

Briefs

Lions and Sheriff Dept. to hold blood drive Jan. 13

The Worth County Sheriff's Department (WCSD) and the Northwood Lions Club have joined forces to bring LifeServe Blood Center to Northwood on Thursday, January 13, for the community's first blood drive of 2022.

The drive will be held at the VFW, located north on Highway 65 from 1:30 to 5:30 p.m.

"Collectively we are asking the area residents to participate for two reasons.

"One is to meet a growing need for blood. Just one example of use is St. Jude's Hospital, a hospital for children with cancer, uses approximately ten thousand pints per year for these unfortunate children. The pints of blood for our area provides blood for Mercyone in Mason City.

"The second reason is that LifeServe Blood Center has committed to making a monetary donation to an organization called C.O.P.S. (Concerns of Police Survivors). This group is committed to helping the families of law enforcement officers who have lost their lives while performing their duties. Hundreds of deceased officers families have been assisted by this organization. These funds are used for counseling and many other family related needs. The WCSD is in support of this organization's reach out to these families in need and encouraging everyone to support this effort which is a nationwide 'Blue Blood Drive.' National Law Enforcement Appreciation Day is January 9."

Just as a simple reminder by the Northwood Lions, "Your donation of one pint of precious blood has the potential of saving three persons lives! Donation of Lions, see Page 2



First baby of 2021 welcomes new year In 11 days, the first baby born in the Northwood-Kensett school district in 2021 will celebrate her first birthday. Pictured above is that first baby, Scottlyn Jane Kunz, who turns one on January 16. Scottlyn is the daughter of Danielle and Kris Kunz, and sister of Quinnleigh. Northwood area businesses shared gifts with the Kunz family and will do so again in 2022 for the family of the first baby born in the school district. The family should contact the Northwood Anchor at kris@nwanchor.com or at 641-324-1051 when they think they have welcomed the first baby.

County officials discuss approach to snow left on roads

After the first lingering snowfall of the season in December, County officials discussed the rules for private snow removal, and whether those and other snow policies should be updated.

The discussion came at the December 13 meeting of the Worth County Board of Supervisors, as county engineer Rich Brumm discussed the county's efforts following the snow.

Supervisor Mark Smeby said he had heard complaints about people pushing snow into the road and tearing up the surface in the process. He asked what the County's response was in that instance.

Brumm said that the County's snow policy states that no one should be depositing snow from private drives on the roadway ditches or shoulders.

Brumm explained some of the hazards that creates, noting that some larger pieces of snow can harden and cause damage to other vehicles or even plows that hit them in the wrong conditions.

Brumm also said that some counties don't allow Snow, see Page 2

N-K ranks 37th for district teaching experience

Each year, the Iowa Department of Education shares data on teachers in Iowa, and how they compare amongst districts in salary, experience, age and other factors.

The Northwood-Kensett school district is below average in certified enrollment and in average salaries. The district's teachers are above average in the state for experience.

Information on how N-K compares to other Iowa districts comes from Department of Education data for the 2020-2021 school year.

According to the figures, in 2020-2021 N-K had a certified enrollment of 503.8, 225th in the state, out of 327 school districts in the DOE information.

Teaching those students were a total of 45 teachers, 44 full time and one part N-K, see Page 2

CDC updates isolation and quarantine period From the CDC: COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to CDC, see Page 2

Fall enrollment increases overall in Iowa, Worth schools

The Iowa Department of Education recently released new 2021 fall enrollment statistics for Iowa's 327 school districts showing an increase of nearly 1,472 students from last year. Overall this increase represents a 0.30 percent rise in certified enrollment this fall at 485,630 compared to 484,159 last year.

Certified enrollment is used to determine funding for schools and differs slightly from the actual headcount of students enrolled. Certified enrollment increased at 169 school districts representing 52 percent of all public school districts in the state.

Waukee had the largest increase followed by Ankeny, Pleasant Valley, Clear Creek Amana, Dallas Center-Grimes, Norwalk, Ames, Southeast Polk, Bondurant-Farrar, Iowa City and Cedar Falls.

Conversely, Des Moines Public Schools had the largest decrease in certified enrollment from last year followed by Council Bluffs, Dubuque, Cedar Rapids, Mason City, Muscatine, Nevada, Creston, South Tama and Davenport.

Schools with Worth County students in attendance showed an increase of 10 in certified total enrollment, from 3,484 to 3,494 in Schools, see Page 2

Year in Review 2021 First baby welcomed, supervisors take office, educators vaccinated, Viking Activity Center bid approved

January Kim Hengesteg was officially sworn in at the district's new business manager and board secretary.

The first baby born in the Northwood-Kensett school district arrived on January 16. Scottlyn Jane Kunz was born on January 16, the daughter of Kris and Danielle Kunz and sister of Quinnleigh.

After the District 2 Worth County supervisor position was vacated, the current office holder was appointed to continue until a special election could be held.

A special election was held to choose who would fill the vacated Worth County supervisor seat representing District 3, formerly held by Ken Abrams.

Enos Loberg was chosen to take the office.

N-K wrestler Drake Tiedemann earned his 100th win at the Top of Iowa Conference Tournament.

The Timbers event center was officially opened in Northwood, after being converted from the former lumber yard building.

An online bomb threat led to the cancellation of classes at Central Springs on January 29.

February Iowa Governor Kim Reynolds largely eliminated the state's COVID-19 safety requirements, instead encouraging Iowans to take the measures needed to YIR, see Page 3



Troy Bachtle, custodian at First Lutheran Church in Northwood, spent the first weeks of 2021 touching up the church in preparation for the long-awaited return of in-person services in February.



The Week's WEATHER by National Weather Service Observer John Podgorniak Table with columns: Date, Hi, Lo, Prec.

Snow
Cont. from Page 1

snow to be dumped in the right of way, as the ditches are intended for the snow from the roads only, and additional snow can lead to additional hazards.

However, officially speaking, the County policy for snow removal was developed in 1984 and was just that, a general policy for how the County will respond to snowfall. One line in the policy mentions that snow from private drives shall not be placed on the road or shoulders.

The 37-year-old policy also outlines how the County would respond in various weather situations. During snow events, the County's first goal is to clear at least one lane of traffic.

Brumm also noted that the policy does not guarantee that a road would be left in "dry" condition. The policy states that road sand, salt or other chemicals are also not guaranteed, but can be used as county engineers find it available in

their budget. And the policy stresses that those that drive on the county roads should do so at their own discretion and are responsible for when and how they choose to drive on potentially hazardous roads.

With the snow removal policy in the form of a resolution, it is not enforceable, should the more informal discussions with residents not end any issues with snow pushed onto roads.

The County would need to adapt the resolution into an ordinance, including adding any fines or other repercussions for those that don't comply. Brumm also said that some other portions should be reviewed to update to current approaches.

Worth County sheriff Dan Fank added, that if the County would enforce snow removal, they would have to simplify that by placing the responsibility on the property owner, to avoid the com-

plication of trying to identify a renter or someone hired to remove snow.

Brumm noted that it is already illegal for people to leave an obstruction in the county right of way, and this could apply to snow.

Currently, in those instances, secondary road staff will usually contact a property owner first, and then ask a deputy to have a conversation if that doesn't work. Between those two interactions with county officials, Brumm and Fank said that usually addresses the issues.

The County officials planned to review the policy and look into making it an ordinance. Brumm planned to talk to other engineers about their approaches, but all agreed that they preferred to handle it with the personal conversations that have worked in the past, whenever possible.



Pushing snow to park
Following a recent snowfall, the City of Northwood spent some time clearing streets and downtown parking lanes, as pictured above.

N-K
Cont. from Page 1

time. When it comes to average total teaching experience, N-K teachers ranked 107th. N-K's full time teachers averaged 14.8 years of teaching experience. The state average was 13.5 years in education.

N-K ranked in the top half of the state when it came to how long its teachers have stayed in the district.

With an average of 12.8 years of district teaching experience, N-K ranked 37th. The state average was 10.3 years.

Another factor in a teacher's salary is whether or not they have an advanced degree. According to the Department of Education figures, in 2020-2021 there were four teachers with an advanced degree at N-K, making up 9.1% of district

staff. That percentage was 289th in the state.

Statewide, the average percentage of teachers with advanced degrees in a district was 37.8%.

The average age of teachers at N-K was 40.5 years. That ranked 185th in the state. The average age of all full time teachers in the state was 40.7 years old.

Salaries at N-K, like other districts, are based on the years in teaching, other degrees and credentials and additional teaching and extracurricular duties.

N-K ranks 106th amongst Iowa school districts, in regards to the average regular salary of teachers, which refers to the money they are paid for their direct teaching responsibilities.

N-K's average regular salary in the 2020-2021 school year was \$56,286.

For the state as a whole the average regular teacher salary was \$58,712.

When factoring in additional pay teachers receive as advisors, coaches and in other roles with extracurricular activities and other duties, N-K's full time teacher total salary averaged \$58,447, 100th in the state. The state average for total salary was \$60,604.

The minimum total salary for the district in the last school year was \$36,851, 215th in the state. The maximum salary was \$87,157, 83rd in the state.

In the state of Iowa, the minimum total salary was \$33,500, in 14 school districts. The highest salary listed for Iowa's public school teachers was \$164,712, in the Cedar Rapids Community School District.

Worth County 4-H fourth through sixth grade new member meeting

Worth County 4-H will host a new member meeting for all fourth to sixth graders on Sunday, January 16, at 4 p.m. at the Worth County Extension Office Community Room at the Fairgrounds in Northwood.

The meeting will be updating all members and potential 4-H members about all of the tremendous learn-

ing opportunities there are in the Worth County 4-H program. All existing 4-H members as well as those considering joining 4-H are welcome to attend.

There will be several exhibits on hand as well as videos of 4-H members in action along with senior high 4-Hers demonstrating what the multitude of 4-H project possibilities there

are for 4-H members to get involved in by joining 4-H.

Those wanting more information may contact Worth County 4-H Youth Coordinator Kimberly Bode at the Worth County Extension Office in Northwood at 641-324-1531 or Dennis Johnson, Worth County Extension Education Specialist, at 641-390-0795.

CDC
Cont. from Page 1

minimize the risk of infecting people they encounter. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

Additionally, CDC is updating the recommended quarantine period for anyone in the general public who is exposed to COVID-19. For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure.

Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

Isolation relates to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others. Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. Both updates come as the Omicron variant continues to spread throughout the U.S. and reflects the cur-

rent science on when and for how long a person is maximally infectious. These recommendations do not supersede state, local, tribal, or territorial laws, rules, and regulations, nor do they apply to healthcare workers for whom CDC has updated guidance.

Data from South Africa and the United Kingdom demonstrate that vaccine effectiveness against infection for two doses of an mRNA vaccine is approximately 35%. A COVID-19 vaccine booster dose restores vaccine effectiveness against infection to 75%. COVID-19 vaccination decreases the risk of severe disease, hospitalization, and death from COVID-19. CDC strongly encourages COVID-19 vaccination for everyone 5 and older and boosters for everyone 16 and older. Vaccination is the best way to protect yourself and reduce the impact of

COVID-19 on our communities.

From CDC Director, Dr. Rochelle Walensky, "The Omicron variant is spreading quickly and has the potential to impact all facets of our society. CDC's updated recommendations for isolation and quarantine balance what we know about the spread of the virus and the protection provided by vaccination and booster doses. These updates ensure people can safely continue their daily lives. Prevention is our best option: get vaccinated, get boosted, wear a mask in public indoor settings in areas of substantial and high community transmission, and take a test before you gather."

If You Test Positive for COVID-19:
(Isolate)
Everyone, regardless of vaccination status.
Stay home for 5 days.

If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.

Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:
Have been boosted
OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months
OR

Completed the primary series of J&J vaccine within the last 2 months

Wear a mask around others for 10 days.

Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:
Completed the primary

local school district. Iowa also allows for home schooling through competent private instruction and independent private instruction, so not all families use the home school assistance program.

More details on certified enrollment and fall 2021 headcounts are available on the Education Statistics web page on the Iowa Department of Education's website.

Are unvaccinated
Stay home for 5 days
After that continue to wear a mask around others for 5 additional days.

If you can't quarantine you must wear a mask for 10 days.

Test on day 5 if possible.

If you develop symptoms get a test and stay home.

Lions
Cont. from Page 1

blood takes approximately one hour. We encourage all potential donors to schedule an appointment by going online at LifeServebloodcenter.org or calling local blood drive coordinator Bob Perry at 641-324-2252."

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YIR
Cont. from Page 1

keep each other safe.
The N-K school board approved a \$5.7 million bid for the Vikings Activity Center construction.
Steve Yanney and wife Brianna were the winners of the annual Northwood Chamber of Commerce Valentine's Day contest.
A string of city hall robberies took place across North Iowa, including Kensett and Joice in Worth County, and nearly Northwood as well, were it not for a passing sheriff's deputy discouraging the thieves.
Drake Tiedemann earned his way to the State Wrestling Tournament, where he came away with a seventh place finish.

March
Sue Hill turned the time spent at home during the pandemic to a productive end, baking bread, which was shared with 150 people by the end of March.
The Northwood-Kensett chapter of the National Honor Society welcomed 24 new students in a ceremony held on March 7.
Iowa Governor Kim Reynolds and Lt. Governor Adam Gregg visited the Timbers event center. They

spoke with members of TUNE about the project of developing the facility.
Northwood-Kensett High School's Math Club held its annual celebration of Pi Day on March 14. The event included recognition of academic clubs and activities, as well as an auction of pies and pies being placed in the faces of teachers by lucky students.
Michelle Marie Runde lost her life when she drove off the viaduct on the north side of Northwood, traveled through a field and crashed into a nearby machine shed.
N-K students took part in the annual machine design contest, where they were challenged to create complicated contraptions.
POPS returned with POPS LIII, after the show was called off in 2020. While the audience and students wore masks, the show went on.
LRH updated visitor guidelines, allowing visits with scheduling in advance. Visits were still limited to rooms and screening, masks and other requirements remained in place.
Carpenter kicked off its celebration of 150 years as a community with a meal,



N-K's celebration of Pi Day once again included placing pies in the faces of teachers.

signing up for the beard contest and a performance by the Bad Habits band. The main celebration was set for August.
Voters chose who would fill the open Supervisor district 2 seat. Gary Hanson had been elected the previ-

ous November, but was unable to take office due to medical issues. The previous office holder, appointed to remain until after the results of the election, Mark Smeby was elected to retain the office.
N-K performers present-



Shortly after vaccinations were approved for essential workers like teachers, N-K offered a clinic to staff, working with Worth County Public Health. Superintendent Mike Crozier is pictured receiving his first dose.

ed the musical "Rock of Ages."
Two men were appreciated following the theft of catalytic converters from vehicles in the Manly area.
N-K cheerleaders Lindsey Moore and Jozalyn Munson earned recognition after being named to the all state cheering team.

Also earning recognition were basketball players Caden Roberts, second team all conference; Kael Julseth, honorable mention all conference; Sydney Welch, Team First Award; Ruthie Conlin, Academic All-State Award; and Carly Hengesteg, Honorable Mention All Conference.

COVID numbers slow, with another death in Worth as year comes to an end

Over the course of the month of December, the weekly rates of new COVID-19 cases in the county slowed. At the same time, another Worth resident was lost to the disease.
With the weekly releases of data, the number of deaths to COVID-19 in Worth County increased to 10 between December 9 and December 16.
Since the start of the month of December there have been 36 people lost to COVID-19 in the eight county region that includes Worth and adjacent counties, bringing the new total to 436.
In the most recent week, there were 19 new cases of COVID-19 in Worth County, bringing the new total to 1,417. That made a seven day positivity rate of 4.7%, up from 4.4% on December 23.
Of the new cases in the week, the majority once again consisted of those in the youngest age group, between 0-17. They made

up 36%, or seven of the new cases.
In the past two weeks, there have been 33 new cases in Worth, for a 14 day positivity rate of 5.3%.
Since the start of December, there have been 104 new cases of COVID-19 in the county.
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 35,727 cases of COVID-19 reported by state agencies. That is up 527 in the past week, from the total as of December 23. That includes 2,623 in Winnebago, 2,552 in Hancock, 9,661 in Cerro Gordo, 3,040 in Floyd and 2,144 in Mitchell counties in Iowa, and 6,349 in Freeborn and 7,941 in Mower counties in Minnesota.
According to the CDC,

3,690 residents of Worth County have been fully vaccinated, for 50% of the total population. That is up 21 Worth County residents since December 23.
CDC numbers show that 3,944 Worth residents have received at least one dose of vaccine, for 53.4% of the population. That is up 7 since December 23.
In the county, 1,323 of those 65 and over, the first age group that could receive the vaccine, were fully vaccinated, 85.6% of that population. Of that age group,

1,383, or 89.5% have had at least one dose.
Of those that have been able to receive the vaccine since early April, those 18 and over, 3,485 have been fully vaccinated, for 59.6% of that population. Of those, 3,704 have received one dose, for 63.3%.
Those 12 and over have been eligible since the month of May. Of that group, 3,646, or 57.1% have been fully vaccinated. Of those 12 and older, 3,885 or 60.5% have received at least one dose.

Those 5 years and older have been eligible to receive vaccine since early November.
Of those 5 years and older in Worth County, 53% have been fully vaccinated and 56.6% have received at least one dose.
Other counties in the region have vaccination rates of 50.4% in Winnebago, 47.6% in Hancock, 60.5% in Cerro Gordo, 51% in Floyd, 47% in Mitchell, 54.5% in Freeborn and 59% in Mower counties.
Across the region, 55.4%

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.

Nominations sought for 2022 Governor's Award for Quality Care

The Iowa Department of Inspections and Appeals (DIA) announced that it is seeking nominations for the 2022 Governor's Award for Quality Care in Health Care Facilities. The Governor's Award recognizes Iowa health care facilities that offer unique or innovative activities to enhance the quality of care or quality of life for their residents.
Nominations are open to all health care facilities licensed under Iowa Code Chapter 135C, which include nursing facilities, residential care facilities, and intermediate care facilities, including those faci-

ties specializing in the care of persons with mental illness or intellectual disabilities. (Facilities not eligible for nomination are assisted living programs, elder group homes, or hospital-based nursing facilities as these facilities are not licensed under the Iowa Code chapter establishing the award program.)
In 2021, Accura HealthCare of Stanton and Lake Mills Care Center were selected to receive the award. Since the first awards were presented in 2001, a total of 60 awards have been presented to 52 individual facilities.
Residents and family

members may nominate an Iowa-licensed long-term care facility for the award. Facilities may not nominate themselves for this recognition. To be considered for a 2022 Governor's Award, nominations must be post-marked by March 1, 2022. Nomination forms may be downloaded from the DIA website or obtained by calling the DIA Health Facilities Division at 515.242.5022. Nominations will also be accepted via the department's online nomination form.
All nominations must list the reason the facility should be considered, such as any unique services pro-

vided by the facility to its residents, and any activities undertaken by the facility to enhance the quality of care or quality of life for its residents. A facility's history of compliance and whether it accepts residents for whom costs are paid by the Medicaid program are also factors used in the determination of eligibility for a Governor's Award. Upon receipt by DIA, the nominations will be evaluated and a list of finalists prepared. Under Iowa law, no more than two facilities from each congressional district may be selected for a Governor's Award.

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2015 Honda Fit LX, 89k.....	\$12,900
2014 Jeep Patriot Latitude 4WD, 71k.....	\$16,900
2014 Buick Encore Convenience FWD, 79k.....	\$15,900
2014 Kia Soul Plus, 106k.....	\$9,500
2013 Toyota Avalon Limited, 85k.....	\$19,900
2013 Jeep Grand Cherokee Laredo, 90k.....	\$16,900
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O. Jay and Patricia Tompson are with Cindy Schriever, MercyOne North Iowa Cancer Center director and Rod Schlader, president of MercyOne North Iowa Medical Center in front of the fireplace and artwork in the newly expanded cancer center in Mason City, Iowa.

Tomson family honors brother with gift that helps cancer patients

After two years of construction, a multi-million-dollar expansion of the MercyOne North Iowa Cancer Center is complete. Part of the expansion was made possible with a \$1 million gift from the Tomson Family Foundation to honor O. L. "Bud" Tomson, brother of O. Jay Tomson, who passed away from pharynx cancer in 1986 at the age of 62.

"We are so grateful to the Tomson Family Foundation for its gift and helping make this possible," said Cindy Schriever, cancer center director. "The center is absolutely beautiful but, more importantly, it is more comfortable for our patients and staff."

The cancer center expansion, which began in August

2019, will allow for additional services and space for providers to improve access for area cancer patients. Located on the first floor of the building, the infusion center, which is also used to treat non-cancer patients, has increased the number of treatment chairs from 14 to 24. The center's first floor also features an expanded radiation oncology area as well as a new lab, pharmacy and boutique. The boutique will offer products, like hair and skincare, that can help patients through their cancer treatments.

"It'll be convenient for patients to be able to get help right here. They won't have to make another stop," Schriever said. "We're excited about that."

Medical oncology has

moved to the second floor along with a physical therapy room and an education room that can be used by the center's dietitian for cooking classes geared toward its patients. The cancer center has also added social worker services, financial counseling, expanded dietitian services and a physical therapist.

O.L. Tomson, also known as "Bud," was a faithful Catholic and a veteran of World War II. Following the war, he had a successful career in management in Kansas City, Missouri; Henderson, Minnesota and Charles City, Iowa where he was the vice president and director of Citizens National Bank. He was devoted to his wife Lenore and his two children, Jill and Jay E. Lenore, now 98, resides

in Prairie Village, Kansas. He loved being at his rustic cabin on Lake of the Woods in Ontario, Canada. He spent quality time there each summer and invited friends to join him for walleye fishing. Bud suffered from pharynx cancer for well over the final decade of his life prior to his death at age 62. The proceeds from the sale of his beloved lake cabin were all donated to MercyOne North Iowa Cancer Center.

"Bud was taken from us too soon," said his brother O. Jay. "Pat and I are pleased to represent the entire Tomson family in honoring his life with this gift to help north Iowans needing treatment for cancer."

Washington, D.C. 4-H trip orientation meeting held on Sunday, January 30

The Worth County Extension Service will be hosting a Worth County 4-H Washington, D.C. Trip Orientation Meeting on Sunday, January 30, at 7 p.m. at the Worth County Extension Office Community Room at the Fairgrounds in Northwood.

Participants will have the opportunity to go over trip schedules, observe a few Washington, D.C., trip video highlights and learn

about travel plans, including what to wear and pack for the March 12 to 19 Worth County 4-H Washington, D.C., trip.

Those wanting more information about the meeting are asked to call Dennis Johnson, Worth County Extension Education Specialist at the Worth County Extension Office in Northwood at 641-324-1531 or his cell phone at 641-390-0795.

Northwood Anchor

Church

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Sunday, Worship Service, 9:30 a.m., Sunday School & Confirmation, 10:30 a.m.; Monday, Council Meeting, 7 p.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., Bethany Annual Meeting, 10:15 a.m.; Monday, MANNA Open, 10 a.m. - Noon

Linda Johnson Prestholt, Pastor

Trinity United

Methodist, Bolan

Sunday, Worship Service, 9:10 a.m., Coffee Fellowship, 10 a.m.

Pastor Cory Allard

Northwood United Methodist Church

Wednesday, Swallow Coffee House Lake Mills, 10 a.m.; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.

Rev. Rob Lanphere

One In Christ

Lutheran Parish

Sunday, Worship Services 10:30 a.m. available online at "One in Christ Lutheran Parish" 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 Confirmation, 4:30 p.m.; Choir, SH Youth, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Gr., 9 a.m., Taekwondo, 6:30 p.m.; Sunday, Service with N.O., 9 a.m., Council Meeting, 10 a.m., Sunday School, 10:10 a.m., JH Youth, 6:30 p.m.; Tuesday, Staff Meeting, 11 a.m., Bible Study, 6 p.m., AA-Al-Anon, 7 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

www.sacredheartmanly.org

Local restaurant Bean & Bistro participates with Iowa Café

Elderbridge Area Agency on Aging is a local agency that provides services to address the needs and concerns of older adults. The agency is one of six area agencies on aging in the state of Iowa.

Elderbridge covers the North Central, Northwest and Central areas of Iowa, currently serving a 29-county region. Part of

the services that Elderbridge offers include concierge and home delivered meals.


Elderbridge has recently implemented a new program called the Iowa Café. The Iowa Café is a new, partnership between local Area Agencies on Aging and local food service establishments such as restaurants, food trucks, cafes, etc.

A local restaurant, Bean & Bistro, has partnered with Elderbridge to provide meals for older adults, age 60+. These meals will be available during restaurant hours (Tuesday-Friday 7:30 a.m. - 1 p.m. and Saturday 8 - 11 a.m.).

To register as a participant for the program, contact Elderbridge directly at 1-800-243-0678.

Once registered, individuals will receive a card in the mail that will need to be presented when visiting the restaurant.

Anyone that would like to donate to the program to help expand the services to more older adults, may check out www.elderbridge.org for ways to donate.



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Live and Let Live

The great American philosopher and psychologist William James once remarked that while people are pretty much the same the world over, we all want and need the same basic things, the small differences between us are important, and make all the difference. Indeed, we all have our own unique way of being in the world, or as James put it, "Different men find their minds more at home in very different fragments of the world." For instance, I would much rather spend Sunday afternoon curled up with a book in a quiet corner of my home, while many others might prefer the noisy chaos of a football or basketball game amid a cheering crowd. The sooner we realize that both of these activities, the quiet reading alone and the noisy throng of the sporting event, are acceptable diversions, the better off we all are. We all have our own individual sense of what moves us and we should do our best to let each person follow his or her own spirit. God did not make us all the same, but blessed each of us with our own unique way of being in the world. So, we should embrace our differences and the differences of those around us. As our French friends say, viva la difference! - Christopher Simon

Who are you to judge someone else's servant? To their own master, servants stand or fall. And they will stand, for the Lord is able to make them stand.

- Romans 14:4

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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

Chester, Illinois, is the home of Popeye the Sailor Man! Elzie Segar, a Chester native, was the man who created the iconic character most of us remember from childhood. Along with his girlfriend, Olive Oyl, his buddy Wimpy (who was always looking for a hamburger) and the many other cartoon characters, Popeye is all over this small town with the big heart. "Un-Beat-Able Recipes" was compiled in 2016 by the Chester High School Music Department and published by Wehmeyer Printing Co., Inc. of Perryville, Missouri. The spiral-bound cookbook is typical of all community recipe collections, with submissions by real cooks who eat real food. Since many of us have indulged over the holidays, we'll look for lighter fare this week.

Broccoli and Cauliflower Salad

1 large bunch of broccoli
1 bunch green onions
1 large head of cauliflower
1 package (12 oz.) good quality thick bacon
2/3 cup vegetable oil
1 cup real mayonnaise
1/2 cup white sugar
Chop the green onions and the strips of bacon into 1/2-inch pieces. Fry them together in a large, heavy skillet until cooked but not crisp. Drain well. Cut the broccoli and cauliflower into bite-sized pieces and combine with the cooked bacon and onions. Make a dressing by adding the mayonnaise, sugar and oil to a small bowl and beating with an electric mixer to make a smooth sauce. Pour this over the veggie mix and toss well. Put into a serving bowl, cover with plastic and chill well before serving.

Overnight Salad

1 head iceberg lettuce, shredded
2 cups real mayonnaise
1/3 cup grated Parmesan cheese
1/3 cup white sugar
1 head cauliflower, chopped
1 pound good quality bacon, cooked, drained well and crumbled

1 8 oz. package shredded Cheddar cheese.
Spread the shredded lettuce and the chopped cauliflower in the bottom of a 9x13-inch baking pan. Spread the mayo on top. Sprinkle with the crumbled bacon, Cheddar and sprinkle with the sugar, in that order. Cover with plastic and refrigerate overnight. The next day, before serving, mix it all together and put into a bowl.

Oriental Slaw

1 package chicken flavored Ramen noodles
1 bag shredded coleslaw mix
2 oz. roasted/salted sunflower kernels
1/4 cup white vinegar
1/2 cup white sugar
2 oz. package sliced almonds
2 large green onions, sliced, both green and white parts
1/2 cup olive oil
Remove the chicken flavor packet from the Ramen package and set aside. Crush the noodles and place in a large bowl with the coleslaw mix, almonds, sunflower kernels and green onions. Toss lightly to combine. In a separate bowl, mix together the vinegar, oil, sugar and flavor packet, making sure the powdered chicken flavor completely dissolves. Pour this dressing over the coleslaw mixture and stir well. Refrigerate for 30 minutes, stir and serve.

Interestingly enough, I didn't find even one spinach salad in this book. Since it originated in the home of Popeye, that seems a bit strange. Actually in the entire cookbook index there is only one recipe with spinach in its name: spinach lasagna roll-ups. Since that didn't sound like light eating, I passed it up! And...that's all she wrote.

I enjoyed visiting Chester. The town is steeped in Popeye memorabilia and large concrete statues of many of the cartoon characters are all over the village. You can even join the sailor's fan club. There is a Spinach Can Collectibles store but not a single can of spinach for sale inside. I didn't check the grocery stores. And...that's all she wrote.

Northwood Anchor

Society



Pre-holiday assembly

Before their Christmas break, students at Northwood-Kensett Elementary had a special assembly, where they dressed in holiday clothes, passed out awards and played some games, including keeping some balloons in the air.

Worth County 4-H Club leader meeting held on January 19

Worth County 4-H will be holding a 4-H Club Leader

meeting on Wednesday, January 19, at the Extension community room at 6 p.m. for pizza and 6:30 p.m. for the meeting.

The program will be for all Worth County 4-H club leaders and 4-H Committee members. The meeting will be to update and inform 4-H volunteer leaders about what their duties and responsibilities are in

er meeting on Wednesday, January 19, at the Extension community room at 6 p.m. for pizza and 6:30 p.m. for the meeting.

More information is available by contacting Dennis Johnson, Worth County Extension Education Specialist, or Kimberly Bode, Worth County Extension 4-H Youth Coordinator, at the Worth County Extension Office in Northwood at 641-324-1531.

Worth County 4-H State Recognition Workshops scheduled for January 8 and January 22

The Worth County Extension Service will host two State 4-H Recognition Workshops on Saturday, January 8, from 10 a.m. to noon, and January 22 from 10 a.m. to noon at the Worth County Extension Community Room.

All 9th grade to 12th grade 4-H members are invited to participate in learning about the many

state 4-H award winning opportunities.

Past Worth County 4-H Award winners will be on hand to share information about how to apply for the awards and recognition trips to National 4-H Congress in Atlanta, Georgia and National 4-H Conference in Washington, D.C.

The 4-H members will also have a chance to learn

about what duties and responsibilities there are of the Iowa State 4-H Council and what the application and interview process is to be able to serve on the 2022-2023 Iowa State 4-H Council Team. This will also include a hands on opportunity for getting applications completed.

Those wanting more information about the meet-

ings may email Worth County Extension 4-H Youth Coordinator Kimberly Bode at kabode@iastate.edu or contact Worth County Extension Education Specialist, Dennis Johnson at 641-324-1531 or email him at djohn@iastate.edu.

Iowa State University Extension Worth County Office 641-324-1531 Calendar of Events for January 2022

January 6—VITA Tax Preparation Planning Meeting at Cerro Gordo County Extension Office, Mason City, 9:30 A.M. with Dennis Johnson, Worth County Extension Education Specialist
January 6—Worth County Extension Council Organizational Meeting at Worth County Extension Office, Northwood, 6:30 P.M. Meal and 7:30 P.M. Meeting with Donovan Olson, Region 3 Extension Education Director, Curt Schaub, Worth County Extension Council President and Dennis Johnson
January 7—Worth County Extension 4-H Program Planning Meeting at Worth County Extension Office, Northwood, 9:30 A.M. with Lacey Waller, Worth County Extension Office Manager, Kimberly Bode, Worth County 4-H Youth Coordinator, Gail Castillo, Regional Extension 4-H Field Specialist, Donovan Olson ISU Extension Region 4 Director and Dennis Johnson
January 8—Worth County 4-H State Recognition Workshop at Worth County Extension Office, Northwood (Also Offered Via Virtual Zoom), 10 A.M. to Noon with Kimberly Bode and Dennis Johnson
January 9—Hartland Achievers 4-H Club Meeting at Worth County Extension Office Community Room, Northwood, 5 P.M. with Janet Wallin and Lori/Chad Pectorious, Hartland Achievers 4-H Club Leaders
January 9—Worth County Fairboard Meeting at Signature's Supper Club, 3 P.M. with Dennis Johnson
January 9—Golden Banner 4-H Club Meeting at Bethlehem Lutheran Church, Manly, 1 P.M. with Michelle Hill, 4-H Club Leader and Tammy Charlson, 4-H Club Leader
January 9—Green Shamrocks 4-H Club Meeting at Kensett Town Hall, 1 P.M. with Teresa Butler and Heather Rheingans, Green Shamrocks 4-H Club Leaders
January 13—ISU Extension Mentor Meeting at Virtual Zoom Session, 9 to 10:30 A.M. with Dennis Johnson
January 14—ISU Extension Crop Advantage Day at NIACC Muse Norris Conference Center, Mason City, 9 A.M. with Angie Rieck-Hinz, ISU Regional Extension Crop Specialist, Sarah DeBorer, Cerro Gordo County Extension Director and Dennis Johnson
January 16—Worth County 4-H New Member Meeting at Worth County Extension Office, Northwood, 4 P.M. with Kimberly Bode and Dennis Johnson
January 16—Silver Lake Huskers 4-H Club Meeting at Truman Helgeson Civic Center, Lake Mills, 6 P.M. with Mary Buren, Silver Lake Huskers 4-H Club Leader
January 18—Worth County 4-H Clover Kids Meeting at Worth County Extension Office Community Room, Northwood, After School Program with Lacey Waller, Worth County Extension Office Manager and 4-H Clover Kid Coordinator
January 19—Regional Extension 4-H Staff Meeting at Cerro Gordo County Extension Office, Mason City, 9 A.M. with Dennis Johnson, Kimberly Bode and Gail Castillo, Regional Extension 4-H Youth Specialist
January 19—Worth County 4-H Volunteer Leader Training at Worth County Extension Office Community Room, Northwood, 6 P.M. Pizza and 6:30 P.M. Meeting with Gail Castillo, Kimberly Bode and Dennis Johnson
January 22—Worth County 4-H Recognition Application Workshop at Worth County Extension Office, Northwood, 10 A.M. to Noon with Kimberly Bode and Dennis Johnson
January 23—Deer Creek Wahelo 4-H Club Meeting at TBD, TBD with Anneke Urbatsch and Gina Solberg, Deer Creek Wahelo 4-H Club Leaders
January 26—Worth County 4-H Hot Shots Club Meeting at Chad and Lori Pectorious Home, 4 P.M. with Dean Mueller, Worth County 4-H Hot Shots Club Leader and Lori and Chad Pectorious, Hot Shots 4-H Club Leaders
January 28—ISU Extension Ag Team Meeting at Hancock County Extension Office, Garner, 9:30 A.M. with Dennis Johnson
January 30—Worth County 4-H Washington D.C. Orientation Meeting at Worth County Extension Office Community Room, Fairgrounds, Northwood, 7 P.M. with Lacey Waller, Kimberly Bode, and Dennis Johnson
February 1—State 4-H Recognition Award Applications Due at State 4-H Office, 11:59 P.M.

Calendar Sponsored By:



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Scott Wilde
Agent

Northwood
Anchor**Opinion****Savvy Senior****Deciphering Senior Housing Options**

Dear Savvy Senior,

Can you decipher the different types of housing options available to seniors, and recommend some good resources for locating them? I need to find a place for my elderly mother and could use some help.

Overwhelmed Daughter

Dear Overwhelmed,

There's a wide array of housing options available to seniors, but what's appropriate for your mom will depend on her needs and financial situation. Here's a rundown of the different levels of senior housing and some resources to help you choose one.

Independent living: If your mom is in relatively good health and self-sufficient, "independent living communities" are a top option that can offer a sense of community. Typically available to people over age 55, this type of senior housing is usually apartments or town homes that are fully functional. In addition, many communities also offer amenities such as meals served in a common dining area, housekeeping, transportation and a variety of social activities.

To locate this type of housing, contact your Area Agency on Aging (call 800-677-1116 to get your local number), or use an online search tool like Caring.com. Most of these communities are private pay only and can vary greatly in cost ranging anywhere from \$1,500 to \$6,000 per month.

Assisted living: If your mom needs some help with daily living chores, she'll probably need an "assisted living facility." These facilities provide help with the activities of daily living – like bathing, dressing, eating, going to the bathroom – as needed, as well as meals, housekeeping, transportation, social activities and medication management. Many facilities also offer special "memory care units" for residents with dementia.

Costs for assisted living usually run between \$3,000 and \$6,000 per month depending on location and services needed. Most residents pay for assisted living from personal funds, while some have long-term care insurance policies. And many state Medicaid programs today also cover some assisted living costs for financially eligible residents.

Another similar, but less expensive option to look into is "board and care homes." These offer many of the same services as assisted living facilities but in a much smaller home setting.

Your Area Aging Agency is again a good resource for finding assisted living facilities and board care homes, as is Caring.com.

Nursing homes: If your mom needs ongoing medical and personal care or has very limited mobility, a nursing home, which provides 24-hour skilled nursing care is the next option. To find a good one, use Medicare's nursing home compare tool at Medicare.gov/care-compare. This tool will not only help you locate nursing homes in your area, it also provides a 5-star rating system on recent health inspections, staffing, quality of care, and overall rating.

But be aware that nursing home care is very expensive, costing anywhere between \$4,500 and \$13,000 per month for a semi-private room depending on where you live. Most residents pay from either personal funds, a long-term care insurance policy or through Medicaid after their savings are depleted.

Continuing-care retirement communities (CCRC's): If your mom has the financial resources, a "CCRC" is another option that provides all levels of housing (independent living, assisted living and skilled nursing home care) in one convenient location. But these communities typically require a hefty entrance fee that can range from \$20,000 to \$500,000 or more, plus ongoing monthly service fees that vary from around \$2,000 to over \$4,000. To search for CCRC's visit Caring.com.

Need Help?

If you're not sure what your mom needs, consider hiring an aging life care expert (AgingLifeCare.org) who can assess your mom and find her appropriate housing for a fee – usually between \$300 and \$800. Or you can use a senior care advising service like A Place for Mom (APlaceForMom.com) for free. They get paid from the senior living facilities in their network.

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.

**Ponderings from
the Batt Cave**

By Al Batt writer, speaker, storyteller and humorist.

**Echoes from the Loafers'
Club Meeting**

When I have toast, I butter both sides.

Why do you do that?

My lower lip likes butter just as much as my upper lip does.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. It was a bone-chilling day when the key to happiness was warm socks. It was a red-letter day. I needed to run both my car and me into the shop (oil changes in different shops) so we'd be ready to dance with the season. It snowed. The roads weren't intimidating, but with each flake of snow that fell, a driver forgot how to drive. A car has idiot lights. Humans are idiots (I stand at the forefront) with or without lights.

I was on stage at a storytelling festival far from home when an audience member asked how I'd become a storyteller. I told her the story of a neighbor's barn fire that occurred during my boyhood. The frightened cattle scattered. One male calf was found 30 miles away. I learned a little bull goes a long way.

A look back

As 2021 came to a screeching halt, I reflected upon the large number of friends and family who had shuffled off this mortal coil in those 12 months. John Vance Cheney wrote, "The soul would have no rainbow had the eyes no tears."

I've learned

There is a Mayflower curse and I have proof. Every single person who came over on the Mayflower has died.

Some things are my fault. I might have that made into a T-shirt.

A refrigerator shrinks more clothing than any washer or dryer.

The weather is mostly out of the ordinary.

I miss being naive.

If you have a pet, you know why it's called fur-niture.

Bad joke department

If you could either eat bacon three times a day or be in perfect health, would you choose thick-cut, maple, smoked, dry-rubbed, center-cut or uncured?

What's brown, hairy and wears sunglasses? A coconut on vacation.

What falls in the winter but never gets hurt? Snow.

My grandfather started walking 5 miles a day when he was 60 years old. He's 97 now and we have no idea where he is.

A report of events

I visit regularly with Brenda and Merlyn Johnson of Mankato. I had both of them as teachers, but it was Brenda who attempted to teach me to type in high school. The typing class had both manual and electric typewriters. I needed to do an elbow slam like a villainous pro wrestler to get the manual to leave the slightest imprint of a letter on paper, while merely breathing on the electric typewriter filled an entire page with gobbledygook. I appreciate those two fine teachers.

Nature notes

I spotted a Baltimore oriole nest hanging on. The female chooses the site. She weaves the nest, a hanging pouch firmly attached to a fork of a slender branch in the upper branches of a deciduous tree (especially cottonwoods, maples and elms). The

pendulous nest is tightly woven of plant fibers, strips of bark, grapevines, grass, yarn, string, plant down and hair.

I drove by muskrat mounds (lodges and push-ups). An old trapper told me to count lodges and multiply by five to get the muskrat population of a wetland.

While walking on a Christmas Bird Count, I saw black knot, a widespread fungal disease that attacks trees of the genus prunus, like plum and cherry trees. The hard, uneven, black galls appear to enwrap twigs and branches. Some trees tolerate black knot while others are stunted or killed.

Voles prefer a snow-covered winter. They prosper in the subnivean zone, the area between the surface of the ground and the bottom of the snowpack. Mice and shrews also retreat there for protection from cold temperatures, bitter winds and hungry predators. Food is available in that location. It takes about 6 inches of snow to provide the critters with a sturdy roof and roomy living quarters. A bit more snow and the subnivean zone remains near 32° regardless of the temperature above the snow.

Meeting adjourned

"Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story. Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter."—Desiderata by Max Ehrmann.

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Fit to print...**Christmas, War and Peace**

By Ron McMullen, a graduate of Northwood-Kensett High School and a former U.S. ambassador currently teaching Political Science at the University of Iowa

On January 7, people in the Ethiopian city of Axum will gather to celebrate Christmas, as will some 280 million other Orthodox Christians around the world. But wait, isn't Christmas December 25? Most Iowans would answer "yes," because the Thirteen Colonies skipped ahead 12 days in 1752 (when George Washington was just 20) as we ditched the older Julian calendar in favor of the more accurate Gregorian one. Orthodox churches, however, still use the old style calendar. Thus, if you have a friend who is an Orthodox Christian, surprise them with a cheery "Merry Christmas" on January 7.

When I was ambassador to Eritrea (next door to Ethiopia), our family celebrated both days, enjoying a double helping of Christmas cheer those years.

However, few Christians celebrating Christmas this year in Axum, Ethiopia, will find anything remotely merry about the holiday season. Axum, about the size of Ames, hosts the Ark of the Covenant and the stone tablets on which Moses inscribed the Ten Commandments, according to the Ethiopian Orthodox Tewahedo Church. Its 45 million members believe the Ark rests in a church in Axum, having been smuggled

to Ethiopia ages ago by King Solomon and the Queen of Sheba's son. It has supposedly been safeguarded by Christians in Axum ever since (despite what you saw at the end of "Indiana Jones and the Raiders of the Lost Ark.")

Axumites, along with seven million other Ethiopians living in the northern state of Tigray, have been engulfed in a civil war since November 2020. Tigray is currently besieged by Ethiopian federal forces aided by troops from Eritrea – the UN reports 400,000 people have "crossed the threshold into famine" and 1.7 million have been displaced from their homes. Amnesty International claims Eritrea troops, who occupied Axum earlier in the war, "systematically killed hundreds of civilians in cold blood." The U.S. State Department has voiced grave concern about atrocities and "egregious human rights abuses" committed by both sides in this ongoing war in the Horn of Africa.

Why should we care? With Omicron surging, inflation spiking, supply chains clogged, politics polarized and socio-economic gaps persisting, don't we have enough to worry about? Isn't the Tigray War just another African conflict generating vague humanitarian concerns?

The lesson we should learn from the Tigray War is that ethnic federalism doesn't work. Ethiopia, like the U.S., is a federal system. Our states are based on geography, but Ethiopia's are

based largely on ethnic identity, with each major ethnic group having its own regional state. Under Ethiopia's constitution, states even have the right to secede. Politicians from Tigray dominated Ethiopia for 30 years until the election of Abiy Ahmed in 2018. Prime Minister Abiy is neither Orthodox nor Tigrayan (he's a Pentecostal Oromo) and, somewhat ironically from today's perspective, won the 2019 Nobel Peace Prize.

The Soviet Union and Yugoslavia were also federal systems based on ethnic group identity, at least according to their constitutions. When Soviet Union collapsed, it did so along ethno-national lines. Yugoslavia also collapsed along ethnic lines, leading to genocide, war, secession and ongoing animosity. Abiy may yet win the Tigray War, albeit at great cost. Ethiopia's recent agony, however, shows ethnic federalism's record is 0-3.

Expanding and protecting individual rights, as opposed to group rights nominally based on ethnicity, would have led to strikingly different outcomes in the evolution of the Soviet Union, Yugoslavia and Ethiopia. Is there anything in these three examples that Americans should ponder as we contemplate the state of our country in 2022? On January 7 (and beyond), let us wish peace on earth to all.

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Iowa DOE releases new school performance results

The Iowa Department of Education recently released new results and features in an online school accountability reporting system called the Iowa School Performance Profiles.

The Iowa School Performance Profiles website shows:

Updated scores and ratings for all public schools based on how they performed on a set of accountability measures in the 2020-21 school year.

Postsecondary readiness indicators for public high schools based on student

participation and scores on college entrance exams, participation in postsecondary or advanced coursework and percentage of students who are focused on career and technical education within one of six service areas defined in Iowa Code 256.11(5)h.

The ability to search and compare school building, school district and state-level performance data.

Additional data that are required by law but do not count toward accountability scores.

Of particular note is that

while the performance scores and rankings have been updated for all public schools, no new schools have been identified for additional support and improvement. The U.S. Department of Education waived this requirement for the 2020-21 school year due to the COVID-19 pandemic. Schools previously designated for additional support will continue with their current designations.

“This is an important tool for families, educators and other stakeholders to understand how their schools are performing and

to help determine next steps for moving forward,” said Iowa Department of Education Director Ann Lebo. “The Iowa School Performance Profiles can assist communities in data-driven decision-making, but it doesn’t tell the whole story about our schools. It’s important to understand the challenges brought on by the pandemic, and to take that into account when looking at the 2021 performance scores.”

The latest scores reflect results of the Iowa Statewide Assessment of Student Progress (ISASP), which all 327 public school districts administered last spring. A remote online testing option was made available in 2021 for students who were enrolled and unable to test at school. Since remote assessments were not proctored, the results are not included in

the average school achievement scores. About 3.4 percent of all tested students took the ISASP remotely.

Between 2019 (the last time that the ISASP was administered) and 2021, the number of schools in the Exceptional category decreased by six and the number of schools in the High Performing category decreased by 26. Conversely, the number of schools in the Needs Improvement and Priority categories (the lowest two categories), increased by seven and 21 schools, respectively. When comparing performance scores from 2019 to 2021, it is important to take into account the disruptions the COVID-19 pandemic had on schools during the 2019-20 and 2020-21 school years.

The two school districts based in Worth County ranged from acceptable to

high performing, based on the performance results shared by the Department of Education.

The Central Springs Elementary in Nora Springs was in the acceptable category. Central Springs Elementary in Manly and Central Springs Middle School in Nora Springs were listed as commendable. Central Springs High School in Manly was listed as high performing.

Northwood-Kensett Junior-Senior High School in Northwood was listed as commendable. Northwood-Kensett Elementary was listed as high performing.

The Iowa School Performance Profiles, launched in 2018, meets state and federal requirements to publish report cards reflecting the performance of all public schools.

For more information, visit iaschoolperformance.gov.

Iowa Ombudsman releases FY2021 annual report

Citizen complaints and information requests to Iowa’s good-government watchdog increased for the seventh straight year in fiscal year 2021, topping the 6,000 mark for the first time in the office’s history.

The Iowa Office of Ombudsman received 502 more complaints in FY2021 than the year before, a 9 percent increase. In terms of raw numbers, the largest increases came from inmates of state prisons and county jails, but significant new numbers were also associated with unemployment claims and city governments. Calls to the Ombudsman have risen 52 percent since FY2014.

Statistical breakdowns and trends are featured in the Ombudsman’s 2021 annual report, which was released Wednesday. The report also includes summaries of 29 select cases handled by the office’s assistants and an interview of outgoing Ombudsman Kristie Hirschman, who retired in August 2021.

Acting Ombudsman Bert Dalmer said that many of

the complaints the office receives trace back to miscommunications or misunderstandings between citizens and government employees.

“I am convinced that many complaints could be prevented if officials took an extra minute or two to explain themselves,” Dalmer said. “Government must understand that part of its job is being transparent and having conversations with the people they work for. That’s how you maintain trust and confidence.”

The Ombudsman is a legislative office that considers complaints from citizens who believe that a state or local government agency has acted unfairly, unreasonably, inefficiently or contrary to law, rule or policy. The Ombudsman has the authority to investigate complaints, but more often tries to resolve disagreements informally and cooperatively. The office’s 11 assistants are impartial and objective in their reviews of complaints.

The Ombudsman’s

FY2021 report (and past reports) can be found online at www.legis.iowa.gov/Ombudsman.

MercyOne physicians concerned by flu and COVID-19, lower flu vaccinations

Across Iowa and the U.S. flu vaccinations are significantly lower than a year ago. This is concerning to MercyOne physicians, who advise all eligible people age 6 months and older to receive a flu shot.

With COVID-19 cases and hospitalizations once again rising, controlling flu cases is expected to play a key role again in keeping health care resources available. The CDC currently reports increasing COVID-19 and flu activity in most of the country. MercyOne pediatric physician Dr. Kristin Avery is concerned Iowans are not

remaining vigilant. She reminds everyone the flu can result in serious complications, including death, at all ages.

“In 2020 we essentially had no influenza season because we were practicing COVID-19 mitigation measures, like masking, and had significant increases in influenza vaccinations,” said Dr. Avery. “This year, most mitigation measures are not being practiced and large gatherings have resumed. So far, influenza vaccination rates are woefully inadequate to provide community protection.”

Iowa Department of Public Health (IDPH) data

shows Iowa flu vaccination is down. Presently, 28.7% of Iowans ages 6 months and older are vaccinated compared to 38.5% receiving flu shots for the 2020-2021 flu season. Breaking that down even more, 24.7% of Cerro Gordo County residents are currently vaccinated compared to 44.3% for the 2020-2021 flu season.

With holiday gatherings ahead, MercyOne is confident in the safety of the flu vaccine approved by the Food and Drug Administration (FDA). Receiving a flu shot can help prevent getting sick with the flu. While a flu

infection is still possible, the vaccine can help reduce symptoms and the need for hospitalization.

MercyOne primary care providers are good resources for vaccine questions. If you or your child have a scheduled appointment you can also ask to receive a flu shot. If you’re already scheduled to receive another vaccination, including an initial COVID-19 shot or booster shot, you can receive a flu shot safely at the same time. Check with your provider for more information – book your appointment at MercyOne.org.

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Lanterns and Lace

Winn-Worth Betco spotlight

By Kaylee Schuermann
Winn-Worth Betco marketing assistant

In 2019, Mary Wise and her husband transformed their family auctioning business in Manly into a venue called Lanterns and Lace.

Throughout their time in the auction business, people suggested that she open the building up for venue reservations. When she and her husband were ready to retire, they felt it was the perfect time to open Lanterns and Lace.

The venue, a vintage-style barn located off of Highway 65 in Manly, is frequently reserved for anniversaries, birthdays, graduations, class reunions and weddings.

"We can serve probably just about any party, and

we strive to keep people happy with their event," said Wise.

The venue consists of a prep kitchen, restroom facilities and a reception room with a gazebo and bar. Lanterns and Lace has a liquor license to operate the bar but leaves catering to those reserving the venue.

Wise has a plethora of decorations available for anyone needing them. She noted the last several couples who reserved the space for a wedding strictly used her decorations to significantly cut down on costs.

"We want to provide a beautiful space that's more affordable in the area," said Wise. "We want couples to be happy that they chose our venue for their special day."

If so chosen, those reserv-

ing Lanterns and Lace can also use the business' tables, chairs, tablecloths, sound system and more.

Wise and her husband make a point to stay on-site during events to help set up, as well as be there for any other assistance needed.

Wise is continuously adding new elements to the venue to improve it. They are working on an outdoor ceremony location where they will add an arch and seating and hope to have it completed by spring.

The couple is also working to make a dressing room for brides and may build one for the men as well.

More information on the venue can be found at lanternsandlaceiowa.com.



Mayo Clinic Health System reaches COVID-19 therapy milestone

Increasing access to high-quality health care and providing innovative, evidence-based care solutions to the communities it serves is a priority for Mayo Clinic Health System, even in the midst of an enduring global pandemic encompassing two years. One innovative therapeutic advancement used to prevent severe disease and death due to COVID-19 is called monoclonal antibody therapy.

Mayo Clinic has one of the most robust monoclonal antibody programs in the country, and the program has strongly contributed to the state of Minnesota's public health and ability to confront the COVID-19 pandemic. This week marks a milestone, as Mayo Clinic Health System infused its 10,000th patient with monoclonal antibodies. To date, 20,000 infusions have been performed across all Mayo Clinic locations including Arizona and Florida.

"We are proud to be at the forefront of transforming care and providing monoclonal antibody treatments to our patients. Most of them reside in our more rural communities, some with populations as small as 3,500 residents," says Prathibha Varkey, M.B.B.S., president of Mayo Clinic Health System. "We know this lifesaving treatment has reduced the number of patients requiring hospitalization for severe disease and ultimately has helped improve patient outcomes. This is especially relevant, as Mayo Clinic hospitals have been operating at or near capacity for months. In recent weeks,

we have seen increases in the number of patients with COVID-19 needing care, and that number is expected to remain elevated."

Monoclonal antibodies are drugs that consist of one (mono-) neutralizing antibody copied (cloned) in a lab that helps to decrease the amount of virus circulating in the body. Patients as young as 12 who meet criteria and are considered high-risk for developing severe disease are eligible to receive monoclonal antibody therapy. The therapy is administered by IV, which can be done on an outpatient basis.

Earlier this year, Mayo Clinic researchers concluded that, based on real-world data, monoclonal antibodies help patients avoid hospitalization when administered early on before the disease progresses. Additional Mayo Clinic research has shown up to 70% reduction in hospitalization.

Monoclonal antibody infusions have been given at Mayo Clinic in Rochester and these Mayo Clinic Health System locations:

- Albert Lea, Minnesota.
- Austin, Minnesota.
- Barron, Wisconsin.
- Bloomer, Wisconsin.
- Cannon Falls, Minnesota.
- Eau Claire, Wisconsin.
- Fairmont, Minnesota.
- La Crosse, Wisconsin.
- Mankato, Minnesota.
- New Prague, Minnesota.
- Red Wing, Minnesota.

"Throughout the pandemic, our staff have continued to put the needs of patients first," says Robert Albright, Jr., D.O., regional vice president of Mayo Clinic Health System in

Southeast Minnesota. "Providing easy availability of this cutting edge treatment in our rural communities is just one way we are delivering innovative care and added convenience to our neighbors, families and loved ones to keep them healthy and prevent hospitalization."

Mayo Clinic Health System serves 600,000 patients in its geographic service areas. Approximately 66% of Mayo Clinic Health System patients live in rural communities in Iowa, Minnesota and Wisconsin.

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