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The Northwood Anchor

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From online, to Canada, to Northwood, Girouards appreciate what makes each other unique

By JoAnn Lower

Fred and Amanda could not have been more different. He was a city kid from Mississauga, a suburb of Toronto, Canada – population 800,000. She was a farm kid from Glenville, Minnesota – population 600.

"We met online before people met online. People didn't think our marriage would last."

So how'd they get to know each other? Fred visited Amanda's home in Glenville a couple of times. After that, Amanda moved to Canada and spent a year at Fred's parents' home. "His Mom and Dad welcomed me with open arms, and over the years both our families have been really supportive."

"We are quite opposite, something I struggle with, but that's what I like about Fred. He takes me out of my comfort zone and brings a lot of adventure to my life. He's a do-it-yourselfer, always thinking up new projects – not finishing one. I never know what he'll think of next."

"We laugh, we have fun," said Fred. "Our marriage is all about patience and humor."

The couple was married on September 10, 2000, in Albert Lea. They have four sons: Abner, Silas, Iver and Martin.

Abner is employed full time in the Tech Department at Target in Mason City. Silas, a senior in high school, is thinking of becoming a nurse; Iver, a sports enthusiast, is in the eighth grade; and Martin, a fourth grader, has written a book about how he wants to become a farmer and drive a John Deere.

Fred works at Walmart as a certified service technician in the Auto Center and serves on the board at the Community Center. Amanda works as curator at the Worth County Historical Society and volunteers at the Community Center.

Before the couple was married, Fred applied to become a U.S. citizen. Fifteen years later at a ceremony held in Des Moines his citizenship was granted. As Fred had previously worked for the State of Iowa, a reception followed with a tour of the judicial

Girouards, see Page 3



Briefs

Legislative forum set for Saturday

Legislators representing Worth County will hold a forum to speak with and answer questions from the public this Saturday, February 12.

Iowa Senator Waylon Brown and Iowa Representative Jane Bloomingdale will be at the Joice Community Center, 106 Main Street, from 9-10 a.m. this Saturday, February 12.

The forum is sponsored by Winn-Worth Betco and is open to the public.



N-K student performances upcoming

Northwood-Kensett students will share their talents with concerts coming up later this month and to start the next.

On Monday, February 28, the Junior High Variety Show will be held.

POPS LIV, with a theme of "Just Dance!", will be held on Friday, March 4.

More information on the performances will be shared in future issues of the Anchor.



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

Date	Hi	Lo	Prec.
Tues. Feb. 1	35	5	
Wed. Feb. 2	5	-3	
Thurs. Feb. 3	2	-13	
Fri. Feb. 4	10	-13	
Sat. Feb. 5	26	-6	
Sun. Feb. 6	28	0	
Mon. Feb. 7	14	-4	

Worth newspaper archive resource available online

Those looking for ways to have a blast from the past, or find more information about the history of their family or their community, can now do so with an online look at Worth County newspaper archives, made possible through the Worth County Historical Society.

The new resource has been in the works for some time.

"I've been trying to get the papers online for years," said Amanda Girouard, from the WCHS.

Through her work with the WCHS, researching for the society and for others that would contact her, Girouard would often turn to the microfilm archives available in community libraries.

However, with the onset of the pandemic, and libraries closed, that research resource was unavailable.

"Other people were con

Newspaper, see Page 2


The Northwood Anchor.

VOL. XI. NORTHWOOD, WORTH COUNTY, IOWA, TUESDAY, JULY 9, 1895. NO. 1.

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Chamber hosts Valentine's contest

The Northwood Chamber of Commerce will once again hold a contest to share a variety of prizes to make a special Valentine's Day for one local winner and their loved one or loved ones.

Prizes include a stay at the Country Inn & Suites, dinner for two at Tequila's Mexican Bar & Grill, two movie tickets at the Northwood Theatre, flowers from the Flower Forager, a bottle of champagne from Shade Tree

Valentine, see Page 2

School calendar hearing Monday

At its regular meeting on Monday, February 14, the Northwood-Kensett Board of Education will hold a public hearing to discuss the proposed calendar for the 2022-2023 school year.

The school year begins with registration on August 10. Teachers begin their inservices, preparing for the school year, on August 15. For students, the school year will begin on Tuesday, August 23, the earliest weekday allowed by state law this year. Preschoolers will begin the following Monday.

The first quarter ends on October 24.

The winter break will begin on Wednesday, December 23, 2022, and last through Monday,

School, see Page 2

Missing Charlie, a special canine companion

By JoAnn Lower

For Becky

"No thanks. That's a nice offer, but my Border collie died four days ago. My heart just isn't ready for another dog."

Twenty minutes after I called my brother Don, he pulled into my driveway. "Your friend Becky just offered you a 5-month-old Yorkiepoo? Maybe you don't want the puppy, but we're going to go see it anyway."

Becky and Brian, surprised to see us, took us on a tour of their beautiful acreage. Camels, kangaroos and cattle that looked like they'd just stepped from the pages of a Harry Potter novel were fascinating. But it was something bouncing through the tall grass that caught my attention. A puppy, his soft grey hair with a few cockleburs, was following me.

"He's yours if you want him," Becky smiled. Before I could object, Don thanked her and packed the puppy and me into the front seat of his pickup. "This little guy is going to be your best buddy," he said.

My buddy? Chewed shoes, sharp teeth and cleaning up messes do not a best buddy make. Yet, when he looked up at me with his intelligent, trusting eyes, he slowly began working his way into my heart. I named him Charlie.

Nearly every day I visited my mom at the nursing home. Thinking she might enjoy a visit from my new puppy, I tucked the six-pounder into my purse. She loved him, so every afternoon at 2:00 Charlie and I went to visit Grandma.

After a few visits, he wanted to meet everyone. Up and down the halls he went, stopping at each person's doorway to say "hello." A trained therapy dog, he wasn't. A comfort dog he was.

Quiet and well behaved at the nursing home, Charlie was quite the opposite when people visited us at home. Their comments brought mixed reviews. Some enjoyed his wanting to snuggle, others were

Charlie, see Page 2



Vikings advance to districts — See Sports Page 12

Iowa tourism industry showcases benefits of tourism

Iowa tourism supporters hosted their annual Tourism Showcase at the Iowa State Fairgrounds on Tuesday, February 1. Iowa communities, attractions and organizations participated in the event, which highlights the importance of tourism to Iowa's economy and economic development efforts.

Norlyn and Jean Stowell were among other tourism leaders who visited with legislators to thank them for their past support of tourism development and promotion. In its 26th year, the showcase is hosted by the Travel Federation, a statewide, grassroots organization dedicated to growing Iowa's tourism industry.



Senator Waylon Brown and Representative Jane Bloomingdale at the Travel Federation of Iowa's annual showcase

"Tourism in Iowa is a major contributor to the state's economy," said Anne Drannen, President of the Travel Federation of Iowa. "Visitor spending infuses new money into local economies, and tourism highlights the unique assets that make Iowa a great place to visit, work, or start a business."

Tourism is a revenue generating industry. In 2020 visitors spending totaled $4.6 billion in Iowa, supported 60,218 jobs and generated $864 million in state and local taxes according to the Economic Impact of Visitors in Iowa 2020, Tourism Economics.

Charlie
Cont. from Page 1

quite annoyed at his friendly exuberance.

When it was just the two of us, he slept beside my desk while I worked. He loved our walks through the fair grounds and going for car rides. He enjoyed his baths, loved his cat sister Mindy and in the backyard quickly learned "no bark."

One stormy summer night, thunder cracking and lightning filling the skies, I woke to see my terrified dog shaking in his bed. I picked him up, and every night from then on he slept cuddled next to me. I can't tell you when I fell in love with him, but once I did there was nothing like it.

The day my vet discovered 7-year-old Charlie to be diabetic came as a jolt. Giving him two shots of insulin a day was a learning experience for both of us, but somehow we managed to keep the disease under control. The next two years we played and went for walks just like before. I cooked his meals and we watched the Nature Channel on TV.

Two months after his ninth birthday my best buddy was admitted to the hospital. Four days later I sat cuddling him in my arms, tears streaming down my face. "I love you Charlie." Looking up at me in that understanding way of his, my Charlie quietly passed away.

His favorite collar still hangs on a hook, his picture on my piano. How I miss him waiting at the door for me; his pure excitement told me that I mattered.

I still imagine him walking into the kitchen to see what's for supper, or to ask for his favorite treat. Sometimes in the middle of the night I sense his presence at the foot of my bed.

Maybe someday I'll open my heart again to another of God's beautiful creatures. My house just doesn't feel like home without the unconditional love of a dog.

Newspaper
Cont. from Page 1

tacting me to find information for them. I was frustrated," Girouard said of her inability to help without access to the library resources.

Girouard said that the light bulb went off when she considered what other communities had done by applying for grants to have their newspaper archives scanned and made available online.

Girouard turned to the Advantage Archives, a service that the WCHS had previously worked with to put 10 years of Anchor archives online.

The company works to archive accounts of history and make them available and accessible. For many communities, like those in Worth County, the accounts of history are recorded in their community newspapers. The company works with newspaper publishers and groups that preserve and share history in their community, like the WCHS.

Girouard contacted the company and gathered the information to apply for two grants to the WCDA, which she received in November 2021. The WCHS received a grant for $9,860 to place Northwood newspapers online and a grant for $8,265 to to make other Worth County newspapers accessible as well.

While the project isn't quite finalized, newspaper resources for Worth County are currently available on the website.

"I am still waiting for confirmation that everything is done, but I have had several people calling from far away for research that I have been giving the website out to them. I thought it was only fair to let the people of Worth County know it was out there and available and free!" Girouard said of the resource that has been made possible.

Worth County newspapers on the site include the Northwood Pioneer (1875-1878), the Worth County Eagle (1881-1884), the Worth County Index (1888-1946), the Northwood Anchor (1895-2014), the Kensett News (1897-1921), the Kensett News and Manly Chronicle (1912-1916) and the Manly Signal (1918-2003).

The Worth County resources can be found for free online at worth.advantage-preservation.com.

The website allows people to examine the newspaper archives by searching for people, places and events in specific time frames; looking at archives by year; looking through each publication's archives; and in other ways.

While viewing a page, people can search, crop and download the entirety or a portion of the page. The page viewing features also include sharing cropped segments on social media, printing clippings and other options.

Northwood man arrested following highway collision

A head on collision while driving in the wrong lane, and drunk driving charges led to the arrest of a Northwood man last week.

According to a press release, the Cerro Gordo County Sheriff's Office responded to an accident involving two vehicles at approximately 10:16 p.m. on January 3.

According to the release, Tyler Litwiler, 29, of Northwood, was driving north on Highway 65 when he crossed the centerline and struck a vehicle driven by Michael Snook, 58, of Mason City.

Both drivers had to be extracted from their vehicles and were taken to MercyOne North Iowa by ambulance with serious injuries.

A passenger received moderate injuries and went to the hospital in a personal vehicle.

Court documents showed that deputies on the scene reported the scent of alcohol on Litwiler, who admitted to drinking two beers. His injuries at the scene prevented a field sobriety test.

A blood alcohol test was obtained later, showing a blood alcohol level of 0.109.

A warrant for Litwiler's arrest was issued on January 28, on charges of going 60 mph in a 55 mph zone and driving on the wrong side of the highway. He was also charged with felony serious injury by vehicle.

Litwiler was apprehended in Worth County on February 1.

Northwood man sentenced for drunk driving incident

A Northwood man has been sentenced after an August 2021 pursuit and arrest on drunk driving charges.

According to court records, Jalin Jamall Davis, of Northwood, was arrested on August 21, 2021. He was reportedly seen driving north on Highway 65 after 8 p.m.

Davis crossed the center line, went into a ditch and continued onward before nearly hitting a parked deputy's vehicle. After the near collission the deputy began a pursuit, during which Davis exceeded 85 mph before he parked at a Northwood home.

Davis was handcuffed and put in the back of the patrol car, but got his hands in front of him and escaped the vehicle and tried to flee but was taken into custody again.

A breath test at the time showed a blood alcohol level of .239, nearly three times the legal limit.

Davis pleaded guilty to eluding and a first offense operating while intoxicated charge.

He was sentenced to four days in jail and a fine of $1,250.

Kensett father, son to stand trial for snowmobile theft

Two men charged with theft of a snowmobile have pleaded not guilty and will stand trial in March.

Deryck William Leitner, Sr., 48. and his son, Deryck William Leitner, Jr., 24, have been charged with the theft of a snowmobile and trailer, as well as altering or changing their identification numbers.

On December 13, Garner police reported a stolen snowmobile and trailer. The items were later found at a residence in Kensett.

The snowmobile was found with its VIN (vehicle identification number) ground down and a grinder nearby.

Leitner Sr. was charged with second-degree theft, changing the vehicle identification numbers, obstructing prosecution and third degree theft. Leitner Jr. was charged with second degree theft and third degree theft.

They have pleaded not guilty and are scheduled to stand trial in Worth County District Court on March 30.

Annual memorial bowling tournament this weekend

This Friday and Saturday, February 11-12, a tournament will be held to raise money to support those battling cancer, in memory of two community members, and avid bowlers, affected by the disease.

The fifth annual Dave Waters and Alex Ritzert Memorial 9 Pin Tournament will be held at Strike Zone in Northwood this Friday and Saturday, February 11-12.

There will be several shifts held in the tournament, with one this Friday, February 11, at 7 p.m. and four this Saturday, February 12, at 11 a.m. and 1:30, 4:30 and 7 p.m.

The tournament will be held by standard 9 pin rules, with prizes for the top five teams.

The tournament will also include a silent auction and bake sale, held on Saturday.

Proceeds from the event will be split between the 2021 Relay For Life of Worth County and Another HERO, which helps offset medical and living expenses for those undergoing treatment for cancer.

Those interested in taking part in the tournament may contact Tracy McCoy at 507-319-8032, the Strike Zone at 641-324-2749 and for those that would like to donate to the bake sale, Donna at 641-390-1133.

School
Cont. from Page 1

January 2, 2023.

The first semester will end on January 6. The third quarter ends on March 9.

Spring break in 2023 will take place from March 13-17.

The class of 2023 will graduate on May 14.

The second semester and the school year will end on May 19, as currently planned.

The calendar includes 177 days in the classroom, with 1,135.70 hours. Iowa districts are required to offer 1,080 hours, meaning there is some space, 55.7 hours, in the calendar for snow days, late starts and early dismissals.

The regular meeting on Monday, which begins at 7 p.m. in the secondary media center, will include the public hearing on the school calendar, beginning at 7:30 p.m.

Comments can be given at the public hearing, submitted in writing or via email tomcrozier@nkvikings.com.

Valentine
Cont. from Page 1

Liquors, a box of chocolates from Fallgatters, a chocolate cake from Fat Jill's and a custom wine bag from Quality Quilting Service.

Those interested can sign up at several local chamber members. That includes CarQuest Auto Parts, Northwood Anchor, Kelly Hardware, Shade Tree Liquors, Tequila's Mexican Bar and Grill, Knudtson Auto and the Northwood Theatre.

The drawing will be held tomorrow, Thursday, February 10. Winners will be contacted after the drawing.

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An addition to last week's Century of Service section:

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Girouards
Cont. from Page 1

building. "Exciting day for the whole family!"

Fred had never been around animals. Amanda has always loved them. On their acreage outside Northwood are two potbelly pigs, four goats, two ducks, 10 chickens and an Irish Dexter cow. Their turkey Leif Erickson passed away (of natural causes) on Thanksgiving Day. A German shepherd, two rabbits, a chinchilla and a plethora of cats complete the picture. Amanda does the chores. "The acreage is my happy place."

The Girouards attend church at Deer Creek Valley, the church Amanda's great-grandfather helped build.

In the kitchen Amanda enjoys making rommegrot and all things Norwegian, while Fred enjoys cooking something that's become a family favorite: poutine (French fries and cheese curds topped with gravy).

Amanda describes herself as being practical. "I don't need gifts." This Valentine's Day she already knows what to expect. "Fred will give me the same card he gives me every year. It says: To Wife. Love, Fred."





Governor announces expiration of proclamation, COVID data reporting

From the Iowa Governor's office:

Iowa Governor Reynolds signed the final extension of the state's Public Health Disaster Emergency Proclamation today, announcing it will expire at 11:59 p.m. on Tuesday, February 15, 2022.

The proclamation was first issued in accordance with the Governor's executive authority on March 17, 2020, to enable certain public health mitigation measures during the state's response to the COVID-19 pandemic. Over time, it included hundreds of provisions assembled in the midst of an emergency to quickly address a pandemic the nation knew little about. Today, the remaining 16 provisions focus primarily on lingering workforce issues exacerbated by the pandemic that are best addressed outside of emergency executive powers.

The State of Iowa is working with stakeholders in an effort to address pervasive workforce issues through more permanent solutions like legislation, rule changes and grant programs.

"We cannot continue to suspend duly enacted laws and treat COVID-19 as a public health emergency indefinitely. After two years, it's no longer feasible or necessary. The flu and other infectious illnesses are part of our everyday lives, and coronavirus can be managed similarly," stated Gov. Reynolds. "State agencies will now manage COVID-19 as part of normal daily business, and reallocate resources that have been solely dedicated to the response effort to serve other important needs for Iowans."

The expiration of Iowa's Public Health Disaster Emergency Proclamation will result in operational changes related to the COVID-19 response. The most noticeable change will be how data is reported publicly. The state's two COVID-19 websites, coronavirus.iowa.gov and vaccinateiowa.gov, will be decommissioned on February 16, but information will remain accessible online through other state and federal resources.

"While our COVID-19 reporting will look different, Iowans should rest assured that the state health department will continue to review and analyze COVID-19 and other public health data daily, just as we always have," stated Kelly Garcia, director of the Iowa Department of Public Health (IDPH). "The new format will include data points that Iowans are used to seeing, but moves us closer to existing reporting standards for other respiratory viruses. This new phase also assures that our teams, who have been deeply committed to the COVID-19 response, can return to their pre-pandemic responsibilities, and refocus on areas where the pandemic has taken a hard toll."

IDPH will report relevant COVID-19 information weekly on its website, similar to how flu activity is reported. Data will include positive tests since March 2020 and in the last seven days, cases by county, an epidemiologic curve, variants by week and deaths since March 2020. Vaccine information, including total series and boosters completed, demographics for fully vaccinated Iowans, and vaccination by county, will also be reported. Aligning the agency's reporting processes will create greater efficiency for its staff while continuing to provide important information to Iowans. The new report will be available starting February 16 at idph.iowa.gov.

The State of Iowa and its health care providers will also continue to report COVID-19 data as required by the Centers for Disease Control and Prevention (CDC). The CDC's COVID Data Tracker reports state-level data for cases, deaths, testing, vaccination and more. The site is available at coronavirus.gov or covid.cdc.gov/covid-data-tracker.

The State Hygienic Lab will continue to operate the Test Iowa at Home program. As testing supply increases and more options for self-testing become available, the state will reassess the need for the program. For more information or to request an at-home test, visit testiowa.com.

States are not required to have a disaster proclamation in place to be eligible for federal coronavirus-related funding or resources. Iowa will continue to receive vaccine and therapeutic allocations as normal after the proclamation expires.

Northwood Chamber of Commerce

Valentine's Day Drawing

Sign Up for the Drawing at:

CarQuest Auto Parts, Northwood Anchor, Kelly Hardware, Shade Tree Liquors Tequilas Mexican Bar & Grill, Knudtson Auto and Northwood Theatre

Drawing held on Thursday, February 10

Winners will be contacted

Prizes Include

- A Night stay at Country Inn & Suites
- Dinner for 2 at Tequilas Mexican Bar & Grill
- 2 Movie Tickets at Northwood Theatre
- Flowers from Flower Forager
- Bottle of Champagne from Shade Tree Liquors
- Box of Chocolates from Fallgatters
- Chocolate Cake from Fat Jill's
- Custom Wine Bag from Quality Quilting Service







Northwood Anchor

Northwood

Worth County 4-H State Capitol virtual Legislative Day on February 9,

The Worth County Extension Service is participating in a legislative day from 9:30 a.m. to 3:30 p.m. on Wednesday, February 9.

Worth County 4-H members will be observing the House and Senate in session, listening to speakers and attending workshops at the Des Moines Botanical Gardens.

Those coordinating the trip are Kimberly Bode, Worth County Extension 4-H Youth Leader, and Dennis Johnson, Worth County Extension Education Specialist.

MSU Mankato names Fall Semester Dean's list

The Academic High Honor and Honor lists (Dean's lists) for the past fall semester at Minnesota State University, Mankato have been announced by interim Provost and Senior Vice President for Academic Affairs Brian Martensen.

Among those on the lists honored was Erika Hertel, High Honor List, of Northwood.

Among 3,655 students, a total of 1,054 students qualified for the High Honor List by achieving a 4.0 straight "A" average, while 2,601 students earned a 3.5 to 3.99 average to qualify for the Honor List.

To qualify for academic honors, undergraduate students must be enrolled for at least 12 credit hours for the semester.

MercyOne experts share differences in heart disease for women

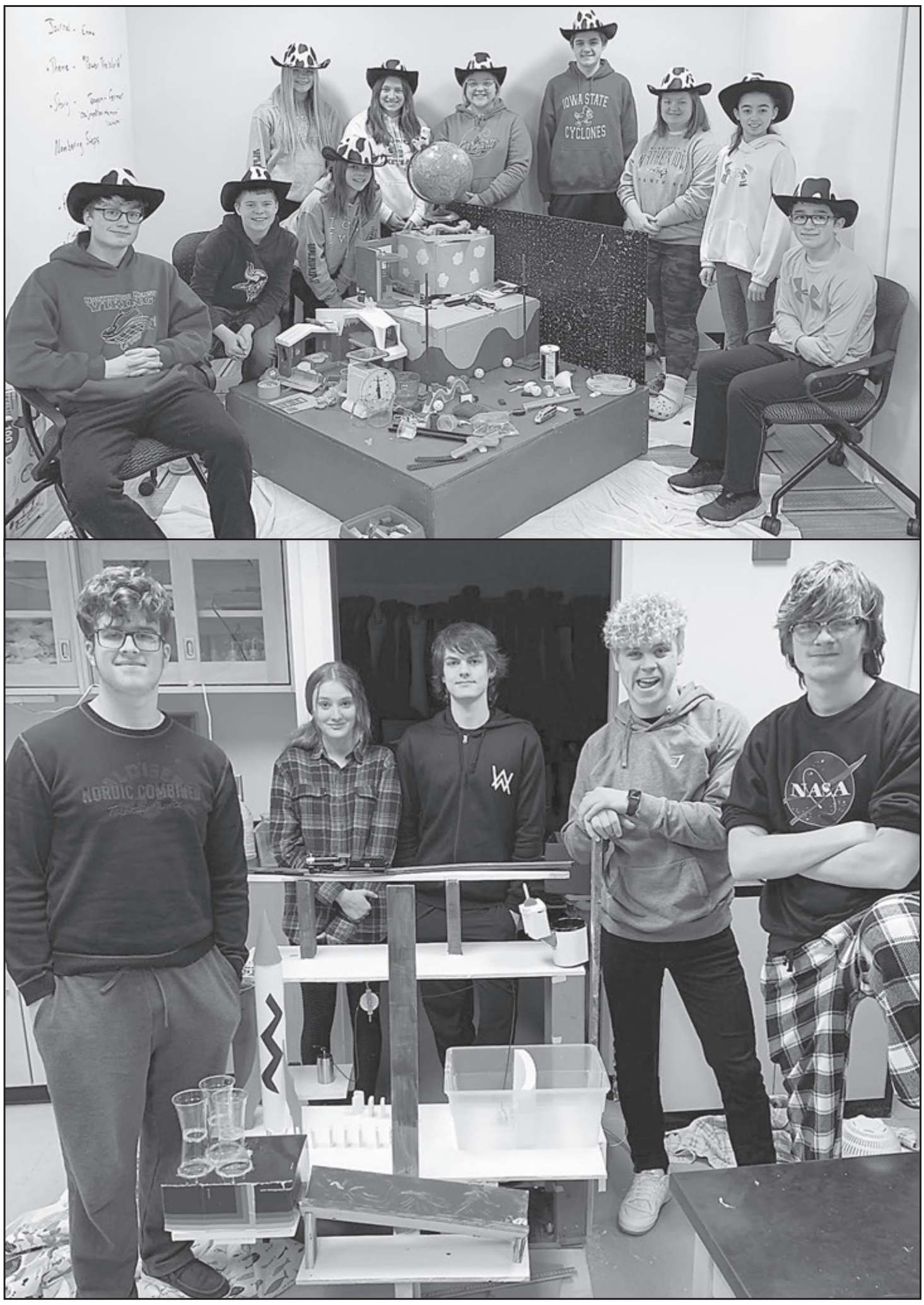
According to the American Heart Association, more than one in three women is living with some form of cardiovascular disease. For women, heart disease is deadlier than most cancers combined! Heart disease and stroke cause one in three deaths among women each year.

As the region's only comprehensive heart care program, heart disease is top of mind at MercyOne North Iowa Heart Center. "A common misconception is that younger individuals have a lower risk for heart attacks but unfortunately we have been seeing more and more women in their early 30s having heart attacks," said Dr. Denisa Hagau. "Usually these patients have uncontrolled diabetes, elevated cholesterol and may or may not be smoking. There are many things in life that you can't control but you can control your risk of heart disease."

While traditional risk factors for heart disease affect everyone, there are other factors that can play a role in the development of disease in women. Heart disease risks include:

- Family history of early heart disease
- After menopause, estrogen production decreases and can lead to significant risk
- Diabetes
- Smoking
- High blood pressure

"Know your risk factors and talk to a health care provider to formulate an individual plan to reduce your risk of developing heart disease," said Dr. Hagau. "Doing this will help yourself and your family."



Thats the Rube

Students at Northwood-Kensett are once again competing to make complicated contraptions with the 2022 Rube Goldberg contest, which will be held in St. Ansgar this Monday, February 14. The theme this year is "Power Up the World." N-K will have two teams competing at the event. That includes members of the N-K Math Club, (pictured above, from left) Christopher Madsen, Weston Willand, Chloe Costello, Madalynn Hanson, Emma Davidson, Teagan Johnson, Kenny Conlin, Kinley Stambaugh, Ariah and Kale Bode; and students in the Physics class, Joh Meksi, Hailee Schmitt, Eli Mix, Josiah Kliment and Aaron Davis.

Worth County Fair Organizational meeting set for February 10

The Worth County Fair 4-H Club leaders, fair board members, fair superintendents and 4-H committee members will be meeting to make plans for the 2022 Worth County Fair on Thursday, February 10, at 8 p.m. at the fairgrounds Community Room in Northwood.

The meeting will be held to set schedules, finalize show plans and announce any new improvements for this summer's 2022 Worth County Fair, which is on Wednesday, June 15 to Sunday, June 19. The Fair will conclude on Monday night with the annual Junior Livestock Ribbon Sale, June 20.

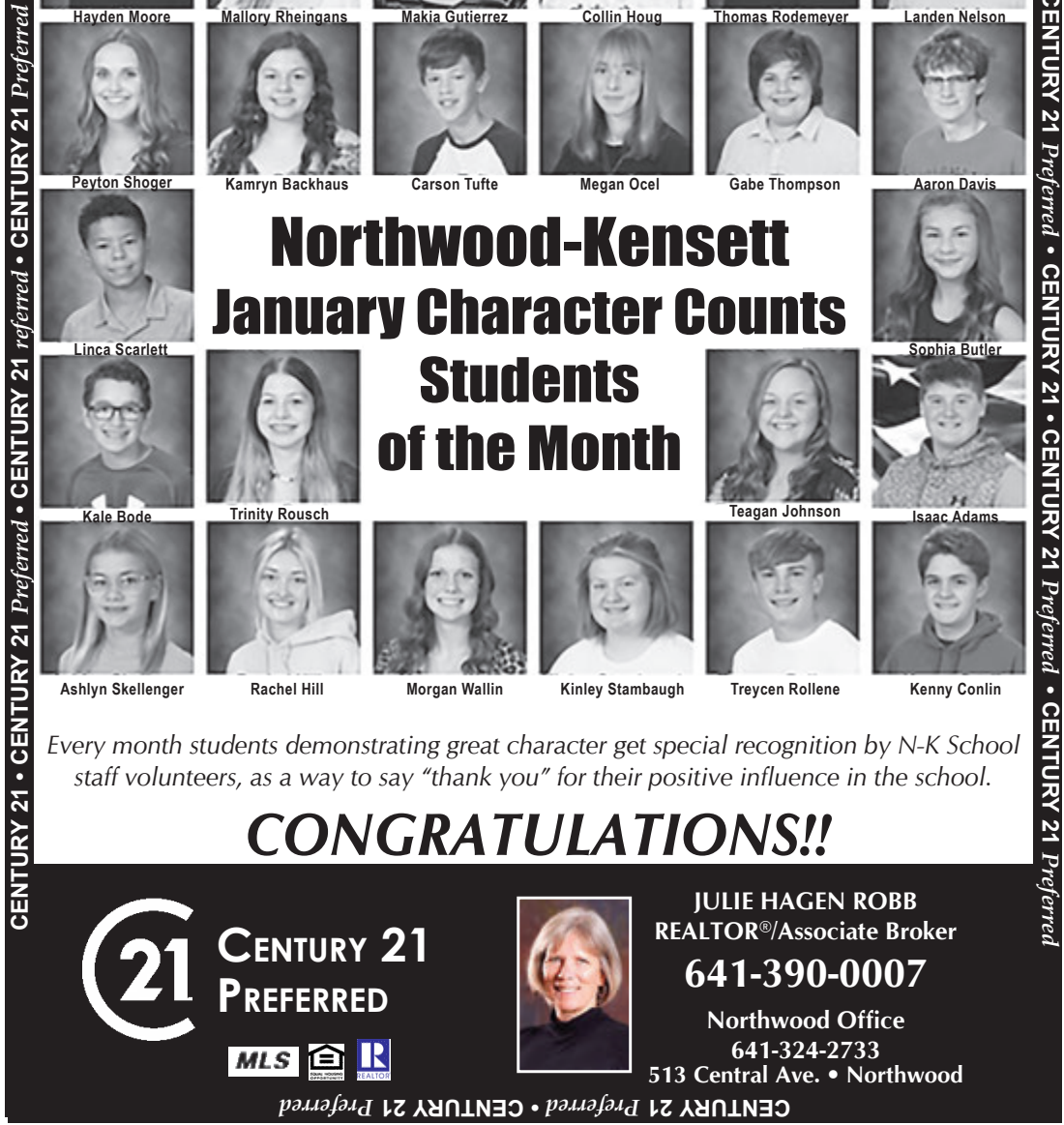
More information about the meeting is available by calling Dennis Johnson, Worth County Extension, at 641-324-1531 in Northwood or emailing him at djohn@iastate.edu.

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Iowa Department of Public Health recognizes National American Heart Month

From the Iowa Department of Public Health:

The Iowa Department of Public Health (IDPH) is recognizing February as American Heart Month. Heart disease can lead to heart attack, stroke, heart failure, and death. It is the leading cause of death in Iowa and nationwide.

High blood pressure, high blood cholesterol and smoking are three key risk factors for heart disease, which can all be controlled and managed. According to the Centers for Disease Control and Prevention (CDC), about half the people in the United States, 47%, have at least one of these three risk factors.

Heart disease and stroke accounted for nearly one in four deaths in Iowa in 2020. Since lifestyle plays a significant role in heart health, making small changes can make a huge impact on health.

The CDC recommends seven strategies to live a heart-healthy lifestyle and reduce your risk of heart disease:

Learn Your Health History

Eat a Healthy Diet

Move More, Sit Less

Quit Smoking

Take Medicines as Directed

Rethink Your Drink

Monitor Your Blood Pressure at Home

For more about the CDC Seven Strategies, visit www.cdc.gov/heartdisease.

IDPH is working to reduce Iowa's heart disease and stroke mortality and morbidity through awareness and programming for Iowans, including the Heart Disease and Stroke Program, the Iowa Care for Yourself WISEWOMAN Program and the Million Hearts Program.

IDPH recommends talking with your healthcare provider about your risk for heart disease.

Freeze time with your favorite fishing buddy this winter

From the Iowa DNR:

If you've never gone ice fishing before, it's time to get in on the fun. Bundle up the family and enjoy some of the best fishing experiences of the year.

"It's a thrill to walk out on a frozen lake or pond and fish through the ice," said Joe Larscheid, chief of fisheries for the Iowa Department of Natural Resource. "If you are new to ice fishing, go with someone who has experience and equipment to use."

Iowa lakes are full of bluegills, crappies and other panfish. Lakes in northern Iowa will also have yellow perch and walleye.

Check the weekly DNR fishing report (www.iowadnr.gov/Fishing/Fishing-Reports) for ice conditions across Iowa before going out. Smaller bodies of water usually freeze faster and thicker than larger lakes or river backwaters, which often have a warmer current moving through.

At a minimum, four inches of clear ice is recommended for fishing. Ice with a bluish color is safer than clear ice.Avoid any ice that is covered by snow or slush. Keep your eyes open for any cracks or changes on the surface of the ice. Rocks, trees, docks or other things that poke through the ice will conduct heat and make the ice around it less stable. If the ice does not look right, find a different spot.

Ice conditions change constantly and its thickness can vary across the lake. Drill test holes near shore and as you move to measure the thickness and quality of the ice. Don't go out alone and always let someone else know where you will be and when you expect to return home.

Use the DNR's online maps of the lake you are going to fish to find edges of creek channels, fish mounds, brush piles and rock piles that likely hold fish. Printable maps and the online Fishing Atlas are available on the DNR website at www.iowadnr.gov/Fishing/Fishing-Maps.

Dress warm, have fun, and stay safe on the ice this winter. Find more ice fishing tips on the DNR website at www.iowadnr.gov/icefishing.

Ready to read

Pictured below are students in Northwood-Kensett Elementary classrooms that showing off and reading the latest round of free books that they received courtesy of community donations. Beginning last fall, every student at the elementary school has received a free book once a month thanks to donations from community business, groups and families. This month, the books were made possible by Larry and Jodi Porter











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

February 9 – Worth County 4-H State Capitol Legislative Day at State Capitol, Des Moines, Iowa, 9:30 A.M. to 3:30 P.M. with Kimberly Bode, Worth County Extension 4-H Youth Coordinator, Dennis Johnson, Worth County Extension Education Specialist

February 10 – Worth County 4-H e-StaffMeeting at Adobe Connect Virtual Meeting, 9 A.M. with Kimberly Bode and Dennis Johnson

February 10 – Worth County NRCS Soil and Water Planning Meeting at Virtual Zoom Session, 9 A.M. with Becky Hanson, Worth County NRCS District Director and Dennis Johnson

February 10 – Worth County Fairboard Meeting at Worth County Extension Office Community Room (Fairgrounds), 6 P.M. with Dennis Johnson

February 10 – Worth County Fair Livestock Organizational Meeting at Worth County Extension Office Community Room and Virtual Zoom Connection, 8 P.M. with Dennis Johnson

February 13 – Green Shmmocks 4-H Club Meeting at Kensett Community Center, 2 P.M. with Teresa Butler and Heather Rheingans, 4-H Club Leaders

February 14 – ISU Extension "Second Monday Live" at Virtual Zoom Meeting, 1 P.M. with John Lawrence, Vice-President, ISU Extension and Outreach and Dennis Johnson

February 15 – Worth County Extension Council Meeting at Worth County Extension Office Community Room, 7 P.M. Budget Hearing at 7:15 P.M. with Dennis Johnson, Donovan Olson, Region 4 Extension Education Director and Curt Schaub, Worth County Extension Council President

February 18 – ISU Extension Region 4 All Staff Meeting at Fitness and Wellness Center, Clear Lake, Friday, Saturday and Sunday with Dennis Johnson

February 19 – 4-H Record Book Award Trip to Iowa State University Women's Basketball Game at ISU Campus, Ames, 9:30 A.M. to 6:30 P.M. with Dennis Johnson and Kimberly Bode

February 21 – Worth County Extension Staff Meeting at Worth County Extension Office, Northwood, 2 P.M. with Lacey Waller, Worth County Extension Office Manager, Kimberly Bode, Donovan Olson, ISU Extension Region 4 Director and Dennis Johnson

February 22 – ISU Extension Garden Spring Gathering Meeting at Virtual Zoom Session, 2 P.M. with Dennis Johnson

February 22 – Worth and Cerro Gordo County Farm Pesticide Recertification Meeting at NIACC Muse Norris Conference Center, Mason City, 7 P.M. with Angie Rieck-Hinz, Area Extension Crop Specialist, Sarah DeBour, Cerro Gordo County Extension Director, Lacey Waller and Dennis Johnson

February 23 – Region 4 4-H Staff Meeting at Cerro Gordo County Extension Office, 9 A.M. with Kimberly Bode and Dennis Johnson

February 27 – Worth County 4-H Washington, D.C. Trip Orientation Meeting at Worth County Extension Office Community Room, Fairgrounds, 6 p.m. with Dennis Johnson

March 4 – Worth County 4-H Swine Weigh-in at Northwood-Kensett High School Ag Shop, 4 to 6 P.M. with Dennis Johnson and Marty Cotter, Northwood-Kensett FFA Advisor

Calendar Sponsored By:



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The Northwood Anchor

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The Constituent Connection



Waylon Brown

State Senator
District 26

88th General Assembly:

Leadership comes in all shapes, sizes, colors, looks, ages and methods. This week at the State Capitol I witnessed leadership in the color of blue corduroy jackets and the professional looks of the young people of Iowa.

Yes, it was the Iowa FFA Legislative Symposium day at the Capitol on Tuesday of this week. iJAG students visited with members of the legislature as well.

Iowa's FFA members are more than 17,000 strong and it seemed like they were all in Des Moines. Many of our senators and representatives were involved in FFA as young people and we enjoy the common trait we have with the current day FFA members. The language of FFA members remains the same over the years.

I personally and consciously live by the closing ceremonies of each FFA meeting, "As we mingle with others, let us be diligent in labor, just in our dealings, courteous to everyone and, above all, honest and fair in the game of life."

iJAG (Iowa Jobs for America's Graduates) is an important Iowa organization that aids in unlocking a student's potential. They help kids build the skills they need to be successful in the classroom, on the job, and in life. The iJAG programs are a partnership with schools and is offered during the school day, for elective credit.

Exposing these young leaders to government and the legislative process is vital to the future of our great state. When we spark an interest in these young leaders for government service we can jump start their engagement in shaping the future of Iowa. Engagement can start with a visit to the state capitol where important questions and curiosities are addressed. The experience can progress with students participating in the page program at the Capitol.

Each year the Iowa Senate and the Iowa House of Representatives employ ambitious high school juniors and seniors of high academic standing to serve as pages for the legislative session. Pages learn to accept a large degree of personal responsibility for their work, and the experience helps prepare them for the future demands of academic and professional careers. They learn to respond to organizational priorities and directives and to uphold the standards of confidentiality and professional service. Pages also gain a greater understanding of the lawmaking process.

These future leaders can start being involved in government and the legislative process by experiencing and learning the caucus process in Iowa.

You may ask, "Who can participate in Iowa caucuses?"

Registered voters participate in a caucus. In a caucus, party members meet, organize, and decide what their respected parties issues plank will be. This is a great opportunity to be involved and collaborate on issues with others.

On Monday, February 7, 2022, Iowa will host caucuses statewide in preparation for the upcoming 2022 elections.

I will be attending caucus on Monday. If you are interested in the process, or know a young leader who is interested in the future of the government of Iowa, I would encourage you to attend a caucus on Monday. You can find your caucus location at this link: https://www.iowagop.org/2022-caucus-locations

As we mingle with others, let us be diligent in labor, just in our dealings, courteous to everyone and, above all, honest and fair in the game of life.

Renewable fuels, teacher shortages focus of week four



Jane Bloomingdale

Iowa House
District 51

Week Four

Another busy week at the Capitol. On Tuesday, I met with FFA groups from Lake Mills and Clear Lake and discussed their current activities in FFA and future plans in Agriculture. I enjoyed conversations with members of RSVP organization and their volunteer work in our communities. Travel Iowa held their reception Tuesday and it was great opportunity to visit with people from around the State, including Jean and Norlyn Stowell from the Top of Iowa Welcome Center. Other groups at the Capitol this week included the Iowa State Police Association, Correctional Facilities Employees, Sheriffs & Deputies' Associations and Orchard House Child Guidance Center.

In our first debate of the session, the Iowa House passed the Renewable Fuels bill with strong bipartisan support (81-10). This bill is a win for Iowa agriculture and Iowa consumers, making E-15 available to more Iowans.

As with most businesses in Iowa, one of the top concerns school administrators expressed to me is a teacher shortage and the difficulty filling many positions in our school systems including substitute teachers, bus drivers and other support staff. This shortage is putting a major strain on our already overworked teachers. House Republicans are moving quickly to pass legislation that will help reduce this shortage, making it easier for Iowans to become teachers, while maintaining the level of quality Iowa students deserve. Legislation includes:

House Study Bill 632 and House File 2085 create alternative licenses for teachers. These bills make it easier for Iowan's working in other fields to become teachers, allowing more professionals to enter the field.

House File 2081 eliminates exams teachers have to take between graduation and certification. This will allow graduates to more quickly and easily enter the workforce.

House File 2083 expands the Iowa Scholar Program to increase eligibility for teachers who apply for the grants. This will help put teachers where we need them by giving support to teachers who work in districts that are understaffed.

House File 2158 allows student teachers to also serve as substitute teachers.

House File 2170 increases the amount of money an IPERS recipient can earn before their IPERS is decreased. This will allow more retirees to return to the classroom part-time if they so desire.

The House Income Tax reduction bill (HSB 626) passed out of subcommittee this week and it will go to the full committee for discussion and a vote next week. This bill eliminates tax on retirement income and reduces rates to a flat 4% over 4 years.

As always, feel free to contact me with your concerns or questions on issues.

Phone: 515-281-2331

Email: jane.bloomingdale@legis.iowa.gov

Northwood Anchor Church

Fertile Lutheran Church

Sunday, Worship Service, 9:30 a.m., Sunday School & Confirmation, 10:30 a.m.; Monday Council Meeting, 7 p.m.

Bethlehem Lutheran, Manly

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

Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/Elk Creek Lutheran

Wednesday, Confirmation at Bethlehem; Thursday, MANNA Open, 4:30 - 6:30 p.m.; Sunday, Worship - Elk Creek, 9 a.m., Sunday School - EC, 9:45 a.m., Bethany Worship, 10:30 a.m.; Monday, MANNA Open, 10 a.m. - Noon

Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan

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

Pastor Cory Allard

Northwood United Methodist Church

Wednesday, Swallow Coffee House LM, 10 a.m.; Thursday, Pub Theology, 7 p.m.; Friday, Discipleship Journey, 10 a.m.; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.

Rev. Rob Lanphere

One In Christ Lutheran Parish

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

First Lutheran Church, Northwood

Wednesday, 7th & 8th Confirmation, 4:30 p.m.; Choir, Inspire, 6 p.m., SH Youth, Choir, 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 - S.S. Kids Sings & Installation of Council, 9 a.m., Council Meeting, 10 a.m., Sunday School, 10:10 a.m., JH Youth, 6:30 p.m.; Tuesday, Staff Meeting, 11 a.m., Trust Fund, 4 p.m., Bible Study, 6 p.m., Worship Meeting, 6 p.m., AA-Al-Anon, 7 p.m.

Peace Lutheran Church, Northwood

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

Rev. Barbara M. Wills, Pastor

Sacred Heart Church, Manly

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

Rev. Neil Manternach, Pastor
Fr. Jake Dunne, Associate Pastor
www.sacredheartmanly.org

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Tues. 9 a.m. - 5 p.m. / Wed. 11 a.m. - 5 p.m. / Thurs. 7 a.m. - 1 p.m.

641-324-0480

Please call to confirm that your Veterans Service Officer is available.
An effort will be made to accommodate your schedule.

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

SHOP LOCALLY

Northwood Theatre

SHOWING
Feb. 10-12
"The Wolf & the Lion" Rated PG
Matinee Feb. 9 at 1:55 p.m.

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Show Times
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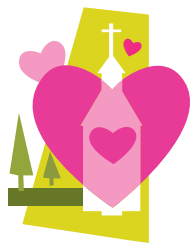
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Friday - Enchilada
Saturday - Burritos Deluxe
Sunday
Kids Free with each Adult Meal
641-323-0000

Congregate Meals
Feb. 10-16
641-324-1244
Thursday: Liver & Onions or Beef Patty, Mashed Potaoes w/Gravy, Mixed Vegetables, Bread Pudding
Friday: Hearty Veg Beef Soup, Breadstick, Lettuce, Mandarin Oranges, Birthday Cake
Monday: Baked Chicken Parmesan w/Spaghetti, Lettuce/Spinach Salad, Pears
Tuesday: Cook's Choice
Wednesday: Beef Stew, Whole Wheat Roll, Coleslaw, Hot Milk Cake w/ Mixed, Berries

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For the Love of God



The expression "for the love of God" is often uttered as a mild curse, an expression of exasperation when we might feel like screaming something worse. It's certainly better to say "for the love of God" than to utter something worse, but it still probably falls into the category of using God's name in vain when we don't mean it literally. And that is a shame because it's really a very beautiful expression, if we think about it and what it literally means. We should do everything for the love of God. If that is our motive then there is nothing to fear. If you are afflicted by doubts about your salvation, it might help to ask yourself simply whether you are acting for the love of God. If you are truly acting for the love of God it won't matter so much whether you are saved or damned, though you surely won't be damned if that is truly your motive. We should do all for the love of God. Joy will surely follow. – Christopher Simon

"You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment."
– Matthew 22: 37-38

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

TERRY AND JOANNE STEINMETZ

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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

I found this cookbook in a thrift store in Minnesota. It had the most loving inscription on the flyleaf from a woman to her daughter-in-law. The book doesn't look as though it had even been opened and, apparently, the recipient didn't value it enough to even keep the gift. I HAD to bring it home with me. "Favorite Brand Name Country Italian" (2001, Publications International, Ltd, Lincolnwood, Illinois) is one of many books published to promote various name-brand ingredients. This is a beautiful hard cover book of 384 pages filled with full-color photos and luscious-sounding dishes. And, Italian food is in my blood so I will keep it and treasure it for a long time. The following are adapted from this cast-off book.

Italian-Style Stuffed Mushrooms

2 pounds large white mushrooms
1/4 cup grated Parmesan
1 stick real butter
1 tablespoon red wine vinegar
1/3 cup chopped yellow onion
2 tablespoons chopped parsley
1 tablespoon chopped garlic
1/8 teaspoon black pepper
1 cup bread crumbs, Italian flavored
1/4 teaspoon kosher salt
2/3 cup shredded Mozzarella

NOTE: if you can find bulk mushrooms in the store, chose the largest ones, with closed caps to indicate they are fresh. As mushrooms age, the caps start to pull away from the stem. Preheat the oven to 400 degrees F. Wash the mushrooms by using a damp paper towel to remove any specks of dirt. NEVER soak fresh mushrooms! Remove the stems and chop them. In a large, heavy skillet, melt the butter and sauté the mushroom stems with the chopped onions over medium-high heat. Stir occasionally about 5 minutes or until tender. Add garlic and cook another 30 seconds. Put the bread crumbs in a medium bowl and pour the mushroom mixture over them, scraping out all the buttery liquid. Stir in the cheeses, parsley, vinegar and pepper. Sprinkle the mushroom caps with salt and place them, cut side up, evenly spaced on a baking sheet. Fill the caps with the mushroom mixture, using it all. Bake 25 minutes or until the mushrooms are tender and golden. Serve warm.

Creamy Tomato-Basil Chicken

4 boneless, skinless chicken breasts, about
1 1/4 pounds total
3 tablespoons real butter, divided
2 Roma tomatoes, chopped
1 small yellow onion, chopped
1/4 teaspoon kosher salt
1/4 cup dry white wine OR chicken broth
1/2 cup heavy cream
2 tablespoons loosely packed fresh basil leaves, cut into thin strips

Pound the chicken into an even thickness if necessary (and it usually is). Season the chicken with a pinch of salt and some freshly ground black pepper. In a large, heavy skillet, melt 1 tablespoon butter and sauté the chicken over medium-high heat for 8 minutes or until it is no longer pink, turning once. Remove the chicken and set aside, keeping warm. In the same skillet, melt the remaining butter and cook the tomatoes, onion and the salt, stirring occasionally, for about 3 minutes or until the tomatoes are tender. Stir in the wine or broth and cook for 2-3 minutes more until the wine evaporates. Stir in the cream. Reduce the heat to low and return the chicken to the skillet. Simmer, uncovered, for about 4 minutes or until the sauce is thickened and the chicken is heated through. Internal temperature of the chicken should be 165 degrees F. Serve over hot cooked angel hair pasta and garnish with the basil strips.

Fruity Rice Pudding

1 1/2 cups whole milk
1 cup cooked white rice
3 large eggs, beaten
1/2 cup white sugar
1/2 teaspoon real almond extract
1/4 teaspoon kosher salt
1/4 cup dried cherries or craisins

Combine all the ingredients in a large bowl. Pour the mixture into a greased 1 1/2-quart casserole dish and cover tightly with foil. Add the rack to a 5-quart slow cooker and pour in 1 cup of water. Place the casserole dish on the rack. Cover and cook for 4 hours on LOW. Remove the dish from the cooker and let stand for 15 minutes before serving. Top with real whipped cream (not "topping") and enjoy warm. HINT: Place a double thickness of paper towel over the top of the cooker, then put the lid on. This will keep condensation from dripping into the pudding as it cooks. You might need to replace the towel half way through as it will get soaked.

I was fortunate to find this cookbook and add it to my collection. I hope the reason it was unused and in a thrift store wasn't part of a sad story. And…that's all she wrote.

Northwood Anchor Society

Borcherding-Cunard announce engagement and upcoming wedding

Dana Marie Borcherding and Matthew Thomas Cunard are proud to announce their engagement and upcoming wedding.

Dana is the daughter of David and Cindy Borcherding of Northwood. Dana's grandparents are Marlene Borcherding of Mason City, the late Dale Borcherding, the late Phyllis and the late Howard Sherer.

Matthew is the son of the late Paul Cunard and Cathy Dykman Acinger of Spring Hills, Kansas. Matthew's grandparents are Dorothy Dykman of Overland Park, Kansas, the late Loyd Dykman, the late Christine and the late Harold Cunard.

Dana is a 2007 Northwood-Kensett graduate and received her Bachelor of Arts in Education with a minor in Special Education from the University of Northern Iowa in 2013. She is currently employed by the Waterloo Community School District and is teaching at Highland Elementary as a Pre-K instructional strategist.



MATTHEW CUNARD AND DANA BORCHERDING

Matthew is a 2008 graduate from Shawnee Mission Northwest High School, Shawnee, Kansas. Matthew received his Bachelor of Arts in Communication Arts from Wartburg College in 2012. He is currently a self-employed marketing consultant.

The couple will be married on April 9, 2022 at the Hidden Acre in Waverly, Iowa.

Julie Hagen Robb Broker Associate of Century 21 Preferred achieves award

CENTURY 21 Preferred has announced the CENTURY 21 Associate with the System's Masters Emerald Award.

Emerald level status is awarded to an agent who has met minimum sales production of 42 closed transaction sides within a calendar year.

Hagen Robb is a member of the Greater Mason City Board of Realtors, the North Iowa Regional Board of Realtors, the National Association of Realtors and the Iowa Association of Realtors

For all real estate needs Julie Hagen Robb may be reached at the Northwood CENTURY 21 Preferred Office – 641-390-0007.



JULIE HAGEN ROBB

COVID numbers drop to surge heights

After three weeks with the highest rates of COVID-19 since the outbreak of the pandemic, the most recent release of data showed that, like much of the rest of the state and the nation, Worth County's numbers were on the way down, though still amongst the heights seen in the fall 2020 surge.

In the week between January 27 and February 3, the total of COVID cases reported in Worth County was up 61. That brought a new total of 1,846.

In the past two weeks there have been 156 new cases of COVID-19 reported.

The past week's positivity rate, which is the percentage of those testing positive out of those taking a test, was 12.2%, down from 20.6% the previous week.

Over the 14 day period of January 20 to February 3, the rate was 17.2%, down from the highest rate of 23.4% the previous week.

Those testing numbers and rates reflect those reported to the State of Iowa and do not necessarily reflect those that test at home.

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

For the eight county region that includes Worth County, there have been 482 deaths. That was up nine since January 27.

For the region that includes Worth and the seven bordering counties, there have been a total of 45,723 cases of COVID-19 reported by state agencies. That is up 1,500 in the past week, from the total as of January 27. That includes 3,127 in Winnebago, 2,974 in Hancock, 11,737 in Cerro Gordo, 3,763 in Floyd and 2,617 in Mitchell counties in Iowa, and 8,437 in Freeborn and 11,222 in Mower counties in Minnesota.

According to the CDC, 3,756 residents of Worth County have been fully vaccinated, for 50.9% of the total population. That is up 9 Worth County residents since January 27.

CDC numbers show that 4,022 Worth residents have received at least one dose of vaccine, for 54.5% of the population. That is up 4 since January 27.

In the county, 1,329 of those 65 and over were fully vaccinated, 86% of that population. Of that age group, 1,393, or 90.2% have had at least one dose.

Of those 18 and over, 3,532 have been fully vaccinated, for 60.4% of that population. Of those, 3,767 have received one dose, for 64.4%.

Of the 12 and over age group, 3,697, or 57.9% have been fully vaccinated. Of those 12 and older, 3,954 or 62% have received at least one dose.

Of those 5 years and older in Worth County, 53.9% have been fully vaccinated and 57.8% have received at least one dose.

Of those fully vaccinated in Worth County, 2,043, or 54.4% have received a booster dose.

Other counties in the region have vaccination rates that include 51.4% in Winnebago, 48.7% in Hancock, 61.9% in Cerro Gordo, 52% in Floyd, 48% in Mitchell, 56% in Freeborn and 60.4% in Mower counties.

Across the region, 56.7% of the total population has been fully vaccinated.

Information and COVID-19 resources on the coronavirus.gov website will be available for one more week, as will vaccination information on vaccinate.iowa.gov. Those websites are being decommissioned on February 16. See more information on the change in the press release from the Iowa Governors office in this issue.

Instead, COVID-19 information and resources will be shared with other illnesses on the Iowa Department of Public Health's website, online at idph.iowa.gov. Information will also be shared at the CDC website, at covid.coc.gov/covid-data-tracker.

Testing resources will be shared at testiowa.com.

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

Start a kindness revolution by taking part of Mayo Clinic Health System's kickstart program

Mayo Clinic Health System is hosting Kickstart Kindness, a virtual program designed to start a kindness revolution. The program is free and self-guided.

"Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood," says Steven Siegle, Psy.D., a psychotherapist at Mayo Clinic Health System in Menomonie, Wisconsin. "It can decrease blood pressure, and cortisol, a stress hormone, which directly impacts stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer."

By simply being kind, and being happier and healthier, participants can initiate a ripple effect that can affect their entire community.

This program is appropriate for all ages. Registration is required. Visit the Mayo Clinic Health System website to sign up, print activity ideas and get resources about kindness.





Northwood Anchor **Opinion**

Savvy Senior

Approaching 65? Here's what to know about enrolling in medicare

Dear Savvy Senior,

Can you give me a brief rundown of Medicare's enrollment choices along with when and how to sign-up?

Approaching 65

Dear Approaching,

The rules and timetables for Medicare enrollment can be confusing to many new retirees, so it's smart to plan ahead. Here's a simplified rundown of what to know.

First a quick review. Remember that original Medicare has two parts: Part A, which provides hospital coverage and is free for most people, and Part B which covers doctor's visits and other medical services, and costs $170.10 per month for most enrollees in 2021.

When to Enroll

Everyone is eligible for Medicare at age 65, even if your full Social Security retirement age is 66 or later.

You can enroll any time during the "initial enrollment period," which is a seven-month period that includes the three months before, the month of, and the three months after your 65th birthday. It's best to enroll three months before your birth month to ensure your coverage starts when you turn 65.

If you happen to miss the seven-month sign-up window for Medicare Part B, you'll have to wait until the next "general enrollment period" which runs from Jan. 1 to March 31 with benefits beginning the following July 1. You'll also incur a 10 percent penalty for each year you wait beyond your initial enrollment period, which will be tacked on to your monthly Part B premium. You can sign up for premium-free Part A, at any time with no penalty.

Working Exceptions

Special rules apply if you're eligible for Medicare and still on the job. If you have health insurance coverage through your employer or your spouse's employer, and the company has 20 or more employees, you have a "special enrollment period" in which you can sign up. This means that you can delay enrolling in Medicare Part B and are not subject to the 10 percent late-enrollment penalty as long as you sign up within eight months of losing that coverage.

Drug Coverage

Be aware that original Medicare does not cover prescription medications, so if you don't have credible drug coverage from an employer or union, you'll need to buy a Part D drug plan from a private insurance company (see Medicare.gov/plan-compare) during your initial enrollment if you want coverage. If you don't, you'll incur a premium penalty – 1 percent of the average national premium ($33 in 2022) for every month you don't have coverage – if you enroll later.

Supplemental Coverage

If you choose original Medicare, it's also a good idea to get a Medigap (Medicare supplemental) policy within six months after enrolling in Part B to help pay for things that aren't covered by Medicare like copayments, coinsurance and deductibles. See Medicare.gov/medigap-supplemental-insurance-plans to shop and compare policies.

All-In-One Plans

Instead of getting original Medicare, plus a Part D drug plan and a Medigap policy, you could sign up for a Medicare Advantage plan instead (see Medicare.gov/plan-compare) that covers everything in one plan. Nearly half of all new Medicare enrollees are signing up for Advantage plans.

These plans, which are also sold by insurance companies, are generally available through HMOs and PPOs and often have cheaper premiums, but their deductibles and co-pays are usually higher. Many of these plans also provide coverage for extra services not offered by original Medicare like dental, hearing and vision coverage along with gym/fitness memberships, and most plans include prescription drug coverage too.

How to Enroll

If you're already receiving your Social Security benefits before 65, you will automatically be enrolled in Part A and Part B, and you'll receive your Medicare card about three months before your 65th birthday. It will include instructions to return it if you have work coverage that qualifies you for late enrollment.

If you're not receiving Social Security, you'll need to enroll either online at SSA.gov/medicare or over the phone at 800-772-1213.

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

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Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

I stopped to see my brother-in-law's new house. He told me to make myself at home.

So you raided his refrigerator?

No, I told him to leave. I wasn't up to seeing visitors.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Each morning is an eye-opening experience. I drove a slalom course through Albert Lea. Heavy winds (30 mph) had blown empty waste containers from the ends of drives into the streets. The weather remained iffy but cold. The windchill index measures how wind speed affects outdoor temperatures felt by the human body. The old system measured wind speed at 33 feet above the ground. It was commonly referred to as the "windchill factor." In 2001, there was a new sheriff in town and he had a new formula accounting for wind speed at face level, about five feet above the ground, which makes temperatures sound warmer now than they did the old way. Under the old system, an air temperature of 20° with a 15-mph wind resulted in a windchill of -5°. Under the same conditions, the new index shows it as 6° above zero. That's 11° we can put in our pockets to help keep us from being blown away. On January 9-10, 1982, temperatures of -30° with winds of 40 mph were reported in northern Minnesota, which translates to -71° by the new formula and -100° by the old one. I can't prove it, but I believe the old windchill factor was using performance-enhancing drugs. On February 2, 1996, the Minnesota state record minimum temperature record was set, -60° near Tower.

I let the wind do its thing and pulled up to a stoplight next to a car attempting to set a record for the loudest music ever heard inside a vehicle. It was a hate crime. The driver hated his ears. Or perhaps he was merely trying to drown out the sound of the wind?

Comments from the court

My son was coaching second-grade girls in the fine art of basketball when one girl complained that a player on the other team had touched her basketball. Brian explained to her that the other girl was playing defense. The girl nodded as she heard her mentor's elucidation and said, "Well, I don't want her touching my ball."

Rigorous riddle department

There are three words in the English language that end in -gry. One is hungry and another is angry. What is the third word? Everyone uses this word every day. I've let you know what the word is. The answer is "what."

From the mailbag

Bob Hargis of Riverton, Wyoming wrote that his wife Suzanne said she had made synonym buns. Bob replied, "You mean just like the ones that grammar used to make?'"

Nature notes

Bird feet are little more than bone, sinew and scale, with few nerves. A countercurrent heat exchange system means the arteries that transport blood to the legs lie in contact with the veins that return blood to the bird's heart. The warm arteries heat the cooler veins. Because the veins also cool the arteries, the bird's feet are closer to the environmental temperature and don't lose as much heat as they would if they were at body temperature.

Squirrels survive our cantankerous winters because they keep working at it. Squirrels and birds invoke awe and wonder. A love of birds is a reason to go outside. I'm constantly amazed as I watch birds trying to make a living. No bird carries a wallet or a purse. They survive without a credit card. It was -19° and the house sparrows chirped merrily as if they were vacationing at a tropical beach. It invigorated me. When I was a lad, hawks were called chicken hawks, including the beautiful red-tailed hawk, brown above and whitish below. I've eaten more chickens than any red-tailed hawk ever did. The hawk's diet varies with availability, season and location, but mammals such as voles, mice, rats, rabbits and ground squirrels are major prey items. Tree squirrels and chipmunks are less important prey to this hawk.

Meeting adjourned

"To bear up under loss, to fight the bitterness of defeat and the weakness of grief, to be victor over anger, to smile when tears are close, to resist evil men and base instincts, to hate hate and to love love, to go on when it would seem good to die, to seek ever after the glory and the dream, to look up with unquenchable faith in something evermore about to be, that is what any man can do, and so be great."—Zane Grey.

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Fit to print...

Why I chose Iowa

By Dustin Miller

When I returned to Iowa in 2012, I had spent more of my adult life outside of the state than living in Iowa. After working for a significant amount of time outside of the country as well as Washington, D.C. and other U.S. states, coming home to the state where I was raised was an affirmative choice. I knew I was returning to a statewide community that offered tremendous economic opportunity and affordability along with people who truly care about their neighbors.

In my years away, I became very familiar with how outsiders view our state, which made it clear their opinions were not based upon true knowledge. Many Iowans have a nearly unhealthy pride for people and things connected to our state. In my travels I was no different and became an ambassador for my home state, sharing our history as one of the most welcoming places.

Those who thought they knew Iowa simply as farm fields didn't know that the University of Iowa was the first public institution to admit men and women on an equal basis, or that it graduated one of the first female lawyers in 1873.

They were not aware that the Iowa Supreme Court in 1839 determined slavery was an illegal restraint on liberty a generation before the 13th Amendment, or that in 1868 our highest court determined that separate was not equal nearly 90 years before Brown v. Board of Education in 1954.

I had to explain to friends in Washington, D.C. that the Smithsonian was missing the counter from the Katz drugstore in Des Moines where, in 1948, Edna Griffin staged her successful sit-in over a decade before the more well-known sit-in in Greensboro.

I battled assumptions about Iowa's diversity that didn't realize that the state graduated one of the first African American lawyers in the country and helped found the National Bar Association to fight racism within the legal profession. Even fewer people knew that Iowa accepted 80 acres in trust for the Sac & Fox Tribe of the Mississippi in Iowa in 1857 nearly three quarters of a century before the federal government chose to protect other Native American tribes similarly.

They were really caught off guard to learn Gov. Bob Ray's leadership in the acceptance of marginalized Southeast Asians in the 1970s and that the state has operated a state agency related to the resettlement of refugees since that time.

I chose to come home because I'm extremely proud of this legacy and for those that dismiss these items as the part of the past, I'd point out the Varnum decision was a decade ago or ask them to take a look at the last three Democratic candidates who won the Iowa caucuses. Iowans have been, and continue to be, leaders in understanding differences, encouraging productive dialogue and welcoming all.

Since I returned, I have advanced rapidly in my profession while also reengaging in the same small community I grew up around. This includes an acreage with a mortgage half of what I was paying in rent and an excellent exurban school district for my kids that is within five minutes from our home.

As we enter 2022 I encourage those who do not understand Iowa to take some time to study our history before casting judgment from afar. Because for those outsiders who chose to breathlessly label my home state as backward or unwelcoming for legislation that is filed, they will see those same bills get filed in their state with about as much movement through the process.

I encourage my fellow Iowans to be proud that perception is not reality as our state does not choose to create politically motivated barriers against other states. While states who chose these overt virtue-signaling behaviors have legacies that include federal oversight of elections to ensure fairness, historically significant race rights, direct government attacks on LGBTQ people or full-blown immigration restriction based upon race.

Unequivocally, the biggest economic challenge facing the state is need for widespread talent attraction. Our state is in a battle for talent that without success will inhibit economic growth.

We need all Iowans to understand that our state offers nearly unrivaled economic opportunity and has been recognized as such year after year by numerous rankings. Those native Iowans, like myself, who have returned understand what makes us unique and to those non-native Iowans who have chosen to move here ... welcome ... I hope you are seeing what people call "Iowa nice."

And for all of us who chose to call this home, do not listen to those outside voices who want to bring us down through a self-fulfilling prophesy of negativity. They cannot take away what we know to be true about our home and its legacy.

Dustin Miller is executive director of the Iowa Chamber Alliance.

Northwood Anchor

Early Files

100 years ago

February 8, 1922

The Cedar Valley Seminary at Osage will be closed. When it finishes its present year, early next June, its doors will close. News of the closing of the seminary will be heard with regret by many Northwood and Worth County people who were students there in past years. Some notable men and women of the state and nation have gone from its portals.

A fierce blizzard that broke made it very difficult for the school buses to get through at Fertile. The bus driven by Lloyd Tibbs was blown over about a mile south of the Henry Ouverson place, but no one was injured. The children and driver walked back to the Ouverson fair where a sleigh was procured, and they were brought back to town, where they remained overnight.

The boys high school basketball team turned in two victories. The first was by the one-sided score of 31-9 against Kensett on the local floor.

Five stores in the town of Joice were robbed and a total of about $700 in money and goods taken by the thieves, who are thought to be amateurs. Mayor Arneson was one of the victims of the burglars, his hardware store being touched to the extent of over $200. Others were: Bang & Gordon, general merchandise; M.O. Evans drug; Kings Motor company; and Saxrude Lumber company.

A.B. Ranum closed a deal by which he becomes the owner of the L.O. Thompson meat market and possession was given the new owner today. Mr. Ranum has had much business experience in several lines and and is entirely familiar with the meat trade, having been employed at one tome in the Clark and Orahood market.

W.A. Stickley, editor of the Worth County Index, fell on the icy walk near the Winifred hotel and sustained a fracture of the small bone of his left leg, above the ankle. He is directing the work of his newspaper from his home by telephone and messenger.

75 years ago

February 6, 1947

Finals of the Worth County basketball tournament will not be played this week, it was announced by Supt. E.A. Prehm. With snow-blocked roads the finals set could not be held at that time and were tentatively set for this Saturday, but with continued cold weather it was decided to postpone the games until a later date.

Harley Youmans and LaVon Tostenson of Kensett might quality for membership in a Paul Bunyan club with their tale of trapping 31 foxes in the neighborhood of Kensett in the past two months, but they had the evidence in Northwood to back up their story. On Central Avenue, where the picture was taken, the display attracted much attention.

Following a period of 23 years of service as manager of the Farmers Elevator Co. of Northwood, H.H. Douglass resigned from the position effective February 1 and R.T. Nelson of Cedar Rapids, former Northwood resident, assumed the duties of the position. During his long and active service as elevator manager, Mr. Douglas has been prominent in many other phases of community life in Northwood. In recent years he has also served as manager of the Northwood Livestock Shipping Assn., carrying on the duties in connection with the duties of elevator manager.

At a marriage ceremony solemnized by the Rev. M.S. Knutson, pastor of the First Lutheran Church of Albert Lea, at his parsonage home in that city, Miss Barbara Johnson, daughter of Mr. and Mrs. Erick Johnson of Northwood, became the bride of Paul Johnson of Lake Mills.

Miss Lillian Moretz, daughter of Mr. and Mrs. Guy Moretz of Northwood, became the bride of Glen Eskildsen, son of Mr. and Mrs. Aage Eskildsen, also of Northwood, in a ceremony solemnized on February 2, at the home of the bride's parents.

50 years ago

February 10, 1972

Area legislators held an open house "coffee" at Mason City and discussed issues to a full house, with Representatives Murray Lawson, Mason City; Ken Scott, Thornton; Kenneth Logemann, Northwood; and Senator Lee Curran, Mason City. The panel members made brief opening statements about current legislation and answered questions from the floor.

Dana Bonker, daughter of Mr. and Mrs. L.A. Bonker, Northwood, has been named a finalist in the National Merit Scholarship program. One of five of the finalists will be selected for a Merit Scholarship and notification will be made by May 15. Miss Bonker is a senior at Northwood-Kensett High School.

Ron Gentz, formerly of Northwood, has purchased Olson Electric Heat, from Ivan Olson, who turn purchased the business from Ubbe Reiter several years go. Gentz will take over the business, which will be called Gentz Electric on February 19. He is a former employee of Olson Electric Heat and was more recently employed by Amana Refrigeration.

Band officers for the 1971-1972 school year are Lewis Thompson, president; Julie Jaspers, vice president; Marlene Reyerson, secretary and Debbie Citurs, treasurer. The Elementary, Junior High and Senior High School bands will present their winter concert on February 17 at the West Elementary Auditorium in Northwood at 7:30 p.m.

George B. Nelson, formerly of Northwood, was approved on February 1 as a registered architect in Iowa by the state Board of Architectural eExaminers. He is also a register architect in Minnesota as a structural engineer. He holds a National Council of Architecture registration board certificate. Nelson is a graduate of Iowa State University in architectural engineering and is now head of the architectural department of Wallace, Holland, Kastler, Schmitz and Company with offices in Mason City and Rochester.

25 years ago

February 5, 1997

Northwood volunteer Myra Greve has been working to help Northwood-Kensett elementary students develop an interest in reading by reading to them on a regular basis at the West Elementary library. Here, she shared a couple of illustrations with an audience of kindergarteners, including Trevor Davidson, Paige Pangburn, Rachel Taylor, Cody Fredericks, Garrett Carlson, Kaytie Archambault, Alex Hanson, Kelli Welsh and Alicia Lee.

Jessica Vansteenburg and Dae Low were chosen to participate in the Northern Festival of Bands at the University of Northern Iowa in Cedar Falls on February 6-8. Dae, a senior French horn player, was chosen to play in the symphonic band. Jessica, a sophomore clarinetist, was chosen to play in the festival concert band.

NC/N-K's Kyle Jaspers and Lake Mills wrestler Mike Rozen took on the appearance of Siamese twins just before Jaspers got the initial take down in their match for the 119-pound championship at the North Iowa Conference mat tournament in Forest City on Saturday. Jaspers took a 6-5 decision to win the crown.

The Northwood-Kensett varsity girls basketball team gave up a 10-0 run in the first three minutes of the second quarter on Monday night and dropped a 70-42 decision at Lake Mills in a North Iowa Conference make-up game. N-K's record dropped to 1-12 overall and to 1-9 in the NIC following Monday's loss and losses last week to Garner-Hayfield, Osage, North Iowa and Lake Mills.

Fred and Susan Easley, Northwood, gave birth to a baby girl. Meagan Rose Easley weighed 6 lbs. 4 oz. and was 20 1/2" long. She was born at 1:14 a.m. on February 2, 1997. Grandparents are Tom and Bev Easley, Northwood.

10 years ago

February 8, 2012

As Valentine's Day approaches many area residents are getting ready for plans and preparations for the romantic holiday. For this young pair, that likely won't include too much in the way of romance, but many at least include the sweet treats that are another part of the hearty holiday. The Children's Garden Preschool students Madylyn Stucky, daughter of Kyle Stucky and Megan Colby, and Hunter Janssen, son of Danielle and Mike Janssen are the participants.

On Saturday, January 28, a team from Northwood-Kensett High School traveled to the Ames Laboratory/ISU High School Science Bowl in Ames. They were one of 40 teams taking part in the day long quiz bowl event, which challenged students with a variety of science and math questions. Lizzie Braun, Evan Fritz, Dalton Kortsch, coach Delores Knudson and Darin Duryee took part.

Saturday, January 21, 2012, marked the 95th birthday of Mena Johnson. The special event was celebrated with a meal at Mena's home and hotel by her daughter Connie Hogen and assisted by good friend Jan Mielke. Eight ladies, friends and former classmates of Mena's, were chauffeured by Paul Hogan and Duane Mielke.

Junior point guard Brooke Burnes converts a steal into an easy two points against Riceville. Burnes led the team with three assists and two steals in the 42-37 win.

Senior Dylan Nitcher soars to the hoop for one of his patented running jump shots against Riceville. Nitcher scored six points, grabbed three rebounds and had two assists in the 59-41 loss.

Freshman Coleby Bratrud finished his first year of varsity wrestling this week when he placed third at the Nashua sectional. Bratrud led the Vikings with 25 wins this season (25-9), which sets him up nicely for the career milestone of 100 wins. This great season puts him one fourth of the way there.



Bolan Schoolhouse and Cultural Center

Winn-Worth Betco spotlight

By Kaylee Schuermann
Winn-Worth Betco
marketing assistant

Originally a school, the Bolan Schoolhouse & Cultural Center wiggled its way into the center of the hearts of the Bolan community as a historical landmark.

From 1923 to 1956, the building was purposed as a schoolhouse. It was later relocated and used for a general and hardware store by the historic Bolan White family until 1971.

The building also found its way into the farm and antique businesses until 2002, when it came up for sale.

From there, Bolan resident and chairperson of the Bolan Schoolhouse & Cultural Center's non-profit board Lori Willert, along with her husband, purchased the building and several others that came with the land plot.

On Sept. 22, 2007, the Willerts donated the building to the newly formed non-profit organization to serve the community in new ways than ever before.

With the community's help, the non-profit board, and grants, the Bolan Schoolhouse & Cultural Center was restored and rehabilitated to become a place for people to gather and meet.

The building is available for rent to host various events, including funeral receptions, graduation celebrations and anniversaries.

The non-profit also uses this space to display community artifacts and host entertainment and educational events for the town.

After a massive flood in Mason City, Willert realized community members needed a place to go in case of a problem or disaster in their homes. She offers up the basement, complete with a full kitchen, washer and dryer and bathroom for those in need.

The basement is also open to riders biking across the country as a place to stay for a night. The Bolan Schoolhouse & Cultural Center is listed on warmshowers.org, a site for biking tourists that can help them find places to stay on their travels.

Willert's next project is converting a town building into a museum centered around the White family and the 1940s. Since the building's donation, the Willerts have relocated it beside the schoolhouse and gutted it.

The building is now in the process of renovations while grants are coming in. Descendants of the White family are donating pictures and memorabilia, including a family wedding dress.

Willert hopes to have the museum ready for community enjoyment by the 2022 Bolan Fall Festival.

Virtual 'Stay Independent' nutrition series begins Feb. 15

"Stay Independent: A Healthy Aging Series" is a food and health program offered through Iowa State University Extension and Outreach for adults age 60 and older. The six-week, comprehensive course is being offered virtually beginning Tuesday, Feb. 15, at 6:30 p.m., or Wednesday, Feb. 16, at 10 a.m.

The hour-long sessions will run each Tuesday evening or Wednesday morning. There is no charge for the series, but registration is required.

"Nutrition risk assessments of older Iowans revealed that nearly one out of four are at risk for malnutrition or are malnourished," said Sarah Francis, a human sciences state specialist in food and health.

The key behaviors placing these adults at risk include not eating three meals a day and having limited intakes of produce and protein. In addition, most are not physically active, which can increase their risk of sarcopenia, or age-related muscle wasting, Francis said.

"Stay Independent" provides research-based nutrition and wellness information intended to help adults age 60 and older reduce their nutritional risk through lifestyle changes. The program includes six lessons designed to meet the needs of older Iowans: Three Meals a Day, Feast on Fruits and Vegetables, Power Up with Protein, Brain Health, Cooking for One or Two, and Exercise Your Independence.

"Each week you'll take part in an interactive class discussion using Zoom and will be able to interact during the class using chat," said Jill Weber, a human sciences specialist in food and health who is helping to lead the sessions.

Those interested may sign up for "Stay Independent: A Healthy Aging Series" at www.extension.iastate.edu/humansciences/stay-independent. Those enrolling will receive a confirmation email that includes class handouts and a link for the Zoom sessions.

Anyone with questions maye contact Amy Jones at amyj@iastate.edu or 641-530-9244.

Bolan

Dinner guests at the Joe Nydegger home on Sunday were Loren Nydegger of Mt. Vernon, Iowa, and Lori Willert.

The next event coming up for Bolan Trinity is the Vacation Bible School Pancake Brunch on Sunday, February 20, to be held at the Bethel UM Church in Manly. This Brunch is to help with the expenses. It will start at 11:30 a.m. - 1 pm. For a free-will donation you can have "All You can eat Pancakes," plus sausage, bananas, orange juice, milk and coffee. The Theme for VBS, which will be held on June 20 - 24 in Bolan, will be "ZOOMERANG, Returning to the Value of Life!" Mark you calendars and go to the brunch.

Schroeder & Sites
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When you need us, we're here to give the dependable help you expect from a friend of the family!
Mitchell Schroeder
Funeral Director

Notice

IN THE IOWA
DISTRICT COURT
FOR WORTH COUNTY IN
THE MATTER OF THE
ESTATE OF
DARLENE LUVANEL TUE,
Deceased
Probate No. ESPR009300
NOTICE OF PROBATE OF
WILL, OF APPOINTMENT
OF EXECUTOR, AND
NOTICE TO CREDITORS

To All Persons Interested in the Estate of Darlene Luvanel Tue, Deceased, who died on or about the December 14, 2021:

You are hereby notified that on December 21, 2021, the Last Will and Testament of Darlene Luvanel Tue, deceased, bearing date of the August 21, 2020, was admitted to probate in the above named court and that Diane Faye Michels 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 December 21, 2021.

Diane Faye Michels
1092 East Cave Canyon Place
Green Valley, AZ 85614
Executor of the Estate

Douglas A. Krull
ICIS#: 000008531
Krull Law Office
714 Central Avenue
P.O. Box 200
Northwood, IA 50459
Attorney for Executor

Date of second publication the 9th day of February, 2022.
5-2t

Notice

IN THE IOWA
DISTRICT COURT
FOR WORTH COUNTY IN
THE MATTER OF THE
ESTATE OF
RICHARD WENGER,
Deceased
Case No. ESPR009302
NOTICE OF PROBATE OF
WILL, OF APPOINTMENT
OF EXECUTOR, AND
NOTICE TO CREDITORS

To All Persons Interested in the Estate of Richard Wenger, Deceased, who died on or about the January 11, 2022:

You are hereby notified that on January 26, 2022, the last will and testament of Richard Wenger, Deceased, bearing date of February 17, 2012, was admitted to probate in the above named court and that Rhonda Hermsen 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 January 26, 2022.

Rhonda Hermsen
4269 Pleasant Ridge Road
Boulder, CO 80301
Executor of Estate

John H. Greve
Greve Law Office
#000001969
736 Central Avenue
P.O. Box 167
Northwood, IA 50459
Attorney for Executor

Date of second publication the 9th day of February, 2022.
5-2t

Notice

PUBLIC HEARING
NOTICE

Notice is hereby given by the Worth County Board of Supervisors that a public hearing will be held at 9:00 AM on Monday, February 14, 2022 at the Worth County Courthouse at 1000 Central Ave, Northwood to allow the public an opportunity to comment on the proposed supervisor districts plan for Worth County as part of proposed Ordinance 2022.02.14, an Ordinance Establishing Worth County Board of Supervisor Districts. At the hearing, the Board of Supervisors shall receive comments on the proposed plans from all interested parties and any person with an interest in this matter may be present to be heard thereon. At this meeting or any time thereafter, the Board of Supervisors will consider the proposed supervisor districts plan for Worth County and proposed Ordinance 2022.02.14. Copies of the plan are available at the County Auditor's Office in the Courthouse and on the County's website at https://worthcountyiowa.gov/newsview.aspx?nid=6083 Published by the order of the Worth County Board of Supervisors.

Worth County Salaries

WORTH COUNTY
ANNUAL SALARIES
FOR 2021

As per the Iowa Code Chapter 349.18, the salaries of persons employed by the County shall be published annually showing the total amount of annual salary.

Employee Name	Salary
AAMODT, ROBERT	56,537.98
ANDERSON, RICK.	44,000.55
BACKHAUS, BRETT	56,542.40
BACKHAUS, JACKI	59,359.48
BAKKEN, GERALD	14,033.24
BERG, JAMES	4,610.22
BODE, MICHAEL	56,685.92
BODTKE, TERI	42,702.90
BOECKHOLT, LISA	42,171.22
BRUMM, RICHARD	130,878.44
BRUNS, JUSTIN	20,217.88
BRUNSVOLD, BLAIR	11,699.54
BRUNSVOLD, GARY	9,060.00
BUTLER, LYNN	54,302.05
BUTLER, MARGIE.	46,416.25
BUTLER, SHANA	50,777.08
CHRISTESON, RICK	67,945.34
CHRISTIANSON, SARA	37,837.60
CLAGETT, THOMAS	7,725.15
CLARK, NILA	11,595.81
COOK, TYLER	58,237.22
COTTRELL, MARK	7,045.20
CRAWFORD, RANDY	42,172.96
DALLUGE, JACOB	10,323.61
DORSEY, TERI	50,155.08
DOTY, CHELSEY	38,329.48
DOTY, DUSTIN	42,119.92
DUVE, MATTHEW	5,049.96
EILERTSON, EMILY	12,756.38
EILERTSON, MARK	3,378.50
FANK, DAN	76,449.04
FAUGHT, CHRIS	8,343.75
FERLEY, PAUL	600.00
FLATTUM, CALLIE	43,225.84
GANGSEI, DANA	33,545.56
GANGSEI, JULIE	1,987.88
GREVE, JEFFREY	86,510.92
HACKBART, PHILIP	761.64
HANSEN, RYAN	58,225.87
HANSON, JACOB	59,539.48
HANSON, JAMES	57,873.00
HEIMS, JAY	15,945.57
HELGESON, JORDAN	34,882.92
HELMERS, CHAD	6,265.54
HENGESTEG, STEPHANIE	46,785.88
HENNIGAR, KIMBERLY	46,234.36
HERWEYER, DEBRA	500.00
HICKLE, JOLENE	46,485.28
HOCH, MELISSA	18,687.88
HOVEY, ISAAC	49,845.01
JACKSON, JACOB	44,589.44
JOHANNS, SHELLIE	46,485.88
JOHNSON, TERESA	5,643.75
JORGENSEN, AMY	46,785.88
KISNER, COLTON	52,305.61
KNUDSON, KEVIN	60,272.81
KNUDTSON, DAWN	40,831.08
KRONEMAN, NICOLE	38,464.15
LEE, STEPHANIE	51,333.42
LESTRUD, SCOTT	53,357.21
LOBERG, ENOS	29,160.69
LUCKASON, JAMIE	40,399.92
LUND, BRIAN	36,381.40
LUND, MINDY	29,002.60
LUTHER, JESSE	70,628.99
MCLAUGHLIN, JOHN	51,165.54
MEYER, RUSSELL	65,151.96
MITTAG, ADAM	36,789.92
MYLI, ANDREA	34,360.60
MYLI, DIANE	2,475.00
NERLIEN, GARY	3,637.08
NORTH, JUSTIN	54,242.37
O'HERN, TERRY	8,126.25
OLSON, BRYON	60,519.25
OLSON, TERESA	59,539.48
OPPMAN, MAKAYLA	34,641.18
OUVERSON, LINDA	12,830.35
PATTERSON, TAMMY	36,846.31
PAULSON, DENNIS	58,265.35
PAULSON, VALERIE	43,950.79
POPP, DAKOTA	39,998.92
REID, THOMAS	17,060.88
REYERSON, DAVID	61,089.67
REYERSON, JESSICA	69,488.56
REYERSON, RAEGEN	47,896.16
RODEMEYER, LOIS	41,222.64
ROHNE, JOEL	89,287.00
ROSENBERG, JOSHUA	12,572.95
RUSH, BOB	1,200.00
SCHMIDT, JASON	15,166.97
SCHRUPP, ZACHARY	59,702.39
SCHUTZ, JILL	62,965.72
SMEBY, MARK	30,966.76
SMITH, JOHN	65,487.11
SMITH, STEVEN	9,990.92
SPRINGER, LAURIE	34,832.89
STAYNER, MARILYN	65,307.24
STEVENS, AARON	50,770.50
STEVENS, JUDY	46,969.32
STONE, AARON	31,276.84
TERLISNER, MANDI	23,826.51
THOMPSON, CINDY	61,771.96
THOMPSON, KRYSTAL	34,869.90
TIEDEMANN, TAYLOR	36,529.01
TOMLINSON, MARK	49,542.40
TUTTLE, TIMOTHY	53,436.60
VENZ, ALAN	57,769.57
VORLAND, JOAN	8,352.19
WALLIN, BRIAN	50,925.72
WENDEL, KIRSTIN	34,583.90
WENTWORTH, THOMAS	55,958.69
WURTZEL, CHAD	63,209.48

NOTICE OF PUBLIC HEARING – PROPOSED BUDGET
Fiscal Year July 1, 2022 - June 30, 2023
Assessing Jurisdiction: WORTH COUNTY ASSESSOR

The Conference Board of the above-named Assessing Jurisdiction will conduct a public hearing on the proposed fiscal year budget as follows:
Meeting Date: 2/22/2022 Meeting Time: 10:00 AM Meeting Location: Worth County Courthouse 1000 Central Ave Northwood, IA 50459 Location: Magistrate Room

At the public hearing any resident or taxpayer may present their 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 Conference Board Clerk. Copies of the Supplemental Budget Detail will be furnished to any taxpayer upon their request.

Contact Name: Cindy Thompson Contact Telephone Number: (641) 324-1198

	FYE June 30, 2021 Actual	FYE June 30, 2022 Re-estimated	FYE June 30, 2023 Proposed	Transfers Out	Estimated Ending Fund Balance FY 2023	Estimated Beginning Fund Balance FY 2023	Estimated Other Receipts	Transfers In	Estimated Amount To be RaisedBy Taxation
1. Assessment Expense	297,682	591,520	609,235		248,508	492,191	18,127	0	347,425
2. FICA				0	0	0	0		0
3. IPERS				0	0	0	0		0
4. Emergency				0	0	0	0		0
5. Unemployment Comp.	0	0	0	0	0	0	0		0
6. Tort Liability	0	0	0	0	0	0	0		0
7. TOTAL	297,682	591,520	609,235	0	248,508	492,191	18,127	0	347,425

Proposed taxation rate per $1,000 valuation: $ 0.51710
Virtual Meeting Information:
Note: The FYE June 30, 2023 Proposed Budget of $609,235 includes $250,000 that is in designated funds that have been accuring in prior years budget for the County wide revaluation.

PROFESSIONAL CARD
Business Announcements

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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

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Beginners/12 Step meeting 7:30 p.m. Thursday
First Lutheran Church
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MEALS ON WHEELS
324-1244

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Fri. 8 a.m. - Noon
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Northwood, Iowa 50459



Worth County Treasurer's Semiannual Reconciliation

For 07/01/2021 - 12/31/2021

	Beginning Treasurer's Balance	Total Revenues	Beginning Balance + Total Revenues	Total Expenses	Change in Outstanding	Calculated Ending Treasurer's Balance	Actual Ending Treasurer's Balance	Difference	Outstanding Bank Items
0001 - GENERAL BASIC	823526.39	2807069.76	3630596.15	2667798.12	**-12577.18**	950220.85	950220.85	0	100460.44
0002 - GENERAL SUPPLEMENTAL	765543.86	784925.27	1550469.13	828504.67	**266.2**	722230.66	722230.66	0	291.2
0003 - GENERAL BASIC TRUST	14973.16	0	14973.16	0	**0**	14973.16	14973.16	0	0
0004 - ARP FUND	0	716836.5	716836.5	0	**0**	716836.5	716836.5	0	0
0010 - MH-DD SERVICES FUND	210598.42	90880.1	301478.52	174696.5	**0**	126782.02	126782.02	0	0
0011 - RURAL SERVICE BASIC	345750.22	1223026.89	1568777.11	1007451.52	**-2777.01**	558548.58	558548.58	0	10013.3
0014 - RURAL SERVICES TRUST	131069.25	76468.64	207537.89	10169.06	**-11184.42**	186184.41	186184.41	0	0
0020 - SECONDARY ROADS	2534058.48	4687051.25	7221109.73	5563745.62	**-57929.36**	1599434.75	1599434.75	0	67482.52
0021 - HWY 105 TRUST FUND	1744257.27	4309.27	1748566.54	1300000	**0**	448566.54	448566.54	0	0
0023 - ENHANCEMENT/PROTECTION(REAP)	22397.75	8786	31183.75	0	**0**	31183.75	31183.75	0	0
0024 - RECORDER'S RECORDS MGT. FUND	12966.55	843	13809.55	0	**0**	13809.55	13809.55	0	0
0026 - EMERGENCY MEDICAL SERVICES	1636.86	2605	4241.86	1302.9	**-500**	2438.96	2438.96	0	15.74
0027 - CNTY CONSERVATION RESERVE	39647.68	0	39647.68	0	**0**	39647.68	39647.68	0	0
0029 - COUNTY DISPOSAL CLOSURE FUND	6611	0	6611	0	**0**	6611	6611	0	0
0030 - BOARD/ROOM	79686.31	17174.7	96861.01	20000	**0**	76861.01	76861.01	0	0
0031 - PROBATION FEES	33880.95	0	33880.95	0	**0**	33880.95	33880.95	0	0
0036 - COMMISSARY FUND	6366.42	7000	13366.42	2555.4	**0**	10811.02	10811.02	0	0
0037 - DARE	3940.08	0	3940.08	0	**0**	3940.08	3940.08	0	0
0038 - WINDFARM TIF	4577345.1	1594293.42	6171638.52	1974957.03	**-750**	4195931.49	4195931.49	0	0
0039 - FORFEITURE FUND	5928.78	0	5928.78	0	**0**	5928.78	5928.78	0	0
0040 - CANINE FUND	5961.07	0	5961.07	0	**0**	5961.07	5961.07	0	0
0042 - NEW HEAVEN GRANT TIF	17729.98	2759.37	20489.35	0	**0**	20489.35	20489.35	0	0
0043 - RESERVE DEPUTY FUND	14084.48	0	14084.48	7137.34	**3613**	10560.14	10560.14	0	3613
0100 - DRAINAGE	485318.47	593149.17	1078467.64	249215.04	**-320716.33**	508536.27	323927.75	184608.52	1600
4000 - EMERGENCY MGNT AGENCY	135044.24	59034.26	194078.5	44331.77	**183.8**	149930.53	149930.53	0	1426.52
4010 - E911	827120.09	98929.25	926049.34	46854.54	**2034.8**	881229.6	881229.6	0	2034.8
4060 - FLEX BENEFITS	4647.47	5105.14	9752.61	2865.73	**0**	6886.88	6886.88	0	0
4100 - COUNTY ASSESSOR AGENCY	728323.04	199338.65	927661.69	316073.35	**-204.94**	611383.4	611383.4	0	4009.32
4140 - AG EXT EDUCATION	2402.11	123396.75	125798.86	123977.53	**0**	1821.33	1821.33	0	0
4160 - PROPERTY TAX AGENCY FUND	20.56	1018.91	1039.47	1024.46	**0**	15.01	15.01	0	0
4200 - SCHOOL DISTRICTS	87887.41	4773614.7	4861502.11	4794885.36	**0**	66616.75	66616.75	0	0
4300 - NIACC	7635.56	433091.57	440727.13	434598.34	**0**	6128.79	6128.79	0	0
4400 - CORPORATIONS	31781.31	1229702.19	1261483.5	1254180.25	**0**	7303.25	7303.25	0	0
4450 - CITY SPECIALS	17914.65	3120.83	21035.48	20761.14	**0**	274.34	274.34	0	0
4500 - PRIVATE OWNED TAX SALE CERTS	28408	39534.06	67942.06	49636.74	**-532**	17773.32	17773.32	0	0
4700 - TOWNSHIPS	1828.75	87448.21	89276.96	87427.45	**0**	1849.51	1849.51	0	0
5010 - MOTOR VEHICLE FUND	168018.5	953512.55	1121531.05	911036.25	**-120.7**	210374.1	210374.1	0	262.3
5020 - USE TAX	95438.25	560807.35	656245.6	564022.19	**0**	92223.41	92223.41	0	0
5040 - AGPAT FUND	17.1	45.6	62.7	57.95	**0**	4.75	4.75	0	0
5090 - TAX IN ADVANCE	19467.24	-8526.24	10941	0	**0**	10941	10941	0	0
5100 - UNAPPORTIONED TAX FUND	24	0	24	0	**0**	24	24	0	24
5300 - RECORDER'S ELEC FEE FUND	90	843	933	800	**0**	133	133	0	0
7000 - SHORT & OVER	459.02	0	459.02	0	**0**	459.02	459.02	0	0
8000 - WASTE WATER	367990.52	89955.53	457946.05	104460.65	**-5998.43**	347486.97	347486.97	0	2836.57
8001 - WATER	183959.05	74255.18	258214.23	53461.55	**-5746**	199006.68	199006.68	0	144
8500 - HEALTH INSURANCE FUND	146176.2	449244	595420.2	390428.17	**623**	205615.03	205615.03	0	59799
9999 - TREASURERS FUND	390	0	390	0	**0**	390	390	0	390
Report Totals:	**14738321.6**	**21790649.83**	**36528971.43**	**23008416.62**	**-412315.57**	13108239.24	**12923630.72**	184608.52	**254402.71**

I hereby certify the above report to be a true and accurate account of transactions during the period(s) specified. Jake Hanson-Worth County Treasurer

Young Vikings drop two of three, now just 5-14 overall this season

By Mike Simmons
Sports Editor

While this year's Northwood-Kensett boys basketball team is loaded with young talent, it has become obvious that talent alone doesn't win ballgames as the Vikings dropped two out of three games last week, including two Top of Iowa Conference East games.

The Vikings came into last Tuesday night's game in Saint Ansgar riding a three-game winning streak over the Saints and looked to be up for the task again after falling behind by just three points at the halftime break, 33-30.

But as the teams exited the locker rooms after the halftime break both were out of sync offensively, scoring a combined 14 points in the third quarter that gave the Saints a 42-35 advantage heading into the final eight minutes of play.

And while the Vikings had an acceptable fourth quarter, scoring 11 points, it was just not enough to overcome the deficit as they fell in TIC East action to the Saints, 57-46.

Freshman Kooper Julseth led the team with 11 points on 5-14 shooting from the field, while Colby Eskildsen and Lamonte Sims added nine and eight points respectively.

In desperate need of a win the best thing to happen to the Vikings was to have the 0-19 Broncos of Belmond-Klemme on the schedule.

As the first quarter got underway, the Vikings ran out to an early 7-2 lead before the home team got its groove and ended the first quarter trailing N-K by just four at 12-8.

The Broncos, winless this season, battled back in the second quarter and took their first lead of the game at 18-17 with 4:40 remaining in the second quarter before the Vikings outscored them 11-5 the remainder of the quarter and went to the halftime break with a slim 28-23 advantage.

The Vikings offense finally started to click in the second half as they had one of their best halves of the season, pouring in 41 second half points and extending their advantage over the Broncos to 28 points in the 69-41 blowout victory.

Eskildsen had his best night of his short career on offense, scoring 28 points, while Julseth added 14 points and eight rebounds against the Broncos.

Last Friday night the Vikings played host to the Green Devils of Osage.

Osage came into the game boasting an unbeaten record against N-K at 14-0 and with the 79-41 rout, improved that to 15-0 all-time against N-K.

Offensively, it's not that the Vikings had a horrible game, but when the opposing team hits 50.8 percent of its shots from the field it's hard for any team to overcome that hot shooting.

Eskildsen led the team with 11 points, while Jason Hanson added eight points and a game high 11 rebounds, including six on the offensive glass.

With the two losses last week the Vikings are now 5-14 overall and 3-12 in the TIC East.

After Monday's final regular season game in Manly the Vikings will begin district 2 tournament play this Friday when they travel to West Bend-Mallard. WB-M is 6-14 overall and 2-9 in the Twin Lakes Conference. The winner of this game will have the unenviable task of facing the Bulldogs of Lake Mills in Lake Mills. The Bulldogs just wrapped up a TIC West title and are now 19-0 overall and looking for their second consecutive state tournament berth.

TIC East Standings

	TIC East	Overall
Newman Catholic	15-1	18-1
Osage	14-1	16-4
West Fork	9-6	9-10
North Butler	7-7	10-9
Central Springs	7-8	9-11
Nashua-Plainfield	6-9	10-9
Rockford	4-10	8-11
Northwood-Kensett	3-12	5-14
Saint Ansgar	2-13	2-18

Anchor Sports



Viking Kooper Julseth gets inside the Belmond-Klemme defense for two easy points in last Thursday night's 69-41 win. Julseth had an amazing all-around game with 14 points, four blocks, two steals, three assists and eight rebounds.



N-K junior Lamonte Sims gets the Vikings started with an early steal and layup last Thursday night in Belmond. Sims had seven points and dished out four assists in the 69-41 non-conference win over the Broncos.

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Anchor Sports



DRAKE TIEDEMANN

Stat of the Week: *If there's one thing I would think all wrestling fans, especially parents, could agree on is that if you're going to put in the time, money and sacrifice, the least the schools and coaches could do is to keep an accurate accounting of the individuals records, records that may not mean a lot to the coach, but mean the world to the kids and families involved. These two individuals, who, according to Trackwrestling, have now won over 40 matches this season, Drake 41-1 and Tyler 41-3, have been cheated out of a number of wins over their careers simply because someone didn't update the records. Drake, who the school claims just won his 150th match, actually surpassed that number weeks ago and now stands at 166-26 for his career, while Tyler, who has already surpassed 100 wins with a 103-24 career record, is listed at just 95 wins by the school. This is a big deal, just as winning a batting title in baseball was to the head coach at one time, so is having an accurate accounting of wrestling records, so far at N-K that has not happened.*



TYLER MILLS



N-K's Aden Bice comes close to putting his opponent on his back in last Saturday's sectional tournament in Lake Mills. Bice would go on to lose to AGWSR's Jaedrek Bowles by a tech fall and placed fifth with a win over Newman's Matthew Doane.



N-K senior Hayden Moore gets ready to roll Newman Catholic's Gage Peterson on his back in first round action last Saturday at the Lake Mills sectional tournament. Moore just missed out on a district berth with his third-place finish, losing his second-place match to Hayden Brua of Lake Mills.

Vikings finish fifth at Lake Mills sectional, four advance to districts

By Mike Simmons
Sports Editor

The Northwood-Kensett wrestling team had a pretty good day at last Saturday's section 3 sectionals in Lake Mills, placing fifth as a team and finishing third with the most pins on the day with 13.

Heading to this Saturday's district tournament in Denver with a chance to go to state on the line will be Josiah Kliment (39-6), Drake Tiedemann (41-1), Tyler Mills (41-3) and Mason Thofson (22-5).

Kliment took home the sectional title at 160 pounds with a 2-0 record at Lake Mills, winning both of his matches by fall after receiving a first round bye.

Tiedemann, who is now the all-time career wins leader at N-K with 166 wins, received a first round bye and then went on to take home the sectional crown when his next two opponents lost by medical forfeit.

Mills, who has quietly compiled an impressive 41-3 record this season after coming back from an injury, won his sectional title with a 2-0 record, overcoming Jaxon Sellon of Newman and Ben Navratil of Central Springs, both by fall, to earn his trip to Denver.

And last but not least, Thofson, who struggled in the early part of the season with an injury, secured his trip to Denver with two falls as well, taking just 46 seconds to pin Kael Hanig of Newman and just 1:33 to dispose of Tate Miller of AGWSR.

The four named above will compete this Saturday in Denver with the top two finishers in each weight class punching their respective tickets to the state tournament in Des Moines.

Team Scores at Lake Mills Sectional – Central Springs 220, Lake Mills 199, Newman Catholic 174.5, AGWSR 158.5, Northwood-Kensett 156, Rockford 71, West Fork 54

Vikings Season and (Career) Records – Kylie Robinson 2-0 (2-0), Drake Tiedemann 41-1 (166-26), Tyler Mills 41-3 (97-32), Josiah Kliment 39-6 (129-46), Mason Thofson 22-5 (44-29), Treycen Rollene 4-1 (70-32), Trent Tiedemann 16-9 (16-9), Dalton Logemann 5-3 (44-41), Jessika Ausborn 17-11 (17-11), Michael Davis 24-18 (24-18), Terry Ausborn 9-7 (9-7), Aden Bice 22-26 (22-26), Hayden Moore 15-25 (38-65), Michael Janssen 12-21 (23-62), Thomas Rodemeyer 3-6 (3-6), Noah Woltzen 3-9 (3-9), Aaron Davis 1-3 (1-5), Hadley Buenzow 2-7 (2-7), Chaz Cummins 7-25 (7-25), Marisa Halbach 1-6 (1-6), Christopher Madsen 0-8 (1-9)

Lady Vikings upset the Saints, snap nine game losing streak to rival

By Mike Simmons
Sports Editor

After suffering through a nine-game losing streak to the Saints, not having won a game against their rival since 2017, the Lady Vikings finally picked up a win over Saint Ansgar last Tuesday night, securing the narrow win, 47-44.

The Lady Vikings usually struggle to score points in the first eight minutes of play but on this night, they came out hot right from the opening tip, pouring in a game high 15 first quarter points. Keeping that offense flowing, Northwood-Kensett scored another 11 in the second and took a comfortable 26-18 advantage into the halftime break.

The Saints were the ones to come out of the locker room hot in the second half, but N-K didn't fold, despite an offensive onslaught put against them, finally outlasting the Saints on the road, 47-44.

The win over SA is the first since 2017 for the Lady Vikings and breaks a nine-game losing streak to their nearby rival. N-K's big post players, Chloe Costello and Ella Leonard, led the team with 11 and 10 points respectively while seniors Carly Hengesteg and Emma Davidson added eight points each.

After making up some ground in the Top of Iowa Conference East with its win over the third-place Saints, N-K last Thursday traveled to Belmond to face the Broncos, losing by 22 points, 55-33 in the non-conference matchup.

This game was probably decided at the 3-point line, where the Broncos hit 6-19 while N-K was able to drain just 1-10. Costello, despite the huge loss, nearly picked up her first triple-double of her high school career when she had 10 points and 10 steals and fell just one short with nine rebounds. Hengesteg, who is second on the team in scoring this season with 8.9 points per game, added eight points and four rebounds in the loss.

In last Friday's game against Osage the Lady Vikings fell flat in the first half of play, scoring just 12 points in the first 16 minutes of play, including a three-point second quarter that put them in a 37-12 deficit at the halftime break.

And while N-K did bounce back in the second half, scoring 24 points, it was just not enough against the Green Devils as the visitors walked away with the huge TIC East win, 55-35.

Senior Emma Davidson led the team with nine points, splashing 3-7 from 3-point range. Morgan Wallin and Costello, who both came off the bench because of senior night, added 10 and eight points respectively.

With the two losses last week the Lady Vikings are now 8-12 overall and just one game under .55 in the TIC East at 7-8.



Senior point guard Carly Hengesteg converts a steal at the other end into two points for the Lady Vikings in last Thursday's 55-33 non-conference loss at Belmond-Klemme. Hengesteg is third on the team this year with 1.5 steals per game and has one of the best field goal percentages on the team at 36.8.

The team will finish conference play on Monday when it travels to Manly to face Central Springs and then will start class 1A, region 3, regional play on Thursday when they host North Butler in a first round game. The winner will advance to the regional quarterfinals next Tuesday in Riceville against the winner of Riceville and Rudd-Rockford-Marble Rock.

TIC East Standings

TIC East		Overall
Osage	13-1	17-3
West Fork	12-2	17-3
Central Springs	9-6	7-9
Saint Ansgar	9-6	12-8
Nashua-Plainfield	7-8	11-9
Northwood-Kensett	7-8	8-12
Newman Catholic	6-9	7-13
North Butler	1-10	2-18
Rockford	0-14	1-19



N-K sophomore Ella Leonard puts up a long-range jumper last Thursday night at Belmond-Klemme. Leonard had five points, one steal and three rebounds in the 55-33 non-conference loss.

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