

HUMBOLDT NOW!

Volume 17 • Issue 6 • June 2026



! 2025 Humboldt County Fair Queen

-- *Jayne Depue*

! Boyle's medical practice fills need in rural Iowa

! Preserving history for future generations





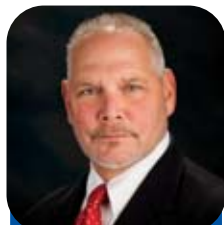
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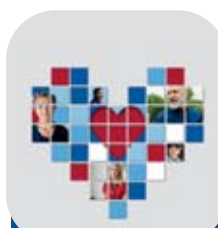
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On the cover: Jaynee Depue is named the 2025 Humboldt County Fair Queen.

See more inside! —Photo by April Kelley



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‘The Quiet Librarian’ by Allen Eskens

Genre: Mystery/Historical Fiction

By JULIE LARSEN, Humboldt Public Library Director

“The Quiet Librarian” is the ninth book written by Allen Eskens and is this year’s All Iowa Reads Iowa adult selection. Established in 2003, the purpose of All Iowa Reads is to foster a sense of unity through reading. Iowans are encouraged to come together in their communities to read and talk about a single book title in the same calendar year.

Hana Babic is a quiet, middle-aged librarian. She even follows the stereotypical dress of a librarian, with cool, down-to-earth tones. Sporting a cardigan, she focuses on her job and wants to be left alone.

Determined and driven, Detective Claypool stops at the library to ask Hana some questions. Unraveling her life, he informs Hana that a friend, Amina (her only friend), has been murdered. Can Hana answer any of his questions as to the cause and reason behind her murder? Should she answer his questions? Hana just wants to keep her past behind her. She quietly dismisses Detective Claypool but cannot get his questions out of her thoughts.

As Hana comes to terms with the loss of her friend and what this means for her, she also learns she will become guardian of Amina’s grandson, Dylan. The darkness of Hana’s past begins to unravel.

Is Hana in danger as well? Will her dark past be part of her present life?

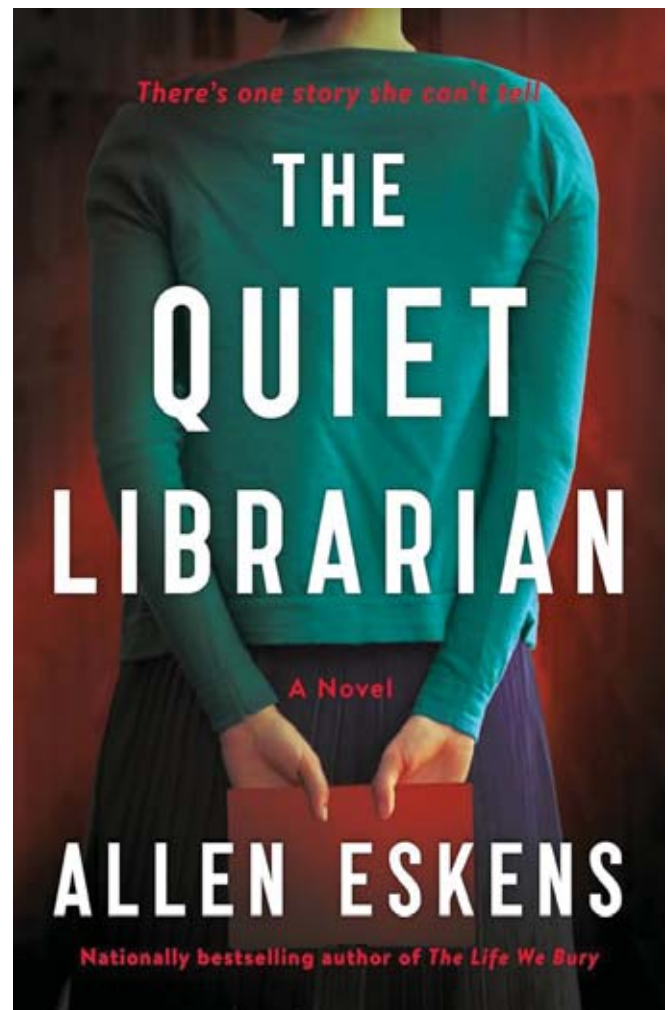
As a young girl in Bosnia, Hana was Nura Divjak. She grew up in the mountains with her parents, brother and uncle. During the Bosnian war, Nura had to escape the mountain, and she was propelled into the war.

The story alternates between the present day and Nura’s life in Bosnia. The historical aspects of the Bosnian and Serbian war are heart-wrenching. I found the chapters gripping and powerful. Each chapter has you on the edge of your seat as you get to know Hana/Nura.

The library has several copies of “The Quiet Librarian”. Whether you are a fan of mystery or historical fiction, this book has you covered on both angles. Keep the page turning! I read this story in two days; it’s hard to put this novel down.

Join us on Tuesday, June 16t at 5:30 p.m. at the library for an evening spotlighting Allen Eskens. We’ll begin at 5:30 p.m. with a book club discussion, at 6:30 p.m., we will join Allen Eskens on Zoom. Patrons all across Iowa will enjoy a

virtual discussion with this acclaimed author. Mike Jorgensen will chat with Eskens about his books, his creative process and especially “The Quiet Librarian”. You are welcome at both events on the evening of the 16th. Gabby and I are looking forward to an engaging discussion.



What's Happening NOW!

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Adams Post 119 meeting At VFW in Dakota City at 7PM Humboldt City Council - 5:30PM	2	3 NATIONAL Egg Day June 3	4	5	6 Renwick Donkey Days D-DAY ANNIVERSARY JUNE 6
7 EVERY MONDAY Board of Supervisors - 8:30AM	8 June 9 th HAAC Music in the Park w/Humboldt Community Band Bicknell Park in Humboldt 7PM	9 Crafts & Crafts Free event by HAAC Bring your own craft! At Night Owl 5-8PM Wildcat PTO Mease Library - 5:30PM	10 JUNE 13 9AM-4PM BLANDEN ART FESTIVAL FORT DODGE	11 Dakota City City Council 7PM	12 MOVIE IN THE PARK John Brown Park 8:30pm	13 Firemen's Ball Gilmore City Meal 4:30-7PM Band 7-11PM
14	15 Humboldt School Board Meeting 5:30PM Admin office Humboldt City Council - 5:30PM	16	17 Conservation Board - 5:00PM	18	19 JUNE 19 JUNETEENTH Freedom Day	20
21 Father's Day	22	23	24	25	26 HUMBOLDT FARMERS MARKET Downtown Humboldt 8AM-Noon June 13 & 27	27
28	29	30 Humboldt Family Aquatic Center SWIM LESSONS June 8-12 - Session #1 of Group Swim Lessons June 26-27 - Session #2 of Group Swim Lessons				27 National Sunglasses Day June 27

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

Iowa Great Lakes memories

There was, and still is, a pull on me to visit the Iowa Great Lakes. My family vacationed once a year on Lake Okoboji, often with the Rubles and Marg Halverson, friends of the family. We occasionally stayed at Crescent Beach, but most often at the New Inn, trying to coincide our vacation with the time when the singer Marilyn Maye was performing there. In the early 50s, we stayed for a week in a cottage at Manhattan Beach and once ventured to East Okoboji for three nights. Several times, we just drove up for the day, changing into swimsuits and enjoying Gull Point State Park. Steve Walters and I would often spend a few days at their family cabin on West Okoboji, which was situated on a bluff overlooking the lake. We would swim in the cool waters off the dock on lazy summer afternoons. I remember watching

the moon landing there in 1969 on their grainy black and white television.

Okoboji is a glacial body of water, 154 feet deep at its deepest point. It is fed by cool subterranean springs and continues to be Iowa's most popular recreation area. Called Minnetonka (great waters) by the Dakota Sioux Indians, it is not a "true blue" lake (those have a particular type of algae giving them a blue color). It's the water quality that gives Lake Okoboji that famous blue sheen. Spirit Lake, on the other hand, is Iowa's largest lake, named Minnewaukon (spirit water) by the Indians. Its maximum depth is only twenty-four feet.

All of my childhood visits to the Great Lakes were made prior to my realizing that my father's side of the family had a long history around the lakes.

My grandmother, Josephine Van Steenburg Swearingen, grew up on Big Spirit Lake. Her grandparents, Alanzo and Esther Kingman, came to the area in a covered wagon in 1856 from Sparta, Wisconsin, shortly before the Spirit Lake Massacre in 1857. They bought farm land directly across from Big Spirit Lake and all along the western shore of the lake, and built a house, not facing the lake as we'd expect today, but facing the farm. Somewhere along the way the house was sold out of the family. It was used as a bed and breakfast at some point, and stands today as the oldest home on the lake. It still bears the family name: Kingman Place.

My great-great-grandfather, Alonzo, sold a ten-acre site in the 1890's to The Knight's Templar of Iowa to be used as a recreation area and hotel. It was eventually sold to the State of Iowa, and is, today, the Templar State Recreation Area. In 2013, my Swearingen family held a family reunion at Kingman's Point, which is now a part of the Templar State Recreation Area. It was special for my cousins and family to spend time together on land where our recent ancestors had once lived.

A second set of great-great-grandparents, BB and Valentine Van Steenburg, established the Spirit Lake National Bank, the first bank in Spirit Lake, and had a home on West Okoboji. Sadly, that home is also no longer in the family.

Living in North Carolina, I don't get up to visit the Iowa Great Lakes anymore. But when the calendar rolls around to June, I think back to the great vacations spent at Okoboji in the 50s and 60s, and I feel the pull to the Iowa Great Lakes again. It's probably time to plan an Okoboji vacation!

Humboldt Farmer's Market
2nd and 4th Saturdays May - September
Located downtown Humboldt
8am-12pm

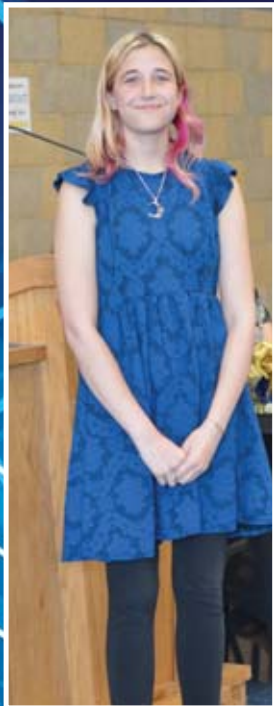
June Events:
CONSERVATION DAY
at the Humboldt Farmer's Market
Saturday, June 13th

TOUCH A TRUCK
Saturday, June 27th
Market: 8am-12pm Touch a Truck: 9am-12pm

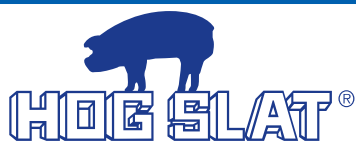
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Humboldt Historical Association

By **APRIL KELLEY**

In a world where people have the ability to travel anywhere their hearts desire, it can be easy to overlook the hidden gems in one's own backyard.

For people in Humboldt County, one of those gems, although it isn't really hidden, is the Humboldt County Historical Museum, run by the Humboldt County Historical Association (HCHA).

The Historical Association was founded in 1962 by a group of people who knew the importance of preserving the unique history of Humboldt.

Humboldt County was officially established in January of 1857, however an error in the paperwork omitted the lower four townships.

By the time the next session of the general assembly rolled around, the Constitution of Iowa had been changed so that a vote had to take place to incorporate those townships back into the county.

Webster County, who had now claimed those townships had not wanted to give them up, so they fought Humboldt County to keep them, a fight Webster County won.

That didn't stop Humboldt from aspiring to greatness by its founders.

The person credited with being the founder of the City of Humboldt is Stephen Harris Taft.

Taft arrived in the area with the goal of establishing a town surrounded by trees and forests, free of intoxicants with solid churches and schools so that the town would be known for its thinkers and beauty.

To that end, for a short time Humboldt had a college which opened its doors in 1872, only to close them in 1879, having graduated only one class of three students. The building was torn down in 1926. The college was later reopened as a business college and operated in Humboldt until 1916 when it was moved to Minneapolis, MN and closed in the 60s.

While we no longer have the college, the HCHA has worked diligently to preserve the history that we still have access to.

One of the biggest pieces of history was donated to the



The Big red barn was donated by the Erickson family. It contains antique farm equipment.

HCHA in 1966 when they acquired the land where the current museum sits. It wasn't until two years later, in 1968 when the Kunert Family donated the Mill Farm House.

The Mill Farm House was built in 1878 for Corydon Brown Sr. and his family, with brick made from clay found in the Des Moines River. A member of the Brown family owned it until it was sold to Ms. Clarence Kunert.

The building is now a focal point of the Museum grounds, showcasing how life was lived in a simpler time. Visitors to the museum are able to tour the



Norway No. 6 Willow Schoolhouse was built in 1883 for children in Thor, with the last classes held in that building in 1955. It was donated in 1966.

house, getting a glimpse of the past.

The grounds also contain:

- Big red barn donated by the Erickson family.
- Chicken house donated in 1975 and once owned by Jacob Wolf.
- The jailhouse was built in 1907 and donated in 1974. It served as the Rutland jail for a while.
- Norway No. 6 Willow Schoolhouse was built in 1883 for children in Thor, with the last classes held in that building in 1955. It was donated in 1966.
- The Kettle Shed is one of two buildings that were built on the museum grounds. When the Parson family donated a kettle in 1987, it was decided that a shed would be constructed to house it, demonstrating how and where early settlers would have used their kettles.
- The Log Cabin was built using old power line poles to make a replica of a log cabin that had been located on a farm near Renwick and was donated in the early 1970s.
- The Hardy Methodist Church, built in 1882, was donated and moved to the grounds in 1997. The church is still used for community events and weddings.
- The Clancy/Erickson building is the newest building on the property. The building, built to operate as a machine shed has since become an area to display early life in Humboldt.
- The Dakota City Grist Mill Ruins, which was built in 1855 and operated until 1943 when it burned and was never rebuilt, leaving just the ruins of the mill and the dam.

The HCHA oversees all of the buildings as well as all of the thousands of antique items that have been stored at the museum.

Two of the people who are instrumental in the work at the museum, Steve Reedy, President and Martha Schmidt, Head of Collections, Archives and Research, recently showed me around the Clancy/Erickson building.

The newest acquisition is a Civil War cannon donated by the Rapple Family.

Darlow "Rip" Rapple began constructing the cannon in 1990 taking about a year to finish it after he got the barrel back from the foundry.

"To get the barrel made, he had to fabricate a wood replica full scale so the foundry could make a mold," Rip's son, Wayne Rapple said,

To create the steel pieces of the cannon (other than the barrel), Rip used flat bar steel heated with a torch to hammer and form the steel to fit the wood.

The wheels for the cannon were obtained from a 1915 wagon in Colorado. He used the back wheels of the wagon on the cannon, once they were restored.

The cannon is fully functional. For many years, Rip would take the cannon to the ABATE Rally and fire it on opening day, often in full Civil War uniform.



The Hardy Methodist Church was built in 1882 and donated and moved to the grounds in 1997. The church is still used for community events and weddings.



The Boy Scouts demonstrated using a cider press as people would have done in the early days of Humboldt.

So many of the pieces in the museum were acquired in the same way as the cannon. Many of the buildings were donated.

"We get some really interesting items donated. Two weeks ago, we had a picture of the first airplane that landed in Humboldt donated. That was really interesting," Reedy said.

"Carolyn Logan 'Carolyn Saul', her great-grandfather was the original first tinsmith in the town of Humboldt. He built this lantern," Reedy said.

There is a tin lantern with an intricate design punched out of the metal. A candle would have been placed inside and the door latched. The light cast by the candle would have created designs on

the wall.

Many of the items are found when people are cleaning out some of the older homes in the area.

"They found Stephen Taft's Bible in the attic of the Taft

“History is who we are and why we are the way we are.” – David McCullough

house. They were up in the attic, and they found a box. There was Reverend Stephen Taft, the originator of the town of Humboldt, one or two of his Bibles,” Schmidt said.

Some items the museum has an excess amount of.

“We have a very extensive wedding dress collection. Our earliest is 1864, and our most recent is 2003. But if that special dress walked in the door that belonged to someone very prominent in Humboldt, I wouldn’t turn it down,” Schmidt said.

The HCHA greatly appreciates every donation to the museum and tries to be a good steward of the items donated. There is a process the items go through when they are acquired.

“I take the item, give it a number and identification information about it so it can be put into our computer system. Then we find a place to put it and take the best care of items that we possibly can, store it in the right spot, clean it,” Schmidt said.

The museum can’t possibly display all of the items so volunteers are called on several times a year to rotate the items in the displays.

One area of the museum, located in the Clancy/Erickson building, contains genealogy and military memorabilia. Schmidt and Pat Baker both assist people with finding information regarding their ancestors in Humboldt County.

“Pat Baker and I do the research, historical research and genealogy research that people ask us to do out here,” Schmidt said.

Both Schmidt and Baker have done research at the museum and the library to help people, both local and out of the area to



The writing desk in the Mill Farm House served as a curio cabinet for precious figurines when it was closed. The lady of the house would have sat and written her correspondence at the desk.

track down their ancestors.

Looking up the history of his property is how Steve Reedy got involved with the HCHA.

“I was looking for information on a rural gravel road that went through our farm because there was an old road cut down in the timber that I knew they had used as a road,” Reedy said.

“I came out here (the museum), and I was visiting with Pat and Martha. And they pulled up an old map. It showed Charles Bergk’s farm was in that area and then they showed me a pic-



The Mill Farm House, built in 1878 is the centerpiece on the Museum grounds. The inside is decorated as if a family still lives on the grounds.

ture of Charles Bergk's farm in the 1875 Iowa Atlas. When I saw the photograph, I recognized it as the house I lived in," Reedy continued.

"Reedy started going to the courthouse to look through the old assessors' records and the recorder's office of deeds to find out who owned the property.

"I found Charles Bergk's name and the time period that he had it. I found out when the value of the farm went way up. So that's when I figured they built the house," Reedy said.

Charles Bergk was one of the early settlers of Dakota City. He was one of the three men who wintered in a cave for the first year before building a log cabin the next year.

Bergk acquired the townsite in 1858 and later became the first postmaster of the town and started a newspaper, the Humboldt County Independent, in 1860.

That dive into history got Reedy hooked but it was when his mother asked for his assistance in painting a building that got him involved in the HCHA.

Reedy painted the blacksmith shop and decided that rather than being reimbursed for the expense of the paint, he would be compensated with a lifetime membership to the museum.

A membership to the museum is \$25 per year or \$200 for a lifetime.

People who have a membership to the museum receive a discounted price for certain events, tours and in the gift shop.

While the donations of items is always appreciated, the museum runs like any other business, on cash.

"Memberships are important but what is going to help more than anything is if people give a portion of their estate to come here," Reedy said.

"Literally, that's what keeps the doors open, is the interest on our investments. Otherwise, we would not be open, seriously. We would have to go back to just heating the house in the wintertime and let the rest go," Schmidt said.

"We are so lucky to have this amazing museum in Humboldt County. I think it's one of the best in the state but we need donations and volunteers to keep it going," Reedy said.

Volunteers are always welcome. At present, they need help with groundskeeping, landscaping, cleaning and hosting tours.

"We can always use more volunteers who would love to get involved in the history of Humboldt County. Whatever they would like to do, we can find something for them," Schmidt said.



Several gardens are located on the museum grounds. Volunteers plant, weed and tend to the gardens year-round.



The table in the Mill Farm House is set as it would have been for a fancy dinner party.

The HCHA can be reached at 515-604-6980 or by email at hcmdirector@outlook.com.

"We don't have a director right now so it may take us a little bit of time to get back to you but we will reach out," Reedy said.

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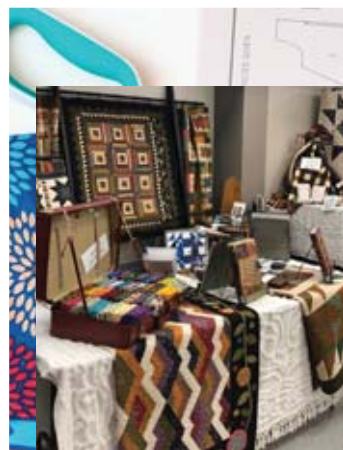
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Out & About



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Boyle's medical practice fills need in rural Iowa

Dr. Nicole Boyle now has her own practice in the community. She is shown here in her office at 402 Main Street, Dakota City, NOW! photo.

By PHIL MONSON

To say Dr. Nicole Boyle is passionate about her practice might be an understatement.

Driven is perhaps a better word to describe the young area health care provider.

"I'm a firm believer that your health is your greatest asset and if you feel health and vitality, it makes everything else better and easier in your relationships. It improves your ability to travel and enjoy your hobbies. Your productivity. Everything improves when you are healthy," Boyle said.

Boyle has been working in Humboldt County since she graduated from Creighton University School of Physical Therapy in 2017. After working at Humboldt County Memorial Hospital for several years since she first arrived in the area, Boyle has taken additional training and earned her doctorate degree and now has a private practice where she specializes in women's health, pelvic floor physical therapy, nutrition coach, holistic coach and overall health and wellness coach.

A native of Holstein, IA, Boyle now offers her services out of offices in Dakota City, Fort Dodge and Holstein.

"Mondays I'm in Holstein, Tuesdays I'm in Fort Dodge and Wednesdays I'm in Dakota City. Thursday I do a lot of online business administration work and Friday I split time between Fort Dodge and Dakota City," Boyle said.

"After graduating from Creighton, I wanted to be in a rural area so I could use all of my skills. I really enjoyed my time at the hospital here in Humboldt. They have a great team there. They also supported my growth in learning more about different areas of physical therapy. A year into my journey I got certified in precision nutrition coaching. I wanted to go into more of a side gig focusing on wellness instead of just rehabilitation," Boyle said.

"I gained clients to do nutrition coaching online. I never really considered physical therapy to be part of a business model. I always thought it would be more life coaching or nutrition coaching," Boyle said.

"When COVID-19 hit in 2020, it rewired us to do things differently. How to practice medicine and health care in general. I found ways to expand and I got connected to a business coaching program that showed how you can do couch physical therapy. You take away

the middle man (insurance) and you have a lot more freedom on how often you see people, how long you see people and it allowed me to integrate some nutrition coaching," Boyle said.

"I could do longer visits and less other rigid work two times a week. It allowed me to do what I felt was best for the patient. I learned about the business side and dove into that for about a year and one-half. Just two weeks before the COVID-19 shutdown I got trained in how to do public floor assessments," Boyle said.

"About six months later I discovered there are many people who need these services in rural Iowa and nobody is doing them. This is an integration of all my favorite things like working with women and empowering women. Working with underserved diagnoses which are common. I also began integrating my nutrition coaching," Boyle said.

"I like helping women in the menopause age where longevity and wellness is super-important as we keep our independence as we age. That was my journey into public floor. Once I began my practice in Holstein, one of the owners at a maternity and baby

store asked if I would be interested in coming to the store one day a week. It allowed me to keep my job the way it was at the hospital. It gave me an excuse to go back home and serve a different population than the people I was seeing in Humboldt,” Boyle said.

“After another six months I started marketing myself more and it started to explode and soon I had people asking if I would see them privately here in Humboldt,” Boyle said. “Lori Hamand was kind enough to offer the space at her massage business on the west end of downtown Dakota City in 2023. Within six months my clientele got very full and so I reduced my hospital schedule to three days per week. I gradually tapered out of the hospital and tapered into my business full-time.”

“After about a year and one-half of working three days per week at the hospital, one day in Holstein and one day here in Dakota City, last September I met with Andrea Oswald who owns Rejuvenate Health and Wellness in Fort Dodge. We had mutual patients we referred back and forth. She does hormone testing,” Boyle said. “I have a lot of clients who come from Fort Dodge in the OB/GYN department there. I had relationships with the doctors, professional collaboration which allowed me to create a community down there.”

“Andrea said she had just expanded her building and she had extra space for me to work in. I opened an office there last December and left my position at the hospital and it has been a steady increase in clients. It has been really fun,” Boyle said.

“I do occasionally see patients on the weekends because it allows them to drive a far distance and get child care arranged that they might not be able to get on weekdays,” Boyle said.

“I have patients from as far away as Mason City, Northwood, Britt, Stratford, Cleghorn and Onawa,” Boyle said. “It has been fun to expose these services to more rural areas.”

“Public therapists don’t live in rural Iowa. I feel I can be a pioneer and create a path to fill something that doesn’t exist here,” Boyle said. “I’m trying to create what I wish existed and give people more of that whole-body experience and help them feel heard.”

“I also work with a lot of women who have experienced sexual assault and never told their story and it im-

pacted their health long-term. I have worked with women who have had incredible birth experiences and really traumatic birth experiences,” Boyle said. “I can provide a space for them to emotionally process that as well as do the physical things that heal.”

“I also do a lot of dry needling, which is a big part of my practice for pain management. I do see male and female patients for that. I work with a few males for prostate-related issues like post-prostate surgery or hernias but I don’t do public assessments with men,” Boyle said.

As a private practice that doesn’t work directly with insurance, Boyle primarily sees women ages 20 to 65.

She does have some women who are in their 70s and 80s. Since she doesn’t take insurance that population is small-

er.

“I work with a lot of perinatal and menopausal women. Probably 5 to 10 percent of my patients are men,” Boyle said.

“Being private practice gives me the freedom to schedule. If a patient calls me to get an appointment, I have flexibility to work with them. If you are a moderately healthy person who has a higher deductible, a lot of times the price is cheaper and you get longer visits which typically equates to less visits,” Boyle said.

“I see patients for 60 to 90 minutes in the initial visit assessment. I’ll have 60-minute follow-ups and so over time the visits will taper out,” Boyle said.

“In the insurance model you’ll meet with a patient two times a week or three times per week for a certain num-



Dr. Nicole Boyle is shown here working with a patient. Boyle, who specializes in women’s health, now has an office in downtown Dakota City. Submitted photo.

ber of weeks. Now I will see a patient once every other week to start off with or once a week and then we'll move to every three weeks," Boyle said. "Then we move to every quarter. I have patients now who see me once a month for maintenance. We'll adjust exercises or dry-needle for pain."

"Another perk is if you came to me under an insurance-model and said you had pelvic pain, your order would say pelvic pain and I would only be able to work on that area," Boyle said. "If you come into my practice and say you have leakage and we get that resolved. Then you say 'hey, my shoulder is bothering me,' we can also work on the shoulder."

"I communicate frequently with urology and gastroenterologists and gynecologists and tell them what we are doing. Collaboration is the future and what helps people get better quicker and feeling more supported in a system that has its limits. I have the ability to communicate with clients between visits. A system where they can text me and we can make adjustments if needed," Boyle said. "We don't let problems build up."

"I do wellness consultation online. A lot of times the gold standard is to physically assess in person. But I have worked with nutrition coaching online and also patients who maybe have seen me in person but maybe transportation is difficult so we'll meet online," Boyle said.

"I can't perform actual physical therapy outside of state limits. I'm licensed here but I do a lot of online courses for people all over," Boyle said.

Boyle felt strong enough about the need for her skills to go out on her own.

"Sometimes you are your biggest obstacle. It is risky to start a new business and go out on your own in the personal health insurance landscape and benefits. You have to accommodate for things like that when you are on your own," Boyle said.

"I have entrepreneurial parents. I have sisters and a brother-in-law who are also entrepreneurs and so that is something I grew up knowing," Boyle said.

"Leadership is always something I have valued and looked to expand. More than anything, embodying the things I teach makes things passionate about how I can to help people. I have



Dr. Nicole Boyle has opened up an office for her practice at 402 Main Street in Dakota City. NOW! photo.

gotten a lot of really positive reviews from people who have stated their experience with me. That is always nice fuel to the fire to know that it is working," Boyle said.

"It is pretty life-changing when people get better," Boyle said.

Boyle's daily motivation is pretty obvious.

"When you are helping people and changing their lives, it is a lot of internal fulfilment for me. It is also innovating and recognizing there are systems like our current health care system where people slip through the cracks or they are not getting the results they necessarily want," Boyle said. "I'm so happy I can be that change existence for somebody."

Boyle closely monitors and embraces changes in medicine.

"The biggest advancement I have seen is the education around hormone replacement therapy for women. There was a 20-year period where the perception was the risks outweighed the benefits. Since 2019 it has been found that is not the case. It has been the opposite," Boyle said. "The benefits in most cases outweigh the risks in menopausal ages. I'm having those conversations with clients on how to talk to their provider."

"The other key thing is blood sug-

ar and how that impacts hormones. It is a way I have helped clients hold themselves accountable on what foods they best respond to and their physiology. That can help patients with PCOS (Polycystic Ovary Syndrome) or difficulty losing weight. The menopausal years play a role in estrogen," Boyle said.

"Humboldt is a great community. I have a lot of relationships that are rooted here both professionally and personally. I love to travel but I have found a way to integrate serving a population that doesn't have access to this specialty of services," Boyle said.

"Every week I get feedback from patients on how they have changed their life for the better. Recently I had a patient who said she had been getting up in the middle of the night for 30 years, ever since her kids were born, to go to the bathroom. We worked together for eight weeks and she can now sleep through the night," Boyle said.

"I have had patients using pads in their 30s and they couldn't jump on the trampoline with their kids. After working together, they can now play on the trampoline with their kids. It's those little things you take for granted but impact your quality-of-life," Boyle said.

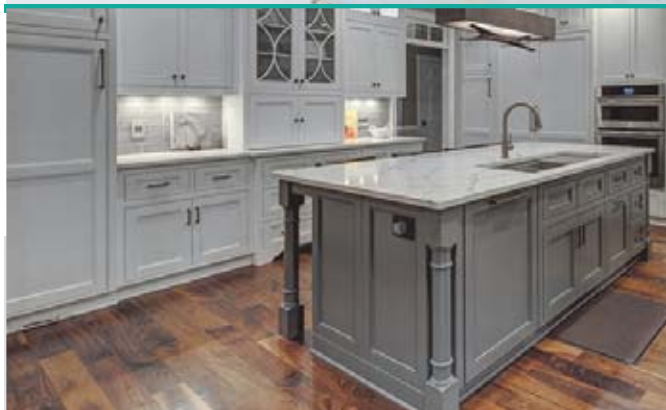
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2025 Humboldt County Fair Queen, Jaynee Depue

From the fairgrounds to the stage



Jayne Depue sits with awards she was presented with at the Cottey College Theater Awards Night. She received the Student Choice Awards for Best Actor, Best Supporting Actor and Best Set. She received the following awards from Cottey Theatre; The Rocky Award. Recognition for ACTF Irene Ryan, Recognition for ACTF Theatre Expo, Recognition for theatre assistant, Recognition for Alpha Psi Omega (Theatre honor society), Theatre Excellence Award which she has received for the second time in a row. Submitted photo.

By KYLIE PORTZ

Since moving to Humboldt in 2016, Jaynee Depue and her family have been loyal patrons of the Humboldt County Fair each year.

She said, “I’ve lived in Humboldt since I was 10 years old, I moved here in 2016 and I love going to the fair, growing up with my family and watching all of them – I wasn’t fortunate to have the opportunity to show (at the fair) but I enjoyed everyone else.”

Moving from an urban school to a small rural school would be a difficult transition for anyone. But Depue remembers feeling welcomed by her classmates.

She said, “It was a lot different transitioning from my elementary school because it was the same size as the middle school. So, I mean, it didn’t feel as different, but I knew everybody right away. So, it felt almost like a warm blanket of, welcoming, I guess.”

“I didn’t feel like I fit in right away. But there are people who made me feel welcome and like, showed me the way in Humboldt. I remember, the first weekend I moved people were like, ‘Oh my gosh, New Girl, let’s show her around town’. So I would bike around with people, because I lived in Dakota City first, so they would bring me down the hill and show me all the good spots, like Dollar General and just all the fun little nooks and crannies of Humboldt.”

As far as getting involved in the fair, Depue participated in 4H shooting sports for a while, was a member of the Country Bumpkins 4H Club for a bit in high school and participated in the Bill Riley Talent Show for two years.

She said, “Back in Indianola, I did a little bit of fair stuff but I was never a fair kid. That’s why I was shocked to have received the honor of being Fair Queen.”

Depue continued, “But I think it’s just because I have such an appreciation for the fair culture that Humboldt has specifically is why I was fortunate enough to land the role.

“Because it honestly has a really unique fair culture, especially since I’ve lived elsewhere, I’ve seen fairs in a bigger city. Indianola has like 10k, 20k on Humboldt, right? You don’t feel that close-knit energy. You don’t see people cheering each other on, even if they are in competition (with each other). So I wanted to be part of it on a deeper level.”

The Humboldt County Fair Queen contest is an involved process where candidates are evaluated on leadership ability, poise and personality.

There are multiple opportunities for participation. Children aged 4 through completing kindergarten can compete in the Little Miss and Mister Contest. Last year’s little Miss and Mister were Vivian Staton and Colt Carlson.

Girls completing 1st through 4th grade can participate in the Junior Miss contest. Azilyn Coyle was last year’s Junior Miss. Fifth graders to age 15 girls can compete for the chance to be Fair Princess, last year the title was earned by Braelyn Newton.

In the Fair Queen Contest, there are three titles to be won: including Queen, Runner-Up and Miss Congeniality – a title previously won by Depue in 2023. Last year’s Runner-Up was Elsie Stattelmann while Fiona Tinken wore the Miss Congeniality sash.

Depue described the process of becoming fair queen. According to her Kayla Newton or Jenna Vinsand, members of the Fair

Queen Committee will reach out to people they think would make good candidates for the contest.

An application is required, this year the form required to be completed for participation is due by midnight on June 12. If selected to participate, there is an interview process, for which candidates are required to make a “portfolio” introducing themselves and sharing why they would make a good fair queen for the county.

Depue explained, “You make yourself a portfolio with basically why you deserve to be fair queen and then on the day of the interview, there’s an introduction moment where the previous Fair Queen introduces you and then you go in and you sit in order of presentation, so it’s very formal.”

“I had to go first last year because my last name starts with D, so I went and presented my portfolio and explained why I would be a good fair queen and dedicated to the Humboldt County Fair.”

After the presentation, the public is asked to leave for the private interviews.

Depue said, “Then there would be private interviews where you would go in one-on-three and they would ask you questions and it was quick response, so you would give your true answer, but you’d have to try to punch it out real fast and be firm on your opinion.”

After the individual interviews, the candidates would be interviewed as a group, testing their communication skills. The judges would provide the candidates with a prompt that they would then have to debate with one another and come to an agreement on.

Depue said, “I remember distinctly one of them was, ‘Do you think that cell phones or social media is affecting the connection between the new generation?’ So they were the heavier questions to see how you would communicate with others, to get a unanimous opinion, which I thought was great practice. I think everybody should do that, have a good conversation, at least once a month, just a real deep conversation.”

Then the candidates would have lunch with the fair board and the fair queen committee.

Depue said, “That is my favorite part. It was the same meal both years that I did it. There was a gap year, so I don’t know, maybe they rotate meals but I was looking forward to that chicken.”

During the first few days of the fair, the fair’s royalty is crowned. Depue remembered the moment she was crowned queen.

She said, “I really didn’t expect it to be me. I was like ‘Oh!’ because I was going against three amazing girls. I’m super proud of who they are because they are two years younger than me, all three of them; Elsie (Stattelman), Summer (Zweifel) and Fiona (Tinken).”

She continued, “I was with them and saw how awesome they were, especially in the interview process, and just watching them, like from me seeing them in high school to them blossoming and becoming mature ladies. I was really shocked and I remember looking at my dad and just being like, I don’t know it was just a magical moment that I really just thought I was going to walk away and be like ‘congrats girls’ you know that kind of moment.”

Once crowned, there were many duties that Depue had as Humboldt County Fair Queen.

She said, “Like, because once you have a crown on your head, everyone’s eyes go to you. And just being poised, being respectful, passing out ribbons, and then also going to compete at the state level would be part of that responsibility.”

For two years, Depue competed in the Bill Riley Talent Search, a statewide talent competition in which performers compete at the county level for a chance to perform in the state competition at the Iowa State Fair.



Jaynee Depue is seen here posing with Hermatrude the duck during FCC days at Cottey College. It was Depue’s job to keep Hermatrude safe. She is seen wearing a “Duck Jacket” which upperclassman get and are passed down for generations. Submitted photo.

Depue said, “I love performing, that’s one of my favorite things. The first time I did Bill Riley (Talent Search) it was a little rough, I didn’t place. But when I came back for the 2025 season, I had more drive to compete.”

She continued, “I knew before I was crowned as Queen that I wanted to compete in the Bill Riley and go to the State Fair.”

“I won’t be able to go to the state fair (this year) because I have to be back on campus August 6. So, I’m going to miss the state fair, which is really sad because it’s my favorite time of the year.”

Depue said, “After Bill Riley, though, I felt more of a drive because I knew my time was coming to an end and I just really wanted to hit it full max.”

Determined to make it the state fair, Depue attended multiple county fairs to compete in the talent show, hoping to place first and qualify for the state competition.

Depue said, “I went to Clarion in Wright County. I did not place, but it was my first competition (of the season), and I thought, ‘I can only get better from here.’ So, I kept practicing and I ended up going to Poky (Pocahontas) and I placed first there. So that gave me the confidence boost that I needed and then I went to Humboldt and I placed second.”

Having already placed first in Pocahontas County, Depue called the other fairs where she had signed up to compete and dropped out as she had already qualified for the state fair.

She said, “I said, ‘you know what, I don’t want to take opportunities from other people, not saying that I would beat them out, but give that spot to someone else. I’m just going to sit there with

these two wins under my belt.”

Depue made it to the semifinals at the state fair, which she said was “pretty cool.”

Throughout her high school years, Depue participated in multiple productions at Humboldt High School, including leading roles in “Into the Woods” and “Emma”

She said, “My first ever lead role was my junior year, it was The Witch in “Into The Woods” directed by Ben Chavers and Emily Wiebke. And before that, we had different directors in and out. I think I appreciate that role, because it was my first and it was like the moment I felt seen. I thought I excelled in that role and I mean, I did get invited to the Iowa High School Musical Theater Awards in the opening medley. It was a special recognition award recipient and that was really cool.”

She continued, “Although I was very against “Emma The Musical” at first I did end up falling in love with my character of Harriet, because ultimately, she was a big moment of growth for me.”

She explained, “It’s a very different type of character you go from The Witch, who’s really mean and nasty and then you have Harriet, who’s ditzy and doesn’t know her right from her left. And she did end up bringing me to the Iowa High School Musical Theater Awards again as a Triple Threat and Spotlight Medley recipient, Outstanding nominee, Outstanding performer nominee.”

The Triple Threat Competition is the highest individual honor that a student can earn for a role in a production. Triple Threat Nominees compete for a chance to attend the National High School Musical Theater Awards, also known as the Jimmy Awards in June. This award show is known in the theater community as the “Tony Awards for high school.” Many of its participants have gone on to have successful musical theater careers.

Depue is only the second from Humboldt to be nominated for the Triple Threat program.

Recently, Depue has been hard at work at Cottey College, where she studies theater and business.

Depue said, “It was a very spur-of-the-moment (decision). I was originally going to go to Iowa Central. In May 2024, I decided last minute, ‘Mom, let’s book a visit to Cottey’ because my grandmother attended Cottey in 1969 to 1971 and so I would be a legacy here.”

She said, “She (Depue’s grandmother) has always wanted my sister or me to come to Cottey and I was like, ‘Oh, I don’t really want to go to Iowa Central. I feel like I want to go somewhere beyond Iowa and just experience life somewhere else.’”

“I knew Cottey was an opportunity for me to do that, so I booked the appointment. May 8 was my tour date. It was right when they got out of school, so I didn’t get to see campus life, but I fell in love with it. I met the theater professor because I expressed an interest in theater and I was like, ‘wow, I really want to do theater.’”

Now heading into her junior year, Depue is right at home among her peers at Cottey College.

Founded in 1884 and owned by the P.E.O Sisterhood, Cottey College is an independent, liberal arts and sciences women’s college located in Nevada, Missouri. The college places a high value on leadership opportunities, encouragement and mentorship for its students. Something that Depue has experienced firsthand.

She shared, “I have had conversations with the president of my college, Dr. Niles, about possibly pursuing higher education as my calling, my career path, because I really do love the vibe of student life on campus.”

She said, “I was SGCA president this year, I’m stepping down from SGCA president because I’m stepping into a new



Jaynee Depue is named the 2025 Humboldt County Fair Queen. Photo by April Kelley.

position that they have lowkey made for me. I’m working on this new programming board in the Student Life Office. So I’m getting hired into the Student Life Office here on campus and overseeing two organizations as their president. But I’m also going to get paid for the position and start shifting the school in a different direction when it comes to programming committees.”

She said, “I’m glad that I picked theater and I’m glad I picked Cottey because it makes my workload light enough to move into actual career-based learning on campus. Now I’m stepping into a higher education role as a junior, which is great.”

Depue said, “If any girls are reading this, you should come to Cottey because, although it seems weird at first, I haven’t experienced any other college, but it’s one of the best.”

Always keeping busy, Depue has remained active in theater at the college.

She said, “My first role was in ‘Sweeney Todd’ as Ms. Lovett. So I’m just making men into pies, I guess. I got an Irene Ryan nomination for.”

The Irene Ryan Award is presented to 16 actors at the regional American College Theater Festival and two actors at the national festival. One nominee and partner from every region is invited to the national festival, where the nominee will receive a \$500 scholarship.

Depue said, “My second role was Jeanette Marks in ‘Bull In A China Shop’ by Brenna Turner and I got my second Irene Ryan for that role. We also had the honor of bringing that role to ACTF. Out of 170-something entries, we were one of four show shows to be picked to be brought to the stage and realized.”

She said, “It was incredible, the energy in the room when performing with a bunch of college theater kids in the audience was insane.”

This past fall, Depue performed in “Puffs, or Seven Increasingly Eventful Years at a Certain School of Magic and Magic,” a comedic parody of the Harry Potter series by playwright Matt Cox.

Depue said, “I played Cedric Diggory and Voldemort. Like, that’s a bit out of my comfort zone. But I had such a fun time, I was unable to get another Irene Ryan for the year. But I did get an Irene Ryan for my “As It Is In Heaven” role, which is the last production that we’ve done for the year.”

Depue played Hannah in “As It Is In Heaven,” a play by Arlene Hutton. The summary reads, “a religious community is changed when a non-believer has an ecstatic experience. The arrival of Fanny upsets the harmony of the 1830s Shaker society; the sisters suspect her to be a ‘Winter, Shaker,’ one who suddenly converts when life gets too hard on the farm.”

Depue said of the role, “It was a challenging role. I was in my 60s. I was a 67-year-old lady with wrinkles. I had to draw on wrinkles and stuff.”

Not only has Depue been on stage, but she has also put in the work behind the scenes.

She said, “I’ve scenic designed, and then I’ve done poster design. I brought my scenic design for “Puffs” to ACTF. That was my first design ever, so it was exciting and now I love designing, too.”

This year, Depue had the opportunity to direct her first play, alongside her directing classmates.

She said, “It’s been difficult, but in a good way. I think the change of being able to communicate with the other directors is very similar to how I would have to communicate at the fair, at events, or even at a town hall meeting. You have to get your point across, but you also have to absorb other people’s infor-

mation so that you can make it cohesive and not just a bunch of hoopla on stage.”

The class chose to direct “Crossroads” by Jennifer Reif.

Depue said, “I think it’s a really cute show. Our professor, Laura Cheney, didn’t pick the show for us; she gave us options and we voted for this one because it was cheap to do.”

For those wanting to see Depue on stage at Cottey College, the theater department will be performing “Mean Girls” in the fall.

She said, “I’m so excited. I’m hoping for Cady, I’m not going to lie, that’s just a role that is actually similar to who I am as a person. So, Hashtag Humboldt County come down and see it. It’s only a six hour drive.”

Looking to the future, Depue has plans for a trip to New Jersey with her boyfriend, Ayden Fiengo, and coming back to Humboldt to crown the next fair queen. After the summer, when Depue is back on campus, she will have her hands full. Working two campus jobs, while being a mentor on campus for the freshmen, and starting her new role as head of the programming committees for the Student Life Office.

Depue said, “Make sure you go to your local fair. Support those kids, because they really do put a lot of work into what they do. And it’s really heartwarming to see their little eyes glimmer, even though they aren’t supposed to smile when they’re handed a ribbon or (when) their hand is shaken. So just make sure that you go out and support them because I know it’s hot during the fair, but it’s worth it to see them genuinely happy and proud of their work.”

She said, “I remember last year, I showed a sheep. I showed one of Gabby Kampen’s sheep for one round and I couldn’t get the smile off my face. I was like, ‘If I showed, I’d never win.’ But it’s okay, it was fun to be a part of the experience.”



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The calendar says summer is here.

June is often a month looked forward to by people of all ages! Students are happy to be out of school (or the end is near,) working people are looking forward to vacation time, golfers are anxious to be out on the course, athletes are anxious to play ball of one kind or another and nearly everyone is happy the temperatures are nice enough to be outside at work or play!

I was very involved with genealogy at the turn of the century (oh my that sounds OLD) and my late husband and I went on a trip to northern California and Washington state to "find" my grandfather's siblings!

We had a fantastic time visiting cemeteries and tracking down long-lost relatives. We stayed in touch for some time and my "tree" was completed as were many notebooks.

I printed a book for over 20 families and I kept information - for awhile. Then I got busy with other interests, as did the long-lost relatives.

Through the years, the one family we stayed in touch with was in Washington. We kept in touch and I heard something from them each Christmastime.

Congratulations to Kathy Eck and her Humboldt County Democrats committee for their hours of labor collecting books, puzzles, etc., to offer for resale. It was a resounding success, with funds going to Humboldt County libraries. Well done to everyone, donating or buying!

Can you remember many years ago when TV was just coming in, maybe the 1950s? We felt lucky to have one station - blurry and snowy and poor reception? Then came the antenna improvements and suddenly clearer pictures and several stations to choose from.

And changes continued with many types of networks with things on the roof to improve reception. But we weren't done yet. Besides the ABC, CBS and NBC

channels, another one stepped in this past year regarding sports events. You have to subscribe and pay extra! Changes, changes, each of us likes one thing until it changes! UGH!

By now most of my readers know I have completed seeing the Freedom Rocks in all 99 counties. I have given several talks with the most recent given to the Lions Club in Fort Dodge. My map shows the route taken on the various trips, and although it is a bit ragged, I am determined to use that same one.

The original rock near Menlo. It is the only rock that is repainted by Bubba Sorensen, who started this project in 1999, at the age of 19. The others stay as is.

I purchased a calendar earlier this year showing various rocks and some interesting information. Freedom Rocks are now found in nine states with two states booking rocks for the future. The official website is: <https://thefreedomrock.com>

Guess I created a bit of a buzz when I wrote in the last issue that I was publishing the last issue of the newsletter (in Florida.)

I did NOT mean I was going to quit writing Karens Quips - in Iowa! I had numerous phone calls and I tried to explain that it had nothing to do with the NOW magazine! I feel it is a well read and enjoyed column!

I had two businessmen tell me this was one of the first things they read each month. I mail six copies to persons who do not get the Reminder/NOW magazine - and deliver several others to out-of-town readers each month.

No, I don't have a big head. I feel fortunate to have a following that enjoys what I write. Thank You! I am glad I can deliver!



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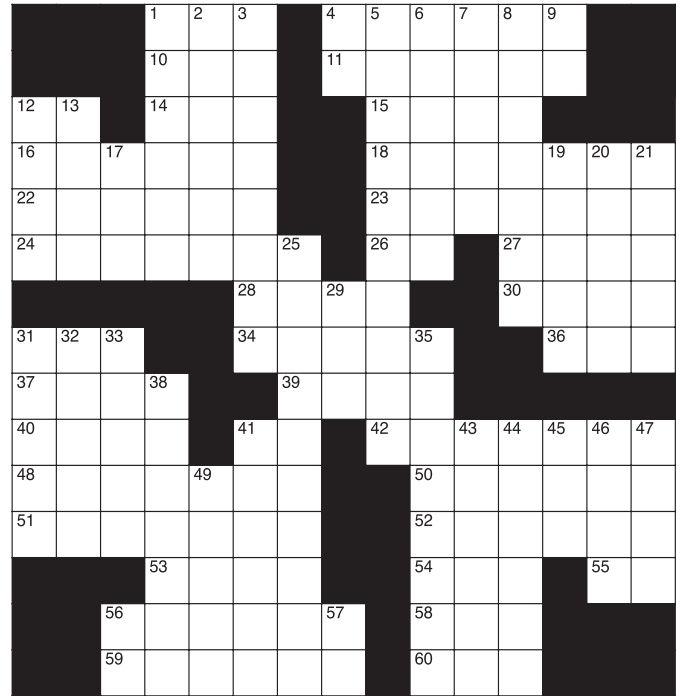
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CLUES ACROSS

1. Similar
4. Have an ambitious plan or a lofty goal
10. No (Scottish)
11. ___ Aires, city
12. Morning
14. Senior's son (abbr.)
15. A notable achievement
16. European nation
18. Endings
22. Puts into place
23. Former
24. Grenadier
26. Sea patrol
27. Algerian port
28. Norwegian river
30. Precipitation
31. Sunscreen rating
34. New York is one
36. Patti Hearst's captors
37. Soft mineral with greasy feel
39. Retired Brazilian footballer
40. An Indian nursemaid
41. Atomic #24
42. Immobile
48. Insignia of royalty
50. Seeds from which chocolate is made
51. Begin again
52. Round root
53. Beginning to end (alt. sp.)
54. What newlyweds just said
55. Empire State
56. Give back
58. College hoops tournament
59. Unstable situations
60. Young women's association

CLUES DOWN

1. Administer a drug
2. Holy places
3. Contrary opinions
4. Blood type

5. Gags

6. Micturating
7. Silly
8. A type of "cuff"
9. Spanish be
12. Austrian river
13. Messenger ribonucleic acid
17. Consume food
19. California supermarket
20. Electronic communication
21. Cassia tree
25. Written works
29. Cool!
31. Noteworthy 90s lawyer Kenneth
32. One who was compensated
33. National symbols
35. Raising
38. A type of talk
41. Cloud
43. Middle Eastern peoples
44. Pouches
45. 007's creator
46. A cut of meat
47. Sports entertainment award
49. Christine ___, actress
56. Relief organization (abbr.)
57. Canadian province (abbr.)

ANSWERS



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Passing the torch

By Phyllis Johnson

If you have watched the Olympics on TV, the route to the games are preceded by a group of runners. The leader carries a torch, and as the miles progress, the torch is handed to another runner. Maybe they are tired from the run, but more likely it's an honor to be the carrier, another contestant gets a chance.

These past few weeks have indicated, no demanded, that I pass the torch. Not running in the Olympics, for sure, but just the day-to-day tasks of trying to duplicate the customs of our Christmases through the years. I have baked and baked and baked - so many of the foods that have become a staple at our holiday meal. Being of Norwegian descent, I have been familiar with these special foods since a small child. Now, and in all the ensuing years, it's just not Christmas without our lefse, Norwegian meatballs, and delicious pastries., to name a few. With most of the older members of our family now gone, some of the old customs have vanished. But most certainly not the Christmas meal.

The next generations will have their own festivities and customs. Some will not. I know that in my case, my family enjoys the old familiar habits and foods of Christmas. Lute-fisk has been dropped from our menu, for a couple of reasons. I'm encouraged when my daughters-in-law and granddaughters ask for my recipes.

There is a lot of work that goes into the Scandinavian baking. So many delicate pastries and some that have molds or forms. It takes more time than the American counterparts of Christmas goodies; chocolate chip cookies, fudge, etc., in my case, it's the countless meatballs, and lefse. Well, I gotta give some of this up. And let me be dear, it's not easy. I want to

continue doing this. It's certainly not that it wouldn't be done "right" or that they would substitute one of their favorites. It's just that I need to be in control of this special meal, like I have for years. Maybe I just like hearing, "your meatballs are the best", or "your lefse is as good as ever." No, I don't think that's it.

I do know this, my years are catching up with me. Everything takes longer and is more effort. Some of the recipes need checking. I can't remember the exact ingredients. My recipe books are on the top shelf, I can't reach them. I didn't bring my big roaster with me when I moved from the farm. And I don't move as fast. Oh my, the list goes on. And add to that I get tired much quicker. The days of bouncing out of bed in the morning are no more.

I'm wondering how many of my friends are experiencing this, is it our pride? Do we think no one can do these things as well? Do we still want to be the one in charge? Yes, probably all of the above. But the time has come, in the coming years, the old customs can be changed and Christmas will still come. Recipes can be copied and more legible, some even sent via Facebook or texting. The food will still be fine.

I'm glad my kids are willing to take over. But for me, it's time to pass the torch!



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