

HUMBOLDT NOW!

Volume 17 · Issue 8 · August 2026

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- ! *Paint by Kelsey*
 - ! Adversity inspires Abby Larson
 - ! Susie McEntire in Humboldt County



Personalized Hormone Care with Keri Benjamin, ARNP

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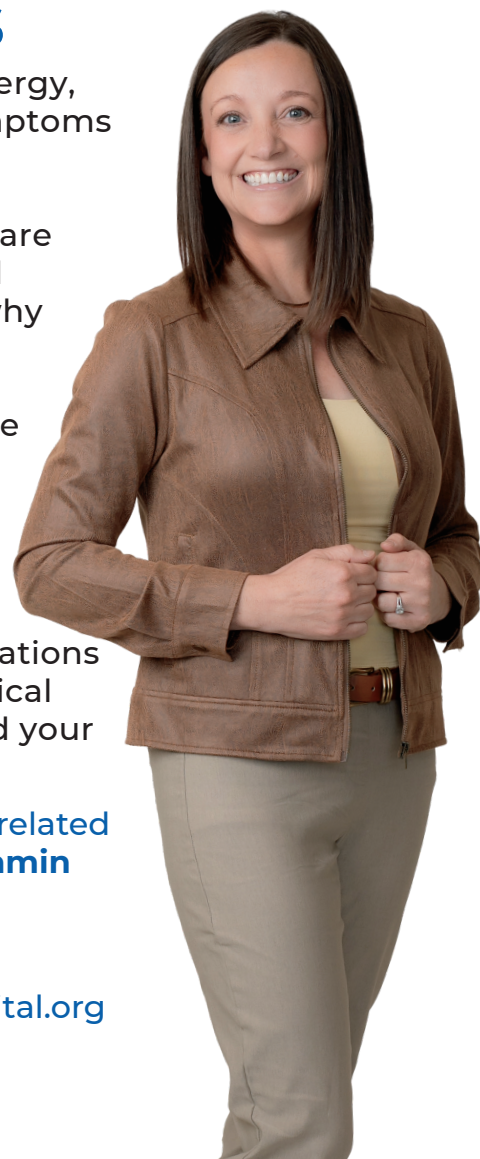
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Humboldt NOW!

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On the cover: Abby Larson is shown at one of the learning stations in her office in downtown Humboldt.

See more inside! —Photo by Kylie Portz



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THE BOOKWORM



Check a recipe out

By JULIE LARSEN, Humboldt Public Library Director

A recently added program at Humboldt Public Library is Cookbook Club. If you enjoy cooking and baking along with sharing recipes and trying new dishes – we would love to see you attend our program on August 17.

Each month features a theme. The theme for August's is Farmers Market and September is Food Fair. Simply check out a cookbook from our collection, or from Bridges, and make a recipe that centers around the theme. Recipes can be submitted ahead of time (by August 10 for this month) and we will have a recipe booklet for each participant.

Bring your dish and a serving utensil and enjoy everyone's creative dishes.

Below is a sample of our cookbook collection that offers magnificent fruit and vegetable recipes.

Good Housekeeping's "Dishes for Two" offers easy small batch recipes for weeknight meals and special celebrations. Fresh garden potatoes would be scrumptious in Air-Fried Potatoes with Bacon. Grilled Green & White Pizza is a great way to make your own personal pizza by dividing pizza dough into 4-ounce balls and top with your favorite market vegetables such as basil, summer squash, garlic and peppers.

"Seasons Around the Table" by Jessie-Sierra Ross is a beautiful book offering effortless entertaining with floral landscapes and seasonal recipes. Pick up a fresh bouquet of flowers at market to add a bit of sum-



mer to your table as you serve Tangy Cucumber and Dill Salad. Earthy, spicy and mildly sweet, Poached White Fish brings out the flavors of the fish using Swiss chard, shallots, peppers and mushroom completing it with Swiss chard in a spicy mushroom broth.

Summer is a season for salads. Nicky Corbishley's "Seriously Good Salads"

offers creative flavor combinations for nutritious, satisfying meals. Have breakfast for supper with some farm fresh eggs, lettuce and tomatoes – Fried Egg Breakfast Salad with Toasted Croutons; a perfect meal for a hot summer evening.

Love bacon? Pick up some garden onions, carrots and peppers and create Hearty Chicken Stew.

This recipe can be found in Betty Crocker's "Found Recipes".



Pair Market Basket Salad, complete with greens, peppers, cucumbers, radishes and tomatoes with Veggie Tot Pie; your family will delight in the new twist on supper. Ree Drummond's "Super Easy" cookbook has something for everyone.

On a hot summer day, relaxing in the shade, paging through a cookbook will inspire you to create some new dishes with summer's fresh vegetables.

Stop by the Library today and take home a stack of books.

Cookbook Club meets once a month on Monday evenings from 6:00 – 7:00 pm. Visit our website or Facebook page, or call the Library (515-332-1925) for the date of the next Cookbook

What's Happening August

NOW!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	2	3	4	5	6	8
EVERY MONDAY Board of Supervisors - 8:30AM	Adams Post 119 meeting At VFW in Dakota City at 7PM Humboldt City Council - 5:30PM			In-person registration for Humboldt Schools	Aug 7 th HAAC Music in the Park w/Humboldt Nedd Freeley Funn Band Bicknell Park in Humboldt 7PM Farmers Market	
9	10	11	12	13	14	15
ROTARY FLY-IN BREAKFAST Humboldt Airport - 7AM-NOON		Crafts & Crafts Free event by HAAC Bring your own craft! At Night Owl 5-8PM Wildcat PTO Mease Library - 5:30PM		Dakota City City Council 7PM		
16	17	18	19	20	21	22
	Humboldt School Board Meeting 5:30PM Admin office Humboldt City Council - 5:30PM	SAINT MARY CATHOLIC SCHOOLS Humboldt, Iowa	19 & 20 PK-12 GRADE CONFERENCES ORIENTATION FOR HCSD Conservation Board - 5:00PM		HUMBOLDT FARMERS MARKET Downtown Humboldt 8AM-Noon Aug. 8 & 22	
23	24	25	26	27	28	29
		FIRST DAY OF SCHOOL 24 Grades K-12 27 Preschool Begins		Find the Humboldt Wildcats August schedule by scanning the code!		
30	31					

To submit items for the Community Calendar please email faith@humboldtnews.com or call 515.332.2514

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HUMBOLDT IN THE '50S AND '60S

BY TOM SWEARINGEN

Automobiles over the years

It was 1962, and we were ready to finally trade cars. Our 13-year-old 1949 Chevrolet, named Susie Bell, had seen better days. She needed to go into retirement, or at least semi retirement. Susie Bell lived another few years with my cousin driving it until the car met her final destination, the grove on my cousin's farm, where her parts were finally sold off.

Automobiles in 1962 were still coming out with those space-aged fins, thanks to Sputnik in the late 50s. But change was afoot, and some companies were showing a plainer, more modern look. Smaller was also becoming the norm. So, with just three in our family, my mother stuck her neck out and bought a new kind of Chevy at Lindhart Chevrolet in Humboldt - the Chevy II. It was a small, maroon-colored, two-toned car, very plain, with white sidewall tires. It wasn't designed for comfort, riding down the road

like a lumber wagon. It did foot the bill though, as it was economical for driving around town and for occasional trips to Ft. Dodge, Sac City, Des Moines, and once a year to the Iowa Great Lakes.

In 1965, my grandfather died. He was a fan of Buicks for most of his life, leaving a large one for my grandmother to drive. My grandmother only drove in town and mostly to the grocery store, church, and our house, making only right turns because of a blind left eye due to cataracts. Deciding that the Buick was impractical for her because of its size, she came up with the idea of making an "even trade;" we would take the big car, and she our small one. That lasted her for awhile until one day, when she backed out of her garage, she crashed into the closed garage door. She got out of the car and never drove again!

I inherited my grandfather's old red Ford pickup truck. It was the one he drove to the Rutland farms. The glove compartment always stayed filled with oil-soaked rags and corn candy. I used the truck to drive to high school, for my lawn business and my high school job with Jerry Bailey, planting the trees that Mr. and Mrs. Morehouse so generously gifted to the new high school. In the spring of 1966, my classmates and I parked the truck at the Crouses out by the old Berkhimer Bridge, where we built a fountain in the bed of the truck for the junior/senior high school prom, which had a Hawaiian theme.

In the fall of 1970, the old truck had served its purpose and needed to be replaced. I bought a mint used Desoto, complete with push button transmission, light and dark gray two-toned color, and large rocket-like fins. It was once owned by Charlie and Mary Little. We called the car the Batmobile, and I used it to drive back and forth to college in Wyoming.

Shortly after college, in 1972, my mother traded her Buick in for a sporty, gold, two-door Monte Carlo Chevrolet. My mother instantly disliked the flashy two-door vehicle and offered to sell me the car so that she could buy a more practical, four-door one more suitable to her generation. I was, of course, game!

The Monte Carlo lasted me a good while until my wife and I traded it in for our first family car (our daughter then a year old): a maroon Pontiac Catalina. One morning I went out to get into the car to drive to work, and as I approached the car, I saw blackened windows. Gingerly opening the driver's side door, I soon discovered a melted and mangled dashboard and the inside of the car covered in soot. An electrical short had burned out and totaled the car. Thankfully, the car's windows were closed so the fire was confined to the inside of the car. Needless to say, I haven't bought another Pontiac.



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By KYLIE PORTZ

It started with a Facebook post. The Loot Loft, a local furniture shop, was looking for someone to paint their storefront window. With the help of a friend, the post made it to local artist Kelsey Olson's timeline. Olson, who had never painted a window before, was up for the challenge.

Olson said, "That one window changed everything. After that, I started walking into local businesses and asking if they'd trust me to paint their windows. One business led to another, and before I knew it, my work was spreading throughout our community, and I have people reaching out from surrounding towns for me to travel to paint."

She said, "Window painting started as a fun, creative outlet, but it quickly turned into something more. It reminded me who I was outside of just being a "mom". Paint by Kelsey has really helped me rediscover that creative part of myself again."

Olson, a Humboldt native, found her love for creating in the art room.

She said, "I always looked forward to art class with Mr. Jon Grice throughout elementary and middle school. That's where I truly fell in love with creating. Every new project felt like an adventure, and I couldn't wait to see what we'd make next."

To this day, I still smile whenever I hear Don McLean or watch a Wallace & Gromit movie with my kids, because they remind me of those classes and the joy of simply creating."

In high school, Olson took every art class that was offered by Mrs. Deb Miller, anything from painting, drawing, ceramics, calligraphy and so on.

Olson said, "She (Miller) wasn't just an amazing art teacher, she was a light during my high school years. She believed in her



A holiday themed design Olson completed for the Loot Loft featuring the Grinch and Cindy Loo Who.

students and encouraged us to keep growing Creatively."

During her senior year, Olson had the opportunity to paint the backdrop for the spring play.

She shared, "It was the first time I had ever painted on such a large scale and I absolutely loved it. Looking back, I think that's where my love for murals and large-scale artwork first began.

"And here's a funny confession," Olson said, "the only detention I ever received in school was because I was painting. I com-

pletely lost track of time while working on the backdrop, accidentally skipped a class and ended up with detention. I guess getting in trouble for painting was pretty on brand.”

Olson graduated from Humboldt High School in 2010 before attending Iowa Central Community College in Fort Dodge.

She said, “I graduated from Iowa Central Community College with a degree in Graphic Technology while I was pregnant with my oldest son, Riely. After graduation, I worked as a graphic designer until my daughter, Adalynn, was born. At that point, I made the decision to stay home and raise my children. So, I opened an in-home daycare in Humboldt.”

“Even then, I couldn’t let go of my dream of art,” Olson said, “I packed up my two kids and moved to Cedar Falls to attend the University of Northern Iowa as a full-time Art Education student while raising them as a single mom. It was one of the hardest and most rewarding experiences of my life.”

There, she was once again inspired by the artists she was surrounded by and learning from.

She said, “While attending UNI, I had incredible professors who shaped me as an artist. Kent Hall challenged me to think beyond simply painting what I saw. He encouraged me to trust the process, experiment and create more organically while also strengthening my realism.”

“Mary Frisbee Johnson pushed me outside of my comfort zone and helped me become a stronger artist by reminding me to trust the process, even when I wasn’t sure where it was leading.”

Olson credits her grandmother, Donna Olson, with passing on the artist gene to her.

She said, “Art also runs in my family. My late grandmother, Donna Olson, was an oil painter and I’d like to think she passed along that creative spark in me.”

Olson eventually made the choice to return home to Humboldt and the support of her family.

She shared, “I realized I couldn’t do everything on my own. Swallowing my pride wasn’t easy, but I moved back to Humboldt, where my family welcomed us back with open arms. My dad, Kim Olson, along with my mom (Stacy Jeffers) and stepdad (Jason Jeffers) from Dakota City and my grandmother, Mary Illg from Bode, always encouraged me to keep chasing my dreams and helped me tremendously with raising my two kids.”

After some time focusing on her family, Olson returned to painting.



Olson and her family pose for a photo in front of the design she painted to celebrate the 250th anniversary of the United States of America in front of Humboldt Engraving and Gifts. Pictured from left, Vanessa (5), Olson and the family dog Piper, Adelynn (12), Aria (4) and Riley (15). Submitted photo



Kelsey Olson shows off her design for the old Shell gas station in celebration of America's 250th anniversary. Olson first sketches out her designs in Procreate, then used a VR headset to project her sketch onto the storefront where she is able to trace the sketch onto the window before painting. For her designs she focuses on bold, bright colors that can be easily seen from the street and uses outlines to help make the artwork pop.

Olson said, "Painting has always been therapy for me. It's where I feel the most like myself. After working through some personal challenges and finding my way back to creating, I picked up a paintbrush again and realized I had rediscovered a part of myself that had been waiting patiently all along."

"Over the years, my artistic style has become a blend of everything I've learned along the way," Olson said, "My background in graphic design taught me about composition, typography, balance and designing with purpose. My painting and drawing courses strengthened my understanding of realism, color, light and perspective."

"Today, I combine those traditional art skills with modern technology. I use Procreate on my iPad to sketch out ideas and develop concepts before I ever pick up a paintbrush. Once I'm happy with the design, I use a VR (Virtual Reality) headset to project my digital sketch directly onto the storefront window. It allows me to scale the artwork to fit each space perfectly and gives me a solid foundation before I begin painting by hand."

"Even though technology is part of my process, every brushstroke is still painted by hand. I love blending digital tools with traditional painting because it allows me to bring my ideas to life more efficiently while keeping the finished artwork personal and handcrafted."

"Every painting teaches me something new," Olson said, "I look at each project and ask myself what I learned, what I can improve (on) and how I can make the next one even better. I'll always be a student of the art."

"Today, I continue to run my daycare while raising four amazing kids and painting during evenings and weekends. It isn't always easy, but I don't know how to stop chasing this dream. Maybe it's perseverance, maybe it's stubbornness. Either way, I keep picking up the paintbrush."

Using her paintbrush, Olson has been able to give back to the

"Art belongs in small towns. It belongs on storefronts, murals, sidewalk, and anywhere that brings people together. If my work encourages another person to pick up a paintbrush or support another local artist, that's a huge win to me."

- Kelsey Olson

community.

She said, "I've had the opportunity to volunteer my time by designing and painting a mural at Terrace Learning Center in Ankeny that celebrates children of all backgrounds and abilities. I've also become involved with the Humboldt-Dakota City Kiwanis after volunteering to paint at Christmasland in honor of my grandmother. After losing my grandmother, Marty Illg to ALS, giving back to the community through art has become even more meaningful to me."

Seeing the joy that her work brings to the community is a driving force behind her ambition to keep creating.

She shared, "There are days when I'll drive through town with my kids and they get excited to see my paintings. I have also heard from other parents that their kids love seeing the new paintings as well. That makes my heart happy knowing my work brought a little bit of joy to someone's day. It also makes me feel connected to this community that I've called home for most of my life."

According to Olson, collaborations with businesses usually begin with a Facebook message to her page "Paint By Kelsey," where Olson shares her work. Her window paintings have become a trend in downtown Humboldt, passing through word of mouth.



Kelsey Olson poses in front of her latest design, an eagle on the old Shell gas station on HW 169.

Olson said, "I love talking with business owners, hearing their ideas and then putting my own creative spin on them. Every business has its own personality, and I enjoy finding ways to make that shine."

When working with a business, Olson first tries to learn as much as possible about the company she is painting for and the products or services that they provide.

Olson said, "Then I sketch ideas into Procreate on my iPad. One thing that's pretty unique about my process is that I use a VR (Virtual Reality) headset to display my digital sketch onto the window. It's basically like having a projector that I can scale to fit my digital design onto a larger surface. It saves a lot of time and lets me focus more on the fun part, painting!"

"After that, I sketch with chalk markers, paint with a white base, block in all the colors and finish with bold black outlines. The outlines are my favorite part because that's when the whole design suddenly comes to life," Olson said.

"When I first started, I was focused on making everything perfect," Olson said, "Now I'm more focused on creating artwork that's fun, bold and full of personality. My background in graphic design taught me about clean composition and readability, while my experience with realism taught me about light, color and depth. Those two worlds kind of merged into the style I have today. I'm also a lot faster and more confident than I used to be when it comes to painting windows."

Over the years, her style has evolved, incorporating everything she learned from school and her own journey with art.

She said, "I think my style stays pretty consistent. I love bright colors, bold black outlines and artwork that feels fun and inviting. Graphic art is definitely where I feel most at home. I love creating designs with bold outlines and using color and shading to make them pop."

"The exception would be when I'm painting with oils. That's where I tend to lean more toward realism. I enjoy slowing down and focusing on details and creating something that looks true to life."

The biggest challenge Olson faces while painting windows is the weather.

Olson said, "Wind, rain, humidity, freezing temps, snow, blazing sunshine ... they all affect how the paint behaves. Sometimes Mother Nature decides she's the boss that day and I can't get projects finished."

Through it all, Olson is inspired to keep creating by experiencing all the little joys life has to offer.

She said, "I'm inspired by the idea that art can change the way someone experiences an ordinary day. A blank wall becomes a landmark, a storefront makes someone smile, or a child stops to point something out to their parents. Those little moments matter, and I love being able to create them."

Even when it is challenging, painting reminds Olson that she can do hard things.

She said, "I've learned that I can do hard things. Balancing a full-time daycare, raising four kids and building an art business hasn't always been easy, but every project has helped me grow more confident in myself."

Olson said, "I've also learned that my creativity isn't something I should squeeze into the leftover hours of the day. It's a part of who I am, and it's worth investing in."

The response from the community has only strengthened her love of art and Olson wants more people to pick up a paintbrush and support their local art community.

She said, "I want to thank everyone for their compliments,



This design was painted for Brandon and Amy Townsend of BT Auto Repair in Dakota City, the couple fosters and rehabilitates dogs. The design features the message, "Adopt Don't Shop." Submitted photo.

encouragement and positive reactions. I absolutely love getting to meet new people in the community, and it's been a lot of fun to make such public art for everyone."

"Art belongs in small towns. It belongs on storefronts, murals, sidewalk, and anywhere that brings people together. If my work encourages another person to pick up a paintbrush or support another local artist, that's a huge win to me."

"Although life didn't lead me to a classroom as an art teacher, I still feel like I'm living that dream in a different way. Whether I'm encouraging the children in my daycare or inspiring someone to create after seeing one of my windows, I hope I can pass along the same encouragement my own teachers gave me," Olson said.

Looking ahead, I plan to continue creating through storefront window paintings, murals and community art projects. I'm also working on ideas for paint kits for kids and adults, along with fun painting classes that encourage people of all ages to experience the joy of creating," Olson said

"I'd love to continue expanding into large indoor and outdoor murals, paint more storefronts throughout northern Iowa, create hand-painted seasonal décor and eventually (down the road) I want to open a creative studio where people of all ages can come and create together."

Those wanting to keep up with Olson and her journey can do so by following her Facebook Page "Paint By Kelsey".

Olson also has a sign-up list for businesses to be notified when she is open for booking. Those wishing to collaborate can also reach Olson via email at paintbykelsey515@gmail.com.

Olson said, "No matter where life has taken me, I've always found my way back to a paintbrush. Creating isn't just something I do. It's part of who I am. If my artwork can brighten someone's day, inspire a child to create, or add a little more color and happiness to our community, then every late night with a paintbrush has been worth it."



Adversity inspires Abby Larson's career Opens Honeycomb Speech and Therapy

By PHIL MONSON

Nearly 10 years ago, Humboldt's Abby Larson, the former Abby Wickre, faced a life-threatening accident that shapes who she is today.

The adversity she faced has only strengthened her resolve as she serves others.

Larson recently opened her own business, Honeycomb Speech and Language, PLC, on the top floor of the newly-remodeled Edward Jones building in downtown Humboldt.

"I am enjoying being back to small-town life and I am thrilled to be able to serve the community I grew up in as I put down roots here with my own family," Larson said.

She has arrived, but it's been a long, hard journey.

"In my freshman year of high school, I was in a horse-riding accident where I fell flat on the back of

my head. At first the doctors thought it was just a concussion. But after a few weeks of pretty significant symptoms, I went back to the doctors and a doctor here in Humboldt recommended I get an MRI. The scan found that I had a chairi brain malformation," Larson said.

"With that I had symptoms come up that I hadn't had before the concussion and so I ended up having brain surgery during my sophomore year of high school," Larson said.

"In that surgery, they removed part of my skull and first vertebrae. Honestly, I'm very blessed that I was wearing a helmet. A lot of times I would go to the doctor and they would say, 'this is why you have to wear a helmet.' I would say to them, 'I was wearing a helmet,'" Larson said. "They were almost shocked at the severity of the accident. It was a big blessing that I was wearing a helmet and the injury could have been a lot worse."

"Through that process I ended up

seeing a chiropractic neurologist, Dr. Becca Walker at Walker Chiropractic Clinic in Algona. She was amazing. I learned how my brain worked and why it was acting the way it was," Larson said. "I learned of strategies to help make things better."

"I had short-term memory loss. Before the accident I had always been a straight-A student and academics came rather easily for me. After that I had to really work hard and push myself to get good grades and that was hard to accept at first," Larson said.

"I also had a lot of migraine headaches and issues with feelings in my arms and legs. That got better after my surgery. I'm very blessed that I don't have to deal with that as much anymore," Larson said. "I still get a migraine once in a while."

"I just had that one main surgery. Afterwards I credit a lot of my progress to Dr. Rebecca. She was very knowledgeable about what she was doing," Larson said.

"She had a lot of strategies to help me heal, just as much as the surgery

did for me, honestly,” Larson said.

“After that experience, I began to look into different career paths for a career. I didn’t think chiropractic was for me but the neurology aspect interested me,” Larson said. “My mom is a kindergarten teacher. She’s been there my whole life and so I looked up to her and grew up with the school system, so to speak. I found speech therapy as an avenue to pursue for a career.”

Larson admits she had moments of “why me?”

“I did. For sure. There were times when I would get frustrated and feeling down because I didn’t get the good grades anymore because of my memory loss,” Larson said. “I wanted to uphold being a straight-A student in the classroom.”

“I made the path more challenging for myself but I pushed myself to keep going. I had a lot of study nights up until 3 a.m. Some nights my friends would be out doing stuff and having fun, but I stayed home to study. It did get frustrating at times,” Larson said.

“Things were harder for me than it was before academically,” Larson said. “But looking back on that now, it has helped me with my patients. One of my favorite populations to treat are those with a brain injury. I feel I can connect with patients better because of my experience.”

“I can tell them it can be tough and it can be tough for years, but there is always room for improvement. Room to get better. When I got into college, things took longer but it wasn’t as bad as it was for me in high school,” Larson said.

“As the years have progressed, I’ve gotten better, but I would still say I’m 90 percent of where I was before,” Larson said.

“I’m glad I can pass that information off with others. I help them realize this is frustrating and it is new, a new reality. There’s a before and there’s an after. We have to accept what it is now and we have to go forward in life,” Larson said.

Larson can serve as a witness for others.

“It has been a blessing that I can connect with people that way. I was fortunate to get a lot of good care and I was able to recover quite a bit from my injury,” Larson said. “My experiences have helped me connect with my patients more.”

“I let them know they are not alone and I have experienced some of what they are experiencing now, too,” Larson said.

A 2020 Humboldt High School graduate, Larson went on to earn her undergraduate degree from the University of Northern Iowa in Cedar Falls in two years. Taking an aggressive course load in high school and online classes enabled her to finish at UNI in two years.

She went on to receive her graduate degree in speech-language pathology at the University of Iowa in Iowa City. She completed her clinical work at Humboldt County Memorial Hospital and Kossuth Regional Hospital.

“I am also certified through the American Speech and Hearing Association,” Larson said. I have started on some continuing education. Recently I went to California and did a feeding training, called sequential



Abby Larson of Honeycomb Speech and Language, PLC, is shown here working with a young child at one of the work stations in her office in Humboldt.

oral sensory approach to feeding. That is to help kids who have really picky eating habits to learn how to expand their palate and eat different foods.”

“Before the accident, I was thinking of pursuing a field in agriculture. I had been in a lot of FFA classes. I told the teacher at school that I was going to become a farmer,” Larson said.

“I married a farmer and so I have that dream alive. I had also considered interior design as a career but

“No matter how busy I get, I have something I want to continue doing and I will make the time for you to serve your needs.”



Abby Larson is shown at one of the learning stations in her office in downtown Humboldt.

nothing really made me passionate about anything until after I had the accident. When I took Heather Nielsen's health class at school, the pieces came together for me," Larson said.

Abby and her husband, Clint Larson, who farms in the Hardy area, are expecting a baby in December.

Services she offers: 1) early speech and language intervention. 2) children's speech and language. 3) social communication. 4) augmentative and alternative communication. 5) cognitive communication.

Larson has a spacious and comfortable office in the southeast corner

of the upstairs floor of the building in downtown Humboldt. She moved into the Edward Jones building back in April.

"I love what I do here in my office. I have the ability to do it right. I have the ability to see the patient and the ability to do what needs to be done and the time to give to them," Larson said. "That has been the biggest benefit of having my own practice. I can set my own hours, which I have really enjoyed the most."

"Each patient will get what they need from me. I'm not spread so thin that I cannot do that," Larson said. "No matter how busy I get, I have

something I want to continue doing and I will make the time for you to serve your needs."

"Being upstairs of the Edward Jones office, the building has an elevator that people with mobility concerns can use, so accessibility is not a problem," Larson said.

"My office has space for feeding therapy, a high chair and materials to assist in that area. I have space for older kids to work at the table that is appropriate size for them. I have games for them," Larson said.

"I have an area in my office that is more for adults and serves adult height. I have an area in my office that I call the sensory room. I've done a lot of coach reading with occupational therapy. While I am not an occupational therapist, I have gained skills to help regulate kids because if they are not regulated, they are not going to learn," Larson said.

"I have a lot of sensory equipment. I have a swing and a sand table. I have a trampoline so we can get that movement in that a child needs so they are ready to learn," Larson said. "To have that second office room is a big blessing to get that movement in so that their little bodies can be ready to learn."

"I have a lot of good space in this office to serve people's needs. There's plenty of room for wheel chairs. I can see any age coming in. This is my dream office. I'm thankful Tony and Alison Christensen, owners of the building, have made this possible for me to use for my business," Larson said.

Honeycomb Speech and Language, PLC, is located at 701 Sumner Avenue, Suite 1, Humboldt, Iowa 50548.

She can be reached at 515-890-4505, or email at abby@honeycombspeechandlanguageplc.org. Her website is honeycombspeechandlanguageplc.org.

"Our mission is to empower clients and their families through compassionate, evidence-based speech therapy services that support confidence in communicating and meaningful connections while collaborating with clients to work towards their goals," Larson said.

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Susie McEntire brings music, faith and encouragement to Humboldt

By APRIL KELLEY

The name McEntire is extremely well known in the country music world. While Reba has led the pack in the traditional sense, her sister Susie has chosen her own path in country gospel music.

Susie began singing with her sister Reba and brother Pake as the "Singing McEntires," later singing with her sister Reba as her sister became a country music superstar.

Throughout the early 80s, she spent her time singing with her sister at sold-out shows and on televised shows like "Hee-Haw", "The Grand Ole Opry" and "The Johnny Carson Show".

By 1984, she had decided to listen to God's calling and began her career as a Christian singer, traveling the country with her husband and three children.

Susie says the person who influenced her the most for Christ was her Grandma Smith who babysat Susie when her siblings were in school.

"It was through her influence that I recognized what Christianity was all about – not all about going to church – it was about Him living His life through me," Susie says.

After more than 25 years of what was, at times, an abusive and rocky marriage, Susie chose to divorce her husband.

"After 25 years of marriage, I could not continue to be in a situation of verbal and mental abuse and remain healthy. I had to make a choice to do what was best for me and my children," Susie said.

Ending her marriage and setting off on her own gave Susie a renewed joy and a peace she had been searching for.

Far from her career ending, McEntire has received awards and accolades year after year. Beginning in 1992 when she received the Country Gospel Artist of the Year award by "Gospel Voice" Magazine Reader's Awards and Female Vocalist of the Year and Video of the year by the International Country Gospel Music Association to being inducted into the Oklahoma Music Hall of Fame in 2018, Susie has reached so many with her music and her compassion.

Among her accomplishments, Susie has been named "Artist of the Year" several times in the field of Positive Country Music. She has also had four #1 singles on the Positive Country radio charts.

Now with 20 CDs to date, Susie is more committed than ever to bringing that positive message to the public.

"Looking back now, with 20/20 vision, I can clearly see God's hand of guidance through all of my difficult moments in my life," Susie said.

"By sharing my story, I hope it will help someone else find their way through whatever they may be facing. I can think of no greater purpose for my music than that," Susie concluded.

In 2009, she married her current husband, Mark Eaton, from Seattle. Eaton is a fitness expert and theologian who blends his joy and authenticity with Susie's to bring an uplifting message to audiences everywhere.

Susie is never one to sit on her laurels and continues to strive.

"Growing in faith means growing in all areas of my life," Susie said.

She has continued to experiment with different styles of music, branching into everything from her traditional country music to Celtic to jazz to Christmas music.

Even more than music though, Susie has branched out into other mediums



Pamper Me

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and is now the co-host of “Cowboy Church” on RFDtv.

The program, co-hosted with Pastor Russ Weaver, includes testimonies and life stories of individuals and families in rodeo, ranching, farming and western-cowboy culture along with singing and God’s word.

“My family has been in the ranching/rodeo world for four generations, and I am pleased to be able to bring Jesus Christ to this audience in a down-to-earth, country style,” Susie said.

Recently, Susie signed on to be a spokesperson for the Community Learning Council, Inc. (CLC) based in Oklahoma City, OK. CLC is a non-profit organization that focuses on education to help prevent and stop domestic violence.

That role of helping women to embrace their own stories is what has led her to host events where women come together and support each other.

On Saturday, Sept. 26, Susie McEntire and Keenie Word will host the annual “Pamper Me” event in Humboldt at the Humboldt County Fairgrounds from 10 a.m. to 2 p.m.

“Pamper Me” in Humboldt is an annual event scheduled to encourage women to get together in their very busy lives with other women of similar age, stage and difficulties and blessings in their lives,” Susie said.

“We come together to encourage one another, listen to each other’s stories and have Fellowship around food, music, Christian teaching and some of the most awesome shopping experiences found,” Susie concluded.

Susie’s cohost, Keenie Word, is an accomplished singer and songwriter in her own right.

Keenie’s career took off in 2019 when her original song “Bring it on Back” was recorded by Brennley Brown. Keenie has also toured with Martina McBride, The Band Perry, LoCash, Chris Cagle, Neal McCoy and Joe Diffie, among others.

Both Susie and Keenie will share their stories in an uplifting message at the “Pamper Me” event.

Tickets for the event are \$30 each or a group of 10 for \$25 each. Tickets can be purchased online at susiemcentire.com or by contacting Pam Stalpes on Facebook.

The event will include amazing music, speakers, fellowship and food. Vendors will be available at the event and raffle drawings for prizes will be held.



Country Gospel Music sensation Susie McEntire will be the co-host at the “Pamper Me” Event at the Humboldt County Fairgrounds on Saturday, Sept. 26 from 10 a.m. to 2 p.m. The event will feature music, speakers, food and fellowship. Vendors will be available, and there will be a drawing for prizes. Tickets are \$30 and available at susiemcentire.com. Submitted photo.



Keenie Word, who has toured with Martina McBride, The Band Perry, LoCash, Chris Cagle, Neal McCoy, Joe Diffie and others, will co-host the “Pamper Me” event at the Humboldt County Fairgrounds on Saturday, Sept. 26 from 10 a.m. to 2 p.m. Submitted photo.

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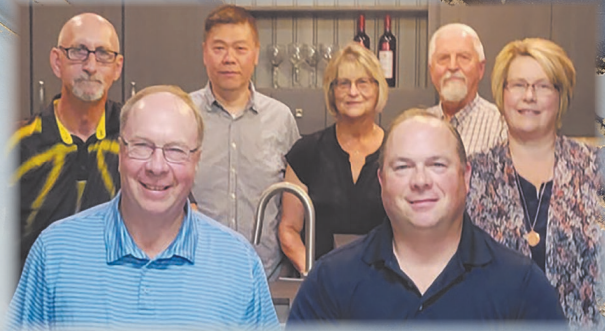
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Karen's Quips!

By Karen May



What a nice photo that appeared on the front page of the July "Humboldt NOW! Magazine", our servicemen don't get enough recognition and how appropriate for July. I received several comments on the photo, although I had nothing to do with it. But, I am happy to hear someone express their feelings!

Summer is here. The old adage saying, "knee high by the 4th of July" for corn went by the wayside this year. Many fields were at least waist high!! Take a look around when you are going for a ride in the country, now most corn has tasseled and is head high. Although I am not a kid anymore, and I have great grandkids, I do remember the times my dad would say, "Anyone for a ride," and all three of us ran for the car. Maybe it was because we knew we'd be getting an ice cream cone at the close of the trip? Although I am far from a "kid" anymore, I still love a ride in the country.

Hats off to the organizers of the annual July 4 parade. It amazes me that a community of our size can continue to put on an event that draws huge crowds every year, regardless of weather conditions.

Starting early on the 4th, and more often before that, many residents choose their favorite spot and start setting up their lawn chairs. By parade time, those favorite viewing spots are taken and often on the 3rd! But it seems no one fails to get a good viewing spot. To make things even better, 90% of the waste is picked up and taken away! Congrats to each of you and welcome back next year!

What a surprise it was for me to read about a long-time friend in a recent issue of "Passing the Torch". Betty Guy was a former resident of Lu Verne and became a friend and neighbor when I was editor of the "Lu Verne Tribune" newspaper back in the early 60s. She took my three little children for treats often and also for walks, as we had our own jobs. She worked at the post office across the street from the newspaper office. She had no children then, and loved to take my little ones to Huff's Cafe for a weekly treat! Unfortunately, when the newspaper closed and was sold, I had to find another job (in Algona), I remarried and moved to Hardy and we lost track of one another.

You can imagine my surprise when I saw her photo and article. It didn't take me long to find Betty living in the same town I was in and I was quickly on the phone to make plans for a visit!

This past week we met and caught up on the last 50 years of our lives. It shows what a small world we live in! We both agreed this was a once-in-a-lifetime event, and we will be seeing more of each other in the days and weeks to come. It also shows what a small world this really is.

I close with reminding readers of this column about the wonderful garden produce that is available at the Farmers Market and many neighbors who love to share. There is nothing better than homegrown produce. The sweet corn now available is better than ever!

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Family Reunions

By Phyllis Johnson

Recently, I found some old pictures of our Larson family reunion taken years ago. There was also a book of records, or more accurately the minutes of the meetings.

We even had officers, ranging from president to treasurer. Most of the people have now passed on but the memories of those picnics are vivid to me after all these years.

I was just a youngster when these reunions began and since my dad was from a family of 12 children, there were lots of cousins and uncles and aunts. They enjoyed these times together and the turnout was good.

According to the records, these reunions started in June of 1955. Some years were more than 40 in attendance. Mostly the group consisted of the immediate families, which usually occupied every table in the park but sometimes second cousins would plan a trip to coincide with this event and were always a welcome addition.

I was amused to see how they were dressed in the pictures. The men all had suits and ties, along with felt hats and women wore their Sunday dresses with hats, too. Since the picnics were held on a Sunday, I suppose some came directly from their church services. An interesting contrast to the way picnic-goers dress today.

Another interesting bit is that the menu usually consisted of fried chicken, potato salad and cream pies, none of which were transported in coolers. No one suffered from food poisoning as far as I know. There were committees that planned the menus.

Members brought whatever they were asked to bring. I remember baskets sitting around all the trees, holding the eating utensils, tablecloths and the usual picnic necessities. Sometimes in later years some brought plastic plates and

cups which eliminated breaking the good dishes, I assume.

Meetings were in various towns in the area. Bicknell Park in Humboldt was the most popular but as the cousins grew, we would go to other places that had ball diamonds or swimming pools or even golf courses. After the meal, some of the younger ones would scatter to play golf or throw baseballs.

The pool held an attraction for others. Cousins played together and it was a novelty since the groups met so seldom. The older generation sat around the table and caught up on family events. News of the past year's births was always exciting and added to the records.

The final entry was documented in the ledger in 1980. This action, however, did not signify the cessation of family gatherings as these events continue annually. The crowds are smaller. The older generation is gone. Cousins are married and live out of the area and many of them are gone, too.

We are now down to the fifth generation, but we want to keep this custom alive. Now some of us fly from the east or west coast and spend more than just the picnic Sunday in the area.

Menus are not planned anymore. We order off a menu in a restaurant. Suits, ties and hats are replaced by tank tops and sandals. But the visiting still exists. Discussions are probably different and there are always plenty of hugs from the cousins that we see only once a year or even less.

Family reunions are not really a mystery at all. The fact is

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that there is a bond—a love, really—a feeling for family that doesn't exist in other relationships. It's totally different from other "loves." It's not spiritual love (agape love) or marriage partner (erotic love).

This is familial or family love. We all have it to some degree. Just go to a family reunion. You'll find it in the constant chatter or sometimes the games. The business meetings maybe, but mostly the smiles and the hugs.

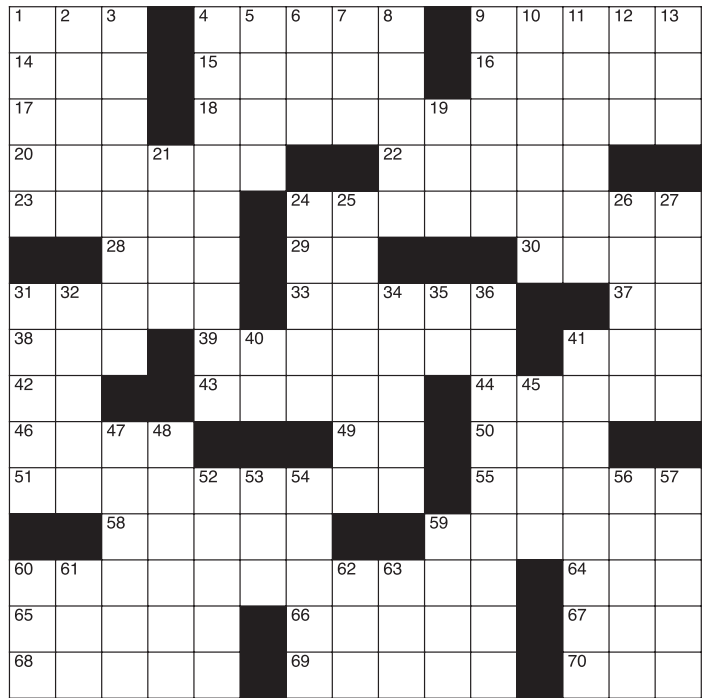
It's in the desire to be together.

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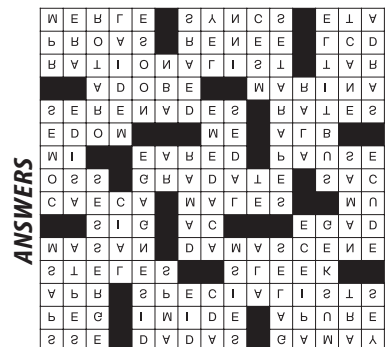
CLUES ACROSS

1. Midway between S and SE
4. Fathers
9. Wine grape
14. Al Bundy's wife
15. Derived from ammonia
16. Venezuelan state
17. Interest rate
18. Experts
20. Vascular tissues
22. Smooth and glossy
23. Administrative region in S. Korea
24. One from Damascus
28. Special interest group
29. It cools your home
30. Oh, God!
31. Intestinal pouches
33. Men
37. Twelfth star in a constellation
38. Former CIA
39. Arrange in grades of size
41. A baglike structure in a plant or animal
42. "The Great Lakes State"
43. Having earlike appendages
44. Momentarily stop
46. Ancient kingdom
49. Of I
50. White clerical vestment
51. Songs to one's beloved
55. Charges
58. Computer application originator
59. A place to dock a boat
60. One guided by reason
64. Slang for cigarette
65. Sailboats
66. "Jerry Maguire" actor Zellweger
67. Screen type

CLUES DOWN

1. Involuntary muscular contraction
2. Eastern US transit agency
3. Leaves a place
4. Cease to participate
5. Current units
6. Cease to exist
7. General's assistant (abbr.)
8. Earth vibration
9. Very strong winds
10. For each one
11. A bog
12. The creation of beautiful or significant things
13. Affirmative
19. Pie ____ mode
21. Nonclerical
24. Indonesian island
25. Educational environment
26. Namibian peoples
27. Bring out or develop
31. Moves into a place of thought
32. Out of the way

34. Loads a ship
35. Beloved Hollywood alien
36. Distinguishes
40. The ancient Egyptian sun god
41. Secondary or explanatory title
45. Relating to a wing
47. One who gives a speech
48. In the middle
52. Loop with a running knot
53. Airborne (abbr.)
54. Sweet persons
56. Put into play
57. Small cattle breed
59. Millisecond
60. Revolutions per minute
61. They ____
62. Moon crater
63. A place to stay the night
49. The most worthless parts
51. Sticky
52. Put to work
53. Precursor to the EU
58. Retrospective analysis (abbr.)



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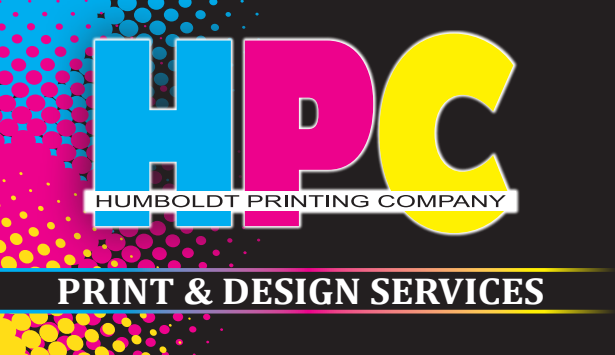
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