adjourn the public hearing at 5:31 p.m. All Ayes President, Board of Education Cherokee Community School District Secretary, Board of Education Cherokee Community School District (CT02-13/L#31)

LEGAL NOTICE

Notice of Sheriff's Levy and Sale IN THE IOWA DISTRICT COURT IN AND FOR CHEROKEE COUNTY STATE OF IOWA CHEROKEE COUNTY Iowa District Court Case #: EQCV028018 Cherokee County Civil #: 26-000077 WELLS FARGO BANK N.A. VS MELONY K. BENTZ A/K/A MELONY JACKSON AND SPOUSE OF MELONY K. BENTZ A/K/A MELONY JACKSON, JOAN M. GRYP AND SPOUSE OF JOAN M. GRYP; and PARTIES IN POSSESSION, Special Execution

As a result of the judgment rendered in the above referenced court case, an execution was issued by the court to the Sheriff of this county. The execution ordered the sale of defendant(s) Real Estate Described Below to satisfy the judgment. The Property to be sold is Lot 4, in Block 6, First Addition to Marcus, Iowa Property Address: 302 N MAPLE ST. MARCUS IOWA 51035

The described property will be offered for sale at public auction for cash only as follows:

Sale Date 03/19/2026 Sale Time 10:00 Place of Sale CHEROKEE COUNTY SHERIFF'S OFFICE, 111 N 5TH ST, CHEROKEE, IA 50309 This sale not subject to Redemption.

Property exemption: Certain money or property may be exempt. Contact your attorney promptly to review specific provisions of the law and file appropriate notice, if acceptable. Judgment Amount \$ 27,401.12 Costs \$6,587.92 Accruing Costs PLUS Interest \$945.90 Sheriff's Fees Pending Attorney DAVID M ERICKSON 215 10TH ST SUITE 1300 DES MOINES, IA 50309 (515)288-2500 Date 02/03/2026 DEREK SCOTT CHEROKEE COUNTY SHERIFF (CT02-13,20/L#56)

LEGAL NOTICE

The Cherokee County Board of Supervisors met in regular session on Tuesday, February 3, 2026 with Bryan Petersen, Cheryl Ellis, Dave Skou, Ray Mullins II and Shane Bellefy present. There were no representatives from the press. Tony Puffett, Jen Gaydo, Madi Stief, Helen Parks, Kelly Puhmann, Justin Pritts, Kenny Schlenger, Clay Leavitt, Mike Scholten and Maria Schueder were also in attendance. Unless otherwise indicated, all votes were offered as follows: Ayes – Mullins, Ellis, Bellefy, Skou, Petersen; Nays – none; Abstentions – none. Chairman Petersen called the meeting to order at 9:00 a.m. and led the Pledge of Allegiance.

Motion by Mullins, seconded by Skou to approve the agenda. Motion carried.

Motion by Ellis, seconded by Bellefy to approve minutes of the previous meeting. Motion carried.

There were no comments from the public.

Jen Gaydo, Madi Stief and Helen Parks, ISU Extension, reviewed financials and participation numbers for youth programs offered in Cherokee County. The supervisors voiced appreciation for the variety of programs offered to local youth through 4-H and summer programs.

Kelly Puhmann, County Engineer, presented a right-of-way permit for consideration and discussed staffing needs.

Motion by Skou, seconded by Bellefy to approve a right-of-way permit for Beck Engineering to place signs and utilize a detour on L51/C38 for the City of Cherokee West Main Street project. Motion carried.

Motion by Bellefy, seconded by Skou to authorize the County Engineer to advertise and fill a vacant

operator position in the Secondary Roads Department. Motion carried.

Puhmann provided an update on construction and maintenance activities.

Marcus Fire Department Chief Clay Leavitt and First Lieutenant Mike Scholten provided an informative presentation of the 2025 year in review comparison to previous years which included details of the department's annual fire and ambulance calls; with 157 responses and 2282 on-duty hours for their 30-member unit. They also shared information regarding their Jr firefighter program which includes 5 members. The supervisors thanked the Marcus Fire Department for their commitment to providing vital services to the area residents and applauded them for their professional administration of the volunteer family of firefighters on their department.

Motion by Ellis, seconded by Skou to approve a separation of employment and \$4,387.71 final payout of hours worked, vacation, and comp time for Jake Dyslin, Deputy Sheriff, effective January 20, 2026. Motion carried.

The supervisors provided committee reports and reviewed meeting schedules.

Review of the 2026/2027 budget continued.

There being no further business, Chairman Petersen called for a motion to adjourn the meeting.

Motion by Bellefy, seconded by Ellis to adjourn the meeting at 1:03 p.m. Motion carried. All board agendas and minutes are available online at cherokeecounty.iowa.gov. Bryan Petersen, Chairman Attest: Kris Glienke, County Auditor (CT02-13/L#93)

LEGAL NOTICE

NOTICE FOR DESTRUCTION OF NOXIOUS WEEDS

NOTICE to property owners and those in control thereof as follows:

You and each of you are hereby notified that the Board of Supervisors of Cherokee County, Iowa did on the 1st day of April, 2025, pass the following Resolution:

BE IT RESOLVED that the Board of Supervisors of Cherokee County, Iowa, in accordance with the provisions of Chapter 317, Code of Iowa, Assembly, it is hereby ordered:

1. That each owner and each person in the possession or control of any lands in Cherokee County, shall cut, burn or otherwise destroy all noxious weeds thereon as defined in this Chapter and shall prevent weed seeds from blooming or coming to maturity, and shall keep said lands free from such growth of any other weeds as shall render the streets or highways adjoining said land unsafe for public travel. Noxious weeds shall be cut, burned or otherwise destroyed be-

tween April 1 and November 15, 2026, as is necessary to prevent seed production.

PRIMARY NOXIOUS WEEDS Palmer amaranth (*Amaranthus palmeri*).

Quack grass (*Elymus repens*). Perennial sow thistle (*Sonchus arvensis*).

Canada thistle (*Cirsium arvense*). Bull thistle (*Cirsium vulgare*). European morning glory or field bindweed (*Convolvulus arvensis*).

Horse nettle (*Solanum carolinense*). Leafy spurge (*Euphorbia esula*). Perennial pepper-grass (*Cardaria draba*).

Russian knapweed (*Acroptilon repens*). Buckthorn (*Rhamnus* spp., not to include *Frangula alnus*, syn. *Rhamnus frangula*).

All other species of thistles belonging in the genera of *Cirsium* and *Carduus*

SECONDARY NOXIOUS WEEDS Butterprint (*Abutilon theophrasti*) annual.

Cocklebur (*Xanthium strumarium*) annual.

Wild mustard (*Sinapis arvensis*) annual.

Wild carrot (*Daucus carota*) biennial.

Buckhorn (*Plantago lanceolata*) perennial

Sheep sorrel (*Rumex acetosella*) perennial.

Soft dock (*Rumex crispus*) perennial.

Smooth dock (*Rumex altissimus*) perennial.

Poison hemlock (*Conium maculatum*). Multiflora rose (*Rosa multiflora*).

Wild sunflower (wild strain of *Helianthus annuus* L.) annual.

Puncture vine (*Tribulus terrestris*) annual.

Teasel (*Dipsacus spp.*) biennial.

which in five years may be expected to destroy and will immediately keep under control such infestations of said primary noxious weeds.

3. That if the owners or person in possession or control of any land in Cherokee County, fail to comply with the foregoing orders, the Weed Commissioner shall cause this to be done and expense of said work, including costs of serving notice and other costs, if any, to be assessed against the land and the owners thereof.

4. That the County Auditor be and is hereby directed to cause notice of making and entering of the foregoing order by one publication in each of the official newspapers of the County.

Offered and moved the adoption of the foregoing Resolution by Mullins II, seconded by Skou; upon roll call, the vote thereon was as follows: Ayes: Mullins II, Skou, Petersen; Nays: none

Property owners who do not desire weed spraying in their ditches should contact Cherokee County Secondary Roads Department at 712.225.6712. (CT02-13/L#108)