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Another Hawkeye 10 track title for Glenwood girls

By **JOE FOREMAN**
 EDITOR

The Glenwood girls track and field team held off runner-up Atlantic by six points to win Thursday's Hawkeye 10 Conference meet in Red Oak. Glenwood won three events and tallied 133 team points. The Rams have won four consecutive conference meet titles and eight out of the last nine. No conference meet was held in 2020 due to the COVID-19 pandemic.

The Rams won a pair of relay championships. The 4x100-meter team of Zoie Carda, Jaylynn Floyd, Danika Arnold and Alli Koontz breezed to a winning time of 50.44, while the 4x800-meter foursome of Lauren Hughes, Neyla Nanfito, Haylee Hughes and Breckyn Petersen dominated the field with a winning time of 10:12.67.

Arnold provided the Rams with an individual championship in the 200-meter dash, crossing the finish line first in 26.88. Koontz finished fourth in the race with a clocking of 27.71.

"That meet really ended up closer than maybe we would have liked, but the girls really competed all the way through and we were able to come away with the conference win," Glenwood Coach Jordan Buetel said. "Atlantic really ran a great meet and really made it interesting. Danika Arnold really had a nice night and helped us out teamwise when she won the 200

and really pulled away from the rest on the third leg of the 4x1."

The Rams had a pair of second place finishes. Carlie Clemmer was the runner-up in the 100-meter hurdles with a time of 16.37 and the 4x200-meter relay team of Carda, Courtney Crawford, Elaina Dougherty and Ella Richards finished a strong second with the time 1:52.69.

Carda and Koontz scored valuable points for the Rams in the 100-meter dash, finishing third and fourth respectively with times of 13.42 and 13.55.

Long-distance runner Madelyn Berglund landed third place in the 3,000-meter in 11:24.22 and seventh place in the 1,500 meter in 5:12.92. Emerson Griffin ran the 3,000-meter in 12:45.05 to capture sixth place.

In the high jump, Keisi Duran and Floyd finished third and fourth with identical bests of 4'8".

The Rams 4x400-meter relay team of Brooklyn Schultz, Petersen, Nanfito and Arnold crossed the finish line third in 4:17.95.

The sprint medley foursome of Carda, Dougherty, Schultz and Clemmer finished fourth in 1:56.69.

Arnold and Schultz finished fourth and sixth in the 400-meter dash with respective times of 1:02.30 and 1:03.35.

In the 400-meter hurdles, Petersen landed

GLENWOOD GIRLS TRACK, Page 2B



JOEL STEVENS / THE OPINION-TRIBUNE

Above: Glenwood high jumper Keisi Duran finished in third place at Thursday's Hawkeye 10 Conference Meet. At right: Destiny Yale was a member of the Rams' 400-meter shuttle hurdle team that captured fourth place at the conference meet. Both athletes are shown competing at a meet earlier this year in Glenwood.



Rams finish runners-up to L.C. at Hawkeye 10 boys track meet

By **JOE FOREMAN**
 EDITOR

Lewis Central won three relay races and racked up 134 team points to win the boys portion of Thursday's Hawkeye 10 Conference Track and Field Meet in Red Oak. Glenwood edged Clarinda, 107.50-104 to claim the runner-up spot in the final team standings.

The meet marked the 12th time in 13 years that Glenwood has finished either first or second place at the Hawkeye 10 meet.

"We knew entering the meet, Lewis Central and Clarinda were going to be extremely tough to beat. The H10 is solid across the board in every event," said Glenwood Coach Mark Starnier. "A lot of teams are loaded with talent and some schools have more depth than others, but the quality of athletes

in the conference is high from all 11 schools. Teams will pull points away from each other and the teams that have the most depth with that quality should rise to the top and that's exactly what happened."

Glenwood made a strong showing in the relays, winning the 4x800, and also crowned a pair of individual champions.

Anthony Driscoll-Lee won the 110-meter hurdles in 15.78 and Reagan Skarnulis was the champion in the shot put with a toss of 51', 7.5". Driscoll-Lee also scored points in the long jump, finishing fourth with a leap of 20', 0.25".

The Rams 4x800-meter relay team of Jake Shannon, Bryce Keller, Preston Slayman and Andrew Smith posted a winning time of 8:24.97, edging Atlantic for the gold.

GLENWOOD BOYS TRACK, Page 2B



JOEL STEVENS / THE OPINION-TRIBUNE

Liam Hays teamed up with Will Getter to win the No. 2 Doubles Championship at last week's Hawkeye 10 Conference Tennis Tournament.

Rams land 2nd at Hawkeye 10 Conference Tennis Tournament

By **JOEL STEVENS**
 ASSOCIATE EDITOR

Just two points separated Glenwood and Council Bluffs Lewis Central in the Hawkeye 10 Conference Boys Tennis Tournament last Monday in Shenandoah.

The Tians, behind a No. 1 singles championship from Christian Jensen and a second place finish at No. 2 singles by Drew White and Broedy Johnson, won the team title with 28 points to the Rams' 26 point day.

Glenwood swept the doubles brackets with Tyler Harger and Kayden Anderson winning the No. 1 group with an 8-2 victory over the Titans' White and Johnson. The Rams' No. 2 doubles team of Will Getter and Liam Hays defeated Kumper Catholic's Max Reincke and Braxton Lu in the finals.

Glenwood coach Grant Stivers said the second place finish was a successful day on many fronts.

GLENWOOD TENNIS, Page 2B

The Accidental Fighter

■ Glenwood grad trades gridiron for octagon

By **JOEL STEVENS**
 ASSOCIATE EDITOR



Glenwood graduate Cole Loeffelbein has had three professional fights since taking up MMA full time in 2020.

Cole Loeffelbein wasn't a wrestler. He didn't know martial arts. He had never set foot in a boxing ring.

Yet, mixed martial arts always seemed to tug at the 2017 Glenwood Community High School graduate.

So much so the one time college football player has traded in that interest for a set of newly acquired skills borne from a whole lot of hard work toward a singular goal: becoming a professional MMA fighter.

"I became completely obsessed with the fight world," said Loeffelbein, 24, of his headlong leap into the sport.

He'd long been a fan of televised combat sports but had never partaken until four years ago. His interest was first piqued in middle school when he discovered the ancient Greeks had their own form of competitive mixed martial arts called "pankration." The sport combined both boxing and wrestling as well as chokeholds and kicks making it very similar to MMA.

"A lot of the philosophers of that area, like Plato, competed in it," he said. "I just feel like it builds a well-rounded person and creates humility."

He considered taking MMA up in high school but was focused on team sports, where Loeffelbein was a standout on the Rams' football and baseball teams, to give it much consideration.

But when injuries stalled his college football career – first at Iowa Western and then Truman State – Loeffelbein turned to the sport that would soon become his passion.

"My heart wasn't in it," Loeffelbein said of football. "I knew I wanted to either do MMA or boxing so I figured why get hurt in something I'm not all in on. From there, it was feeling out what I wanted to do. For me it didn't make a lot of sense to learn how to fight if you're not going to learn how to fight completely. With my hands and the submissions and the kick boxing."

Mixed martial arts won out. Once he decided on his path, he threw himself into the training. He moved to Iowa City and began training full time. He took up Brazilian jiu-jitsu, learned the intricacies of submission grappling, then kickboxing and striking.

"I figured there was not a better place to learn to grapple than Iowa City."

Loeffelbein last wrestled in middle school and had never studied a martial art before stepping into a jiu-jitsu dojo as a 20-year-old.

"When I first showed up at a class and I was putting on my gi, I was like 'What is this?'" he said of the traditional jiu-jitsu uniform. "They call them combat pajamas. It was weird tying the belt around and I still don't really know how to do it correctly."

That first day was both humbling and invigorating.

"You see these guys who you know you're athletic than but they're choking you out and trying to break your arm or your legs and you're tapping out left and right," he said. "It's just very humbling because you quickly realize how much you don't know and how helpless you'd be in a real life struggle despite the fact you're this 21 year old guy works out and keeps himself in shape. The reality is when you're in there with someone who knows what they're doing, who is also in shape, you're helpless."

Those eye-opening early experiences only served as motivation.

"It made me fall in love with it more. It's the fact there is so much to learn and there's so many ways to play this."

Loeffelbein trains three to four hours a day, six days a week turning his passion into craft. Heavy bag work, shadow boxing, a ton of tape review, weights and cardio all swirling together into what amounts to a full-time job.

Winning over his parents – Barry and Kathleen – to the idea he was charting a course to be a professional MMA fighter may have been harder.

"My mom is just a very kind person so it's hard for her to understand," he said. "And then my dad, coming from a more traditional team sports background, and being a humble person himself, he thought it was more of a

LOEFFELBEIN, Page 3B

F-M girls, East Mills boys win Corner Conference track crowns

By **JOEL STEVENS**
ASSOCIATE EDITOR

The Fremont-Mills girls and the East Mills boys won Corner Conference Track and Field Meet championships last Tuesday at Griswold.

Fremont-Mills' girls captured their second straight conference title with 204 points. The East Mills girls were second with 106 points.

East Mills' boys squad won its third straight championship with 184.6 points to runner up Fremont-Mills' 134 points.

The Knight girls were dominant at the meet, scooping up 10 gold medals and placing second in five other events.

Hannah Wilson had a hand in three gold medals, winning the 800-meters and 1,500-meters, 3,000-meters. Also picking up golds were Lana Alley (200-meters), Teagan Ewalt (400-meters), Charlie Chambers (high jump) and the Knights' 4x400, 4x800, shuttle hurdle and sprint medley relays.

Fremont-Mills' boys got a pair of first place performances Cooper Marvel in the discus and the shot. Ike Lemonds added a gold medal in 1,600-meters and second place finish in the 3,000-meters.

"The boys and girls both performed well," said Fremont-Mills girls and boys coach Kyle Fichter. "Tough conditions for everyone with the wind, but the kids competed and did well. Keeping the combined points trophy was a goal and we were able to do that, so everyone was excited. Every athlete did what they were asked to do with very loaded nights for many of them and they stepped up and got it done."

The East Mills boys had top finishes in 11 events to win the team honors.

Winning individual golds were Davis McGrew (400), Caleb Urban (800, 400-meter hurdles), Matthew Haley (200-meters), Peyton Embree (110-meter hurdles) and Anthony Obermiller (3,200).

The Wolverine relays also had a strong day, taking home gold in the 4x100, 4x400, 4x800, shuttle hurdle and distance medley relays.

Emily Williams led the East Mills girls with three gold medals and a silver. The senior won the 100-meters, 100-meter hurdles and 400-meter hurdles and ran the anchor leg on the second-place sprint medley relay.

The Wolverines' boys and girls scores were both their highest at the conference meet in school history.

Corner Conference Meet Girls Team Results

1 - Fremont-Mills, 204; 2 - East Mills, 106; 3 - Griswold, 81; 4 - Stanton, 77; 5 - Sidney, 57; 6 - Essex, 47; 7 - Hamburg, 3.

Fremont-Mills Girls Top Medal Winners

100m dash: second place, Lana Alley, 13.24.
200m dash: first place, Alley, 27.93.
400m dash: first place, Teagan Ewalt, 1:03.61.
800m run: first place, Hannah Wilson, 2:28.18.
100m hurdles: second place, Emily Madison 16.69.
1500m run: first place, Wilson, 5:53.46.
3000m run: first place, Wilson, 12:04.06.

400m hurdles: second place, Wilson, 1:09.75.
Discus: second place, Macy Mitchell, 91' 3".
High jump: first place, Charlie Chambers, 5' 10".
Long jump: third place, Chambers, 15' 6.5".
Shot put: second place, Mitchell, 32' 7.25".
4x100m relay: fifth place, Fremont-Mills (McKenna Woods, Reese Gute, Olivia Mahaney and Hayleigh Mattox), 57.85.

4x200m relay: fifth place, Fremont-Mills (Izzy Weldon, Ellie Switzer, Reese Gute and Bella Gute), 2:05.35.

4x400m relay: first place, Fremont-Mills (Switzer, Ella Thornton, Chambers and Ewalt), 4:31.52.

4x800m relay: first place, Fremont-Mills (Switzer, Thornton, Mylie Hughes and Makenna Brandt), 11:54.84.

Shuttle hurdle relay: first place, Fremont-Mills (Switzer, Thornton, Hughes and Brandt), 11:54.84.

Sprint medley relay: first place, Fremont-Mills (Woods, Reese Gute, Bella Gute and Madison), 1:08.06.

Distance medley relay: second place, Fremont-Mills (Woods, Reese Gute, Bella Gute and Thornton), 4:59.01.

East Mills Girls Top Medal Winners

100m dash: first place, Emily Williams, 12.94.
200m dash: second place, Jenna Thornburg, 28.43.
400m dash: fourth place, Cloe Brown, 1:12.40.
800m run: third place, Aspen Crouse, 2:51.20.
100m hurdles: first place, Williams, 15.72.
1500m run: second place, Crouse, 5:58.50.
400m hurdles: first place, Williams, 1:09.63.
High jump: third place, Brown, 4' 4".
4x100m relay: third place, East Mills (Thornburg, Natalie Goodman, Audrey Boban and Alysia Montgomery), 56.99.

4x200m relay: fourth place, East Mills (Addy Goy, Goodman, Boban and Kandra Laumann), 2:04.80.

4x400m relay: third place, East Mills (Brown, Mia Urban, Ryleigh Brodigan and Laumann), 4:57.89.

4x800m relay: third place, East Mills (Crouse, Venna Sayers, Brodigan and Sophia Morrical), 12:17.67.

Sprint medley relay: second place, East Mills (Thornburg, Goodman, Urban and Williams), 2:01.60.

Distance medley relay: first place, East Mills (Thornburg, Boban, Urban and Crouse), 4:58.11.

Boys Team Results

1 - East Mills, 184.6; 2 - Fremont-Mills, 134; 3 - Griswold, 85; 4 - Stanton, 75; 5 - Sidney, 65.3; 6 - Essex, 36.

Fremont-Mills Boys Top Medal Winners

100m dash: third place, Payten VanHouten, 12.23.
200m dash: fourth place, VanHouten, 25.09.
400m dash: fourth place, Dylan Linkenhoker, 57.76.
800m run: fifth place, Ike Lemonds, 2:30.62.
110m hurdles: second place, JW Linkenhoker, 15.92.
1600m run: first place, Ike Lemonds, 5:21.96.
3200m run: second place, Lemonds, 11:38.43.
400m hurdles: fifth place, Blake Schaaf, 1:09.07.
Discus: first place, Cooper Marvel, 132' 8".
Long jump: second place, Landon Baker, 18' 3.5".
Shot put: first place, Marvel, 47' 7".
4x100m relay: third place, Fremont-Mills (VanHouten, Lucas Madison, Carter Rycroft and Jonathan Ekpai), 49.95.

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GLENWOOD BOYS TRACK

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"When you get to this stage, you have to take the points when you can and that's how we approached it," Starner said. "We placed in 16 of the 19 events. We double placed in 5 events and placed in all relays."

Glenwood had two second-place finishes in the relays. The 4x110-meter shuttle hurdle team of Aaron McPherson, Payton Longmeyer, Aaden Lopez and Driscoll-Lee posted a time of 1:05.35 to land the runner-up spot, while Victor Cruz, Jake Shannon, Cooper DeLashmutt and Andrew Smith combined to run the 4x400-meter relay in 3:32.53 for a second-place showing.

Bryant Keller finished a strong second in the 1,600-meter run, with a clocking of 4:29.12. He posted times of 2:01.93 in the 800-meter run and 10:05.38 in the 3,200-meter to land fourth-place finishes in both races.

In the discus, Logyn Eckheart recorded a best throw of 140', 10" and finished in fourth place.

Other Glenwood relay teams scoring points at the meet included the distance medley foursome of Longmeyer, Tristan Meier, DeLashmutt and Smith, which finished fourth in 3:47.07; the 4x100-meter team of Jackson Mulkins, Keaton German, Longmeyer and Driscoll-Lee, fifth place in 44.69; the 4x200 combination of Mulkins, Drew Schroeder, Cruz and Meier, sixth in 1:34.31; and the 800-meter sprint medley team of Mulkins, German, Meier and Cruz, sixth in 1:40.56.

The Rams had a pair seventh-place finishes in individual events - Eckheart in the shot put (45') and Lopez in the high jump (5', 4"). In the long jump, Longmeyer landed in eighth place with a best of 19', 4".

"Each event won was a thriller," Starner noted. "We either had to come from behind or hold off someone to claim the title. Skarmulis pulled the upset over LC thrower (Matiyov) and were big points for us. The 4 x 8 was an exciting race against Atlantic. Andrew Smith held off the Atlantic anchor on a late charge to take the win."

"Driscoll-Lee has been solid all year in the highs and held off a late surge by Atlantic's McClaren to take the 110 high title, in the event that featured a heavy headwind."

Hawkeye 10 Conference Meet Team Standings

1 - Lewis Central, 134; 2 - Glenwood, 107.50; 3 - Clarinda, 104; 4 - Harlan, 85; 5 - Shenandoah, 76; 6 - Atlantic, 69; 7 - Denison-Schleswig, 47; 8 - Kuemper Catholic, 42; 9 - Red Oak, 37.50; 10 - St. Albert, 36; 11 - Creston, 22.

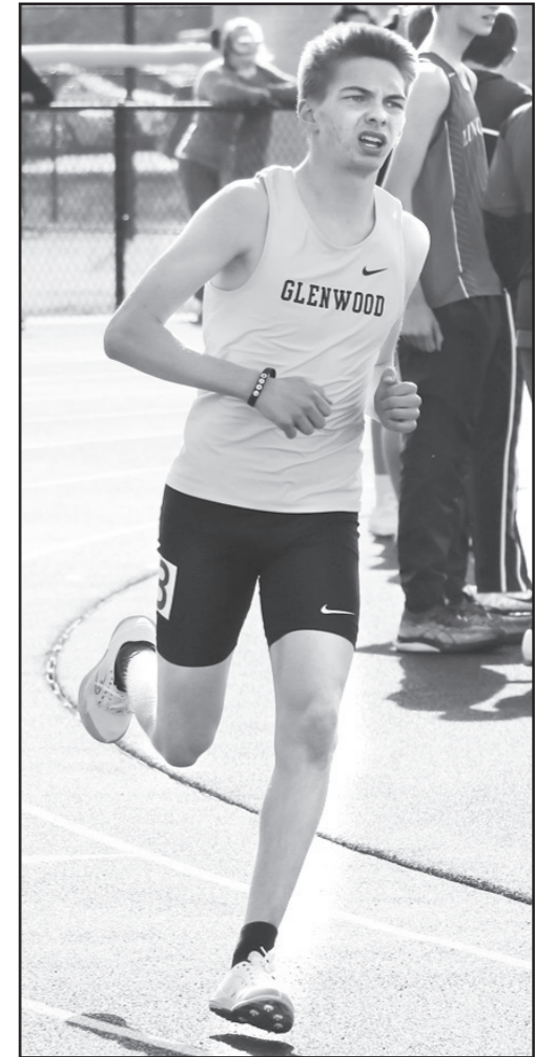
Rams Finish 2nd at Atlantic Meet

Glenwood tuned up for the conference meet by competing at the Bruce Henderson Invitational in Atlantic last Monday, May 1.

The Rams finished in second place in the team standings behind Atlantic.

"This was a meet to fine tune some events in preparation for the conference meet," Starner said. "We limited our athletes in events to ensure that they would be fresh and ready for the conference meet. The weather was less than ideal for getting good times due to the wind and cool temperatures."

Two Rams claimed individual championships - Driscoll-Lee won the 110-meter high hurdles (15.51) and Keller crossed the finish



JOEL STEVENS / THE OPINION-TRIBUNE

Bryant Keller scored valuable points for the Rams at the Hawkeye 10 Conference Meet, placing second in the 1600-meter run and fourth in both the 800-meter and 3200-meter.

line first in the 800-meter (2:03.28).

The Rams' 1,600-meter distance medley relay team of Meier, Lopez, Shannon and Smith also finished in first place in 3:50.36.

Glenwood finished the meet with four second-place finishes - Ethan West in the 3,200-meter (11:37.38), Longmeyer in the long jump (19'), Skarmulis in the shot put (46', 8.75") and the 4x400-meter relay team of Shannon, McPherson, Smith and DeLashmutt (3:36.47).

Starner noted that Longmeyer is the Glenwood freshman long jump record holder, but hadn't jumped since his freshman year.

"He had a couple of days to prepare but marked every jump and leaped 19'0. He has the ability to help us down the road and has the potential of going over 20 feet," he said. "Reagan Skarmulis placed 2nd in the shot put. It was not a good night for any thrower, however, Reagan managed to put a couple out there and take home the silver. Reagan has been pretty consistent in throws and that stands out in situations like this when the field may struggle, he dials it in."

Starner praised McPherson for stepping up to fill in for Cruz in the relay, who was held out because of an injury. McPherson had competed in only one relay event this season prior to the Atlantic meet.

"Aaron did a great job filling in," Starner said. "He never argues or is reluctant to do anything the coaches ask of him."



Glenwood high jumper Aaden Lopez cleared 5', 6" at last week's meet in Atlantic. He also scored points for the Rams at the Hawkeye 10 Conference Meet.

JOEL STEVENS / THE OPINION-TRIBUNE

GLENWOOD GIRLS TRACK

From Page 1B

fourth place in 1:11.01 and Clemmer captured fifth place in 1:11.86.

In the 400-meter shuttle hurdle, Destiny Yale, Kayden Kahl, Lauren Stanislav and Crawford combined for a fourth-place time of 1:16.06. Also finishing fourth was the 800-meter sprint medley team of Carda, Dougherty, Schultz and Clemmer.

The distance medley team of Ella Richards, Floyd, Nanfito and Berglund posted a fifth-place clocking of 4:35.25.

Abi Hiller's toss of 102', 7" in the discus earned her a fifth place finish, while Addison Fichter landed sixth in the long jump with a best of 15', 3".

Hawkeye 10 Conference Meet Team Standings

1 - Glenwood, 133; 2 - Atlantic, 127; 3 - Clarinda, 80; 4 - Lewis Central, 75; 5 - St. Albert, 72; 6 - Denison-Schleswig, 64; 7 - Harlan, 61.50; 8 - Shenandoah, 40; 9 - Kuemper Catholic, 38; 10 - Creston, 26; 11 - Red Oak, 23.50.

GLENWOOD TENNIS

From Page 1B

"To score 26 team points we cannot be disappointed in that effort, we executed to the best of our ability with the hands we were dealt," Stivers said. "We would have liked to see them rewarded with the team title definitely, but with everyone medaling that was a nice consolation. We can't dwell on it with still so much to play for here in the postseason, both individually as well as a team."

Both of the Rams doubles teams entered seeded No. 1 as voted by the coaches and both lived up their seedings, Stivers said.

"Getting two champions was awesome for those guys and the amount of time they have all put into the sport," Stivers said.

Ben Batten added a fifth-place finish in the No. 1 singles and Brody Taylor was third in the No. 2 singles.

"Brody and Ben knew they were going to

have tougher routes in the singles brackets, unfortunately sometimes the blind draws aren't very kind, but those guys competed for us and gave us major team points in their respective brackets," Stivers said.

Undefeated Regular Season

The Rams wrapped up a perfect 10-0 regular season with a 7-2 win over Council Bluffs Abraham Lincoln on Thursday.

In singles play, Glenwood's Kayden Anderson defeated Tyler Powers, 8-2; Ben Batten beat Blake Higgins, 8-4; Brody Taylor topped Atticus Walker, 8-2; Will Getter was victorious over Nick Spurgin, 8-2; and Liam Hays defeated Killian McMullen, 8-5.

Batten and Taylor teamed up for an 8-3 doubles victory over Higgins/Walker, while Getter and Hays won their doubles match with Spurgin / McMullen, 8-2.



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Rams blank Creston 10-0

By JOEL STEVENS
ASSOCIATE EDITOR

Nora Dougherty and Jaylynn Floyd combined for seven goals for Glenwood in a 10-0 victory over Creston in Hawkeye 10 Conference girls soccer at the Glenwood Activities Complex last Tuesday.

The Rams (8-5 overall, 4-1 in the conference) were dominant on senior night, taking a 7-0 lead into halftime.

"We finished it in about 10 minutes in the second half scoring our 10th goal," said Glenwood coach Amy Benson. "It was our senior night and it was nice to be able to get a lot of girls playing time. All areas of the field played great."

Dougherty led the Rams with four goals. Floyd added three, Alaina Meads two and Molly Williams one. Dougherty assisted on four goals and Brielle Allmon added an assist.

Audrey Nieman played in goal and had one save while notching the clean sheet.



JOEL STEVENS/THE OPINION-TRIBUNE

Glenwood' Jaylynn Floyd had three goals in the Rams' 10-0 victory over Creston.

Glenwood 4, Sioux City East 0

Glenwood used the second half wind to help score all four its goals in a 4-0 victory over No. 15 ranked Sioux City East in girls soccer last Monday in Sioux City.

"It was great to get a win especially against a ranked 3A team on the road," said Glenwood coach Amy Benson. "I was proud of the girls' effort and their ability to finish an entire soccer game."

Against the wind in the first half, the Rams had their chances offensively but couldn't find the back of the net. That all changed after halftime.

"We came out firing quickly in the second half getting a goal in the first two minutes," Benson said. "We added another one off an own goal about 15 minutes later."

Nora Dougherty scored two goals and had one assist while Faith Weber scored a goal for Glenwood in the win. Molly Williams and Alaina Meads also had one assist apiece. The Rams' fourth goal came via an East own goal.

Audrey Nieman had 15 saves and the clean sheet in goal.

GLENWOOD SIGNINGS



COURTESY PHOTO

Glenwood Community High School senior C.J. Carter has signed a letter-of-intent to wrestle next season at Iowa Western Community College. Carter is shown seated with his parents, Christopher Carter and Pam Carter. Standing is brother, Cam.



COURTESY PHOTO

Tyler Harger has signed a letter-of-intent with Buena Vista University to play tennis next fall. Tyler is shown seated with his parents, Jeff and Tiffany Harger. Standing is Glenwood tennis coach Grant Stivers.



COURTESY PHOTO

Cole Loeffelbein is declared the winner by technical knockout following his match against Lamont Weddle Saturday night, May 6, in Lincoln, Neb.

LOEFFELBEIN

From Page 1B



COURTESY PHOTO

Cole Loeffelbein, shown on the right, won his first amateur fight via a second round triangle chokehold in an event in Omaha last August.

OUTSTANDING SERVICE AWARD



COURTESY PHOTO

Glenwood girls track coach Jordan Bueltel and boys track coach Mark Starner honored longtime volunteer Roger Sell (center) with the school's 2023 Outstanding Service Award. For the last 35 years, Sell has volunteered in various capacities at the Rams' home track meets.

braggadocios, hyper masculine thing."

But Loeffelbein eventually won them over.

"I never looked at it that way and I think I've convinced them that there is an art to the martial arts if you're doing it the right way. There's a lot of personal expression in that's maybe not in other sports.

"There's immense freedom in there. You literally go in a cage and basically anything within reason goes and you find a way to be the guy who comes out healthy."

In the last year and a half, knowing he would be beginning to take on amateur matches, Loeffelbein's kicked his training up a notch. He fights in the middleweight division (185 pounds) but he's leaning toward wrestling at 170 as a professional.

Last August he made his amateur debut, defeating Jackson

Walker via a second round triangle chokehold in an event in Omaha. In November he suffered his first loss but it hasn't deterred him.

"That one wasn't the result I wanted," he said of his first loss. "I think I learned quite a bit in there and he was a tough guy. I'm ready to go again for sure."

Both of his parents watched his first two fights in person.

He was a little surprised to see them both there. He told them both prior to the fight, "Don't feel like you're not supporting me if you're not there because it's a different vibe than high school football or baseball."

But there they both were - cheering him on.

Loeffelbein stepped back into the octagon last Saturday, May 6, in a bout against Lamont Weddle in a Dynasty Combat Sports event at Pinnacle

Bank Arena in Lincoln, Neb. It was likely Loeffelbein's biggest fight, yet, and he won in a third-round technical knockout (TKO). The event was streamed live on MMAFutures.com.

Loeffelbein plans to get 15 to 20 amateur fights under his belt before turning pro. Professional fighting has always been in the cards, he said. He just wants to have the experience to put himself in position to be successful.

"I've seen people in some of the previous fight cards that had three or four fights and said they're ready," he said. "But being from a more traditional sports background I just think why rush it, play the long game and be comfortable in there."

"If I'm comfortable and confident, I have a pretty good shot at taking this as far as I want to. I'd hate to rush it and have something silly happen and not get the chance to see what I could be."

NOTICE ALL SPORTS ARE SUBJECT TO CHANGE

SHOWCASE

Cable Companies THURSDAY EVENING MAY 11, 2023. Table with columns for Cable Companies (A, B, C, D) and time slots (7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Lists various TV shows and their corresponding channels.

Cable Companies FRIDAY EVENING MAY 12, 2023. Table with columns for Cable Companies (A, B, C, D) and time slots (7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Lists various TV shows and their corresponding channels.

Cable Companies SATURDAY EVENING MAY 13, 2023. Table with columns for Cable Companies (A, B, C, D) and time slots (7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Lists various TV shows and their corresponding channels.

Cable Companies SUNDAY EVENING MAY 14, 2023. Table with columns for Cable Companies (A, B, C, D) and time slots (7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Lists various TV shows and their corresponding channels.

Cable Companies MONDAY EVENING MAY 15, 2023. Table with columns for Cable Companies (A, B, C, D) and time slots (7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Lists various TV shows and their corresponding channels.

Cable Companies TUESDAY EVENING MAY 16, 2023. Table with columns for Cable Companies (A, B, C, D) and time slots (7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Lists various TV shows and their corresponding channels.

Cable Companies WEDNESDAY EVENING MAY 17, 2023. Table with columns for Cable Companies (A, B, C, D) and time slots (7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Lists various TV shows and their corresponding channels.

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Two Glenwood golfers set personal bests at Atlantic

By JOE FOREMAN
EDITOR

The Glenwood girls golf team persevered in less than ideal weather conditions last Tuesday at the Atlantic Invitational.

The Rams finished in 12th place in the team standings, finishing the day with a score of 501, but also had some personal-best individual performances. Host Atlantic won the meet, recording a team score of 383 on its home course.

Avery Joyce paced Glenwood

by recording identical nine-hole rounds of 57 to finish the day with a 114. Ryley Nebel shot a 119, Emily Walters carded a 120 and Haylie Bonilla completed the 18-hole round with a 148.

"It was sunny, cold and very windy at the Atlantic Country Club, but we still enjoyed playing and set three new personal records in the process," Glenwood coach Maria Jacobus said. "Emily Walters - personal record for a 9-hole score (54) and an 18-hole score (120); and Ryley Nebel - personal record for an 18-hole score (120)."

CORNER CONFERENCE

From Page 2B

4x200m relay: third place, Fremont-Mills (VanHouten, Lawson Kling, Rycroft and Ekpai), 1:45.63.

4x400m relay: third place, Fremont-Mills (Dylan Linkenhoker, Sawyer Fomey, Sam Sanchez and Baker), 4:09.10.

4x800m relay: fourth place, Fremont-Mills (Cade Harris, Ethan Dines, Kaden Foster and Sanchez), 10:58.07.

Shuttle hurdle relay: third place, Fremont-Mills (Madison, Baker, VanHouten and JW Linkenhoker), 1:07.76.

Sprint medley relay: third place, Fremont-Mills (Paxten VanHouten, Madison, Payten VanHouten and Dylan Linkenhoker), 1:49.15.

Distance medley relay: third place, Fremont-Mills (Paxten VanHouten, Baker, Sanchez and Lemonds), 4:20.34.

East Mills Boys Top Medal Winners

100m dash: first place, Zach Thornburg, 11.42.

200m dash: first place, Matthew Haley, 23.59.

400m dash: first place, Davis McGrew, 55.19.

800m run: first place, Caleb Urban, 2:16.40.

110m hurdles: first place, Peyton Embree, 15.59.

1600m run: second place, Anthony Obermiller, 5:24.30.

3200m run: first place, Obermiller, 11:36.86.

400m hurdles: first place, McGrew, 59.68.

High jump: fourth place, Peyton Embree, 5' 2".

Long jump: fourth place, Jackson Embree, 17' 6.5".

4x100m relay: first place, East Mills (Thornburg, Mason Crouse, Ryan Stortenbecker and Cooper Stearns), 47.69.

4x200m relay: second place, East Mills (Thornburg, Crouse, Stortenbecker and Stearns), 1:41.05.

4x400m relay: first place, East Mills (McGrew, Peyton Embree, Layne Mastin and Urban), 3:52.87.

4x800m relay: first place, East Mills (Walter Seipold, Mastin, Brodyn Wray and Steven Barrett), 9:44.35.

Shuttle hurdle relay: first place, East Mills (Stortenbecker, McGrew, Jackson Embree and Peyton Embree), 1:05.34.

Sprint medley relay: second place, East Mills (Thornburg, Crouse, Jiri Brodigan and Caleb Urban), 1:45.22.

Distance medley relay: first place, East Mills (Haley, Brodigan, Seipold and Mastin), 4:10.05.

National Nurses Week observed May 6-12

By JOLEEN SAMS
FAMILY NURSE PRACTITIONER

Every year from May 6-12, nurses are recognized for their service and dedication to caring for others and improving the health of patients nationwide through National Nurses Week. Throughout the week, healthcare organizations celebrate their teams, and you'll even see nurses featured on the news. People across the nation thank the nurses that have made a difference in their lives.

Nurses Week celebrates the effort, dedication and sacrifice nurses make every day. Nurses are essential members of America's healthcare workforce who provide care through every stage of life, working with patients at their most intimate and vulnerable moments. Nurses Week offers a chance to highlight and celebrate nurses for all they do.

Several individuals, organizations, and political leaders contributed to the efforts that have evolved into Nurses Week as it is celebrated today. The American Nurses Association (ANA) has compiled several facts about the history of Nurses Week:

- 1953: The first effort to establish

a recognition day for nurses was when Dorothy Parker of the US Department of Health, Education, and Welfare sent a proclamation to then-President Eisenhower. He never signed the proclamation.

- 1954: A National Nurse Week was observed October 11-16 in recognition of the 100th anniversary of Florence Nightingale's work during the Crimean war.

- From the 1950s to 1970s, several bills were introduced to congress, but none made it through the legislative process.

- 1974: The International Council of Nurses declared May 12 International Nurses Day. In the US, President Nixon signed a proclamation recognizing National Nurses Week.

- 1982: The ANA declared May 6 as National Nurses Day, which Ronald Reagan signed as an official proclamation.

- 1990: The ANA extended the celebration to "Nurses Week," and the dates May 6-12 became permanent as of 1994.

Within Nurses Week, National Student Nurse day is May 8, and National School Nurse Day is celebrated on the Wednesday that falls during Nurses Week.

Why Nurses Week is Celebrated

The ANA and other nursing organizations promote Nurses Week as a time to thank and recognize nurses across the country for the dedication to the profession and patients we they serve. Healthcare organizations throw celebrations, and the public is encouraged to "thank a nurse" that's made a difference in their lives.

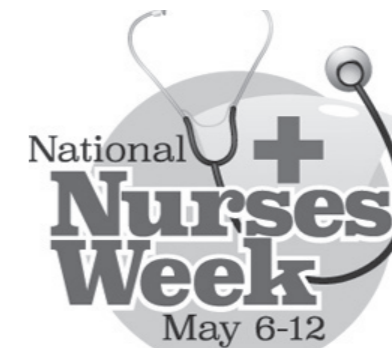
How Nurses Week is Celebrated

Every healthcare organization celebrates its nurses a bit differently. Many hold events throughout the week to recognize their nurses, and meals or gifts for the entire nursing team are common.

Managers and administration plan and prepare for months to make the week special.

Nursing has always been a profession that needs more than just your time and knowledge. Nursing requires heart, passion, and dedication to serving others. Nurses Week allows the public to acknowledge and thank nurses for the work they choose every day. It's a chance for us to pause and thank the nurses who have made a difference.

NOTE - This article provided by nurses.org.



Nurses from Glen Haven Village and Linnwood Estates assisted living (from left - top row to bottom): Dustin Archer-McClain, Amanda Bachman, Dana Odorizzi, Sara Rainey, Shannon Eisman, Deb Clark, Christie Silk, Jeri Adams, Cheryl Kier, Marli Anderson, Stephanie Wise, Sara Wise, Brandi Bockman, Heather Wolf.

COURTESY PHOTOS / GLEN HAVEN VILLAGE

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National NURSES WEEK May 6-12
A Salute to Nurses
Today's nurses perform a vital role in patient care and healing with their specialized skills, knowledge and compassion. During National Nurses Week and every day, we honor and appreciate these dedicated men and women whose commitment to caring is an inspiration to all of us. To nurses everywhere, thank you for making our world a better place.
The Opinion-Tribune

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City of Glenwood

City Council Minutes April 30, 2023

Glenwood City Council met in special session on Sun, April 30 at 2:15 pm in Council Chambers Mayor Ron Kohn called the meeting to order with the following Council Members present: Donnie Kates, Holly Jackson, Dan McComb, Jeremy Rodman, and Laurie Smithers. City employees present: Amber Farnan; signed in guests: Scott Reed, Julie Kalambokidis, Sandi Winton, Jennie Davis, Mark & Mitzi Mossman, Joe George, and Daisy Hutzell-Rodman.

Joe George, Beautification Committee, thanked Council for being available on a Sunday for public hearing, gave a brief timeline of DTR project which began in 2018, current application would be for phase I and includes 8 buildings, other phases will include additional buildings, if property owners are interested. If DTR is approved, the improvements to the facades of those buildings will bring in additional property tax revenue and will help vacant buildings become viable for businesses again.

including 2 new properties 424 1st St and 4 N. Walnut. Additional pictures were taken of all buildings, focused on details of building, added more pictures to the grant application, the SHPO review is completed for each building and project scope. Councilmember Smithers clarified that SWIPCO was not waiting on anything from the City, disappointed w/SWIPCO and the handling of the grant application, discussed having a hard time moving forward and keeping trust with them.

The construction will take approximately two years to complete. The CDBG application will be made on April 30, 2023. The city is applying for a CDBG grant up to \$650,000 and the City of Glenwood will provide the local match of up to \$325,000. In addition, a match from building/business owners is required for 25% of the respective building's project cost. The project will benefit the entire community of Glenwood and reduce the city's blight. No persons will be displaced by the proposed activities.

through the mail. Survey questions considered greatest community needs, economic and transportation barriers for LMI residents, and housing needs. There was a total of 5 surveys returned with top community needs including more housing options and opportunities, mental health services, and lack of public transportation options.

eligible, Joe George gave a quick run-down of the grant process and which buildings are included and why. Karen Lincoln spoke in favor, stating that this grant will help her realize her dream for her building at 424 1st Street. The Mayor closed the public hearing at 2:51 p.m.

Board of Supervisors

General Basic Fund

Table listing various budget items for the General Basic Fund, such as Ability Network, Adams Co Pub Hlth, AT&T Mobility LLC, Audubon Co Pub Hlth, Black Hills, Elizabeth Boston, Cass Co Mem Hosp, CDW Gov, CenturyLink, CHI Health Missouri Valley, Clarinda Regional Health, Country Tire, Crawford Co Home Hlth Hosp, Crawford Co Mem Hosp, AAA Refrigeration Dovel Refrig, Eakes Ofc Sol, Edwards Chevrolet, Estate of Hanna M Euchner, Evans Equipment, J Ford, Fred's Trash, Fremont Co Pub Hlth, K Frink, Garden Treasures, L Greiner, Harrison Co Home&Pub Hlth, Tiffani Hastings, Donna Heinicke, J Hill, Iowa Hospital Assoc, IA Law Enforce Academy, ISAC, ASCTA, Joe Designer, Kiesler Police Supp, Konica Minolta, Kriegler Ofc, Lincoln Farm&Home, Loess Hills Reg Landfill, Melissa Loghry, Matt Fuoss Co, MedShred, MidAmerican, Montgomery Co Mem Hosp, Myrtue Med Cntr Pub Hlth, NACVSO, K Oliver, Page Co Pub Hlth, Physicians Lab, Pott Co Pub Hlth, V Ramsey, Red Oak Chrysler, Red Oak Publishing, Richard Cowell Tactical, Schneider Geospatial, Kiernan Scott, Solutions, Spartan Stores, Staier Enterprises, Stouder Plumbing, Taylor Co Pub Hlth, The Shredder, Trane US, Uphoff Outdoor Pwr, US Bank Equip Finance, US Cellular, US Postmaster, VISA, Counsel, Waste Connections, General Supplemental Fund, K-9 Fund, American Rescue Plan Act ARPA, Rural Services Basic Fund, Urban Renewal Tax Revenue Fund, Secondary Road Fund.

Table listing various budget items for the Board of Supervisors, such as Cypress Solutions Inc, Austin Driver, Jacob Ferro, Garden Treasures, Glenwood Feed&Seed, Grainger, Hampton Equipment Inc, Hotsy Equip Co, Iowa Communities Assurance, Interstate Power System Inc, Kriegler Ofc, Loess Hills Reg Landfill, Michael Long, MidAmerican, Glenwood NAPA, NE IA Ind Fasteners, Neff Towing, Peopleserv, P Richter, Schildberg Constr, Tree Wise Men LLC, Uphoff Outdoor Pwr, Vander Haags, VISA, Counsel, Zep Manufacturing, Ziegler, Mo Tracking Subscrip, Mileage Boone IA Tech, Boots, Quickcreek, 50# Seed Oats IRVM, Anemometer, Valve Blower Filter Noz, Parts, Poo Vehicle Inc, Generator Srv, Cust Supp, Trash, Safety Reimb, Electric Bill, Filters, Brass Push-In ML Swvl 90, Tow In Equipment, Water, RX Reimb, GRANULAR, Tree Removal, 16060 Blade, Air Dryer, Inspection Door, Copier Maint, ZP 45 DualForce, Bit As-Narro.

Table listing various budget items for the Board of Supervisors, such as Co Conserv/GRC Preserve, Bomgaars, Brockshus Ag Repair, Glenwood Feed&Seed, K&S Trucking, Mills County Yard, Schildberg Constr, UMB Bank, Emergency Management Fund, CHI Occupational, Vanguard Appraisals, VISA, Counsel, E911 Surcharge, Cummins Sales&Srv, Malvern Leader, MidAmerican, Grand Total, Ground Supp, Lower Aux Coupler for Bob, Driveway Roll, Hauling Gravel, Bridge Planks, Granular, GO Comm Bonds Princ/Int, Mo Data Srvc, Electric Bill, Fuel, Appr Dept Purchases, Copier Payment, Preemp Phys, Annual Service Appraisals, Off Supp, Copier Lease, Hutchings Tower Generator, 911 Hearing, Electric Bill, 199.32, 96.90, 600.00, 300.00, 1000.00, 1038.79, 745985.00, 122.93, 22.93, 72.60, 976.05, 30.94, 126.00, 59816.30, 484.38, 318.95, 918.52, 52.50, 35.30, 1292396.36.

City of Glenwood

NOTICE OF PUBLIC HEARING - AMENDMENT OF CURRENT BUDGET. City of GLENWOOD, Fiscal Year July 1, 2022 - June 30, 2023. The City of GLENWOOD will conduct a public hearing for the purpose of amending the current budget for fiscal year ending June 30, 2023. Meeting Date/Time: 5/23/2023 07:00 PM. Contact: Amber Farnan. Phone: (712) 527-4717. Meeting Location: 5 N. Vine Street, Glenwood, IA 51534. Table with 4 columns: REVENUES & OTHER FINANCING SOURCES, Total Budget as Certified or Last Amended, Current Amendment, Total Budget After Current Amendment.

Foreclosure Notice

IN THE IOWA DISTRICT COURT OF MILLS COUNTY. EQUITY NO: EQCV027432. Carrington Mortgage Services, LLC Plaintiff, vs. Randy E. Crawford; Sherry M. Crawford; Midland Credit Management, Inc.; Parties in Possession; Credit Management Services, Inc.; Veridian Credit Union, et al. Defendants. ORIGINAL NOTICE FOR PUBLICATION. You are notified that a petition has been filed in the office of this court naming you as a defendant in this action.

June 28, 2013, located in Mills county, Iowa: LOT 10, 11 AND 12, IN BLOCK 24, IN THE TOWN OF SILVER CITY, MILLS COUNTY, IOWA, commonly known as 513 3rd St, Silver City, IA 51571-3102 (the "Property"). The petition further prays that the Mortgage on the above described real estate be foreclosed, that a special execution issue for the sale of as much of the mortgaged premises as is necessary to satisfy the judgment and for other relief as the Court deems just and equitable. For further details, please review the petition on file in the clerk's office. The Plaintiff's attorney is Andrea Dyar, of SouthLaw, P.C.; whose address is 1401 50th Street, Suite 100, West Des Moines, IA 50266. NOTICE: 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 a written demand with the court to delay the sale. If you file a written demand, the sale will be delayed until twelve months (or

six months if the petition includes a waiver of deficiency judgment) from the 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 your 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. You must serve a motion or answer on or before 6th day of June, 2023, and within a reasonable time thereafter, you must file your motion or answer with the Clerk of Court for Mills County, at the county courthouse in Glenwood, Iowa. If you fail to respond, judgment by default may be rendered against you for the relief demanded in the petition. If you require the assistance of auxiliary aids or services to participate in a court action because of a disability, immediately call your District ADA Coordinator at 712-328-5733. If you

are hearing impaired, call Relay Iowa TTY at 1-800-735-2942. This case has been filed in a county that utilizes electronic filing. You may find more information and general rules governing electronic filing in Iowa Court Rules Chapter 16. You may find information concerning protection of personal information in court filings in Iowa Court Rules Chapter 16, Division VI. By: CLERK OF THE ABOVE COURT Mills County Courthouse 418 Sharp Street, Glenwood, IA 51534-1756 IMPORTANT: YOU ARE ADVISED TO SEEK LEGAL

NOTICE OF PROPOSED ACTION TO INSTITUTE PROCEEDINGS TO ENTER INTO A LOAN AGREEMENT AND TO BORROW MONEY THEREUNDER IN A PRINCIPAL AMOUNT NOT TO EXCEED \$2,065,000 (WATER REVENUE). The Board of Trustees (the "Board") of the Municipal Waterworks Utility System (the "Utility") of the City of Glenwood, Iowa, (the "City") will meet on May 17, 2023, at the City Hall meeting room, Glenwood, Iowa, at 8:00 o'clock a.m., for the purpose of instituting proceedings and taking action to enter into a loan agreement

At the aforementioned time and place, oral or written objections may be filed or made to the proposal to enter into the Loan Agreement. After receiving objections, the Board may determine to enter into the Loan Agreement, in which case, the decision will be final unless appealed to the District Court within fifteen (15) days thereafter. By order of the Board of Trustees of the Municipal Waterworks Utility System of the City of Glenwood, Iowa, Wendy Ensley Board Secretary (Published in The Opinion-Tribune Wednesday, May 10, 2023.)

Glenwood Municipal Utilities

NOTICE OF PROPOSED ACTION TO INSTITUTE PROCEEDINGS TO ENTER INTO A LOAN AGREEMENT AND TO BORROW MONEY THEREUNDER IN A PRINCIPAL AMOUNT NOT TO EXCEED \$2,065,000 (WATER REVENUE). The Board of Trustees (the "Board") of the Municipal Waterworks Utility System (the "Utility") of the City of Glenwood, Iowa, (the "City") will meet on May 17, 2023, at the City Hall meeting room, Glenwood, Iowa, at 8:00 o'clock a.m., for the purpose of instituting proceedings and taking action to enter into a loan agreement

(the "Loan Agreement") and to borrow money thereunder in a principal amount not to exceed \$2,065,000, for the purpose of paying the cost, to that extent, of planning, designing and constructing improvements and extensions to the Utility. The Loan Agreement will not constitute a general obligation of the City, nor will it be payable in any manner by taxation but, together with any additional obligations of the City as may be hereafter issued and outstanding from time to time ranking on a parity therewith, will be payable solely and only from the Net Revenues of the Utility.

At the aforementioned time and place, oral or written objections may be filed or made to the proposal to enter into the Loan Agreement. After receiving objections, the Board may determine to enter into the Loan Agreement, in which case, the decision will be final unless appealed to the District Court within fifteen (15) days thereafter. By order of the Board of Trustees of the Municipal Waterworks Utility System of the City of Glenwood, Iowa, Wendy Ensley Board Secretary (Published in The Opinion-Tribune Wednesday, May 10, 2023.)

Probate Notice

THE IOWA DISTRICT COURT FOR MILLS COUNTY IN THE MATTER OF THE ESTATE OF MARGARET LEE ANITA DELAVAN, Deceased.

ably ascertainable, or thereafter be forever barred. Notice is further 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 mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Board of Supervisors

The Office of Mills County Auditor Carol Robertson Mills County Courthouse Glenwood, IA The Board of Supervisors met this 25th day of April 2023, at the Mills County Courthouse in Glenwood with Supervisors Lonnie Mayberry, Carol Vinton and Richard Crouch present.

Crouch to approve Driveway Variance for Henry Clark off 315th St, which had been denied due to separation. The Engineer said the site distance is adequate and there were no safety concerns. Motion carried on vote: Ayes: 3, Nays: 0

Board of Supervisors

Table with columns: REVENUES & OTHER FINANCING SOURCES, Total Budget as Certified or Last Amended, Current Amendment, Total Budget After Current Amendment. Includes rows for Taxes Levied on Property, Less: Uncollected Delinquent Taxes, Net Current Property Tax, etc.

Explanation of Changes: Replace vehicle for Sheriff's Department due to hail damage., increase expenditures for Medical Examiner fund. Addition needed for FICA for part time person.

(Published in The Opinion-Tribune Wednesday, May 10, 2023.)

City of Glenwood

City Council Minutes April 25, 2023 Glenwood City Council met in regular session on Tues, 4.25.2023 at 7:00 pm in Council Chambers Mayor Ron Kohn called the meeting to order with the following Council Members present: Donnie Kates, Holly Jackson, Dan McComb, Jeremy Rodman, and Laurie Smithers.

\$37.42; Total Revenue March 2023- \$412,407.93; Ayes-5 Nays-0 motion carried. Paul Lennemann discussed with Council erosion on N Chestnut St that is causing his driveway to crack; second discussion about large hedge blocking view N Chestnut St and 1st St

prote 3rd Reading of Ordinance 927 - An Ordinance Amending the City of Glenwood Land Development Ordinance Adding Book Exchange Structure (Little Free Library), to be formally adopted after legal publication by law; Ayes-5 Nays-0 motion carried

Public Hearing Regarding Application for CDBG Funds for Downtown Revitalization, Sunday, April 30, 2023 at 2:00 pm; Ayes-5 Nays-0 motion carried

Grant with 25% match from City; Ayes-5 Nays-0 motion carried. Director Painter at Library- discussed children department being painted and had a soft opening, bookcases due in July; water runoff was not a huge issue with last storm, the drain held up; looking for volunteers for dusting and creating projects

Stand; Mark Hughes is meeting with Park Board to discuss dirt for small pond. City Admin Farnan- discussed GRC Visioning meetings April 24th through April 27th, invited citizens to share ideas of GRC plans; met with Eagle Engineering, Eriksen Construction, and City Public Works, pool has been joint sealed and 7 days to cure, Public Works will paint pool after sealant with additional 5-7 days for paint to cure, possible pool fill date is May 15th; Board of Adjustment meeting might be canceled; Farnan and Alley attended IMFOA meeting in Des Moines, discussed publication requirements, IPERS, GovConnect, etc.; there was tree damage at the park from the storm; City Hall processed several Peddler Permits

City of Glenwood

CITY OF GLENWOOD ABSTRACT # 20 VENDOR REFERENCE AMOUNT A FARNAN TRAVEL \$195.19 A JOHANSEN RIFLE TRAINING \$960.00 ACCESS SYS SERVICE \$308.50 AUTO VALUE LIFT SUPPORT \$51.02 BLACK HILLS SERVICE \$1,084.40 BOMGAARS SUPPLIES \$146.87 BURR OAK CDBG PASS THROUGH \$1,536,529.00

CFI TIRE \$35.00 CHI PHYSICALS \$690.00 DETAILS SERVICE \$400.00 E JOHANSEN EMP BEN \$2,500.00 EGIS IT \$178.00 ELEC ENGINEER \$67.50 RADIO REPAIR \$67.50 ELEVATE YMCA ROOF \$10,540.00 FNBO FED/FICA \$13,799.88 GARDEN TREAS MULCH \$1,247.68 GLENWOOD CITY EMP BEN \$2,200.00

GLENWOOD T&T SERVICE \$120.00 GREAT PLAINS EMP UNIFORM \$891.00 HY-VEE MEALS \$2,361.52 IA INSURANCE REPORT FEE \$51.00 IA TREAS STATE TAX \$1,895.28 ICC TRAINING \$41.80 IPERS EMP BEN \$9,518.21 J ALLEY TRAVEL \$33.15 J Q OFFICE PRINTER IT \$340.29 LIFE ASSIST IV CORD \$1,132.30 LINKON LOGS SERVICE \$130.00

MATHESON OXYGEN \$269.60 MIDAMERICAN ELECTRIC SERVICE \$5,124.21 OPINION PUBLICATIONS \$948.90 PRINCIPAL EMP BEN \$339.64 QUILL SUPPLIES \$307.23 R FRIEZE EMP BEN \$836.42 RCN TABLE CRADLE \$1,064.83 READY MIXED CONCRETE \$1,174.36 SANDRY MASK \$416.85 SMS PC LEGAL ADVICE \$1,184.00

STOUDER DRAIN FIX \$484.58 SWIPCO CDBG FEES \$10,684.00 UNMC TRAINING \$50.00 US CELL HOTSPOTS \$121.53 VISA MISC \$2,329.30 W.S. DARLEY FOAM \$682.54 WELLMARK EMP BEN \$54,089.69 Accounts Payable Total \$1,667,771.27 Total Paid On: 4/20/23 \$44,637.34 ***** REPORT TOTAL ***** \$1,712,408.61

GENERAL \$90,583.38 AQUATIC CENTER \$314.38 ROAD USE TAX \$5,992.10 EMPLOYEE BENEFITS \$57,765.75 LOST-SPECIAL REVENUE \$10,540.00 CDBG HOUSING GRANT \$1,547,213.00 TOTAL FUNDS \$1,712,408.61 (Published in The Opinion-Tribune Wednesday, May 10, 2023.)

Probate Notice

THE IOWA DISTRICT COURT FOR MILLS COUNTY IN THE MATTER OF THE ESTATE OF REBECCA A. EGGELING, Deceased.

pointed 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 mailing of this notice (unless otherwise allowed or paid) a claim is

thereafter forever barred. Dated on May 5, 2023. /s/ Rodney L. Eggeling, Administrator of the Estate 25149 Ellington Avenue Glenwood, IA 51534

Probate Notice

THE IOWA DISTRICT COURT FOR MILLS COUNTY IN THE MATTER OF THE ESTATE OF THOMAS ARTHUR KING, Deceased.

pointed 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 four months from the date of the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is

thereafter forever barred. Dated on 4/5/2023. /s/Katherine A. King, Administrator of the Estate 56587 221st Glenwood, IA 51534 DeShawne L. Bird-Sell, ICIS#: ATA0000944 Sell Law, PLLC 417 Sharp St., PO Box 391 Glenwood, Iowa 51534 (Published in The Opinion-Tribune Wednesday, May 10, 2023, and Wednesday, May 17, 2023.)

Legal Notices must be submitted by 4 p.m. Thursday for publication in the following week's issue.

IWCC ART SHOW RECOGNITION FOR GLENWOOD STUDENTS



COURTESY PHOTO

Students from Glenwood Community High School had their work entered in the Iowa Western Community College Art Show. Award winners from Glenwood were Quin Richardson (Gold), Evan Belt (Gold), Lacy Clark (Gold), Chelsea Vang (Silver) and Addison Mitchell (Silver).



COURTESY PHOTOS

Addison Mitchell's "The Jellyfish Children" (above) received a Silver Award at the Iowa Western Community College Art Show.



COURTESY PHOTO

Quin Richardson received a Gold Award for "Induced Haze Of Distortion."



Lacy Clark's "Iris Hollow" (left) received a Gold Award at the show.



"I made the right choice for my parents AND for me!"

Nancy, Daughter of CountryHouse resident

Nancy's parents recently moved into CountryHouse and right away she appreciated the homelike atmosphere and welcoming community. If she has any questions or her parents need accommodations, Nancy knows she can count on the expert staff.

"I feel comfortable and at ease knowing that the staff is caring for my folks with fun, helpfulness, compassion, understanding and expertise."

Discover care exclusively designed for those with Alzheimer's or other types of dementia.

Schedule a tour at CountryHouse Council Bluffs today!



CountryHouse.net/CouncilBluffs or (712) 322-4100

1831 East Kaneshville Boulevard, Council Bluffs, IA 51503

Legal Notices

City of Silver City

Silver City Special Call Meeting Minutes 4/25/23

Meeting started by Mayor Sharon McNutt at 6:30p
 Opened with Pledge of Allegiance
 Roll Call: Council Ron Damewood, Sue McPeck, Tom Boehm, & Brett Christensen were present. Terrell Ramsey absent. Mayor Sharon McNutt

present. City Clerk, Cassandra Wilson, present.

Motion to approve 4/25/23 special call meeting agenda by Christensen, 2nd McPeck. Council approved with 4 ayes, motion carried.

Motion to approve water treatment plan bid by Midwest Mechanical for \$29,968 by Christensen, 2nd Boehm. Council approved with 4 ayes, motion carried.

Motion to approve building permit for 403 1st by Christensen, 2nd McPeck. Council approved with 4 ayes, motion carried.

Motion to adjourn meeting made by Damewood, 2nd Christensen. Council approved all ayes, motion carried. Meeting closed at 6:47pm. (Published in The Opinion-Tribune Wednesday, May 10, 2023.)

City of Silver City

APRIL 2023 PAYABLES

AMERICAN LEGION -	\$75.00
BRI SORENSON LAW -	\$175.00
CENTURY LINK -	\$232.12
EAGLE ENGINEERING -	\$1,036.90
FNBO - 1ST NATIONAL	
BANK CARDS -	\$895.47
FRED TECHAU -	\$187.08
HR BLOCK -	\$100.00
IOWA DEPT OF REVENUE -	\$537.03
IPERS -	\$833.32
JENNIE ED HOSPITAL	
PHARMACY -	\$105.11
LIFE ASSIST -	\$1,416.41
MATHESON GAS -	\$62.94
MENARDS -	\$78.50
MHS SYSTEMS -	\$194.90
MID AMERICAN ENERGY -	\$1,029.14
MIDAMERICAN ENERGY (HS ONLY) -	\$58.65
MONTGOMERY COUNTY HOSPITAL -	\$15.00
OPINION TRIBUNE -	\$455.15
PEOPLES SERVICES -	\$5,600.71
SANDRY FIRE SUPPLY -	\$797.15
WASTE CONNECTIONS -	\$26.63
WESTERN IA NETWORKS -	\$142.95
PR CHECK -	\$1203.52
PR CHECK -	\$413.09
PR CHECK -	\$1155.91
PR CHECK -	\$413.09

(Published in The Opinion-Tribune Wednesday, May 10, 2023.)

A reception HONORING THOSE RETIRING from the Glenwood School District will be held

TUESDAY MAY 23, 2023
4:30-6:30
 AT KEG CREEK BREWERY

RETIREES INCLUDE:
 Mary Beth Day, Kathi Krzycki, Barry Loeffelbein, Elizabeth Maryott, Genie O'Grady and Pat Staebell.