

Briefs

'The Seven Noels' presented Sunday

First Lutheran Church in Northwood will play host a special holiday performance this Sunday. The 30 members of the First Lutheran Church choir will be sharing their performance of the holiday cantata, "The Seven Noels," by Pepper Choplin. The Christmas musical worship service will include music and readings by the choir, at 7 p.m. this Sunday, December 19.

Santa visits continue

With Christmas just 10 days away, Santa Claus will make a few more trips to Northwood in the midst of his busy schedule. Santa's visits to his village in Central Park will continue on Thursdays, December 16 and 23, from 5-6 p.m. He will visit this Saturday, December 18, from 11 a.m. to 2 p.m. Santa will make one more visit just before his big day, stopping at his village from 11 a.m. to 2 p.m. on Christmas Eve.

Correction: Christmas Boutique hours

Last week's Northwood Anchor featured a story and advertising for the new holiday shopping opportunity located in the building known as the old Opera House or the Stromstein building, located at 917 Central Avenue. The business' hours were listed incorrectly in both. The Christmas Boutique and Bake Shop is open Wednesday through Saturdays, from 11 a.m. to 4 p.m. The week of Christmas, the shop will be open from 9 a.m. to 6 p.m. on those days. The Anchor apologizes for the error.



The Week's WEATHER
by National Weather Service
Observer
John Podgorniak

Date	Hi	Lo	Prec.
Tues. Dec. 7	29	7	
Wed. Dec. 8	26	7	
Thurs. Dec. 9	47	27	
Fri. Dec. 10	33	28	
Sat. Dec. 11	28	22	0.21
Sun. Dec. 12			
Mon. Dec. 13			



Polar postage
Students in Northwood-Kensett's kindergarten classes recently traveled to Santa's Village in Central Park to add their Christmas correspondence to the other letters that have been delivered from Santa's Mailbox to the North Pole, in plenty of time to help Santa make his list and check it twice. Santa's helpers will even make the time to share some of the letters with the Northwood Anchor in next week's special Christmas section.

Worth County residents to enter in the \$529 year end giveaway

State Treasurer Michael L. Fitzgerald is reminding Worth County residents to register for the \$529 College Savings Iowa Year End giveaway. Families can register their children at Iowa529Contest.com through Friday, December 31. "The holidays are here and so is gift-giving season," said Fitzgerald. "Countdown to the holidays by registering the children in your life for the chance to win a meaningful present - a boost to their College Savings Iowa account." College Savings Iowa is a tax-advantaged 529 plan helping families and friends save for the costs of education. Qualified withdrawals can be used on tuition, room and board, textbooks, supplies and more at any eligible education institution in the U.S. or abroad. Earnings in an account grow tax deferred and Iowa taxpayers are able to deduct \$3,474 from their state income taxes per beneficiary account for 2021. As individuals complete holiday shopping, also consider a contribution to College Savings Iowa for loved ones. "An education savings is a truly valuable gift, and the great thing about College Savings Iowa is that it's a gift for the savers and the students," continued Fitzgerald. "With the tax deduction, contributing to an account is a win for both parties." More information on the plan, is available by **Giveaway, see Page 2**

Middle school brings new approach and opportunities at N-K schools

When the next school year begins, there will be some changes in store at Northwood-Kensett. For students in the district's middle grades that will come with some new opportunities and approaches on how to best support their educational and social development. Starting in the fall of 2022, students in grades 6-8 will be the first members of the district's new middle school. It's a shift from the sixth graders as the upperclassmen at the elementary and grades 7-8 making up the district's junior high. The change comes as district administration and staff looked at how soon to be open spaces could be used to best benefit the district's students. With the completion of the Vikings Activity Center expected later this school year, the district will have new weight and wrestling rooms open. That leaves the existing rooms unused and ready for alternatives. The potential uses of those rooms soon turned to the potential solution to a problem faced at the elementary building, namely the lack of space. "Our building is full," elementary principal Brian Costello said. "We were really feeling the pressure if we ever have a need to grow." In a recent school year a larger kindergarten class included a third section, which claimed the art classroom space, moving art classes to the library. With two unused rooms district staff began to consider the option of moving the sixth grade into the secondary building and forming a middle school division, and how that would impact the students involved. "We would never do this if it was just to make space," **School, see Page 2**

Crop and pesticide clinic set for Friday

The Worth County Extension Service annual Crop Clinic/Pesticide Recertification meeting will be held this Friday, December 17, at the Bethel United Methodist Church in Manly at 9:30 a.m. Speakers will include Gentry Sorenson, an agronomist with ISU Extension, and Angie Rieck-Hinz, who will lead the pesticide recertification. Sorenson is a native of North Iowa. He has a background in the ag industry, research and farming. After graduating from Iowa State University, with a master's in professional agriculture, he went on to spend 10 years at DuPont Pioneer as a crop research associate. He most recently spent time working as an agronomist for Landus Cooperative, before joining ISU Extension and Outreach earlier this year. Rieck-Hinz is an Iowa State University Extension Field Agronomist serving nine counties in North Iowa. She provides information to farmers and local crop specialists in the areas **Crops, see Page 2**

Aid, funds, staffing amongst topics of school board/legislator discussion

Last week's regular meeting of the Northwood-Kensett school board included the annual discussion with legislators representing the district in Iowa's Capital. The discussion with Senator Waylon Brown and Representative Jane Bloomingdale focused on a number of issues that could impact districts like N-K. As always, a focus remains on SSA (supplemental state aid), which is money districts receive from the State. N-K superintendent Mike Crozier asked if there was any indication of the increase that may be considered. He also noted that a 2% increase like in the last school year **Legislators, see Page 2**



Iowa legislators Jane Bloomingdale and Waylon Brown (pictured at right) joined the Northwood-Kensett school board to discuss legislation and policy that has and may impact the school district.

Calf weigh-ins Saturday

A Worth County Fair Calf weigh-in will be held this Saturday, Dec. 18, at the Worth County fairgrounds. The Worth County 4-H will be holding the Fair Calf Weigh-in for the 2022 Worth County Fair, scheduled for June 14-19. Those wanting to exhibit at the State Fair will need get their calves retinal scanned by the deadline of Feb. 1, 2022. Those wanting further information are asked to call Worth County Extension Education Specialist, Dennis Johnson at 641-324-1531 or email djohn@iastate.edu.

Northwood-Kensett K-first grade & second, third and fourth Christmas concerts



N-K's kindergarten and first grade classes performed "The Greatest Snowman" a holiday musical for young voices by Teresa Jennings and Karl Hitzemann.



N-K's second, third and fourth graders performed the "Secret Santa: The Musical" by Andy Beck and Brian Fisher. The students at the elementary concerts were directed by vocal music teacher Nikkole Koenig.

School Cont. from Page 1

Costello said. "We had to make sure that this would be the best decision to make for the students."

So, with that in mind, the district's administrators and a group of five teachers that work with the middle school age students began researching a book renowned for its discussion of how to make a successful middle school. Their main objective was to make sure the N-K system had the pieces to make a middle school work.

After concluding that the district does, the teachers brought the idea and their excitement to the school board, to make sure that it was an approach worth pursuing.

They next visited six area middle schools and talked to staff, asking questions about challenges and what makes their middle schools work.

Based on those and their own discussions, the group began looking at what the N-K middle school approach should look like.

"We wanted to cultivate an environment that this isn't a mini-high school," said secondary and soon to be middle school principal Keith Fritz. "We want to have more of a focus on their relationships to each other, to their teachers and to their community. We need to focus on how these students grow developmentally. They're uniquely different from the students in high school."

That's true for the current junior high students, as well as the current older elementary students.

"Sixth grade teachers will admit that their students are ready for something bigger. That's another reason the middle school movement started. There's a need to help guide their social development."

For the district's staff, the biggest hurdle was assembling a schedule that met the needs of the students, and which deviates somewhat from the high school schedule that the junior high used to follow as well.

Fritz noted that starting with a new approach and a new schedule offered the chance to address a need to dedicate more daily time to building the reading skills of the middle school students.

The new schedule will also include time dedicated to group discussions and more opportunities to check in on their progress with teachers.

That time will give students a chance to share with each other and teachers about growing up, how to face social interactions and how to be a part of society.

Besides working to meet the unique needs of the students, the middle school approach will also offer students, particularly those in the sixth grade, more opportunities to hone their interests, with the exploratory class options, such as Spanish and options in the Family and Consumer Sciences classroom.

Another aspect of the shift is spaces in which the students will learn. Classrooms in the west hallway, from the science room

south, and the former weight and wrestling rooms will make up the middle school areas.

Over the summer, the former weight and wrestling rooms will be renovated to be fully functioning classrooms. And lockers will be added in the middle school areas as well.

Fritz and Costello said that they wanted to make sure that the students felt like they had their own distinct space, and to reassure parents that their young students wouldn't find themselves immediately overwhelmed by students six or seven years older.

It won't just be the two grades of students moving to the new spaces next year. Elementary teachers Ryan Severson, Sammi Butler and Jodie Hansen will relocate to become the core middle school faculty.

With the middle school change officially approved by the school board last Thursday, district administrators and educators will continue with their plans to make it an exciting transition for all involved, including transition opportunities and experiences as the current school year continues.

"This is really exciting for us, and it's not just the staff that have been involved since the start, I have lots of teachers telling me how they want to help make this work," Fritz said.

"We're really looking forward to all the opportunities the N-K middle school will offer the students," Costello added.

Legislators Cont. from Page 1

would be difficult for the district as it faces ongoing increases in expenses.

Brown didn't indicate at which level the SSA increase could be set, but did say that the priority remains to set it in time to help districts plan their budgets to meet local deadlines.

Bloomington asked about the district's transportation funding, referring to legislation that provides funds to districts that have higher expenses getting students to class.

Funds are provided to districts that spend more than the state average.

Crozier said that transportation costs were up, and the district would be able to use those funds to offset that.

Crozier asked about a decrease in funds to schools that share staff and resources, following the recent legislative session.

According to Crozier, districts like N-K saw incentives decrease in the current school year.

Another issue shared by Crozier is the additional steps put in place by the legislature when it comes to the public appearing on school board agendas.

New rules allow the public to bring petitions that require school boards to let them speak at meetings.

Crozier said that there was no real issue for districts like N-K, where board members are known by much of the community and where public comment is already allowed at meetings.

Brown said that this was one of the cases where the legislature took action to address the demands of one or a small few districts, where school boards did not have the same rapport with some members of the public.

Another issue, particularly with school staffing issues, Crozier shared, is the state government employee retirement policy, which prevents those that retire from returning to work in a different capacity for four months.

Crozier said that stops people like full time teachers from returning to fill substitute or part time openings at lower costs to the district.

Crozier also said that limiting what the districts receive in SSA increases limits funds available to attract new teachers.

Both legislators said that they would make contact about the options to alter the retirement policy, and noted the district's needs for the future SSA discussions.

One other topic was the regular additions to the training sessions required for teachers and school staff.

Crozier asked if there was any possibility of reviewing what is required or how frequently it is required.

Brown asked school staff to send him a list and suggestions of what may not be needed, or may not be needed as frequently.

Crozier said that the school appreciates the efforts both legislators make to communicate about issues that may face schools, and they input the seek from their local school officials.

Crops Cont. from Page 1

of Corn and Soybean pest management, fertility and plant genetics. She will lead the Private Farm Pesticide Recertification portion of this year's Corn and Soybean Clinics.

Farmers will have the opportunity to renew their Private Pesticide Applicators License at this meeting. Pesticide applicators with questions may call Dennis Johnson, Worth

County Extension Education Specialist, and Lacey Waller, Office Manager at the Worth County Extension Office, at 641-324-1531 for more information.

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Giveaway Cont. from Page 1

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N-K TAG travels to Cedar Falls workshop

Students in Northwood-Kensett's Talented and Gifted program recently traveled to Cedar Falls for a day of learning and creativity.

The Central Rivers AEA (Area Education Agency) hosted the TAG Student Workshop on November 23.

Representing the N-K TAG program at the event were Nyx Mayberry, Mia Fierova, Ivy Toresdahl, Cayleigh Peppers and Konlin Perry, along with TAG teacher Jordan Smalley.

Over the course of the morning, students could take part in four sessions, with eight options for activities.

That included an activity where students were challenged to use Rubik Cubes to recreate a piece of mosaic artwork using a template provided and a building guide.

One activity offered students a chance to learn more about American Sign Language from an AEA teacher of the deaf and hearing impaired.

Another session opened the creativity of students with an invitation to make something using a variety of materials, ranging from building blocks, coloring pages, duct tape, origami and a computer creation software system.

Yoga and mindfulness were the focus of another option. Students were taught techniques and methods of moving their bodies to create focus and relieve stress.

Students had the chance to create and launch rockets in another session. An activity involving creativity with paper rock building showed the science involved with air pressure, gravity and drag as the rockets were launched.

Students learned about and interacted with a canine crime-fighter as they had the chance to meet Jarvis, a police dog from the Black Hawk County Sheriff's Office. They learned about his training, his relationship with his handler and his role on the force.

The students learned about how social media is used in the business and communications worlds as public relations professionals provided their insights.

The final option was a student-led session, where those taking part decided the topic and the group discussed whatever was on their mind.



Worth County Extension

CORN & SOYBEAN CLINIC - 2021

Bethel United Methodist Church

503 S. East St., Manly, Iowa

Friday, December 17 - 9:30 a.m. - 1:30 p.m.

Meal at 12:30 p.m.



GENTRY SORENSON
Gentry Sorenson is a native of north Iowa with a background in industry, research and farming. He earned a bachelor's degree in agricultural studies with a minor in agronomy from Iowa State in 1997. In 2018 he went on to earn a master's degree in professional agriculture from Iowa State. He spent 10 years with DuPont Pioneer (Corteva Agriscience) as a crop research associate and most recently was an agronomist for Landus Cooperative before joining Iowa State University Extension and Outreach in 2021.



ANGIE RIECK-HINZ
Angie is an Iowa State University Extension Field Agronomist serving nine counties in North Iowa. She provides information to farmers and local crop specialists in the areas of Corn and Soybean pest management, fertility, and plant genetics. Angie will lead the Private Farm Pesticide Recertification portion of this year's Corn and Soybean Clinic.

Call the Worth County Extension Office at 641-324-1531 to pre-register.

The Crop Clinic is also sponsored by:

Farmers State Bank - Chad Nelson	Worth County Farm Bureau - Teresa Stehn
Ag Ventures Alliance - Spencer Stensrud	Worth Co. Soil & Water Conservation - Becky Hanson
Five Star Co-op - Ken Smith	Iowa Corn - Joni Erwin
POET Biorefining - Hanlontown - Benjamin Arentson	Channel Seed - Brett Johnson & Jamie Ham
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Farm Credit Services of America - Jessica Lutz	Farmers New Ag - Rusty Wahl
Corporate Farmer - Chad Hanson	First Citizens Bank - Andy Helgeson
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Iowa Soybean Association - Bre Wagner	

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Kids connect over Christmas as they 'Shop with a Cop'

By JoAnn Lower

Imagine the excitement of being a kid with \$100 to spend at Christmas. That's how several Worth County kids felt on December 2, "Shop With a Cop" day.

This program began three years ago to promote positive interaction between children and law enforce-

ment and operates strictly on donations.

Program coordinator Deputy Bryon Olson relies on schools to choose the students who participate in Shop With a Cop. He gets good feedback from the parents and the schools, as well as from the deputies who volunteer their time for this

important and fun project.

In previous years Shop With a Cop included elementary students from Northwood and Manly, but this year has been expanded to include residents who attend school districts that overlap Worth County.

With the \$100 each student is required to buy

something they need — boots, snow pants, winter coats, hats, gloves or some sort of clothing item. After that they can buy something for themselves or a family member.

"If the gift is for them, it's usually in the toy aisle," said Olson. "But some kids don't buy a thing for them-

selves, only for Mom, Dad, brother or sister."

"The kids walk up and down the aisles at Fleet Farm looking at every shelf before they make their decision. Other shoppers stop to say how they enjoy seeing a child shopping with a police officer and how impressed they are with the program."

Deputy Olson has had 8 1/2 years of law enforcement experience, six years at the Worth County Sheriff's office. Prior to coming to Northwood, he participated in Shop With a Cop as a reserve deputy in Winnebago County.



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2021 N-K FALL SPORTS



2021 N-K varsity boys basketball team
 The N-K varsity boys basketball team includes (front row, from left) Isaiah Heeren, Nicholas Hanson, Lamonte Sims, Evan Lorenzen, Benjamin Yezek, Grady Buenzow, (back row) Colby Eskildsen, Nolan Senne, Carter Anderson, Anthoni Martin, Brayden Reyerson, Jason Hanson and Kooper Julseth.

N-K girls varsity basketball team

The N-K varsity girls basketball team includes (front row, from left) Hayley Wallin, Carly Hengesteg, Addyson Bachtle, Emma Davidson, Marli Backhaus, (second row) Chloe Costello, Emma Davidson, Madalynn Hanson, Peyton Shoger, Mallory Rheingans, Morgan Wallin, (back row) assistant coach Katie Strom, assistant coach Trevor Hunt, Ella Leonard and head coach Daryl Love.



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Worth County Abstract

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The Northwood Anchor

Drive merry, bright and sober this holiday season

From the Iowa Department of Public Safety:

The holiday season is known for being merry and bright, but it is also known for being the deadliest season when it comes to impaired driving. Iowa Law Enforcement across the state will partner with the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) this holiday season to remove impaired drivers from the roads and help save lives. From December 17, 2021 to January 1, 2022, motorists will see an increased presence of law enforcement.

Sadly, the statistics prove that we have a lot of work to do to put an end to drunk driving. According to NHTSA, 10,142 people were killed in drunk-driving crashes in 2019, accounting for nearly one-third of traffic crash fatalities. On average, more than 10,000 people were killed each year from 2015 to 2019 — one person was killed in a drunk-driving crash every 52 minutes in 2019. This is why Governor's Traffic Safety Bureau is working with NHTSA to remind

drivers that drunk driving is not only illegal, it is a matter of life and death. As you head out to the holiday festivities, remember: Drive Sober or Get Pulled Over.

Sobering Statistics according to NHTSA:

- o 837 people lost their lives nationally in traffic crashes involving a drunk driver during the month of December, 2019.

- o During the Christmas and New Year's Day holiday periods in 2019 alone, there were more drunk-driving-related fatalities (210) than during any other holiday period that year.

- o An OWI can cost you \$10,000 in attorney's fees, fines, repairs, and lost time at work!

- o Don't be the reason someone doesn't get home this holiday season.

Always remember to plan ahead if you will be celebrating with an impairing substance. If you plan to indulge, plan for a sober driver to take you home. Call a taxi, friend or Uber! Is it your turn to be the designated driver? Take the role seriously and do not partake in alcohol or any other drugs.



From curtain to pillow

In 2020, members of Trinity United Methodist Church of Bolan made a few improvements to their sanctuary in anticipation of its 125th anniversary celebration. The altar curtain was replaced with new fabric. A committee volunteered to do a "Pillow Project" fundraiser with the old fabric. The material, faded and flawed, has character. It was cleaned, cut, and embroidered with love and care. Three sizes of pillows were made: 12"x 12", 12"x 16" and 12"x 22" and then 10" diameter hoops were also added. Pillows are \$20 and hoops are \$15. Those interested may contact Linda Nydegger at 641-748-2385.

Thanks for being a Reader!

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Northwood Anchor

Church

Fertile Lutheran Church

Thursday, Mary Circle, 9:30 a.m.; Sunday, Worship Service, 9:30 a.m., Sunday School & Confirmation, 10:30 a.m.

Bethlehem Lutheran, Manly

Sunday, Worship at Bethlehem, 10:30 a.m., Grace Worship, 9 a.m.

Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran

Wednesday, Confirmation at Grace; Thursday, MANNA Open 4:30 - 6:30 p.m.; Sunday, Worship - Bethany, 9 a.m., Sunday School - EC, 9:45 a.m., Elk Creek Service, 10:30 a.m., Elk Creek Sunday School Christmas Program; Monday, Bethany Council Meeting, 7 p.m., MANNA Open, 10 a.m. - Noon

Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan

Sunday, Worship Service, 9:10 a.m., 3rd Sunday of Advent, Coffee Fellowship, 10 a.m.

Pastor Cory Allard

Northwood United Methodist Church

Wednesday, Northwood UMW, Swallow Coffee House Lake Mills, 10 a.m.; Sunday, Worship Service, 10:45 a.m.

Rev. Rob Lanphere

One In Christ Lutheran Parish

Sunday, Worship Services 10:30 a.m. available online at "One in Christ Lutheran Par-

ish" Facebook Page and YouTube under "One in Christ Lutheran Parish." Sunday Worship Services, 8 a.m. Immanuel, 105 E. 3rd St., Scarville, 641-568-3666; 9 a.m., Bethany, 201 Franke St., Joice, 641-588-3366, Wednesdays 6 p.m., KC (Kids & Christ) Night; 9:30 a.m., Silver Lake, 705 Silver Lake Rd., Northwood, 641-293-5556; 11 a.m., Sunday School, 10:15 a.m., Winnebago, 40029 210th Ave., Lake Mills; 11 a.m., Lunder, 14982 735th Ave., Albert Lea; All services require masks and social distancing.

First Lutheran Church, Northwood

Wednesday, 7th & 8th Grade Confirmation, 5:45 p.m., Choir, SH Youth, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m., Taekwondo, 6:30 p.m.; Sunday, Service, 9 a.m., Sunday School, 10:10 a.m., JH Youth, 6:30 p.m.; Monday, Bell Choir, 6 p.m.; Tuesday, AA-Al-Anon, 7:30 p.m.

Peace Lutheran Church, Northwood

Sunday Worship Service with Holy Communion at 9 a.m.

Rev. Barbara M. Wills, Pastor

Sacred Heart Church, Manly

Mass Wednesday, 8 a.m.; Mass Saturday, 5:30 p.m.

Rev. Neil Manternach, Pastor

Fr. Jake Dunne, Associate Pastor

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Worth County Veterans Affairs is offering Holiday food assistance to Worth County veterans who are in need. Please contact this office if you are a veteran in need of a little help putting a holiday meal on the table.

Conquering Evil With Good

Wise men and women of various faiths have told us that we should never return evil for evil, but should conquer evil with acts of kindness and goodness. The Dhammapada puts it this way: "Hatreds never cease through hatred in this world; through love alone they cease. This is an eternal law." Saint Paul advises us in the 12th chapter of Romans to "Never repay injury with injury" and then quotes the Proverb "If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink. In doing this, you will heap burning coals on his head, and the Lord will reward you." (Proverbs 25:21-22) Saint Paul concludes his kindly advice by saying "Do not be overcome by evil, but overcome evil with good." (Romans 12:21) The curious part of the quoted proverb is the notion that in being kind to someone who has harmed you, you will be "heaping burning coals on his head," which sounds plainly vindictive. Without knowing what the exact meaning and implication of this phrase is, and scholars have suggested everything from inciting anger in your enemy to giving them coals to carry home for their own hearth, perhaps the best interpretation is that in doing so you will be remonstrating against your enemies' evil and causing them to have remorse. They will indeed carry these hot coals home with them, but these coals will be their own conscience, reminding them they will always be burned by vengeance. — Christopher Simon



Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the LORD. — Leviticus 19:18

The Sponsors of this feature do so with the hope that more people will attend the church of their choice on a weekly basis

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Cook Bookin'

We may live without poetry, music and art; We may live without conscience and live without heart; We may live without friends; we may live without books; But a civilized man cannot live without cooks.
Bulwer Lytton,
Edward Robert



by Sandy Olson

To contact Sandy Olson for comments or suggestions, please email her at: midwestfoodie@gmail.com

Back in the day...actually back in the 90s...I joined an online cookbook collectors' group called CookbooksEtc. Members were from all over America and we had great fun exchanging recipes and actually meeting face-to-face for "conventions" that lasted 3-4 days. A few weeks ago I came across a pack of recipe cards that I received at one of these meetings where everyone was asked to bring her favorite dish on a card to exchange. So, these recipes are not from a traditional cookbook but they ARE tried and true dishes from friends I no longer see. The group dissolved although a few of us keep in touch even 20+ years later.

Honey Sesame Pork Tenderloin (Monita Olive, San Pedro, CA)

1 small pork tenderloin, whole, about one pound
1/2 cup soy sauce
2 cloves fresh garlic, minced
1 tablespoon fresh grated ginger OR 1 teaspoon ground ginger
1 tablespoon sesame oil
1/4 cup honey
2 tablespoons brown sugar
4 tablespoons white sesame seed
Combine the soy sauce, garlic, ginger and sesame oil. Place the tenderloin in a zip-top plastic bag and pour the soy sauce mixture over to coat. Marinate 2 hours up to overnight in the refrigerator. Preheat the oven to 375 degrees. Remove pork from the marinade; pat dry. Mix together the honey and brown sugar on a plate. Place the sesame seed on a separate plate. Roll the pork in the honey mixture, coating well. Then roll in the sesame seed, patting so they stick to the meat. Place in a shallow roasting pan and roast for 20-30 minutes or until the internal temperature registers 160 degrees F. Remove to a serving platter, let rest for 5 minutes, then slice thinly to serve.

Upside-Down Pizza (Nova Bruner, Omaha, NE)

1 pound lean ground beef
2 cups shredded Mozzarella
1 medium yellow onion, chopped
1 cup grated Parmesan cheese
1 jar (15 oz.) good spaghetti sauce

1 package crescent roll, 8 count
Small package pepperoni slices
Brown the ground beef and onion in a heavy skillet; drain off any grease. Add the spaghetti sauce. Stir well and pour into the bottom of a 9x13-inch baking pan. Put a layer of pepperoni slices over the sauce. Sprinkle both cheeses over the sauce but reserve about 1/4 cup of the Parmesan. Open the tube of crescent rolls and lay them on top of the cheese, pinching the seams as much as possible to make a big sheet of dough. If they break apart during baking it doesn't matter as this dish will be spooned out of the pan rather than cut like a pizza. Sprinkle with the reserved Parmesan and bake for about 15 minutes or until the rolls are browned and cooked through. Good served with a green salad.

Savory Crescent Chicken Squares (Kim Vengler, Ft. Worth, TX)

1 package (3 oz.) good quality cream cheese, softened
3 tablespoons real butter, softened
2 cups cooked, chopped white meat chicken
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon chopped fresh or freeze-dried chives
1 tablespoon chopped pimiento
1 tube (8 oz.) refrigerated crescent rolls
3/4 cup crushed seasoned croutons
Preheat the oven to 350 degrees F. Blend the cream cheese and 2 tablespoons of the butter until smooth. Mix in the chicken, salt, pepper, chives and pimiento. On a baking sheet, separate the crescent dough into 4 rectangles, pressing the perforations firmly to seal. Spoon 1/2 cup of the chicken mixture onto each rectangle. Pull the 4 corners of each rectangle up to the top, twist slightly and seal the edges. Brush with the final tablespoon of butter, melted. Sprinkle with the crushed croutons. Bake for 20-25 minutes or until golden brown.
Browsing through these recipes cards brought back bitter-sweet memories of friendships found and lost. Several people have died; others have been MIA for years. I'll share more of these special recipes with Anchor readers in the months to come. And...that's all she wrote.

Northwood Anchor

Society



Snow removal

Friday afternoon brought the start of a snow storm that left several inches of snow throughout the area. That meant many spent some time on Saturday clearing roads, sidewalks and driveways.

MercyOne remembers those lost and struggling

MercyOne Northwood will be lighting a special Christmas tree and will be reaching out to those struggling this holiday season. "At MercyOne Northwood, we love our community like family. We would like to take a moment to remember those who are no longer with us or are struggling through the season. We want them to know

they are not alone, that they are remembered!" Those that know someone that could benefit from a personalized card in the mail and a light on the MercyOne Northwood Tree of Remembrance may contact MercyOne by email at northwoodfamilymedicine@mercyhealth.com, phone at 641-428-4731 or by stopping into the office and

dropping off a note with the name and address of the individual that they are thinking of this season. A prayer will be said in a private blessing ceremony for the tree and the lights that will represent loved ones. The tree will be lit on Monday, December 20, in front of the clinic.

Did you know?

By Ann Hendrickson

As the old saying goes, "That's a feast for sore eyes." In this particular instance, it has nothing to do about food but about the beauty of Christmas trees and the ornaments. It is definitely not a new tradition by any means as it is believed to have begun in the 16th century in Germany where the first trees were decorated with candles! I've heard stories of such decorated trees and several pails of water standing nearby. Eventually the decorated tree tradition grew to world-wide use and came to America in the 18th and 19th Centuries. Almost anything can be used as a tree ornament—be it apples, nuts, berries, popcorn, cranberries, fabric cutouts, paper shapes, bells, beads, ceramics, tin, wood, glass, plastic—and the list goes on. People love these ornaments and sometimes spend small fortunes on them. There are so many reasons to buy them. Some are bought just for the col-



or; some to be handed down to the next generations; some for a certain theme; some in memory of a loved one; some to remember and observe the real meaning of Christmas; so once again, the list goes on. However you decorate with ornaments, make it one of the happiest times of your Christmas memories. It is also important to know how to store these precious ornaments. Experts say to choose the right container which is a rigid box with divided adjustable compartments. Using proper wrapping material helps greatly to protect the ornaments. Acid-free tissue, BOUNTY microwave paper towels and 100 percent cotton fabric are the best choices. Never wrap ornaments in

plastic as it retains moisture; bubble wrap has pockets of gas that can seep out; and newspaper has ink that could transfer on to the ornaments. The best place to store these boxes is in a closet on the main floor of the house. Cupboard shelves away from pets and chest of drawers are other good choices. Basements and attics are not temperature controlled so not recommended.

The Worth County Historical Society is pleased to inform you of a special event happening in the Stromstein Building. Christmas treats and other goodies are displayed and for sale during this season in December. Stop in for a chat and check out the place and the displays.

We at the Worth County Historical Society wish you and yours a very "Merry Christmas", and please keep it on top of your list to "Remember the Reason for the Season."
Until next time....

Worth County 4-H State Recognition informational meeting scheduled for Dec. 30

The Worth County 4-H State Recognition informational meeting is scheduled for Thursday, December 30, at 11 a.m. at the Worth County Extension Community Room at the Fairgrounds.

They will be taking everyone through the State 4-H Recognition Awards program process that a high percentage of Worth County 4-H members have excelled at over the years. Interested individuals will learn about the multitude of opportunities there are in winning State 4-H Recognition including the National 4-H Congress trip to Atlanta, Georgia; National Conference experience in Washington, D.C., for one week; and the chance to serve on the prestigious 2021-2022 State 4-H Council.

cil. "Mark calendars for Thursday, December 30 at 11 a.m. and plan to join us." Those attending can join in on a fun \$5 Christmas grab gift exchange and enjoy free pizza to close out

the meeting. They hope to have some recent State 4-H Recognition winners on hand to share their success stories about a national trip or serving as a State 4-H Council member.

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Santa Claus

will greet boys and girls at Santa's Village in Central Park on Central Ave. Northwood

Thursdays Dec. 16 & 23 5-6 p.m.

Saturdays Dec. 18 11 a.m. - 2 p.m.

He will also be in his Northwood House Christmas Eve from 11 a.m. - 2 p.m.

THANK YOU

Thank you to all those that visited during our open house, to the Northwood Chamber for the flower arrangement and everyone else who sent us messages for our 40 year milestone.

Your messages and support are greatly appreciated!

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Northwood Anchor **Opinion**

Savvy Senior

Pill splitting: When it's safe, and when it isn't

Dear Savvy Senior,
When is it safe, or not safe, to split pills? I have a cousin who cuts almost all her pills in half in order to save money, but I'm wondering if she's going overboard. What can you tell me about this?
Curious Cousin

Dear Curious,
Pill splitting – literally cutting them in half – has long been a popular way to save on medication costs, but your cousin, if she hasn't already done so, needs to talk to her doctor or pharmacist because not all pills should be split.

The reason pill splitting is such a money saver is because of the way drugs are manufactured and priced. A pill that's twice as strong as another may not be twice the price. In fact, it's usually about the same price. So, buying a double-strength dose and cutting it in half may allow you to get two months' worth of medicine for the price of one. But is it safe? As long as your doctor agrees that splitting your pills is OK for you, you learn how to do it properly, and you split only pills that can be split, there's really no danger.

Ask Your Doctor

If you're interested in splitting your pills, talk to your doctor or pharmacist to find out if any of the medicines you use can be safely split. It's also important to find out whether splitting them will save you enough money to justify the hassle.

The pills that are easiest to split are those with a score down the middle. However, not every pill that's scored is meant to be split. Pills that are most commonly split are cholesterol lowering drugs, antidepressants and high blood pressure medicines.

Use a Pill Splitter

Having the right equipment is very important too. Don't use a knife or scissors to cut your pills in half. This can cause you to split them unevenly resulting in two pieces with very different dosages, which can be dangerous. Purchase a proper pill cutter that has a cover and a V-shaped pill grip that holds the pill securely in place. You can find them at most pharmacies for \$5 to \$10.

For convenience, you might be tempted to split the whole bottle of pills at once. But it's best to do the splitting on the day you take the first half, and then take the other half on the second day or whenever you are scheduled to take your next dose. That will help keep the drugs from deteriorating due to exposure to heat, moisture, or air. It will also help ensure that any deviation in the size of one dose is compensated in the next. It's also important to know that pills are only safely split in half, and never into smaller portions such as into thirds or quarters.

Don't Split These Drugs

Some pills should never be split. Drugs that are time-released or long-lasting and tablets that contain a combination of drugs probably shouldn't be split, because it's difficult to ensure a proper amount of active ingredient in each half. Pills with a coating to protect your stomach, and pills that crumble easily or irritate your mouth shouldn't be split either, along with chemotherapy drugs, anti-seizure medicines, birth control pills and capsules containing powders or gels.

Again, your doctor or pharmacist will know which drugs can and cannot be split. If you're taking a medicine that can be split, you'll need to get a prescription from your doctor for twice the dosage you need. Then you can start splitting and saving, safely.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

I'm a crack meteorologist. I'm 100% correct in my weather predictions.
How is that possible?
I predict yesterday's weather.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. I took a lovely photo of an angry mouse. I'll be sending cross-mouse cards to everyone on my list. I stopped to visit a friend. He'd been watching an old cowboy movie. He muted the sound, but we couldn't help but watch the screen as it featured an epic barroom brawl. Cowboys were pistol-whipped or hit over their heads with chairs or whiskey bottles. The floor was littered with knocked-out combatants. Despite being unconscious, the cowboys managed to keep their hats on. Concussion symptoms must have run rampant in the Wild West.

Serendipitous encounter

I encountered him in a grocery store aisle. We exchanged friendly noise. He was perusing "heat and eat" products. His wife had been a wonderful cook, but he wasn't. As a widower, he wanted something simple and fast, yet needed to check the labels to keep his doctor happy. Another storm of the century had been predicted and we shared weather proverbs we'd grown up with. He added he had to put his left shoe to the left of his right shoe in the closet, just as if he were wearing them. Otherwise, his knees ached. We all have our superstitions. No one can change our minds. It's impossible to argue about things devoid of logic.

Migrate or hunker down?

Snowbirds desert Minnesota and

head south; the big question being whether they'd leave before or after Christmas. They settle in warm places where summer visits had taught them not to stand in the sun if they could sit in the shade.

During my salad days, I drove rust buckets. Each would have been a splendid car for a boy without a car. My cars were old and the tires were even older. Lacking money and common sense, but still wanting to drive, I traveled on bald tires. I don't recommend that. Now I pretend I'm driving on those bald tires when inclement weather catches me on the road. It slows me and causes me to drive cautiously.

Christmas in the rearview mirror

The Christmas table, made up of tables cobbled together, ended at a card table with spindly, folding legs. That was the kids' table and the one farthest from the kitchen. Out of sight, out of mind. One day, it occurred to me I was the table elder and surrounded by knuckleheaded kin. I wanted to move up the pecking order. I knew someone had to disappear for that to happen, but there were shameful moments when I thought it'd be worth it. One Christmas, one of my tribe proclaimed he was sick to death of cold creamed peas and kicked a spindly, folding leg of the card table. The leg did its job and folded, allowing the creamed peas to tumble onto my lap. I hope you have a great Christmas without a lap filled with creamed peas.

Blessed memories

We shared a love of cows, people and nature. He could be quiet. When I first met him, I figured it was because his wife handled the talking. I was wrong. He knew how to listen.

Ask Al

"I'm planning on visiting

Minnesota. Any advice?" Bring a change of underwear.

"What's the most unbiased TV channel?" The one showing nothing but a burning fireplace.

"Why can't we hear dog whistles?" It's because dogs can't whistle.

"What should I do when I fall off a horse?" Ask for your quarter back.

"I've heard Minnesota has too many mosquitoes. How many is that?" One.

Nature notes

My thanks to Vicki Forsland and Dennis Prescher for the kind contribution of feed for my ravenous wild birds. The birds and I are appreciative.

Feeder birds are nature's barometers and provide warnings of upcoming weather nastiness. Busy feeders equal blustery weather.

American goldfinches are present year-round in Minnesota. A molt gives them drab plumage, which allows them to hide in plain sight. Irregular in migration, more remain here in winters with good food supplies. Many of the goldfinches here in the winter are nomadic youngsters, which hatched months earlier. Goldfinches at our feeders could be locals or from Canada. Females winter farther south than males and young males farther north than older ones. Banding shows wintering site fidelity is low. Adult goldfinches are short-distance migrants, wintering as far south as the southern US and northern Mexico.

I walked among the evergreens. White pine (W-H-I-T-E) has five needles per bundle, while Norway (red) pine has two needles (Nor-way).

Meeting adjourned

"Kindness is like snow. It beautifies everything it covers."—Kahlil Gibran.

Merry Christmas.

©Al Batt 2021

Fit to print...

From the Iowa Department of Cultural Affairs:

Before President James Polk went to bed on Dec. 28, 1846, he dipped his quill pen in ink and wrote in his diary: "Nothing much of interest happened today."

But Iowans may disagree: That's the day he signed a bill to admit Iowa as the 29th state in the Union.

Some of Iowa's history makers are well known, like Nobel Peace Prize laureate Norman Borlaug from Cresco, artist Grant Wood from Anamosa and astronaut Peggy Whitson from Beaconsfield. Other Iowa stories are less familiar but just as important, including Iowa's leading role in social issues and civil rights, from the state's legalization of interracial marriage in 1851 to school desegregation in 1868 to same-sex marriage in 2009.

As the State of Iowa commemorates its 175th anniversary, let's take a look at just some of the people and places that have made Iowa such a remarkable place to call home.

The Meskwaki

When the Meskwaki first settled in what would become Iowa, they sustained themselves by fishing, hunting and trapping animals for food, clothing, tools and shelter. They raised crops and gathered wild plants for a variety of purposes. In this drawing from about 1830, a Meskwaki man named Wacochachi depicts more than 100 different species of animals, birds and fish. Historians believe he drew it as a gift to his friend George Davenport (1783-1845).

Iowa's Territorial Governor

Born in what is now West Virginia, Robert Lucas (1781-1853) became governor of Ohio and was appointed in 1838 to be the first governor of the Iowa Territory. He was well known for his temper: During his tenure in

Iowa celebrates 175 years, Part 1

An Iowa history timeline

- **ABOUT 12,000 YEARS AGO:** Humans first settle in Iowa
- **1673:** Jacques Marquette and Louis Joliet arrive in Iowa
- **1788:** Julien Dubuque founds first European settler in Iowa
- **1803:** France sells Louisiana Territory to United States
- **1804:** Meriwether Lewis and William Clark cross Iowa during expedition
- **1805:** Zebulon Pike explores upper Mississippi River Valley
- **1832:** Treaty with Sauk opens Iowa for settlements
- **1836:** First Iowa newspaper, The Du Buque Visitor, is published
- **1840:** Iowa's population: 43,112
- **1844:** Constitutional Convention convenes in Iowa City
- **1846:** State of Iowa admitted to United States
- **1846:** Ansel Briggs becomes state's first governor
- **1847:** Great Seal of Iowa adopted
- **1850:** Iowa's population: 192,214
- **1851:** Native American nations relinquish last claim to Iowa land
- **1855:** First classes begin at the University of Iowa
- **1856:** Meskwaki purchase land in Tama County
- **1857:** New constitution adopted in Iowa. Capital moves to Des Moines
- **1858:** Iowa Agriculture College and Model Farm, now ISU, created at Ames
- **1860:** Iowa's population: 674,913
- **1861-1865:** 75,000 Iowans serve in Civil War; 13,000 die

Ohio, he once came close to bringing the state to a border war with Michigan. Similarly, he led the Iowa Territory's bloodless border dispute with Missouri during the so-called "Honey War" in 1839.

State's First Governor

Ansel Briggs (1806-1881) was born in Vermont and spent several years in Ohio before moving to the Iowa Territory in 1839. He settled in the town of Andrew, in Jackson County, and served as both a county sheriff and a representative in the territorial assembly before his election to become Iowa's first state governor, which took effect when Iowa joined the Union on Dec. 28, 1846. He served a single term and declined to run for re-election in 1850.

First Woman Lawyer

Arabella "Belle" Babb Mansfield (1846-1911) became the country's first woman lawyer when she passed the bar examination in 1869. Although she hadn't attended law school, she did study for two years in her brother's law office in Mount Pleasant. She also was a champion for women's suffrage, chairing the first Iowa Suffrage Association state convention in 1870.

Buxton

The southeast Iowa town of Buxton was founded in 1900 and named for Benjamin Buxton, who helped plan the community and later worked as superintendent of the Consolidation Coal Company. A company town, Buxton was located near 10 mines, had many businesses and recreational opportunities, and was an ahead-of-its-time oasis where black and white Iowans worked together for equal wages and lived in relative harmony. Most locals moved away when the mining business declined in the 1920s, and the town is now considered Iowa's most famous ghost town.

See next week's issue for part 2

100 years ago

December 14, 1921

At a meeting of the Hartland Creamery Co., held at Silver Lake on Saturday, business of the past year was reviewed and new officers elected as follows: N.J. Simmons, president; S.W. Perkins, vice president; T.S. Hanson, treasurer; E.E. Been, secretary; N.O. Dahlen, butter maker; and directors- Andrew Reyerson, S. Christian, A. Ringeon, Hans Halvorson and O.P. Loberg.

Monday evening was homecoming and roll call of the local Odd Fellows lodge

and to celebrate the occasions the Odd Fellows invited the families of their members and the Rebekah Lodge. In response to the invitations about 125 persons responded. J.M. Hazlett, Past Grand Master of Mason City, appeared on the program and gave a very interesting talk.

A wedding of local interest occurred at the home of Mrs. Roba Case at 8 p.m. on Monday evening. The contracting parties were Mrs. Case's brother, William H. Pixley of Northwood, and Miss Nina Gue of Lime Springs, Iowa.

The W.C.T.U. had a social meeting at the Mrs. Mary Bower's home on December 6. The report of the convention at Maes was read by the delegates, Mrs. Mary Bowers and Mrs. Nora King. Mrs.

Hale, the state organizer of the W.C.T.U., was present for the evening.

The fine weather and good roads of North Iowa are attracting much comment now. While the mild temperature is holding back the purchase of winter garments no doubt it is being much enjoyed by those who have a liking for the outdoors.

With the auto tax delinquent date only 17 days away less than 10% of owners had paid their tax up to yesterday. In fact, the number of licenses issued by County Treasurer Reyerson and his assistants totaled probably not more than seven or eight percent of the whole number as indicated by last season's lists.

he resigned on November 1, 1943, has been elected manager of the Farmers Elevator Co. of Northwood, and will take over his new position on February 1, 1947, according to David Davidson, president of the elevator company. Election of the new manager was accomplished at a board of directing meeting held here on Saturday evening.

Sunday, with a high temperature of 62 degrees, was the second warmest December day on record in Northwood since the U.S. Weather Bureau records were started 51 years ago, according to C.H. Dwelle, the local observer. In fact Sunday's temperatures was only a half-degree below the 62.5 registered on

December 6, 1939, the local all-time, December high.

Glenys Hanson, candidate of the senior class for 1846 N.H.S. Basketball queen, was winner of that honor in the recent season ticket sale contest and was crowned with appropriate ceremonies between the two games of the Northwood-Lake Mills basketball event last Friday evening.

Carl A. Hanson was re-elected as chairman of the Worth County AAA committee at the county convention held on Saturday at the office of the organization in Northwood. Also re-elected were Harold F. Mueller, vice chairman, and Oliver G. Reyerson, third member of the committee.

Samson, Mason City.

Instrumental musicians at Northwood-Kensett selected to attend the honor band Saturday at Charles City were Lonna Hanson, Laurie Kolwinska, Debbie Walser, LuAnne Erickson, Marlene Reyerson, Mary Gordon, Joan Lawhorn, Debbie Citurs, Jane Morris and Brian Groe. Directors were George Opheim, Augustana College, Rock Island, Ill.; and Reg. Schive, Nebraska University, Omaha.

Kathy Haugebak, daughter of Mr. and Mrs. Marle Haugebak, rural Northwood, was named first runner up in the Iowa State Princess Soya contest held at the Iowa State Soybean Association annual meeting in Ft. Dodge on Tuesday.

Action under the boards was fast and furious on Saturday night at St. Ansgar as Dreng Gunderson, and Jim Baier, went after this stray Viking Jim Hanson. St. Ansgar players too late to get into the action are Dennis Sponheim and Bryan Streimer.

WAC Private Mary T. Maddix, daughter of Mr. and Mrs. William T. Maddix, Manly, recently completed eight weeks of basic training at the women's Army Corps center in McClellan, Ala. She received instruction in Army history and traditions, administrative procedures, military justice, first aid and field training. Pvt. Maddix is a 1971 graduate of North Central High School.

on swimming pool options. Reeder received the council's permission to find out if the city can build a new pool for less than the current estimate of \$850,000 - \$1.1 million.

Worth County Sesquicentennial Commission members Bev Madsen and Karen Belville and Worth County Historical Society member Curtis Amundson show off one of the 61 new historical markers their organizations erected around the county in a recent joint effort. This one, located on First Ave. S. here, marks the first Northwood building to serve as the Worth County Courthouse.

Northwood-Kensett second graders Sara Thompto and Brittany Schaefer and Allix Tenold, Angie Sime,

Cody Hanson and Rachel Madsen rehearse their parts for the K-2 Christmas concert this coming December 5. The program, directed by N-K elementary music instructor Mary Lou Davidson, begins at 7 p.m. in the West Elementary Auditorium.

Northwood-Kensett coaches named the seven student-athletes shown as players of the year in their respective sports this fall, including volleyball player Jill Dodd, cross country runner Teresa Stotts and cheerleader Jennifer Bugge; and the Vikings gridders, defensive player of the year Dave Follmuth, lineman of the year Ryan Meyer and backs of the year Corey Mills and Ryan Buehrer.

five years; Lois Meyer, 15 years; Jennifer Carrison, 10 years; and Heather Rysavy, 10 years.

Guard Dylan Nitcher splashes a trey against RRMR Friday night in Rockford. Nitcher scored seven points and was 1-3 beyond the arch in the 63-53 loss.

Junior point guard Brooke Burnes goes in for an easy basket after one of her team high four steals against Mason City Newman. The Lady Vikings beat Newman 53-41, earning them their first ever victory over the Knights.

Senior Britney Low returned to action on Tuesday night after missing some time because of an injured knee. Low scored a team high nine points on her return in a 35-21 loss to West Fork.

Charlene 'Short' Heck



CHARLENE HECK

Charlene "Short" A. Heck, 52, of Northwood passed away on Wednesday, December 8, 2021, at MercyOne North Iowa Medical Center in Mason City, Iowa.

A Celebration of her life and a time of memories was held at 6:30 p.m. on Tuesday, December 14, 2021, at Conner Colonial Chapel, 1008 First Ave. South, Northwood.

Visitation was from 4:30 to 6:30 p.m. on Tuesday at the funeral home.

Charlene "Short" Ann Bottleman was born on March 2, 1969, in Mason City, the daughter of Duwayne and Cheryl (Reyerson) Bottleman. Growing up in Northwood, Short graduated from Northwood-Kensett High School in 1988. In 1990 she married Joseph Heck and together they had a son, Johnathan. The couple later separated but Short continued her life in Northwood. For many years she worked at what

is now Federal Foam, before moving on to Trustile and most recently working with the tight knit team at Winnebago in Lake Mills. Over 17 years ago she met Thomas "Tom" Tomlinson Jr., and together they built a life they loved.

Short was a social butterfly who walked to her own beat. She loved bringing happiness and smiles to all she met. Evenings spent at friends' houses or around a fire pit were treasured dearly and she looked forward to long road

trips with those she loved. Short never turned down a good concert and would travel long distances to enjoy them. After battling and overcoming breast cancer over 15 years ago, Short lived each day to its fullest and never let the world get her down. Her contagious laugh and warming smile will be missed by all who knew her.

Those left to celebrate her life are her everything and other half, Tom Tomlinson, Jr.; her beloved son, Johnathan (Lindsey Sailor) Heck of Northwood; a three-week-old grandson, Brayden John Heck; father, Duwayne Bottleman; and siblings, Shawn (Teresa) Bottleman, Kandy (Mark) Schneider and Kelly Blake; as well as numerous nieces, nephews, extended family members and many cherished friends.

Preceding her in death are her mom, Cheryl K. Bottleman in 2003 and a niece, Nena Fricke.

Iowa confirms case of omicron variant

The Iowa Department of Public Health (IDPH) and the State Hygienic Lab (SHL) confirm detection of the first case of the COVID-19 variant, Omicron, in an Iowa resident. The case involves an unvaccinated individual under the age of 18 who resides in Black Hawk County. The individual remains asymptomatic, however because of travel exposure; the family sought testing based on public health guidance.

Black Hawk County Public Health acted quickly to initiate contact with the family and remain in contact to monitor the health of the individual. Proactive measures taken by the involved family,

leadership of the county health department along with support provided by SHL underscore the strength of our public health process. It is because of this process that Iowans are informed about virus activity in the state. As always, COVID-19 infected individuals are advised to isolate in accordance with IDPH and CDC guidance.

SHL maintains a strong statewide genomic surveillance program and the lab will continue to prioritize sequencing of test samples that look suspicious for the Omicron and other variants.

"There is emerging evidence that a booster dose of vaccine offers protection against Omicron, which is

great news. Vaccinated Iowans who have not yet received a booster should do so as soon as possible," said IDPH interim Director Kelly Garcia. "I want to emphasize how grateful I am to Iowans who have chosen to get vaccinated, thank you. To those who haven't been vaccinated for COVID-19 yet, I urge you to speak with your health care provider about the vaccine's benefits for you and those around you".

Information on vaccination in Iowa can be found online at vaccinate.iowa.gov.

Local information can be found at Worth County Public Health's Facebook page, or by calling 641-324-1741.

COVID-19 numbers back on the rise, younger cases up

Last week, Worth County's weekly COVID information showed declining numbers and a shift from the younger ages, but that changed again with this week's figures.

After lowering for several weeks, the numbers of new cases once again increased above 40, hitting the highest weekly increase since early October.

Between December 2 and December 9, there were 42 new cases of COVID-19 in Worth County, according to the weekly release of county-level information. The new total of positive test results in Worth County reached 1,355.

The new positivity rate, consisting of the number of positive cases out of those tested in the week, was 8%, up from 5.9% on December 2.

In the past two weeks, between November 25 and December 2, there were 60 new cases of COVID-19, with a 14 day positivity rate of 7.2%.

Between December 2 and December 9, the youngest residents of the county once again made up the largest portion of new cases, with 22%, or 9.24.

Worth County remains in the high community transmission rate, according to the CDC. Masks are still recommended in public indoor settings.

For the region that includes Worth and the seven bordering counties, there have been a total of 33,911 cases of COVID-19 reported by state agencies. That is up 997 from the total as of December 2. That includes 2,484 in Winnebago, 2,461 in Hancock, 9,178 in Cerro Gordo, 2,913 in Floyd and 2,052 in Mitchell counties in Iowa, and 5,919 in Freeborn and 7,549 in Mower counties in Minnesota.

In the region that includes adjoining counties, there have been a total of 3 additional deaths in the past week, for a total of 403 in the area.

According to the CDC, 3,620 residents of Worth County have been fully vaccinated, for 49% of the total population. That is up 25 Worth County residents since December 2.

CDC numbers show that 3,881 Worth residents have received at least one dose of vaccine, for 52.6% of the population. That is up 18 since December 2.

In the county, 1,315 of those 65 and over, the first age group that could receive the vaccine, were fully vaccinated, 85.1% of that population. Of that age group, 1,377, or 89.1% have had at least one dose.

Of those that have been able to receive the vaccine

since early April, those 18 and over, 3,443 have been fully vaccinated, for 58.8% of that population. Of those, 3,665 have received one dose, for 62.6%.

Those 12 and over have been eligible since the month of May. Of that group 3,603 or 56.5% have been fully vaccinated. Of those 12 and older, 3,841 or 60.2% have received at least one dose.

That leaves 40 people younger than 12 that have received at least one dose of the vaccine and 17 people younger than 12 that are fully vaccinated in Worth County.

Other counties in the region have vaccination rates of 49.6% in Winnebago, 46.9% in Hancock, 59.4% in Cerro Gordo, 50.2% in Floyd, 46.2% in Mitchell, 53.3% in Freeborn and 57.4% in Mower counties.

Across the region, 54.3% of the total population has been fully vaccinated.

Information and COVID-19 resources can be found on the state's COVID-19 website at coronavirus.iowa.gov.

Information on vaccination in Iowa can be found online at vaccinate.iowa.gov.

Local information can be found at Worth County Public Health's Facebook page, or by calling 641-324-1741.

75 years ago

December 12, 1946

"Worth County land owners who are interested in the organization of a soil conservation district in this county should sign the petition now being circulated throughout the county," it is stated by Wm. St. Clair, county extension director. Continuing he said, "Signing this petition does not mean that a district will be organized. It is only a means of obtaining a hearing to determine the need for a district is this county."

Russell T. Nelson, county agent here for 13 years until

50 years ago

December 16, 1971

A new 80x200 foot Iowa Highway Commission garage officially opened last week, one half mile east of Hanlontown on the south side of Iowa 9. Maintenance operations from the garage will service the newly-completed I-35 from Clear Lake to the Minnesota line, and primary highways in Worth County. The building contains 21 vehicles stalls, 17 of them heated and four used for storage. Total unusable floor space is 16,000 square feet. Resident maintenance engineer in charge is Alan

25 years ago

December 4, 1996

With more than seven inches of frigid precipitation falling here in the last 10 days, Northwood city worker Blair Madden hasn't had any trouble finding enough snow and ice to fill the public works department's dump trucks. In fact, as a photo shows, there's been so much of the stuff on the ground that he sometimes has trouble fitting it all in the truck.

The Northwood city council gave mayor Dan Reeder the green light to seek professional advice

10 years ago

December 14, 2011

Principal Brian Costello introduced a special program for Northwood-Kensett Elementary students that was held on Monday. It was one dedicated to those who serve in the military, whose families may be separated during the holiday season. At the end of the program Costello asked students with family in the military to raise their hands. Three raised hands belonged to Blake, Cole and Hannah Estes, who shared that their father was in Kuwait. Or so they thought, for as Costello was asking what

one thing they would want for Christmas, their answer being their father's return, Sergeant Tom Estes rounded the corner to the delighted squeal of Hannah, and the excited welcome of his sons, as they prepared for a two week holiday leave.

Last Friday students in Northwood-Kensett kindergarten classes braved some frigid temperatures to travel all the way to Santa's Village. Fortunately they did not have to travel all the way to the North Pole, but to Northwood's Central Park and the Santa's Village that is St. Nick's home away from home.

The Lutheran Retirement Home recently presented longevity awards to four staff members: Peggy Hamersly,

Northwood Boy Scouts news

We had another active year in the Northwood Community. The Scouts continued to advance in rank and obtained new merit badges over the past year. They volunteered their time working for the Northwood Lions at the Worth County Fair and Founders Day Omelet Breakfast. They were again asked by the VFW to participate in the Memorial Day Service at the cemetery. They and their families also assisted with the First Responder Triathlon in Northwood.

You can be proud of how the Scouts represented our community at Scout Camp last summer. They participated in canoeing, wood carving, blacksmith foraging, climbing walls, a fire

tower climb, classroom education, shooting, and cooking. At our final campfire for the week they received one award after another for accomplishments over the week. Troop 33 was one of only a couple of troops at camp who earned an Honor Troop Status by obtaining the Herman Stern Award. They performed extra duties cleaning, cutting down wild trees, had daily camp inspections, and had a staff member join them for a campfire to obtain this award. The staff member they chose had been to the camp as a boy and has since lived in numerous countries and speaks 5-6 languages.

We also had one Scout who caught the largest fish for the week to receive an award. Another of our

Scouts may have caught a larger fish, but the official camp judge was not present at the time the fish was caught. The debate continues through today on who caught the larger fish. We had two other Scouts who completed the one mile swim without any breaks. It took them about an hour. In the entire Scout Camp only three Scouts obtained the Mile Swim Badge and Northwood Troop 33 had two of the three. It was quite a goal to accomplish.

In 2020 we plan on attending a different Scout Camp in Northern Minnesota. The camp provides more advanced adventures, which are geared to our age group of Scouts.

Steve Peterson and the Northwood Boy Scouts

Bolan

Recently the Bolan Trinity UMW, who are now in the Camp Clear Lake (Northwest) District of United Methodist Women, were awarded a Certificate of Recognition for excellent execution 2020-2021 Iowa Mission Today and Mission Studies.

On Friday evening Joe and Linda Nydegger joined Loren and Renee Nydegger and Anna, who now attends Wartburg College, and Clare at the Amy

Friedl Stoner's Christmas Cabaret at the Paramount Theatre in Cedar Rapids. Amy is a proud graduate of Mt. Vernon High School with the class of 2001 and had been seen in a number of local venues. She made her Carnegie Hall debut in May 2018 as a featured performer in "All the Way: The Music of Jimmy Van Heusen" produced by the Mabel Mercer Foundation. The Mt. Vernon High School Concert Choir was the

guest choir at this event, of which Benjamin Nydegger is a member. Joe and Linda returned home on Saturday afternoon.

More special angels were hand-made for the Trinity UMC Angel Tree, and they will be dedicated during the 9:10 a.m. worship service on Sunday, December 19, and added to the tree. There will be a special coffee fellowship after the service and an "Angel Offering" will be collected.

Diabetes risk is associated with poor sleep

Adults who have a pattern of sleeping less than seven hours a night are increasing their risk of developing chronic diseases like diabetes. Research shows sleep disorders often play a significant role in sleep disruption. Ask a doctor how to improve health by lowering risks.

Dr. Mark Johnson specializes in endocrinology, diabetes and metabolism at MercyOne North Iowa. He says even though sleep medicine is a fairly new field of medicine, research is showing sleep and medical conditions are intertwined.

"Research has shown a person with severe obstructive sleep apnea has a 58% higher risk of developing insulin resistance," said Dr. Johnson. He says sleep apnea disrupts the body's ability to control blood sug-

ar and release insulin when it's needed. Sleep apnea also triggers the release of hormones that actually raise blood sugar levels. Additional hormones that affect appetite and reduce hunger become ineffective. If left untreated, sleep apnea can lead to obesity, metabolic syndrome (insulin resistance) and progression to Type 2 diabetes.

Diabetes is one of the United States' most expensive health conditions. The CDC reports more than \$327 billion accounts for the medical costs and lost work and wages. The prevalence of diabetes is also increasing, with more than 88 million adults having prediabetes and more than 84% of them not knowing it.

MercyOne encourages people to be proactive and control what they can. This includes knowing your A1C

blood sugar level and if a family member has diabetes. If you need assistance with sleep disorders or diabetes, MercyOne experts are available throughout Iowa to help.

N-K School

The Northwood-Kensett Board of Directors met in a Regular Meeting on Thursday, December 9, 2021 in the Secondary Media Center at 7:00 p.m.

Members present: Larry Hovey; John Anderson; Cindy Pangburn and Bradley Christianson
Absent: Susan Kliment
(4-0) Approved the agenda; November 11, 2021 regular meeting minutes and November 19, 2021 Special Meeting Minutes; Financial Reports for November; December bills for payment

Public Comments: A discussion was held with Senator Waylon Brown and State Representative Jane Bloomingdale regarding school legislative issues and what would help our District.

Reports:
Middle School Update: Mr. Fritz and Amy Hansen have been working on the Master Schedule. With the help of our teachers it is coming together.

Elementary Principal: 1) K-4 concert on the 9th, K-1 at 6:00 and 2-4 at 7:00 elementary gym 2) Book in every child's hand each month thanks goes out to Jordan Smalley

Secondary Principal: 1) Driver's Ed
Discussion held with Stephanie Eskildsen and Nichol Hebel regarding the new sensory paths that have been placed in our hallway between the Preschool and Kindergarten Rooms

Superintendent: 1) Staff Christmas Party, December 18th 2) Christmas Staff Fundraiser 3) OSHA Employee Vaccination update has been put on hold 4) Structural and Environmental Inspection on new property has been conducted

School Board: 1) Next regular meeting scheduled for Thursday, January 13, 2022 at 7:00 pm 2) Yearbook picture on Jan 13, 2022

New Business:
(4-0) Approved early retirement application for Deb Faugstad and Lori Willert

(4-0) Approved the transition from a JH grade alignment to a Middle School Alignment
(4-0) Appointed Bradley Christianson to the Worth County Conference Board

(4-0) Approved the second reading of policies 105, 200.1, 210.8, 212, 401.4, 502.4, 606.6, new policy 212.1 and rescinding policy 307.
(4-0) Approved change order #5 for the activity center
(4-0) rejected all bids for the transportation facility and road

(4-0) approved payment for the purchase of property at: 1496 480th St., Northwood, IA in the amount of \$599,900.

(4-0) approved the sale of the current transportation facility by advertising in the Anchor and on the school's website
(4-0) approved the Worth County Shelter agreement

Personnel:
(4-0) approved the hire of Mary Bloomingdale as pre-school associate at the rate of \$13.00 per hour for 10 hours



Pilot Knob State Park

Winn-Worth Betco spotlight

By Kaylee Schuermann
Winn-Worth Betco marketing assistant

In the early 1920s, Forest City natives banded together to memorialize a local forest area later named Pilot Knob State Park.

Pilot Knob State Park has become a place for locals and travelers to enjoy a day in nature, providing opportunities for visitors to hike, camp, fish, sled, ski, skate and more. Due to its proximity to Winnebago Industries, the park even sees visitors from across the country and the world.

In 1934, the Civilian Conservation Corps (CCC) became active in the Forest City area. They quickly got to work building several of the park's best-known features, including the stone shelters and bridges, observation tower and amphitheater.

"It provides kind of a window to the past..." said Pilot Knob State Park park ranger Michael Strauser. "It allows people the opportunity to connect to the land."

Pilot Knob State Park is unique to Iowa as it con-

tains various wildlife and plant life that can only be found at the park. According to Strauser, the observation tower and amphitheater were the only of their kind made by the CCC in Iowa. The natural characteristics of Dead Man's Lake also make it one-of-a-kind to Iowa.

Park visitors can enjoy a cruise through the park and 11 trails containing about 9 miles of soft hiking trails and 5 miles of equestrian trails.

While at the park, visitors will also have the opportunity to see common animals who have made a home in the park, like woodpeckers, whitetail deer, turkeys and tree frogs. One may even come across goats placed in a controlled area to help manage the spread of buckthorn and honeysuckle.

"I think it's a hidden gem in Iowa, and not a lot of people know about it," said Dawn Bill, president of Friends of Pilot Knob. "I think that also makes it unique. The way there are rolling hills in the middle of farmland, to me, is abso-

lutely beautiful."

Friends of Pilot Knob is a non-profit group dedicated to enhancing and improving the condition of the park. They plan many events and fundraisers throughout the year to do so, such as clean-ups, chili cook-offs, bigfoot hunts and other family-fun events.

Pilot Knob State Park is open for reservations to the campsite, shelters, warming house and amphitheater. These locations are often reserved for birthdays, family reunions, weddings and other celebrations.

Both Strauser and Bill remind visitors that while the park will be off-limits to cars and other large vehicles, the park is still open for anyone wishing to enjoy the winter sites and activities.

"I would say to the people who love it (Pilot Knob State Park) to come out and be a part and make a difference," said Bill. "Be a part of the friends group to promote and enhance so future generations can enjoy it too."

Supervisors

December 6, 2021
Forty-ninth Day

The Worth County Board of Supervisors met pursuant to adjournment with A.J. Stone and Mark Smeby, present and Enos Loberg, via Zoom.

Stone led the meeting in the Pledge of Allegiance.

Unless otherwise indicated, all of the following motions offered at this meeting were carried with the following vote: Ayes: Stone, Smeby and Loberg. Nays: none. Abstentions: none. Absent: none.

Motion by Smeby, second by Loberg, carried to approve the December 6, 2021 board agenda.

Motion by Smeby, second by Loberg, carried to approve the November 29, 2021 board minutes.

Motion by Smeby, second by Loberg, carried to approve the Drainage District 21W - Mitigation Agreement.

Motion by Loberg, second by Smeby, carried to approve claims in the amount of \$74,621.32, as per the following schedule:

Access Systems Leasing	253.60
Service-Dap	253.60
Alliant Energy, Service-Shf	218.27
Aramark, Service-Eng	261.28
Axon Enterprise, Inc.	
Supplies-Shf	923.78
Black Hills Energy Inc	
Service-Eng	500.57
Brian M Kuchay, Md	
Ems Contract	100.00
C J Cooper & Associates Inc	
Service-Eng	140.00
Certified Laboratories	
Fuel-Eng	852.15
Cindy Thompson	
Reimb-Asr	42.56
Covert Track Group Inc	
Service-Shf	600.00
Culligan Of Mason City	
Service-Trs	36.25
Dana Young, Service-Mex	100.00
Falkstone Lc, Rock-Eng	511.74
IA County Atty's Assoc	
Edu-Aty	350.00
IA Dept of Agriculture	
Edu-Eng	95.00
IA Law Enforcement Academy	
Edu-Shf	375.00
Imwca	
Wk Comp Prem-Ins	18,940.00

Ip Pathways, Service-Dap	758.00
Mail Services Llc	
Service-Trs	737.51
Mediacom, Service-Gsr	239.95
Napa Auto Parts	
Supplies-Eng	50.30
Northwood Sanitation Llc	
Service-Gsr	191.50
Pathology Assoc Of Mason City	
Service-Mex	500.00
Purchase Power	
Postage-Trs	617.09
Quality Flow Systems, Inc.	
Service-Wwt	3,460.00
Reserve Account	
Postage-Asr	744.38
Rock Central Llc	
Service-Eng	37,489.95
Shred Right, Service-Gsr	37.75
Smi Co, Supplies-Con	2,403.20
State Medical Examiners Office	
Service-Mex	2,028.00
Visa, Service-Eng	250.64
Worth County Engineer	
Fuel-Con	812.85
Grand Total	74,621.32
Motion by Smeby, second by Loberg, carried to approve the county receipt of manure management plan annual update from Dwayne Christiansen for Facility #59555 located in Section 36, Union Township, Worth County.	
Motion by Smeby, second by Loberg, carried to approve the professional engineering services agreement to engage Veenstra & Kimm Inc. for the 2022 Water & Sewer System Improvement Project utilizing funds from the American Rescue Plan Act.	
Motion by Smeby, second by Loberg, carried to adjourn at 9:38 A.M. The next meeting of the Board of Supervisors will be Monday, December 13, 2021 at 8:30 A.M.	
Jacki A. Backhaus, Auditor	
Aaron Stone, Chairperson	

per week
(4-0) Accepted the resignation of Daryl Love as assistant varsity football coach
(4-0) Adjourn the meeting at 8:49 pm

Northwood-Kensett Community School District	
Vendor Name, Amount	
A & I AUTO	614.63
Accurate L & DC, LLC	492.24
AGVANTAGE FS, INC	508.52
AHLERS & COONEY, P.C.	105.00
AIRGAS USA, LLC	1,105.54
All Star Pest Control	75.00
ALLIANT ENERGY	10,134.85
Amazon Capital Services	558.63
APPLE, INC.	3,009.00
AssetGenie, Inc.	798.00
BLACKHAWK SPRINKLERS, INC.	375.00
BLAZEK ELECTRIC	304.50
CAROLINA BIOLOGICAL SUPPLY COMPANY	40.00
CARQUEST AUTO PARTS	
	1,078.53
Central Rivers Area Education Agency	25.00
CENTRAL SPRINGS CSD	
	43,279.38
CITY OF NORTHWOOD	1,930.41
CLEAR LAKE COMMUNITY SCHOOLS	3,694.45
Dell Marketeing L.P.	1,830.53
DEPARTMENT OF EDUCATION	700.00
DICK'S PLACE	250.00
EMS DETERGENT SERVICES	108.55
FALLGATTER'S MARKET	
	1,037.00
FLINN SCIENTIFIC	336.09
FOREST CITY COMMUNITY SCHOOLS	7,388.89
GOPHER	511.18
Hagen, Lisa	66.26
Harty Mechanical Inc	409.00
Hupp ToyotaLift	883.59
IOWA DIVISION OF LABOR SERVICES	160.00
Iowa Water Management Company	200.00
Kelly Hardware	403.54
MARTIN BROTHERS	848.85
MASON CITY COMMUNITY SCHOOL	25,861.12
MIDWEST ALARM SERVICES	284.10
NIACC Continuing Ed Dpt.	85.00
NOLTE, CORNMAN & JOHNSON P.C.	3,860.00
NORTH IOWA AREA COMM. COLLEGE	260.00
NORTHWOOD SANITATION	
	610.00
One Source Background Check Company	81.00
OSAGE CSD	3,694.45
PIONEER MANUFACTURING CO.	697.13
Rieman Music, Inc	31.50
SCHILLING SUPPLY COMPANY	2,278.23
SCHOOL ADMINISTRATORS OF IOWA	110.00
SCHOOL SPECIALTY	3.24
Security & Communication Professionals	186.50
Staples Business Credit	37.81
Thorson, Megan	69.24
VISA	1,406.53
WINNEBAGO COOPERATIVE TELECOM ASSN	952.74
WORTH COUNTY ENGINEER	4,787.60
Fund Number 10	128,558.35

AMERICAN TIME	394.67
APPLE, INC.	179.00
Barnes, Jared	43.50
Bartolo, Brandon	70.00
Bishop Garrigan High School	66.78
Brunsfold, Jo Ann	67.89
Central Rivers Area Education Agency	25.00
Cotter, Martin	12.00
DAHLE, TONY	100.00
DECKER SPORTING GOODS	1,047.46
DINGMAN, DAN	100.00
Doyle, Eddie	100.00
Eisenstrager, Scott	200.00
FALLGATTER'S MARKET	295.16
FREESMAN, COLLIN	100.00
Graettinger-Terrill High School	100.00
Graphic Edge, LLC, The	356.56
HALSTED, TONY	100.00
HAUGE, BENJAMIN	100.00
Holiday Inn	184.35
Hungerford, Rod	70.00
JEFSON, KIRK	70.00
Jenson, Brandon	100.00
Johnson, Dale	70.00
Johnson, Tracy	70.00
Johnson, Travis	70.00
JOSTENS, INC.	1,611.24
Kelly Hardware	13.99
McLaughlin, Bob	70.00
MINNTEX CITRUS	19,915.81
N-K GENERAL FUND	623.36
NAT'L FFA ORGANIZATION	684.50
NCIBA	50.00
NORDSCOW, MARISSA	100.00
Pangburn, Cindy	97.69
Pappas, Nicholas	70.00
PEARCE, BRIAN	70.00
Perkins, Guy	100.00
PIKE, TRAVIS	70.00
RADA Mfg Co	335.25
RICEVILLE HIGH SCHOOL	40.00
Rieman Music, Inc	59.57
RUSTAD, DUANE	70.00
SCHOOL HEALTH CORPORATION	300.00
Schroeder, Mel	70.00
Smalley, Jordan	146.16
SNAPPY POPCORN	1,222.00
SYNERGY PHYSICAL THERAPY AND SPORT	2,995.00
THOMPSON, TODD	100.00
Thorson, Megan	12.95
VISA	2,596.19
VRIEZE, JON	200.00
WALDERBACH, KURT	100.00
Wangness, Dave	100.00
Whitehill, Scott	200.00
Worth Lumber Company	69.37
Fund Number 21	36,185.45
Dean Snyder Construction Co	384,077.86
IMEG	1,849.00
Tremco/Weatherproofing Technologies, Inc	588.00
UMB Bank NA	300.00
Fund Number 33	386,814.86
Marco	1,232.58
NCI North Central International	8,185.09
TS TRUCKING	2,350.00
Fund Number 36	11,767.67
ANDERSON ERICKSON DAIRY	2,446.59
EMS DETERGENT SERVICES	229.10
MARTIN BROTHERS	16,029.54
Staples Business Credit	118.85
Fund Number 61	18,824.08

Legal

PROFESSIONAL CARD
Business Announcements

VETERINARIAN
WORTH COUNTY
VETERINARY SERVICE
Michael E. Dierenfeld, D.V.M.
Clinic: 324-1084
Home: 324-1147

PHYSICIANS
MERCYONE

803 9th Avenue North
Northwood, IA 50459
641-324-1221

NORTHWOOD INSURANCE AGENCY
John Midtgaard, Agent
900 Central Ave., Northwood, IA
Office 641-324-1023 Home 324-1391

Alcoholics Anonymous Alanon
Regular meeting each Tuesday, 7:30 p.m.
Beginners/12 Step meeting 7:30 p.m. Thursday
First Lutheran Church
For more information call 324-3070

Congregate Meals
MEALS ON WHEELS
324-1244

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N-K's Treycen Rollene, shoulder brace and all, wasted little time in disposing of Eagle Grove's Levi Langefitt, winning by fall in just 55 seconds. Rollene is now 4-0 on the year and 70-31 for his career. The Vikings lost to Eagle Grove 42-36.



Tyler Mills works on the Huskies' Tate White in last Thursday night's quad in Northwood. Mills, who is now 11-1 on the year and 67-30 for his career, outlasted White for the win by fall at the 5:17 mark. Mills went 3-0 last week, all of them by fall. He now has seven wins by fall this season.

Kliment earns 100th career win despite the Vikings struggles at 1-11

By Mike Simmons
Sports Editor

Time seems to stand still while you're waiting for that one last win that takes you over the top, finally securing your goal. That goal of 100 wins in a career was realized last Thursday night for Northwood-Kensett's Josiah Kliment when he reached the 100-win milestone for his career.

Kliment, wrestling at 160 pounds, won all three of his matches last week,

improving his season record to 10-2, seven of those wins coming by fall.

Another N-K milestone still left unfulfilled is the 100th win for head coach Jordan Reindl, who entered the season only three wins shy of 100, only to see his team stall at 98. The Vikings are now 1-11 on the year but they will celebrate Reindl's 100th win soon.

The Vikings went 0-3 in duals last week but there was still plenty to be proud

of as five wrestlers went unbeaten last week, including Treycen Rollene (2-0), Drake Tiedemann (3-0), Tyler Mills (3-0), Kliment (3-0) and Mason Thofson (3-0).

Because of the weather last week, the Vikings had just one night of competition, last Thursday night when they hosted Eagle Grove, West Fork and Nashua-Plainfield.

In the first dual of the night the Vikings faced an Eagle Grove team that they

should have been able to defeat, but N-K surrendered 18 points via the forfeit, giving the Eagles a narrow 42-36 win.

Facing an even more depleted West Fork team in the second dual of the night the Vikings picked up wins from Tiedemann, Mills and Thofson, while the rest of the team's points came by way of the forfeit, giving N-K a lopsided 60-6 win, its first of the year.

Facing a Huskies squad

like the ones of the past, N-K struggled in the third dual, losing to N-P 59-23. Picking up wins for the Vikings were Kliment, his 100th, Tiedemann, Mills and Thofson.

N-K had two meets on the schedule this week, Tuesday night in Swea City and Saturday at home in Northwood.

Vikings Season (Career) Records – Treycen Rollene 4-0 (70-31), Drake Tiede-

mann 12-0 (119-22), Tyler Mills 11-1 (67-30), Josiah Kliment 10-2 (100-42), Mason Thofson 5-1 (27-25), Terry Ausborn 2-1 (2-1), Dalton Logeman 3-2 (42-40), Jessika Ausborn 5-5 (5-5), Michael Davis 7-8 (7-8), Aden Bice 6-9 (6-9), Noah Woltzen 1-2 (1-2), Hayden Moore 4-8 (31-48), Christopher Madsen 2-6 (3-7), Chaz Cummins 3-9 (3-9), Aaron Davis 1-3 (1-5), Hadley Buenzow 0-3 (0-3), Michael Janssen 0-1 (0-1)

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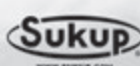
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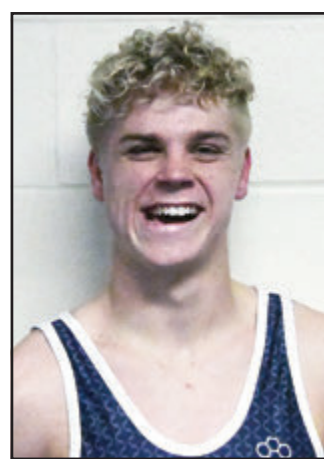
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Anchor Sports



JASON HANSON

Stat of the Week: N-K's Jason Hanson shows that experience does matter when it comes to playing high school basketball. Hanson, the only senior on this year's Vikings team, registered a double-double in last Tuesday night's 64-38 loss to West Fork, scoring 15 points and pulling down 10 boards. As the season enters its third week and approaches the holiday break, the talented senior is averaging 15.7 points per game and 9.3 rebounds, leading the Vikings in both categories.



JOSIAH KLIMENT

Stat of the Week: After ending last season with 90 career wins, all eyes were on N-K's Josiah Kliment last week as the talented senior wrestled his heart out looking for that elusive 100th career victory. Boasting an impressive 10-2 record with seven of those wins coming by fall, Kliment finally reached his goal and earned his 100th career win with a fall over N-P's Titus Evans, taking just 35 seconds to accomplish the feat and put his name in N-K's record books. Kliment is now 100-42 in his four years of wrestling in a Viking singlet.



The Vikings' Colby Eskildsen drives to the basket in last Tuesday night's 64-38 loss to West Fork. Eskildsen, just a freshman, scored 13 points against the Warhawks and is now second on the team, averaging 14.0 points per game.



N-K's Kooper Julseth fights through the lane and hits a running jumper last Tuesday night in Northwood. Julseth, one of four freshmen on this year's varsity roster, scored five points and grabbed six rebounds in the 64-38 loss to West Fork and is now averaging 10.3 points and 6.7 boards per game.

Young but talented Vikings still looking for first win after loss to WF

By Mike Simmons
Sports Editor

With a bunch of fresh, young and talented new faces on this year's Northwood-Kensett boys basketball team, interest in the Vikings among the community is at a high not seen for some time now, perhaps since their state title in the 2007-08 season. But as this team and the fans are quickly finding out, winning at the high school varsity level takes

some time, and experience, something that, despite its potential for greatness, this team is still lacking, but it will come.

In last Tuesday night's home game against West Fork, a team the Vikings have never beaten, the Warhawks are 26-0 against N-K, the Vikings' poor shooting doomed them from the start.

After falling behind 16-8 in the first quarter N-K went to the locker room at

the halftime break trailing 33-18 after going the first 16 minutes of play with just six baskets, hitting only 6-30 shots in the first half of play.

And while the Vikings, for the first time in a long while, were able to physically match up with West Fork's height, the experience factor weighed heavy on the outcome of this game as the Warhawks, boasting four seniors and three juniors, outplayed N-K in

the second half of play as well, returning to Sheffield with the 64-38 win over the Vikings.

N-K shot just 21.9% from the field, including a disastrous 1-16 from 3-point range. The one thing that kept the Vikings competitive at all was their work on the offensive glass, where they pulled down 19 offensive rebounds.

Senior Jason Hanson led the team in scoring with 15 points on 6-16 shooting

from the field and pulled down a team high 10 rebounds, including a team high five on the offensive glass.

The Vikings, still looking for their first win, enter the third week of the season at 0-3 overall and 0-3 in the Top of Iowa Conference East.

They had games this week on Monday versus North Union and Friday at Mason City Newman.

WF	64	N-K	38
WF	16	17	17
NK	8	10	8

TIC East Standings		
TIC East	Overall	
Newman Catholic	3-0	4-0
Central Springs	2-1	3-1
Nashua-Plainfield	2-1	2-1
Osage	2-1	3-2
Rockford	1-1	3-2
West Fork	1-1	1-2
North Butler	1-2	2-2
Northwood-Kensett	0-3	0-3
Saint Ansgar	0-2	0-4

Turnovers and missed shots plague Lady Vikings in loss to West Fork

By Mike Simmons
Sports Editor

One of the biggest changes to this year's Northwood-Kensett girls basketball team is its ability to handle the ball when teams put the full court press on, compared to years past when just a few players could handle the pressure of bringing the ball up the floor.

But this young and talented team regressed a bit last Tuesday night when it committed 19 first half turnovers on its way to a crushing 55-28 defeat at the hands of the Warhawks of West Fork.

The game couldn't have started much more horribly for the Lady Vikings than it did when they were able to score just two points, that's not a misprint, they scored just two points in the first eight minutes of the game and fell behind 16-2, a score that against the Warhawks would prove hard to overcome.

The Lady Vikings did get some confidence back in the second quarter when they found their offense again, scoring seven points in the second, but they still had a long hill to climb in the second half when they went to the locker room at the halftime break trailing by double digits, 34-9.

The second half of play went much better for the Lady Vikings, although some of that could have been the fact that the Warhawks had relaxed their pressure a bit considering the lopsided score - N-K ended the third trailing 45-19.

With the game's winner no longer in doubt heading into the fourth quarter, the Lady Vikings nonetheless continued to play hard and scored nine points, giving

them 19 points in the second half compared to just nine points in the first 16 minutes of play.

Historically, West Fork is now 22-5 against the Lady Vikings with the Warhawks winning the last nine in a row.

Senior Carly Hengesteg led the team with seven points. Madalynn Hanson and Chloe Costello added five points each.

The Lady Vikings, now 2-2 overall and 1-2 in the Top of Iowa Conference East, had two games on the schedule this week, Monday versus North Union and Friday when

they travel to Mason City to face Newman Catholic. The Knights are 1-4 overall and 1-2 in conference play so far this season.

WF	55	N-K	28
WF	16	18	11
NK	2	7	10

TIC East Standings		
TIC East	Overall	
Nashua-Plainfield	3-0	4-0
West Fork	2-0	3-1
Central Springs	2-1	2-2
Osage	2-1	2-3
Saint Ansgar	1-1	1-3
Newman Catholic	1-2	1-4
Northwood-Kensett	1-2	2-2
North Butler	0-3	0-4
Rockford	0-2	1-4



Senior guard Carly Hengesteg goes up against two West Fork defenders in last Tuesday's conference loss to the Warhawks. Hengesteg led the team with seven points on 3-9 shooting from the field and now leads the team on the year with 9.8 points per game, connecting on a team high 39.0% of her shots.



N-K sophomore Ella Leonard grabs an offensive rebound in last Tuesday night's 55-28 TIC East loss to West Fork. Leonard pulled down four rebounds on the night, including two on the offensive glass, and is now tied for third on the team with 4.0 boards per game.

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