

# HEALTHY CHOICES

## ANEW Nutrition brings health-conscious treats to Hull

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Since 2021 when ANEW Nutrition set up shop in Hull, the business has been ever-increasing its product lines for those who want a more health-conscious and nutritious drink offering. Owner Shelly Van Otterloo is proud of her accomplishments with the business, located inside B. Fierce Boutique at 207 Black Forest Road in Hull.

"Since we opened the doors to ANEW Nutrition, we've expanded our menu immensely. We now have over 200 different lifted tea recipes, added a variety of scrumptious shake options, introduced protein iced coffees, started offering teas-to-go and most recently, added protein snacks, including our protein bites in a variety of delicious fla-

vors," Van Otterloo reflected. ANEW Nutrition showcases the impact of health choices in the lives of their customers by encouraging getting into more healthy habits in terms of what the business offers.

"We encourage healthy choices — including sugar-free drink options, low-sugar/low-carb/high-protein shakes and building in protein into our snacks. We live in Sioux County where there are a lot of options to choose out of convenience when it comes to treats. We are different in the way that our drinks are sweet and tasty, without all of the added sugar. For instance, almost all of our lifted teas are sugar-free," the owner continued. "And

we have a variety of 'add-ins' to give a boost of hydration, protein, collagen or aloe, all offering u n i q u e

added benefits in your overall health and wellness. From added energy, digestive aids, immune support or stronger nails and healthier skin and hair, we have products that bring more value than just a yummy drink or shake."

A staple of being more health-conscious for customers could be the goal of losing weight. Van Otterloo says that losing weight is more than simply replacing sugar-heavy drinks with her products.

"Many will ask if losing weight is a benefit from drinking our teas and shakes. My answer to that is — losing weight is a lot more than replacing your meals with shakes and your soda with teas.

When consumed regularly along with a healthy diet of foods created by God alone and getting your body moving, it is possible you could lose weight. But just like every other product out there, there is no quick fix if losing weight is your goal. We always recommend to visit with your family physician for professional advice," Van Otterloo reflected. "At ANEW Nutrition, we just have a few tools to help you along in the process. When people enter the door to ANEW Nutrition, it is our prayer that they see joy — not only in their drinks — but in the atmosphere. We share laughter and tears, share joy and hope and pray that each person that comes to our counter feels loved and accepted for who they are and who God created them to be."



## Why you should invest in your skin health this winter

(StatePoint) If you're like many people, you may view the change in seasons as a sign that you can give up your skin protection routine. Experts say that everyone, regardless of gender or lifestyle, should be careful not to neglect their skin health in winter.

"Don't let your guard down in winter. Not only are you still being exposed to sunlight and pollution during these colder months, but there are sources of free radicals indoors, too, which may have negative, aging effects on the skin. Free radicals can damage the skin's cell function and DNA, and DNA changes can cause mutations that could increase the risk of skin cancer," says dermatologist, Rachel Nazarian, MD FAAD.

To invest in your skin health this winter, and all year long, Dr. Nazarian offers the following tips:

### Keep up the SPF routine

Don't stow that bottle of sunscreen away. Applying a topical broad-spectrum SPF on a daily basis can protect skin while you're enjoying time outdoors, and from the incidental exposure that occurs through a window indoors, like while driving.

### Put the device down

Protect your skin from excessive exposure to the visible light emitted from digital screens like cellphones and laptops. To do so, find small, easy ways to limit your device usage, such as reading a physical book instead of using an e-reader, or by playing records instead of playing DJ on your phone. You can also reduce exposure by simply turning the brightness down on your devices.

### Sleep tight

During sleep, your body works to repair organs, including your skin. Getting high-quality, deep sleep each night is essential for healthy skin and a healthy



body. According to The Sleep Foundation, the best temperature for sleep is 65 degrees Fahrenheit, even in winter when it's tempting to turn up the thermostat to toastier temperatures. You can also promote good sleep by keeping alcohol and caffeine consumption in check, and by turning to sleep apps that soothe users into slumber with meditation and white noise.

To help keep skin healthy and radiant, don't neglect it in the winter months. For best results, ensure your care routine is both comprehensive, and year-round.

(Information provided by StatePoint Media)

## Hearing Care is Health Care™

Hearing loss is associated with a variety of conditions, including diabetes, depression, anxiety, heart disease and dementia. Experts say that one of the most important things we can do to keep our brains (and bodies) healthy, as we age, is to stay mentally stimulated. Keeping up an active social life with our friends, family, or business associates is one of the many ways to be mentally engaged. And we can encourage this through good hearing health, including the use of hearing devices for those with hearing loss.

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## PUBLIC NOTICES

### LYON COUNTY AUDITOR'S OFFICE ROCK RAPIDS, IOWA January 9, 2024

Chairman Jerry Birkey convened the adjourned session with Vanden Bosch, Altena, and Herman present. Motion carried assumes unanimous vote unless otherwise stated.

The Board started with the Pledge of Allegiance.

Holly Behrens, Sanford Health Attorney discussed the MOU between Lyon County, IA and Sanford Medical Center. Behrens noted the MOU represents a commitment by Sanford to provide financial assistance to those in need to ensure there are no significant financial barriers to obtaining medical care in rural communities. County Attorney Amy Oetken noted the MOU was appropriate to sign. Motion by Herman, second by Altena to approve Sanford MOU. Motion carried.

Minutes from the January 2, 2024 meeting were reviewed. Motion by VandenBosch, second by Altena to approve and Chairman sign minutes. Motion carried.

Chairman Birkey opened the public hearing at 8:35 a.m. for public comment on authorization for Non-Current Debt fund of \$5,000 from the health insurance fund to the Flex Account for 2024. No comments were made. Chairman Birkey closed the public hearing at 8:35 a.m.

Chairman Birkey introduced Resolution 2024-03 authorizing the pre-funding of the County's medical flex spending fund (from 89000 Health Insurance Fund to 91000 Flex Spending Fund). Due to the first deposit into this account being 1-12-2024, but employees may claim funds as of 1-1-2024, the account needs to be funded by an internal loan. The amount is \$5,000 and will be repaid by 12-31-2024. Motion by Altena seconded by VandenBosch to approve and Chairman sign Resolution 2024-03. Motion carried. This is a summary of the resolution, and the complete wording can be found at www.lyoncounty.iowa.gov under the Supervisors and Resolutions or can be obtained at the Auditor's Office.

Supervisor Altena updated the Board of Supervisors on the Auditor interviews from 1-2-2024. The recommendation was made to appoint Deputy

Auditor Amy Sprock. Motion by Altena, second by Herman to appoint Sprock to county Auditor. Motion carried.

Assessor Ashley Lewis presented her Data Software Budgeting proposal. She will present this proposal to the Conference Board on 1-23-2024.

Supervisor Scholten arrived at 8:45 a.m.

James Zangger joined the meeting to discuss a zoning complaint. Zangger wanted to bring awareness to an oversight made by the Zoning board. Assessor Ashley Lewis was present for any questions. The board thanked Zangger for coming.

Lyon County Economic Development director Steve Simons and Jen Smit joined the meeting to discuss the 3 yr Strategic Economic Development Action Plan. Smit noted this plan is a way to give Economic Development a roadmap to identify current issues and develop strategies to overcome those gaps or weaknesses. Motion by Altena, second by Scholten to approve quote from Smart Solutions for Economic Development Strategic Plan. Motion Carried.

Treasurer Michele Stewart presented the Semi Annual report for July 1, 2023 to December 31, 2023. Stewart stated the only changes made to the cash accounting is adding 2 CDs to American State Bank. Motion by Herman, second by Altena to approve the Semi Annual report. Motion carried.

Chairman Birkey presented a liquor license renewal application for Dollar General in Larchwood. Motion by Scholten, second by VandenBosch to approve and chairman sign renewal application. Motion carried.

County Engineer Daryl Albertson joined the meeting. Albertson stated Lyon County Conservation and the Engineers office will work together to come up with a plan to help with weed control along guard rails.

Albertson presented a 5yr salary step plan for Randy Hage. Two scenarios were presented to the board. Motion by VandenBosch, second by Altena to approve scenario #1, increasing Hage's hourly rate to \$41.10 as of 1/10/2024

Employee Changes- Jay Vogel, Gene Kruger, & John McCarty retired from secondary roads as of January 5, 2024. Motion by VandenBosch, second

by Scholten to approve claims. Motion carried.

Handwritten claim dated 1-4-2024 in the amount of \$466.76 was reviewed and approved. Check sequence #167848.

IBC, Flex Plan.....466.76  
Grand Total.....466.76  
Flex Benefits Account.....466.76

Claims dated 1-9-2024 in the amount of \$63,328.50 were reviewed and approved. Check sequence #167849-167911.

Access Systems Leasing, Printer/Copier Lease Cont.....833.10  
Abbie Ackerman, Med Exam Fee & Mileage.....275.00  
Ahlers & Cooney, P.C., HR Service.....50.00  
Alliance Communications, 911 Recurring Phone.....150.00  
Cory Altena, Mileage.....238.00  
Auto Value Parts Stores, Oil, Fuel, Cabin Filter.....2452.62  
Care Initiative, Jail Meals.....2590.00  
City of Doon, water.....33.00  
City of Rock Rapids Municipal, Utilities.....6169.42  
Cooperative Energy Company, Fuel.....1481.17  
CoZo, 2024 Membership.....150.00  
Culligan Soft Water Serv., Auto Rental.....26.00  
Cash-Wa Distributing, Food for Inmates.....1771.25  
Dakota Data Shred, Shred.....293.09  
DJ's Service, gasohol.....234.11  
Doon Press, Public Notice/Deputy Ad.....290.09  
Darren Dubbeldt, Mileage.....60.00  
East Central Dist. of Assessor, Legal Description Class.....300.00  
John Fluit Jr, Mileage.....21.00  
Kevin Fluit, Mileage.....12.00  
Kent Harms, Mileage.....13.00  
LeRoy Hassebroek, Mileage.....15.00  
Health Services of Lyon Co, Hep B-3rd Dose.....103.00  
HTC Enterprises, LC, shouldering machine.....7640.54  
I-State Truck Center, water pump199.09  
IBC, Consult Employee Benefit Serv.....4057.89  
IOWA - CP, 2yr Membership.....20.00  
Iowa County Recordors Assoc., 2024 dues.....250.00  
Lues Emergency Management Assn, Membership.....225.00  
Iowa Information Inc., Deputy Sheriff Position.....286.88

ISAC, Spring Conf Reg.....210.00  
ISAC Group Unemployment Fund, Q4 Unemployment.....515.81  
Jaymar Business Forms Inc, W-2 & 1099 Forms/Envelopes.....280.39  
Brad Julius, Well Closing.....500.00  
Dale Kollis, Mileage.....40.00  
David Korthals, Mileage.....40.00  
Bradley Leuthold, Mileage.....3.00  
Lyon & Sioux Rural Water, water.....94.80  
Lyon County News, Public Hrg/Vacancy Notice.....118.75  
Michael Rozeboom, gasohol.....12.84  
New Century Press, Board Min, Publ. Hrg, Deputy Ad.....1994.70  
Northwest Iowa Regional Housin, FY24 Local Match.....968.00  
Osceola Rural Water, water.....50.48  
Premier Communications, Phone, LD, Cable.....4581.09  
Premier Network Solutions, Consulting/DR Cloud.....2447.25  
Reserve Account/Pitney Bowes, Postage for Meter-Zoning.....399.00  
Steve Simons, Mileage.....148.00  
Spencer Office/JCL Solutions, Lam. Sheets, Label Maker, Table.....343.03  
Stericycle, Monthly Charge-Sharp's Disp.....67.00  
Stone Group Architects, Sec Rds Project.....18264.75  
Sunshine Foods, Distilled Water.....50.77  
Thomson Reuters, Clear Proflex-Collections.....354.75  
Todd's True Value, nuts, bolts, screws.....12.14  
Kay Tweed, Mileage.....21.00  
Douglas VandenBosch, Mileage.....419.50  
Verizon, Cell & Air Cards.....1103.20  
Dennis Winkowitsch, Mileage.....48.00  
Grand Total.....63328.50  
01000 General Basic Fund.....25,342.54  
11000 Rural Services Basic Fund.....1,386.87  
15000 Economic Development Fund.....1,116.00  
20000 Secondary Road Fund, 11,122.45  
24000 American Rescue Plan Fund.....18,264.75  
29000 Surcharge on E911.....1,768.76  
41000 Emergency Management Services.....239.04  
69000 Co Assessor Agency Fund.....30.20  
89000 Health Insurance Fund.....1,460.00  
91000 Flex Benefits Account.....2,597.89

There being no further business there was a motion by Vanden Bosch, seconded by Altena to adjourn. Motion carried.

APPROVED  
Jerry Birkey, Chairman

ATTEST:  
Amy Sprock,  
Auditor

NOTE: These minutes are as recorded by the Clerk to the Board of Supervisors and are subject to Board approval at the next regular meeting.

R0124-1

### WEED COMMISSIONER

The Lyon County Board of Supervisors will accept applications for Weed Commissioner for the East half of Lyon County until January 31, 2024 at 4:30 p.m. in the Lyon County Auditor's Office. Term of current position is two years starting March 1, 2024. Interested persons must live East of Highway 75 in Lyon County, Iowa and be willing to take and pass the IA Certified Commercial Pesticide Applicator Core exam and either Category 1A or Category 6 exam.

Schooling for the position will be March 13-15th in Altoona. For further information contact the Lyon County Auditor's office at 712-472-8517.  
R0117/0124-1

### NOTICE OF PUBLIC HEARING

The Board of Directors of the Central Lyon Community School District hereby notifies with this publication the proposed sale of Parcel A of the Bus Barn Property located in Outlot 12 of East Rock Rapids, Lyon County, Iowa, 51246. A public hearing on the sale of Parcel A of the Bus Barn Property will be held on the 12th day of February, 2024, at 6:55 p.m. at the board room of the Central Lyon Community School District.

The real estate to be sold and to be listed for sale is described as:

Parcel A in Outlot 12 of East Rock Rapids, more particularly described as follows: That part of Outlot 12 of East Rock Rapids, Lyon County, Iowa (said East Rock Rapids is recorded in Plat Book 1, Page 276), described as follows:

Beginning at the Southeast Corner of said Outlot 12; thence North 02°24'38" East on the east line of said Outlot 12 for a distance of 127.35 feet to the north line of the South 131 feet of said Outlot 12; thence North 87°40'48" West on said north line for a distance of 88.90 feet to the west line of the

East 90 feet of said Outlot 12; thence South 01°45'58" West on said west line for a distance of 27.35 feet to the easterly extension of the north line a tract of land described in the Special Warranty Deed recorded in Book 305, Page 721; thence North 87°40'48" West on said easterly extension of said north line for a distance of 191.11 feet to the Northeast Corner of said tract; thence South 02°24'38" West on the east line of said tract for a distance of 100.00 feet to the south line of said Outlot 12; thence South 87°40'48" East on said south line for a distance of 279.70 feet to the point of Beginning, containing 0.70 acres

SUBJECT TO EASEMENTS IF ANY, OF RECORD OR APPARENT.

Prior to the public hearing, bids have been entertained by the board of directors anyone wishing to submit a bid may submit a confidential bid in writing by delivering the bid to the office of the Superintendent of Schools located at 1010 South Greene Street, Rock Rapids, IA, 51246.

At the public hearing, the board president will announce the highest written bid received at the commencement of the public hearing. The public is then invited to attend and either make additional oral bids in amounts not less than one thousand dollars greater than the previous bid. When all bidding is concluded, the president will declare the property sold or declare a no sale and the public hearing will then be closed.

The board will then act on the resolution if the bid is determined adequate or may declare a no sale if the bid is determined inadequate.

The supporting documents outlining the specific real estate are on file with the Board Secretary of the Central Lyon Community School District. Anyone having an interest in this matter may appear at the public hearing and make additional comments concerning the sale of the property, as the Board will receive comments on this matter prior to a vote on the resolution to sell the property.

R0124-2