



When you or someone in your family needs treatment, making the right decision as to where to go will save you valuable time and frustration. Here are some examples of where to go for various symptoms and treatment.

#### Walk-In Clinic

- Upper respiratory problem (like sore throat, earache, sinus symptoms)
- Allergic reactions (nonlife threatening)
- Minor skin infections and rashes
- Minor burns
- Minor lacerations, contusions or abrasions
- Urinary tract infections

#### **Emergency Room**

- Chest pain or symptoms of a heart attack
- Symptoms of a stroke including dizziness, weakness, loss of coordination or vision problems
- Loss of consciousness
- Severe lacerations (cuts)
- Injuries as a result of a car accident
- Fevers in elderly or very young children

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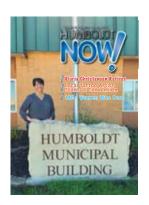
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humboldthospital.org



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#### On the cover:

Gloria Christensen in front of the Humboldt Municipal Building, where she will be retiring from Humboldt city clerk position

Sydney Savery







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## BOOKWOR "Summer Food Delights"

Review by: Julie Larsen, Humboldt Public Library Director

If you're searching for a new recipe this summer, whether it is for a barbeque, family gathering, or just a new recipe to jazz up meal time, then you're in for a treat when you check out the cookbook section at the Humboldt Public Library. A vast array of cookbooks covering breakfast, dinner and supper, including desserts, and everything from appetizers to, barbequing and grilling, along with tasty food for your dog.

Suzanne Mulholland's, "The Batch Lady", offers something for all, and will help save you some money at the grocery store! How about a delicious Tuna Melt Panini? This recipe is reminiscent of stopping at a café. Make an extra batch to pop in the freezer. Don't have a panini press? Tip: Heat your skillet and use a plate and press down on your sandwich (put a potholder on the plate so you don't burn your fingers). Ham & cheese Croquette Cakes have a 10-minute prep and a 10-minute cook time. Serve this with a salad or fresh fruit and a hunk of crusty bread.

Moving on to "Garden Grown" by Julia Dzafic and taking advantage of the fresh produce that summer offers... Hot & Cold Cucumber Salad packs a punch with spice, which you can control with the seasoning, and a touch of sweetness. Tomatoes fresh from the vine will add extra flavor to Nana's Tomato Sauce and Nana's Meatballs, served with spaghetti. Egg Salad Toasts could be served as an appetizer, breakfast, dinner or snack.

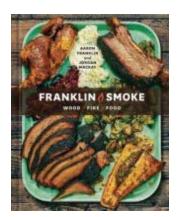
For fresh and timeless comfort food to share, check out Julia Rutland's, "Homestyle Kitchen". Fire up the grill and create Marinated Grilled Vegetables, filled with colorful veggies, this is a side dish everyone will enjoy with Marinated Flank Steak. This marinade recipe would be savory on chicken as well. Whip up a Vanilla Cheesecake with Raspberry Sauce for dessert and everyone will ask for seconds.

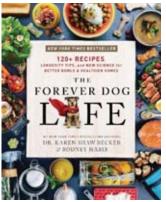
What is summer without grilling or firing up the smoker? Franklin Smoke by Aaron Franklin and Jordan Mackay covers it all. I like the recipe for Steak Spice Rub, it mimics the way I cook - it says to start with the base of equal parts of salt, garlic and onion powder and the rest of the ingredients are to taste. Try this on steaks, chops and burgers. This book even covers your Thanksgiving turkey. This book is a wonderful resource for barbequing at home.

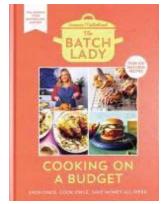
A fun book to check out for all dog lovers is a 120+ recipe book, The Forever Dog Life, by Dr. Karen Shaw Becker. This book boasts that it will help your dog live a longer, happier and healthier life. From Basic Beef and Broccoli, Detox Delights, and Rustic Seed Snacks, this book is filled with treats, toppers, balanced meals and recipes for the body. You will have a hard time keeping your pup out of the kitchen.

When your go-to meals are no longer sounding delicious, take a break from the heat and stop by Humboldt Public Library to check out one of these featured cookbooks, or browse through the collection for your next inspiration in the kitchen. Not sure what to check out? Ask one of the staff for a suggestion. See you in the stacks at the Library!











## ousiness



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## Gloria Christensen enjoyed helping people Humboldt's city clerk retiring after 30 years

**By Sydney Savery** 



Gloria Christensen always greets the public with a smile serving as Humboldt City Clerk. She is shown here at her work station.

It takes many working pieces and gears to keep an entire town running.

Gloria Christensen, Humboldt's city clerk, is one of those pieces that stays working in the background and usually goes unnoticed. However, after 30 years, Gloria is retiring, and while she is not fond of being in the spotlight, she deserves recognition for her hard work and service to the Humboldt community.

We had the honor of speaking with Gloria and getting to know her story about her role and duties of being the City Clerk. She does "a little bit of everything," which includes managing all of the finances for the city, keeping records and filing financial reports that are required by the state and federal government, reconciling the cash and books at the months' ends, tracking investments, and taking care of any bond issues.

On top of that, she is also the secretary for the city

council, so she takes the meeting and agenda notes and makes sure everything is compliant with all legislation.

On top of her service to the city of Humboldt, she has also served on numerous boards, including state-wide, regional, and international boards. Gloria has been a member of the Iowa Municipal Finance Officers Association (IMFOA) since 1994 as well as a member of the International Institute of Municipal Clerks since 1998.

She became a Paul Craig Athenian Leadership Society Fellow in 2022, and later that same year, she was sworn in as a Region VI Director of the International Institute of Municipal Clerks Board of Directors for an unexpired term through May 2023.

Gloria also served on the Iowa Cities E-Payment Aggregation System (iCash) Board of Directors, which is one of the organizations that helped bring credit cards to be accepted in all Iowa cities. These great



Gloria Christensen, Humboldt's city clerk the last 30 years, is shown here at work. She is retiring in August.

accomplishments and distinctions are no surprise since she has always loved learning and tackling new challenges in local government.

Originally from Cedar Rapids, Gloria attended the University of Northern Iowa as a marketing major and moved to Humboldt after meeting her husband, Bryan, in college. She first worked at Hawkeye Bank (now US Bank), for 10 years before joining the city hall team as an administrative assistant when Rachel Fuller retired.

After a year as an administrative assistant, she became the deputy city clerk where she served for 10 years. She then became the city clerk and has been serving for the past 20 years.

"Thirty years is a long time in an office," she stated, but she "probably won't be able to stay away." Her favorite aspect of working in city hall includes the people and the community. With her love of helping others and solving problems, Gloria has immensely enjoyed working with the public.

"It's an interesting place to work. There's something different every day." She loves arriving to work and seeing what is going on in the community. "Being able to help people, if they call and have a problem and we can solve it for them, is the best."

Some days she may need to arrange permits and licenses for festivals; on another there may be a storm sewer backing up in a basement. With the recent flooding, she is gathering all the records and invoices together as well as crafting the FEMA reports in the hopes that the city can be reimbursed for any costs incurred during the flooding.

Whatever may be happening, the job keeps Gloria on her toes and with a variety of tasks while providing continuity for the city. Her favorite task is crafting her reports and ensuring everything is balanced at the end of the month. It is like a puzzle to her, and she enjoys putting all the pieces together.

Another one of her favorite parts of serving the city is seeing Humboldt grow. When she started, the office supported two part-time workers and one full-time worker as well as a city administrator. They all shared two DOS computers in the main office. There was no Adobe, no Facebook, no city website, and no g-mail.

Water meter readings had to be collected with a pad and paper, and each reading was then individually posted to every account. They were just beginning to take ACH payments, and there were no online or credit card payments.

Today, Humboldt has radio-read meters where the readings are taken by simply driving past them. Credit card and ACH payments are possible. The office has grown and there are multiple modern computers for the employees.

"It's been fun to look back and realize how all the technology improvements have made our jobs more efficient!" Gloria said.

Economically, there are new businesses, leading to a dynamic and flourishing town. The people are what makes the community, and Gloria says she so lucky to be a part of

an amazing community where everyone rallies together and always have each other's backs, as evident with the recent flooding. "You have the support of the community." She can see people at their best when there's an emergency, but even when things are quiet and peaceful,



Gloria Christensen is shown outside Humboldt City Hall, where she has served as city clerk the last 30 years. She is retiring in August.

"The people I work with are the best. (We're) so lucky in Humboldt to have a great city council. Ours has always been awesome."

Now that she is retiring, more changes will be underway at city hall. "The whole thing is weird," she says in relation to her newfound free time. However, she is looking forward to taking the time to travel and photograph her adventures. She and Bryan enjoy traveling to the national parks and having the opportunity to hike and stay active.

She plans to take photography classes so she can take the best pictures on her hikes. Their standard poodle, Finnie, will share their travels whenever possible. Of course, spending time with family is also very important to her, so when she is not globetrotting, she plans to have plenty of quality time with her six grandchildren.

Despite her retirement, Gloria is ready and willing to "help out if they ever need it." She said it is always nice to have someone who has been there awhile to help make sure people know what happened way back when. "This has been a great job and a great career. I am going to miss it. I'm proud to live in Humboldt."



The name plate of Humboldt City Clerk Gloria Christensen has been a fixture at Humboldt City Council chambers for 30 years. Christensen is retiring this month after 30 years in the position.

Find the photos from this month's **Humboldt NOW!** magazine and many other photos at www.humboldtnews.com

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#### **CLUES ACROSS**

- 1. Major American automaker (abbr.)
- 4. Pressure measurement
- 7. Two-year-old sheep
- 10. Indigenous person from Laos or Thailand
- 11. Up in the air (abbr.)
- 12. Actress de Armas
- 13. Not moving
- 15 Cool!
- 16. Bog arum genus
- 19. Perceptible by touch
- 21. Type of test
- 23. Monetary units
- 24. Collection of various things
- 25. Sum of five and one
- 26. Type of sword
- 27 Hates
- 30. Immobile
- 34. Pie \_ \_ mode
- 35. Moved quickly
- 36. Passenger's place on a motorbike
- 41. A way through
- 45. Former US Secretary of Education
- Duncan 46. Leader
- 47. Flowing
- 50. Greetings
- 54. Remedy
- 55. Soft lightweight fabric
- 56. Building material
- 57. Sea bream
- 59. A way to cause to be swollen
- 60. One and only
- 61. People get one in summer
- 62. Wreath
- 63. Thus far
- 64. They
- 65. Sea eagle **CLUES DOWN**
- 1. Policemen (French)
- 2. Toy dog
- 3. Inflamed colon disease
- 4. Can't move
- 5. Helps little firms
- 6. Lists of names, subjects, etc.

#### Crossword sponsored by:

- 7. Takes down
- 8. Makes possible
- 9. Wife of Julius Constantius
- 13. Engine additive
- 14. Arctic explorers (abbr.)
- 17. Written account
- 18. Consumed
- 20. Something the first shall be 22. No (slang)
- 27. Gov't lawyers
- 28. Peyton's little brother
- 29. Small amount
- 31. Investment vehicle 32. Fall behind
- 33. Midway between northeast and east
- 37. Head pain
- 38. Popular sport in England and India
- 39. King Charles's sister
- 40. Boat race
- 41. About fish
- 42. Maidservant
- 43. Able to be marketed
- 44 Tinier
- 47. Parts per billion (abbr.)
- 48. Paddle
- 4.9 Oneness
- 51. Bitter chemical
- 52. Not around
- 53. Very fast airplane
- 58. Swiss river

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## DOWNBEAT

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#### Humboldt Businesses in the 50's and 60's

August is upon us and undoubtedly, many parents are planning ahead for the upcoming school year.

I don't pay much attention to back-to-school sales anymore. Our children have been out of the house and on their own for many years. But when I do think of back-to-school sales, the first thing that comes to mind is Ridiculous Daze/Crazy Daze that the Humboldt merchants used to celebrate on Sumner Avenue in August.

The merchants would dress up in crazy costumes and drag old merchandise out of their backrooms to set up on the sidewalks in front of their stores. The event was an enticement for all to come to town to see the funny faces, bargains, as well as the new back-to-school merchandise.

Some of the stores I remember on main street are: Wind's Bootery (owned by our neighbors on Rainbow Drive), Thomas Jewelry, Locke Jewelry, Hollar's Hobby Shop, Mick's Coast to Coast, Lee Hardware, Ben Franklin's (now V&S), Saul Studio, Newton Furniture Store, Hull's Department Store, Johnson's Department Store, Tigges Drug Store, Blakestad Drug Store, Lane's Men's Clothing, Fashionette, and Ora's women's clothing stores.

All of the stores would welcome customers downtown during that week in August, and they stayed open on Friday night when farmers and their families could get to town to shop. Shoppers would buy snacks from the two little houses on the corner of Sumner Avenue and Taft.

As a young teen, I once bought a lot of stamps from Hollar's, then rode my bike back home to put them into my stamp collection. My mother, who was not happy that I had spent all that money, marched me back down to the store, and I had to return the stamps. I don't think either Mrs. Hollar or my mother were a bit happy about the situation, and I vividly remember my humiliation!

During the time I was growing up in Humboldt, grocery stores included Cody's (near the former Fareway Store parking lot), Council Oak (possibly on highway 169), and Locke's, at the east of Sumner Avenue. The grocery store on 169 is where we always got our Christmas tree, spindly as it was. Several families – Noonan's and Sander's – owned the local bakery at one time or another. It was near the old Fareway.

Restaurants came and went. Johnny's Steak Harbor was where we would go after games for great maid rites. After it burned down in the 60's, The Star was built on the site. I fondly remember the cherry Cokes and fries at The Eateria downtown, where we high schoolers would hang out after school. We also frequented Stoner's A&W (we ordered from the car), Dewsey Burger (Don Jensen's antique car was the main draw), Dairy King, and Dairy Princess (five hamburgers for a dollar), and

Pasquale's pizza, towards the tail end of those years. The Wagon Wheel was up north on 169, with all of those wagon wheels leaning against the wooden fence.

Jensen's Lumber Yard was on Summer Avenue. Stan Jensen was a great athletic booster, placing a large sign on the side of his business to advertise the next HHS sporting event. Humboldt Lumber was on 169, as well as Sande's Construction, which built most everything in town, including our house on Rainbow Drive.

Svenson's Truck Stop and the attached Elsie's restaurant (a husband and wife team) were our Rainbow Drive neighbors. They were down the Rainbow Drive Hill to the right on Highway 3. There were three gas stations on 169; Bob Whitman owned one, the Petersons and Van Horns among others. Benson's Truck Stop was in the middle of all of that with its restaurant attached. There were also gas stations downtown on either end of Sumner Avenue.

We had good medical care in Humboldt in the 50s and 60s: Dr. Coddington/Northrup, Dr. Schultz (office in their home across from the Congregational Church), and Dr. Arendt (office on the curve on the way to Bicknell Park and downtown). Dr. Whittlesey had the eye business. There was no hospital then. Most babies were born in Fort Dodge.

Dentists were Dr. Bowers and Dr. Williams. One of my part-time jobs in high school was taking care of the lawns at the Bower's duplex and at Dr. Bower's office. The town newspaper, owned by the Jaqua's, came out twice a week: The Humboldt Republican edition on Tuesday, and The Humboldt Independent on Thursday. The Reminder, full of classifieds, was a mainstay (and a forerunner to e'Bay). It provided many of us young'uns jobs during the year, delivering it to every household in town.

The two banks in town were the Humboldt Trust and the First National Bank. My family knew the Campbell's who owned The Trust Bank, so we banked there. I took my Des Moines Register paper route money to First National on Saturday mornings.

Arend's/Garrison's (Ford), Daily's (Dodge) and Lindhart/ Eggrich (Chevrolet) owned the car dealerships. I could hardly wait to go down to the showrooms to see the new car styles every September. Every year they made huge changes in the bodies of the cars.

Sometimes you were fortunate enough to get one of those small shiny plastic salesmen's models that they sold - or gave away - to early bird customers. Arends was on 169, Lindhart's was on Main Street, and Daily's was up the hill on Highway 3 in Dakota City.

We had two motels in town. One was the Kozy Korner (where the gas station is now, on the NW corner of 169/3), and the other,

Butell's, down a short distance on 169. The Humboldt Hotel was on Sumner and was a three or four-story high rise (probably the tallest building in town); I remember the restaurant on the first floor with the long counter space where you could sit. The hotel closed early on with the motels becoming popular.

Two men's haircut establishments were in town then. One was in the building across from the library. The other was downstairs under where the post office is now. Stoebes, Millers, and Bakers had law practices. I remember all three went to The Congregational Church, which my family also attended.

Foley's Greenhouse was the only game in town. They were located in a neighborhood setting on the south side of town. They grew long-stemmed carnations year-round. There were plenty of activities for us kids to do in those days. We had a bowling alley, an outdoor skating rink, the fairgrounds where a grand time of fun and harvest was held in late July/ early August, a golf course paralleling the river, the Humota Theater, the Carnegie Library, a swimming pool, and Wildcat Wonderland ski slope, going towards Renwick on Highway 3, which provided winter fun for all.

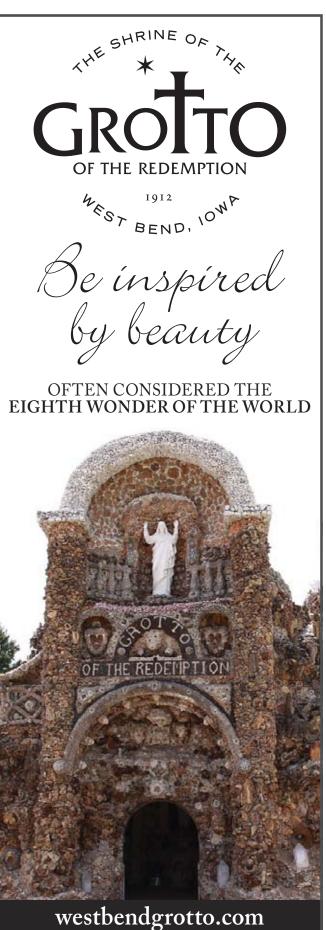
The airport is still located where it is today. Our neighbor, Mel Bailey, owned a plane and occasionally invited some of us kids up with him to fly high above the town. Once, we even flew high above the fireworks on the Fourth of July.

Some of the major businesses, I recall, were the bottling plant near the Sumner Avenue bridge (you could see the bottles being filled with pop in their large window as you drove by), Reasoner Casket Company, Knight's Cottage Cheese, Chantland's, Agrico (belching its pollution from the tall smokestack), Gunder's Church Furniture, a boat manufacturer, Dodgen's Born Free, Corn Belt, Bayse's Fish Hatchery, Hadar Sports Equipment, the Humboldt Cooperative, Dekalb Seed Corn, Humboldt Sales Barn (where livestock was sold) and Humboldt Creamery (off downtown).

I remember milkmen leaving glass bottles of milk in the metal crates we kept by our door at home. Humboldt had a lot of great business people who served our community well over the years. I am sure my list is incomplete, but these are the ones I remember from the 50s and 60s.

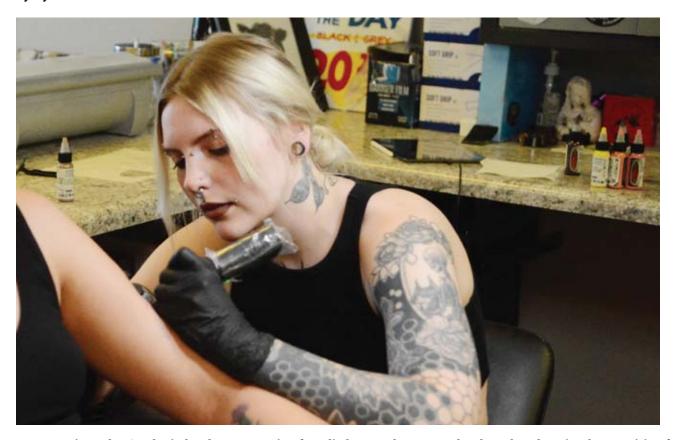
Many businesses closed shop, others sold out, and some are still in existence today under different ownership. Needless to say, they all bring back great memories that I cherish, especially this time of year, when fall and a new school year is upon us.





## Local tattoo artist stuns at convention

By Kylie Portz



Tattoo artist Haley Studyvin has been tattooing for a little over three years but has already gained recognition for her work at tattoo conventions. Studyin currently works at HT Tattoos in Humboldt. Independent photo.

What do you want to be when you grow up? The age-old question asked of children ages 5 to 18. For a young Haley Studyvin, this answer was simple she wanted to be a veterinarian... and a tattoo artist.

Studyvin said, "anybody who's known me my whole life will tell you that the first job I ever told my parents I wanted to do is I wanted to be a vet. And then it very quickly changed from wanting to be a vet to wanting to be a tattoo artist."

Now, as a 22-year-old Studyvin gets to live both of her dreams, as an animal control officer for Webster County and a tattoo artist for HT Tattoos in Humboldt. It was her career as a tattoo artist that introduced her to Kaila Benson who owns and operates Webster County Animal Protection.

"When I was first getting into tattooing, I had a second job working with Peace Creek Animal Rescue and Sanctuary over in Badger. I worked with Kim (Colwell) for a little while, and that was wonderful. That was such an amazing experience, that

then is what led me to eventually becoming an animal control officer,' Studyvin said. "I actually met Kaila Benson, because I started tattooing her."

Studyvin explained that one day she had joked with Benson about being available if she ever needed another animal control officer (ACO). Benson offered her the job almost immediately and Studyvin began her training, slowly integrating into the heavy workload as an ACO. Studyvin has been working as an ACO for over a year.

"It'll be two years this October, and genuinely, like one of the coolest jobs in the world. Like I literally, cannot express how lucky I am with the life that I have. Getting to do tattooing, which is like my ultimate goal, and then getting to do the second-best thing, which is getting to help animals, it brings such a good balance to my life."

Studyvin has been working towards her dream of becoming a tattoo artist since high school. She began her journey job

shadowing at Crave Tattoo in Fort Dodge shortly before the pandemic happened. After the pandemic she eased into an apprenticeship at a different shop in Fort Dodge before eventually moving to Humboldt last year.

Recently, Studyvin has been working at HT Tattoos, which is located on Sumner Avenue in Humboldt. This past April Studvin attended Middle of the Map Tattoo Convention in Des Moines. After a little over three years of tattooing she has already made her mark in the tattoo industry, placing first for the Black and Grey tattoo of the day at the competition.

Reflecting on the recognition she has received for her artistry, Studyvin is grateful for all the support she has received for her work.

She said, "when I think about it, I'm just reflecting on the past like three years,

because these were always my goals, but I never really planned to accomplish them so early on. I'm obviously honored, I feel a lot of pride in my work and gratitude for all the support that I've gotten that's gotten me to this point. Because there's nothing that I could have done to get to where I am without all the people that have supported me and my artistry. My amazing clients that come back and they go and tell everybody what I'm doing, and that's what has allowed me to do such big, cool projects. Which is what led me to being able to get those awards and even having tattoos that I feel comfortable entering in competitions. It's just really all been because of the support I've gotten."

For Studyvin, the most fulfilling part about tattooing has been seeing her clients' reactions to their tattoos and watching them fall in love with the art.

"There's nothing that makes me more happy and more proud of what I do than when my client looks in the mirror after their tattoo is done and reacts to it because they love it. That's genuinely the best part of the job, getting to make that difference for people."

"Some people get tattoos because they think it looks cool, some people get tattoos because it's something super meaningful and some people get tattoos because it's a part of their body that they're super insecure about. And this is something that makes them feel better when they look at themselves, and that's huge for me because that's exactly why I started to get tattoos."

The first tattoo Studyvin remembers giving someone was a feather on the back of a woman's calf. The second tattoo Studyvin ever gave was her mother. Three years later, Haley is still practicing and perfecting her style.

"At this point I tend to do a little bit of everything." Studyvin said, "There are definitely styles that I prefer. I really enjoy getting to do animal portraits, portraits of people and illustrative color. I really enjoy getting to do creepy, weird kind of stuff because that's more in line with



Tattoo artist Haley Studyvin carefully places the stencils for Caroline Homan's tattoos. Independent photo.

my personal aesthetic. But really, I take a lot of pride in being able to do a little bit of everything."

In a single sitting, the longest time Studyvin has spent on a tattoo was six hours, and somedays has spent over 12 hours at the shop.

For those who are getting their first tattoo, the biggest advice Studyvin has is to "take care of yourself."

Studyvin stressed the importance of the days leading up to getting any tattoo whether it is your first or 50th.

She said, "I try to recommend that people are drinking plenty of water that entire week leading up to it, eating a good meal like the night before, making sure they get plenty of rest."

As far as where to place your first tattoo if you are nervous about it being painful she said, "There are definitely parts of the body that hurt more than others. I always recommend that if somebody is scared of the pain that they aim more towards like the insides of the arms or the upper arm area which tends to be relatively painless areas."

"But I'm willing to do a first tattoo in more painful spots too, if the client is aware of what that pain might be like. I try to talk them through it if they are struggling through their first tattoo. I try to talk to them through different breathing exercises. We can take breaks, if necessary."

According to Studyvin a lot of the process of getting a tattoo is mental. She said, "It's being in the right headspace so that you can keep your body calm and regulated through the process, because it's going to be painful. But, depending on how you are mentally prepared for it will determine how the process goes."

Once a person has gotten their tattoo the next important thing to think about is aftercare.

Studyvin said, "It really is slightly different for everybody, but it essentially consists of washing the tattoo three to four times a day and applying a little bit of lotion as it feels dry. I heavily emphasize not over-saturating it with lotion because that can cause scabbing."

"Something I have really learned throughout my first few years of tattooing is when a client comes back with a tattoo that has scabbed, it's because they put a lot of lotion on it, because they thought that would make the scab go away. It makes me kind of cry inside."

The other thing that Studyvin recommends is keeping fresh ink out of direct sunlight and avoiding submerging the area in water for the first month after receiving the tattoo.

"Really, kind of treat it like a really pretty wound or scratch," she said. "It's like, you just kind of want to make sure it's not getting dirty. You're washing it. You're lotioning it, if it's dry, stuff like that."

There has been some controversy in the tattoo world on what brand of lotion to use for aftercare, Studyvin recommends using Aveeno as it is unscented and, "because any soaps or lotions you put on it, you want to be unscented, otherwise it can irritate the tattoo."

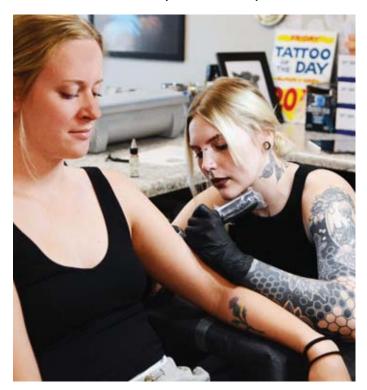
Studyvin doesn't recommend using lotions containing petroleum like Aquaphor unless it is being used properly because petroleum doesn't always absorb into the skin making it easier to put too much on.

Studyvin said, "So, it's like if you're emphasizing to your clients how not to overuse it, it can be a perfectly fine tool. Otherwise, you know, if they overuse it, then the tattoo might have some issues in the healing process.

For others looking to get into the tattoo industry Studyvin has this advice, "do it the right way."

According to Studyvin, after the pandemic many people started to buy tattooing kits online and then practiced outside of their homes or friend's garage before going to an established shop and asking for a job with no formal training.

She said, "Every shop is going to look like that and be like, I don't think so. You know, just like with any skill or talent



Studyvin and her client Caroline Homan talk about their shared love for animals and tattoos as Studyvin works on one of three tattoos Homan received. Independent photo.

there's always ways to do it wrong. And shops don't want to put themselves through having to unteach bad habits."

It can be hard to know how to start in the industry, Studyvin's biggest advice to those wanting to do things the right way is to start building a portfolio.

"Start putting together scrapbooks and collages of your work, whether it be stuff that you're doing digitally like on an iPad, or paintings and drawings. My portfolio was mostly paintings and some drawings and sketches and that's what I present when I started job shadowing."

Another piece of advice Studyvin has is to get tattoos from the shop you want to work in, build those connections with the artists at the shop so that once you ask to start an apprenticeship you already have a relationship with the shop.

"It's just being persistent; it's doing it the right way. It's just getting involved with the shop. That's the biggest thing."

When it comes to her artwork outside of tattoos, the biggest inspiration for Studyvin are her pets and the people around her. Studyvin has four dogs with her partner Nick Jordan who works as a Firefighter and Paramedic for the Fort Dodge Fire Department.

"When it comes to art outside of tattooing," Studyvin said, "my biggest inspirations are my pets and the people around me. Most of the art I do outside of tattooing is animal portraits. It's something I've been passionate about since I was in high school."

"When I was in high school and taking art classes, a lot of the projects that I got to work on were painting animals. I loved doing that."

"I don't do as much art outside of tattooing as I necessarily did before, and I am working to change that soon. It's just tattooing is a big-time commitment.

"When it comes to my art process with tattooing, it's all about working with the client, getting inspiration from the client, like what are their goals and ambitions?"

For almost two years Studyvin has been working as an ACO for Webster County, helping to rescue abused and neglected pets from around the state as well as jump starting the Trap-Neuter-Return (release) program for community cats. Studyvin has worked with local organizations like Moffitt Animal Shelter to help coordinate care for animals in need.

Having the second job working as an ACO has helped Studvin with burnout she said, "I get burned out at the tattoo shop sometimes and then I can fall back, and I can focus more on working with animals and the job there and vice versa. So, it kind of just fills my cup."

For Studyvin the most rewarding part of her job as ACO is, "getting to experience the change."

"There have been cases that I have helped with where we've brought in animals that are in bad shape, whether it be mentally or physically, like super emaciated or things like that. It's getting to watch them come back to life after taking them out of a bad situation that has been super rewarding."

"Last summer we got the help of the Animal Rescue League from Des Moines, and we pulled over a dozen cats out of a house in Fort Dodge, like a hoarding situation. And then we pulled like some 17 or 18 puppies out of a separate house. Getting to partake in those big projects, and then watching those animals grow up and move on to new lives is huge," Studyvin said.

With any public servant job, there are highs and lows to being an ACO. Thankfully, Studyvin is able to lean on Jordan when she is having a difficult day, and he can rely on her.

Studyvin explained, "We just fall back on each other. I've had a few situations that have like, rocked my world a little bit and it's something like as a unit we're able to discuss."

"I rely a lot on my spouse." Studyvin said, "he works for the fire station in Fort Dodge, and you know, he confides in me when he has to deal with something that's tough and I confide in him the same way. Even though our jobs are super different, they're also super similar in that fact that sometimes we deal with stuff that people might not really think about and so we kind of lean on each other and that helps a lot."

One thing ACO's deal with is cases where a pet or animal has been hit by a car. Studyvin shared an experience she had last year that was tough on her mentally, a woman's dog had been hit by a car and Studyvin and another officer had to help the woman deal with that situation.

"It was pretty tough," Studyvin said, "A gal's dog had gotten out and gotten hit, and so the officer who came out and helped me deal with all of that, her and I discussed it for a few days. You know, kept that support system open between each other."

As an ACO and as a pet owner, the biggest thing Studyvin wished people understood more about pet ownership is how to read their body language.

"It seems like such a foreign thing, it's like, you're looking at this creature that doesn't speak our language. IT doesn't act the way we do. It doesn't communicate the way we do. So how am I supposed to look at that and know what it's thinking?"

Studyvin explained, "It's really not that hard, though and that's something that I've really come to understand and learn over the past few years from working out at Peace Creek and then working for animal control. It's not that hard. There are so many telltale signs for when you're at risk of getting bit and I've spent a lot of time studying those even in my own house. I have four big dogs, and so sometimes things just don't go right, and my understanding of their body language has helped me navigate situations that may have gone so much worse, that may have escalated into a worse situation, had I not been observant.

She expressed the importance of knowing those signs for families who have pets.

Studyvin said, "especially families with kids, I really wish more people would take an investment into kind of learning how dogs communicate with each other, with us, because once you kind of learn all those little tidbits, then you can avoid a lot of bad situations. It can also help you building a more rewarding relationships with your pets."

Studyvin's love and appreciation for animals is evident in her work as a tattoo artist, often doing pet portraits for clients or tattooing native bugs onto a client's arm. It is no secret that tattoos can be expensive, but Studyvin wants to make the art form more accessible for everyone.

Regarding her rates Studyvin said, "Right now, my current rates are about \$100 to \$120 an hour. I tend to try to aim towards the lower end (with pricing) because tattoos are a luxury, but I still want them to be accessible to as many people as possible. I also work with people's budgets. Like, if somebody comes in and they, you know, they need to stay under a certain amount for that day I'm willing to break up projects into multiple sessions and stuff because I want as many people that want good tattoo to be able to get good tattoos."



## 100+ Women Who Care: Sharing Resources for a Kinder Community

By Jim Sayers



Renae Dreyer, initiator and self-described "spirit leader" of 100+ Women Who Care, Humboldt County Chapter, shows a plaque listing all recipients of the group's donations since 2016. The plaque is located inside the front door of her store, The Biz – Humboldt Engraving and Gifts, 626 Sumner Avenue, Humboldt.

One hundred women, each donating \$100 at the same time toward a common cause, can collectively raise \$10,000. That's a significant amount of money. If you repeat this process four times a year - donating money to people in need - you can change many lives for the better.

This is the philosophy behind the National 100 Who Care

Alliance. It's also the mission of the 100+ (Plus) Women Who Care - Humboldt County Chapter, a group that has collected and distributed charitable donations for local families and organizations for about eight years.

Humboldt 100+ Women Who Care describes itself as "a group of women supporting our local communities in Humboldt County, making a big financial impact, meeting for one hour, four times a year."

Since its first meeting in 2016, the group has collected and distributed over \$467,000 to individuals, families and non-profit organizations in Humboldt County.

#### "100 Who Care:" A method to collect donations faster and easier than bake sales

Initiator, organizer, motivator, and spark plug behind 100+ Women Who Care in Humboldt County is business woman Renae Dreyer, owner of The Biz - Humboldt Engraving & Gifts, downtown Humboldt.

Dreyer said that some people describe her as the "loudest voice in the room" - supporting and running the 100+ Women in Humboldt County program. She has no official title but likes to refer to herself the group's "spirit leader."

Dreyer said she first heard about the 100-person fund raising concept from a Facebook post a few years ago. Karen Dunigan, a Michigan woman, is credited with originating the method to raise funds from 100 people in a short amount of time to help moms with new babies.

"Our family was so grateful and overwhelmed for the amazing kindness and generosity that was shown to us by the members of 100 plus Women which was at the time of Conrad's death.

"Thank you to Renae and the wonderful group of gals that work passionately 365 days a year promoting the true meaning of

"Our family loves 100 Plus Women and the Humboldt community." LuAnn Burgers, whose family received the first 100+ Women Who Care – Humboldt County donation in June 2016

Background info summarized from (https://www.100whocarealliance.org/about-us/history/):

In 2006, Karen Dunigan heard the CEO of the Center for Family Health, Jackson, MI, describe a need for providing new mothers with portable cribs. Many new mothers were bringing their babies home and placing them in boxes, dresser drawers or their own beds because they could not afford a proper crib. Some of these babies didn't survive the night.

Dunigan learned that cost for cribs, mattresses, blankets and beds immediately needed was a total of \$10,000.

With all of her involvement in the community, Dunigan decided she could call ten people and ask them to write \$1,000 checks. But she also thought she knew 100 women who would each give \$100. She began making phone calls and scheduled a meeting.

At that first meeting, in just one hour, a group of Dunigan's friends heard the story and each wrote a \$100 check to the Center for Family Health, resulting in a \$12,800 donation, even more than requested, to supply new mothers with the simplest need: a crib.

Dunigan recognized she was on to something, and soon founded the first 100+ Women Who Care group and scheduled quarterly meetings.

#### The rules were simple: any member could present a need in the community; the need had to be immediate and the money collected had to remain local.

Since then, the "100 Who Care" idea spread to many locations and demonstrated that when a group of 100 people (women, men, women kids, businesses) commit to donating to a cause, their efforts can benefit many others in the community.

Today there are more than 900 chapters around the world, including women, men, people, kids, and teens chapters.

After reading this story, Dreyer was convinced the concept could work here. She set out on a mission: establish a 100 Women's group her in Humboldt County. "You can raise a lot of money in one hour and it's a lot easier than holding bake sales and other fundraisers," she said.

"I looked up 100 Woman Alliance on the web to get ideas about how to operate, and I contacted nearby chapters for information. The concept is so cool - 100 women gather with each person writing a check for \$100 to a charity, non-profit or a family in need. The meetings are held quarterly (four times a year)," Dreyer said.

"I thought, I should get this going here. There were a lot of influential people in Humboldt. I met with a few others who agreed it was a good idea. We held an ice breaker get-together in April 2016 and had over 100 people join us. It has just grown from there," Dreyer said.

#### The local organization today

The original idea was to have 100 women meet four times a year, with each person donating \$100 at the meeting, said Dreyer. Money collected would then be given, as individual checks, to local families three times a year and to a local non-profit organization once each year. Although donations are collected by the group, the money goes directly from donors to the recipient, rather than though an organization.

She joked that the local group's logo, an owl, came along later when someone asked, "100 Women? Who's that? Who? An owl, of course."

The group soon grew to over 100 – hence the + (plus) in

Today there are 98 individuals and 64 teams (typically groups of two-four women who donate together), all committed to donating \$100 four times a year to help people in need. Adding these all together, Dreyer estimates there are close to 300 women who financially support 100+ Women.

"When everyone participates, we collect over \$16,000 each time we meet," Dreyer said. She noted that at the most recent meeting (May), they received checks from all teams and individuals – this had never happened before. Donations from that meeting went to the Humboldt Veterans Memorial fund.

And while Dreyer is credited as organizer and meeting leader, she said many people deserve acknowledgement for the group's success. "They think it's all Renae, but it's not; it takes a whole village of people who help keep it together,"

Current board members assisting Dreyer are Shelley Allen, Marla Conlon, Jean Bunz, Kallie Davis, Jeanie Stattelman, Pam Olson, Mary Seiler, and Kayla Newton. Jobs to keep the group running include making and keeping track of name badges, nomination forms, and voting cards; sending text and email reminders; and tracking donations and current members.

#### A simple, routine process

It can be a challenging task determining who needs financial assistance, collecting and distributing money to recipients, and keeping over 100 women updated and organized.

Dreyer and her leadership team have developed a routine and now familiar process at each meeting that typically takes about an hour:

• 5:30 p.m. - Meet and make nominations for donation recipients. Dreyer noted that nominations can come from anyone, but it is best if someone one is present to discuss the person/family/group nominated.

"They can call and I will put names on the list," she said. Submitted and suggested nominations are written on a white board to be viewed, and time is allowed for informal



100+ Women Who Care recently donated \$16,300 to the Humboldt Veterans Memorial project.

discussion. Each individual/team present receives a name badge including a nomination form and a voting card.

- 6 p.m. Each member/team may submit one nomination form into a group basket; from this, three names are drawn. "The more nominations, the better your chance to be drawn," Drever noted.
- Following the drawing, someone present is invited to speak and tell the story in favor of each of the three nominees drawn. "Women look through (the list of nominees) and want to get the bang for their buck. It helps when more people are familiar. Women will consider personal situations and needs. Women really think it out and consider who can they make the most impact with," Dreyer said.

After the presentations, all members/teams vote for one of the three nominees by placing ballots in one of three ballot boxes.

- Ballots are counted and the recipient is announced.
- People write their personal checks, payable to the individual or nonprofit; checks are collected with name badges after the vote.
- About 6:30 p.m. Recipients, if not already present, are called and invited to come for a group photo.
- The group usually waits until the following Wednesday to count final dollar totals and give checks to the person/ organization in order to allow time for everyone to send their donation.

Dreyer emphasized that it the members - not the board who decide the recipient for the night.

Since donations are made directly from donors to recipients, that means a lot of checks. Checks are accepted separately from those who are out of town or unable to attend. Reminder texts and emails are sent to those not present at the meeting.

Drever said there is also an electronic donation option through Venmo to help collect from those not there in person. Dreyer said that board member Pam Olson does the financial accounting, "a huge endeavor," which is important for record keeping.

The group meets the second Wednesday evening of the month four times a year (February-May-August-November). Meeting location is rotated among local eating places, because sharing a meal together has become a social part of the

"Part of the meeting is social networking," Dreyer said. "Any woman is welcome."

#### **Needs and use of donations**

Dreyer emotionally described past recipients and their stories. Most family needs are due to health issues such as cancer or a death in the family. Traumatic life experiences bring significant financial needs, she said.

"Many times, the women donating do not even know the recipient personally. It is to help out where the family can use it most," Drever said.

She added, "The recipients can use the money in any way they choose for personal and family needs. These are unrestricted funds.

"We do not monitor what the person or family does with the money," she said. Maybe they pay bills or medical expenses. Maybe they take their family on a trip to make a memory before someone passes.

Sometimes they come back to tell us about how they used their money, but other times not. I always feel so good when I leave the meeting, she said.

Inside the front door of The Biz, Dreyer has hung a plaque displaying the names of all recipients since 100+ Woman Who Care in Humboldt County began in 2016.

#### 'Side' Donations

Something added to recent meetings is called side donations. Based on special requests, participants are offered the opportunity to give extra as money or products when called upon. Recent side donations included the local food pantry, F.U.E.L. (student food program), Moffit Animal Shelter, and student school lunch balances.

#### **Future**

Several nearby groups, including Pocahontas, Algona, Eagle Grove, and a group in Minnesota, have reached out to Dreyer for ideas and assistance in starting their own 100 Women programs. The idea continues to grow.

But a big question for Humboldt County: what happens as 100+ Women keeps getting bigger?

Dreyer said her goal is to get to 200, then split – not into two groups but rather split total donations at each meeting between two recipients.

Members attending would vote on two recipients that would then divide total proceeds equally.

"Each individual or team would write two \$50 checks. \$10,000 for each recipient would still be a significant," she said.

"I know there are more than 297 women (total of current

individuals and team members) in Humboldt County who want to make a difference. (If \$100 on your own is too big a commitment), I invite women to get your group of two-four who want to come out and help," she said.

"It's a great night of networking – and for me, the chance to meet many people I do not know. The more people we get, the more we can help out," Dreyer said.

For more information, you may contact: 100womencare-humboldt@gmail.com .

Or on Facebook Search for "100+ Women Who Care – Humboldt County."

Dreyer displays a plaque inside the front door of her store, The Biz, listing all recipients since 2016.

#### **Donation Recipients**

Con Burgers Family - June 2016 Sarah McCullough - Sept. 2016 Amanda and Andy Paul - Dec. 2016 Craig Christensen – March 2017 Ava Myers – June 2017 Savanna Gerjets - Sept. 2017 Natasha Ahlstrom - Dec. 2017 HOPES Program - March 2018 Joyce Crabtree – June 2018 Kaden's Kloset - Spt. 2018 Jean Bunz – Dec. 2018 Humboldt Animal Shelter - March 2019 Valoree Sorensen – June 2019 Humota Theater – Sept. 2019 Corey Reed - Dec. 2019 UDMO - Feb. 2020 COVID - Cancelled - May 2020 Jamie Newberry - Aug. 2020 Nonprofit - Individual donations - Nov. 2020 Scot Slaikeu - Feb. 2021 Gilmore City Ambulance – May 2021 Cate Krichau - Aug. 2021 VFW #5240 - Nov. 2021 Shelley Davis - Feb. 2022 F.U.E.L - May 2022 Dave Minor - Aug. 2022 Make-A-Wish - Nov. 2022 Landon McKenney - Feb. 2023 Peace Creek Animal Rescue - May 2023 Kylee Myott – Aug. 2023 Joie Smith – Nov. 2023 Sara Moore – Feb. 2024 Humboldt Veterans Memorial - May 2024

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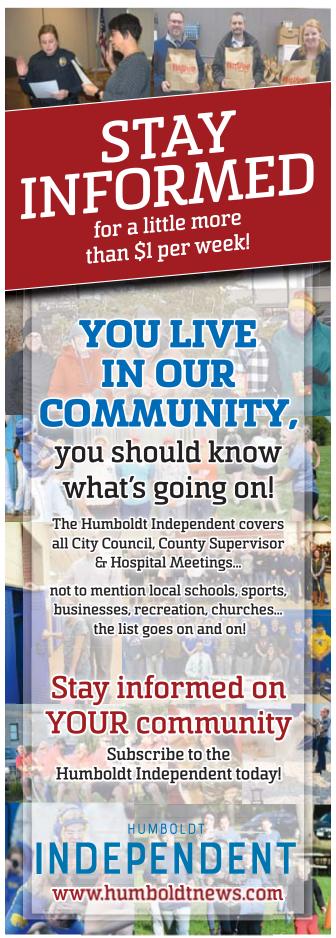
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Gee whiz - where is the summer going? Seems like it just started and it's already two-thirds! Knee high by the 4th of July USED to be a favorite comment among farmers and towns people alike. Especially as they drove along country roads on a week-end drive to visit friends, relatives or attend a special sporting event! This year was NO exception, although Mother Nature had a bigger say in what the crops looked like with rain making its appearance a bit more often than desired.

Humboldt County had its share of ponds in the fields and farmers used every possible minute to get those crops in when they could. I try to take a picture of the corn most years and send to family members in California and Florida as a reminder of what our corn looks like. This year some fields were only knee high in many places and thankful there wasn't water standing! I was fortunate to find several of our fields shoulder high!

And then the floods came - Humboldt set a new record with 17' high river depth, breaking the old record of 15.5! Thanks to the many, many helping hands with sandbagging efforts, a disaster was avoided. There were persons who played many a part in helping, be it by filling bags, bringing food and water, running errands for those "on duty," and the list goes on. WELL DONE!! Each one of you deserves a special medal!

I could hardly believe my eyes when I saw the six-foot sand levees around the motel and business firms within a block or two of the river, wow! Many hands made the task possible.

The summer is two-thirds gone. What? Yes, check your calendar. August is almost here and that means the last vacations of the season, the state fair, etc. Did you take a special vacation this year? Does your family meet together for a reunion? Each person has a different definition of "vacation."

For 50 years our family went to Leech Lake in Minnesota. It started out when we were sightseeing in northern Minnesota (Hibbing and the Iron Ore mines) when Renwick friends invited us to stop and visit them at Leech Lake. Once our three children saw that huge lake, the cabins where the friends stayed, AND the fish that were caught, etc., there was no more taking vacations elsewhere.

After our children were grown, married and had families of their own, Leech Lake still held a special spot in their hearts and August found all of us returning. However, this year I will not be returning to this "favorite" spot. I no longer have the desire to

"catch that big one." I did catch a Muskie in years past! I am older and getting in and out of a boat is not easy and sitting for half a day is no longer fun. Sooooo, I have hung up my fishing pole and called it quits! I have other places to see and visit. However, members of my family still make reservations at that favorite spot, enjoy spending a day on the lake trying to catch "the big one." Good luck!

How many of you have been following our Caitlin Clark in her basketball career? I never thought I would be watching professional basketball on TV - but NEVER say NEVER!

And mentioning sports, the Olympics will be coming and lots of interest in many sports! I have enjoyed watching and following the swimming competition with the granddaughter of Connie and Roland Roghair doing well in swimming competition! My granddaughter swam for John Hopkins University on scholarship many years ago, so swimming is a sport I know something about.

CONGRATULATIONS to all the athletes who "give it their all." I find it almost mind-boggling when I hear the many trips grandparents and parents take to see their families participate. Linda Lane of Renwick has worn out a car or two in the trips she has made watching her grands. There are many others. Congratulations to parents and grandparents who can take the time and have the energy to do this!

Mentioning time and energy, I'd like to mention Daryle Zwiefel, who has been extra active in getting work done on the Veterans Memorial, with construction to begin this fall near Our Saviour's Lutheran Church. He is adamant about getting every veteran from this county who served in the military recognized.

I used my brother as an example. Bart attended high school here and graduated in, then joined the army. My parents moved and upon Bart's discharge, he married his high school sweetheart, Jan Bennett, and attended college and moved to Davenport. Bart has few ties with Humboldt any more, but I felt he should have a place on the monument with others who served in the military. I contacted Daryl and he explained how to get the necessary information and a quick trip to the Recorder's Office in the Court House got me the form I needed. If you have a friend or relative who served in the armed forces - any branch - contact Daryle and see what needs to be done. THANKS to him for his time and efforts. I look forward in seeing this monument started this fall!



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## A BLIND MAN FALLS IN LOVE - WHERE ARE HIS THOUGHTS

By Phyllis Johnson



Jim was born into a musical family. His father was the director of an orchestra in Minneapolis, an important arm of the city's society, and his mother led their church, as well as being a soloist in some of the theater's musicals.

While Jim was growing up, he had opportunities to hear and listen to Minneapolis' best. Music lessons were part of his life, but the piano was his favorite. He became a concert pianist - so good that he was asked to play in concerts all over the state.

But then a dark cloud invaded the family. Jim's dad's eyes began to fail. Doctors from the Mayo Clinic as well as those on the east coast were consulted. It was determined this was not going to heal, but steadily get worse until it would eventually take his sight.

Doctors told the family this was a hereditary affliction and it would be wise to be tested so treatment could begin soon. And, it would be wise to be tested so treatment could begin soon if it had been passed on to one of the children.

Jim was the first to be tested. To his dismay, the test was positive. It didn't indicate that he would inherit the disease, only that he did carry the gene. That was a comfort, of course, but he knew he had to plan for the future.

All kinds of thoughts filled his mind now. What about his future in music? He had hopes of becoming a concert pianist, maybe traveling to Europe, but more importantly to eventually marry the cute, little blond girl he had grown up with. She had the voice of an angel and he had accompanied her as she sang solos in their school and church choir.

These thoughts permeated his whole being. He thought about quitting his music and just get ready to accept his possible eventual blindness. No, music was his life. He had to go on. Then a break came. The disease could be controlled, not cured, but it would slow down the process.

Jim moved forward with more ambition, more zest and more determination. His career soared, but most of all his attraction and eventual love for Marty, the little blond girl with the voice of an angel.

All the time his thoughts revolved around her. Would she want to marry someone who could be blind someday? How would he deal with passing this gene to his eventual children? How could he support a wife and family if he were to be blind? How could he even tell her what could be in his future? His sleeping was interrupted with these thoughts, night after night.

His spirit soared the day Marty accepted his marriage proposal. They had a long discussion about the hopes and dreams both had. Marty had plans for her own life. She wanted to follow the paths her parents had chosen. Both were ordained ministers. That had been her dream since a child. Marty was concerned when Jim told her the news of his eyesight, but it didn't alter her decision of marriage. They were married sometime later and began their life together.

Jim approached life and his career with new vigor. He spent most of his day practicing, if he wasn't traveling to and from concerts. His career soared, way beyond what his hopes had been. He went to Europe, had concerts throughout the continent. He played for royalty, kings and queens in the audience. Marty was by his side when she could. She became a pastor and they became parents. Life was good.

Then one day, Jim was at his piano, getting ready for a concert. The piano keys looked a bit blurry. He blinked, and blinked again. Still blurry. His body stiffened as he tried to deal with what he was seeing. His thoughts seemed to climb on top of each other. He couldn't straighten them out. He knew what was happening.

Tears welled in his eyes. He knew he had to tell Marty. She was not home at the moment and Jim sat down to think. The old thoughts that he had years ago came back. He tried to sort them out. Other thoughts raised more questions. Now, he had two little girls to worry about. His marriage, his career, his ability to cope with darkness, his dependence on Marty and even other people for the day-to-day existence. The thoughts overwhelmed him. How could he tell Marty?

Marty and Jim talked into the night. They decided to start planning for what would be their future. They talked about Jim's learning Braille, or maybe getting a seeing eye dog. Marty's church would be supportive, and she had a decent salary. Besides, Jim was collecting royalties from the recordings he had made. "God will provide," Marty said.

God did provide. Marty and Jim have moved a few times into new parish assignments, their girls have earned degrees in music, both musical as well as their parents, and Jim and Marty are grandparents. Jim still plays the piano and has the talent to play from memory. He still is asked to record his music.

Now Jim's thoughts don't center on his ability, or his self pity. His thoughts are of gratitude and thankfulness. He thinks about his family and their ability to cut their own destinies.

He thinks about how his success as a musician may have affected people throughout the world. He thinks about his satisfying existence in his sightless world. Life is good...



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The second graders at Taft School have been working on the art of conversation. Students were matched up with one or two classmates and given the challenge of starting and continuing a conversation with one another for a set amount of time. Since conversation requires the ability to ask questions of others, each student was equipped with a "cheat sheet" of possible questions to ask. The students had fun getting to know their classmates and hopefully this will help them to be better friends, classmates and citizens in the future!

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