



Signs of the season

Before the recent warm up largely eliminated the white landscape, signs of the holiday season and the winter to come both arrived in Northwood. In the same week that the holiday decorations at the courthouse and Santa's Village in Central Park were put in place, the season's first lingering snowfall arrived just in time to coat the decorative additions.

County completes process for TIF authority

After several months of discussion, meetings and consultation with local governments, the Worth County supervisors recently took action on steps needed to borrow against taxes on new wind turbines, and to spend those funds on sever-

al projects planned in the county.

The supervisors have been working to borrow against the most recently completed wind turbine project, built in the northeast corner of the county.

They will do that with a

process called TIF (tax increment financing), which sets a base tax value and then borrows against tax increases above that level.

To do that they had to update county documents to outline the areas of the tur-

County, See Page 2

N-K School board eliminates district policies

As a part of their ongoing review of school district policies, the Northwood-Kensett school board recently held initial reviews of outdated language to be ultimately removed.

The policy items facing review and removal deal with outdated social con-

cerns, changes in technology and items that are or should be addressed in student handbooks.

One such policy is in regards to married students. Addressing a situation that was apparently more likely in years passed, the policy encourages married students to

continue their education and graduate.

The policy allows that married students with family responsibilities may have classes scheduled in blocks as much as possible to allow them time to fulfill family responsibilities. The policy

N-K, See Page 2

Northwood kicks off Christmas Saturday

The holiday season officially begins in Northwood this Saturday, with a number of events to kick off the season.

Chapter ES PEO will offer its Cookies to Go event from 9-11 a.m. at City Hall.

The day's activities include a free movie, showing "Noelle" at 3:15 p.m. at the Northwood Theatre.

The Northwood Community Center will offer hot dogs and hot chocolate at 5 p.m. A grand opening for the indoor playground will also be held.

A Candy Cane Hunt will be held in Central Park at 5:30 p.m.

The annual lighted parade starts at 6 p.m., shining down Central

Avenue.

The After Glow activities will take place following the parade. That includes a chance to visit with Santa, chili and cookies for a free will donation, hot beverages from Waking Miss Winifred, a bonfire, carolers and lighted displays.

N-K board holds legislative discussion

With the election just passed, a newly re-elected local legislator visited the Northwood-Kensett school board at their November meeting to discuss potential legislation prior to the upcoming session.

Iowa Representative Jane Bloomingdale, of Northwood, was at the board meeting to talk about

local concerns and potential legislative issues that may be on the way.

Bloomingdale said that what is known as "education savings accounts" will likely be discussed again this year.

That refers to a push to make public funds available to private schools in the form of scholarships to stu-

dents that may not otherwise be able to afford tuition. Bloomingdale said that she remained opposed to public funds for private schools potential impact on funding for public schools.

Also discussed was a push for curriculum transparency.

That referred to the Board, See Page 2

Dedication of holiday light display at Swensrud Park for Gangstad's

By Joanne Lower

In spite of the cold temperatures, dozens gathered at Swensrud Park on the evening of November 19 for a dedication of the holiday light display celebrating the memory of Lowell Gangstad.

The display was sponsored by the Northwood Lions Club, of which Gangstad had been a member for 40+ years. Pastor Becky Sogge of First Lutheran Church officiated at the event.

A short time later everyone gathered at City Hall for coffee and cookies as Pastor Becky and members of the

First Lutheran choir sang Christmas carols, including "Silent Night," one of Lowell's favorites.

Terry Steinmetz, Nikkole Koenig and Lorraine Mix brought smiles to all as they

Gangstads, See Page 2



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

Date	Hi	Lo	Prec.
Tues. Nov. 29	46	15	
Wed. Nov. 30	52	19	
Thurs. Nov. 1	44	26	
Fri. Nov. 2	30	24	
Sat. Nov. 3			
Sun. Nov. 4	22	19	
Mon. Nov. 5	41	27	

Gangstads
Cont. from Page 1

sang the "Lutefisk Song" that Lowell used to sing in some of his programs. Lions Club members Bob Perry and Norlyn Stowell expressed appreciation to Leila for all she and Lowell have done for Lions Club as well as to daughters Kari and Julie, who were present at the event.

"It was a very special night for Mom and meant so much to all our family," said Kari. "We thank the Lions Club for this great honor."



N-K holiday concerts begin December 8

Northwood-Kensett students will share holiday music with concerts set in the coming weeks.

The first of those comes with elementary student concerts next Thursday, December 8. The K-1 concert begins at 6 p.m. The grades 2-3 concert will take place at 7 p.m.

The K-1 students will perform "A Rainbow Christmas" by Teresa Jennings, and other selected songs. All first graders will have speaking parts.

The grades 2-3 students will perform "A Gingerbread Christmas" by Emily Crocker, with all the third

graders having speaking parts.

On Sunday, December 11, at 2 p.m., the grades 5-8 band and choirs will present their holiday concert.

That will include the sixth grade, seventh and eighth grade choir, fifth grade band, sixth grade band and seventh and eighth grade band.

The high school band and choir will perform in their holiday concert on Sunday, December 11, at 3 p.m.

All the concerts will take place in the N-K Elementary Auditorium.

Board
Cont. from Page 1

potential requirement for teachers to make available information on all of the content and curriculum they use to teach students on a regular ongoing basis.

Superintendent Mike Crozier said that asking teachers to do so would be an overwhelming burden.

Elementary principal Brian Costello said that the potential of adding that to their workload has created a bigger sense of anxiety amongst the teachers than any potential change he could remember.

Secondary principal Keith Fritz added that teachers feel like it's a sign that they can't be trusted to

teach their students.

Bloomington largely agreed. She noted that at all the schools in her district, the availability and access to teachers makes that kind of oversight unnecessary.

With the election just passed, and the legislative session not yet underway, Bloomington said there wasn't much else to discuss as of the board meeting. But she mentioned plans to continue discussing issues with administrators as the issues arise, and noted her availability in the community as well.

County
Cont. from Page 1

County's plan. Cities must agree if areas within two miles of their borders are added to planning documents.

With the final city signing on the night before, the supervisors were free to proceed.

The first action was a resolution to approve the amended urban renewal area to include the areas of the newer wind turbines and the areas where TIF funds might be spent.

Second was an ordinance for the authority to borrow against future taxes on the wind turbine areas.

The ordinance would require three readings before passing. The supervisors had the option to waive the second and third readings, which they did. They then passed the ordinance.

With the resolution and ordinance passed, the County now has the authority to seek loans for any of the planned projects in the future, and repay those with future turbine taxes.

The County also plans to use TIF funds for a series of road and bridge projects.

The third potential use of TIF funds would be to renovate or replace the county courthouse.

The November 15 agenda included two actions.

The supervisors had been waiting for all Worth cities to sign on with their support, as all County right of way was added to the

N-K
Cont. from Page 1

also adds that husbands and wives may not necessarily be scheduled in the same classes.

Other policies that are addressed by the student handbook guidelines were taken out of the official districtwide policies.

That included items like student work permits, the use of bicycles and course assignments.

Another portion removed referred to descriptions and specific information on a number of potential communicable diseases, including symptoms and how long students should be kept from school. This information was removed mainly as it is outdated, referencing information from 1992.

Based on the access to such information online and through local health officials, having such information in official policy was suggested to be unnecessary.

Another policy referred to how to respond when students receive telephone calls. Students were allowed to make and receive calls in emergency situations, but otherwise messages were taken.

It was suggested that the policy was more apt for the student handbook.

The advent of cell phones, text messaging and other communication options mean the policy is less often put into effect.

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Northwood-Kensett FFA visits national convention



Northwood-Kensett FFA visits national convention

The Northwood-Kensett FFA chapter recently traveled to the 95th annual National FFA Convention and Expo, held in Indianapolis, Indiana, October 25-28. Chapter members Dalton Logeman, Jadynd Beland, Morgan Wallin, Christopher Madsen, Macy Thorson and Kooper Julseth were accompanied by FFA advisor Marty Cotter. The event is about growing the next generation of farming leaders. The convention included a number of sessions, with a keynote address from retired WNBA player Tamika Catchings. A career show offered examples and information about careers in agriculture. The trip included tours of Fair Oaks Farms in Indiana, the Indianapolis Motor Speedway and the John Deere Pavilion in Moline, Illinois. On fun nights, the FFA members had a chance to race go-karts and various stops along the way as they traveled across the Midwest.



New visitation guidelines announced as RSV spikes in community

In an effort to ensure the safety of patients and the children of the community, MercyOne North Iowa Medical Center has announced a change to visitation guidelines.

“As we move through the respiratory virus season, we are continually refining policies and procedures to better care for our patients. Our highly trained physicians have seen an increase in respiratory syncytial virus (RSV) and other respiratory illnesses, and as a result, the following guidelines have been implemented:

• We are not accepting visitors under the age of 18 on the following units:

• ICU, 6W, 5W, 4W, 4E, Birth Center and Pediatrics

Exceptions will be made for extraordinary circumstances, including severe illness of a parent or sibling and end of life visitations.

• Birth Center visitors are limited to one support person.

• Pediatric unit visitors are limited to two designated guardians.

This change was effective on Wednesday, November 23, 2022.

“As RSV cases rise in our communities, we encourage all who are eligible to get a flu shot to help everyone stay healthy. If anyone is ill we strongly consider isolating until symptoms improve. Families with young infants (less than three months of age) should limit visitors and avoid contact with sick friends or family.”

Worth and Cerro Gordo County

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Bethel United Methodist Church

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Meal at 12:30 p.m.



PRASHANT JHA
Prashant Jha is a Professor and Extension Weed Specialist with the Department of Agronomy at ISU. His research and extension program is focused on improved understanding of weed biology and ecology to develop effective, integrated weed management strategies in corn and soybean in Iowa and Midwest, optimization and stewardship of herbicide application technology and herbicide use, and providing research-based information to growers on novel, multi-tactic approaches for managing herbicide-resistant weeds in agronomic crop production systems. His programming supports extension, agribusiness, governmental agency programs, commodity groups, and other educational needs throughout Iowa.



ALISON ROBERTSON
Alison is a professor and extension crop pathologist at Iowa State University. She coordinates and provides leadership for corn and soybean disease diagnosis and management information and education programs for corn and soybean farmers and agribusiness professionals throughout Iowa. Through her Extension activities, she strives to increase the plant pathology expertise of her clientele to facilitate more effective disease management and thereby increased net returns for farmers. Her primary research focus is oomycete diseases of corn and soybean, specifically seedling diseases caused by Pythium and Phytophthora species. She is interested in how conventional cultural practices, particularly cover crops, affect the oomycete community that causes seedling disease. Alison evaluates seed treatments and foliar fungicides for management of seedling and leaf diseases, respectively.

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HHS promotes healthy habits for the holidays

The Iowa Department of Health and Human Services is reminding Iowans to focus on healthy habits this fall and winter to prevent the spread of respiratory viruses. With the Thanksgiving holidays fast approaching, Iowans should get vaccinated for the flu and stay up to date on COVID-19 vaccines as well as following simple routines for staying healthy.

"It's common this time of year to see an increase in respiratory infections — which we are seeing nationwide and in Iowa. In particular, we are seeing increasing rates of RSV and influenza cases. We want Iowans to remember the tools, including getting vaccinated for the flu and COVID-19, we have to keep ourselves and our families healthy this fall and winter, especially as the weather cools and holidays approach," said State Medical Director Dr. Robert Kruse.

COVID-19 and flu vaccines are safe, effective, and can lower the risk of illness and protect against severe complications. Staying up to date on your vaccines — both a yearly flu vaccine and an updated COVID-19 vaccine — is the best way to make sure you and your family are protected.

Even if you have not been able to get vaccinated yet, the CDC still recommends you do. Benefits of the vaccine last up to six months, which will help protect you from illness when the flu most commonly peaks in February, and through May when significant cases of flu can take

place. There are no vaccines currently available to prevent RSV, although multiple products are in late stages of clinical development. RSV prevention primarily means practicing basic hygiene.

Practical Tips to Stay Healthy:

Get vaccinated for the flu and COVID-19.

Stay home if you are sick.

Clean high touch surfaces in your home frequently with household disinfectants.

Practice hand hygiene frequently with soap and water for at least 20 seconds or hand sanitizer.

Cover coughs and sneezes with a tissue, or if a tissue is not available, cover them with upper shirt sleeve, not a hand.

Avoid social gatherings if you or your children are ill.

Keep children home from daycare or school who have fever, especially with a cough, difficulty breathing or shortness of breath, congestion, runny nose, or sore throat, until they are fever-free for 24 hours without medications that reduce fever.

By getting vaccinated for both influenza and COVID-19, we can also help prevent avoidable hospitalizations and help preserve health care resources for other needs, including illnesses, injuries and emergencies. Iowans with questions about vaccines for themselves or loved ones consult with their health care provider.

Iowans should not visit the Emergency Department for cold and flu symptoms,

sore throats, ear infections, minor burns or injuries, sprains and strains, rash or other skin irritations. Contact your pediatrician or healthcare provider if you or a loved one needs medical care. Your provider can offer advice on whether your child needs to be evaluated in person, tested for COVID-19 or flu, and the best location for care.

"I would also remind Iowans that antibiotics will not treat colds, flu, most sore throats, bronchitis, and many sinus and ear infections. Antibiotic resistance is a growing problem in the U.S., and the main cause of this problem is the misuse of antibiotics. Antibiotics will cure bacterial infections, such as strep throat, urinary tract infections, or whooping cough — but not the viruses we are observing to be on the rise right now. Another great reminder that these simple routines and practices above are the best defense for staying healthy," added Dr. Kruse.

Find a vaccine provider here: or <https://www.vaccines.gov/>.

Additional Flu and COVID-19 Vaccination information:

Vaccinate your children ages 6 months and older against influenza as soon as possible.

Vaccinate your children ages 6 months and older against COVID-19; children 5 and older who had their primary series more than 2 months ago should receive an updated COVID-19 booster as soon as possible.

Northwood Volunteer Fire Company

Turbine training

Members of the Northwood Volunteer Fire Company recently had a chance for a unique training scenario. Avangid Renewables staff worked with 11 members of the NVFC to practice how to respond to an emergency in and at a wind turbine.



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Christmas in Northwood

Saturday, December 3, 2022

Lighted Parade
Central Avenue, 6 p.m.

Hotdogs & Hot Chocolate
at Northwood Community Center
5 p.m.
GRAND OPENING for the Indoor Playground!

P.E.O. Christmas Cookies To Go
9 - 11 a.m.
City Hall - Council Room

Candy Cane Hunt
Central Park by Santa's Village
5:30 p.m.

Free Movie "Noelle"
Northwood Theatre
3:15 p.m.

Swensrud Park After Glow

Everyone is Invited

Following the Lighted Parade

Visit with Santa Claus in the Shelter House
Serving Chili & Cookies with a free-will donation
Serving Hot Beverages with Waking Miss Winifred
Enjoy a Bonfire, Carolers and Lighted Festive Displays



Jazz Coalition Big Band to perform free holiday show on December 3

The Jazz Coalition Big Band will present a special holiday concert on Saturday, December 3, in conjunction with the Clear Lake Area Chamber of Commerce's Christmas by the Lake festivities.

This show, which is free and open to the public, will start at 7 p.m. at E.B. Stillman Auditorium, leaving plenty of time to catch the 5 p.m. lighted parade and fireworks beforehand. Free-will donations to local/

area human services organizations are encouraged and will be accepted at the door.

Founded in March of 2005, the Jazz Coalition Big Band contains some of North Iowa's finest jazz musicians. Performing from their regular home of Mulligan's Bar and Grill in Mason City, the band has developed a large following of jazz aficionados as well as fans exposed to jazz for the first time. With a per-

formance library culled from the books of Count Basie, Buddy Rich, Oliver Nelson, Thad Jones, Duke Ellington, Quincy Jones, and others, the band seeks to expose music lovers to the finest big band jazz available.

A priority for the band is to provide live jazz performances accessible to area students, so that the rich history of jazz will continue.

NIACC vocal music presents its winter concert

The North Iowa Area Community College (NIACC) Concert Choir and NIACC Singers return to public performance on Saturday, December 3, at 3 p.m. to present their Winter Concert "Let it Glow."

The Concert Choir continues to recover from the COVID-19 pandemic, and is 50% larger than last year's ensemble. "I am super excited about the growth of the program. The quality of our choir singers is also super high. They have handled all of this great collegiate material with ease! I think they are excited and proud of what they've accomplished," said NIACC Director of Choral Activities, Jayson

Ryner.

The college's select ensemble, the NIACC Singers has fully recovered from the pandemic and features its full complement of 24 singers, again 50% larger than last year. Also back is student international travel. The group will sing on board Carnival Cruise Lines over spring break.

The semester has not been without its challenges. Ryner was out for two weeks following a late October accident. Student leaders Dayne Meyers and Alex Shultz with accompanist Dr. Matt Gender worked together to help the choir memorize music in the conductor's absence,

and Captain Emily Read took charge of administrative tasks. "I am super grateful for these student leaders! It's not easy to lead your peers and they did a great job when thrust in beyond the usual expectation," Ryner said.

In his 22nd year at the college, Ryner says the depth of the ensembles is impressive. "Some of our music divides into 11 or 12 parts. That makes only two people on some parts singing against the rest," he said. Once again, choir members chose to bring a Christmas Holiday theme to the stage. Featured seasonal selections include "That's Christmas to Me," "Deck the Halls" and other



4-H'ers celebrate another great year

Members, leaders and supporters of Worth County 4-H recently gathered for the annual awards banquet. The 4-H'ers and their supporters were recognized for their efforts and successes over the past year.

Northwood Church

Rev. Rob Lanphere

Fertile Lutheran Church

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

Wednesday, Conf. at Bethlehem; Sunday, Worship - Bethany, 9 a.m., Sunday School - Elk Creek, 9:45 a.m., Worship Elk Creek, 10:30 a.m.; Monday, MANNA Open, 10 a.m. - Noon

Linda Johnson Prestholt, Pastor

Trinity United Methodist, Bolan

Sunday, 2nd Sunday of Advent, Worship Service/Communion, 9:10 a.m., Coffee Fellowship, 10 a.m.

Pastor Cory Allard

Bethel United Methodist Church

Wednesday, Diner, 8:30 a.m., Wonderful Wednesday K-3rd Grade, 3 p.m., Mini Choir, 4:30 p.m., Mini Bells, 5 p.m., 4th-8th, 5:30 p.m., Meal & Confirmation, 6:15 p.m., HS Youth Group, 6:45 p.m., JuBELLee Ringers, 6 p.m., HS Youth Group, 7 p.m.; Sunday, Bethel Worship, 8 a.m., Trinity Worship, 9:10 a.m., Sunday School, 9:15 a.m., Bethel Worship, 10:30 a.m.

Northwood United Methodist Church

Wednesday, Confirmation, 4 p.m.; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.; Tuesday, Swallow Coffee House, 10 a.m.

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, 9 a.m., Sunday School, 10 a.m., Silver Lake, 705 Silver Lake Rd., Northwood, 641-293-5556; 9 a.m., Bethany, 201 Frank St., Juice, 641-588-3366; 9:30 a.m., Londer, 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, Confirmation, 5:15 p.m., Choir, 5:30 p.m., Inspire, 7 p.m., SH Youth, 7:50 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m., Taekwondo, 6:30 p.m.; Sunday, Worship Service with H.C., 9 a.m., Sunday School, 9:10 a.m., JH Youth, 6:30 p.m.; Tuesday, Staff Meeting, 11 a.m., Worship Meeting, 6 p.m., Bell Choir, 6:30 p.m., AA-Al-Anon, 7 p.m.

Peace Lutheran Church, Northwood

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

Rev. Barbara M. Wills, Pastor

Sacred Heart Church, Manly

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

Rev. Neil Manternack, Pastor

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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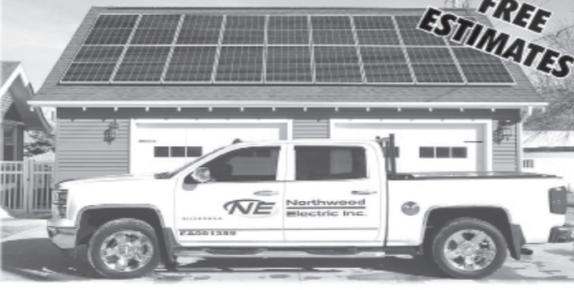
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Northwood Theatre

Show Times
Fri., Sat., Mon. 7 p.m.
Sun. 4 p.m.

<p>SHOWING</p> <p>Dec. 2-5 Black Panther: Wakanda Forever PG-13</p>	<p>COMING</p> <p>Watch for some great movies coming soon!</p>
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Adults \$5
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Monday Madness: Free popcorn when you bring your own container

Intercessory Prayer

God answers prayer and praying for others is very important in our daily lives. Intercessory prayer is effective and powerful, and God responds when someone takes the time to pray for another individual. Praying for others does not have to be long or time-consuming. If an emergency vehicle goes by, a quick "Heavenly Father, please help whoever needs assistance from this emergency call, I ask this in the name of Jesus." Quite often we may want to do something for someone, but we don't know what to do. We can always pray for them. Praying is a wonderful and amazing activity. It has been around for thousands of years, and God is always there waiting and listening for us. Quite often you may hear of a group of people or a church group praying for someone; this is a wonderful communal activity that benefits both the person receiving and the person asking for our Lord's blessing.

And whatever things you ask in prayer, believing, you will receive.
- New K.J.V. Matthew 21:22

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

<p>TERRY AND JOANNE STEINMETZ</p> <p>NORTHWOOD ANCHOR 324-1051 Northwood, IA</p>	<p>DEWEY KRUGER MUSIC 324-1300 Northwood, IA</p>
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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

Tarpon Springs, Florida has a historical Greek culture. The Daughters of Penelope is a woman's organization that was founded in 1929 in San Francisco but chapters sprung up all over America. Its goal was to assist Greek immigrant women to "fit in" with their new country. "Our Culinary Heritage" (1997, Jumbo Jack's Cookbooks, Audubon, Iowa) was compiled by the Tarpon Springs chapter and includes both traditional and modern Greek recipes.

Stefado (Spicy Stew)

- 3 pounds lean stew beef
- 1/c real butter
- 2 1/2 cups chopped yellow onions
- 3 garlic cloves, minced
- 1 can (8oz.) tomato sauce
- 2 tablespoons red wine vinegar
- 2 tablespoons brown sugar
- 2 tablespoons pickling spices
- 1 cinnamon stick
- Salt and pepper to taste

Wrap the pickling spices in a piece of cheesecloth and tie the top to make a little bag. Melt the butter in a heavy Dutch oven and brown the beef cubes. Don't crowd the meat; do in batches if necessary so it browns, not steams. When all the beef is browned, return it to the pot and add the onions and garlic; cook over medium-low heat until the onion is transparent. Add the tomato sauce and cook for 10-15 minutes. Add the remaining ingredients and spices, cover the pan, reduce the heat to low and cook until the meat is tender. Check occasionally to see that it's not burning; if it needs more moisture add a little beef stock. Remove the bag of spices and the bay leaves. Serve with crusty rolls or bread.

Spanakorizo (Spinach-Rice)

- 3 packages (10 oz. each) frozen chopped spinach, thawed
- 1 large yellow onion, chopped
- 4 large cloves garlic, minced
- 1 can(8 oz) tomato sauce

1 cup uncooked long-grain rice
Approx. 3 cups water
Olive oil
In a large Dutch oven or heavy soup pot, cover the bottom with olive oil. Heat it and sauté the onions and garlic until they turn light brown but be careful not to burn them, especially the garlic. Add the spinach, stirring to break it up. Keep stirring and add the tomato sauce, water and rice. Cook until the rice is cooked but still firm. You might need more water but you don't want it "soupy". Season to taste with salt and pepper. A nice side dish with chops.

Pitakia (Meat Balls)

- 1 pound ground round (or, you can use lamb if you enjoy the flavor)
- 1 medium ripe tomato
- Juice of one large lemon
- 1 medium yellow onion, chopped
- 1 whole egg, lightly beaten
- 1 cup PLUS 2 tablespoons flour
- 1 large clove garlic, minced
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

Chop the tomato into small pieces, saving any juice. Place all the ingredients into a large bowl and with clean hands, gently combine. Make sure it's well mixed but don't overmix which causes ground meat to become tough. Cut a large sheet of foil and spread 1/4 cup flour on it. Shape into meat balls of about 1 1/2 inches and roll them around on the floured foil to coat lightly. Heat some olive oil in a heavy pan and brown the meatballs until done. You can also deep-fry them if desired.

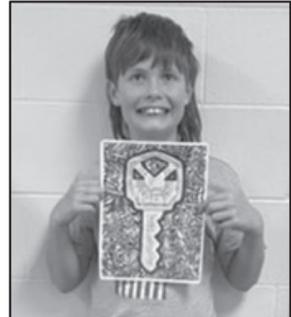
Greek food is tasty and can be healthy because of the Mediterranean influence. The use of lemon in many recipes results in a bright tangy flavor, a bit different from some cuisines. The lemon avgolemono soups and sauce have that distinct Greek touch and the flaming Kasserli cheese is a sight to behold. If you find a Greek restaurant to visit, try that as an appetizer. Opa! And...that's all she wrote.

Northwood Anchor

Society



MADALYN STRAND



MITCHELL WALLIN



PEYTON LICHMAN



MAKAYLA REYERSON



AUBREY JOHNSON

Red Ribbon Week at N-K

Students at Northwood-Kensett Elementary recently took part in a number of activities as a part of Red Ribbon Week. The week of activities is a way to teach students about the harmful effects of alcohol, tobacco and other drugs that hurt the brain and body. Red ribbons show a promise of a healthy and drug-free life. The week's activities included a number of lessons, crafts and a coloring contest. Winners included Makayla Reyersen, Isabel Butler, Mitchell Wallin, Harper Davis, Harper Sheffield, Peyton Lichman, Madelyn Strand and Aubrey Johnson.

A Senior Moment

By Sandy Olson

December is the busiest month of the year; I don't think anyone will argue about that. The holiday sales and celebrations begin earlier than ever, getting people together for meals gets harder every year and our churches are being decorated for the most holy day of their calendar. But, December can also be a month where people get lost in the shuffle if they are not celebrating with family or friends are busy with their own plans. The December activity schedule at the Northwood Senior Cen-

ter has several fun things to keep people connected while they are having a good time. Please post this on your fridge so you don't miss anything!

Lois Meyer kicks off the month with her lunch-time music on Thursday December 1 at 11:45 a.m. She will also play on Thursday, December 22 at the same time. It's always a pleasure to hear her and sing along. The Bookworms Book Club will meet at the Public Library at 2 p.m. on Monday, December 5 to discuss last month's book and get a new one to read in December. The Club welcomes

anyone over age 60 who likes to keep alert and active by reading books of various types. Theresa Stehn has delicious fun for us with her "Pumpkin Pie In A Cup." Learn how to make this little dessert on Thursday, December 8 at 12:30 p.m. Fun Bingo is held twice each month at the Senior Center and is one of the most popular activities. December 12 and 26 are the dates; time is 12:30 p.m. Prizes, fun, good company... what's not to like? N-K Elementary music students will present a very special treat on Wednesday, December 14 when they

come to entertain us with Christmas music. Don't miss this one! 12:15 p.m. On Thursday, December 15. Amy from ISU Extension will again present Fresh Conversation. This brief but valuable discussion will highlight healthy eating for seniors and she always has a newsletter for us as well as a sample of something tasty. She'll begin at 12:15 p.m. Lorri Hagen just loves to stump people with her trivia questions and she's pretty good at it! Join her on Monday, December 19 at 12:30 p.m., right after lunch. Are you smarter than she is this time? On

Wednesday, December 21. The Senior Center staff (Judy Olson and her gang of kitchen wizards) will host a Christmas Party. It will kick off at 1 p.m. so please come for lunch and the celebration of the season.

As usual, Tuesdays are left open for those who want to play cards or games and use the Senior Center space free of charge. Bring your own snacks, your card club or start a new one and enjoy a day of good company. Just let Judy or the staff

know you are planning to play before or after lunch...or both!

The Northwood Senior Center is one of the most active of the small town centers so we are fortunate to have it. Call 324-1244 to reserve your lunch any day Monday - Friday except for holidays. It's good to call the day before then kick back and enjoy all we have to offer. The suggested cost per meal is \$5 and includes beverages.

Bolan

A Bolan Trinity Church Family meeting was held on Monday evening, November 21, at the Nydegger home. The 2022 year was reviewed and finalization

items done for the end of the year. There was also some brainstorming and planning for 2023. Time sure flies!

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Christmas Cookies
Annual P.E.O. Cookie & Bake Sale
Saturday, Dec. 3
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\$8 per Dozen

Santa Claus
will greet boys and girls at **Santa's Village in Central Park on Central Ave. Northwood**
Thursdays
Dec. 8, 15 & 22
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Northwood Anchor **Opinion**

Savvy Senior

How to buy over-the-counter hearing aids

Dear Savvy Senior,
I'm interested in getting some of the new over-the-counter hearing aids that just became available a few months ago. Can you offer any tips to help me with this?
Straining to Hear

Dear Straining,
The new FDA approved over-the-counter (OTC) hearing aids that started rolling out this fall are a real game changer for the roughly 48 million Americans with hearing loss. Adults with impaired hearing can now walk in and buy hearing aids at a pharmacy, big box chain, consumer electronics store or online, without a prescription and without consulting an audiologist.

The U.S. Food and Drug Administration approved this new class of hearing aids to lower prices and improve their availability.

About a third of people ages 65 to 74 and half of those over age 75 have hearing loss severe enough to affect their daily life. Yet about 80 percent of people who would benefit from hearing aids don't wear them, according to the National Institutes of Health, primarily because of the hefty price tag.

Traditional hearing aids ordered through an audiologist cost anywhere from \$1,000 to \$7,000 a pair and are not covered by the most private insurers and traditional Medicare. The new OTC hearing aids range from \$200 up to \$3,000.

Who Should Get Them?
OTC hearing aids are specifically designed for adults (18 and older) who have mild to moderate hearing loss. You don't need a hearing exam or prescription to buy them, and they are designed so you can fit and tune them yourself.

Do you have mild to moderate hearing loss? The specific signs are having trouble hearing or understanding conversations, especially in noisier environments, over the phone, or if you can't see who's talking. Or, if you need a higher volume of TV, radio or music than other people, or have to ask others to speak more slowly, louder or repeat what they said.

If, however, your hearing problem is more severe than that, for example, if you also have trouble hearing loud sounds such as power tools or motor vehicles, or if you struggle to hear conversations in quiet settings, then your hearing loss is considered more significant than over-the-counter aids are intended to address.

To help you get a basic sense of your hearing problem, you can take an app-based test like Mimi (mimi.health) or SonicCloud (soniccloud.com).

If you find that your hearing loss is significant, you'll need to work with an audiologist or hearing instrument specialist to find a hearing aid that works for you.

What to Look For
To help you choose a good OTC hearing aid that meets your needs and preferences, here are some important points to keep in mind.

Return policy: It can take weeks for your brain to adjust to hearing louder sounds through a hearing aid, so be sure to choose a brand that offers at least a 30-day free trial period, or money back return policy. The FDA requires manufactures to print their return policy on the package.

Set up: Many OTC hearing aids require a smartphone or computer to adjust and operate the devices to your specific needs, while others have the controls on the device. This will also be labeled on the box. Choose one that fits your preference and comfort level.

Battery: The package also should tell you what kind of battery the device uses. Some of the older versions of hearing aids have replaceable batteries, but many of the newer ones have rechargeable batteries that come in a charging case, where you charge them up every night.

Customer support: Some companies offer unlimited customer support to help you adjust or fine-tune your hearing aids, while others might limit support or charge extra. Be sure you check.

For more information, including product reviews, see the National Council on Aging's OTC hearing aids buyer's guide at NCOA.org/adviser/hearing-aids/over-the-counter-hearing-aids.

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

I thought my deodorant was a breath spray.
You don't mean?
Yes, I'll be speaking with a strange Axe scent.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. The days are getting shorter. Saturday, Sunday, Monday, Tuesday, Wednesday, Thursday, Friday. I'm glad you made it through Thanksgiving. You may have leftovers you're wondering what to do with, especially the guy sleeping in your recliner who nobody recognizes and claims to be your late Aunt Esther's second husband who said Esther told him he should stop by and spend a few days with you, but you never had an Aunt Esther.

At this time of the year, a snowfall is a sign of snows to come. NOAA's Climate Prediction Center updated its winter outlook for December-February and it shows all but the southwest corner of Minnesota in an area where above-normal precipitation is possible. It suggests most of Minnesota has a 33-40% chance of above-normal precipitation. Colder-than-average temperatures will spread across Iowa with the eastern edge of the state experiencing more precipitation than usual.

I've learned

Every city should have a Water Street whether or not it is near water. That way every Mayor could claim to have walked on Water.
The music wasn't better when I was a kid than it is today, but I liked

it better.
The reflexive pronoun "myself" is always used as the object of a sentence, never the subject. "Me" functions as an object and "I" is a subject. You should use "myself" only when you've referred to yourself earlier in the sentence.

In space, there are no sounds except those made by leaf blowers.

The roads narrow at harvest time.
Some cars are real loaners.

Bad jokes department

A friend shook my hand and said, "Earth." That meant the world to me.
To the guy who invented zero. Thanks for nothing.

Knock, knock. Who's there?
HIPAA. HIPAA who? I'm sorry, but I'm not allowed to release that information.

If you see a chameleon, it wasn't a very good one.

What is the opposite of a donut? Donotnut.

Nature notes

Raccoons don't hibernate. What they do has been called going into torpor, winter sleep, partial hibernation or becoming dormant. They retire to a den where they sleep for long periods, waking occasionally to hit the snooze button or to leave the den for lunch. Mating occurs in February and March. If the temperature drops below 27°, raccoons typically retreat to their dens, often in hollow logs and trees. They can have more than one den and sleep in the one they determine is most secure. They can burrow underground to make dens and it isn't unusual for raccoons to nap together and they have been discovered in chimneys, under decks and in abandoned buildings.

Are golden eagles bigger than

bald eagles? Golden eagles and bald eagles are of similar size. Female eagles are up to 25% larger than males. On average, a bald eagle is slightly larger than a golden eagle. The Cornell Lab of Ornithology says a golden eagle is 27.6 to 33.1 inches long and a bald eagle is 27.9 to 37.8 inches long. A golden eagle weighs 105.8 to 216.1 ounces and a bald eagle 105.8 to 222.2 ounces. Young bald eagles can be larger than adults because a young eagle's tail and wing feathers are longer than an adult's. The young eagles weigh less than adults.

What trees produce the best branches for dowsing or water witching? My father favored a forked branch cut from a live willow tree. You could use any tree, but Y-shaped sticks from willows, witch hazel (not common in much of Minnesota), and various fruit and nut trees are popular. Cut a Y-shaped stick from a tree, making sure that all three sections of the Y are 12-16 inches long. Grab both the top ends of the Y in an underhanded grasp with your palms facing toward the sky and hold the dowsing rod horizontally so it points in front of you. Maintain a loose grip as you walk slowly in search of water. As you approach a water source, the bottom of the Y of the dowsing rod should bend toward the ground. Dad also used wire coat hangers and wire rods. I watched a tiler use a pair of pliers for that purpose. Does dowsing work? I'm not sure. I've seen it done. Seeing isn't always believing.

Meeting adjourned

Someone will find a welcome shelter in a kind word from you. Please say it.

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Fit to print...

A Thanksgiving week with some Disney magic

By Kris Kenison

As I write this, I'm freshly refreshed from a week at sea, aboard the Disney Dream cruise ship. Sun, fun, food, entertainment and most importantly time with family.

With a little Disney magic and a much appreciated Disney Friends and Family discount (thanks again Amanda, if you're reading this!), the Kenison family (including Seversons and Smalleys as well) spent five days on board the Disney Dream, on land at Disney's island Castaway Cay and a brief stop at Naussau in the Bahamas.

Read on if you want to hear vacation stories about a Thanksgiving week excursion. If you don't, read no more and see you here next week for an alternative, as I have no vacation plans between now and then.

As a Disney superfan, I've spent days at Disneyland and too few at Disneyworld and watched endless hours of video of Disney theme parks and attractions I haven't yet had the opportunity to see.

So, it potentially goes without saying, but now is being said that I was excited to try the other form of the mouse-eared experience with a Disney cruise.

Our journey began overnight in our first visit to an airport adjacent hotel in the Cities, where we unloaded the vehicle to get a brief night's sleep before an early morning flight to Miami. Less bright and less early the following day we traveled to the Port of Miami.

And then... onboard the Dream. What do you do when you first arrive on a cruise ship? Hit the buffet for a late lunch!

Later that evening, it was time to visit the theatre for a musical revue of some Disney hits performed live on the stage while the motion of the ocean could first begin to be felt.

After the show, some wandering about, some gift shop purchases and

then supper. The queasy-making waves meant some early departures from the meal and some sea-sickness pills. We met our waiters for the week, as we rotated between three restaurants on board and they followed along for the ride that is serving the Kenisons (etc.).

The next day was the first arrival to Castaway Cay, an island leased by Disney from the Commonwealth of the Bahamas. It features ample Disney theming and special touches. Plus crystal clear water that is no more than neck-deep for hundreds of feet.

I started with the self-guided 5K that took a path along an airplane runway. As the story goes, before the island was leased to a megacorporation, it was used by drug smugglers and bootleggers, and the runway is a remnant of the more illicit history. As I exercised on the path into the more lush areas of the island, I saw some interesting plants and birds, along with repurposed decorative boat and cargo pieces. Alas, I did not see any evidence of the pre-Disney criminal enterprise. I don't even recall seeing any booted legs, for that matter.

Plenty of splashing, football catching, swimming and other beach revelry was abound that day. And for lunch? A barbecue buffet!

The afternoon brought naptime for a younger member of our party and her mother, who enjoys the opportunity for companion napping. For others (myself included), it was a chance to experience snorkeling, with a Disney touch to see sea life, submerged Disney characters and out of service ride vehicles.

The next day brought us to Naussau in the Bahamas. An oppressively hot day meant a brief visit to the street market, shops and then back on board.

That evening was pirate night. Supplied with Mickey pirate bandanas, some pirate-printed T-shaped

shirts and in the pirate spirit we saw a show and fireworks before and after a pirate-themed meal.

The next day was a most unusual Thanksgiving celebration with a return to the beach for another round of the tropical scenery and beach fun. The evening brought an amazing stage performance of "Beauty and the Beast" and a unique Thanksgiving meal.

The last full day was one at sea. Exercise for the morning brought 8-9 laps around the exterior of the boat. An afternoon brought time at the pool and the Aquaduck water slide that circled the top of the ship. Another visit to the theatre meant another musical revue and then one final visit with some characters and time to pack it all up to head home the next morning.

Of course that's the highlight reel of the big events. There was also a couple games of Bingo, visits with characters and princesses, food, food and more food and more.

All in all, it was an amazing week and fitting for the week of Thanksgiving, as I was, as I very often am, thankful for the family I have, the time together and the experiences we share.

And, now fearing a lack of space on the page and a lack of reader interest, thanks go to the staff back home, Dawn and Becky, for keeping the office running, putting out a paper and making sure it got where it needed to go.

And, if you're still with me, in the Thanksgiving spirit, thanks to everyone reading this for subscribing, buying it off the store shelves or reading it courtesy of someone who does.

Thanks too to the advertisers and other members of the community that help make the Anchor and the Signal possible.

And to everyone that I might have forgot to thank, thanks for understanding.

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Northwood Anchor

Early Files

Northwood Anchor Obituaries

100 years ago

November 29, 1922

A business transaction has been completed, which will leave Northwood with but one newspaper after this week. The Pitman-Barnes Printing Co., owners of the Northwood Anchor, has purchased the Worth County Index of Captain W.A. Stickley and beginning with the next regular issue of the Anchor will publish two newspapers as one.

Fifteen boys, ranging in age from 10 to 15 years of age, closed a campaign for

the sale of Mentholatum, a medicinal preparation, Saturday night. C.H. Dwelle, cashier of The Worth County State Bank, and E.K. Pitman, editor of The Anchor, counted and checked the coupons. Russell Gabriel, son of Mr. and Mrs. H.T. Gabriel, was the winner of the radio set, given as a first prize and Donald Wright, son of Mr. and Mrs. Ed Wright, won second prize. Both boys demonstrated that hustling and "going after them" is what gets results.

Nearly two million dollars each year is expended by the carious counties of the state for the relief of the poor outside of the county homes, according

to figures compiled by the State Auditor's department in preparing the biennial report. Polk County, with a total of \$120,062, leads the state in the amount so expended, while Worth County, with expenditures of \$1,042 for the poor, submits the lowest figures.

Sixty-four interested farm women, representing 10 out of the 12 townships in the county, gathered at the courthouse on November 27, to elect county officers and make plans for the Home Management project meetings, which will begin on December 11. Mrs. Carl T. was elected county chairman and Mrs. H.H. Douglas secretary and publicity chairman.

It is being built over the present one story building that adjoins the front part of the shop. Upon completion, the old rear building will be torn down.

Opening of the Harris Implement Co. in its new building on North Eighth Street is announced for next Saturday when free coffee and doughnuts will be served.

Adam M. Gilpin, 64, a former business man in Northwood, died at his home in Mason City. He had been in failing health for about five years and confined to his bed for a considerable period of time following hospitalization.

Mrs. Sophia Gleson, a widow of Northwood, received a telegram from the American Graves Registration informing her that the body of her

son, Pfc. Lloyd E. Gleason, who gave his life in the European theatre of war, will arrive home soon.

Present at the USDA council meeting to consider the feed and food conservation program for Worth County, held in the local AAA offices, were Harold C. Flatness and A.T. Grosland of the REA group; Arthur Butler, promotion credit director; Everett H. Frink, vocational agriculture instructor; and Wm. H. St. Clair, extension director.

Robert Butler, son of Mr. and Mrs. O.S. Butler of the Grove neighborhood, suffered a double fracture of one bone of his right leg just above the ankle, when he slipped and fell while doing farm chores at his home.

Northwood Dollars and a camper trailer.

Kary Paulson, former Northwood resident, will begin employment at the Northwood State Bank on December 1, according to an announcement this week. Paulson has been with the Iowa Department of Banking for the past three years, attended Drake University at Des Moines and is a graduate of Mankato State College.

Herb Walk, rural Northwood, got a 14 point buck while bow and arrow hunting northwest of Northwood. Walk has been hunting for several years and this is his first deer with a bow and arrow. He is the son of Mr. and Mrs. Donald Walk, Route 1, Northwood.

Army Private Russell W. Mitchell, 19, son of Mr. and Mrs. Charles Mitchell, Kensett, recently completed eight weeks of basic training at Ft. Leonard Wood, Mo. He received instruction in drill and ceremonies, weapons, map reading, combat tactics, military courtesy, military justice, first aid, and army history and traditions. Pvt. Mitchell received his training with Company A, 2nd Battalion of the 2nd Brigade.

The Vikings girls basketball team lost 81 to 58 to Belmont. Jane Johnson and Terry Arendts led the scoring with 24 and 21 points respectively. In the junior varsity meet, the Vikings lost to Belmont 34 to 25. The next game will be at Garner.

Hauge, Sharon Helgeson, Fran Lawhorn, Linda Myhre and Pauline Odgaard will roast several large turkeys for Thursday's 12 noon feast at Wesley Hall in the United Methodist Church. They'll also bake 15-16 pies, cook up 12 pans of sweet potatoes and nine pounds of corn, concoct three versions of cranberry salad, mash 25 pounds of potatoes and make up a slew of coleslaw.

Lon and Jody Christianson are parents of a son named Kail Keith on November 17, 1997. He weighed 7 lbs., 2 ozs. and joins a bother Seth. Grandparents are Alden and Kathryn Holstad, Glenville; Leonard Christianson, Northwood, and Fran and Roger Christiansen, Lake Mills. Great-grandmothers are Laura Land, Northwood,

and Ilah Hillman, Glenville.

Peter Julseth, Youth Committee, presented the top junior female award to Megan Anderson, Worth County Hoofprints.

North Central/Northwood-Kensett co-coaches Ron Dodd and Steve Swancutt expect their team to be tough in the lower and middle weights this year. "Our upper weights will be really young and, I think, without any seniors out we don't have the really experienced leadership a coach looks for," Dodd said. "But we should be pretty strong from the lower weights to the middle of our lineup." Swancutt, who takes over for the retired Ken Fuchs' after years as Fuchs assistant, is even more upbeat than Dodd on NC/N-K's upcoming season.

who gave them a lift, so to speak.

Northwood-Kensett sophomore Carson Wright led the first ever Lego First Tech Challenge team into the semifinal rounds at the robotics competition held earlier this fall in Cedar Falls. N-K played a total of 14 matches. Robots run by controller were programmed by students to pick up and deliver plastic rings to a common goal. Students taking part were greeted by UNI President Ben Allen. Allen encouraged the students to continue problem solving in their science and math courses. The N-K First Tech Challenge team is coached by Peter Julseth and Deb Nagle.

2012 Premiere Livestock Exhibitors- senior winner

Courtney Hengesteg, intermediate winner Terran Haberman, and junior winner Conner Harris.

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Senior Brady Cotter drains another trey in last season's tournament upset over Saint Ansgar. Cotter poured in 17 points against the Saints and looks to be the top dog in N-K offensive scheme once again this year.

Darrell Bang

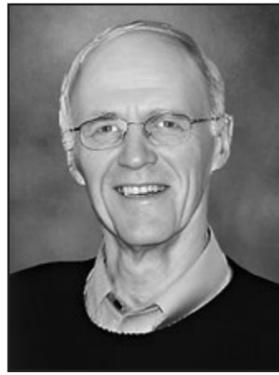
Darrell M. Bang, 88, of Joice, Iowa, passed away on Saturday, November 19, 2022, at Comforts of Home in Hudson, Wisconsin.

Darrell was born just ahead of twin brother Darwin on November 14, 1934, in rural Joice, Iowa. Darrell and Darwin were the last children of Martin and Ada Bang, joining older siblings Roger, Ardis, Wayne and Hazel.

Martin was a farmer and carpenter and the family belonged to Bethel Lutheran Brethren Church, rural Joice, where Darrell and Darwin were confirmed. A 1952 graduate of Joice High School, Darrell excelled in sports, playing basketball and baseball. In 1954 Darrell, Darwin and school chum, Glenn Rogness, enlisted in the Army. They spent their entire two year service time together. When they returned home, Darrell started farming in the Joice area. Darwin and his fiancé, Thelma Gangesstad, introduced Darrell to Thelma's sister, Marilyn Gangesstad in 1957. Darrell was smitten and they were married on June 13, 1958. They lived briefly in Wisconsin, then in Minnesota, where he enrolled in mechanics school. After finishing, they moved back to Iowa where, in 1966, they bought a farm near Joice and lived for over 50 years.

Darrell and Marilyn raised four children, Marit, Darla, David and Mark. Along with farming, Darrell enjoyed working on sale nights at the Cow Palace in Forest City when his friends the Jennings brothers owned it. He also worked for Waldorf College in the Maintenance Department and for 3M in Forest City, and was an elected Worth County Supervisor for eight years.

Darrell loved spending time with family and friends. He loved farming



DARRELL BANG

and enjoyed having cattle and other livestock. He loved his Allis Chalmers tractors. He had a strong work ethic, but always took time for family vacations, camping with friends and extended family gatherings. All four of his children participated in sports while in school and he enjoyed watching them play. Even when there was field work to be done, he often cleaned up early and made it to softball and baseball games. When grandchildren came along, he and Marilyn attended their games, concerts and other activities too. He drove his and many other children to Inspiration Point Bible Camp in the summers by car or bus, as he wanted as many kids as possible to experience the fun, teaching and friendships that Bible Camp offered.

Though Darrell was raised in the church, it wasn't until his early 20s that he accepted Jesus as his personal Savior. His relationship with the Lord was his priority in life from then on. He was very involved in Bethel Lutheran Brethren Church, where he and Marilyn were members for over 50 years.

Preceding him in death are his wife, Marilyn; his son-in-law, Jack Davis; his parents, Martin and Ada Bang; his brothers, Roger Bang and Wayne Bang; and sisters, Ardis Helland and Hazel Monson.

Left to cherish his memory are his children and their spouses, Marit Davis, Darla (Woodie) Morley, David (Melanne) Bang and Mark (Andrea) Bang; 13 grandchildren; 12 great-grandchildren; his twin brother Darwin; and many other family members and friends.

Darrell loved the Lord and spent a lot of time reading his Bible and praying. His children remember him getting up early every morning to have his personal devotions. He looked forward to being at church and fellowshiping with friends there. He had a deep love and concern for others and was a strong prayer warrior. He sought to be obedient to God and to the examples in the Bible. He leaves this world with the promise of being in heaven with Jesus. "Only one life, 'twill soon be past, Only what's done for Christ will last." --C.T. Studd

A memorial service will be held at 11 a.m. on Saturday, December 3, 2022, at Bethel Lutheran Brethren Church, 3906 Bluebill Avenue, Joice, Iowa, with Pastor Kevin Olson officiating.

Visitation for Darrell will be on Friday, December 2, 2022, from 4 to 7 p.m. at the church and also on Saturday morning, one hour prior to the service at 10 a.m.

Inurnment will take place at a later date.

In lieu of flowers, memorial contributions may be made to Bethel Lutheran Brethren Church, 3906 Bluebill Avenue, Joice, IA 50446 or Inspiration Point Bible Camp, 16157 Co Hwy 65, Vining, MN 56588.

Schott Funeral Homes-Mittelstadt Chapel in Lake Mills is assisting the family. You can contact the family with on-line condolences at: www.schottfuneralhomes.com.

50 years ago

November 30, 1972

Northwood merchants will give \$1,500 in "Northwood Dollars" and merchandise during drawings to be held on December 9, 16 and 23, according to the Chamber of Commerce. The drawing on December 9, which will be held at about 3 p.m. at the Post Office corner will feature \$75 in Northwood dollars as the main prize and five \$5 consolation prizes. The drawing a week later will be \$100 and five consolation prizes. The grand prize drawing will be on December 23 and will feature \$250 in

Northwood Dollars and a camper trailer.

Kary Paulson, former Northwood resident, will begin employment at the Northwood State Bank on December 1, according to an announcement this week. Paulson has been with the Iowa Department of Banking for the past three years, attended Drake University at Des Moines and is a graduate of Mankato State College.

Herb Walk, rural Northwood, got a 14 point buck while bow and arrow hunting northwest of Northwood. Walk has been hunting for several years and this is his first deer with a bow and arrow. He is the son of Mr. and Mrs. Donald Walk, Route 1, Northwood.

Army Private Russell W. Mitchell, 19, son of Mr. and Mrs. Charles Mitchell, Kensett, recently completed eight weeks of basic training at Ft. Leonard Wood, Mo. He received instruction in drill and ceremonies, weapons, map reading, combat tactics, military courtesy, military justice, first aid, and army history and traditions. Pvt. Mitchell received his training with Company A, 2nd Battalion of the 2nd Brigade.

The Vikings girls basketball team lost 81 to 58 to Belmont. Jane Johnson and Terry Arendts led the scoring with 24 and 21 points respectively. In the junior varsity meet, the Vikings lost to Belmont 34 to 25. The next game will be at Garner.

who gave them a lift, so to speak.

Northwood-Kensett sophomore Carson Wright led the first ever Lego First Tech Challenge team into the semifinal rounds at the robotics competition held earlier this fall in Cedar Falls. N-K played a total of 14 matches. Robots run by controller were programmed by students to pick up and deliver plastic rings to a common goal. Students taking part were greeted by UNI President Ben Allen. Allen encouraged the students to continue problem solving in their science and math courses. The N-K First Tech Challenge team is coached by Peter Julseth and Deb Nagle.

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Wayne Moretz

Wayne Harrison Moretz, 84, of Bozeman, Montana, passed away peacefully on November 15, 2022, surrounded by his family.

Wayne, fondly known as "Pa" by all who loved him, was born to Guy and Myrtle Moretz, on January 9, 1938, in Kensett, Iowa. He grew up on the family farm next to eight brothers and sisters in a very close and loving family. He graduated from high school and went on to serve two years in the Air Force. His next 33 years would be spent in the airline industry.

He married the love of his life, Cindy, on January 23, 1960. Wayne's biggest joy in life was spending time with his family. He loved nothing more than to be with and to help his



WAYNE MORETZ

family.

He was an avid hunter and fisherman and spent countless hours enjoying the outdoors, especially with his best buddy, his son. He loved to tinker in the yard (our "little farm boy"), watch a good 'ole western and take care of Cindy.

He rarely complained and taught his family by example to work hard, be kind and humble and to always enjoy life.

Wayne is survived by his loving wife, Cindy; his daughter, Bunny Leister, and her husband, John, of Bozeman; his son, Rodd Moretz, of Fairbanks, Alaska; six grandchildren, Amy Wright, Ben Leister, Nick Leister, Mandy Pilgrim, Caleb Moretz and Emily Moretz; one sister, Marge Low, and husband, Rick, from Northwood, Iowa; one brother, Arthur Moretz, and wife, Sharon, of Northwood, Iowa; and many nieces and nephews.

Arrangements are in the care of Dokken-Nelson Funeral Service. www.dokkennelson.com.

10 years ago

November 28, 2012

With the Thanksgiving holiday passed, the holiday focus has shifted to Christmas. Many in the area spent the weekend following their Thanksgiving celebration putting up lights and other holiday decorations. Some got an earlier start. That included the Northwood city crew, who brought the holiday spirit to the downtown streets. That included hanging wreaths with three shining lights in the center on light poles along Central Avenue. The City was assisted by Thofson Tree Service,

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Mitchell Schroeder
Funeral Director

2022 Worth County 4-H awards Banquet



Achievement Awards base on Record Books -
Top Awards- Seniors Haydan Pestorius, Logan Kauffman, Jadyn Beland, Sydnee Lindeman;
Intermediates Kale Bode, AriaH Bode; **Juniors** Rhema Meier, Breck Lutz
Reserve Awards- Seniors TJ Ausborn, Sydney Schilling; **Intermediates** Cohen Meyer, Hadlee Thompson, **Juniors** Chloe Woods, Lane Knudson



Senior Record Book Awards



Project Awards- Beef- Adylyn Petersen, Jessika Ausborn, TJ Ausborn; **Photography-** Logan Kauffman, Jessi Ausborn, TJ Ausborn, Madison Edwards, Kamryn Backhaus, Sydney Schilling; **Poultry and Swine-** Petersen; **Home Improvement-** Kale Bode, Edwards, Backhaus; **Rabbit-** Jessika and TJ Ausborn; **Dairy-** TJ Ausborn, Jadyn Beland, Jessika Ausborn; **Dog-** TJ Ausborn; **Sheep-** Jessika Ausborn, TJ Ausborn, Backhaus, **Food & Nutrition-** Zach Heiken, Benaiah Meier, Susanna Meier; **Science and Tech-** Benaiah Meier; **Horse, Pony or Mule-** Josie Haugebak; **Clothing-** Backhaus; **Visual Arts-** AriaH Bode, Edwards, Backhaus, Susanna Meier



Junior Record Book Awards



Intermediate Record Books



The Golden Banner 4-H Club were Grand Champions for Service in Action, and Reserve Champions for the Health Club Award.

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Recognized for their service on the 4-H Committee were Mike Dierenfeld and Peter Julseth, 25 years, and Curt Schaub, 30 years.

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Overall Senior Achievement- Communication-Haydan Pestorius, Sydney Schilling, Susanna Meier, Emma Davidson (not pictured). Schilling and Davidson also received awards for Achievement, Citizenship and Leadership

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Pat Rothove (left) announced the recipients of the belt buckles for the Worth County Hoofprints, including Lindsey Moore, Josie Haugebak, MacKensy Tomlinson and Brooke Runde.

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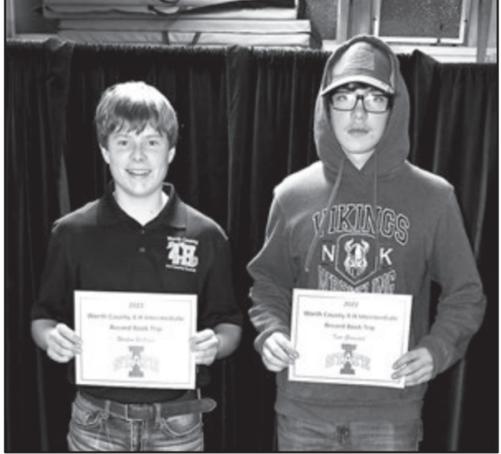
Dave Osborne, Agent



Receiving TAP awards were Aleah Neeley, Ch. Jr. Girl; Ivy Urbatsch, Res. Ch. Jr. Girl; Jake Heiken, Ch. Jr. Boy; Bryck Abrams, Res.Ch. Jr. Boy; Aria Bode, Ch. Int. Girl; Adylyn Petersen, Res. Ch. Int. Girl; Kale Bode, Ch. Int. Boy; Iver Girouard, Res. Ch. Int. Boy; Kelsi Liddle, Ch. Sr. Girl; Jadyn Beland, Res. Ch. Sr. Girl; Bryce Eden, Ch. Sr. Boy; and Loghan Kauffman, Res. Ch. Sr. Boy



State Project Award in Leadership- Teagan Johnson and Emma Davidson (not pictured)



Intermediate Record Book Trip- Weston Willand, Iver Girouard, (not pictured) Zach Heiken, Hayden Thompson, Merrin Hanson



Recognized with the Award of the Clover for their years as club leaders were Michelle Hill, Mary Buren, Teresa Butler, Pat Rothove and Chad Pectorious for 5 years; Allix Braun, 10 years; and Peter Julseth, 25 years



Recognized with the 4-H Alumni Awards were Jacki Backhaus, Allan Johnson, Jason and Jim Trainer. Johnson also reflected on his time as a member of the Deer Creek area 4-H activities.



Premier Livestock Exhibitors included Senior Premier Livestock Exhibitor Sarah Heggstad, whose brother Lloyd is pictured accepting on her behalf; Intermediate Exhibitor Adylyn Petersen and Junior Exhibitor Natalie Shoars



New members of the county council were inducted. Later, they entertained with an improvised scene from a 4-H trip.



The Silver Lake Huskers were named the Grand Champion for the Healthy Club Award and Research Champion Service in Action Award.



National 4-H Conference and State 4-H Council - Teagan Johnson, Holden, Willrett, Sydney Schilling



Senior Record Book Trip- Sydney Schilling, Kelsi Liddle, Bryce Eden, Kenley Meyer (not pictured)

11-22

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N-K junior Emma Hengesteg uses a pump fake to draw a foul on a Lady Bison defender in last Monday night's 40-39 opening night loss at North Iowa. Hengesteg came off the bench and had an assist, a steal and five rebounds, including a team high three on the offensive glass.



Along with being the Lady Vikings' most potent inside threat, junior Chloe Costello may well be the team's best outside shooter as well. The talented junior splashed 4-9 from beyond the arch and led the team with 18 points and eight rebounds in last Monday's 40-39 non-conference loss to North Iowa.



Along with her stifling defensive pressure, N-K junior Morgan Wallin can handle the ball as well. Here she drives the baseline while keeping an eye out for any Lady Vikings cutting to the basket. Wallin scored four points and had a game high eight steals in the Lady Vikings' 40-39 opening night loss in Buffalo Center.

Despite Costello's 18 points Lady Vikings fall to NI on opening night

By Mike Simmons
Sports Editor

The Lady Vikings' Chloe Costello poured in a game high 18 points and grabbed a team high eight rebounds in the team's opening night loss to North Iowa, eventually falling to the Lady Bison by just a single point, 40-39 in non-conference action.

Northwood-Kensett, winners of six in a row and 10 of the last 11 over the Lady Bison coming into last Monday night's contest, looked in mid-season form to start the first eight

minutes of play, leading 4-0 as North Iowa looked ill prepared and confused on defense.

But that soon changed after the Lady Bison got a couple of shots to finally drop, ending the first quarter trailing N-K by just three points, 8-5.

Costello, who splashed four 3-pointers on the night, drained two in the second quarter as the Lady Vikings extended their lead to 11-5 before NI once again mounted a comeback, ending the first half of play trailing N-K 16-11

as the two teams retreated to their respective locker rooms.

The Lady Vikings were the ones that looked less prepared coming out of the locker rooms to start the second half, allowing NI to overtake them before head coach Daryl Love called a timeout with his team leading at a 19-16 deficit.

Junior Ella Leonard, who pulled down three offensive boards for the Lady Vikings, put N-K in front at the 4:15 mark of the third quarter, 20-19, followed by Costello's two treys to give

N-K a six-point advantage heading in to the final eight minutes of play, 29-23.

In the fourth and final quarter, both teams looked like they had gotten their games together and what the fans witnessed was one of the most exciting quarters of basketball they've seen on opening night in a long time.

With just 2:11 remaining in regulation Leonard went to the line and connected on both free throws, giving the Lady Vikings a 37-34 lead, but despite N-K's success at the line, it was the

Lady Bison who took full advantage of the opportunity at the charity stripe, draining 11 of 21 attempts, including the game winner with just .068 seconds remaining, giving NI the 40-39 non-conference win after sophomore Ashlyn Bechler hit both of her free throws.

Costello led the Lady Vikings on the night with 18 points and eight boards while Leonard added nine-points and seven rebounds. Morgan Wallin, the team defensive specialist, led all players with eight steals while scoring four points

and pulling down five rebounds.

The Lady Vikings, after facing North Butler on Tuesday night, will end the week with a home game on Friday when they host Nashua-Plainfield. N-K is 20-10 against the Huskies since 2007, but N-P has taken five of the last seven games played between the two Top of Iowa Conference East rivals.

	NI	40	NK	39
NK	8	8	13	10-39
NI	5	8	10	17-40



North Central's Ava Woltzen does her best work on the mat in last Tuesday's Riverhawk Girls Invitational. Woltzen went 4-0 on the day and took home a first place medal after winning all of her matches by fall, tops for all wrestlers on the day.



The Trailblazers' Mariah Michels drives her Algona opponent to the mat in last Tuesday night's Riverhawk Girls Invitational in Mason City. Michels went 2-1 on the day, her two wins coming by fall in the first period, her win over Des Moines' Nyajouk Malual lasting only 50 seconds.

Trailblazers show off their dominance at Riverhawks Girls Invitational

By Mike Simmons
Sports Editor

In the North Central Trailblazers' first meet of the young season they used their sheer numbers to dominate the rest of the field in Decorah, but in last Tuesday night's second meet of the year, this group of talented female wrestlers from Northwood-Kensett, Central Springs, Saint Ansgar, Lake Mills and Forest City turned heads for another reason, their skills in the circle.

The Trailblazers traveled to Mason City last Tuesday night to compete in the Riverhawk Girls Invitational, just their second time on the mats this season but boy was it a good one.

North Central dominated the rest of the field in Mason City, taking home six first place medals and a combined 15 second and third place medals, ending the day with more team points than any team in attendance.

Taking home a first placed medal for the Trailblazers were Abby Beaty, Jasmine Schwartz, Emma

Hall, Jessika Ausborn, Mya Peterson and Ava Woltzen. Woltzen was also tops in the meet with four pins, her four matches lasting just a little over four minutes combined.

Falling just short of winning their bracket but taking home second place medals in Mason City were Mariah Michels, Annaston Stene, Chelsea Brumm, Lily Wilson, Katrina Hal-

onen and Bailey Albert.

Rounding out the Trailblazers' top three finishers, those earning third place medals included Kelsey Roedel, Madison Edwards, Laney Miles, Lanie Han-

nah, Trinity Roush, Piper Kjeldahl, Marissa Halbach, Kloe Dowse and Avery Hoffmeyer.

This talented group of young ladies will be in action again this Thursday

when they travel to Greene to face North Butler and Osage in the season's first triangular.

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