USPS 398-060
ISSN 8750-922X
Volume 126
Single Copy - $1.00

The Northwood Anchor

12 Pages | Wednesday, January 12, 2022 - No. 2 | Northwood, IA 50459

Briefs

First baby arrives

The first baby of 2022 has arrived, born just two days into the new year.

Joshua John Cravens was born on January 2. He is the son of Annika Della Vedova and Joshua Cravens.

As the first baby born in the Northwood-Kensett school district, Joshua and his parents will receive a variety of prizes from a number of local businesses as congratulations.

More information will be shared in a future issue of the Northwood Anchor.

Worth 4-H new member meeting Sunday

Worth County 4-H will host a new member meeting for all fourth to sixth graders this 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 learning 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-H'ers 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.



Seeing red

A welcome touch of color can sometimes be seen in the subdued gray and white winter landscapes of the area. That can be seen in the picture above, as JoAnn Lower spotted this northern cardinal resting on one of her snow-lined trees. The northern cardinal is one of the few species that remain in the area through out the winter season. They also don't molt, so their bright red feathers can be seen throughout the winter. And as spring approached, the birds get increasingly vocal and can be heard singing a happy spring tune.

N-K board approves employee vaccine policy

Last week, the Northwood-Kensett school district prepared for a national policy that would require COVID-19 vaccinations amongst its staff.

The requirement comes from OSHA (the Occupational Safety and Health Administration), which published an emergency rule on November 5. The rule would require entities, including school districts, with 100 or more employees to have their staff vaccinated, or submit to weekly COVID-19 testing and wearing face coverings.

The requirements were set to go into effect on January 10, meaning that the N-K school board had to approve associated district policies before the requirements went into effect.

The board discussed the district policy at a meeting on January 6.

In the policy, employees were to submit their proof of vaccination by this past Sunday.

Employees that aren't vaccinated, or that don't submit proof, would be considered unvaccinated.

School, see Page 2

Blood drive set for Thursday

This Thursday, January 13, will be the first blood drive in Northwood 2022 and will be at the VFW between 1:30 and 5:30 p.m. The Our Buddies VFW post is located north on Highway 65.

Three organizations have come together for this blood drive, which is being called the "Blue Blood Drive" and they are the Northwood Lions Club, the Worth County Sheriff's Department and LifeServe Blood Center.

LifeServe Blood Center provides blood for MercyOne located in Mason City.

Each of the organizations sponsoring this drive encourages all to participate for the need for blood continues to grow across the area and the nation.

Those that would like to schedule an appointment to shorten the time for the blood draw may call Bob Perry at 641-324-2252.

Viking Cafe returns Friday

Northwood-Kensett's student-run eatery will return this Friday.

The Viking Cafe is a class in which students learn about and experience the various aspects of working in the restaurant business.

That includes meal planning, preparation, serving, hosting and other aspects involved.

The results of their efforts are then shared with school staff and members of the public who visit their classroom for a meal or take food to go.

The Viking Cafe opens again this Friday. On the menu are cheeseburger soup or broccoli cheese soup, as well as giant sticky buns or rolls, for $5.

People may eat in the classroom restaurant or get a meal to go.

Those planning to order or attend are asked to sign

Cafe, see Page 2

COVID up in Worth, as half of those vaccinated get boosters

The latest release of county level COVID data shows another large increase in Worth County's COVID numbers. At the same time, half of the vaccinated population of the county has received a booster dose.

In the most recent week, there were 37 new cases of COVID-19 in Worth County, bringing the new total to 1,454. That made a seven day positivity rate of 13.9%, up from 4.7% on December 30.

Of the new cases in the week, the majority were amongst those 18-29, making up 10 of the new cases in the past week.

In the past two weeks, there have been 56 new cases in Worth. The 14 day positivity rate was 9.1%.

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 36,776 cases of COVID-19 reported by state agen-

COVID, see Page 2

Year in Review

Groundbreaking, wind, moratorium, prom, fair returns



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

Date	H	L	Prec.
Tues. Jan. 4	23	-1	
Wed. Jan. 5	30	3	
Thurs. Jan. 6	6	-12	
Fri. Jan. 7	-7	-13	
Sat. Jan. 8	-7	-13	
Sun. Jan. 9	27	-3	
Mon. Jan. 10	11	-3	

April

The Northwood Chamber of Commerce welcomed Easter with the annual egg hunt, held at the Worth County fairgrounds.

Ground was officially broken on the new Vikings Activity Center at the N-K High School.

The Worth County supervisors passed a moratorium on wind energy projects in the county.

The Northwood city council took their first action in regards to student transit, initially choosing not to provide the service in the coming school year.

While the WCDA opted against an in-person event, it nevertheless awarded $1,009,260.70 to county and regional recipients. The Northern Lights Masonic Lodge received the largest amount for tuckpointing in Northwood.

After the return of unruly and dangerous behavior, largely by visitors, the Worth County supervisors approved an ordinance that banned alcohol at county parks through the summer.

The Twenties Study Club opted to take a cautious approach and cancelled their annual Senior Tea for the second year.

Wyatt Willand made history as one of the first athletes to take part in the wheelchair competition at the Drake Relays. He set the second fastest record time in the 400-meter race in state history at the Relays. Willand would also go on to take second at the State meet.

With the arrival of spring weather, N-K Elementary adapted its COVID precautions to once again open its playground for the first time in a year.

May

N-K held prom festivities, with a theme of "Welcome to the Jungle." The prom and post prom were held at the Worth County fairgrounds.

The N-K school board was presented with a proposal to put former weight and wrestling rooms into use to shift towards a middle school program.

Just before the school year ended, guidance was released by State agencies, that made masks optional for the remaining days of classes.

The 45 members of the Northwood-Kensett class of 2021 graduated on May 23. The graduates were awarded in $840,8728.12 in scholarships, including WCDA funds and local scholarship programs.

Worth County school

YIR, see Page 2



Anne and Dave Ver Helst retired after serving the community for 38 years as the local pharmacists. They are pictured with their son, Matt, at farewell event in June.

Vikings crown champions at GTRA Invitational — See Sports Pages 12



Branching out

Like the cardinal in the photo on the front page, this wren was recently seen by JoAnn Lower in a tree near her home. The wren enjoyed his time on the tree before moving on to another seasonal stop.

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

Worth County 4-H will hold a 4-H Club Leader meeting next 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 serving the hundreds of 4-H'ers in Worth County.

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.

4-H D.C. trip meeting set for Jan. 30

The Worth County Extension Service will host 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.

School
Cont. from Page 1

Unvaccinated employees of the district would be eligible for paid time off to get a vaccination.

Starting this past Monday, teachers that have not received a vaccine would have to wear a face covering indoors or in vehicles with other people.

Starting on February 10, unvaccinated employees would have to be tested once a week.

Superintendent Mike Crozier told the school board that he was working with public health on the possibility of providing testing at the school at no cost to employees. That method would require test samples to be sent to a state lab, returned within three days. Crozier said they would likely be tested on Friday to know test results by the start of the next week.

Under the policy, if an employee tested positive, vaccinated or not, they would have to return to work after they have received a negative result; or they have stayed home for 5 days with no or resolving symptoms; and they continue to wear a mask for 5 more days; or they receive a recommendation to return to work from a licensed health care provider.

The policy would allow employees to apply for waivers from the policy for medical or religious reasons. Crozier said that he had been advised that it wouldn't be a simple process, and that the district would be investigating waiver requests.

Crozier said that to OSHA investigations and fines if they were found to be in violation. Those fines could range from $13,000-14,000 per violation, up to $100,000 in district funds.

The school board approved the policy changes for the vaccination rules, with the caveat that the policy would not be enacted, or be suspended should court or or agencies suspend the rules.

That happened the next day, as Iowa Labor Commissioner Rod Roberts said that the agency would not be adopting the federal rule or enforcing the federal mandate. With that, N-K officials suspended the policy approved the night before.

COVID
Cont. from Page 1

cies. That is up 1,049 in the past week, from the total as of December 30. That includes 2,668 in Winnebago, 2,596 in Hancock, 9,884 in Cerro Gordo, 3,096 in Floyd and 2,196 in Mitchell counties in Iowa, and 6,575 in Freeborn and 8,307 in Mower counties in Minnesota.

In the week, there were 13 additional lives lost to COVID-19 in the eight county region, with a new total of 449.

According to the CDC, 3,705 residents of Worth County have been fully vaccinated, for 50.2% of the total population. That is up 15 Worth County residents since December 30.

CDC numbers show that 3,956 Worth residents have received at least one dose of vaccine, for 53.6% of the population. That is up 12 since December 30.

In the county, 1,325 of those 65 and over, the first age group that could receive the vaccine, were fully vaccinated, 85.8% of that population. Of that age group, 1,385, or 89.6% have had at least one dose.

Of those that have been able to receive the vaccine since early April, those 18 and over, 3,495 have been fully vaccinated, for 59.7% of that population. Of those, 3,714 have received one dose, for 63.5%.

Those 12 and over have been eligible since the month of May. Of that group, 3,656, or 57.3% have been fully vaccinated. Of those 12 and older, 3,895 or 61% have received at least one dose.

Those 5 years and older have been eligible to receive a vaccine since early November.

Of those 5 years and older in Worth County, 53.2% have been fully vaccinated and 56.8% have received at least one dose.

Of those fully vaccinated in Worth County, 1,853, or 50% have received a booster dose.

Other counties in the region have vaccination rates of 50.6% in Winnebago, 47.9% in Hancock, 60.9% in Cerro Gordo, 51.2% in Floyd, 47.3% in Mitchell, 54.8% in Freeborn and 59.3% in Mower counties.

Across the region, 55.7% 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.

YIR
Cont. from Page 1

bands were well represented at the North Iowa Band Festival, as Hannah Lanphere, from Central Springs, was chosen as Band Festival Queen, while Nathan Moore, from N-K, was chosen king.

June

The second annual Wheelin' with Worth was held. The car cruise and car show once again raised funds for the American Cancer Society.

Two longtime area faith leaders bid adieu to their congregations, as Pastor Tom Martin and Pastor Z (Solveig Zamzow), retired from their local service.

Ongoing safety concerns led Worth County officials to close Kuennen's Quarry as they sought ways to open the park and prevent the dangerous behavior.

The Worth County Fair returned, including all the events and activities that make the annual community celebration special. That included rides, games, food, livestock shows, horticulture, art and other events, entertainment and much more.

Bolan once again played host to youth from several area churches with its annual Vacation Bible School, with a theme of "Rocky Railway."

The Northwood community bid farewell to its longtime hometown drug store, as Dave and Anne Ver Helst retired to enjoy a well-earned retirement after 38 years.

A MercyOne pharmacy location opened in Northwood, where Ver Helst once offered pharmacy services.



Cafe
Cont. from Page 1

up by noon the Thursday beforehand.

Those interested may email N-K FCS teacher Megan Thorson at mthorson@nkvikings.com.

In the second half of the school year, the Viking Cafe will offer freezer meals to go.

More information on future Viking Cafe offerings may be found on the Northwood-Kensett Family Consumer Science Facebook page.

Kenison Publishing, Inc.
Publishers of The Northwood Anchor USPS 398-060
Kris Kenison, Publisher Ph. 641-324-1051Fax 641-324-2432
email anchor1@nwdanchor.com
The Northwood Anchor, USPS 398-600, published every Wednesday for $40.00 and $48.00 per year by Kenison Publishing, Inc., 801 Central Ave., P.O. Box 107, Northwood, IA 50459. Periodical postage paid at Northwood, IA. POSTMASTER: Send address changes to: The Northwood Anchor, Box 107, Northwood, IA 50459.

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Gov. Reynolds awards $210M in broadband grants

Iowa Governor Kim Reynolds and the Office of the Chief Information Officer (OCIO) announced the latest recipients of the Empower Rural Iowa Broadband Grants Program.

Funding of more than $210 million for new broadband infrastructure has been awarded to 160 applicants as part of the latest investment in expanding broadband across the state, announced in October 2021.

Amongst the awards was a grant of $285,107.97 to WCTA to extend fiber to the home for the Manly and Mason City areas.

"Our commitment to high-speed, reliable broadband for all Iowans continues to make great progress," said Gov. Reynolds. "We've received an overwhelming number of applications and funding requests, which highlights the considerable need to expand broadband to all corners of the state. Our investments will help bridge the gap and provide thousands more Iowans the necessary connectivity needed in their homes and communities."

Projects awarded under this grant opportunity will bring more than $526 million of new broadband infrastructure investment to Iowa, serving over 39,000 homes, schools, and businesses. To date, the Empower Rural Iowa Broadband Grant Program has awarded grant funding that will result in over $880 million in new broadband investment, reaching approximately 115,000 homes, schools, and businesses upon the completion of grant-funded projects.

The OCIO will expedite an additional federally-funded grant opportunity in the first half of 2022 to continue expanding access to broadband in unserved and rural areas across Iowa which have not been built out in the previous grant opportunities.

WCCB takes to ice to retrieve abandoned supplies

Last Wednesday, on one of the colder days of the week, the Worth County conservation department underwent an important safety exercise, as they traversed thin ice to remove a potential temptation.

It all began during the New Year's weekend, according to Worth County conservation director Jim Hanson. Conservation staff were informed that someone had taken a sled of fishing equipment onto the ice at Kuennen's Quarry.

The person found that the ice was not yet thick enough to support fishing activities and the ice broke. Fortunately they were able to leave the ice, but did have to seek medical attention.

In the process they left behind a sled and their fishing equipment.

That left a potential danger that the conservation staff addressed last week.

"One of the main reasons we had to get the equipment off the ice was so that no one else would go out there to get it." Hanson said. "We didn't want someone to get too close and break through themselves."

Hanson said that with the aerator working and the winds last week, the ice in that area is dangerous.

There are warnings in place, set by the DNR, but Hanson said that they thought it best to remove any temptation.

To get the equipment out, two members of the conservation crew employed their emergency response training.

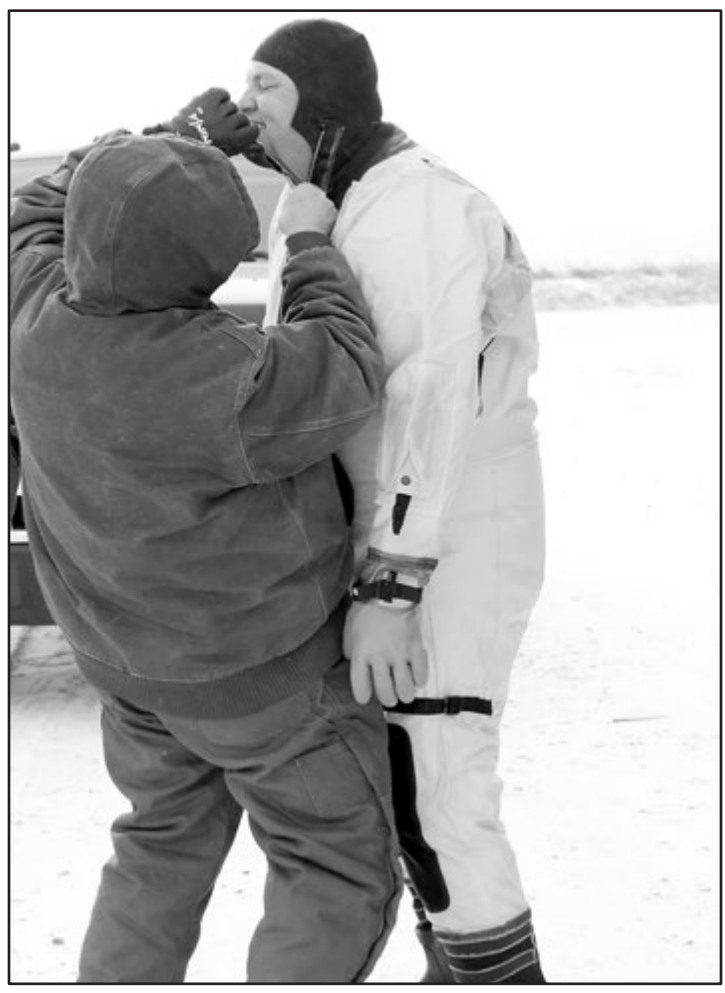
Hanson, along with maintenance supervisor Brett Backhaus, have served with the Northwood Volunteer Fire Company and have training in ice rescues.

All the members of the conservation staff traveled to the park last Wednesday to retrieve the fishing supplies take part in an impromptu emergency training scenario.

With the help of the other conservation staff, Backhaus and Hanson put on ice rescue attire and attached the various pieces of safety equipment.

Backhaus, attached by safety cord, acted as the safety measure, staying on secure ice as Hanson ventured forward to grab the sled and fishing equipment, ready to pull him back if needed.

Fortunately there were no issues and Hanson was able to collect the fishing supplies before rejoining Backhaus and returning to the shore.









Cole announced on Morningside Dean's list

Morningside University Vice President for Academic Affairs Chris Spicer recently announced the 421 students named to the Dean's List for the fall semester of the 2021-22 academic year. Of those announced was Ryan M. Cole of Plymouth, Iowa.

The Dean's List recognizes Morningside students who achieve a 3.67-grade point average or better and complete at least 12 credits of coursework with no grade below a "C-." Students that achieved a 4.0-grade point average are denoted with an asterisk (*).

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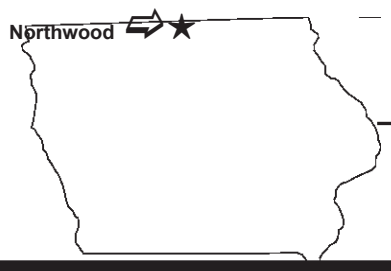
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Northwood - "A Friendly Town"

Corn and Soybean Clinic 2021

On December 17, 2021, a crowd of farmers and agriculture professionals gathered at the Bethel United Methodist Church in Manly for the annual Corn & Soybean Clinic, hosted by the Extension Offices in Worth and Cerro Gordo counties.

The event is also an opportunity for people to qualify for their private pesticide applicator recertification.

Worth County Extension Education Specialist Dennis Johnson opened the clinic, introducing Extension field agronomist Angie Rieck-Hinz.

Rieck-Hinz discussed a variety of pesticides, how to read labels for safety measures and equipment and how to make informed pest management decisions.

Rieck-Hinz discussed several specific chemicals and their safety considerations, including some that would soon be illegal to own and how they should be disposed of.

Rieck-Hinz guided those at the clinic through a review of a pesticide label, including what equipment and application procedures were recommended.

Rieck-Hinz also discussed some of the pests that had been seen in the previous season, including the fall armyworm.

The discussion included how to identify the pest and what pesticides may be most effective.

Rieck-Hinz talked about contamination risks, such as drift, specialty crops and other considerations that can be found on labels.

Rieck-Hinz also shared several resources to find information, such as labels and safety information.

After Rieck-Hinz, Chris Hager, from Anastasi Counseling Services, spoke about mental health issues facing farmers and farming culture, and how there were resources for those that want to seek help.

Next, field agronomist Gentry Sorenson discussed herbicide concerns.

Sorenson talked about potential herbicide shortages. He discussed alternative options and resources to find them.

Sorenson mentioned ways to extend the use of remaining stock of those chemicals.

Sorenson talked about the safe ways to store pesticides over the winter.

Sorenson next talked about corn rootworm control measures.

Sorenson discussed a big issue seen in 2021, where certain mixes of chemicals reduced the effectiveness compared to the individual chemicals.

Sorenson discussed white mold, including how it grows, spreads and flourishes. He talked about chemical remedies, biological control methods and apps that can be used to keep track of mold conditions.

Sorenson was followed by a video from an Extension test plot in which Entomologist Specialist Erin Hodgson and Education Extension Specialist Ashley Dean showed corn rootworm examples and talke about how to identify the pest.

They also talked about management options, like alternating crops in a field, chemicals and insecticides and RNA to interrupt larval development.

The final speaker of the day was Matt Russell, State Executive Director of the Farm Service Agency, who joined the clinic via video conference on a screen in the church.

Russell shared his story as a fifth generation farmer and history history in Iowa, rural Iowa and farming.

Russell also shared that the agency is working to make sure that Iowa farmers can work to address climate problems and issues.

The clinic was held days after the windy weather event that happened in December. Russell said that such extreme weather impacts were likely to become more common.

Russell said that is a particular strong point for Iowa, with its food and energy prospects, and resources that range from land, people, farmers and rural communities and infrastructure.

Russell also said that addressing those global problems will continue to be something that Iowa can lead in, as they adapt to the world around them.

Russell talked about various FSA programs, enrollment dates and deadlines.

Before signing off, Russell shared his personal example of the welcoming communities that can be found in Iowa.

Russell shared that he and his husband had become guardians of two teenage brothers, including introducing them to work on their farm and in alternative crop options. The brothers eventually asked Russell and his husband to adopt them. Russell had to sign off from the clinic to attend one of their weddings.

The clinic ended with the introduction and recognition of the program's sponsors, before a meal was offered and served by Extension staff.

















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Farmland at historic high, but lower than 2012 and 2013 when adjusted for inflation

After several years of modest gains and losses, the average value of an acre of Iowa farmland skyrocketed 29% in 2021. The nominal value of an acre of farmland is now higher than at any point since Iowa State University began surveying values in 1941, and is 12% higher than the previous peak in 2013; although the current value in inflation-adjusted terms is still lower than that for 2012 and 2013.

The last time farmland values increased more than 25% was in 2011, when values rose 32.5%.

"Surging ethanol demand and high commodity prices were two of the significant factors driving the increase in 2011," said Wendong Zhang, an associate professor of economics at Iowa State's Center for Agricultural and Rural Development. "The increase this year is in part due to much stronger commodity prices thanks to higher exports, stronger than expected crop yields, and strong ad hoc COVID-19 related government payments," Zhang said.

Zhang leads Iowa State's annual Land Value Survey, which found that the average statewide value of an acre of farmland is $9,751, an increase of 29%, or $2,192, since 2020. The $9,751 per acre estimate, and 29% increase in value, represents a statewide average of low-, medium-, and high-quality farmland.

Zhang said that favorable interest rates also contributed to the increases in 2011 and this year; however, he noted that inflation was a very important factor behind the value increase this year as well. The U.S. Bureau of Labor Statistics reported that the U.S. inflation rate rose 6.8% over the last year, which was the largest increase since 1982.

"Inflation is driving some investors to consider farmland as an alternative investment asset because farmland value tends to rise with higher inflation. The inflation-adjusted average value only rose 21% but the nominal value rose 29%, which shows the effect of inflation," Zhang said.

As for U.S. net farm income, Zhang said it is forecasted to grow $22.0 billion (23.2%) from 2020 levels to $116.8 billion in 2021, which is the highest level since 2013.

"The increase in 2021 farm income is largely driven by the rises in commodity prices and the resulting crop and livestock receipts, as opposed to almost solely ad hoc federal government payments as in 2020," he said.

After the large increase in 2011, farmland prices jumped another 23.7% in 2012, though Zhang said that while 80% of respondents had optimistic views about what the farmland market would look like one year from now, most reported that they expect values to increase less than 10% in 2022.

Looking five years ahead, Zhang said that the number of respondents expecting a decline in farmland values nearly doubled, but over 80% of respondents predicted that farmland values would rise another 10% to 20% over 2021 values.

Land Values by County

All 99 of Iowa's counties showed an increase in land values. For the ninth consecutive year, Scott and Decatur Counties reported the highest and lowest values, respectively. Land values in Scott County increased 30%, or $3,193 per acre, to $13,852. Land values in Decatur County increased 31.5%, or $1,213 per acre, to $5,062.

Clayton and Allamakee Counties reported the largest percentage increase, 36.4%, while Scott County saw the largest dollar increase, $3,193 per acre. The smallest percentage increase, 23.2%, was reported in Keokuk County, while Taylor County saw the smallest dollar increase, $1,199 per acre.

Worth County reported a change of 31.1%, increasing $2,276, from $7,311 to $9,587.

Land Values by District

Land values across all crop reporting districts increased. The Northwest district reported the highest overall value, $12,164 per acre, while the North Central district reported the largest percentage increase, 34.5%, and the largest dollar increase, $2,737 per acre.

The South Central district reported the lowest values, $6,035 per acre, and the lowest dollar change, $1,377 per acre, while the Southeast district saw the smallest percentage increase, 21.9%.

Land Values by Quality

Statewide, low-quality land now averages $6,397 per acre, an increase of 26% or $1,319 per acre. Medium-quality land now averages $9,071 per acre, an increase of 27.4% or $1,953 per acre. High-quality land now averages $11,834 per acre, an increase of 30.5% or $2,766 per acre.

The Northwest district reported the highest values for low-, medium-, and high-quality land at $8,088, $11,042, and $13,997 per acre, respectively. The South Central district reported the lowest values for low-, medium-, and high-quality land at $4,058, $6,094, and $8,194 per acre, respectively.

Low-quality land in all crop reporting districts, less the Southeast district, saw increases of more than 23%. The North Central district saw the largest percentage increase, 32%, and the largest dollar increase, $1,695 per acre. The Southeast district showed the smallest percentage increase, 14.5%, and the smallest dollar increase, $600 per acre.

Medium-quality land saw increases of more than 30% in the North Central, Northeast, West Central, and South Central districts. The South Central district saw the largest percentage increase, 33.6%, while the North Central district showed the largest dollar increase, $2,291 per acre. The Southwest district reported both the smallest percentage increase, 22.3%, and the smallest dollar increase, $1,302 per acre, in medium-quality land.

High-quality land in the North Central, Northeast, West Central, and East Central districts all saw increases of more than 30%, with the North Central district reporting the highest percentage increase, 35.7%. The East Central district reported the largest dollar increase in high-quality land at $3,304 per acre. The Southeast district reported the smallest percent change in high-quality land, 25%, and the South Central district reported the smallest dollar increase, $1,786 per acre.

Factors Influencing the Land Market

The most frequently mentioned positive factor influencing the land market was higher commodity prices. Favorable interest rates and strong yields were the second- and third- most frequently mentioned factors. Other frequently mentioned factors included limited land supply, strong demand, COVID-related government payments, and a good farm economy.

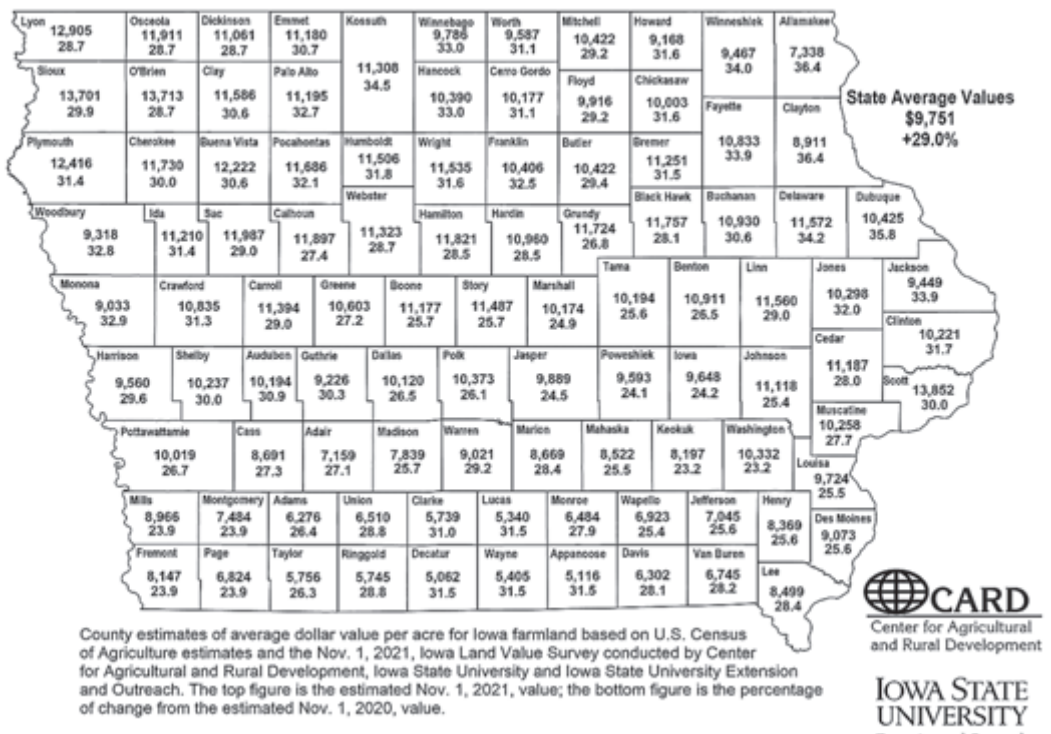
The most frequently mentioned negative factor affecting land values was higher input costs. Other noted factors included concerns about the sustainability of high land prices, possible changes in interest rates, political uncertainty related to policies, such as tax law changes, and uncertainty related to COVID-19.

Land values were determined by the 2021 Iowa State University Land Value Survey, conducted in November by the Center for Agricultural and Rural Development at Iowa State and Iowa State University Extension and Outreach. Results from the survey are consistent with results by the Federal Reserve Bank of Chicago, the Realtors Land Institute, and the U.S. Department of Agriculture.

The Iowa State Land Value Survey is based on reports by agricultural professionals knowledgeable of land market conditions, such as appraisers, farm managers, agricultural lenders, and actual land sales, and is intended to provide information on general land value trends, geographical land price relationships, and factors influencing the Iowa land market. The 2021 survey is based on 645 usable responses from 455 agricultural professionals. Seventy-five percent of the 455 respondents answered the survey online.

The Iowa State Land Value Survey was initiated in 1941, the first in the nation, and is sponsored annually by Iowa State. The survey is typically conducted every November and the results are released mid-December. Only the state average and the district averages are based directly on the Iowa State survey data. County estimates are derived using a procedure that combines the Iowa State survey results with data from the U.S. Census of Agriculture.

CARD offers a web portal at https://www.card.iastate.edu/farmland/ that includes visualization tools, such as charts and interactive county maps, allowing users to examine land value trends over time at the county, district and state level.



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Bolan hosts postponed Iowa anniversary celebration Jan. 26

Iowa celebrated a milestone on December 28, 2021; its 175th anniversary of statehood. The Bolan Schoolhouse & Cultural Center (BSCC) celebrated this special event by hosting a supper, starting the bidding on silent auction items, and held a program on the anniversary date.

Since the weather forecast was unfavorable and undoubtedly deterred folks from traveling to Bolan, it has been decided to "DO IT AGAIN!" on Wednesday, January 26, 2022.

From 4:30 – 7 p.m., there will be a variety of soups, along with ham and turkey sandwiches on Paradise Pizza buns, crackers, veggies and beverages. Homemade brownies with Iowa's Blue Bunny ice cream will be available too, all for a free-will donation.

There are 52 silent auction items with starting bids. The bidding will continue until Wednesday, January 26 at the conclusion of the program at 9 p.m.

Donations were made by Flower Forager, Milk House Candles, Nine Pines Winery, Worth Brewing, Grain Millers, Jolly Time Popcorn, Paradise Pizza, Signatures, Scent From Heaven, Fox River Mills, Palmer Candy Co, Blue Bunny, RADA Cutlery and the Northwood Anchor. Individual supporters have made available a variety of Iowa note cards, playing cards, books, calendars and wine glasses to bid on as well. Financial and/or in-kind sponsors include Farmers State Bank, Kenison Construction, S&L Masonry, Bolan Storage, HyVee East, ADA Enterprises, Trustile Doors, Norlyn & Jean Stowell and the Northwood Anchor.

Piano player Sam Crosser will entertain with music throughout the evening. The program honoring the state's 175th anniversary will begin at 7 p.m., with the singing of "The Song of Iowa" written in 1897 by S.H.M Byers to the tune of "O Tannenbaum." After a bit of Iowa fun facts & trivia, a 72-minute documentary "IOWA early history – Glaciers to Settlement" will be shown on the big screen. Fresh popped popcorn will be available with bottled water and soda. During a brief intermission, final bids on silent auction items may be placed. To conclude the evening, the "Iowa Waltz" will be sung and a blessing shared for 2022.

"Come have some hot soup on a cold night, learn some interesting history about our fine state of Iowa, and enjoy the company of friends while at the Bolan Schoolhouse on Wednesday, January 26, 2022. All funds will go toward future projects and programs to be held at the BSCC.

"If you would like to support the Program and BSCC with a donation or put together an Iowa gift basket to add to the silent auction, contact Lori Willert at 641-903-9472 or lwillert@wctatel.net."



Some of the auction items.

New issues for 2021 tax returns

Filing a 2021 federal tax return will involve a little extra preparation for many families because of some short-term programs that were put in place as part of COVID-19 relief, according to Barb Wollan, human sciences specialist with Iowa State University Extension and Outreach.

New this year

The most significant new issue on the 2021 federal tax return is the need to report all advance payments of the Child Tax Credit. This applies to families with children under age 18, said Wollan, who specializes in family wellbeing.

As a COVID-19 relief measure, the IRS, beginning July 15, sent monthly payments to families based on IRS records of the number and ages of children present in a home. The payments were generally equal to $300 per child, or $360 for children under age 6. These payments are not reported as income, but the amount must be reported to calculate the remainder of the Child Tax Credit payable with the family's tax refund.

"Families will receive a letter from the IRS stating the total amount the family received. However, since anecdotal reports suggest that many families received payments that varied from month to month, I suggest that families also check their own records and bank statements to make sure the amount in the IRS letter is correct," Wollan said.

"Don't file your tax return until you have received the letter," Wollan added.

"The tax credit for those with day care expenses for qualifying children or other dependents is expanded this year as well, so be sure to include that information on your return," Wollan continued. "In the past, I've seen many families who didn't bother to put their day care costs on their tax return, because it wasn't very much, or because the tax credit didn't help them the previous year. That's why it's so important that people know that for 2021, this credit is larger, and it is refundable. That means that even families who didn't benefit in prior years are likely to benefit from the credit this year."

Iowans also need to know how much they received in the third Economic Stimulus Payment, which was sent out beginning in April 2021 through the summer or fall.

"This payment was generally $1,400 per qualifying person," said Wollan. "Everyone should report what they received, and if you received less than you should have, the IRS will include the extra payment in your tax refund."

Important every year

Wollan offers the following routine reminders for tax preparation:

Wait until you have all your income documents before you file. Even a job that you quit last January needs to be included on your tax return, so make sure to get that W-2 form, as well as statements about bank interest, brokerage accounts and other sources of income.

Take advantage of opportunities to file taxes for free if you are eligible. Free tax preparation by IRS-certified volunteers is available in many communities at Volunteer Income Tax Assistance or AARP tax sites. In addition, for those with 2021 income below $72,000, IRS Free File may be an option; you'll find it on the IRS homepage, www.irs.gov.

Think long term when you decide how to use your tax refund. A tax refund only comes once each year, so it is wise to think of the needs that might arise throughout the year before spending your refund. These may include annual expenses, such as vehicle registration, property tax, back-to-school or birthdays. They may also include events or needs you can anticipate, such as planned travel for a family wedding, replacing the lawn mower that died or knowing you will need new tires this year.

Wollan notes that IRS VITA tax sites are located throughout Iowa and partner with organizations including some ISU Extension and Outreach county offices. A list of extension-sponsored sites is available from the Human Sciences Extension and Outreach website at https://www.extension.iastate.edu/humansciences/vita. The IRS offers a VITA locator tool at https://irs.treasury.gov/freetaxprep/.

To locate AARP volunteer tax assistance near you, visit the AARP Foundation Tax-Aide Locator.,

Bolan

Loren Nydegger and Anna from Mt. Vernon came to the Joe and Linda Nydegger home on Thursday morning. Daniel Nydegger, who is still on Christmas break as is Anna, came in the evening. Anna and Linda used a couple of woks to make a full Chinese supper for the group, including dessert. Lori Willert was able to join them in the early evening. Loren and Anna returned home on Friday morning and Daniel on Saturday afternoon.

One of Bolan Trinity's own turned 92 on Saturday, January 8. Lois Krumm, who resides at Manly Specialty Care, had visitors bringing birthday wishes throughout the day.

Northwood Anchor Church

Fertile Lutheran Church

Sunday, Sunday School & Confirmation, 9:30 a.m., Worship Service & Annual Meeting, 10:30 a.m.

Bethlehem Lutheran, Manly

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

Linda Johnson Presthold, 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 Elk Creek Annual Meeting Following Worship, 10:30 a.m.; Monday, Bethany Council Meeting, 7 p.m., MANNA Open, 10 a.m. - Noon

Linda Johnson Presthold, 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.; Thursday, Pub Theology, 7 p.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., Pub Theology, 7 p.m.; Sunday, Service with H.C., 9 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

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Rev. Neil Manternach, Pastor

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Suffering and Redemption



Christians believe that we are saved by Jesus' suffering and death on the cross, in essence that he suffered and died for our sins. We consider Jesus' suffering to be sacred, as it is part and parcel of humanity's redemption. Jesus showed us that suffering can be sacred. That is not a cure or remedy for suffering, but a way to at least make it meaningful. It is sometimes said that human beings can live without anything except hope. We might also say that we can suffer anything as long as there is some meaning or purpose in it. As the philosopher Nietzsche put it, "He who has a why to live for can bear with almost any how." Nothing is worse than severe and interminable suffering that has no meaning. That might almost serve as a definition of Hell: severe and endless suffering that has no meaning. Imagine having the realization at the gates of Hell that we could have had salvation, but instead we chose selfishness, momentary pleasures and sin and now we are going to pay for it. That bargain, to sell one's soul for momentary pleasure or selfish gain, will undoubtedly appear meaningless in the grand scheme of things. Infinitely better to delay gratification and suffer meaningfully now than risk eternal meaningless suffering in the hereafter. – Christopher Simon

For it is better, if it is God's will, to suffer for doing good than for doing evil. For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. 1 Peter 3:17-18

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Tuesday: Philly Sloppy Joe on WW Bun, Roasted Sweet Potatoes, Green Beans, Pears
Wednesday: Brown Sugar Glazed Pork, Mashed Potatoes w/Gravy, Steamed Carrots, Banana, Whole Wheat Roll

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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

One dish meals have been popular like forever. Who enjoys a sink full of crusty pots and pans after dinner? Better Homes and Gardens, a company people have trusted for many decades, published many cookbooks over the years. The following recipes are adapted from "One Dish! 90 Irresistible Easy Dinners that Are Ready When You Are" (2013, Hearst Books, NYC). These recipes not only have instructions but also nutritional facts about each, along with tips to make the dish turn out perfectly.

Roasted Broccoli and Chicken Bake

1 cup pearl barley
3 cups low-sodium chicken broth, canned or homemade
2 tablespoons olive oil
1 pound boneless, skinless chicken breasts cut into 1-inch chunks
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 large carrot, peeled and finely chopped
1 small yellow onion, finely chopped
2 large cloves fresh garlic, finely chopped
8 oz. fresh white button mushrooms, thinly sliced
1/4 cup water
6 cups fresh broccoli florets (about two bunches of broccoli)

In a large microwave-safe bowl, stir the barley and broth together. Cover with a vented cover and cook on HIGH until most of the liquid is absorbed, 20-25 minutes. Preheat the oven to 400 degrees F. In the meantime, heat 1 tablespoon of oil over medium-high heat in a heavy 12-inch skillet. Add the chicken, sprinkle with 1/4 teaspoon salt and the pepper, and cook until golden, about 4 minutes, stirring once. Remove to a bowl but keep the drippings in the skillet. Add the carrot, onion and cook 3 minutes. Add the garlic and cook another 30 seconds. Add the mushrooms and water, scraping up the browned bits from the skillet. Cook another 2 minutes and remove from the heat. Add the chicken and barley. Transfer all this to a shallow baking dish. Toss the broccoli with the remaining salt and oil; arrange on top of the broccoli mixture. Bake, uncovered, for 20-25 minutes or until the broccoli is tender.

Shrimp Creole

1 tablespoon olive oil
1 jumbo yellow onion, cut into 1/2-inch pieces
1 medium green bell pepper, coarsely chopped
1 medium red bell pepper, coarsely chopped
8 oz. fully-cooked chorizo sausage OR pepperoni
2 large clover fresh garlic, minced
1 1/2 cup cooked minute-type white rice
1 can (14.5 oz) stewed tomatoes, chopped up by hand
1 bottle (8 oz) clam juice
1 pound medium shrimp, shelled and deveined.
1 package (10 oz.) frozen whole okra, thawed. SANDY'S NOTE: we don't eat much okra in North Iowa but don't let that turn you off. Yes, it gets somewhat mushy when cooked but is really necessary for Creole cooking. Also, try to find the chorizo; pepperoni just doesn't have the same flavor.

Preheat the oven to 350 degrees F. In a 3 1/2-quart Dutch oven, heat the oil over medium heat until hot. Add the onion and peppers; cook about 10 minutes stirring frequently, until tender and lightly browned. Cut the sausage into 1/4-inch slices and it to the skillet with the garlic. Cook 5 minutes longer until the sausage is lightly browned. Stir in the rice, stewed tomatoes, clam juice and 1 3/4 cups water and heat to boiling. Cover and place in the oven for 20 minutes. Stir in the shrimp and okra, recover the pan and bake another 10 minutes or until the rice is tender and the shrimp is pink.

This cookbook has many unusual recipes but I notice that while they take only one dish…or two…to prepare most of them have multiple ingredients and a bit of prep time. No matter if you are wanting to create a new experience for your family or friends. And….that's all she wrote.

Northwood Anchor Society



ROGER AND JUNE ERDMANN

Trinity UMC holds surprise fellowship for Erdmanns 60th

Roger and June (Machmer) Erdmann of Northwood, celebrated their 60th wedding anniversary on December 27, 2021. Their Trinity United Methodist Church family held a surprise coffee fellowship for them after service that Sunday.

Roger and June were married in Silver Spring, Maryland.

They have a daughter, Dr. Susan Erdmann, married to Dr. Stephen Dougherty, both professors at the University of Agder in Kristiansand and have sons, Peter and Terence. All live in Norway.



JUNE AND ROGER ERDMANN

Stay safe as Iowa lakes freeze over

The recent blast of arctic air is growing ice on lakes and ponds over much of Iowa. Anglers are ready to get out for the popular early ice fishing season.

The DNR recommends a minimum of four inches of clear ice for fishing and at least five inches for snowmobiles and ATVs.

A blanket of snow on top of an ice-covered lake insulates the ice, slowing the growth of ice and hiding potential hazards or weak spots. River ice is 15 percent weaker than lake ice. Ice with a bluish color is safer than clear ice. Avoid slushy or honey-combed ice and stay away from dark spots on the ice. Don't walk into areas where the snow cover looks discolored.

Safety Tips on the Ice

No ice is 100 percent safe.

New ice is usually stronger than old ice.

Don't go out alone.

Let someone know where you are going and when you will return.

Check ice thickness as you go out.

Avoid off-colored snow or ice.

Bring along these basic items to help keep you safe: hand warmers, ice cleats, ice picks to help you crawl out of the water if you fall in, a life jacket, a floating safety rope, a whistle, a basic first aid kit and extra dry clothes.

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Thanks bunches!!!

Northwood Anchor

Opinion

Savvy Senior

How to Get Your Affairs in Order

Dear Savvy Senior,

I would like to get my personal, legal and financial information organized so my kids will know what's going on when I'm no longer around. Can you offer any tips on the best way to do this?

Unorganized Emma

Dear Emma,

Organizing your important papers and getting your personal and financial affairs in order is a smart idea and wonderful gift to your loved ones. Here are some tips to get you started.

Get Organized

The first step in getting your affairs in order is to gather up all your important personal, financial and legal information so you can arrange it in a format that will benefit you now, and your loved ones later.

Then you'll need to sit down and create various lists of important information and instructions of how you want certain things handled when you die or if you become incapacitated. Here's a checklist of areas you need to focus on.

Personal Information

- Contacts: Make a master list of names and phone numbers of close friends, doctors, and professional advisers such as your lawyer, accountant, broker and insurance agent.
- Medical information: Include a list of medications you take, along with any allergies and illnesses.
- Personal documents: Include such items as your birth certificate, Social Security card, marriage license, military discharge papers, etc.
- Secured places: List all the places you keep under lock and key such as safe deposit boxes, safe combination, security alarms, etc.
- Digital assets: Make a list of all your digital assets, including everything from social media accounts to online banking accounts to home utilities that you manage online. It should include usernames and passwords. Use Rutgers Digital Assets Inventory Worksheet (njaes.rutgers.edu/money/pdfs/digital-assets-worksheet.pdf) as a guide.
- Pets: If you have a pet, give instructions for the care of the animal.
- End of life: Indicate your wishes for organ and tissue donation and write out your funeral instructions. If you've made pre-arrangements with a funeral home include a copy of agreement, their contact information and whether you've prepaid or not.

Legal Documents

- Will, trust and estate plan: Include the original copy of your will and other estate planning documents you've made.
- Financial power of attorney: This document names someone you trust to handle money matters if you're incapacitated.
- Advance health care directives: This includes a living will and medical power of attorney, which spell out your wishes regarding your end-of-life medical treatment when you can no longer make decisions for yourself.

Financial Records

- Financial accounts: Make a list of all your bank accounts, brokerage and mutual fund accounts, and any other financial assets you have.
- Debts and liabilities: Make a list of any loans, leases or debts you have – mortgages owed, car loans, student loans, medical bills, credit card debts. Also, make a list of all credit and charge cards, including the card numbers and contact information.
- Company benefits: List any retirement plans, pensions or health benefits from your current or former employer including the contact information of the benefits administrator.
- Insurance: List the insurance policies you have (life, long-term care, home, auto, Medicare, Medigap, prescription drug, etc.) including the policy numbers, agents, and phone numbers.
- Property: List real estate, vehicles and other properties you own, rent or lease and include documents such as deeds, titles, and loan or lease agreements.
- Taxes: Include the location of your tax records and your tax preparer's contact information.

Keep all your organized information and files together in one convenient location, ideally in a fireproof filing cabinet or safe in your home. Also be sure to review and update it every year, and don't forget to tell your kids where they can find it.

If you need help, get a copy of "Get It Together: Organize Your Records So Your Family Won't Have To" at Nolo.com for $17.50 for the downloadable versions, or $20 for a printed copy.

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.

Kenison Publishing, Inc.

Publishers of The Northwood Anchor USPS 398-060

Established in 1882 City and County Official Paper

Kris Kenison . . . . . Publisher
Becky Haberman . . . . . Office Manager
Dawn Batton . . . . . Composing
JoAnn Lower . . . . . Reporter
Mike Simmons . . . . . Sports Editor

Terms of Subscription:

1 year, Worth and Adjoining Counties $40.00
1 year, Outside Worth & Adjoining Counties $48.00
Single Copy...$1.00

The Northwood Anchor, USPS 398-600, published every Wednesday by Kenison Publishing, Inc., 801 Central Ave., P.O. Box 107, Northwood, IA 50459. Periodical postage paid at Northwood, IA. POSTMASTER: Send address changes to: The Northwood Anchor, Box 107, Northwood, IA 50459



Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

I'm worried about my brother.

What's wrong?

He keeps saying, "Deep hole with water."

Don't worry, he means well.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. The sun came up. It's a great way to start a day. The weather had been uneven, but variety is the spice of life. A meteorologist keeps telling me that. A friend said his life was good. He'd gotten an air fryer for Christmas and doesn't know how to use it or what it's for, but he's happy to have it. He's the kind who eats soup once a week that he's made from the detritus scraped from his microwave oven.

Years ago, a classmate built a tire home in Minnesota, a dwelling sometimes called an earthship. It's a self-sufficient, sustainable and off-the-grid home. He said having a home made of recycled tires crammed with dirt gave him fewer things to worry about during his long absences. I've never lived in an earthship, but I have put bread wrappers over my socks before putting my trotters into my boots. This allows my off-the-grid feet to slide in easier and stay dryer. I'd put my lunch into recycled bread wrappers, too. I had to make sure I didn't recycle the bags from around my socks to encase my food.

What's that noise?

We had the doorbell repaired here at the Batt Cave. Now I hear a strange sound I haven't heard since before Covid hit. When the doorbell first rang in "The Beverly Hillbillies" TV series, the Clampett family looked at the walls and ceiling, hoping to find out where the sound came from. Later, they discovered that each time the music played, someone was at the front door. I've become a Clampett, probably Jethro. Now that we have a working doorbell, I'll never win the No Bell Prize.

Stories can be found anywhere

A guy I used to know got off work at 4 each afternoon, at which time he'd carry a 5-gallon bucket, holding ice fishing gear, from his workplace to a lake. He sat on that bucket five days a week, staring into a hole cut into the ice. When 90 minutes had passed, he'd head home for supper. He could tell endless stories about that experience.

Tanks for the memories

In 1971, "All in the Family" was the first TV show to feature a toilet flushing. "Leave It to Beaver" was the first sitcom to show a toilet when it included shots of a toilet tank in 1957.

Freehanded Louisiana

I worked in a big city in Louisiana. I was a long way from nothing. It was hot. The city smelled like I was in someone's mouth. The amiable woman who picked me up at the airport gave me chocolates as a gift. I thanked her and told her I'd take them home for my wife. My driver thought I was being sweet, but that was only partially true. I don't like chocolate. There aren't many of us that are averse to chocolate. There are so few we could hold our annual membership meeting in a phone booth if we could find a phone booth.

Nature notes

A house sparrow missing his tail was in my yard. If Jim Rockford were around, I'd have him put a tail on the bird. Dark-eyed juncos are snowbirds. Old Man Winter gave them a lot of responsibility, but they come through. Some red-bellied woodpeckers take their red bellies everywhere. Others don't. The red belly isn't always easily noticed. A nervous rooster pheasant in the yard behaved hawkwardly. Squirrels left footprints in the snow, with the larger hind feet appearing in front of the smaller front feet. Rabbit tracks resemble those of squirrels, except the front feet aren't paired with the hind feet and form a triangular shape. I know where rabbits have fed as twigs and shrubs show clean diagonal cuts.

Meeting adjourned

"If you sit down at set of sun And count the acts that you have done, And, counting, find One self-denying deed, one word That eased the heart of him who heard, One glance most kind That fell like sunshine where it went—Then you may count that day well spent. But if, through all the livelong day, You've cheered no heart, by yea or nay—If, through it all You've nothing done that you can trace That brought the sunshine to one face—No act most small That helped some soul and nothing cost—Then count that day as worse than lost."—George Eliot.

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Fit to print...

Following through on New Year's resolutions

By Mark Canada and Christina Downey
Iowa Capital Dispatch
www.iowacapitaldispatch.com

If you've made a New Year's resolution, your plot for self-improvement probably kicks into gear sometime on Jan. 1, when the hangover wears off and the quest for the "new you" begins in earnest.

But if research on habit change is any indication, only about half of New Year's resolutions are likely to make it out of January, much less last a lifetime.

As experts in positive psychology and literature, we recommend an unconventional but more promising approach.

We call it the "old year's resolution."

It combines insights from psychologists and America's first self-improvement guru, Benjamin Franklin, who pioneered a habit-change model that was way ahead of its time.

With the "old year" approach, perhaps you can sidestep the inevitable challenges that come with traditional New Year's resolutions and achieve lasting, positive changes.

A period to practice – and fail

Research has highlighted two potential pitfalls with New Year's resolutions.

First, if you lack the confidence to invest in a full-fledged effort, failure to achieve the goal may become a self-fulfilling prophesy. Furthermore, if you maintain the change but perceive progress as unacceptably slow or inadequate, you may abandon the effort.

The old year's resolution is different. Instead of waiting until January to start trying to change your life, you do a dry run before the New Year begins, or start after it begins.

How does that work?

First, identify a change you want to make in your life. Do you want to eat better? Move more? Sock away more savings? Track your progress. You might stumble now and then, but here's the thing: You're just practicing.

If you've ever rehearsed for a play or played scrimmages, you've used this kind of low-stakes practice to prepare for the real thing. Such experiences give us permission to fail.

Psychologist Carol Dweck and her colleagues have shown that when people see failure as the natural result of striving to achieve something challenging, they are more likely to persist to the goal.

However, if people perceive failure as a definitive sign that they are not capable – or even deserving – of success, failure can lead to surrender.

If you become convinced that you cannot achieve a goal, something called "learned helplessness" can result, which means you're likely to abandon the endeavor altogether.

Many of us unintentionally set ourselves up for failure with our New Year's resolutions. On Jan. 1, we jump right into a new lifestyle and, unsurprisingly, slip, fall, slip again – and eventually never get up.

The old year's resolution takes the pressure off. It gives you permission to fail and even learn from failure. You can slowly build confidence, while failures become less of a big deal, since they're all happening before the official "start date" of the resolution.

A gardener weeding one bed at a time

Long before he became one of America's greatest success stories, Franklin devised a method that helped him overcome life's inevitable failures – and could help you master your old year's resolutions.

When he was still a young man, Franklin came up with what he called his "bold and arduous project of arriving at moral perfection." With charming confidence, he set out to master 13 virtues, including temperance, frugality, chastity, industry, order and humility.

In a typically Franklinian move, he applied a little strategy to his efforts, concentrating on one virtue at a time. He likened this approach to that of a gardener who "does not attempt to eradicate all the bad herbs at once, which would exceed his reach and his strength, but works on one of the beds at a time."

In his autobiography, where he described this project in detail, Franklin did not say that he tied his project to a new year. He also did not give up when he slipped once – or more than once.

"I was surpris'd to find myself so much fuller of faults than I had imagined; but I had the satisfaction of seeing them diminish," Franklin wrote.

Benjamin Franklin recorded his slip-ups over the course of a week.

He made his progress visible in a book, where he recorded his slip-ups. One page – perhaps only a hypothetical example – shows 16 of them tied to "temperance" in a single week. (Instead of marking faults, we recommend recording successes in line with the work of habit expert B.J. Fogg, whose research suggests that celebrating victories helps to drive habit change.) Repeated failures might discourage someone enough to abandon the endeavor altogether. But Franklin kept at it – for years. To Franklin, it was all about perspective: This effort to make himself better was a "project," and projects take time.

'A better and a happier man'

Many years later, Franklin admitted that he never was perfect, despite his best efforts. His final assessment, however, is worth remembering:

"But, on the whole, tho' I never arrived at the perfection I had been so ambitious of obtaining, but fell far short of it, yet I was, by the endeavour, a better and a happier man than I otherwise should have been if I had not attempted it."

Treating self-improvement as a project with no rigid time frame worked for Franklin. In fact, his scheme probably helped him succeed wildly in business, science and politics. Importantly, he also found immense personal satisfaction in the endeavor: "This little artifice, with the blessing of God," he wrote, was the key to "the constant felicity of his life, down to his 79th year, in which this is written."

You can enjoy the same success Franklin did if you start on your own schedule – now, during a new year – and treat self-improvement not as a goal with a starting date but as an ongoing "project."

It might also help to remember Franklin's note to himself on a virtue he called, coincidentally, "Resolution": "Resolve to perform what you ought; perform without fail what you resolve."

Northwood Anchor

Early Files

100 years ago

January 11, 1922

At the organization of the Worth County Mail Carriers' Association, Leon H. Wiley, Northwood, was chosen president for 1922. All carriers, but two, were present.

Owing to the fact that the Walker Mill machinery ran about four feet of water out of the pond above the dam one day and allowed the Ice to fall to the bed of the stream. Ice cutting is again confined to the "strait" west of the A.A. Thompto farm adjoining town.

At the regular meeting of the Worth County board of supervisors held in Northwood, Supervisor John Mitchell, of Manly, was elected chairman for the year of 1922. He succeeds Nels Thorson, of Northwood, who served during 1921.

The beautiful new Standard Oil filling station built during the fall on the old Park Hotel corner was opened for business with Ed J. Julson as manager. R.J. Traiger, of the Des Moines headquarters office, was here and officially inducted Mr. Julson in his new office. The larger part of the old hotel building has been torn down and removed.

At the postponed meeting of the directors of the Farmers Mutual Insurance Association of Worth County held at the courthouse in Northwood on Monday, O.E. Lobben was elected president; W.R. Johnson, secretary; and C.H. Dwelle, treasurer. Mr. Lobben and Mr. Dwelle were re-elected to succeed themselves and Mr. Johnson takes the place of Honorable T.C. Rone. J.A. Tenold was elected vice president.

The boards of supervisors of Worth and Mitchell counties will have to defend a shot in the February term of court at Northwood in which the sum of $95,075.17 is involved. The matter has to do with a contract entered into with the Quality Cement Products Company of Medford, Minnesota, by the terms of which the latter corporation was to supply drain tile for the joint drainage ditch known as No. 50 in Worth County and No. 7 in Mitchell County.

75 years ago

January 9, 1947

A group of men acting as a legislative committee from various Farm Bureaus of this state legislative district met in Northwood at the courthouse last Thursday with Senator Leo Elthon of Fertile. Mitchell, Winnebago and Worth counties, which comprise Mr. Elthon's district, were represented by several delegates each and discussion of proposed legislation affecting agriculture was interesting and informative.

Work is under way on the N.H.S. annual, which it is expected will be a 40-page book including photos of many school activities, class pictures and much interesting text matter. Only once before in 1942, has the local high school had a printed annual. Brice Turvold is in charge of the project.

Officers of Northern Light Masonic Lodge of this city were installed at the regular meeting on Tuesday evening. Ansel J. Conner, the outgoing worshipful master, served as installing officer and Clarence S. Huus at installing marshal.

The first of February a new active member of The Anchor staff is to be added in the person of George H. Pitman, son of the senior member of the Pitman-Barnes Printing Company, publishers of the newspaper. The young man received preliminary training in printing and publishing work while attending Northwood high school form which he was graduated in 1929. Following his graduation from Pomona College in California, where he had majored in voice and organ, George located in Hollywood, where he has since been engaged in motion pictures and radio work as musician and actor.

It was like circus day in Northwood on Monday, when well over 1,000 persons came to town to attend the opening of the new Kittleson Implement building, get a free lunch and take in the free show sponsored by the Kittlesons at the Northwood Theatre.

50 years ago

January 13, 1972

Five local men were honored at the annual Northwood Jaycee recognition banquet at the United Methodist Church. Maynard Jaspers was named Boss of the Year; Daryl Carlson, Grafton, Outstanding Young Farmer; Craig Lease, Outstanding Young Educator; Kenneth Logemann, Distinguished Service Award; and W.W. Hudson, Special Recognition Award. Francis Lawler, juvenile probation officer, was the guest speaker.

Boyd A. Harmon, Northwood, was elected chairman of the Worth County Board of Supervisors at their meeting, Jan. 3. He was also chairman in 1969. Other board members are Arnold Buechele, Grafton, and Harvey Bartz, Kensett. Bartz was chairman in 1971 and Buchele, in 1970.

Four Northwood-Kensett seniors will attend the Dorian Vocal Music Festival at Luther College, Decorah, Jan. 23 and 24. They are LuAnne Erickson, Marty Ringham, Lonna Hanson and Brian Groe. The 662 students from 177 schools will be directed by Bev. R. Hanson, director of choral activities, Texas Christian University, Fort Worth, Texas. Miss Erickson will also attend Meistersinger Festival, Jan. 29 and 30 at Wartburg College, Waverly. Dr. Dale Warland, Macalester College, St. Paul, Minn., will direct the 85-voice choir from Iowa, Nebraska, Minnesota and Wisconsin.

Mr. and Mrs. Donald Abrams, of Northwood, wish to announce the engagement of their daughter, Jane Marie, to Mr. James Donald Schroeder, son of Mrs. Merna Schroeder and the late Donal Schroeder of Sheffield. Miss Abrams is a gradate of Northwood-Kensett High School and of North Iowa Area Community College of Mason city. She is presently employed as a medical secretary at Mary Greeley Memorial Hospital in Ames. Schroeder is a graduate of Sheffield-Chapin High School and is a senior at Iowa State in Ames, majoring in architecture.

25 years ago

January 8, 1997

National Weather Service employees Bill Scott and Dale Miller last Tuesday helped new Northwood weather observer John Podgorniak install a temperature sensor at the Podgorniak acreage on fourth Street South. The men had to dig through nine inches of snow to give the instrument a firm base.

New Worth County Sheriff David Gentz took the oath of office from county attorney Doug Krull last Thursday while his father Raymond, mother Dorothy, daughter Hanna, wife Cheryl, daughter Naomi and son Jacob looked on in the magistrate's chamber of the courthouse annex here. Krull also administered the oath of office to new district supervisor Richard Holstad last Thursday just prior to the board of supervisors 1997 organization meeting.

Doug Wallin, county Farm Bureau president of Northwood, received the Worth County Farm Bureau recognition award at the Iowa Farm Bureau Federation annual meeting in Des Moines. Larry Babcock, director of field service, made the presentation. Worth County received gold star recognition for its 1996 programs in membership and silver stars for legislative, policy development, ag in the classroom leadership development, political effectiveness and insurance activities.

Kensett residents Orin and Aida Knutson were just one of the many couples who danced the night away for "old time's sake" at the Kensett Community Center last Tuesday night during the annual New Year's Eve celebration sponsored by the Kensett Women's Club.

Northwood-Kensett's two leading rebounders, junior center Jon Hickamn and senior swingman Ryan Buehrer, contested this rebound with Lake Mills forward Mark VanGorkom in their 52-48 win over the Bulldogs earlier this season.

10 years ago

January 11, 2012

Mike Ingersoll of Northwood recently retired as a Worth County jailer after 19 years of service to the county. A reception was held for him on January 5 at the Worth County Courthouse. Sheriff Jay Langenbau presented a plaque to Ingersoll stating "… For over 19 years of dedicated service to the Worth County Sheriff's Office and the people of Worth County. December 30, 1992- January 15, 2012."

Last week Northwood-Kensett Junior High students took part in the annual geography bee at the school. This year's competition came down to a close finish. Zach Hengesteg won this year's bee. Hayden Halbach finished second place. Jacob Mix took third place.

Jeff and Susan Greve of Park Ridge, Illinois, are proud to announce the marriage of their daughter, Larisa Greve, to Travis Kruger, son of Neil and Laurene Kruger of Grafton, Iowa. They were married on July 10, 2011, at St. Luke's Lutheran Church in Park Ridge, Illinois.

N-K's Jami Dahlby, who has taken her game to exciting new heights as a senior leader, goes up strong in a sea of Saints for two of her 10 points Friday night in Northwood.

While to some a 1-16 record might not be much to brag about, it is a huge step in the right direction for the younger Northwood-Kensett wrestling team. In the new year that we just celebrated, N-K is 1-5 and is just a break or two from being 2-4 for 2012.

Freshman Colby Bratrud looks to his coaches for some advice while he tries to put his Hampton-Dumont opponent's shoulders to the mat Saturday morning at the Hampton-Dumont Duals. Bratrud could it get the fall but scored a technical fall instead.



Legislators meet with county officials

Worth County officials sat down last week with state and national representatives to discuss issues facing the local government agencies.

Ashley Hinson, U.S. Representative representing Worth County, met with county officials, as well as Jane Bloomingdale, who represents Worth County in the Iowa legislature.

Hinson asked the county officials to discuss some of the issues facing them.

Sheriff Dan Fank said that one of the main concerns for his department is staffing issues.

Hinson asked if recruitment issues were mainly due to pay or benefits.

Fank said that one of the main issues is the outsized duties for a small county. He said that his deputies have to deal with the thousands of visitors to the casino and the traffic that travels through the county on the interstate.

That has only gotten worse in recent years, as State law enforcement hours and patrols have been reduced in the county.

Another issue is that deputies can often find higher pay across county or state borders.

Another major issue shared by Fank is a rise in the theft of catalytic converters, stolen from homes, garages and parking lots. Fank said that the converters are also sold illegally in the county as buyers travel to make the sale.

Fank shared that there has been considerable improvement in regards to mental health services, after the county moved to a region that included fewer counties.

Fank added that is especially true when it comes to dealing with someone with dementia or other mental health issues. Having mental health professionals respond quickly means that law enforcement can leave it in qualified hands.

Worth County Public Health director Jessica Reyerson agreed with Fank's comments, saying mental health service access is much improved.

Emergency management director Mark Tomlinson said that getting supplies has created difficulties.

Tomlinson also said that while there are a lot of grant programs for emergency uses, they often don't apply for the needs of a county with a smaller population.

Reyerson also discussed the difficulties in keeping her department staffed. She said that, while she is currently fully staffed, that has been an issue in the past.

Reyerson said that the pandemic has added more duties and responsibilities for her staff.

Hinson said that she is working in committee to try to figure out where the workforce disappeared to, and how to get people to come back. She said they are working on ways to engage with workers.

Fank said child care is another concern.

Hinson said that they are working on ways to reduce the bottom line costs of child care and ways to better compensate child care workers.

Bloomingdale said that there have been several bills in the Iowa legislature that have worked to address child care issues. She said that she hoped they would progress during the coming session.

Another concern for all those at the meeting was a lack of clarity when it comes to pandemic relief funds.

All the representatives of the county agencies said that they have access to funds, but it is not clear what uses qualify, and if they spend the funds, if they will qualify to be repaid.

Hinson said that has been something she has been hearing from local government officials from throughout her district.

Hinson thanked the county officials for their time and said that her favorite part of the job is the time she gets to spend in Iowa meeting with those that live and serve in the counties she represents.

NFPA encourages removal of Christmas trees, as nearly one-third of Christmas tree fires occur in January

Nearly one-third (30 percent) of U.S. home fires involving Christmas trees occur in January. With this post-holiday fire hazard in mind, the National Fire Protection Association (NFPA) strongly encourages everyone to keep the festive memories and remove the hazards by disposing of Christmas trees promptly after the holiday season.

"As much as we all enjoy the look and feel of Christmas trees in our homes, they're large combustible items that have the potential to result in serious fires," said Lorraine Carli, NFPA's vice president of Outreach and Advocacy. "The longer Christmas trees remain in homes, the longer they present a risk."

Carli notes that fresh Christmas trees, which continue to dry out and become more flammable over time, are involved in a much larger share of reported Christmas tree fires than artificial trees.

According to the latest NFPA winter holiday fire data, 160 home structure fires began with Christmas trees, resulting in two civilian deaths, 12 civilian injuries, and $10 million in direct property damage, on average each year between 2015 and 2019. Overall, fires that begin with Christmas trees represent a very small but notable part of the U.S. fire problem, considering that they are generally in use for a short time each year.

To safely dispose of a Christmas tree, NFPA recommends using the local community's recycling program, if possible; trees should not be put in the garage or left outside. NFPA also offers these tips for safely removing lighting and decorations to ensure that they remain in good condition:

Use the gripping area on the plug when unplugging electrical decorations. Never pull the cord to unplug any device from an electrical outlet, as this can harm the wire and insulation of the cord, increasing the risk for shock or electrical fire.

As you pack up light strings, inspect each line for damage, throwing out any sets that have loose connections, broken sockets or cracked or bare wires.

Wrap each set of lights and put them in individual plastic bags or wrap them around a piece of cardboard.

Store electrical decorations in a dry place away from children and pets where they will not be damaged by water or dampness.

For more information on home fire safety all winter long, visit a winter safety campaign NFPA promotes annually with the U.S. Fire Administration.

Fringe and Lace by Brittany

Winn-Worth Betco spotlight

By Kaylee Schuermann
Winn-Worth Betco marketing assistant

With years of alteration experience, Northwood local Brittany Low began working independently as a seamstress in 2017. By the end of the year, she had turned her business into a formal wear shop named Fringe and Lace by Brittany.

Fringe and Lace By Brittany carries four different designers and six main collections. Low sells dresses for bridal, bridesmaids, mothers and prom, and suits for men.

According to Low, she is particular about the designers she carries. She looks specifically at fabric qualities and construction to ensure quality and reasonably priced products for her customers.

"I don't want to put gowns out that are poor quality, but I don't want them to break the bank either," said Low. "All of the (bridal) gowns in the store range on average $1,200-2,200... I promise you that it is the best quality that is out there."

The business consists of Low, another seamstress and a couple of salespeople. Low said she "couldn't function without them" and claims she and her team are confident in their abilities and proud of their alteration skills.

"It's nice to be able to trust that I will have help and support," Low said. "It's nice that I can be away from the store and not have to worry."

Before starting her business, those around Low had some concerns about whether or not she would be able to run a successful business in a small town like Northwood. Low never doubted that she could do it.

Fringe and Lace By Brittany pulls customers not only from Clear Lake, Mason City and Albert Lea but also from Des Moines, Rochester, Cedar Rapids and other farther-out significant cities.

"I'm bringing the latest and greatest designs that you'll find in big metro areas, but I'm bringing them to Northwood," said Low. "So if you like that kind of boutique, intimate feel, I think that is what made us so unique overall, and probably what has made us as successful as we are too."

Those interested in shopping through Fringe and Lace By Brittany can book an appointment on its website at fringeandlacebybrittany.com.







Supervisors

January 3, 2022
First Day

The Worth County Board of Supervisors met pursuant to adjournment with Mark Smeby and A.J. Stone present, 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: Smeby, Loberg and Stone. Nays: none. Abstentions: none. Absent: None.

Motion by Loberg, second by Stone, carried to appoint Mark Smeby as Chairperson for 2022.

Motion by Loberg, second by Stone, carried to appoint Enos Loberg as Vice-Chairperson for 2022.

Motion by Stone, second by Loberg, carried to approve the January 3, 2022 Agenda as amended.

Motion by Stone, second by Loberg, carried to approve the December 27, 2021 board minutes.

Motion by Stone, second by Loberg, carried to re-appoint Rich Brumm as County Engineer.

Motion by Stone, second by Loberg, carried to adopt a resolution that Rich Brumm is hereby authorized and empowered on behalf of the Worth County Supervisors to execute the certification of completion of work and final acceptance with plans and specifications therefore in connection with all Farm to Market construction projects in the county, adopt a resolution to comply with provisions of the 1970 Uniform Relocation Assistance and Land Acquisition Policies Act as amended by Title IV of the Surface Transportation and Uniform Relocation Assistance Act of 1987; that in accordance with county engineer recommendation, that for secondary road projects, ROW payments be 3 ½ times the 100% valuation, fence removed be $18.00/rod for barbed-wire and $32.00/rod for woven wire, and crop damage to be $950.00/acre for corn and $700.00/acre for all other crops.

Motion by Stone, second by Loberg, carried that the County Auditor be authorized to pay bills during a meeting adjournment:

1. Salaries and payroll previously approved by the board.
2. Insurance payments and unemployment quarterly report payments.
3. Emergency expenses deemed necessary by the County Auditor.

Motion by Stone, second by Loberg, carried to approve drainage claims in the amount of $1,165.69 as per the following schedule:

Century Ag Inc., DD #17/Lat 5, Repairs.....$1,165.69

Motion by Loberg, second by Stone, carried to approve claims in the amount of $10,430.35, as per the following schedule:

Black Hills Energy Inc
Service-Eng 1,171.63
Cindy Thompson
Reimb-Asr..... 109.29
D & L Equipment
Supplies-Con 357.21
Dan Mueller, Reimb-Eng..... 32.92
Electronic Engineering
Service-Shf..... 250.00
Heartland Power Coop
Service-Wat 107.00
Ia State Sheriffs & Deputies Association
Dues-Shf 50.00
Isac, Edu-Asr..... 210.00
J & J Machining Welding & Fabricating
Supplies-Eng 68.00
Joe's Collision & Performance Inc
Service-Shf..... 297.07
Kevin Springer Construction
Service-Gsr 200.00
Larry Elwood Construction
Parts-Eng..... 152.64
Lawson Products Inc
Supplies-Eng 237.29
Mediacom, Service-Gsr 239.95
Plunkett's Pest Control Inc
Service-Gsr 108.16
The Rustic Thread
Supplies-Shf 1,080.00
Trading Post
Supplies-Eng 237.18
Wahltek Inc
Service-911 ..... 4,709.60
Grand Total 10,430.35

Motion by Stone, second by Loberg, carried to approve the Annual Construction Evaluation

RESOLUTION
#2022.01.03.01
CONSTRUCTION EVALUATION RESOLUTION

WHEREAS, Iowa Code section 459.304(3) sets out the procedure if a board of supervisors wishes to adopt a "construction evaluation resolution" relating to the construction of a confinement feeding operation structure; and

WHEREAS, only counties that have adopted a construction evaluation resolution can submit to the Department of Natural Resources (DNR) an adopted recommendation to approve or disapprove a construction permit application regarding a proposed confinement feeding operation structure; and

WHEREAS, only counties that have adopted a construction evaluation resolution and submitted an adopted recommendation may contest the DNR's decision regarding a specific application; and

WHEREAS, by adopting a construction evaluation resolution the board of supervisors agrees to evaluate every construction permit application for a proposed confinement feeding operation structure received by the board of supervisors between February 1, 2022 and January 31, 2023 and submit an adopted recommendation regarding that application to the DNR; and

WHEREAS, the board of supervisors must conduct an evaluation of every construction permit application using the master matrix created in Iowa Code section 459.305, but the board's recommendation to the DNR may be based on the final score on the master matrix or may be based on reasons other than the final score on the master matrix;

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF SUPERVISORS OF WORTH COUNTY that the Board of Supervisors hereby adopts this construction evaluation resolution pursuant to Iowa Code section 459.304(3).

Mark Smeby
Chair, Board of Supervisors
Date: January 3, 2022
ATTEST:
Jacki A. Backhaus,
County Auditor

Motion by Stone, second by Loberg, carried to acknowledge the Compensation Board recommendations.

Motion by Stone, second by Loberg, carried to approve that $14.03 will be the hourly rate paid by the courthouse for 2022.

Motion by Stone, second by Loberg, carried that the Northwood Anchor and Manly Junction Signal be designated the official county newspapers for 2022.

Motion by Stone, second by Smeby, carried to approve $.585/mile as the mileage rate for 2022.

Motion by Stone, second by Loberg, carried to approve the county daily meal reimbursement rate remain at $35/day for 2022.

Chairperson, Mark Smeby recessed the regular session at 8:54 A.M.

Motion by Stone, second by Loberg, carried to open the public hearing of the first reading of Ordinance #08-01-11A – Ordinance to Establish Election Precincts at 9:00 A.M. There was no public comment.

Motion by Stone, second by Loberg, carried to close the public hearing at 9:01 A.M.

Chairperson, Mark Smeby reconvened the regular session at 9:01 A.M.

The third reading of Ordiance #08-01-11A is set for Monday, January 10th at 9:00 A.M.

Motion by Stone, second by Loberg, carried to adjourn at 9:01 A.M. The next meeting of the Board of Supervisors will be Monday, January 10, 2022 at 8:30 A.M.

Jacki A. Backhaus, Auditor
Aaron Stone, Chairperson

NOTICE OF PUBLIC HEARING — PROPOSED BUDGET Fiscal Year July 1, 2022 - June 30, 2023
Worth County Emergency Management Commission

The Emergency Management Commission of the above-named County will conduct a public hearing on the proposed fiscal year 2022/2023 budget as follows:
Meeting Date: 1/27/2022 Meeting Time: 06:20 PM Meeting Location: Worth County Emergency Management Office 99a 9th street North Northwood IA 50459
At the public hearing any resident or taxpayer may present objections to, or arguments in favor of, any part of the proposed budget. This notice represents a summary of the supporting detail of receipts and expenditures on file with the County Coordinator.

		Actual FYE June 30 , 2021	Estimated FYE June 30 , 2022	Proposed FYE June 30 , 2023
BEGINNING FUND BALANCE:	1	53,754	58,928	100,374
REVENUES:				
County Contribution	2	65,326	75,545	75,547
Other Revenues	3	51,753	64,813	71,734
Total Revenues (2+3)	4	117,079	140,358	147,281
EXPENDITURES:				
Administration and Operations	5	79,176	85,643	88,769
Capital Outlays	6	32,729	13,269	57,750
Total Expenditures (5+6)	7	111,905	98,912	146,519
Total Ending Fund Balance	8	58,928	100,374	101,136

NOTICE OF PUBLIC HEARING - AMENDMENT OF CURRENT BUDGET
Worth County Emergency Management Commission
Fiscal Year July 1, 2021 - June 30, 2022

The Worth County Emergency Management Commission will conduct a public hearing for the purpose of amending the current budget for fiscal year ending June 30, 2022

Meeting Date/Time: 1/27/2022 06:15 PM | **Contact:** Mark E Tomlinson | **Phone:** (641) 324-1535

Meeting Location: Worth County Emergency Management Office 99a 9th Street North Northwood IA 50459

There will be no increase in taxes. Any residents or taxpayers will be heard for or against the proposed amendment at the time and place specified above. A detailed statement of: additional receipts, cash balances on hand at the close of the preceding fiscal year, and proposed disbursements, both past and anticipated, will be available at the hearing.

EXPENDITURES	Total Budget as Certified or Last Amended	Amendment Increase	Total Budget After Current Amendment	Reason
Administration and Operations	87,754	0	87,754	
Capital Outlays	20,000	36,470	56,470	Purchase of Diesel Generator with WCDA grant and reserve funds
Total	107,754	36,470	144,224	

NOTICE OF PUBLIC HEARING BUDGET ESTIMATE Fiscal Year July 1, 2022 - June 30, 2023
Worth County 911 Service Board

The 911 Service Board of the above named jurisdiction will conduct a public hearing on the proposed fiscal year budget as follows:
Meeting Date: 1/27/2022 Meeting Time: 07:00 PM Meeting Location: Worth County Emergency Management EOC 99-A 9th Street North Northwood, Iowa 50459
At the public hearing, any resident or taxpayer may present objections to, or arguments in favor of, any part of the proposed budget. This notice represents a summary of the supporting detail of budgeted receipts and expenditures on file with the 911 Service Board Secretary. Copies of the Supplemental Budget Detail will be furnished upon request.

	FYE June 30, 2021 Actual Expenditures	FYE June 30, 2022 Re-Estimated Expenditures	FYE June 30, 2023 Proposed Expenditures	Transfers Out	Estimated Ending Fund Balance June 30, 2023	Estimated Beginning Fund Balance July 1, 2022	Estimated Other Receipts	Transfers In	Estimated Amount To Be Raised By Surcharge
1. Surcharge Fund	62,206	274,520	255,520	0	598,840	755,360	13,000		86,000
2. Operating Fund	0	0	0	0	0	0	0	0	
3. TOTAL	62,206	274,520	255,520	0	598,840	755,360	13,000	0	86,000

Notice

IN THE IOWA DISTRICT COURT FOR WORTH COUNTY IN THE MATTER OF THE ESTATE OF DONALD L. LAU, DECEASED
Probate No. ESPR009299
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTORS, AND NOTICE TO CREDITORS

To All Persons Interested in the Estate of Donald L. Lau, Deceased, who died on or about the 31st day of July, 2021:

You are hereby notified that on the 20th day of December, 2021, the Last Will and Testament of Donald L. Lau, deceased, bearing date of the 21st day of November, 2018, was admitted to probate in the above named court and that Cora C. Lau was appointed Executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred. Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated this 29th day of December, 2021

Cora C. Lau
84420 120th Street
Glenville, Minnesota 56036
Executor of the Estate

Andrew C. Johnston
ICIS Pin No. AT0012303
Laird Law Firm, P.L.C.
11 Fourth Street NE
P.O. Box 1567
Mason City, IA 50402-1567
Attorney for Executor

Date of second publication the 12th day of January, 2022.
1-2t

Notice

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1-2t

Northwood Anchor

Legal

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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
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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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641-324-1364
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802 9th Ave. North
Northwood, Iowa 50459



Freshman sensation Colby Eskildsen makes scoring look easy with two points in the lane last Monday night in Northwood. Eskildsen, who is second on the team with 12.3 points per game, got into foul trouble against the Wildcats, picking up his fourth foul with 4:50 remaining in the third quarter.



N-K's Lamonte Sims drives to the basket for two points in last Monday's 69-61 win over Riceville. Sims usually gets his points driving hard to the basket but on this night, the talented junior splashed four treys, giving him a career high 18 points against the Wildcats.

Young Vikings win three straight, now sit at 3-6 overall

By Mike Simmons
Sports Editor

After picking up its first win of the season right before the Christmas break, beating Central Springs, the Northwood-Kensett boys basketball team continued its winning ways in the new year, beating Riceville and Saint Ansgar before ending the week with a loss to Osage.

Looking to pick up right where they left off before the break, the Vikings came into last Monday's non-conference game with Riceville full of confidence and ended the first quarter with a six-point advantage, 12-6.

The scoring picked up for both schools in the second quarter when they combined for 33 points but the Vikings, who once led in the second quarter by 10, 25-15, nonetheless ended the first half of play with a five-point advantage, leading 28-23 at the halftime break.

Once again leading by 10 points in the third quarter, the Vikings scored eight consecutive points to lead 46-28 and eventually ended the third quarter with a 52-36 lead.

The Wildcats chipped away at the deficit in the fourth quarter, outscoring the Vikings 25-17 in the final eight minutes of play and made a game of it before falling to N-K down the stretch, losing 69-61.

The win gives the Vikings a win in 11 of the last 12 games played between the once Corn Bowl Conference rivals.

Lamonte Sims and Jason Hanson scored 18 points each while Carter Anderson and Kooper Julseth added 13 and 11 points respectively.

The Vikings made it three in a row and two for two in 2022 with a win last Tuesday night over the Saints, giving Northwood-Kensett three consecutive wins over Saint Ansgar after snapping a nine-game losing streak to its rival.

As the score indicates, this was a tight game throughout with neither team holding more than a three-point lead at the end of any quarter. The Vikings led 9-8 after the first, it was tied at 19-19 at the half, the Vikings led 30-28 after three and they held on for the 42-39 win after outscoring the Saints 12-11 in the final eight minutes of play.

Freshman Colby Eskildsen led the team with 11 points and eight rebounds while Sims, Hanson and Anderson all added eight points each.

Last Friday night the Green Devils of Osage continued their dominance over the Vikings with their 14th consecutive win over N-K since joining the Top of Iowa Conference East in 2015.

Compounding a 41-20 halftime deficit, the Vikings were outscored 19-4 in the third quarter, sealing their fate in this game, a 76-38 TIC East loss.

The Green Devil's bench outscored N-K's 24-2 in a game that was decided by 36 points.

With the two wins last week the Vikings are now 3-6 overall and 2-5 in the TIC East.

They had games scheduled for this week on Tuesday at North Butler and Friday at home against Nashua-Plainfield.

TIC East Standings

	TIC East	Overall
Newman Catholic	8-0	10-0
Osage	7-1	9-2
North Butler	4-3	7-4
Nashua-Plainfield	4-4	7-4
Central Springs	3-5	4-6
West Fork	3-5	3-6
Northwood-Kensett	2-5	3-6
Rockford	2-5	5-6
Saint Ansgar	1-6	1-8

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NOTICE

NOTICE: "IOWA'S 75th Anniversary" Rescheduled event at the Bolan Schoolhouse & Cultural Center, 4206 Tulip Lane, Bolan, Iowa. Wednesday, Jan. 26, 2022, 4:30 – 9 p.m. Soups, sandwiches, brownies, ice cream, 53 silent auction items, $5 – $100 values. "Iowa early history – Glaciers to Settlement" 72-min documentary showing at 7 p.m. More info, call 641-903-9472. 2-2t

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Anchor Sports



LAMONTE SIMS

Stat of the Week: *With a lineup that has four players going 6'-4", 6'-4", 6'-4" and 6'-3", you wouldn't expect a whole lot out of the fifth starter who pushes 5'-5" in platform sneakers. But you won't be able to convince Riceville of that after N-K's small but talented point guard, Lamonte Sims, lit up the Wildcats with a career high 18 points in last Monday's non-conference win over Riceville. Sims, who usually dishes out assists (2nd with 1.3 per game) and is averaging just 4.6 points per game, drained 7-12 of his shots, including 4-7 from 3-point range. He also had two steals, one assist and four rebounds while committing just three turnovers.*



MASON THOFSON

Stat of the Week: *Normally, a senior winning the crown at a wrestling tournament might not be breaking news, but when that senior has battled injuries and seen limited time on the mat this season and came into the year with a sub .500 record at 22-24, it is big news. And a big man, N-K's heavyweight, senior Mason Thofson, went wild on the competition last Saturday at GTRA, winning all three matches by fall, including the championship match where he pinned his opponent just 1:26 into the second period. Thofson, who is now 13-2 on the year, has won nine of those matches by fall and has earned his team 54 points this season.*



Coming close on multiple occasions to pinning his opponent, the Vikings' Michael Davis tries one more time to put the shoulders on the mat last Saturday morning at the GTRA Invitational. Davis eventually won the match by fall over Paul Shonka of Central Springs and finished the day with a 1-2 record.



N-K's Drake Tiedemann pins Isaac Van Beek of Boyden-Hull/Rock Valley at last Saturday's GTRA Invitational. Tiedemann won the title at 170 pounds, going 4-0 with four falls. The talented senior is now 26-0 on the year with 16 of those wins coming by fall.

6-13 Vikings crown four champions at GTRA Invitational

By Mike Simmons
Sports Editor

The Northwood-Kensett wrestling team took a little break from dual action after compiling a 6-13 record before the holiday break, competing instead in an individual tournament last Saturday at GTRA, its first action of 2022.

At last Saturday's GTRA Invitational, the Vikings crowned four champions and placed fifth out of 11 teams competing. That included Akron-Westfield, Boyden-Hull/Rock Valley, Central Springs, Garner-Hayfield-Ventura, GTRA, Manson NW Webster, North Union, Northwood-Kensett, OA-BCIG, Sibley-Ocheyedan and West Bend-Mallard.

The Vikings' four champions include Josiah Kliment, who went 3-0 and won his first-place match by fall in just 41 seconds over Ian Kohnen of Manson NW Webster; Drake Tiedemann, who went 4-0, winning all by fall and won his first-place match over Jordan Saul of GTRA; Tyler Mills, who went 3-0 and won his first-place match by fall over Casey Pick of Boyden-Hull/Rock Valley; and Mason Thofson, who went 3-0 and won his first-place match by fall over Cael Moffatt of Akron-Westfield.

Others competing at GTRA for the Vikings were Aden Bice (1-2), Michael Davis (1-2), Trent Tiedemann (2-1 – 5th) and Hayden Moore (0-2).

The Vikings, now 6-13 in duals on the year, will compete against Forest City, Saint Ansgar and G-H-V this Thursday in Forest City and will end the week on Saturday at AGWSR.

Vikings Season (Career) Records – Drake Tiedemann 26-0 (133-22), Kylie Robinson 2-0 (2-0), Tyler Mills 24-2 (80-31), Josiah Kliment 23-3 (113-43), Mason Thofson 13-2 (35-26), Treycen Rollene 4-1 (70-32), Trent Tiedemann 6-2 (6-2), Jessika Ausborn 14-7 (14-7), Dalton Logeman 4-2 (43-40), Michael Davis 17-11 (17-11), Terry Ausborn 9-7 (9-7), Aden Bice 16-17 (16-17), Michael Janssen 7-9 (18-50), Hayden Moore 11-15 (39-55), Thomas Rodemeyer 3-6 (3-6), Noah Woltzen 3-8 (3-8), Aaron Davis 1-3 (1-5), Chaz Cummins 5-16 (5-16), Marisa Halbach 1-4 (1-4), Christopher Madsen 2-9 (3-10), Hadley Buenzow 0-4 (0-4)

In search of an identity Lady Vikings lose seven of last eight games

By Mike Simmons
Sports Editor

In search of its identity, the Lady Vikings of Northwood-Kensett lost all three games played last week and have now lost seven of the last eight games played, having not won since a December 22nd win over Central Springs.

Starting 2022 winless after losing to Riceville, Saint Ansgar and Osage, the Lady Vikings are in search of their identity – are they an inside scoring team, an outside shooting team, a balanced scoring team or do they rely on a few solid players while the rest are supporting actors?

Until the team figures this out, they'll continue to suffer losses like they did last Monday night to non-conference rival Riceville. The Lady Vikings fell behind 9-0 to start the first eight minutes of play and despite some improved play throughout the game, N-K never really managed to make a run against the Wildcats, trailing 27-12 at the half before finally falling 41-29.

N-K is 21-5 against the Wildcats since 2006 but Riceville has been on a roll lately, winning two in a row and three of the last four games against its former Corn Bowl Conference rival.

Senior Emma Davidson led the team with eight points while Madalynn Hanson and Chloe Costello for 10 points, three steals, six assists and 12 rebounds in the non-conference loss.

In last Tuesday night's game against Saint Ansgar, the Lady Vikings drained the same number of field goals as the Saints and even hit five more 3s than their opponents, but the big difference in this narrow 47-43 loss was the charity stripe, where the Saints drained 13 of 21 while N-K managed just 4 of 7, directly leading to the four-point deficit.

The loss to the Saints last Tuesday is the ninth loss in a row for the Lady Vikings against their Top of Iowa Conference East rival.

Senior Carly Hengesteg led the team with 10 points, while sophomore Ella Leonard added eight points and two rebounds.

After losing to Riceville and Saint Ansgar, two teams that the Lady Vikings could have and should have beaten, they started last Friday's game against 3A's Osage on a high note, holding the Green Devils to just five first quarter points.

But after that nice defensive start, N-K lost ground in the second quarter and was looking at a 21-9 deficit to start the third quarter of play. In the third, the Lady Vikings hung with Osage, ending the third even with the Green Devils at 11 points each but still trailing by 12, 32-20 heading into the final eight minutes of play, eventually losing by 17 points, 45-28. The Green Devils are now 13-0 against N-K since joining the TIC East in 2015.

With the three losses last week the Lady Vikings are now 3-7 overall and 2-5 in the TIC East.

N-K's games this week included Tuesday at North Butler and Friday versus Nashua-Plainfield.

TIC East Standings

	TIC East	Overall
Osage	7-1	8-3
Saint Ansgar	6-1	7-3
West Fork	6-2	7-3
Central Springs	4-3	6-4
Nashua-Plainfield	4-4	7-5
Newman Catholic	3-4	3-8
Northwood-Kensett	2-5	3-7
North Butler	1-6	1-10
Rockford	0-7	1-10



N-K senior Carly Hengesteg puts up a running jumper in last Monday's non-conference loss Riceville. Hengesteg scored four points on 2-10 shooting from the field.



Sophomore Chloe Costello attempts a long-range jump shot in last Monday night's 41-29 non-conference loss to the Wildcats. Costello went 0-4 from 3-point range but sank 3-10 from the field and scored six points in the loss.

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