

received from her Apple health app. The phone app tracks many body conditions including her cardio fitness.

During the month of December, the app indicated that her VO2 max had taken a nosedive. That number refers to the maximum amount of oxygen that an individual can utilize during intense exercise. This measurement is generally considered the best indicator of cardiovascular fitness and aerobic endurance.

"I didn't really know why that was. It went from being a regular measure of 34 to 38, to in the 20s. Anything 22 or below indicates there's something major going on with you," she said.

Williams did a reset of her watch. She even considered getting a new one because there had to be a glitch somewhere for those numbers to fall so low.

At the same time, she seemed to be constantly tired. She increased her intake of caffeine to counteract the fatigue, sometimes as much as 600 mg of caffeine a day.

"I was working, and I'd come home and just be exhausted," she said.

But she was determined to power through the fatigue. She set a goal of running a half marathon in March. Training started right away — and even during a bout of Covid, she continued to work out.

"I just couldn't accept the possibility of being lazy," she said. "But you know, if you get your body up and moving, you usually feel better."

Lifting weights, however, seemed to be taking too much effort. She cut back, lifting lighter weights just three days a week. She focused her attention on running and getting ready for the half marathon.

That's when the pain in her lower back, primarily on the left side, started to bother her.

"I thought I had tweaked my back lifting weights, or it was from the running," she said. "The pounding on the treadmill as you run can be brutal."

She tried to look past the pain and continued to push towards her fitness goals.

"I developed a mindset that if I could knock out a two-hour run, I could do anything. I convinced myself of that. I got up at 4:30 in the morning, ran for two hours, went to work, then came home to take care of the girls and the family. I was getting maybe 6 hours of sleep at night," she said.

Spotting was the next symptom she experienced. She chalked the spotting up to the changes she was making in her workout routine.

"Anytime you change or stress your body in a new way, we can experience hip pain or spotting, and different things like that," she said.

She ran the marathon in March, and at the time discovered that she had gained five pounds.

The weight gain seemed impossible considering the 20-plus miles a week she was running, her weightlifting regimen and her consistent macro calorie count.

"What was happening?" she wondered. "My trainer and I talked about it again and she said that when you're stressing your body, sometimes your body will try to hold onto that weight."

The trainer also told her if she was concerned, she should go to the doctor.

"But of course, I didn't," she said.

She thought after the marathon was over, perhaps her weight would normalize. But instead, she began to feel bloated.

"Once again, I went back to the drawing board and added more fiber to my diet instead of stepping back and really evaluating what was going on," she said. She increased the amount of protein she was eating and boosted her water intake to over 100 ounces a day. With that, she also added in a stool softener to counteract the constipation she started to experience.

"So, I had just willed away all five primary symptoms of ovarian cancer - bloating, pain, constipation, urination and eating issues," she said.

HEALTH APP ALERT

In May 2022, her health app alerted her to unusual conditions. She received a notification indicating that there might be something wrong and it provided a document outlining all the symptoms. The app encouraged her to make a doctor's appointment and recommended she take the document of symptoms with her.

"This was amazing to me that the app could do this. As a provider myself, I willed

away all the things I was experiencing, and my phone is the one thing that was telling me I need to get this checked out," she said.

She made an appointment at the Gabrielson Clinic with provider Valerie Martin who specializes in abnormal issues, perimenopause and menopause. Tests were arranged for the end of August, including an abdominal ultrasound, an intravaginal ultrasound, a uterine biopsy and some blood work.

During the abdominal ultrasound, Williams said she was chatting pleasantly with the technician but when the intravaginal ultrasound began, she noticed a change in the technician's demeanor.

"I remember trying to see the screen and what she was seeing. I looked up and saw my right ovary was just like broken open and spilling out the stuff. There was a bunch of fluid. On the left ovary, there was this concentric mass," she said. "I knew this must be something terrible."

Waiting for the provider in the exam room, she did the one thing she's told her patients not to do — she turned to Google for answers.

"I Googled 'Ovarian Mass' — and I'm looking at pictures trying to find one that looked like what I had seen on the ultrasound," she said.

When the provider walked into the exam room, the two women just looked at each other. And then Williams started to cry.

Her provider told Williams she couldn't definitively say that the mass was cancerous. The large quantity of fluid in her pelvic cavity was also of concern. She asked if Williams had any pain.

"I'm in pain all the time. My left leg goes numb all the time. I do all these things — I run and lift weights," she told the provider. "But I constantly feel like I have to stretch out my back."

ONCOLOGIST REFERRAL

She was ultimately referred to a gynecological oncologist, Dr. Steven Elg.

"He said even though I'm a provider, he was going to treat me like any other patient. He said he wouldn't give me more information than I needed but he wouldn't withhold any information," she explained.

Together, they decided that surgery was the best option.

At that time, Williams was training for

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LEGAL PUBLICATION
The Hamilton County Board of Supervisors met in special session on Friday, March 8, 2024 at 9:00 A.M. in the Basement Conference Room of the Hamilton County Courthouse, Webster City, Iowa.

Unless otherwise noted, all actions were approved unanimously.

CALL TO ORDER: Called to order by Chair Dan Campidilli.
PLEDGE OF ALLEGIANCE: The Board led the Pledge of Allegiance.
MEMBERS PRESENT: Jerry Kloberdanz, Rick Young, and Dan Campidilli.
OTHERS PRESENT: Ryan Weidemann and Kim Schaa.
AGENDA: Motion Young, second Kloberdanz to approve the agenda.
AGREEMENTS/APPLICATIONS/CONTRACTS: 28E COOPERATIVE AGREEMENT FOR BRIDGE IMPROVEMENT PROGRAM (BIP) GRANT PROJECT: Motion Kloberdanz, second Young to approve said 28E Agreement as presented by Hamilton County Engineer, Ryan Weidemann.

RESOLUTION *2024-13: RESOLUTION 2024-13 SUPPORT OF THE JOINT BIP GRANT AGREEMENT & PROJECT: Motion Young, second Kloberdanz to adopt said Resolution 2024-13 Roll Call Vote: Kloberdanz, Young, and Campidilli voting aye.
Resolution No. 2024-13

In Support of the Joint BIP Grant Agreement & Letter of Support for the 2023-2024 Bridge Investment Program (BIP) Grant Project
Whereas , Hamilton County, Iowa bridge FHWA number: 026390, has been identified as being part of a joint Bridge Investment Program (BIP) Grant Project, and
Whereas , it is desired by and in the interest of Hamilton County to participate fully in the BIP project activities as a Sub-recipient and provide all requisite information necessary to bring to completion all project phases through final completion, and
Whereas , we are in support of Washington County providing Lead-recipient roles and duties, and
Whereas we understand and accept the Sub-recipient roles and responsibilities as defined in the "28E Cooperative Agreement for a Bridge Investment Program (BIP) Grant Project", and
Whereas , each County Bridge Owner as shown in Section 4, paragraph A-F shall be responsible for all local matching funds and accepts any costs exceeding the funds requested in the BIP Grant application for their respective structure.

THEREFORE, BE IT RESOLVED that the Board of Supervisors of Hamilton County, Iowa hereby approves and directs the Chair to sign this Letter of Support for the 2023-2024 Bridge Investment Program (BIP) Grant Project and the 28E Cooperative Agreement for a Bridge Investment Program (BIP) Grant Project, and to provide all pertinent correspondence and project information to:

Attn: Jacob Thorius, P.E., Washington County Engineer
210 W Main St., Ste. 2, Washington, IA 52353-1723
(319)653-7731

Adopted this 8th day of March, 2024.

ATTEST: /s/ Kim Schaa
/s/ Daniel J. Campidilli

Chair, Board of Supervisors
ADJOURN: Motion Kloberdanz, second Young to adjourn.
Meeting adjourned at 9:07 A.M.

/s/Kim Schaa, Hamilton County Auditor
/s/Dan Campidilli, Chairman, Hamilton County Board of Supervisors
L90001 3/22/24 #9760

See LIFE, Page 8

Do you, or someone you know, struggle with depression or mental illness? There is help. Call this number: **988**

CITY SCENE

Fuller Hall Recreation Center Health & Wellness Fair

The Fuller Hall Recreation Center Health and Wellness Fair will take place on Saturday, April 6th from 9:00am – 1:00pm at the Fuller Hall Recreation Center. The event will promote numerous health and wellness focused organizations within Webster City and our surrounding communities. Adult Educational classes and kids and adult fitness classes will be offered to the public throughout the event. The Fuller Hall weight room and cardio room will be free to utilize during the event and the indoor pool will also be offering free open swimming from 11:00am-1:00pm.

Benefits of Health & Wellness Fair

Health and wellness fairs are events organized to promote and educate the community about various aspects of health and wellness. The health fair will bring together healthcare professionals, wellness experts, nutritionists, dieticians, and vendors offering health-related products and services. Each organization participating in the health and wellness fair will offer the community the opportunity to learn about a wide range of health topics at their informational booth.

Additional classes taught by healthcare professionals will be available throughout the event to expand your knowledge on different healthcare topics.

The health and wellness fair will provide a platform for community engagement and networking among attendees, exhibitors and healthcare professionals. Creating a sense of community and support by allowing individuals to share experiences, learn from others and build connections with like-minded individuals who are committed to improving their health.

Benefits of Health & Wellness

Health & Wellness are essential aspects of a fulfilling and balanced life. The benefits of prioritizing health and wellness encompass various aspects of physical, mental and emotional well-being: Here are some key benefits:

- Improved Physical Health
- Enhanced Mental Health
- Increased Productivity
- Better Stress Management
- Positive Socialization & Improved Relationships
- Personal Growth & Development

Health & Wellness Fair Giveaways

- 1 – Fuller Hall Family Annual Membership
- 1 – Fuller Hall Adult Annual Membership
 - 1 – Fuller Hall Adult Punch Pass
 - 1 – Outdoor Pool Family Season Pass
 - 1 – Outdoor Pool Youth Season Pass
 - 3 – Life Line Screening Certificates

Put your name in the drawing when you walk in the door!

Fuller Hall Recreation Center Health & Wellness Fair



SATURDAY, APRIL 6th | 9:00 a.m. – 1:00 p.m.
FULLER HALL RECREATION CENTER
625 BANK STREET, WEBSTER CITY

Health Fair Classes & Activities Schedule

(All Activities & Classes Are Free of Charge)

Sampson Room

- Emergency Preparedness @ 9:00 a.m.
- Diabetes Education @ 10:00 a.m.
- Women's Health @ 11:00 a.m.
- Stress & Anxiety Management @ 12:00 p.m.

Racquetball Court

- Self Awareness Class @ 9:00 a.m.
- Kids Fitness Class @ 9:00 a.m.
- Yoga Class @ 10:00 a.m.
- Deep Breathing Meditation Class @ 11:00 a.m.

Lounge Area

- Skin & Sun Safety @ 9:00 a.m.
- Immunizations for Seniors @ 10:00 a.m.
- Movement for Seniors @ 11:00 a.m.

Game Room

- Kids Crafts @ 9:00 a.m. – 1:00 p.m.
- Balloon Artist @ 10:00 a.m. – 12:00 p.m.

Weight Room/Cardio Room

- Free of Cost @ 9:00 a.m. – 1:00 p.m.

Indoor Swimming Pool

- Open Swim @ 11:00 a.m. – 1:00 p.m.
- Aquacise @ 12:00 p.m. – 12:45 p.m.

ENTER TO WIN 1 OF THE NUMEROUS GIVEAWAYS!

FIND OUT MORE ONLINE: WWW.WEBSTERCITY.COM WEBSTER CITY FOR MORE INFORMATION CALL (515) 832-9193