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The Northwood Anchor

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The annual Homecoming festivities will once again include the crowning of the Homecoming royalty. Pictured are the members of the homecoming court, including (from left) Taylor Rodemeyer, Dante Sims, Jadyn Beland, Nicholas Hanson, Teagan Johnson, Dalton Logeman, Jasmine Renteria, Thomas Rodemeyer, Peyton Shoger and Lamonte Sims.

Northwood-Kensett begins process to secure safety funding

Northwood-Kensett may soon have access to some funds to make students and staff safer through grants provided by the State using federal pandemic relief funds.

Earlier this year, it was announced that the State would make available grants to Iowa schools to improve their safety measures through the School Safety Improvement Program (SSIP).

At the recent N-K school board meeting the program was discussed.

According to superintendent Mike Crozier, the district will have access to $50,000 per building, or $100,000 total for safety improvements.

Before those funds can be spent, however, districts have to undergo a safety audit using a State-approved firm, the costs of which are covered by the program. The district was

N-K, see Page 2

Viking pride celebrated with Homecoming this week

Northwood-Kensett schools and the community are once again celebrating the Vikings with a number of events and activities for this week's Homecoming.

Festivities that started earlier this week have included the traditional dress up days at the middle/senior high school. On Monday, students dressed as their favorite Disney characters. Tuesday was a chance to pick a side between their parents with students dressing up as either BBQ Dads or Soccer Moms. Today (Wednesday) is Class Color Day, with students dressing to match their grade. That included sixth graders in yellow, seventh graders in orange, eighth graders in green, freshmen in pink, sophomores in red, juniors in blue and seniors in black, as well as the staff, dressed in tie dye. Tomorrow (Thursday) will be a star-studded event with Celebrity Day. On Friday, all those in the school, and the community, are encouraged to wear clothes showing their Viking pride for Spirit Day.

Elementary students will have their own dress up days, with Pajama Day, Hat Day, Wacky Wednesday, Favorite Color Day and ending with Spirit Day.

Tomorrow morning the N-K Booster Club will be hosting a Homecoming breakfast for students at the high school.

Tomorrow (Thursday) evening, at 7 p.m., the Homecoming king and queen will be crowned, selected from this year's Homecoming court, which includes queen candidates Jadyn Beland, Teagan Johnson, Jasmine Renteria, Taylor Rodemeyer and Peyton Shoger, and king candidates Nicholas Hanson, Dalton Logeman, Thomas Rodemeyer, Dante Sims and Lamonte Sims. Following the coronation, the junior and senior girls will face off for the Powder

Viking, see Page 2

WCPH offers flu clinics, latest COVID booster

Worth County Public Health is currently offering two options for those looking to be protected from two prevailing viruses, the flu and COVID-19.

WCPH is hosting several flu clinics throughout the county this week.

That starts tomorrow, Thursday, September 22, at the Grafton Community Center, 202 Six 202 Sixth Avenue, from 9:15 -10 a.m.; at Bethany Lutheran Church, 201 Franke Street, Joice, from 10:30 – 11:15 a.m.; at Kensett City Hall, 207 Fifth Street, from 11:30 a.m. - 12:15 p.m.; at the Manly Senior Center, 137 East Main, from 12:30 - 1:15 p.m.; at Fertile City Hall, 3493 Eagle Avenue, from 1:30 -2:15 p.m.; and at the Hanlontown Community Center, 214 Main Street, from 2:30 a.m. -3:15 p.m.

A clinic will be held at the Worth County Public Health office in Northwood, 95 Ninth Street North on Friday, September 23, from 9 a.m. - 3:30 p.m.

Flu shots are available for those 6 months of age and older. The cost is $25 for the general public. WCPH can also bill

WCPH, see Page 2

Briefs

Northwood fall clean up begins Oct. 13

The annual fall clean up in Northwood has been set for Thursday, October 13, continuing through Saturday, October 15, with the City offering a chance for residents to dispose of unwanted items as they do some fall cleaning.

Dumpsters will be provided for Northwood residents at the Northwood city yard, located on the east side of Northwood along Highway 105/ Central Avenue.

Clean up days are

Clean-up, see Page 2



The Week's WEATHER

by National Weather Service Observer John Podgorniak

Date	Hi	Lo	Prec.
Tues. Sept. 13	74	44	
Wed. Sept. 14	79	47	
Thurs. Sept. 15	82	57	
Fri. Sept. 16	76	57	0.01
Sat. Sept. 17	78	58	0.02
Sun. Sept. 18	76	55	
Mon. Sept. 19	74	47	

Public health official warns of potential shift in services

According to a member of the Worth County public health, an ongoing merger between state agencies may have an impact on how the local health agency provides crucial services to Worth County residents.

Dr. Stephanie Seemuth, a long time member of the Worth County Board of Public Health, said plans for the ongoing combination of the former Iowa Department of Public Health and the Iowa Department of Human Services include a change in funding and focus away from the home visits and services that she called a crucial part of what the local health office pro-

Public Health, see Page 2

Council approves support for County efforts

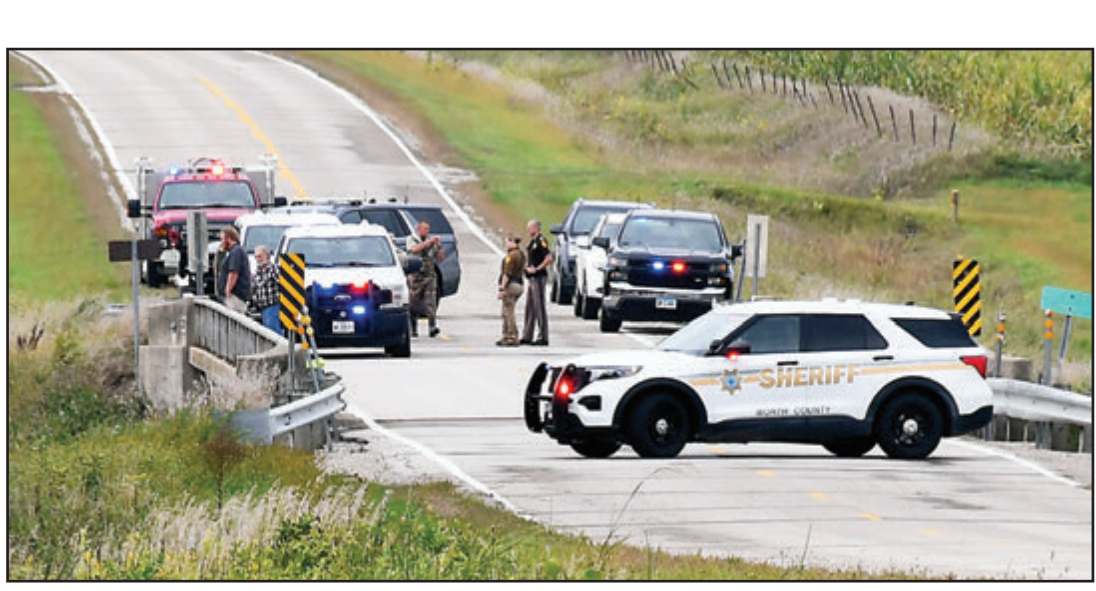
At their meeting on September 12, the members of the Northwood city council present approved involvement and acknowledgment of Worth County's efforts to generate revenue for various projects and for a program to support and encourage veterans to live and work in the area.

Worth County is in the midst of preparations needed to borrow against future wind turbine property taxes for several purposes.

The process involves updating a County document known as the urban renewal plan (URP). The updates will include adding the wind turbines that the County may borrow against. Updates will also include where the money may be spent.

The supervisors recently decided that it may stream-

Council, see Page 2



Candidates seek county office in Nov. election

This November a number of county offices will appear on ballots, including those with seats in the courthouse and those representing the county's townships, commissions and councils.

At the county level, appearing on ballots will be, for Treasurer- incumbent Republican Jake Hanson, Northwood; Recorder- incumbent Republican Teresa Olson, Northwood; Attorney- incumbent Republican Jeffrey H. Greve, Northwood; Supervisor, District 1- Incumbent Democrat Aaron Stone, Manly, and Republican Dan Gordon, Grafton; and Supervisor, District 3- Incumbent Republican Enos Loberg, Northwood.

Running for township

Candidates, see Page 2

Body found in Shell Rock, information sought

This past Friday, several local and State agencies responded after a call of a potential body was seen in the Shell Rock River in Worth County.

On September 16, a female body was found in the Shell Rock River near 390th Street and Raven Avenue. The body recovered was identified as Melissa Jo Olson, 45, of Northwood.

The incident is being investigated by the Worth County Sheriff's Office and Iowa Division of Criminal Investigation.

The Worth County Sheriff's Office was assisted at the scene by the Iowa DNR, Iowa Division of Criminal Investigation,

Body, see Page 2

Vikings in action — See Sports Pages 15-16



Windows for the win

Northwood-Kensett cheerleaders spent some time on Sunday helping to get Northwood's downtown in the school spirit for Homecoming. The students painted a variety of messages, tailored to the businesses, celebrating the Vikings and cheering them on for a victory during Friday's Homecoming game.

Vikings
Cont. from Page 1

Puff football game.

Friday's events begin with free temporary tattoos for elementary students. After that, varsity cheerleaders, football players, volleyball players and cross country runners will visit elementary students in their classrooms and on the playground.

Junior and senior high school students will take part in class competitions and a pep assembly on Friday afternoon.

The Homecoming parade starts at 3 p.m. on Friday at the high school. The parade path will go south to Central Avenue, traveling through downtown Northwood before ending at the elementary school.

Before the Homecoming game, a tailgate supper will be served as a Post Prom fundraiser, at 5:30 p.m.

The Homecoming football games begins at 7 p.m. with the Vikings taking on the North Iowa Bison.

The week of school spirited activities continues on Saturday with the Homecoming dance at the high school gym, from 7-10 p.m. Current high school students and alumni are invited to take part.

N-K
Cont. from Page 1

scheduled for its audit this Friday.

According to Crozier, the audit looks for schools' needs and then advises them on how they can spend the safety program funds.

The district will have to direct each $50,000 towards each specific building, unless the amount is more than needed to address safety needs at a building.

According to an FAQ document, the SSIP comes in response to the increase in mass shootings, exacerbated by the pandemic.

There are six categories for the spending of the funds, including entry controls, electronic security and communications, barriers, perimeter security, illumination and building envelopes. Examples listed by the State include locks, ID systems, alarms, intrusion detection systems, radios, mass notification systems, cameras, servers, barriers, fencing, lighting, glass films, reinforced doors and windows, call buttons and door sensors.

The funds will be provided to districts to reimburse them for their expenses.

Candidates
Cont. from Page 1

office are:

Barton- trustee- Dennis Meyer and Joseph E. Nydegger and for clerk- Pamela Meyer

Bristol- trustee- Daniel L. Martinson and Eliot Evans and clerk- Bruce R. Burdick

Brookfield- trustee Randy Hengesteg and Brenda Tenold-Moretz and clerk- Theresa M. Cooper

Danville- trustee- Joe Thompson and Justin Faber and clerk -Kevin Knudson

Deer Creek- trustee Martin Cotter and Ron Davidson and clerk- Jeff Moretz

Fertile- trustee- Andrew Hansen and Randy Oswald, and no candidate for clerk

Grove- trustee- Sharyl Nestor, Daniel J. Hendrikson, and clerk-Annika Schreiber

Hartland- no trustees or clerk on the ballots

Kensett- trustee- Ken Parcher and Roger Harris, and clerk- Kristine M. Gordon

Lincoln- trustee- Dennis L. Kruger and Dennis Dahl, and no candidate for clerk

Silver Lake- trustee Larry Maher and Rob Nelson, and clerk- Allan Wogen

Union- trustee- Justin John Kruger and Paul Hackbart, and clerk- William H. Borchardt

Appearing on ballots for the Soil and Water Commission will be Russell Olson and James Iverson.

Appearing for Agriculture Extension Council will be Dennis Schipull, Christopher Chodur, Curtis Schaub, Sarah Hagen, Brenda Reicherts and Jennifer Patterson

Clean up
Cont. from Page 1

intended for discardable items that would not be picked up through normal garbage collection, meaning regular day-to-day garbage will not be accepted.

Other items that will not be accepted include computers and accessories, construction debris, tires, batteries, paint, hazardous and flammable items and fluorescent light bulbs and tubes.

More information will appear in future issues of the Anchor.

Public Health
Cont. from Page 1

vides.

Worth County Public Health has, for 40 years, according to Seemuth, provided an essential service through its home health aide program.

The efforts are designed to help keep people independent, in their homes and parts of the community.

Services provided include helping with meals, housekeeping, hygiene and other basic needs that some may have difficulties with but aren't severe enough to require living in other facilities.

The local public health office also provides community outreach services that are less focused on individuals and more on the general public, helping inform and guide people on various aspects of their health, such as diet, exercise, illnesses and other aspects of their wellness.

Seemuth said that plans for the merged Iowa Department of Health and Human Services include an ongoing shift away from the services in the home to the broader community outreach, potentially eliminating the focus on the home aide and related services by 2027.

Seemuth also noted concerns for a change in the wording of a key part of the State department's organization, eliminating an emphasis on the elderly and the disabled to keep them from being placed in institutions and care facilities.

The shift in focus also comes with a potential shift in funding from the State to the County, as Seemuth said that counties may be left to fund more of the county public health department's services, those that are a part of the Iowa Department of Public Health budget.

Body
Cont. from Page 1

Iowa State Patrol, Worth County Emergency Management, Mason City Fire Department, Kensett Fire Department and Worth County Secondary Roads.

Law enforcement is seeking information from anyone who may have observed Olson, a 45-year-old white female with brown hair, approximately 5 foot 6 inches tall, walking in the area of Highway 65 and along 390th Street, between Manly and Northwood on Thursday, September 15, and into the morning hours of Friday, September 16.

If anyone has any information regarding this investigation, they are asked to contact Special Agent Ryan Herman of the Iowa Division of Criminal Investigation at 319-217-1580 or rherman@dps.state.ia.us.

WCPH
Cont. from Page 1

Medicare or Medicaid for those that bring a card. The shot is also available at no charge to youth through the Vaccines for Children program.

In addition to the flu clinics this week, WCPH is also now offering the latest COVID-19 booster vaccine.

The booster is available to those 18 years and older. It offers protection against the original strain of COVID and the omicron strain. It should be given at least two months from the last dose of the vaccine.

Those interested in the COVID vaccine should contact WCPH to make an appointment.

Those that would like to schedule a vaccination or who have questions about either shot may call the WCPH office at 641-324-1741.

Council
Cont. from Page 1

line future updates to the plan and add all county rights of way.

Part of the process of adding the properties to the County's plan is informing and seeking agreements from other taxing entities if property in their borders, or within a two mile boundary of the cities, is added to the County's URP.

At the September 12 meeting, a resolution was presented, asking the Northwood council to approve an agreement with the County. The agreement allows the county to add several of the latest wind turbines in the county to the URP. Those turbines are within the two mile boundary around Northwood. Also included in the agreement are Worth County roads within the boundary.

The agreement also includes the addition of the Worth County courthouse property. The County owns the property, but it is included in the agreement as it is within the Northwood city limits.

There was some initial confusion about the agreement and what it provided for between the City and the County.

There were three council members present at the meeting. Council members Dave Tenold and Teresa Georze Zenz voted in favor of the agreement. Council member Gary Nerlien voted against.

Also discussed at the meeting was an invitation to join the County in supporting the Home Base Iowa Initiative.

The program is an effort to provide incentives for veterans to consider living and working in Iowa.

A number of counties and communities throughout the state have signed on to offer incentives for veterans as they consider buying homes, applying for jobs and other incentives.

At a meeting in August, the Worth County supervisors approved participation in the Home Base Iowa program through the Winn-Worth Betco economic development agency. The County will offer $1,000 to veterans to cover relocation expenses to move into the county.

The Northwood council was being asked to make official its support for the program to become a Home Base Iowa community.

Besides signaling support for the County incentive, a resolution passed also encourages Northwood businesses to participate as well when the program continues with the business community.

The Northwood council members present approved the city's support and encouragement as a Home Base Iowa community.

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Iowa launches merged Health and Human Services department

By Robin Opsahl
Iowa Capital Dispatch
www.iowacapitaldispatch.com

Iowa officially has a new government department: Health and Human Services.

The new agency, which combines the state's departments of public health and human services, unveiled its new mission and brand this week. The department plans to merge the agencies' social media page and a new HHS website will replace the old agencies' websites this fall.

"Team members and partners shaped the direction for these new key elements of our agency by providing diligent, compelling feedback and input," HHS Director Kelly Garcia said in a news release. "That has been true for all of our alignment work, and this launch is no exception. We are laser focused on sustaining, growing and building trust with Iowans, our stakeholders and our team – our new mission, vision and brand speak to that promise."

The state spent two years working to combine the Iowa Department of Public Health (IDPH) and the Department of Human Services (DHS), according to a news release. The process was finalized with legislation passed during the 2022 session. The new department officially formed July 1.

While the merger is new, the two departments already worked closely together. Garcia, previously the Department of Human Services director, has also served as interim director for IDPH since 2020. Before her arrival, Iowa Department of Public Health Director Gerd Clabaugh served as interim director of human services.

However, there are still logistics to sort out. According to the state's HHS alignment website, the state is looking to set up both former agencies' workers into the same office building, and is reorganizing divisions and staffing structures. No layoffs are expected.

The new agency will need final approval from the Legislature on its transition plans, which are still being finalized.



Celebrating an annual reunion

In what has become an annual tradition, members of the Kenison family, descendants of Byron and Lucy Kenison meet at the original family farm, which now belongs to Brian and Connie Kenison. The gathering coincides with the fall festival events held at nearby Bolan. Pictured are those that gathered on Saturday for good food, good conversation and good memories, both shared and made.

Youth mental health first aid trainings offered this fall

Iowa State University Extension and Outreach will provide Youth Mental Health First Aid trainings to strengthen rural communities and support youth during the new school year.

Youth mental health remains at the forefront of many people's minds. Over the last few years, youth mental health challenges have continued to rise. In response, Iowa State University Extension and Outreach continues to provide Youth Mental Health First Aid trainings to community members statewide.

This program provides adults with tools they can use to identify when a youth (ages 6-18) in their life might be struggling with a mental health and/or substance use problem.

"Research shows that half of all mental illnesses begin by the age of 14 and 75% begin by age 25. Recovery from mental illness is possible and likely, but the sooner a person receives appropriate treatment, the better the outcome," said Demi Johnson, behavioral health program specialist with ISU Extension and Outreach.

ISU Extension and Outreach will offer Youth Mental Health First Aid on Oct. 7 and Nov. 7, and both classes will be held from 9 a.m. to 3 p.m. via Zoom. All virtual classes require pre-registration and approximately two hours of pre-work. Private classes for groups of 15-30 participants are also available upon request.

The cost is $55. However, adults identifying as or working with farm families can register at no cost for any of these programs by using the code "AGPRO" when registering, thanks to current grant funding from the United States Department of Agriculture. To register, go to https://www.extension.iastate.edu/humansciences/MHFA.

Participants will learn how to connect youth to appropriate support and resources when necessary. A five-step action plan will be taught to guide participants through the process of reaching out and offering appropriate support.

"Everyone can benefit from taking a mental health first aid course. Learning more about mental health can help reduce the stigma associated with behavioral health problems. When we can recognize signs of trouble, we can help young people get the assistance they need," said Johnson.

For more information, contact Demi Johnson at demij@iastate.edu.

Other resources

Iowa Concern, offered by ISU Extension and Outreach, provides confidential access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics. With a toll-free phone number, live chat capabilities and a website, Iowa Concern services are available 24 hours a day, seven days per week at no charge. To reach Iowa Concern, call 800-447-1985; language interpretation services are available. Or visit the website, https://www.extension.iastate.edu/iowaconcern/, to live chat with a stress counselor one-on-one in a secure environment. Or email an expert regarding legal, finance, stress or crisis and disaster issues.

Finding Answers Now. As Iowans deal with disruptions to their families and communities, this website at https://www.extension.iastate.edu/humansciences/disaster-recovery provides information to help you cope with concerns about stress and relationships, personal finance, and nutrition and wellness.

Project Recovery Iowa offers free virtual counseling and assistance for all Iowans needing support. Counselors are available 24/7. Iowans of all ages may join groups online to find support and learn creative strategies for coping with the effects of the pandemic. To request support, go to https://projectrecoveryiowa.org/ or call the Iowa Warm Line at 1-844-775-9276.

Twenties Club meets on September 12

The Twenties Club met on Monday, September 12, at the home of Gloria Fallgatter with Deb Herweyer as co-hostess. 14 members were present.

Becky Hickman, president, called the meeting to order. Delores Knudson, treasurer, gave the treasurer's report and did roll call.

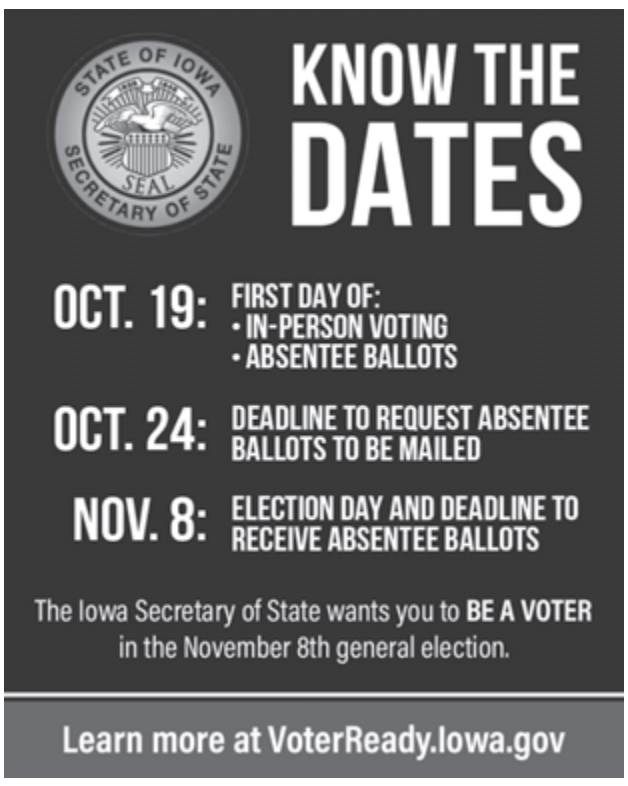
New business was getting the schedule for delivering Meals on Wheels set up. Twenties Club is delivering Meals on Wheels the week of September 19-23.

Also discussed were the possibility of new members.

Deb Nagle gave the program on fast food.

Connie Hogen motioned to adjourn the meeting with Jeanne Bruggeman seconding.

The next meeting will be on Monday, October 10, at 7 p.m. at the Olson Community Building.



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Founder's Day has come and gone again for another year....

Even with the rain, it still turned out to be a great day. We had lots of people walking around the vendors and eating at the food truck, in the restaurants and at the Stromstein building. The Aristocrats Car show still had 33 cars that braved the weather to show their cars and the 4-Banger cars (model T and A's) that came but were not able to do time trials with the wet road. The wine tasting at Nine Pines, the horseshoe tournament, the Basketball shooting contest still went on. The "Our Savior Squadron" helicopter ride for the kids was a big hit! Lots of kids riding!

A big thanks to all of the groups that organized their event. It takes a long time to get everything ready for open houses, tournaments, runs, a car show even if some didn't happen, they still got planned and volunteers took time from their busy schedules to organize the event.

A big Thank you to the city crew for closing & opening up the streets and getting benches and tables for us! You are the BEST!

The Northwood Historians did a fantastic job with the cemetery walk. Even though it was done in City Hall this year, there was a great turnout! It's very interesting real treat learning the history of families that are laid to rest in Sunset Rest. We started a new tradition in 2020, by going live on Facebook so if you can't go during the actual walk, you can enjoy it later on the Northwood Chamber's Facebook page.

Founder's Day couldn't happen without the Special Events committee. They organize the Norwegian Goodie Stand (which pays for Founder's Days expenses) and makes sure all of the unseen things take place like calling groups, vendors, activities for the kids, sanitation and getting the word out about Founder's Day. Dale & Mary Songstad, Gloria George, Lois Hogan, Scott & Linda Anderson, Mary Jo Senne, Pam Meyer, Rich Selvig & Teresa George-Zenz.

Thank you Everyone!! Founder's Day 2023 is on Saturday, Sept. 9 so mark your calendars!
If you want to join our group, please let us know!!

Special Events Committee

Iowa Tourism Office launches website, latest travel guide

The Iowa Tourism Office launched a redesign to traveliowa.com and the latest edition of the Iowa Travel Guide.

The new website, the definitive source for Iowa vacation inspiration and planning, utilizes a content-first approach, highlighting unique and inspirational ideas that invite users to explore Iowa using rich photography, featured articles and interactive tools. Streamlined navigation leads users to the best content. Additional improvements to the site include new travel areas more closely aligned with traveler needs, easier use across devices, improved page speed and enhancements to accessibility.

"It's been almost a decade since we've had a major revamp of traveliowa.com," said Amy Zeigler, manager of the Iowa Tourism Office. "This redesigned site better meets the needs of today's travelers and allows us to show off the best of Iowa through engaging stories and stunning photography. Paired with the latest Fall/Winter Iowa Travel Guide, we hope to inspire lots of travel across the state."

The 140-page Fall/Winter Iowa Travel Guide includes listings for hundreds of authentic and unexpected destinations, cabins and campgrounds. Editorial content features museums and mansions, barns and grain bins converted into lodging properties, 99 hidden gems, winter skiing and ways to celebrate the holidays. The free guide can be ordered online at traveliowa.com, by phone at 800.345.IOWA or picked up at any of Iowa's 14 Welcome Centers. An online version is also available.

The Iowa Tourism Office, part of the Iowa Economic Development Authority, works closely with community partners, attractions and events, to promote the state's beautifully vast scenery and unique history. Tourism in Iowa generated $1.5 billion in tax revenues in 2020, with more than $860 million supporting state and local governments, while employing a total of 60,218 people statewide. For more information on everything Iowa has to offer tourists, visit traveliowa.com.



Preschoolers pre-paring for the Relay

Students in Northwood-Kensett's preschool spent some time recently putting their creativity on display while also helping to prepare for the annual event held to honor those impacted by cancer. The young artists put their crafting abilities towards the creation of luminaries that will be on display at a future Relay For Life event.

Facts and figures on farm safety

According to the Centers for Disease Control and Prevention, agriculture is among the most hazardous industries. Fatal and nonfatal injuries pose a significant threat to farmers, including the many young people who work on farms. The National Institute for Occupational Safety and Health, in an effort to promote productive and safe workplaces, supports programs that conduct research on injuries associated with agriculture as well as pesticide exposure, pulmonary disease, musculoskeletal disorders, hearing loss, and stress. Studying the results of such research, compiled by NIOSH, may compel veteran and novice farmers to further emphasize safety measures and promote practices that can reduce risk for accidents on the farm.

• Estimates indicate that there were roughly 2.1 million full-time workers employed in production agriculture in 2017 and between 1.4 and 2.1 million hired crop workers employed annually on crop farms in the United States.

• An estimated 893,000 young people under 20 years of age resided on farms in 2014. More than half of those young people performed farm work, and an additional 266,000 youth were hired to work on farms in 2014.

• Each day, roughly 100 agricultural workers suffer injuries that cause them to miss time at work.

• In 2014, 12,000 youth were injured on farms, and 4,000 of those youths could trace their injuries to farm work.

• In 2016, 417 farmers and farm workers died from work-related injuries. Tractor overturns and other transportation incidents were the leading cause of death for these farmers and farm workers.

• A rollover protection system, or ROPS, is a structure, similar to rollcages and rollbars in cars and trucks, intended to protect farm equipment operators from injuries caused by overturns or rollovers. NIOSH notes that an ROPS is the most effective way to prevent overturn deaths. Despite that, in 2014, only 62 percent of tractors used on farms in the U.S. were equipped with an ROPS.



Paint by windows

Pictured are Northwood-Kensett cheerleaders as they bring some school spirit to Northwood's downtown windows to help kick off this week's Homecoming activities.



Green Shamrocks make bags for LRH

The members of the Green Shamrocks 4-H club sewed and donated walker bags for the residents at the Lutheran Retirement Home. Members shown with their donations are Jadyn Beland, Isabel Butler, Sara Wubben, Sophia Butler, Camryn Rheingans and Mallory Rheingans.

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CAFOs

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Paid for by:

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DeJear makes campaign stop in Worth



With the general election just weeks away, the latest candidate for state office visited Worth County last week to speak to voters. Diedre DeJear is running as the Democratic challenger for the office of Iowa's Governor.

DeJear paid a visit to the Worth County Democratic Headquarters in Northwood last week.

DeJear began her stop as she asked all those in attendance to introduce themselves and tell why they lived in Iowa and in their own counties and communities.

After hearing from each, DeJear said that it was meant as a way to show why people call Iowa home before discussing the challenges facing the state.

DeJear said that current leadership isn't seeing the challenges of the people, adding that acknowledging and facing those challenges is a point of strength.

DeJear, speaking of Iowa's education system, said that at one point, Iowa was known for its schools, as a top in the nation, and that the State needs to go back to what it had figured out in the past, supporting and funding public education. She said the State has been taking steps backward and there is a need to put the focus back on supporting schools.

Noting the name of the county she was visiting, DeJear said that Iowa is "worth" the work.

DeJear commented on the modern levels of partisanship, but said that if anywhere can get past that, it's Iowa.

DeJear spoke of her background, losing her mother at age 8 and dealing with seeing the effects on her father and siblings. She noted the importance of mental health care to become the person she is today. She shared stories of Iowans having to wait months to receive mental health services, even after emergency situations, and called the situation a crisis, especially impacted by the COVID-19 pandemic.

DeJear spoke of a need to provide more support for small businesses, saying that more than half of the state's workforce is employed by small businesses. She talked about improving broadband access, affordable health care and other needs to compete with corporations for employees.

DeJear discussed a need to make a plan to have the State support small farmers. She said that all the groups involved need to sit down and develop a plan for the future of agriculture with economic and environmental stability in mind.

DeJear said that bigger cities have more access to ways to live, work and play all in one community. She said that should be a goal for every community in the state.

When asked about union policy, DeJear talked about the need for there to be a negotiating table for those limited in recent years, including state staff, teachers, nurses and other public employees.

Asked about affordable higher education, DeJear said that it is one solution to the job market, by making it easier to educate students to fill the open positions. She said that it should be a combined effort of the state and federal governments to provide the infrastructure to make that happen.

Asked about the privatization of Medicaid, health care and public health, DeJear said that she felt the State shouldn't be delegating its responsibilities to companies that prioritize profits. She said that people should be the priority.

A comment was made that people of underrepresented political parties felt left out and with no one listening to their concerns. DeJear said that she has hope. She mentioned glimpses of efforts of the two parties working together, such as the State's redistricting process.

DeJear also mentioned when members of the Republican Party opposed the push for vouchers and funding for private schools for their good of their home districts, even if party leaders were pushing for change.

DeJear said that legislators want what's good for their communities, but there's a political machine in place that can get in the way.

DeJear said that it when people are getting ready to vote, it shouldn't be a decision of which party to vote for, but which issues are important to the voters, with examples like the use of eminent domain for profit and "the freedom to vote, own land and make your own medical decisions."

North Iowa 4-H Beef Clinic set for Saturday

The Iowa State University Extension Service in cooperation with the North Iowa Junior Cattlemen's group is inviting and encouraging all North Iowa Area 4-H and FFA Beef Project members to attend an educational beef clinic.

The workshop will take place on Saturday, September 24th at 9:30 A.M. at the North Iowa Fairgrounds at 3700 4th Street SW in Mason City.

Beef project members will be learning about selection of their beef project with live prospect calves on hand to evaluate. Participants will also be educated about successful feeding and housing for their beef project as well as proper handling and training of 4-H and FFA calves when they are breaking them to lead.

Pre-registration is required and those wanting more information or who want to get signed up are asked to call Lacey Waller, Worth County Extension Office Manager, or Worth County Extension Education Specialist Dennis Johnson at 641-324-1531 in Northwood.

Northwood Anchor Church

Fertile Lutheran Church
Thursday, Mary Circle, 9:30 a.m.; Sunday, Worship Service, 9:30 a.m., Sunday School & Confirmation, 10:30 a.m.; Monday, Ruth Circle, 7 p.m.

Bethlehem Lutheran, Manly
Sunday, Adult Bible Study at Bethlehem, 8 a.m., Bethlehem Worship, 9 a.m., Joyful Noise Choir Practice at Grace, 9:15 a.m., Sunday School at Bethlehem, 10:15 a.m., Grace Worship, 10:30 a.m.
Linda Johnson Prestholt, Pastor

Bethany Lutheran Church/ Elk Creek Lutheran
Thursday, MANNA Open, 4:30 - 6:30 p.m.; Saturday, Sanderson, Hennick wedding; Sunday, Worship - Bethany, 9 a.m., Worship Elk Creek, 10:30 a.m., Open House for Aaron and Michaela at Grace, 2-4 p.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.; Thursday, UMW Meeting at the BSCC, Set up for the Bazaar/Luncheon, 5 p.m.; Saturday, UMW Bazaar at the BSCC, 8 a.m. - 1 p.m., UMW Luncheon at BSCC, 11 a.m. - 1 p.m.
Pastor Cory Allard

Bethel United Methodist Church
Sunday, Bethel Worship, 8 a.m., Trinity Worship, 9:10 a.m., Bethel Worship, 10:30 a.m.

Northwood United Methodist Church
Thursday, Pub Theology, 7 p.m.; Friday, Discipleship Journey, 10 a.m.; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.; Tuesday, Swallow Coffee House, 10 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., Silver Lake, 705 Silver Lake Rd., Northwood, 641-293-5556; 9 a.m., Bethany, 201 Franke St., Joice, 641-588-3366; 9:30 a.m., Lunder, 14982 735th Ave., Albert Lea; 10:30 a.m., Winnebago, 40029 210th Ave., Lake Mills; 11 a.m. Immanuel, 105 E. 3rd St., Scarville, 641-568-3666.

First Lutheran Church, Northwood
Wednesday, Chapel Service with communion, 2 p.m., confirmation, 5 p.m., Choir Practice, 7 p.m., Inspire, SH Youth, 7:45 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Gr., 9 a.m., Taekwondo, 6:30 p.m., Pub Theology, 7 p.m.; Sunday, Worship Service with N.O., 9 a.m., JH Youth, 6:30 p.m.; Tuesday, Staff Meeting, 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

Faith Lutheran Church, London
Sunday School and Adult Bible Class, 9:30 a.m. (Fall through Spring); Sunday, Worship, 10:30 a.m.Pastor Kent Otterman

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Move In

The self-described researcher and storyteller Brené Brown, who does qualitative research on issues relevant to human relations, advises that "People are hard to hate close up. Move in!" In the current divisive political climate, she notes that we have sorted ourselves into ideological bunkers. That is, we live and interact mostly with people who agree with us politically. The polarized political environment means that most of us know someone whose vote we find incomprehensible. Her proposed solution is that we "move in" and ask questions, instead of keeping our distance and refusing to engage these people who we disagree with on social or political issues. Ask them why they feel the way they do. You may discover that their reasons for believing (and voting) the way that they do are not based on some ignoble or vicious impulse, but on their genuinely held principles. In any case, Brown asks us to consider whether we are willing to sever a relationship because of how someone voted. If the answer is no— and it probably should be—then perhaps you need to move in and start a conversation with that person. – Christopher Simon

"The discerning heart seeks knowledge, but the mouth of a fool feeds on folly…. A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel." —Proverbs 15:14, 18 NIV

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Friday: Cook's Choice
Monday: BBQ Pulled Pork Sandwich, Potto Wedges, Cooked Carrots, Chocolate Pudding
Tuesday: Liver & Onions or Hamburger, Mashed Potates with gravy, Mixed Vegetables, Whole Wheat Roll, cookie or bar
Wednesday: Ground beef stroganoff, egg noodles, green beans, mixed berries, Hot milk cake

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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

Better Homes and Garden's cookbooks and magazines, published by the Meredith Corp. in Des Moines, have long been "go to" sources for tested and verified kitchen recipes, tips and tricks to make the readers better cooks. America's Best-Loved Community Cookbook Recipes: Family Dinners (1995) is no exception. This large cookbook with full-color glossy photographs is not the ordinary community cookbook. It does feature recipes gleaned from cooks of various towns and cities but the format is very different. It also includes instructional pictures and procedures. The following recipes are adapted for today's kitchens….27 years later!

Manicotti Cheese Bake
From "Another Spoonful of Love"
Pinellas Park, Florida

8 uncooked manicotti shells
2 cups water
1 large egg, beaten
1 can (6oz.) tomato paste
2 cups ricotta cheese
1 1/2 teaspoons Italian seasoning
1 1/2 cups shredded mozzarella
1 teaspoon sugar
1/2 pound lean ground beef
1/2 teaspoon ground black pepper
1/4 cup Parmesan cheese
1/2 teaspoon garlic powder
1/4 cup finely chopped onion

In boiling salted water, cook the manicotti shells for 5 minutes, until partially soft but not cooked completely. Drain and set aside on a plate. In a large bowl, stir together the egg, ricotta and 1 cup of the mozzarella. Using a small spoon, fill each manicotti shell with some of the cheese mixture. In a heavy medium saucepan, stir together the meat, onion and garlic powder. Cook until the beef is browned and crumbled. Drain any excess grease. Into the same pan, add the water, tomato paste, Italian seasoning, sugar and pepper. Add salt to taste. Bring this sauce to a boil, reduce heat and simmer, uncovered for 1 hour, stirring occasionally. Preheat the oven to 350 degrees F. Spoon half the sauce on the bottom of a 2-quart rectangular baking dish. Place the filled manicotti shells in a single layer over the sauce and pour the remaining sauce over the shells. Cover with foil and bake for 20 minutes. Remove the foil and sprinkle the remaining mozzarella and the Parmesan cheese over the top. Return to the oven uncovered for another 10 minutes or until heated through and cheese is melted.

Cincinnati Chili

NOTE: If you've never had Cincinnati-style chili, it's a step away from the usual Southwestern version. It's seasoned with different spices and even contains a bit of chocolate! It's served over hot cooked spaghetti and it has no beans. This recipe traveled from Cincinnati to Alaska with Rabbi Gerald J. Klein.

2 pounds lean ground beef
2 teaspoons minced garlic
2 cups finely chopped onion
1 teaspoon cinnamon
4 cups low-sodium beef stock
1 teaspoon ground cumin
2 can (8oz.each) tomato sauce
1/2 teaspoon kosher salt
2-3 tablespoons chili powder
1/2 teaspoon cayenne
2 tablespoons cider vinegar
1/4 teaspoon allspice
1/2 oz. grated unsweetened chocolate
1/4 teaspoon ground clove
12 oz. spaghetti
1 bay leaf

In a heavy 4-quart Dutch oven or stock pot, cook the beef and onion for 10 minutes or until the meat is browned, breaking it up into crumbles. Drain away any excess grease. Add the beef stock and simmer for 10 minutes. Stir in the tomato sauce and all the remaining ingredients except for the spaghetti. Simmer, uncovered, over low heat for an hour, stirring occasionally. During the last part of the simmering, cook the spaghetti in a large pot of boiling, salted water. Drain and keep warm. Remove the bay leaf from the chili and skim off any grease from the top. Serve over the hot cooked spaghetti. SANDY'S NOTE: Don't let the long list of "strange" ingredients turn you off. This style chili is very tasty.

The interesting thing about this "community cookbook" is that the recipes come from all over the country. In the typical church or organization fund-raiser-style community collection, the recipes are all pretty similar as they are submitted by cooks living in the same area. All are favorite dishes and all are cooked pride. That's the beauty of this type of "real" people recipes. And…that's all she wrote.

Northwood Anchor Society



Northwood-Kensett Class of 1962

The Northwood-Kenett Class of 1962 celebrated their 60th class reunion at the VFW in Northwood on Saturday, September 10. Class members attending were (front row) Cheryl Grube, Calabria, Surprise, Arizona; Vickie (Perkins) Hall, Northwood; Joan Olson, Northfield, Minnesota; Marilyn (Weidler) Ulve, Osage; Joanne (Tenold) Moretz, Northwood; (back row) Betty (Ryan) Mathews, Albert Lea; Bob Hall, Northwood; Buck Hickman, Northwood; Gerry Pike, Cottage Grove, Minnesota; and Ann (Bergen) Osten, Shokane, Minnesota.

Worth County Community Foundation's 2022 grant application deadline Sept. 30

The deadline to submit grant applications to the Worth County Community Foundation's 2022 grant cycle is 5 p.m. on Friday, September 30. The online grant application and guidelines can be found on the Community Foundation's website at www.worthccf.org. Funding for WCCF grants has been made possible by the Jaspers Family Foundation Fund.

Grants are awarded to projects within the program areas of arts and culture, community betterment, education and youth development, environment and animal welfare, health and human service. Grant recipients will be announced in December.

Grants are available to 501(c)(3) nonprofit organizations and government entities. Tax-exempt organizations classified as other than 501(c)(3) are also eligible, if and only if, the project is deemed charitable. Those interested may contact Dotti Thompson at 319-243-1358 or dthompson@cfneia.org to discuss the project's eligibility prior to submitting a proposal. Grants selections are made in an effort to create a better quality of life for people in Worth County. A local governing committee reviews the applications from charitable organizations serving their community.

In 2021, a total of $38,580 in discretionary grants was awarded to eight area nonprofit and government agency projects serving Worth County. Since 2017, the Worth County Community Foundation has awarded over $200,000 in grants from charitable giving funds established by Donald Jaspers with the Foundation.

The establishment of the Worth County Community Foundation was made possible by the Jaspers Family through the establishment of the Jaspers Family Foundation Fund. Maynard and Marjory Jaspers were long-time successful business owners in Worth County. They had three sons with no heirs. At his death, Donald Jaspers donated the proceeds from the combined estates of the Jaspers Family to provide charitable support for Worth County.



A delayed reunion becomes a birthday celebration

In 2020, the Northwood-Kensett Class of 1960 intended to hold a 60 year reunion. That event was postponed due to the pandemic. The next year, the class raised funds and made a $1,000 donation to the new Viking Activity Center. This year, the group was finally able to reunite. The delay in the gathering meant that the classmates were able to celebrate another milestone in their lives and they held an 80th birthday party. Pictured are (front row, from left) Marie Grady, Elaine George, Betty O'Brien, Sharon Helgeson, Phylis Abrahams, Donna Fridley, (middle row) Karen Hove, Richard Gentz, Sharon Gentz, Barb Edmonds Sandy Thompson, (back row) Craig Taylor, Darrell Swartwood, Allen Rohne, Roger Gordon, Gordon Anderson, Dennis Carnes and Terry Perkins.

35th Annual
Lutheran Retirement Home Auxiliary
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9-11 a.m.
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Thank You
The Worth County Board of Health and Worth County Public Health would like to thank the WCDA for the grant funds that we were awarded.
The funds were used to purchase an Electronic Medical Record program and a Home Care Aide vehicle, which are of great use in providing services for the people of Worth County. Thank you WCDA for all that you do!

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Happy 80th Birthday!
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Thank You
The City of Northwood would like to thank the following volunteers for helping with the Household Hazardous Materials Collection Day
Mayor Doug Moehle
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John Anderson
Dan Hendrikson
Joe Kuennen

Protecting agriculture's future: National Farm Safety and Health Week

For many areas of the country, the fall harvest season is one of the busiest, but also one of the most dangerous for our nation's farmers and farm workers. Data from the U.S. Bureau of Labor Statistics shows the agriculture industry is consistently at the highest risk for occupational injuries and fatalities, with 511 fatalities in 2020, or an equivalent of 21.5 deaths per 100,000 workers. Farming is also one of the few industries in which family members, including children, are also at risk for fatal and nonfatal injuries.

Join CDC's National Institute for Occupational Safety and Health (NIOSH) in recognizing the contributions of our nation's agriculture workers by learning more about the hazards farmers and farm workers face every day, as well as illness and injury prevention efforts for this critical workforce.

Did you know?

Rural roads pose special dangers especially during harvest season. Watch out for slow-moving farm vehicles and be informed, aware, and patient while sharing rural roadways.

Farm Stress is real, and many things like weather events, tragedies, market uncertainty, or diseases can tip us out of our comfort zone. Learn how you can support a farmer or farm family member who might need help.

Every day, about 33 children are seriously injured in agricultural-related incidents. Protect the future of agriculture by keeping children and youth safe on the farm.

Hazardous gasses on farms can be found in silos, manure storages, grain bins, and other confined spaces. Be in the know about hazardous gasses and where they can be found on farms.

Women have always played a vital role on the farm, but women now fill more farm roles than ever before. Learn more about safety and health for women working on farms.

Protecting Agriculture's Future

NIOSH and its Centers for Agricultural Safety and Health (Ag Centers) are recognizing National Farm Safety and Health Week 2022.

This week emphasizes the importance of working together to prevent injuries and illnesses among agricultural workers.

The Ag Centers have developed a toolkit to promote and provide safety resources aligned with the daily themes of National Farm Safety and Health Week 2022.

Child Safety on the Farm

Thousands of children are injured and hundreds are killed every year by hazards found on the farm. Some of these children are working on the farm while others wander into trouble on their own or are invited into hazardous areas. Implement injury prevention strategies today to protect agriculture's greatest resource, our children.

• Do not allow children to roam freely on the farm. Design a fenced "safe play area." This area should be near the house and away from work activities.

• Inspect your farm on a regular basis for hazards that can injure children wandering on your farm. Correct obvious hazards immediately.

• Children who are physically able to be involved in farm work should be assigned age-appropriate tasks and continually trained to perform them. They should also be constantly supervised.

• Equip all barns, farm shops, chemical storage areas, livestock pens, etc. with latches that can be locked or secured so that children cannot enter.

• Always turn equipment off, lower hydraulics and remove the key before leaving equipment unattended.

• Do not expose children to hazards. Never carry them on tractors and equipment or invite them into the farm shop, livestock barns, grain bins, etc.

Inspection

• Is there a designated "safe play area?"

• Are equipment guards in place?

• Are hazardous work areas locked?

• Are farm ponds and pits fenced?

Information supplied by the National Safety Council's Agricultural Division, the National Education Center for Agricultural Safety (NECAS) – www.necasag.org or 888-844-6322.

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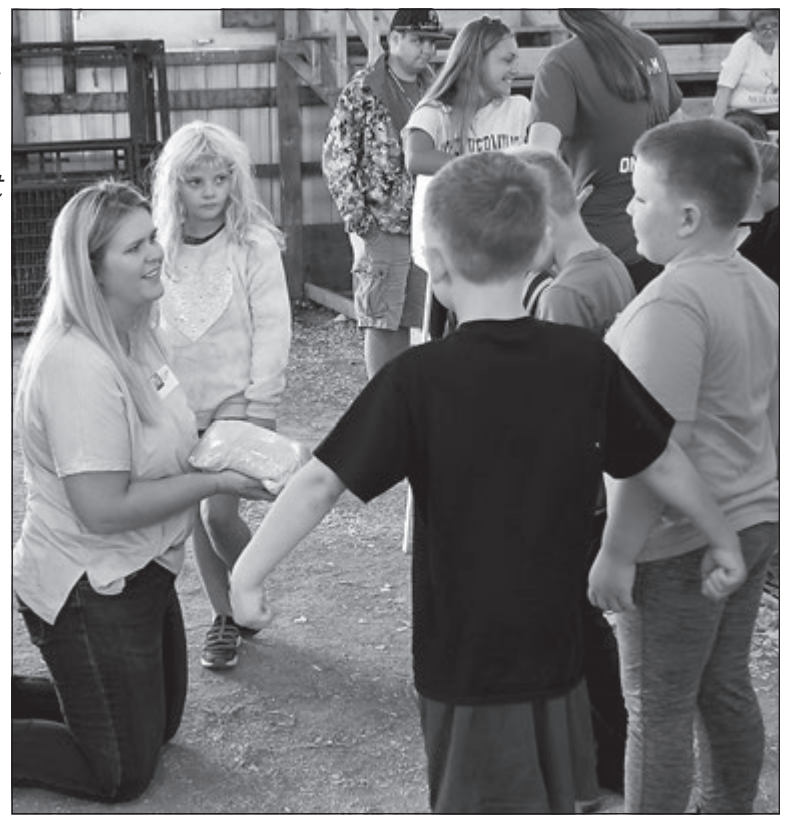
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Worth County Farm Bureau & Teresa Stehn, Ag-in-the-Classroom coordinator, would like to send out some special thank yous for help or donations at the recent Ag Fair/Farm Safety held for Northwood-Kensett and Central Springs Third-Grade. Without all of your help this would not be possible.

To the Worth County Fair Board for use of the buildings

Presenters: MercyOne Air Med and crew, Northwood Fire & Rescue; Heartland Power Cooperative, Jordan Lee - electrical safety; Mackensy Tomlinson and Amy Jorgensen - horse; Linda Anderegg - poultry; Melissa Moretz and Ray Gaskill - swine; Loghan Nelson and Haydan Pestorious, Tom and Monica Meyer provided the sheep - sheep; Macy Thorson - beef; Erik Butler - Worth County Soil Conservation; Dalton Logeman, Jaydn Beland and Steven Medlang for providing the dairy cow; Brad Brunsvold - corn & soybeans; Ron Davidson and Jackson Faber - combine; Dennis Johnson and Jace Lindberg - grain safety; Heaven Walker, Worth County Conservation; and Viafield for the donation of the wood chips and corn.

Special Thanks to Marty Cotter and N-K Voc Ag students and Derek Straube and CS FFA students for their help with setup, tear down, cleanup, kitchen help and group leaders and Worth County Cattlemen for grilling.



Melissa Moretz, Worth County Farm Bureau board member, is pictured at the recent ag fair, as she teaches Central Springs and Northwood-Kensett students about pigs.

Thank you to the schools for letting the students attend and take home some knowledge of agriculture.

PEOPLE. PROGRESS. PRIDE.™
WORTH COUNTY FARM BUREAU

A Proclamation on National Farm Safety and Health Week, 2022

America's farmers, farmworkers, and ranchers serve one of our most vital needs — they feed our Nation and sustain our communities. They steward our lands so they have the power to provide for us, generation after generation. They offer meaningful jobs to millions of people, rooted in the rewards of hard work and the beauty of nature. They help fuel our economy and enable our country to compete in markets around the globe. During National Farm Safety and Health Week, we commit to improving the safety and well-being of everyone working on our farms.

For all they provide for our Nation, we know the many barriers farmers, farmworkers, and ranchers face. Extreme weather — made more frequent and ferocious by the climate crisis — can jeopardize or destroy a season's harvest, representing months, or even years, of investment and commitment. Fluctuating commodity prices and input costs can tighten profit margins and usher in tough, lean years. Accidents and injuries can cut precious lives short, dramatically threaten the livelihoods of survivors and their families, and rob businesses of the workers they rely upon.

My Administration is supporting the implementation of robust health and safety standards on farms and ranches. With up to $65 million from the American Rescue Plan, the United States Department of Agriculture (USDA) is helping to minimize the risks of injuries on farms, on ranches, and in processing plants. The USDA is also investing $100 million into partnerships with labor unions and other workforce development experts to better train agricultural employees. For the first time, the Department of Labor's Occupational Safety and Health Administration has launched a program to conduct heat-related indoor and outdoor workplace inspections in the face of yet another season of extreme and deadly heat.

My Administration is making health insurance more affordable and health care more accessible, which is especially important for farmers, ranchers, and farmworkers who suffer injuries. My Administration's Inflation Reduction Act and American Rescue Plan lowered annual premiums for families across the country. My Administration made a historic $1.5 billion investment in health workforce loan repayment and scholarship programs to incentivize primary care clinicians and other health care providers to work in underserved areas, including rural and Tribal communities. We are providing Federal field employees with training on the best uses of mental health resources and communication strategies while scaling our investment in programs that provide professional behavioral health counseling and other services to agricultural workers. We are also calling for programs that will reduce loan repayments for mental health and substance use disorder clinicians committed to practicing in rural and other underserved communities.

Supporting the well-being of our farmers, farmworkers, and ranchers means protecting their financial health as well. Last year, I signed into law the Extending Government Funding and Delivering Emergency Assistance Act, which includes $10 billion in assistance to agricultural producers impacted by wildfires, droughts, hurricanes, and winter storms. My Administration also announced $700 million in available grant funding for State agencies, Tribal entities, and non-profit organizations to provide financial relief for farmworkers and meatpacking workers affected by the COVID-19 pandemic. We are devoted to ensuring that agricultural workers can do their jobs free from harm and that they can recover from accidents and injuries with dignity and financial security.

This week, we redouble our efforts to protect the health and safety of farmers, farmworkers, and ranchers, and we celebrate the immense contributions they have made and continue to make to our Nation.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim September 18 through September 24, 2022, as National Farm Safety and Health Week. I call upon the people of the United States, including America's farmers and ranchers and agriculture-related institutions, organizations, and businesses, to reaffirm a dedication to farm safety and health. I also urge all Americans to express appreciation and gratitude to our farmers, farmworkers, and ranchers for their tireless service to our Nation.

IN WITNESS WHEREOF, I have hereunto set my hand this sixteenth day of September in the year of our Lord two thousand twenty-two, and of the Independence of the United States of America the two hundred and forty-seventh.

JOSEPH R. BIDEN JR

Educating our Youth is a Very Important Goal of Farm Safety



Worth County Externsion Education specialist Dennis Johnson, assisted by N-K's FFA student Jace Lindberg is pictured as they give a demonstration of the dangers of being caught in grain wagons and bins.

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Tractor Safety

Farm tractors provide the primary source of power on many farms. Studies show that the farm tractor is involved in a high proportion of farm fatalities and severe injuries. To avoid them, follow safe management principles and implement a tractor safety program on your farm.

~Develop a "safety first" attitude. Follow safe work practices all the time and set a good example for others.
~Be physically and mentally fir when operating tractors. Fatigue, stress, medication, alcohol and drugs can detract from safe tractor operation.
~Take breaks.
~Read operator's manual and warning decals.
~Pay attention to safety information.
~Equip the tractor with a Rollover Protective Structure (ROPS) and wear seat belts.
~Inspect the tractor for any hazards and correct them from operating.
~Make sure everyone who operates a tractor has received training and is physically able to operate it safely.

10 easy steps for Farm Safety

1. Set Safety as a priority.
2. Address emergencies.
3. Implement a reporting systems.
4. Provide training.
5. Conduct inspections.
6. Collect hazard control ideas.
7. Implement hazard controls.
8. Lead by example.
9. Seek input on workplace changes.
10. Make improvements.

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Ag Fair teaches students about farm safety, industries

On Friday, September 9, Northwood-Kensett and Central Springs third grade students once again spent their morning learning about life on the farm, with a focus on how to stay safe on the farm and how emergency responders help people.

They also learned about livestock, wildlife and products made as a part of the agriculture industry.

The morning of learning comes during the annual ag fair organized by Worth County Farm Bureau, which involves several other local groups and volunteers.

This year's ag fair began with a look at vehicles and equipment used by the Northwood Volunteer Fire Company and the MercyOne helicopter ambulance.

NVFC members led a tour of the department's specialized rescue equipment, main rescue vehicle and a fire engine, discussing how the vehicles and various equipment might be used at an emergency scene on a farm.

The MercyOne crew discussed scenarios in which a helicopter may be called, and how they would respond, as well as giving a students a look inside and outside the air ambulance.

The students then moved inside the Livestock Arena to view a number of presentations and demonstrations.

Heaven Walker, naturalist with Worth County Conservation, talked about animals in the area and how farming impacts nearby habitat.

Jordan Lee, from Heartland Power, presented information on electrical safety, including the danger of working and playing near power lines.

Brad Brunsvold talked about the various products that are made from corn and soybeans.

Dennis Johnson, Worth County Extension Education Specialist, assisted by Jace Lindberg, discussed and demonstrated the dangers of becoming trapped in grain containers and bins, and the best ways to safely escape.

Erik Butler, from Worth County Soil Conservation, used a model of farmland to share information and display the effects of soil runoff and erosion.

Farm Bureau board member Ron Davidson, assisted by student volunteer Jackson Faber, explained how a combine works, how to stay safe around them and gave the students a look inside the machine's cab.

Also on hand were a number of farm animals for the third graders to learn about and interact with, presented by Ag in the Classroom leaders, N-K FFA and Worth County 4-H members.

Linda Anderegg talked about poultry, and gave the third graders a hands-on experience with some chicks. Macy Thorson taught the younger students about beef cows. Melissa Moretz brought them face to snout with some young pigs and taught them about some of the food products that come from swine. Loghan Nelson and Haydan Pestorious taught them about sheep. Mackensy Tomlinson and Amy Jorgensen gave them a look at a visiting horse. Jadyn Beland and Dalton Logeman presented information and a hands-on experience with dairy cattle.

Other Northwood-Kensett and Central Springs FFA and Vocational Ag students also helped during the ag fair. They led small groups of third grade students to the various stations, helped set up and take down and helped with the lunch, prepared by the Worth County Cattlemen.













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Northwood Anchor **Opinion**

Savvy Senior

Flu vaccines that are recommended for older adults

Dear Savvy Senior,

I just turned 65 and would like to learn more about the stronger flu shots I see advertised for older adults. What can you tell me about them and how are they covered by Medicare?

Senior Novice

Dear Novice,

There are actually three different types of senior-specific flu shots (you only need one) that the CDC is now recommending to people age 65 and older. These FDA-approved annual vaccines are designed to offer extra protection beyond what a standard flu shot provides, which is important for older adults who have weaker immune defenses and have a greater risk of developing dangerous flu complications. Here's more information on these three vaccines.

Fluzone High-Dose Quadrivalent: Approved for U.S. use in 2009, the Fluzone High-Dose is a high-potency vaccine that contains four times the amount of antigen as a regular flu shot does, which creates a stronger immune response for better protection. According to a study published in the New England Journal of Medicine, this vaccine was proven 24 percent more effective than the regular dose shot at preventing flu in seniors.

Fluad Quadrivalent: First available in the U.S. in 2016, this adjuvanted vaccine contains an added ingredient called adjuvant MF59 that also helps create a stronger immune response. In a 2013 observational study, Fluad was found 51 percent more effective in preventing flu-related hospitalizations for older patients than a standard flu shot.

You also need to be aware that both the Fluzone High-Dose and Fluad vaccines can cause more of the mild side effects that can occur with a standard-dose flu shot, like pain or tenderness where you got the shot, muscle aches, headache or fatigue. And neither vaccine is recommended for seniors who are allergic to chicken eggs, or those who have had a severe reaction to a flu vaccine in the past.

Also note that the CDC does not recommend one vaccination over the other.

FluBlok Quadrivalent: For older adults that are allergic to eggs, FluBlok, which is a recombinant vaccine that does not use chicken eggs in their manufacturing process is your best option. This vaccine is proven to be 30 percent more effective than a standard-dose influenza vaccine in preventing flu in people age 50 and older.

All of these vaccines are covered 100 percent by Medicare Part B as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays.

Pneumonia Vaccines

Another important vaccination the CDC recommends to seniors, especially this time of year, are the pneumococcal vaccines for pneumonia. Around 1.5 million Americans visit medical emergency departments each year because of pneumonia, and about 50,000 people die from it.

The CDC recently updated their recommendations for the pneumococcal vaccine and now recommend that everyone 65 and older who has not previously received any pneumococcal vaccine should get either PCV20 (Prevnar 20) or PCV15 (Vaxneuvance). If PCV15 is used, this should be followed by a dose of PPSV23 (Pneumovax23) at least one year later.

Or, if you've previously received a PPSV23 shot, you should get one dose of PCV15 or PCV20 at least one year later.

Medicare Part B also covers two different pneumococcal shots – the first shot at any time and a different, second shot if it's given at least one year after the first shot.

COVID Booster

If you haven't already done so, you should also get a COVID-19 booster shot this fall. Both Moderna and Pfizer have developed new bivalent booster vaccines that adds an Omicron BA 4/5 component to the old formula, which provides better protection.

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



Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

What are you watching?

It's a series about a man who decides to never clip his toenails again.

Thank goodness for reality TV.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. I traveled to where the clouds were on Rocky Mountain roads with runaway truck lanes and stayed at the Rabbit Ears Motel in Steamboat Springs, Colorado. I'd tossed a small toothpaste tube from my dentist into my possibles bag. My wife calls the messenger bag a man purse. In the days of the mountain man, a possibles bag carried everything they needed for the day: black powder, flint and steel, lead balls, a knife and Axe body spray. "Take a coat," I heard my mother's words echoing. I crumpled a windbreaker and stuffed it inside my bag. That night, I discovered the toothpaste was for kids and tasted like bubblegum. It was lousy bubblegum. I couldn't blow a single bubble with it.

I drove a long way home. My car needed gas. I filled up for $3.29 per gallon. Back on the road, the next gas station I encountered was $3.29, the following was $3.24 and the third was $3.14 a gallon. I entered the big convenience store. An employee said, "My name is Frank if you need anything." I wondered what his name was if I didn't need anything?

At Mahoney State Park in Nebraska, I climbed the 70-foot-tall Walter Scott Observation Tower, which gave me a bird's-eye view of the Platte River. In 2017, teetering after surgeries, a lengthy hospital stay and buckets of chemotherapy, I'd climbed that tower. I needed to just because. I reckoned it was 170 steps. They were small steps and tall steps. It was easier to reach the top in 2022.

I visited the TS Jost Ranch in Hayden, Colorado. Terry and Sharon Jost met when they were bankers in Iowa. They moved to Colorado and raise dryland alfalfa. They use big round bales and big square bales (3'X 3' X 8'); the round bales weigh about 1200 pounds and the square ones 750-800 pounds. Truckers prefer the square bales because they can haul more hay that way. The ranch's square bales live in a gated community with a tall fence to keep elk from getting a square meal. Elk, deer and pronghorn devour the growing alfalfa after the second cutting. Terry said, "We don't mind. They were here before us." The ranch gets two cuttings a year and doesn't plan on changing. "Every time I've changed things, I've made them worse," said Terry.

I've learned

There is far more connecting us than separating us.

Never rent a car you can't get into.

If you have nothing to say, say it on social media.

If a GPS does nothing else, it teaches us some things don't want to be found.

Bad jokes department

I threw a rock at potatoes I'd placed atop fence posts. I was trying to kill tubers with one stone.

Research finds the major cause of dry skin is a towel.

I don't know what "apocalypse" means, but that's not the end of the world.

Canary for sale. It's not going cheep.

When I was a boy, the three-second rule for eating dropped food was extended to three days for cake.

What has five toes and isn't your foot? My foot.

In the UK, Miley Cyrus is known as Kilometery Cyrus.

Nature notes

I told stories at the Moonshell Storytelling Festival held at Mahoney State Park near Ashland, Nebraska, and helped travelers from Bellingham, Washington, look at daddy longlegs. The common, harmless, spiderlike harvestman is an omnivore with long, wiggly legs, a simple oval body, and lacks silk (builds no webs), fangs and venom glands, but emits an odd odor when disturbed. Harvestmen aren't spiders or venomous.

The peak migration for Baltimore orioles is August and the first half of September. The majority reach their winter homes in Mexico, Central America or South America by the end of October.

How can you tell a bee from a wasp? Bees are fuzzy, chubby and cute. Wasps are smooth, skinny and look threatening. Yellowjackets (a wasp) are the ones likely to hover around a picnic. They're attracted to meat and soft drinks. Honey bees are vegetarians and aren't drawn to soft drinks. Yellowjackets can be high-strung when searching for sweets and proteins.

Meeting adjourned

"One ought, every day at least, to hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words." Johann Wolfgang von Goethe.

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Letters to the Editor

Dear Residents of Northwood

For many years I worked as a clinical social worker to help children and families heal from traumatic circumstances. I loved helping those kids and families. I continue to worry about how children are growing up in our very turbulent times.

I am very concerned about the health of the children in Worth County as more CAFOs are being built here. Kids live closer to the ground, they run more, they breathe more. Noxious gases tend to be heavier and sink lower to the ground. So as noxious gases are emitted from CAFO sites, kids breathe in more toxic fumes than adults. Kids drink more water and the water has nitrates in it. Kids living near CAFOs have a 44% - 55% higher chance of developing asthma and other health concerns.

When living near CAFO playtimes are often limited. Kids don't want to play outside when it stinks. Play is crucial to the healthy development of children especially outdoor play. The kids in my life say they hate the smell and the hate the flies.

I am concerned about the water they drink. CAFOs put tons on manure into the ground and the run off gets into streams, underground water sources and eventually it contaminates our water. There are so many impaired waterways that often kids can't go swimming in favorite waterholes.

As per the DNR there are over 750 impaired waterways in Iowa.

So we need to think about the future of our county and what we are leaving to kids We are taking the culture out of agriculture for our kids and ourselves..

Edith Haenel, MS, LICSW (Retired)

Dear Friends

Worth County has put a lot of money and effort into developing the casino site. The county spent approximately $1.75 million dollars to add water, sewer, and to upgrade the roads to attract businesses to the casino site.

A 5000 head CAFO is planned south of the casino. There are already two CAFO north of the casino - both owned by Summit Ag (Bruce Rastetter). More CAFOS surrounding the casino threaten the revenue that the casino brings to Northwood and other communities in Worth County. They also significantly affect the lives of those who live near the CAFO. Who wants to buy a home or land or do business near a CAFO?

Worth County continues to try to develop the site that lies next to the casino. The reason for this ongoing development is to bring more business opportunities to the casino site to benefit the county.

There will be a Public Hearing on September 26th at 9:30 am at the courthouse in Northwood. Come and add your voice to the discussion about that Worth County does not need this kind of polluting business in our county. Please come to add your voice to the dissent.

Signed
James Berge
Kensett

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Northwood Anchor

Early Files

100 years ago

September 20, 1922

With the approach of cold weather, millions of bushels of potatoes are lying in the ground in Minnesota and will freeze unless relief is obtained to improve the present demoralized condition of the market. In the Crookston, Minn., district alone more then 1,500,000 bushels of potatoes will freeze unless the growers can obtain prices that will make it worthwhile to dig and market them. The present price is 30 cents per bushel.

An ad in the September 20 Anchor reads -New Style Fords with one man top, sloping and rain vision windshield and new body design, now on display at our service station. TOURING CAR - REGULAR $348, F.O.B. Come in and Look Over, Also Investigate the Enclosed Fords - Coupe and Sedan at Lomen Auto Co., Northwood.

Complimentary to Mr. and Mrs. Leon S. Barnes, bride and groom of the early summer, and their guest, Miss Alice Rivers, of Atlanta, Ga., Mr. and Mrs. E.K. Pitman and son George entertained a small company of young friends Wednesday of last week.

County superintendent Nora M. King has received notice that Gladys Schmidthuber, pupil in Silver Lake District No. 3, is the winner of the state scholarship for having received the highest average in eighth grade examinations for the school year of 1922-23. This is an honor for Miss Gladys and an honor as well for Worth County.

A detachment of U.S. cavalry reached Northwood yesterday morning at about 10 a.m. and camped at the fairgrounds until this morning when they left early for Mason City. Lieut. Murphy was in charge, with 37 men and 52 head of stock, including three 4-line teams of mules used for pulling baggage wagons.

75 years ago

September 18, 1947

Clarence Plowman of this city has sold the cafe at Garner, which he has owned for the past two years, to W.A. Mack, formerly of Nrothwood, who has been operating the place for Mr. Plowman. Possession will be given on October 1, Mr. Plowman stated. Mrs. Mack is the former Ruth Lau of Northwood.

Due to ill health Miss Etta Spilde has decided to give up her home on North Fourth Street and will sell her household goods at auction at the residence next Saturday afternoon, beginning at 2 o'clock. The sale is advertised in today's Anchor. N.V. Huber will cry the sale.

Erick A. "Ed" Thompto, 82, who had lived nearly all his life in Worth County, died on Saturday evening at his home in Grove Township, four miles northwest of Northwood. He had been in failing health in recent years but had been up and around the day before his death.

Hanlontown's new fire truck will be delivered this week, according to Mayor Henry Doebel of that town, who was in Northwood this afternoon. Purchase of a $6,000 truck and apparatus was made possible by subscriptions from businessmen of Hanlontown and Fertile and many farmers in that vicinity.

Guy C. Toye, one of Northwood's most prominent citizens of a generation ago, died on Sunday at his home on North Ninth Street at the age of 91 years, 5 months and 20 days, following a period of several years during which he was confined to his home with gradually failing strength. Funeral services were held at the Toye home on Tuesday afternoon at 2 o'clock conducted by the Rev. Arthur Peters, pastor of the local Baptist church.

Albert Pokorny, who was stabbed in a fight at Manly last Friday night, lies in a Mason City hospital where he was taken after the fracas. With one knife wound just missing his heart he was in a serious condition for several days, but is now improving.

50 years ago

September 21, 1972

Sidney Swensrud and Mrs. Sena (Borsheim) Buchanan look over the registration book at the restored country school. Mrs. Buchanan taught in the school in 1903.

Marion Hall, Hanlontown, and Mrs. Phil Sheimo, Fertile, were recognized for their long services with the Worth County American Cancer Society. Both were members of the board and were given special recognition for the services at the annual and regular meeting of the board held on Monday at the home of Miss Mabel Field in Manly. Mrs. Phil Sheimo has 27 years of service on the board, beginning in 1945 and served as chairman from 1948 to 1961. She continues to be a member of the board. Marion Hall has 25 years of service on the board, beginning in 1948 and has held office of treasurer the entire time. He was again reelected to the office for the year 1972-73.

The new vocational agriculture and shops building on the high school grounds in Northwood is nearing completion and construction is about on schedule, according to superintendent Francis Peterson. The building is located just west of the high school building.

Viking quarterback Jim Hanson picked up 12 yards on this second quarter sprint around his own left end before Osage's Bill Fredrickson brought him down. Hanson was N-K's leading rusher in the 14-8 win over the Green Devils, picking up 40 yards. Other Vikings in the picture are Paul Tenold and Paul Hogen. Other Green Devils are Bruce Olson, Bob Markham, and Jim Fett.

The mill pond near Northwood provided more than power in the 19th century. Apparently even then boating was a popular recreation. The first mill and dam in Northwood were built in 1857 by Charles Wardall, and a good grist was built by Lem and A.J. Dwelle, in 1860. The grist mill was considered one of the best in northern Iowa. It was sold to Nye and Willing in 1875 for $16,000.

25 years ago

September 17, 1997

Four-year-olds Danny Bruce and Emma Lee Hendrickson had their hands full last Thursday with this puppy litter at the home of John and Jane Podgorniak on Fourth St. S. The thriving four-week-old, one-half golden retriever pups threaten to soon grow out of house and home, so they're up for permanent adoption. Respective parents of the puppy-loving four-year-olds are Russell and Sarah Bruce and Dan and Colleen Hendrickson, all of Northwood.

Winners of the recent Worth County Farm Bureau farm safety poster contest included Northwood-Kensett sixth grader Dane Hanson, N-K third-grader Leah Reyerson and first grader Ian Schacht. The Worth Farm Bureau awarded the trio art supplies and entered their poster in the state contest, which has a $100 U.S. Savings Bond payoff for the overall winner. The youngsters' respective parents are Deb and Gary Hanson, Gary and Elke Reyerson and Ronald and Denise Schacht, all of Northwood.

Four young playmates recently showed their dads how much fun it is to play on the new carpet at Children's Garden. The family groupings here included, Russ Olson, son Hayden, 4, and daughter Riley, 3; Russ Olson and son Garrett, 2; and Jerry Olson and son Jesse, 4. The kids' dads are members of the Northwood Men's Club, which donated the entire sum needed to install the new carpet in the basement of the United Methodist Church.

Deb Hanson, personal banker of Northwoods State Bank, Northwood, has been named to a three-year term on the Iowa Bankers Association's Marketing Committee. Deb has worked for Northwood State Bank for the past 2 1/2 years as a personal banker. Her major responsibilities include new accounts, advertising and marketing campaigns. Deb serves on several committees within the bank. Deb and her husband, Gary, have three sons, Joseph, Dane and Levi and live in rural Northwood.

10 years ago

September 19, 2012

Last week's Homecoming festivities included the coronation ceremony held last Thursday night. Garrett Olson was named Homecoming King. Mary Bjorklund was named Homecoming Queen.

Sami and Mikki Butler model the Pink Out T-shirt that will be sold as a Relay For Life fundraiser at upcoming home volleyball and football games.

Britney Low, daughter of Connie Low, Northwood, has been accepted for enrollment at Coe College in Cedar Rapids, Iowa, and recently began fall semester classes on August 27.

The Viafield sales team will be united under one manager. Viafield has been named Mark Wilbur as its new sales leader beginning September 24. As sales leader, Mark will be responsible for providing strategic sales and marketing leadership and support to all business units — agronomy, energy, feed and grain. "I don't want anyone on my team to be viewed by our patrons as just another salesperson trying to sell them something. I want us to be viewed as a vital, key member of our patrons' farming operations. To accomplish this we need to take the time to ask the right questions and truly listen to what our producers need. We need to understand their operations and have the attitude that we are here to serve."

Three students of American States Karate were eligible and tested for their black belts in karate. The students were required to write a four page paper; perform blocks, kicks and forms; answer questions; break boards with two kicking techniques and one hand technique; spar against black belts Amos Mix, Loraine Mix and Steven Sanchez, one on one; and also spar with black belts against one of the students.

Northwood Anchor

Obituaries

Agnes 'Aggie' Anderson

Agnes "Aggie" Bertina Anderson, 95, of Northwood, Iowa, passed away on September 12, 2022, at MercyOne North Iowa Medical Center.

A Memorial Service was held at 11 a.m. on Friday September 16, 2022, at Elk Creek Lutheran Church, 4108 Killdeer Ave., Kensett.

Burial took place following the service at Elk Creek Cemetery.

Visitation was held from 4:30 to 7 p.m. on Thursday September 15, 2022, at Conner Colonial Chapel, 1008 First Ave. S., Northwood. Visitation continued one hour prior to the service at the church.



AGNES ANDERSON

Aggie was born on January 5, 1927, in Northwood, daughter of Carl H. and Clara Nelson (Degn) Myre. She attended Brookfield #5 Center School and graduated from Kensett High School with the class of 1944 as their Salutatorian. She married Rueben Appel on August 18, 1957, and their union was blessed with three children, Gerald, Julie and Lee. Rueben passed away in June 1976. She later married Marvin Anderson on October 21, 1977. Marvin passed away in April of 1988.

Aggie worked as a teller at Northwestern National Bank in Minneapolis, Minnesota, as well as Northwood State Bank. She later worked for Tenold Olson Hagen Inc. in Northwood as a secretary and retired in 1999 after working with them for 33 years.

She loved her children, grandchildren and great-grandchildren. She treated everyone the same and always made sure she was presentable, never leaving the house without her lipstick. Everyone knew her as Grandma Aggie. She loved to sew; always making sure the grandchildren had something she made with her own hands. Aggie would always make time to be involved in her grandchildren's events. Whether it was a football game, soccer or prom; you name it and she would be there.

Aggie was a member of Elk Creek Lutheran Church, Rebecca Church Circle, 3 M Circle, Sorosis Study Club and New Century Club. She was also a member of the WELCA and held various offices throughout the years. She served on the Lutheran Retirement Home Auxiliary Board as Treasurer.

Aggie is survived by her children, Jerry (Paula) Appel, Julie (Jeff) Wilcox and Lee (April Sheimo) Appel; grandchildren, Gregory and Ryan Wilcox, Kory (Sydney) and Nicholas (Jenny) Mithun, Braedon Appel, Alex and Paul Adams and Jesslyn, Dante and Lamonte Sims; and great-grandchildren, Mia and Finley Mithun.

Aggie was preceded in death by her two husbands; mother and father; and several uncles, aunts and cousins.

Wild-harvested tree nuts offer cheap and tasty treat



Several species of trees in Iowa produce edible nuts, which can be cheaply and readily harvested. Walnuts, chestnuts, pecans and hazelnuts can be collected and eaten. These nuts, when harvested locally, may offer a unique flavor distinct from their grocery store counterparts. In this article, Iowa State University Extension and Outreach commercial horticulture specialist Patrick O'Malley explains the process of collecting tree nuts in Iowa.

Chestnut trees can be identified by their canoe-shaped, toothed leaves, large size and spiny seed pods, called burrs. These burrs contain chestnuts, which generally ripen in September.

Chestnuts should generally be harvested as burrs begin to swell and open, but harvesters must work quickly to avoid competition from birds, squirrels and other hungry animals. It is best to collect fallen chestnuts from the ground, as harvesting from the tree or shaking the tree may cause immature nuts to drop.

It is important to wear gloves while harvesting chestnuts, as the burr spines can puncture the skin. Ripened chestnuts (with a split open burr) should be harvested immediately; after about three to four days at room temperature, these chestnuts can be stored in the freezer and enjoyed for up to a year after harvesting.

Black walnuts are native and can be found across the state. Some people in southern Iowa have planted English walnuts and heartnuts. Butternut used to be found across most of the state, but a fungal blight has reduced the population to almost nothing. While each of these has a distinct flavor, the process for collecting them is similar.

Walnut trees (and relatives) can be distinguished by their large leaves, which may have between five and 25 leaflets. Walnuts can be harvested either by collecting dropped fruit from the ground or by shaking the tree. Generally, dropped fruit is ready to eat, but it is important to check the color of the nut to ensure ripeness. Ripe nuts should be a yellowish-tan color, while unripe fruits will still be green.

When harvesting and husking walnuts, it is important to be mindful of the dark stain they produce, which can damage clothes and stain the skin. After husking, this stain should be rinsed off using a hose. Then, the walnuts should be left to dry for two to three weeks, after which they can be stored or cracked and eaten.

Pecan nuts are a type of hickory. The pecans grown in southern Iowa are smaller than conventional store-sold types but can have good flavor.

The other types of hickories harvested in Iowa are the shagbark and shellbark hickories. Because hickory trees are in the same family as walnut trees, they are similar in appearance. However, hickory trees can sometimes be a little larger. Shagbark and shellbark hickories are incredibly distinct, with rough, peeling bark.

Hickories are usually harvested in October or November, and the harvesting process is similar for all Iowa species, although shagbark hickories tend to have smaller nuts with thicker shells. Typically, ripe nuts will fall to the ground in their shells. They can also be shaken from the tree. Once collected, the nuts should be left to dry in their shells for two weeks, at which point they can be cracked and eaten.

The American hazelnut or American filbert, which is native to the Midwest, grows as a multi-stemmed bush rather than the traditional European tree. Still, these nuts are tasty and easy to harvest. Hazelnuts can be harvested from August through September and tend to be much smaller than their European counterparts. The nuts are held in distinctive fringed leaves and look somewhat similar to acorns. The hazelnuts can be harvested easily and eaten raw or used in cooking.

Harvesting wild-grown tree nuts is a great way to experience the bounty of nature this fall and appreciate Iowa's unique biodiversity. For more information on Iowa tree nuts, visit the Iowa Nut Grower's Association.

Wish to celebrate the life of a passed loved one?

Let the Northwood Anchor help memorialise your loved ones

anchor1@nwdanchor.com
or 641-324-1051

Ocel places in top 15 at Osage cross country meet

By Mike Simmons
Sports Editor

Northwood-Kensett's current long-distance specialist, junior Megan Ocel, placed 15th in a starting field of 66 runners last Tuesday afternoon in Osage at the Mitchell County Nature Center.

Ocel completed the course in 23:07.47 while her teammates, Macy Thorson and freshman Merrin Hansen crossed the finish line in 37th and 61st place respectively.

With the boys' top runner out for this one the Vikings relied on Aden Bice (57th) and freshman Zach Heiken (64th) to round out their starting grid.

After a meet on Monday at West Fork the XC teams will end the busy week on Thursday when they travel to Manly for a run at the Town and Country Golf Club.

Boys Team Standings at Osage – New Hampton 54, Forest City 67, Osage 116, Lake Mills 117, Crestwood 126, Newman catholic 129, Central Springs 177, North Butler 191, Nashua-Plainfield 195, Belmond-Klemme 240

Girls Team Standings at Osage – New Hampton 63, Forest City 73, Osage 87, Crestwood 100, Newman Catholic 108, Central Springs 110, Nashua-Plainfield 150, Lake Mills 177

Bolan

The 19th Bolan Fall Event was again very successful. Many came for the pancake breakfast and also the UMW Bazaar and Luncheon. There were some new vendors this year and some new bike riders. Everyone enjoyed the music by Sam Crosser while having pie and ice cream. There were many mums and pumpkins sold. The 1:00 program in the Bolan Schoolhouse and Cultural Center by Freedom Rock Artist, Ray "Bubba" Sorensen, II, was presented to a full house. There were also Freedom Rock Reps from local counties in attendance and shared their "Rock" stories.

Phyllis Young and son, Kurt, arrived on Friday afternoon from Centennial, CO. to attend the weekend festivities. Phyllis also attended the BSCC Board Meeting on Friday evening. She served as the hostess on Saturday in the upper level of the School, and was also able to attend worship services at Trinity UMC before returning to CO.

There were a few people who attended the Kenison Reunion on Saturday able to attend the Trinity Worship Service on Sunday. They were Charlann and Paul Anspach of Clarkfield, MN; Jerry Carr of Poquoson, VA and Dave and Lory Delgehausen of Cross Lake, MN. Charlann took part in the worship service by playing the organ along with Mary Wendt at the piano.

Notice

NOTICE OF CHANGE IN PRECINCT BOUNDARIES IN WORTH COUNTY, IOWA

Worth County Auditor and Commissioner of Elections, Jacki A. Backhaus, hereby gives notice that there have been changes to the Worth County voting precinct boundaries. These changes are a result of the required redistricting process following the 2020 census and are effective immediately. The new precinct maps may be viewed on our county's website at https://elections.worthcountyiowa.gov/vote/maps/

The description of the updated precincts are as follows:

Precinct No. 1 - UNION – DEER CREEK – BARTON - GROVE TOWNSHIPS PRECINCT

The unincorporated areas of Union Township, Barton Township, and Deer Creek Township, and Grove Township East of Raven Avenue and the City of Grafton.

Precinct No. 2 - LINCOLN TOWNSHIP PRECINCT

The unincorporated area of Lincoln Township, the City of Manly.

Precinct No. 3 - BRISTOL – SILVER LAKE – HARTLAND TOWNSHIPS PRECINCT

The unincorporated area of Bristol, Silver Lake Townships and Hartland Township West of Interstate 35 and the City of Joice.

Precinct No. 4 - BROOKFIELD-KENSETT TOWNSHIPS PRECINCT

The unincorporated area of Brookfield and Kensett Townships, and the City of Kensett.

Precinct No. 5 – DANVILLE TOWNSHIP PRECINCT

The unincorporated area of Danville Township and the City of Hanlontown.

Precinct No. 6 – FERTILE TOWNSHIP PRECINCT

The unincorporated area of Fertile Township and the City of Fertile.

Precinct No. 7 – GROVE-HARTLAND TOWNSHIPS PRECINCT

The unincorporated area of Grove Township West of Raven Avenue and Hartland Township East of Interstate 35 and the City of Northwood.

Northwood Anchor

Legal

People's Right To Know

City of Northwood

The Council of the City of Northwood met in regular session at City Hall on 9/12/22 at 6 pm with Mayor Moehle presiding and the following council members present:

George-Zenz, Nerlien, Tenold. Absent: Peterson, Reeder.

Motion to approve the agenda. Unam.

Motion to approve the following under Consent Agenda: Approve Council Meeting Minutes of 8/22/22; Treasurer Report; Set Fall Clean-up Days October 13-15; Liquor License Renewal - Shade Tree Liquors; Claims as follows:

Payable to: For: Amount
NSB,
Safe Deposit Box Rental $40.00
NSB, ACH Fee.....$20.00
IA Dept of Revenue,
Sales Tax $587.75
IA Dept of Revenue,
Water Excise Tax $1,179.85
Wellmark BCBS,
Insurance.....$11,399.84
Verizon Wireless,
Cell Phones, router-tr,fd..$128.37
Visa,
Postage, supplies, expense-pool,cc $537.27
Payroll,
Wages.....$20,001.24
Payroll ,
Pool wages $5,740.98
Principal,
Insurance.....$475.77
Worth Co. Recorder,
Record contract $57.00
Iowa League of Cities,
Conference Registration ..$240.00
Alliant Energy,
Services.....$21,300.26
USPS,
Mailing-cc $329.12
Payroll,
Wages.....$22,237.88
A & I Auto,
Repairs-pw.....$65.15
Agri-Sales,
Supplies-pw $41.20
Amber Julseth,
Mileage & Expenses-cc $43.75
Bryan Rock,
Supplies-pw $430.93
Carquest ,
Supplies-pw $162.23
Cemstone,
Supplies-pw $414.70
D & L Equipment,
Repairs-pw.....$2,135.59
Dave Syverson,
Repairs-pw.....$3,480.79
David Patrick,
Services-cc,lib $60.00
Doug Moehle,
Mileage $66.88
Endress-Hauser, Inc.,
Software-pw.....$1,282.14
Falkstone Supplies-pw$ 2,443.36
Fallgatters,
Supplies-pw $50.10
Farmers New Ag,
Supplies-pw $545.97
Frank Dunn Co.,
Supplies-pw $899.00
Hawkins,
Supplies-pw $2,578.54
Heartland Asphalt,
Supplies-pw $1,640.94
Huber Supply,
Cylinder Rental-pw $40.27
Iowa One Call,
Services-pw.....$27.00
Iowa Prison Industry,
Supplies-pw $687.50
InControl, Inc.,
Services-pw.....$3,068.00
John Greve,
Legal Services $500.00
Keystone Labs,
Testing.....$1,202.25
Kelly Hardware,
Supplies-pool, pw $694.81
Kibble Equipment,
Mini Backhoe.....$54,950.00
Knutson Oil Co.,
Fuel-pw, tr $4,035.00
Larsen Plumbing & Heating,
Repairs-pw.....$1,279.04
Marsh Painting,
City Hall Exterior $14,733.38
Metering & Tech Solutions,
Meter Reader Upgrade-pw $16,621.90
Municipal One,
Website Hosting Annual Fee-cc ...$836.00
Nelson Septic Services,
Services-parks $425.00
NIACOG,
Services-tr.....$553.06
Northern Cedar Service Co.,
Roof Repair-pw $327.75
Northern Lights Dist.,
Supplies-pool $884.52
Northwood Anchor,
Publications.....$357.36
Northwood Sanitation,
Services.....$7,696.00
Northwood Senior Center,
Monthly Donation $800.00
ODP Business Solutions,
Supplies-cc,lib.....$56.01
ODP Business Solutions,
Supplies-cc.....$156.89
Proline Dist,
Supplies-pw $13.63
Quality Pump & Control,
Repairs-pw.....$3,311.05
Three Oaks Greenhouse,
Supplies $75.00
Trading Post,
Supplies-pw $80.94
Unity Point Clinic,
DATA $84.00
Visu-Sewer,
Inspection-pw $32,777.71
WCTA,
Phone/Internet $731.79
WIN-911 Software,
License-pw.....$660.00
Worth Co Sheriff,
28E Police Services $31,170.75
Ziegler,
Service Contract.....$11,371.92
Library:
Alliant Energy,
Services.....$341.74
Visa,
Supplies $280.97
Visa,
Supplies $133.09
Fallgatters,
Supplies $5.19
Baker & Taylor,
Materials .....$ 383.98

Summary of August 2022 receipts by fund type: General - $76,204.94; Special Revenue-$44,802.31; Debt Service - $0; Capital Projects-$3,094.78; Enterprise- $232,553.73; Trust & Agency - $1,468.

Summary of August 2022 disbursements by fund type: General - $90,598.25; Special Revenue-$75,601.34; Debt Service-$0; Capital Projects-$0; Enterprise-$58,534.92; Trust & Agency - $0.

Roll was called and the following voted Aye: George-Zenz, Nerlien, Tenold. Absent: Peterson, Reeder.

Motion to approve Resolution No. 2209-18 Approving FY22 Annual Urban Renewal Report. Unam.

Motion to approve Resolution No. 2209-19 Approving Urban Renewal Joint Agreement with Worth County. Aye: George-Zenz, Tenold. Nay: Nerlien. Motion passed.

Motion to approve Resolution No. 2209-20 supporting the Home Base Iowa Initiative. Unam.

Motion to adjourn. Unam.

Doug Moehle, Mayor
Amber Julseth,
City Administrator/Clerk

Supervisors

September 12, 2022
Thirty-seventh Day

The Worth County Board of Supervisors met pursuant to adjournment with Mark Smeby, Enos Loberg and A.J. Stone, present. All members voting "AYE" unless noted.

Meeting called to order by Smeby, followed by the Pledge of Allegiance.

Motion Stone/Second Loberg to approve today's agenda and minutes from September 6, 2022 meeting. Motion carried.

Motion Loberg/Second Stone to approve drainage claims in the amount of $, as per the following schedule. Motion carried.

Helgeson Drainage Inc., DD 3 Main Repairs.....$270.60
Northwood Anchor, DD 13 Open, Main Publication Charge $382.32
Northwood Anchor, DD 13 Open, Main Publication Charge $124.74
A1 Excavating & Drainage, DD 23, Main Repairs.....$9,392.08
Northwood Anchor, DD 46 Main, Publication Charge..$157.68
Northwood Anchor, DD 46 Main, Publication Charge....$52.50
Grand Total.....$10,379.92

Motion Stone/Second Loberg to approve claims in the amount of $92,278.14 as per the following schedule. Motion carried.

A & I Auto Body Inc
Service-Eng 996.31
A.H. Hermel Vending & Foodservice, Supplies-Shf..... 34.69
Access Systems Leasing
Service-Dap 103.38
Advanced Drainage Sys Inc
Supplies-Eng 476.87
Amazon Capital Services
Supplies 19.99
Aramark, Service-Eng 200.27
At&T Mobility
Service-Shf..... 1,471.94
Austin Office Products
Supplies-Shf 32.68
Bcn Telecom, Service-Gsr .. 104.39
Brian M Kuchay, Md
Ems Contract 100.00
Carquest Auto Parts Inc
Supplies-Eng 1,885.89
Cerro Gordo Co Auditor
Service-Juj 2,165.10
City Of Fertile, Rutf-Eng 1,548.01
City Of Grafton, Rutf-Eng . 877.54
City Of Hanlontown
Rutf-Eng 382.49
City Of Joice, Rutf-Eng... 1,064.29
City Of Kensett, Rutf-Eng . 539.31
City Of Northwood
Service-Gsr 556.70
Crittenton Center
Service-Juj 1,446.15
Culligan Of Mason City
Service-Gsr 121.70
Dennis Meyer, Service-San 500.00
Dick's Petroleum Company
Supplies-Eng 111.06
Falkstone Llc, Rock-Eng. 3,247.82
Fallgatter's Market Inc
Supplies-Con 38.94
Greve Law Office
Rent & Payroll-Aty 6,460.42
Heartland Asphalt Inc
Supplies-Eng 3,242.19
Heartland Business Systems, Llc
Supplies-Dap 205.00
Heartland Power Coop
Service-Wwt 3,210.05
Huber Supply Co Inc
Supplies-Eng 236.90
Ia Law Enforcement Academy
Edu-Shf..... 1,375.00
Ia Secretary Of State
Notary-Shf..... 150.00
Iaccvso, Edu-Vaf..... 60.00
Imwca
Wk Comp Prem-Ins..... 20,641.00
Joel Rohne, Service-Dap . 2,600.00
Kelly Hardware
Supplies-Con 663.30
Knudtson Automotive Service
Service-Shf..... 920.27
Lexisnexis, Service-Aty..... 177.00
Marco Technologies Llc
Service-Dap & Asr..... 504.15
Mark Decker, Service-San . 500.00
Menards Inc, Supplies-Eng . 89.97
Nassco Inc., Supplies-Gsr .. 269.25
Powerplan, Service-Eng..... 715.87
Reindl Repair
Service-Con..... 2,128.57
Rick Christeson
Safety-Eng..... 150.00
Schneider Geospatial, Llc
Service-Dap 10,194.00
Seat Treasurer
Edu-Aud..... 25.00
Shred Right, Service-Phd 92.94
Singelstad's Hardware
Supplies-Eng 179.44
Thomas Reid, Reimb-Vaf... 154.95
Trading Post, Supplies-Con... 4.49
Ulland Brothers Inc
Supplies-Eng 5,588.55
Verizon Wireless
Service-Ema 40.01
Viafield, Supplies-Con 526.77
Wex Bank, Service-Tra ... 2,979.59
Winnebago Coop Telephone Assn
Service-Gsr 3,443.65
Worth County Treasurer
Taxes-Eng..... 5,812.00
Youth Shelter Care Of N Ia Inc
Service-Juj..... 768.18
Ziegler Inc, Parts-Eng..... 144.11
Grand Total..... 92,278.14

Motion Stone/Second Loberg to approve salary change for Marilyn at $23.99/hour as submitted by the sheriff's office. Motion carried.

Motion Stone/Second Loberg to set a Public Hearing for the Master Matrix Scoring and Recommendation for Summit Pork IV, LLP on September 26, 2022 at 9:30 A.M. Motion carried.

Motion Loberg/Second Stone to adjourn at 8:50 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Mark Smeby, Chairperson

Northwood-Kensett School

The Northwood-Kensett Board of Directors met in a Regular Meeting on Thursday, September 8, 2022 in the Administrative Office at 7:00 P.M.

Members present: Bradley Christianson, John Anderson, Susan Kliment and Larry Hovey

Absent: Cindy Pangburn

(4-0) Approved the Agenda September 8, 2022; August 11, 2022 Regular Meeting Minutes; Financial Reports for August; September bills for payment

Report

Elementary Principal: 1) Farm Safety Day Sept 9 at Wo Co Fairgrounds 2) Elementary Open House is Sept 15th 3) Homecoming Activities at the Elementary the week of September 19th 4) National Fire Safety Week is the week of October 10th

Secondary Principal: 1) Alternative program is at capacity 2) Middle School transition update 3) Prairie Fire Children's Theatre to provide oversight for school play

Superintendent: 1) Good start to school year thanks to all our employees for doing a great job 2) IASB Convention is Nov 17th 3) Preliminary Enrollment numbers are up 4) Governor's Safety Grants require each school to go through a safety audit, firm will be selected by the state 5) Grand opening of VAC

School Board: 1) Next regular board meeting scheduled for Thursday, October 13 at 7:00 pm

New Business:

(4-0) approved the continuation of the Worth County Conservation Board Naturalist Program for a cost of $3,800.00

(4-0) approved the appointment of Mr. Fritz, Secondary Principal, as the Superintendent's designee for Juvenile Court Records

(4-0) approved raising the substitute teacher pay (subbing for teachers) to $130.00. Certified Subs who are subbing for an associate will stay at $105.00 per day

(4-0) appointed the bus routes as presented for the 2022-2023 school year

(4-0) approved the purchase of 8 Tip and Roll Bleachers in the amount of $33,365. From Townsend Company

Personnel

(4-0) approved the hire of Renee Ring as secondary associate at a pay of $12.00 per hour

(4-0) approved the hire of Nichol Williamson as secondary associate at a pay rate of $12.50 per hour

(4-0) approved the hire of Jayne Wheeler secondary head cook at a pay rate of $14.50 per hour

(4-0) adjourned the meeting at 7:43 pm

Northwood-Kensett Community School District
Vendor Name, Vendor Description, Amount, Checking Account ID
A & I AUTO,
REPAIRS..... 5,626.58
ABDO,
Books..... 904.10
AGVANTAGE FS, INC,
propane..... 891.62
AHLERS & COONEY, P.C.,
legal services 90.00
AIRGAS USA, LLC,
SUPPLIES..... 1,817.06
All Star Pest Control,
pest control 75.00
ALLIANT ENERGY,
ELECTRICITY..... 19,047.37
Amazon Capital Services,
SUPPLIES..... 12,371.86
APPLE, INC.,
SUPPLIES..... 1,940.00
BLAZEK ELECTRIC,
repairs..... 300.00
CARQUEST AUTO PARTS,
SUPPLIES..... 445.68
Center for the Collaborative Classroom,
curriculum 1,539.00
Central Rivers Area Education Agency,
supplies..... 993.37
CITY OF NORTHWOOD,
water/sewer 1,017.17
COMMUNICATION INNOVATORS,
phone system..... 539.00
CULVER HAHN ELECTRIC SUPPLY,
SUPPLIES..... 1,020.00
DEMCO, INC,
SUPPLIES..... 102.69
DRIVEWISE,
services 395.00
FALKSTONE LLC,
product..... 3.47
FALLGATTER'S MARKET,
SUPPLIES..... 232.41
Gallagher Benefit Services,
actuarial service..... 1,200.00
GOODWIN TUCKER GROUP,
repairs..... 243.50
Hagen, Lisa,
REIMBURSEMENT 162.91
Hansen, Elaine,
REIMBURSEMENT..... 73.45
HOVEY'S LAWN AND GARDEN LLC,
LAWN CARE..... 2,500.00
HUMAN RELATIONS MEDIA,
supplies..... 109.95
Imagine Learning,
SOFTWARE 6,500.00
Iowa Water Management Company,
boiler service..... 215.00
IXL Learning,
membership..... 349.00
Johnson, Morgan,
REIMBURSEMENT 10.00
Kaplan Early Learning Company,
supplies..... 172.33
Kelly Hardware,
SUPPLIES..... 1,067.10
Kuta Software LLC,
MATH LICENSE 429.00
Kuypers Consulting, Inc,
Consultation 927.00
LAKESHORE LEARNING MATERIALS,
SUPPLIES..... 317.49
LARSEN PLUMBING & HEATING, INC.,
boiler service..... 140.00
LEARNING A-Z,
SUPPLIES..... 478.00
MAKE MUSIC,
SUPPLIES..... 99.00
MANKATO CONTROL SYSTEMS,
repairs..... 612.50
MARC,
supplies..... 232.00
Marco Technologies LLC,
COPIES 306.07
Maroo, Mackensie ,
REIMBURSEMENT 189.35
MARTIN BROTHERS,
PRODUCT..... 2,416.79
Martin, Stacy,
REIMBURSEMENT 11.50
MATH LEARNING CENTER, THE
supplies..... 68.00
Medical Enterprises, Inc.,
supplies/fees 58.00
MID-WEST 3D SOLUTIONS, LLC,
subscription service..... 950.00
NIACC Book Zone,
CCE books 2,043.90
NOLTE, CORNMAN & JOHNSON P.C.,
AUDIT SERVICES 5,790.00
NORTHWOOD CHIROPRACTIC PC,
physical..... 200.00
NORTHWOOD ELECTRIC, ELECTRICAL SERVICES
..... 863.10
NORTHWOOD SANITATION,
garbage 630.00
Odegaard, Kimberly,
REIMBURSEMENT 736.53
OFFICE ELEMENTS,
SUPPLIES..... 366.64
One Source Background Check Company,
background checks..... 283.50
PERMA BOUND BOOKS,
BOOKS 732.51
PLUMB SUPPLY COMPANY - MC,
SUPPLIES..... 386.70
RADA Mfg Co,
SUPPLIES..... 192.10
Read Naturally Inc,
Subscription License..... 435.00
REALLY GOOD STUFF, LLC,
SUPPLIES..... 381.79
Rieman Music, Inc,
supplies..... 219.48
SCHILLING SUPPLY COMPANY,
supplies..... 626.88
SCHOOL HEALTH CORPORATION,
supplies..... 627.55
SCHOOL SPECIALTY LLC,
SUPPLIES..... 7,355.43
School Specialty,
supplies..... 740.96
SCHUMACHER ELEVATOR COMPANY,
inspection..... 595.00
Security & Communication Professionals,
security services 980.00
SIGNATURES SUPPER CLUB,
Teacher Breakfast..... 900.00
SOLUTION TREE,
Books..... 416.57
Southern Lock & Glass,
lock services..... 95.00
Staples Business Credit,
supplies..... 1,724.68
Steve Weiss Music,
supplies..... 450.00
Thorson, Megan,
reimb supplies 14.90
TRADING POST,
supplies..... 269.86
Trane US Inc,
repairs..... 4,270.00
TREND ENTERPRISES, INC,
SUPPLLIES 46.93
Unity School Bus Parts,
parts..... 35.53
VIAFIELD,
supplies..... 132.00
VISA,
supplies..... 1,145.37
West Music,
supplies..... 322.00
WINNEBAGO COOPERATIVE TELECOM ASSN,
phone/internet service ... 1,203.29
WOODWIND & BRASSWIND,
Saxophone 2,336.00
Worth County Treasurer,
Prop Tax 2,594.00
Worth Lumber Company,
supplies..... 37.65
Amazon Capital Services,
SUPPLIES..... 661.99
Crozier, Michael,
REIMBURSEMENT 39.24
Kelly Hardware,
SUPPLIES..... 4.80
VISA,
supplies..... 200.51
IOWA STATE UNIVERSITY,
scholarship 3,500.00
MINNESOTA STATE UNIVERSITY - MANKATO,
scholarship 2,500.00
NORTH IOWA AREA COMM. COLLEGE,
scholarship 4,500.00
UNIVERSITY OF NORTHERN IOWA,
scholarship 500.00
Checking Account ID . 121,276.71
BECKER, TREY,
official 125.00
Miller, John,
official 125.00
Pavlovich, Jeff,
official 140.00
Staudt, Steve,
official 125.00
Thein, Trevor,
official 125.00
Fund Number..... 640.00
IMEG,
Commmissioning..... 3,623.72
JOHNSON FITNESS & WELLNESS,
equipment..... 6,481.00
Tremco/Weatherproofing Technologies, Inc,
repair services 1,737.50
Fund Number..... 11,842.22
Bice Electric LLC
..... 9,188.39
CARQUEST AUTO PARTS,
SUPPLIES..... 2,877.57
Krampitz, Marty 17,500.00
LARSEN PLUMBING & HEATING, INC. 1,197.38
MANKATO CONTROL SYSTEMS,
repairs..... 956.99
Marco,
copier lease 1,329.29
North Woods Cabinetry Inc.,
cabinets..... 1,600.00
NORTHLAND CUSTOM INTERIORS 9,999.92
NORTHWOOD ELECTRIC, ELECTRICAL SERVICES
..... 5,233.48
PETERSON EXCAVATING & DRAINAGE INC.,
..... 11,250.00
VISA..... 504.74
Fund Number..... 61,637.76
ANDERSON ERICKSON DAIRY MILK 1,337.42
MARTIN BROTHERS . 11,104.66
Fund Number..... 12,442.08

PROFESSIONAL CARD
Business Announcements

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Home: 324-1147

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Northwood, IA 50459
641-324-1221

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John Midtgaard, Agent
91 9th St. S., Northwood, IA
Office 641-324-9844 Fax 641-324-9844

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Beginners/12 Step meeting 7:30 p.m. Thursday
First Lutheran Church
For more information call 324-3070

Congregate Meals
MEALS ON WHEELS
324-1244

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



A smoother street

With a project to resurface Highway 65 through Northwood on the way in 2023, the City of Northwood recently undertook its own project. Streets parallel to the highway in the north part of the city were recently completed, as pictured above.

Albert Lea Community Theatre announces 2022-23 season

ACT will open its 57th season with "The Big Five-Oh," a hilarious comedy written by Brian Mitchell and directed by Rory Mattson, which will be performed on September 29–October 8, 2022. George Thomas is turning 50 and it has been a terrible week. His dog is sick, his son is a slacker and his daughter wants to marry a Republican. Whoever said life is better after 50 had better be right!

The second show will celebrate the holiday season with "Elf The Musical," written by Thomas Meehan and Bob Martin, with music by Matthew Sklar and lyrics by Chad Beguelin. Directed by Risha Lilienthal, this musical will run on December 1–11, 2022. Based on the beloved holiday film, this hilarious fish-out-of-water comedy follows Buddy the Elf in his quest to find his true identity.

"Almost, Maine" is a play written by John Cariani and directed by Christy Fuller. It will be performed on March 9–18, 2023. One cold, clear winter night, as the northern lights hover in the sky above, the residents of Almost, Maine, find themselves falling in and out of love in unexpected and hilarious ways. Knees are bruised. Hearts are broken. But the bruises heal, and the hearts mend — almost — in this delightful midwinter night's dream.

For its final production of the 57th season, ACT will present "Rodgers & Hammerstein's Cinderella" from June 15–25, 2023. Directed by Gordy Handeland, this timeless enchantment of a magical fairy tale is reborn with the Rodgers & Hammerstein hallmarks of originality, charm and elegance. Originally presented on TV in 1957 starring Julie Andrews, it has been adapted for the stage with great warmth and more than a touch of hilarity. The hearts of children and adults alike still soar when the slipper fits.

Season tickets can be purchased at actonbroadway.com or by filling out a season ticket brochure form, available at the Marion Ross Performing Arts Center box office or at the Albert Lea Convention and Visitors Bureau. The box office is open Thursdays from 3:30–5:30 p.m. A season ticket is $60 for all four shows – a savings of $10. Beginning August 15, individual show tickets may be purchased online, at the box office, or by calling 1-877-730-3144, a toll-free, 24/7 automated service.

Tips for safer farming

Tractor accidents, grain entrapment and injuries from ornery livestock are just some of the dangers agricultural workers face every day. In fact, the National Institute for Occupational Safety and Health says agriculture is one of the most hazardous industries in the United States.

In 2016, the agricultural industry had a rate of 21.4 deaths per 100,000 workers, and each day agricultural workers experienced 100 non-fatal, lost-work-time injuries.

Agricultural dangers are not limited to North America. In Ireland, farm accidents have increased by 13 percent in the last five years and by 31 percent in the last decade, according to a national survey of farm accidents conducted by the Teagasc National Farm Survey. Furthermore, 97 percent of all farm accident victims required medical treatment.

Farms are dangerous places, and while carelessness can and does contribute to many incidents, accidents also take place during routine, seemingly safe activities. These farm safety guidelines can help lower the risk of injuries.

• Know farm equipment. Read and follow all instructions in the equipment operation manuals. In addition, attend local farm safety workshops to learn more about specific equipment and products.

• Conduct routine safety checks. Look around buildings and grounds for obvious hazards, such as fire hazards and hazardous materials, including farm chemicals that are not stored correctly.

• Practice cleanliness. Maintain clean and neat work areas with tools stored properly and out of the way after use.

• Be mindful of your clothing and hair. Many accidents involve a power take-off system, or PTO, which is a common component of large rotary mowers, tractors and forage choppers. Clothing can easily get caught in an engaged but unguarded PTO stub. It's easy for laces or coveralls to become wrapped around a spinning stub shaft. The PTO driveline and other protrusion points also can be dangerous if people do not pay attention.

• Use rollover protection structures. ROPS can be used on tractors and other equipment to prevent injuries. In addition, wear seat belts and employ other safety equipment as advised.

• Avoid extra passengers. It can be tempting to take the kids for a spin, but do not allow additional passengers to ride on agricultural equipment.

• Exercise caution when handling chemicals. Take extra precautions when handling any chemicals, including pesticides.

• Wear protective gear. Wear appropriate gear and equipment as outlined by NIOSH or the Mine Safety and Health Administration. Make sure the skin, feet, ears, eyes, and hands are protected at all times.

• Employ lock out/tag out control. This is a process where one can work on equipment only after every energy source has been controlled, such as hydraulic, pneumatic, mechanical, and electrical, according to Rural Mutual Insurance Company. Turning off equipment and using certain controls or locks on devices can prevent equipment from restarting before it is safe to do so.

Farm safety should be a priority for owners, their families and employees so that agricultural injuries can be reduced.

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Test Dates: October 14 & 15, 2022
Application deadline is September 30 at 4:00pm
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712-336-2793 or visit www.dickinsoncountysheriff.com EOE

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80 YEAR COLLECTION
SUNDAY, SEPTEMBER 25, 2022
10 A.M. ~ VIEWING STARTS at 8 A.M.
KENSETT COMMUNITY CENTER
300 WILLOW STREET, KENSETT, IOWA
Over 480 lots! 45 silver dollars including 5 cc Morgans-1879 cc-1886 cc-1890 cc-1891 cc-1892 cc-1893 cc-1895 O – 1895 S – 1899, 8 Peace dollars including 1921, Wheaties, Indian Heads including 3 1908 S – 1864 Lin Hair -1870 – 1872 – 1877, Draped Bust half cents, Draped Bust large cents, 2 cent pieces, 3 cent pieces, Seated half dimes, Shield nickels, V-nickels including 1886, Buffalo nickels including 1931 S, Seated dimes, Barber dimes including 1913 S, Mercury dimes including 1921 – 1921 D, 1806 Draped Bust quarter, 1832 Capped bust quarter, 1927 S standing quarter, 1849 Seated quarter, Seated quarters, 1897 S – 1908 S Barber quarters, Washington quarters 1932 S – 1937 D – 1940 D, Caped Bust halfs, Seated halfs, Barber halfs, Walker halfs 1916 – 1916 D-1919 – 1919 S – 1921 – 1921 D – 1938 D, coin books, 3 Panama Gold coins, Commemorative coins Iowa Centenial – Illinois Centenial, proof sets, 1896 S Barber quarter, 1795 Flowing Hair half, 1798 Draped Bust dollar, foreign rare high silver coins, sheets of currency, Silver Certificates, Federal Reserve notes, U S Large Notes, Much More!
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Attn: Job App
or email to: cityofkensett@ wctatel.net

Application deadline October 28, 2022.
Call 641-845-2388 with any questions.
EOE



Viking QB Colby Eskildsen avoids the West Bend-Mallard rush to complete a 12-yard pass for a first down last Friday night in West Bend. Eskildsen has completed 23-44 pass attempts this season for 229 yards and two TDs, tops on the team that has had four different players under center this year.



Defensive back Kooper Julseth makes a solo tackle to stop a score in last Friday's 57-6 loss at West Bend-Mallard. Julseth led the team with six tackles, including four solo.

Vikings' woes continue with 57-6 loss at West Bend-Mallard

By Mike Simmons
Sports Editor

Hoping to change its luck with a passing game after being shut down on the ground the last two games, the Vikings came out throwing the ball in last Friday night's loss at West Bend-Mallard, and while they did have some success in the air, throwing the ball 32 times for 124 yards, the three interceptions, including one on their third play from scrimmage, contributed to the 57-6 loss.

Northwood-Kensett received the opening kickoff and after a nice 12-yard completion by sophomore QB Colby Eskildsen, the talented signal caller dropped back and delivered a pass to the Wolverines' defense that was returned for the score and an early 6-0 advantage for the home team.

After surrendering 14 more first quarter points the Vikings found themselves trailing 20-0 after the first 12 minutes of play and with the Wolverines running game rushing for over 300 yards on the night, they were able to control the remainder of the game.

With the game already decided with the Vikings trailing 57-0 in the fourth quarter and with a running clock that diminished the number of plays, N-K continued throwing the ball and finally found some success when Eskildsen hit wideout Kooper Julseth for the team's lone score, ending the time shortened night with a 57-6 loss.

N-K's running attack gained just 43 yards with Dante Sims leading the way with a team high 33 yards on 12 carries while his brother, Lamonte Sims led the team with eight receptions for 51 yards. On the defensive side of the ball Julseth led the team with six tackles, including four solo while Justin Mills added five tackles.

With the loss the Vikings fall to 1-3 overall and 0-3 in the district, suffering losses to the top three teams in district 2, one of the toughest 8-man districts in the state where the 8-man game outnumbers all the other classes.

The Vikings will face North Iowa at home this Friday night for Homecoming. N-K is 7-4 against the Bison but the kids from Buffalo Center have won the last three games in the hard-fought rivalry.

WBM 57, N-K 6

NK	0	0	0	6 – 6
WBM	20	22	15	0 – 57

Team Totals	N-K	WBM
Total plays	57	38
Total yards	166	328
Pass yards	124	13
Rush yards	42	315
First downs	10	17
3Rd downs	1-11	2-3
4th downs	4-7	0-1
Turnovers	4	2
Fumbles lost	1	1
Interceptions thrown	3	1
Penalties	4	2
Penalty yards	30	15

8-Man District 2 Standings

	District.	Overall
GTRA	2-0	4-0
Harris-Lake Park	1-0	`3-1
West Bend-Mallard	2-0	3-1
Bishop-Garrigan	1-1	2-2
Northwood-Kensett	0-3	1-3
St. Edmond	0-0	2-2
North Iowa	0-2	0-4

Improving Lady Vikings win first set, drop three in a row to Newman

By Mike Simmons
Sports Editor

Showing improvement every week of the season so far, the Lady Vikings nonetheless are still looking for that elusive first Top of Iowa Conference East win, something they will have to wait at least another week to achieve after falling to the Knights of Newman Catholic 3-1 (25-23, 17-25, 17-25, 17-25) last Tuesday night in Mason City.

The Lady Vikings came out in the first set and had to fight tooth and nail to finally pull in front 11-10 after trailing by no more than two points throughout the set. After losing the lead and trailing 18-16, Northwood-Kensett went on a nine to five run, clinching the first set win 25-23.

"I thought we played about as well as we could have in that first set," said Lady Vikings head coach Mackensie Sauerbrei. "When we get going like that it's really fun to watch, we just need more time playing together so we can make it happen more often, it will just take time."

The second set was much like the first with neither team being able to take control, but after the Lady Vikings pulled to within one point at 15-14 on a Chloe Costello serving ace, the Knights took that control and went on to score 10 of the next 13 points in the set to win 25-17, evening the match at one apiece.

The next two sets, both N-K losses with identical scores of 25-17, was close until the Knights took over late in the sets, taking what was once a one- or two-point deficit and turning it into an eight-point win, taking the match 3-1.

With the TIC East loss to Newman the Lady Vikings fall to 2-12 overall and are still looking for the first conference win at 0-5. N-K was in action on Tuesday night when it traveled down Highway 65 12 miles to face Central Springs. The Panthers are 26-4 against N-K after winning the last 13 matches in a row, winning all 32 sets played.

TIC East Volleyball Standings

	TIC East	Overall
Osage	5-0	13-4
Saint Ansgar	3-1	5-6
CS	3-2	10-8
Rockford	3-2	11-7
Newman	4-3	7-9
North Butler	2-3	3-13
N-P	1-3	3-15
West Fork	1-3	4-10
N-K	0-5	2-12



N-K libero Madalynn Hanson receives a serve last Tuesday night in Mason City. Hanson is having a great all-around season, the talented junior leads the team with 98 digs and is also No. 1 at the service line, going 75-81 with 14 aces in 13 matches this year.



Lady Viking Lindsey Moore soars above Newman defenders for another kill in last Tuesday's 3-1 (25-23, 17-25, 17-25, 17-25) loss in Mason City. The talented outside hitter leads the team this season with 194 kills.



Opposite hitter Morgan Wallin plays some defense at the net in last Tuesday night's 3-1 loss at Newman Catholic. Wallin has 26 kills and 13 blocks this season for the 2-12 Lady Vikings.



N-K's middle hitter Damaris Peterson gets some playing time in last Tuesday's match in Mason City and took full advantage of it, giving the Lady Vikings yet another powerful weapon in its arsenal.

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