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The Northwood Anchor

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Briefs

Santa visits continue

Each year Santa pays several visits to his home away from home, at Santa's Village in Central Park in Northwood.

Santa will be back in Northwood, in his village in Central Park, on Thursdays, December 15 and 22, from 5-6 p.m. He will also visit on Saturday, December 17, from 11 a.m. to 2 p.m.

Santa will make one more visit just before his big day, stopping at his village from 11 a.m. to 2 p.m. on Christmas Eve, Saturday, December 24.

Congregate/ MOW Christmas meal Dec. 21

Those that take part in Congregate Meals and Meals on Wheels in Northwood are invited to take part in a special holiday meal set for next Wednesday, December 21.

The meal will include a special menu, with some holiday treats.

Those that take part in the Congregate Meals at the Northwood Senior Center or that get meals through the Meals on Wheels are asked to contact the Senior Center by Friday, December 16, if they would like to take part, to help the kitchen staff make sure they have adequate holiday food on hand.

Those that take part in the meal programs may sign up at the Senior Center or call 641-324-1244 by this Friday, December 16.

From post office, The Hen House restored as special boutique

By JoAnn Lower

"When I step into the Hen House I feel at home," smiles Lisa Olson. "It's a comfortable place to be. As my husband says, I'm realizing my dream."

The shop at 747 Central Avenue, once Northwood's Post Office, has been given new life. The building had been in condemned condition until 2006 when Olson saw its potential and made the purchase.

"We've never borrowed any money," Lisa said. "It's through blood, sweat and tears, and support of the City of Northwood more recently, that we are slowly progressing. Recently my husband Jerry and I have installed new windows with city business improvement funds – such a blessing – something I've been waiting for. I love the comments I get on my floor and ceiling, 'How cute they are,' and 'What a nice shop it is.'"

Filled top to bottom with antiques, collectibles and fashionable clothing from California, customers aged 5-105 love shopping here for anything from vintage and antique to retro.



LISA OLSON, OWNER OF THE HEN HOUSE

"I've been so fortunate to find inventory, sometimes just stumbling across it," she said. "It comes from everywhere – farm auctions, estate sales."

Hen House, See Page 2

Council approves additional employee pay with pandemic relief

The Northwood city council recently formally approved payments to city staff using pandemic relief funds.

As a part of the American Rescue Plan Act (ARPA), communities like Northwood were provided with funds to support local governments in the response and recovery from the pandemic.

Amongst the uses for the funds is money to recognize and retain crucial staffing.

It was for that purpose that the council approved $18,500 in one time payments to City staff.

In a resolution approved at the November 28 meeting, the City approved

Council, See Page 2

N-K board discusses dress code, safety funds, shooter drills, activity center

At their most recent meeting the Northwood-Kensett school board acted on student requests for dress code changes, discussed funds to improve security, student involvement in active shooter drills and changes and additions at the Vikings Activity Center.

At their previous meeting, the school board had welcomed two members of the N-K student council, who where there to share their opinions on requests to alter the school's dress code.

The central requests were to allow midriff-baring clothing and to allow students to wear hats during the school day.

At that meeting, the board questioned the difficulty deciding how much was too much in terms of allowing students to show more skin, and of the added responsibility for the school's principal.

As for hats, there wasn't much objection at the November meeting, as board members noted that they are increasingly

N-K, See Page 2



Sunday chimney fire

At roughly 7 p.m. this past Sunday, December 11, the Northwood Volunteer Fire Company responded to a reported chimney fire that had potentially spread further in a home on 10th Street North in Northwood. The firefighters contained the fire to the chimney and outside of the home. The NVFC brought 16 firefighters and remained on the scene for one house. Also assisting on the scene were the Worth County Sheriff's Office and Alliant Energy.

Grafton park improvements include skeleton, swings and more

When most think of Grafton, they think of turkeys, but by next summer, many will think of a giant ancestor of the bird, with a project underway to revitalize the community's parks.

The project is the result of efforts of Taylor Huinker, who moved back to the community this past summer. "I moved home this summer from West Virginia and started to notice that the park in Grafton was lacking in equipment for toddlers and smaller children," Huinker said. "I started attending Grafton Community Action (GCA) meetings to see how I could help with things around

Grafton, See Page 3



The Week's WEATHER

by National Weather Service Observer John Podgorniak

Date	Hi	Lo	Prec.
Tues. Dec. 6	32	15	0.03
Wed. Dec. 7	30	10	
Thurs. Dec. 8	33	10	
Fri. Dec. 9	33	28	0.42
Sat. Dec. 10	33	31	
Sun. Dec. 11	31	27	
Mon. Dec. 12	30	28	

Meet the N-K alumni- Katie Schiltz

Earlier this year, a call went out to Northwood-Kensett alumni to respond to a survey about their time at N-K and where their education has taken them.

The goal of the survey was to provide current students with a look at where former students have gone using what they learned at N-K.

The surveys also give a chance for Anchor readers to reconnect with former classmates and former students whose time at N-K was featured in the local newspaper.

Those N-K alums that have not yet taken the survey can find it online at tinyurl.com/N-KAlumni.

Following is information Katie Schiltz shared in the survey:

Schiltz, See Page 2



KATIE SCHILTZ

County recovery funds may offset unpaid federal dollars

Worth County may have access to another pot of pandemic relief funds, with few restrictions on potential uses.

Supervisor Enos Loberg explained the funding at the board's meeting on December 5.

Loberg said that there are funds available to local governments, including Worth, through the Local Assistance and Tribal Consistency Fund (LATCF). The fund was established as a part of the American Rescue Plan, pandemic relief funds.

Funds are available to local governments, if there has been "negative revenue impact due to implementation of a Federal program or changes to such a program."

According to Loberg, there are 40 pieces of property in Worth County that are owned by the federal government, through the U.S. Fish and Wildlife Service.

County, See Page 2

Tailblazers win titles — See Sports Page 10

Hen House
Cont. from Page 1

The summer of 2022 Lisa opened her "What's the Scoop" ice cream shop right outside The Hen House. There through her back window she served a variety of ice creams as well as homemade toppings such as butterscotch, fudge, caramel and peanut butter. Now that the weather has turned cold, she'll be serving her ice creams as well as coffees and desserts in the dining room.

Between Christmas and the first of the New Year the kitchen will be open and eventually expand into lunches.

Olson posts Hen House hours on her Facebook page – The Hen House Coffee and Boutique. "When I get my kitchen and dining area open, I'll have more consistent hours. Over the holidays I will be there as much as possible."



Jerry and Lisa live outside Northwood on an acreage with their three dachshunds as well as horses, chickens, cows and calves. Jerry works for Yaggy Specialized Transportation out of Rochester. The couple has three children: Chelsea who lives in Austin, Coltan in rural Manly and Jesse in rural Northwood. They also have two beautiful grandbabies.

Schiltz
Cont. from Page 1

Katie Schiltz is a 2016 graduate of N-KHS.

After N-K, Schiltz earned a Bachelor of Science in Nutrition and Dietetics from the University of Minnesota and a Masters of Science in Exercise Physiology- Sports Nutrition from Florida State University.

Today, Schiltz works as a sports dietitian and online business owner.

Schiltz was asked about her biggest professional accomplishment. She answered, "Teaching and guiding individuals to be confident in their body and mind through food. Beginning my own online private practice to help individuals find food freedom. Working with professional athletes in various settings across the nation; Gopher athletics, EXOS, training HAUS, Vanderbilt Athletics."

As for her biggest personal accomplishment, Schiltz answered, "Moving around the country and finding deep connections in each city; completing the grad program in Sports Nutrition at Florida State; and deadlifting 325 pounds for 5 reps (niche accomplishment-haha)."

Travels after high school have taken Schiltz to Italy for studies of food systems and culture. She has also traveled for fun to Spain, France, Australia and Belize. Schiltz has also worked in the Twin Cities, Phoenix, Tallahassee and Nashville.

When asked what impact Northwood-Kensett had on her life, Schiltz said, "Northwood-Kensett provided me a sense of family with both classmates and staff. I was always loved and supported to go after my dreams."

Briefs

Free movies for the holidays

The Northwood Theatre is offering free holiday shows, courtesy of local sponsors.

The next holiday movie will be shown today, Wednesday, December 14, at 1:55 p.m. "Elf" will be shown, sponsored by Dave Osborne State Farm and ADA.

This Saturday, December 17, at 10 a.m., "The Star" will be shown, sponsored by Farmers State Bak and Shade Tree Liquors.

On Thursday, December 22, at 7 p.m., will be a showing of "Polar Express," sponsored by WCTA.

On Christmas Day, Sunday, December 25, at 7 p.m., "Strange World," will be sponsored by Tom Capranos of Northwoods Cabinetry.

Drive-through lights in Fertile park

The City of Fertile is offering a drive through Christmas light display on Fridays and Saturdays leading up to the holiday.

The display can be seen in Fertile's William Rhodes Park on Fridays and Saturdays, from 6-8 p.m.

Free will donations will be accepted.

County
Cont. from Page 1

For those properties, the federal government has been paying the County since 2018, Loberg explained. However, for approximately 20 years before that, the federal government did not have the funds to adequately pay the County.

The federal government's failure to keep up on those payments means that Worth County may have access to funds through the LATCF.

The program would offer Worth County $50,000 in 202 and $50,000 in 2023.

Those funds can be used for almost any purpose, with the exception of lobbying efforts.

County officials planned to look into the paperwork and online applications needed to access the funds.

In other business at the December 5 meeting, supervisor AJ Stone said that he had met with the Mason City Fire Department.

Stone reported that the MCFD plans to come to the board to ask for funds to continue providing ambulance response services in the county.

Council
Cont. from Page 1

payments to "acknowledge employees for performance and commitment."

The Council approved $1,500 payments for the City's public works department, city hall staff and library director; and $1,000 payments for other library staff and transit drivers. The payments totaled $18,500.

After the staff recognition, there is roughly $90,000 in unspent ARPA funds for the City to consider.

As discussed at the council meeting, there are several potential uses being considered.

The City may use the funds for equipment for water or sewer systems, put it towards future solar energy projects, street projects or other uses.

Council member Gary Nerlien suggested that the funds be put aside for an emergency.

City administrator Amber Julseth said that the City has to go through an approval process before the funds can be used.

Local governments have until the end of 2024 to chose how their portion of ARPA dollars will be spent, and until the end of 2026 to use the funds.

N-K
Cont. from Page 1

acceptable in most social situations.

At the December 8 meeting, changes to the student handbook proposed would be to continue the ban on midriff exposure, with "no bare skin in the abdomen area."

Ball caps and stocking caps were to be allowed before the meeting began.

Initially superintendent Mike Crozier said that times have changed and that hats wouldn't be an issue.

While other members of the board said they didn't have strong opinions on hat-wearing, board president Larry Hovey said he didn't think it was necessary.

Also discussed were teachers who may have issues and require students to remove hats in their individual classrooms, creating potential conflicts.

With that and the additional need for teachers and school staff to identify if a hat's logo or message might be inappropriate, the board ultimately decided to continue with the dress code as it stands, also deciding hats are still not allowed for now.

The school board had received the results of a safety assessment, done to qualify for state funding.

Iowa schools will be provided with $50,000 per building ($100,000 total at N-K) to address safety and security needs. To receive the funds, schools had to have a safety audit conducted.

According to Crozier, the audit showed several areas for which the district can use the funds, including new and additional cameras and lighting, communications equipment, electronic ID systems and others.

District administrators plan to review the safety audit to determine how to best spend the state funds. The district has until the end of 2025 to spend the funds.

As Crozier discussed a recent active shooter drill conducted with the Worth County Sheriff's Office, a board member asked if there was any thought given to involving students to help them prepare.

Crozier shared two reasons that students have not been involved.

First, he said that many shooters in school settings have been students. He said that he did not want to give the potential shooter knowledge of how the school would respond in that case.

Crozier also added that making students live out the scenario in a drill would traumatize many who already have anxiety about the possibility.

Crozier asked the school board to consider changes to Vikings Activity Center policies.

The first was whether or not to allow middle school age students to be at the center with high school age siblings.

Crozier worried about the lack of adult supervision.

However, board members said that they wanted to allow more open use of the facility, noting that if any of the younger members abuse the privilege, they can be addressed individually, instead of limiting the use for the age group as a whole.

Also discussed was use of the center on snow days. Crozier asked the board if they were OK with students being allowed to use the center when school was cancelled, as there may not be staff in place to monitor them.

The board echoed their previous stance, that they wanted to make the facility available as much as possible. If issues arise, the board suggested looking at suspending access for those that break the rules.

The board also approved the purchase of a new piece of equipment for the center.

A golf simulator will be made available soon. The simulator will allow more training opportunities for the N-K golf team and for those in the community.

The simulator will be set up in a room that can be locked and only accessed by those that have been taught how to use the equipment first.

Real ID deadline extended to May 2025

Last week, the U.S. Department of Homeland Security announced that it was once again extending the deadline to require a Real ID license to travel on domestic flights.

The DHS has said pushing the deadline back two years is necessary because of lingering impacts of the COVID-19 pandemic, and ongoing difficulties in obtaining licenses, with ongoing backlogs in states' licensing agencies.

Passed by Congress in 2005 following a 9/11 Commission recommendation, the REAL ID Act establishes minimum security standards for state-issued driver's licenses and identification cards. Security standards include incorporating anti-counterfeiting technology, preventing insider fraud and using documentary evidence and record checks to ensure a person is who they claim to be.

Under the new regulations, now beginning on May 7, 2025, every traveler 18 years of age or older will need a REAL ID-compliant driver's license or identification card, state-issued enhanced driver's license or another TSA-acceptable form of identification at airport security checkpoints for domestic air travel.

In Iowa, Real ID-compliant licenses have a star on the upper-righthand corner.

The REAL ID gold star designation is not available through online renewal, Iowans must visit any Iowa driver's license or ID issuance location in person to update their card. If a license or ID is up for renewal people can receive a REAL ID designation for no additional cost. For those that wish to update to a REAL ID outside of their renewal period, it will cost $10, or the standard cost of a replacement card.

To receive a REAL ID, federal law requires people to verify their identity by providing the same documentation they provided when they first got a first license or ID. Documents that should be brought to receive a Real ID include:

Proof of identity (Example: passport or birth certificate)

Proof of Social Security number (Example: Social Security card, W2, 1099 form)

Two documents that prove Iowa residency

(Example: utility bill or bank statement)

If a current name is different from the name listed on the proof of identity, people will also need a document showing proof of a name change, for example, a marriage certificate. Original, official documents are needed, and copies won't be accepted. as we can't accept copies. Staff will scan documents and return them.

An online tool to build a list of documents is available at the Iowa DOT website, iowadot.gov/mvd/realid.

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Next year's hunting, fishing licenses on sale

From the Iowa DNR:



Iowans can begin buying 2023 resident hunting, fishing and other licenses. Licenses purchased for 2022 expire on January 10, 2023.

The menu of license options includes the popular Outdoor Combo annual resident hunting/fishing/habitat combo license for $55; the Angler's Special three-year fishing license for $62; and the Hunter's Special three-year hunting license with habitat included for $101.

Also available is the Bonus Line option for $14 letting resident and nonresident anglers fish with one more line in addition to the two lines allowed with the regular fishing license.

Upgrade your paper license to a durable hard card with custom art from Iowa artists for only $6.

Download the GoOutdoorsIowa mobile app for iPhone and Android devices to buy and access your license information, no matter where you are. Sync your hunting and fishing licenses on the app to show in the field. You may download multiple customer licenses to offer one secure digital license document location for families, groups, and more.

Licenses are available at 700 locations across the state, and on the DNR website at www.iowadnr.gov/GoOutdoorsIowa.

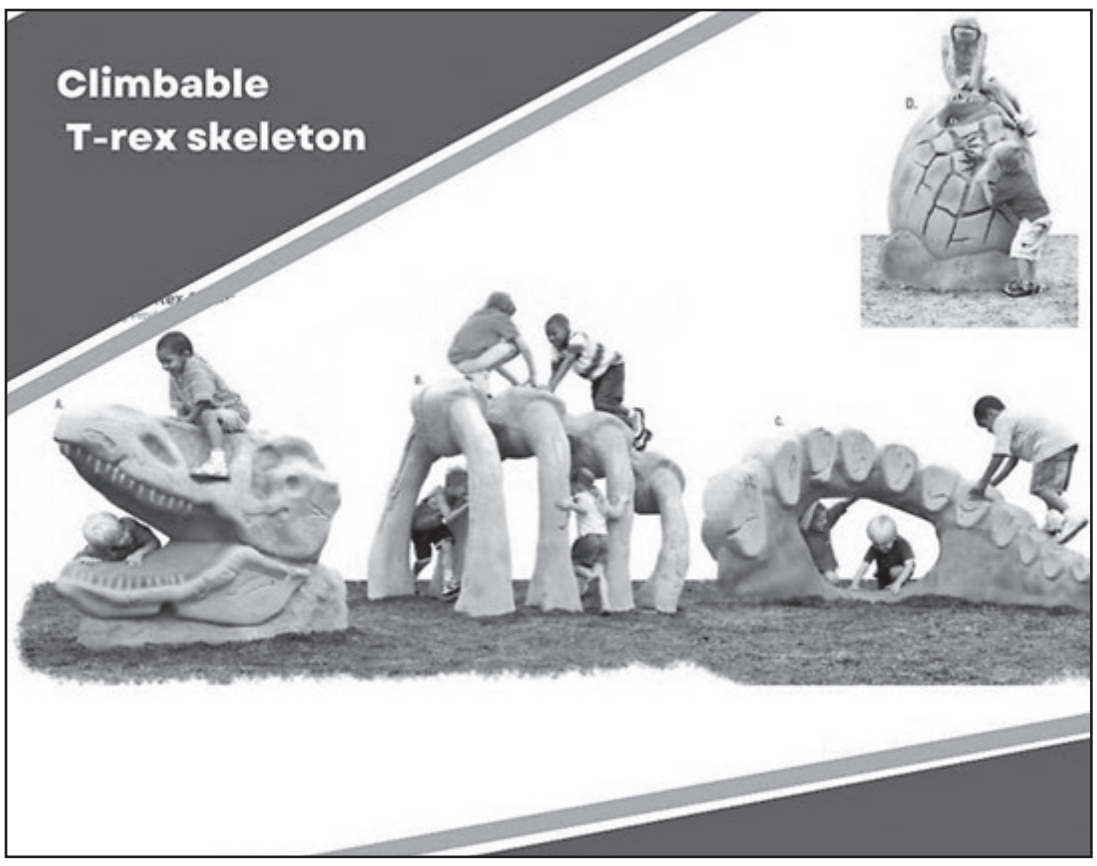


Accident overturns vehicle

Last week, a two vehicle accident left one vehicle overturned on a residential street in Northwood. According to a deputy's report of the incident, Autumn Riggio stopped at a stop sign at the corner of 8th Avenue Northwood and 11th Street North. After driving through the intersection, Riggio said she didn't see the car driven by Lana Anderson and collided with the vehicle. Anderson's vehicle flipped, ending up on its roof. Anderson was transported from the scene but reportedly had no major injuries.

Grafton
Cont. from Page 1

town. I had also heard from people in the community about the great work that the WCDA has been doing for towns in Worth County and the surrounding area. From there I got the green light from the city council and the GCA to start writing a grant through the WCDA to improve the Grafton city park."



The application was a success and at the November 15 announcement of fall grants, the Grafton Community Action group received the largest award of the evening, $172,255.06 for new playground equipment, along with a second grant for $29,397 for other park improvements.

"We were very fortunate to have our project be completely funded by the WCDA!"

For inspiration for that equipment, Huinker looked for something that was fun to play on, but also different from other playground equipment in the area.

"I started just looking for swings and a few other toddler friendly items. When I stumbled upon dinosaur themed playground equipment I instantly fell in love. I couldn't imagine there being anything more exciting than being able to climb on a life-sized T-rex skeleton! I know how much dinosaurs can captivate the imaginations of young children and thought that it might also be a way to help draw a few extra people to town."

With the WCDA grant funding in place, GCA will be able to purchase playground equipment that looks like a tyrannosaur skeleton laying on its stomach, with children able to climb on and amongst the bones. There will also be a giant hatching dinosaur egg included in the play features.

While the dinosaur in their midsts will certainly be exciting, more traditional equipment is also in the plans, including new swings, a merry-go-round and spring riders.

A new pour in place surface will be added underneath the new equipment for comfort and safety.

Huinker said that the equipment is expected to be ready for young people in Grafton to play on in May or June of 2023, depending on supply chain, delivery and weather factors.

"The company we are working with has assured me that the project will be finished well before Turkey Days July 2023!" Huinker said.

Huinker hopes to be able to continue improving the parks in the community, mentioning upgrades to the shelter house, replacing trees and lighting and adding more shade. Another WCDA grant will replace park benches.

"The gears in my brain are always spinning and looking for new ways to make my great town even better."

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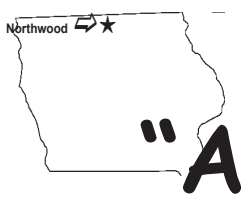
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Snow much fun

Last Friday's snowfall meant a snow day for area families. For many that meant a chance to play in the snow. Some added to the snow person population. Some slid down snow hills and snow piles. Some also created snow forts, or in the case of Harper, Ryder and Weston (pictured below) a snow cave.





'Creepy Crawly' preschool visitors

Students at the Northwood-Kensett preschool recently welcomed several visitors from Worth County Conservation. Naturalist Heaven Walker was accompanied by several creatures for a "Creepy Crawly" program. The students were introduced to a ball python and a Madagascar hissing cockroach. While initially hesitant, after learning more about the critters, the students reportedly decided that they weren't all that bad.





IDALS announces order canceling live bird exhibitions

The Iowa Department of Agriculture and Land Stewardship earlier in the fall announced an order canceling all live bird exhibitions at fairs and other gatherings of birds due to the continued threat of highly pathogenic avian influenza (HPAI).

The order also prohibits live birds from being sold or transferred at livestock auction markets, swap meets, and exotic sales. The Department's order begins immediately and is effective for a minimum of 30 days, and until 30 days has passed without a confirmation of a new infection of HPAI in domestic poultry in the state. As of press time, the most recent confirmed case was announced on December 12. There had been seven confirmed cases in December.

Commercial and backyard flock owners should prevent contact between their birds and wild birds. Sick birds or unusual deaths among birds should be immediately reported to state or federal officials. Biosecurity resources and best practices are available at iowaagriculture.gov/biosecurity. If producers suspect signs of HPAI in their flocks, they should contact their veterinarian immediately. Possible cases must also be reported to the Iowa Department of Agriculture and Land Stewardship at (515) 281-5305.

According to the U.S. Centers for Disease Control and Prevention, the recent HPAI detections in birds do not present a public health concern. It remains safe to eat poultry products. As a reminder, consumers should always utilize the proper handling and cooking of eggs and poultry products. An internal temperature of 165 degrees F kills bacteria and viruses.

About HPAI

HPAI is highly contagious viral disease affecting bird populations. HPAI can travel in wild birds without those birds appearing sick, but is often fatal to domestic bird populations, including chickens and turkeys. The virus can spread through droppings or the nasal discharge of an infected bird, which can contaminate dust and soil.

Signs of HPAI include:

Sudden increase in bird deaths without any clinical signs

Lethargy and lack of energy and appetite

Decrease in egg production

Soft- or thin-shelled or misshapen eggs

Swelling of the head, eyelids, comb, wattles, and hocks

Purple/blue discoloration of the wattles, comb, and legs

Difficulty breathing

Coughing, sneezing, and/or nasal discharge (runny nose)

Stumbling or falling down

Diarrhea

For additional information on HPAI, please visit https://iowaagriculture.gov/animal-industry-bureau/avian-influenza.

Stay safe as Iowa lakes freeze over

The recent blast of arctic air is growing ice on lakes and ponds across the northern two-thirds of Iowa. Anglers are ready to get out for the popular early ice fishing season.

"Many of us can't wait to get out on the ice each winter," said Joe Larscheid, chief of fisheries for the Iowa Department of Natural Resources (DNR). "Ice fishing is a fun, inexpensive activity for anglers of all ages to get outdoors and avoid cabin fever."

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

"Check ice thickness as you make your way to your favorite fishing spot," Larscheid said. "Ice conditions change constantly and its thickness can vary across the lake. Trust your instincts – if the ice does not look right, don't go out."

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

Safety Tips on the Ice

No ice is 100 percent safe.

New ice is usually stronger than old ice.

Don't go out alone - if the worst should happen, someone will be there to call for help or to help rescue.

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

Check ice thickness as you go out - there could be pockets of thin ice or places where ice recently formed.

Avoid off-colored snow or ice. It is usually a sign of weakness.

The insulating effect of snow slows down the freezing process.

Bring along these basic items to help keep you safe: hand warmers, ice cleats to help prevent falls, ice picks (wear around your neck) to help you crawl out of the water if you fall in, a life jacket, a floating safety rope, a whistle to call for help, a basic first aid kit and extra dry clothes including a pair of gloves.

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IN THE IOWA DISTRICT COURT FOR WORTH COUNTY
PROBATE NO. ESPR009339
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR

IN THE MATTER OF THE ESTATE OF ROGER L. GENTZ, DECEASED.

To All Persons Interested in the Estate of Roger L. Gentz, Deceased, who died on or about October 19, 2022:

You are hereby notified that on the October 26, 2022, the Last Will and Testament of Roger L. Gentz, deceased, bearing the date of October 10, 2017, was admitted to probate in the above named court and that Steve Gentz was appointed executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated October 26, 2022.
Steve Gentz
11435 190th Street East
Hastings, MN 55033
Executor of the Estate

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

Date of second publication 14th day of December, 2022.
49-2t

Notice

IN THE IOWA DISTRICT COURT FOR WORTH COUNTY
CASE NO. ESPR009345
NOTICE OF APPOINTMENT OF ADMINISTRATOR AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF MARK NOEL WATERS, Deceased.

To All Persons Interested in the Estate of Mark Noel Waters, Deceased, who died on or about July 27, 2018:

You are hereby notified that on the November 30, 2022, the undersigned was appointed administrator of the estate.

Notice is hereby given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated November 30, 2022.
Oretta F. Waters
8 West Jackson Street
Rockfalls, IA 50467
Administrator of the Estate

Richard N. Tompkins, Jr
ICIS#: AT0007929
Tompkins Law Office
315 N. Pennsylvania Ave.
Mason City, IA 50401-3443
Attorney for the Administrator

Date of second publication 14th day of December, 2022.
49-2t

City Council

The Council of the City of Northwood met in special session at City Hall on November 28, 2022 at 5:00 pm with Mayor Doug Moehle presiding and the following council members present:

Teresa George-Zenz, Steve Peterson, Gary Nerlien, Dan Reeder. Absent: David Tenold.

The purpose of the work session was to review the City Code of Ordinances & Rental Inspection Program.

No action taken.

Doug Moehle, Mayor
Amber Julseth
City Administrator/Clerk

Supervisor

December 5, 2022
Forty-ninth 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 November 28, 2022 meetings. Motion carried.

Motion Loberg/Second Stone to approve the Iowa Department of Transportation Agreement for a Surface Transportation Block Grant Program Federal-aid Swap Project – STP-S-CO98(84)—5E-98. Motion carried.

Motion Stone/Second Loberg to approve Resolution for Special Assessment for DD 13 and DD 46. Roll call: Stone – Aye; Loberg – Aye; Smeby – Aye. Motion carried. (Full text of resolution available in the Auditor's Office).

Motion Stone/Second Loberg to set date for informational meeting for DD 14 and 48 on December 19 at 11:00 A.M. Motion carried.

Motion Loberg/Second Stone to approve claims in the amount of $57,465.61 as per the following schedule. Motion carried.

Advanced Drainage Sys Inc
Supplies-Eng 200.93
Aramark, Service-Eng 202.83
Black Hills Energy Inc
Service-Eng 572.04
Bmc Aggregates Llc
Rock-Eng 436.33
Brian M Kuchay, Md
Ems Contract 100.00
C J Cooper & Associates Inc
Service-Eng 90.00
Central Lock & Key Inc
Service-Gsr 140.00
Dana Young, Service-Mex . 300.00
Dave Syverson Inc
Parts-Eng..... 3,725.81
I35/105 Welcome Center Inc.
Fy23 2nd Qtr H/M Tax-Ndp 8,962.15
Ia Dept Of Agriculture
Edu-Con..... 45.00
Icit, Dues-It/Gis..... 50.00
Joe's Collision & Performance Inc
Service-Eng 880.08
John Mclaughlin
Safety-Eng..... 149.97
Knudtson Automotive Service
Service-Ema 61.27
Mediacom, Service-Gsr 274.90
Northwood Sanitation Llc
Service-Gsr 211.50
Nsb Bank, Reimb-Shf 30.00
Optum, Supplies-Phd..... 140.51
Pathology Assoc Of Mason City
Service-Mex 1,500.00
Plunkett's Pest Control Inc
Service-Con..... 42.51
R80 Llc, Fuel-Gsr 23.09
Staples Credit Plan
Supplies 333.10
Todd Rothove
Service-Con..... 1,825.00
Vanguard Appraisals Inc
Service-Asr 1,320.00
Winn-Worth Betco
Fy23 2nd Qtr H/M Tax-Ndp 13,443.22
Worth Co Historical Society
Fy23 2nd Qtr H/M Tax-Ndp 8,962.15
Worth County Fair
Fy23 2nd Qtr H/M Tax-Ndp 13,443.22
Grand Total 57,465.61

Motion Stone/Second Loberg to approve the sheriff's monthly report. Motion carried.

Motion Loberg/Second Stone to approve salary change to $59,363.20/year for Kevin Knudson as submitted by the sheriff. Motion carried.

Motion Stone/Second Loberg to approve the Class E Retail Alcohol License for Kum & Go #119. Motion carried.

Motion Stone/Second Loberg to approve Resolution #2022.12.05 Resolution Naming Depositiories. Roll call: Stone – Aye; Loberg – Aye; Smeby – Aye. Motion carried. (Full text of resolution available in the Auditor's Office).

Motion Stone/Second Loberg to approve an agreement of services between Worth Coutny & Brian M. Kuchay, MD. Motion carried.

Motion Loberg/Second Stone to authorize the auditor to fill out an application for the US Department of Treasury Local Assistance and Tribal Consistency Fund. Motion carried.

Motion Stone/Second Loberg to appoint Doug Moehle as the City Representative on the NIACOG Board starting January 2023. Motion carried.

Motion Loberg/Second Stone to approve a credit card for Sam Warren, County IT Director with a maximum limit of $10,000. Motion carried.

Motion Loberg/Second Stone to adjourn at 9:11 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Mark Smeby, Chairperson

Notice

IN THE IOWA DISTRICT COURT FOR WORTH COUNTY
PROBATE NO. ESPR009344
NOTICE OF APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF LOWELL L. WALK, Deceased.

To All Persons Interested in the Estate of Lowell L. Walk, deceased, who died on or about March 18, 2020:

You are hereby notified that on the November 28, 2022, the Last Will and Testament of Lowell L. Walk, deceased, bearing date of October 24, 2019, was admitted to probate in the above named court and that Mark L. Walk was appointed Personal Representative of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.

Notice is hereby given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated November 28, 2022.
Mark L. Walk
515 State Street
Osage, IA 50461
Personal Representative of the Estate

Mark L. Walk
ICIS PIN No: AT0008231
Walk, Prichard, Baresel & Murphy, PC
515 State Street
Osage, IA 50461
Attorney for the Personal Representative

Date of second publication 14th day of December, 2022.
49-2t

Notice

IN THE IOWA DISTRICT COURT OF WORTH COUNTY
EQUITY NO: EQCV012836
ORIGINAL NOTICE FOR PUBLICATION

Idaho Housing and Finance Association
Plaintiff,
vs.
Lindsay J. Breitkreutz a/k/a Lindsay Jo Breitkreutz; Nicolas J. Breitkreutz; United States of America, Secretary of Housing and Urban Development; State of Iowa, Child Support Recovery Unit; Unknown Spouse, if any of Lindsay J Breitkreutz, a/k/a Lindsay Jo Breitkreutz; Unknown Spouse, if any, of Nicolas J Breitkreutz; Parties in Possession, et al.
Defendants.

You are notified that a petition has been filed in the office of this court naming you as a defendant in this action. The petition was filed on August 25, 2022, and prays for foreclosure of Plaintiffs Mortgage in favor of the Plaintiff on the property described in this notice and judgment for the unpaid principal amount of $93,994.91, with 4.25% per annum interest thereon from February 1, 2020, together with late charges, advances and the costs of the action including (but not limited to) title costs and reasonable attorney's fees, as well as a request that said sums be declared a lien upon the following described premises from September 16, 2015, located in Worth county, Iowa:

LOTS ONE (1), TWO (2), AND THREE (3), IN BLOCK NINE (9), OF MITCHELL'S ADDITION TO MANLY, WORTH COUNTY, IOWA,
Also described as:
Lots 1, 2, 3, in Block 9, of Mitchell's Addition to Manly, Worth County, Iowa, commonly known as 337 E Elmore St, Manly, IA 50456 (the "Property")

The petition further prays that the Mortgage on the above described real estate be foreclosed, that a special execution issue for the sale of as much of the mortgaged premises as is necessary to satisfy the judgment and for other relief as the Court deems just and equitable. For further details, please review the petition on file in the clerk's office. The Plaintiffs attorney is Andrea Dyar, of SouthLaw, P.C.; whose address is 1401 50th Street, Suite 100, West Des Moines, IA 50266.

NOTICE

The plaintiff has elected foreclosure without redemption. This means that the sale of the mortgaged property will occur promptly after entry of judgment unless you file a written demand with the court to delay the sale. If you file a written demand, the sale will be delayed until twelve months (or six months if the petition includes a waiver of deficiency judgment) from the entry of judgment if the mortgaged property is your residence and is a one-family or two-family dwelling or until two months from entry of judgment if the mortgaged property is not your residence or is your residence but not a one-family or two-family dwelling. You will have no right of redemption after the sale. The purchaser at the sale will be entitled to immediate possession of the mortgaged property. You may purchase at the sale.

You must serve a motion or answer on or before 17th day of January, 2023, and within a reasonable time thereafter, you must file your motion or answer with the Clerk of Court for Worth County, at the county courthouse in Northwood, Iowa. If you fail to respond, judgment by default may be rendered against you for the relief demanded in the petition.

If you require the assistance of auxiliary aids or services to participate in a court action because of a disability, immediately call your District ADA Coordinator at 641-494-3611. If you are hearing impaired, call Relay Iowa TTY at 1-800-735-2942.

This case has been filed in a county that utilizes electronic filing. You may find more information and general rules governing electronic filing in Iowa Court Rules Chapter 16. You may find information concerning protection of personal information in court filings in Iowa Court Rules Chapter 16, Division VI.

By: CLERK OF THE ABOVE COURT
Worth County Courthouse
1000 Central Ave,
Northwood, IA 50459

IMPORTANT:
YOU ARE ADVISED TO SEEK LEGAL ADVICE AT ONCE TO PROTECT YOUR INTERESTS.

49-3t

Notice

IN THE IOWA DISTRICT COURT FOR WORTH COUNTY
CASE NO. ESPR009343
NOTICE OF APPOINTMENT OF ADMINISTRATOR AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF WARREN R. BRUNS, Deceased.

To All Persons Interested in the Estate of Warren R. Bruns, deceased, who died on or about October 27, 2022:

You are hereby notified that on the November 30, 2022, the undersigned was appointed administrator of the estate.

Notice is hereby given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated December 1, 2022.
Beverly A. Bruns
545 350th Street
Hanlontown, IA 50444
Administrator of the Estate

John H. Greve
Greve Law Office
736 Central Ave.
P.O. Box 167
Northwood, IA 50459
Attorney for the Administrator

Date of second publication 14th day of December, 2022.
49-2t

Notice

PUBLIC NOTICE OF STORM WATER DISCHARGE

The Iowa Department of Transportation plans to submit a Notice of Intent to the Iowa Department of Natural Resources to be covered under National Pollutant Discharge Elimination System (NPDES) General Permit No. 2 "Storm Water Discharge Associated with Industrial Activity for Construction Activities."

The storm water discharge will be from construction activity located in Worth County on US Highway 65. The project is HMA resurfacing and sidewalk improvements from south limits of Northwood (8th Ave. S.) to the UPRR.

The Public Lands Survey location is Township 100N, Range 20W, Sections 20/21 to 33.

Storm water will be discharged from 23 point sources and will be discharged into the following streams: road ditches and storm sewer to unnamed drainage ditches to Shell Rock River.

Comments may be submitted to the Storm Water Discharge Coordinator, IOWA DEPARTMENT OF NATURAL RESOURCES, Environmental Protection Division, 502 East 9th Street, Des Moines, IA 50319-0034. The public may review the Notice of Intent from 8:00 a.m. to 4:30 p.m. Monday through Friday at the above address after it has been received by the Department.

CLASSIFIED ADVERTISING

THANKS

CARD OF THANKS: I would like to thank the Northwood Rescue Squad, Worth County Sheriff's Office and EMT for their quick response to my medical emergency.

Marvin Everhart*

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People's Right To Know



POSITION OPENING

Worth County Secondary Roads Department will be accepting applications for a

Full Time Road Maintenance and Equipment Operator position

Full job description and applications can be picked up at the

Worth County Engineer's Office
1000 Central Ave., Northwood, Iowa
or online at www.worthcounty.org.

Applications will be accepted until 12 p.m. CST on December 23, 2022 or until position is filled.

Worth County is an Equal Opportunity Employer

PROFESSIONAL CARD
Business Announcements

VETERINARIAN
WORTH COUNTY VETERINARY SERVICE
Michael E. Dierenfeld, D.V.M.
Clinic: 324-1084
Home: 324-1147

PHYSICIANS
MERCYONE
803 9th Avenue North
Northwood, IA 50459
641-324-1221

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

Alcoholics Anonymous Alanon
Regular meeting each Tuesday, 7:30 p.m.
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

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









Bolan

Not much news in Bolan Community except that everyone is decorating for the Christmas holiday.

Green Thumb Garden Club meets on November 28

The Club met on November 28, 2022, in the Olson Room with Coni Butler as the hostess.

Theresa Cooper reported on the progress of the Woodsy Owl Event. The Holiday Hope event was discussed. Members were pleased that it was successful and are hoping to contribute a decorated wreath next year.

The program was presented by retired DNR officer Dave Holstad from Clear Lake, Iowa. He gave an interesting presentation about bees including life cycle of the Queen bees, identifying bees by body parts and markings. Growing Swamp Milkweed is another way to provide food for bees. The website "crownbees.com" has more information.

Nancy Amundson,
Secretary

It's in the bag

Teresa Stehn, with Worth County Farm Bureau, brought a popular classroom activity to the Northwood Senior Center last week. In the classroom, the activity teaches students about where the elements of pumpkin pie come from. At the senior center, the activity brought conversation about desserts, classrooms then and now and more. It also demonstrated the fast and simple way to make pumpkin pie in a bag, using pie filling, milk, pudding, spices, graham cracker crumbs and whipped cream. The center participants enjoyed their samples and took home the recipe to make more.



Northwood Anchor Church

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

Bethlehem Lutheran, Manly
WAGS Meal, 5:30 p.m., WAGS Lesson, 6 p.m., Confirmation at Grace, 5:30 p.m., Grace Circle Christmas Party, 11:30 a.m.; Sunday, Grace Sunday School Christmas Program with Soup Supper Following, 5 p.m., No Sunday School; Monday, WIC Bethlehem, 9 a.m. - Noon; Tuesday, Manly Care Center, 10 a.m., BLC Altar Guild Christmas Potluck, 12 p.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, Worship Service, 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, Advent Bible Study, 2 p.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, 9 a.m., Sunday School, 10 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, 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 S.S. Christmas Program & Luncheon, 10 a.m., LRH Service, 3 p.m., JH Youth, 6:30 p.m., Candlelight Service, 7 p.m.; Tuesday, 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

WORTH COUNTY VETERANS AFFAIRS
99 B 9th Street North • Northwood, Iowa
Tues. 9 a.m. - 5 p.m. / Wed. 11 a.m. - 5 p.m. / Thurs. 7 a.m. - 1 p.m.
641-324-0480
Please call to confirm that your Veterans Service Officer is available.
An effort will be made to accommodate your schedule.

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SHOWING
Dec. 16-19
Devotion
Rated PG-13
(Free Showing Dec. 25 "Strange World" at 7 p.m.)

COMING
Dec. 23-26
Strange World
Rated PG-13

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CLOSED
Saturday, Dec. 17
OPEN
Thurs., Dec. 15,
Fri., Dec. 16 &
Sun., Dec. 18
Normal hours
Call for reservations or catering
324-1052

Tequila's
Open for Dine-In
Daily Specials
Monday - Closed
Tuesday - Pollo Loco
Wednesday - Shrimp Burrito
Thursday
$1 Off Fajitas &
1/2 Off Margaritas
Friday - Enchilada
Saturday - Burritos Deluxe
Sunday
Kids Free with each Adult Meal
641-323-0000

Congregate Meals
Dec. 15-21
641-324-1244
Thursday: Liver & Onions or Beef Patty, Mashed Potatoes w/Gravy, Mixed Vegetables, Brownie
Friday: Ham & Bean Soup, Breadstick, Mixed Fruit, Peanut Butter Cookie
Monday: Ham, Sweet Potatoes, Scalloped Corn, Cranberry Salad, Ice Cream
Tuesday: BBQ Baked Chicken, Potato Wedges, Mixed Vegetables, Berry Fluff Jell-O Salad
Wednesday: Chili, Cinnamon Roll, Steamed Carrots, Bar

Northwood Anchor
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801 Central Ave.
P.O. Box 107
Northwood, IA 50459
anchor1@nwdanchor.com

The Door is Open



How many of us live in prisons of our own making? If you feel constrained by the circumstances of your life and yet those circumstances are largely your own creations, then you have indeed built yourself a prison. Henry David Thoreau writes about those who have "forged their own golden or silver fetters," accumulating wealth and property to the point where they are literally enslaved to it. He reminds us that "A man is rich in proportion to the number of things he can afford to let alone." And a man is free in the same proportion. The ultimate freedom is to have the liberty of mind and spirit to do as one would choose, free of duress or external control. Most adults live life free of external control, and yet we feel constrained by the circumstances of our lives. We must toil and work like slaves because we have allowed materialism to become our master. We are slaves to our appetites and desires because we have allowed hedonism to become our master. And we are imprisoned by our own minds because we fail to see that there are other ways to think and live. The Sufi poet Rumi asks "Why do you stay in prison when the door is so wide open?" The answer can only be that it is a prison of our own choosing. —Christopher Simon

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." – Galatians 5:1

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

TERRY AND JOANNE STEINMETZ

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Northwood, IA

DEWEY KRUGER MUSIC
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Northwood, IA

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

Vickie & JoAnn (no last names indicated in the book) started Gooseberry Patch as a home-based business in the late 80s and compiled their first cookbook in 1992. They use the formula of putting together groups of recipes submitted to them by friends, relatives and customers; sort of like a nationwide community cookbook. In 2012 "The Christmas Table" was published as a warm, cozy way to find new dishes to serve for that festive season. There are six chapter full of ideas but the Cozy Christmas Brunch is one that fills the need for breakfast and lunch on a busy day before or after Christmas. I like to think this is a good one for Christmas Eve day as many families have the traditional BIG dinner on Christmas Day. The recipes are adapted from this chapter.

Baked Hard-Boiled Egg Casserole

1/2 cup real butter
1 dozen hard-boiled large eggs
1/2 cup all-purpose flour
1 pound lean bacon
4 cups whole milk
1/2 teaspoon kosher salt
2 cups shredded Cheddar
1/4 teaspoon white pepper

Peel and slice the eggs. Fry the entire pound of bacon until crisp; crumble it and set aside. Melt the butter in a heavy saucepan over medium heat. Add the flour, salt and pepper; whisk until smooth. Gradually whisk in the milk. Bring the mixture to a boil, cooking and stirring until thickened; this is a basic white sauce. In a 3-quart casserole dish, spread 1/3 of the white sauce, followed by 1/3 each of the eggs, bacon and cheese. Repeat these layers twice more, ending with cheese. Preheat the oven to 350 degrees F. Cover the casserole dish with foil and bake for 30 minutes or until hot and bubbly. NOTE: the casserole can be made the day before, refrigerated covered and reheated when serving. Add 10 more minutes to the heating time. Serves 6-8.

Overnight Orange Baked French Toast

1 loaf French bread, sliced
1 teaspoon real vanilla
4 large eggs
1/4 teaspoon cinnamon
2/3 cup orange juice
1/8 teaspoon nutmeg
1/3 cup whole milk or half & half
1/4 cup real butter, melted
1/4 cup sugar

Arrange the bread slices in an ungreased 9x13-inch baking dish. In a medium bowl, with an electric mixer on low speed, beat the remaining ingredients except the melted butter. Pour this mixture over the bread slices turning to coat both sides. Cover and refrigerate for 24 hours. Preheat the oven to 400 degrees F. Spread the melted butter on a 10x15-inch jelly roll pan or rimmed cookie sheet. Arrange the bread slices in a single layer on top of the butter. Bake for 20-25 minutes until lightly golden, turning the slices once halfway through the baking time. Serve immediately with warm Orange Syrup (recipe below).

Orange Syrup

1/2 cup real butter
1/2 cup sugar
1/3 cup orange juice CONCENTRATE
1/2 cup chopped pecans

In a saucepan over low heat, combine butter, sugar and juice concentrate. Stir until the butter is melted; DO NOT BOIL. Cool for 10 minutes then beat with an electric mixture on low speed until thickened. Stir in the pecans. Serve warm in a pitcher on the table.

Holiday Sausage Ring

2 pounds good quality breakfast sausage
2 large eggs, beaten
1 1/2 cups dry bread crumbs
2 tablespoons grated onion
1/4 cup fresh parsley, chopped

Preheat the oven to 350 degrees F. Lightly grease a 9-inch ring mold. In a large bowl, combine all the ingredients, mixing well but gently with clean hands. Pack the meat into the mold. Bake, uncovered, for 20 minutes. Remove from the oven but keep the oven on. Carefully drain away any excess grease and return the ring to the oven for another 20 minutes. Turn out onto a warm platter and fill the center with fluffy scrambled eggs (which you can make during the second baking of the sausage ring). Serves 8-10 people.

Did you know?

By Ann Hendrickson

December is here and it seems unbelievable! Young and old have exclaimed, "Where does the time go?" The focus for December is of Advent, Christmas, and Hanukkah. Christmas stories abound this time of year with memoires of the past being told and retold.

Ceramic Christmas trees were originally produced in the 1940's. Some of them were store-bought and some were personally made and decorated after spending time in a kiln. Their popularity is still going today. The size, color and condition is important and can be purchased for $35 to $250.

Toys are unforgettable to some people no matter their age or gender. In 1916 John Lloyd Wright, son of architect Frank Lloyd Wright, invented Lincoln logs. Many, many, hours have been used in making a structure of some kind with these logs. 1934 brought the Shirley Temple doll dressed to match her movie roles and was created by the Ideal Novelty and Toy Company.

The iconic Barbie Doll is still being found under the Christmas tree today. It was a surprise hit when it debuted at the 1959 American Toy Fair. The Mattel Toy Company Co-founder Ruth Handler was watching her daughter playing with her dolls and noticed she preferred to play with the dolls modeled after adults rather than babies. After a trip to Europe, Ruth created a teenage fashion doll inspired by German cartoon character Lillli. Some of the dolls can be worth $50.00 to $200.00 depending on condition. If the creators of Barbie are thinking of changing her to be more realistic, they need to add one more model; Barbie Senior. After all, she is 63 years old. Just imagine what this new model will look like. There will be some extra curves here and there; maybe a few stretch marks, wrinkles, and age spots too. It's possible even a cane could be an added accessory. Her career wardrobe would be unlimited as Barbie can be anything she wants by today's standards. Her professional attire could be a two-piece dark-colored suit (after all she is Ken's boss now); medical scrubs or a doctor's white robe; judicial robes; military uniforms; hard hat, cowboy hats or a farmer's cap; a space suit; and possibly even a President of the United States of America. Possibilities are endless. This might be the best Barbie of all—a great role model as well as a solid reminder to little girls you can have a happy and successful life no matter what shape you're in! There are hundreds of other toys worth remembering but this space is limited.

We are all "kids at heart" so do enjoy the kid in you this Christmas. The Worth County Historical Society wishes you a truly blessed holiday season and New Year of 2023.

Remember—bring your "memories" to us for safekeeping as we are truly blessed to preserve them. Call Amanda at 641-324-1180, Worth County Historical Museum.

Be sure to check out the Stromstein Building and see the Christmas goodies made by Ruth Willier.

Celebrate the Present by remembering the past.

Until next time…

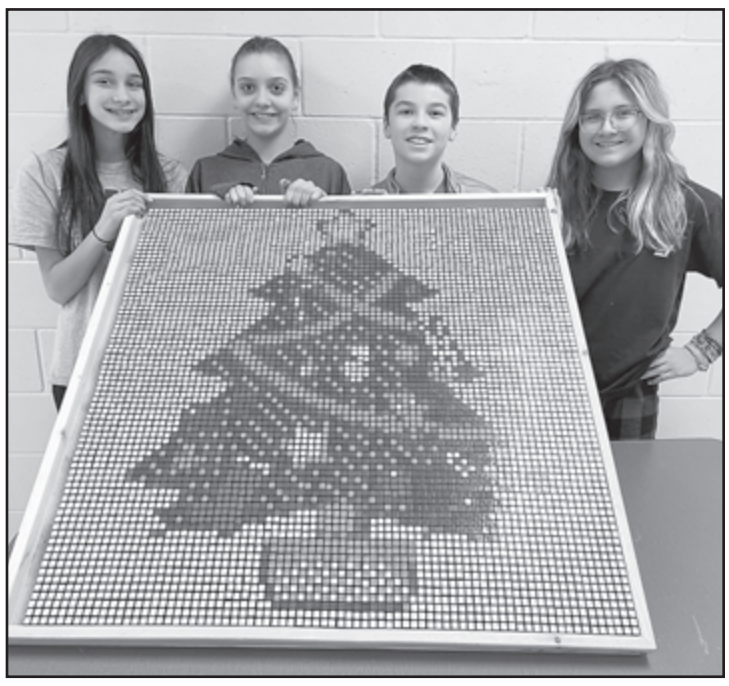
Northwood Anchor Society





Katie Schiltz visits N-K

Northwood-Kensett graduate Katie Schiltz recently returned to the school to share the expertise she has gained since her time at N-K. Schiltz, a registered dietitian, visited the FCS (Family and Consumer Sciences) classroom. Schiltz discussed her school and career choices with the older students and talked about nutrients and building a balanced place with eighth grade students.



Deck the cubes

The cube-based creators at Northwood-Kensett continued the holiday artwork again for Christmas. Using 625 Rubik's cubes, 25 on each side, (from left) Mia Fierova, Ivy Toresdahl, Konlin Perry and Cayleigh Pepper assembled and arranged the squares to create the Christmas tree pictured here.

WCHS meeting set for December 20

The Worth County Historical Society will meet at noon on Tuesday, December 20, at Worth Brewing Company, to share in a Christmas potluck.

Everyone is invited to attend.

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Northwood Anchor

Opinion

Savvy Senior

Tips or being a long-distance caregiver

Dear Savvy Senior,

What tips do you recommend for long-distance caregivers? I help take care of my stubborn 86-year-old mother who still lives at home about 150 miles from me.

Need Advice

Dear Need,

Providing care and support for an aging parent who lives far away can present a variety challenges that can make the job difficult and stressful. Here are some tips and resources that may help you.

Long-Distance Caregiving

When it comes to monitoring and caring for an aging parent from afar, you have a couple of options. You can hire a professional to oversee your mom's needs, or you can manage things yourself by building a support system, tapping into available resources, and utilizing technology devices that can help you keep tabs on her.

If your mom needs a lot of help, you should consider hiring a geriatric care manager who will give her a thorough assessment to identify her needs and will set up and manage all aspects of her care. But geriatric care managers are expensive typically charging between $100 and $250 per hour after an initial assessment of $150 to $750 and are not covered by Medicare.

To find a geriatric care manager in your mom's area, visit AgingLifeCare.org or contact the nearest Area Agency on Aging (call 800-677-1116) to see if they have a list of providers.

If, however, your mom only needs occasional help, or if you can't afford to use a care manager, here are some things you can do yourself to help her.

Create a care team: Put together a network of people (nearby friends or family, neighbors, clergy, etc.) who can check on your mom regularly, and who you can call on from time to time for occasional help. Also put together a list of reliable services you can call for household needs like lawn care, handyman services, plumber, etc.

Tap local resources: Most communities offer a range of free or subsidized services that can help seniors with basic needs such as home delivered meals, transportation, senior companion services and more. Contact the nearby Area Aging Agency to find out what's available.

Use financial tools: If your mom needs help with her financial chores, arrange for direct deposit for her income sources, and set up automatic payments for her utilities and other routine bills. You can also set up her online banking service, so you can pay bills and monitor her account anytime. Or, if you need help, hire a daily money manager (AADMM.com) to do it for you. They charge between $25 and $100 per hour.

Check essential documents: This is also a good time to make sure your mom has the following essential legal documents: a will; a living will and healthcare proxy, which allows you to make medical decisions on her behalf if she became incapacitated; and a durable power of attorney, which gives you similar legal authority for financial decisions, if needed.

If she doesn't have these documents prepared, now is the time to make them. And if they are prepared, make sure they're updated and know where they are located.

Hire in-home help: Depending on your mom's needs, you may need to hire a part-time home-care aide that can help with things like preparing meals, housekeeping or personal care. Costs can run anywhere from $12 up to $25 per hour. To find someone, try websites like Care.com or CareLinx.com.

Utilize technology: To help you keep tabs on your mom from afar, there are various technologies that can help. For example, there are medical alert systems, video camera monitors, wearable activity trackers, and electronic pill boxes that can notify you if she has taken her medications. And to help you coordinate her care with members of her care team there are websites like LotsAHelpingHands.com.

For more tips, call the National Institute on Aging at 800-222-2225 and order their free booklet "Long-Distance Caregiving: Twenty Questions and Answers."

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

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Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

I need to find a better place to hide the Christmas gifts I've purchased.

It's that time of the year.

And my family can sense my presents.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. If I had some ham, I'd have made myself a ham and cheese sandwich if I'd have had some cheese. I couldn't complain about the weather. The sun was shining. The days are wearing jetpacks. They zoom by. I don't mind cold weather. What would I do with all my winter clothing without cold weather? Grandma said she could feel the cold in her bones. On a cold, damp day, I find I have inherited that capability.

Meteorologists messed with my mind. They predicted mostly weather—mostly cold, mostly snowy, etc. Weather worries were probable. The problem with meteorologists is they are usually right.

I'd been unable to find watermelon pickles. I thought they played pickleball with beet pickles, but the sport has become so popular, I figured they'd used all the watermelon pickles in pickleball. I needed alternatives and ended up in a convenience store, where I became part of the wrong end of a long line, far back near the roller dogs. Hotdogs and bratwurst in a greasy log—rolling competition on heating elements. I mustered up enough willpower to pass on those delicacies.

My wife and I attended a Christmas party at the home of friends. It was a potluck, which is another word for "yummy." One couple made fruitcake cookies. I enjoy fruitcake and they were delicious. Fruit and cake—what could be wrong with that? One caveat, you shouldn't eat fruitcake in months that begin with an R.

I rang bells for the Salvation Army. A store employee suggested I dispense with the bells and just shake my head. The truth hurts. I tried to convince other men to ring because chicks dig bell ringers. Those guys dismissed me as a ding-a-ling.

Christmas oddments

My neighbor Crandall has no Advent calendar. He makes do. Each day, he opens the refrigerator and eats whatever is inside.

Does Santa drive a Holly Davidson?

Do not sit down to wrap Christmas gifts without a plan on how to get back up.

All televised football games end the same way—me waking up.

A combination salad fork/backscratcher is a wonderful gift because it's not something people buy for themselves.

Mannequin feet are great stocking stuffers.

Nothing says Christmas like someone saying Merry Christmas.

Mannequin feet are great stocking stuffers.

OK, having my dental x-rays made into Christmas cards wasn't my best idea ever.

I watched Santa smoke a cigarette outside a store during my formative years. He said he could blow smoke rings in the shapes of reindeer. He lied. He couldn't. He lied about bringing me a new bicycle, too.

Nature notes

Talking to people from around the state, I'm reminded that deer have never been uniformly distributed across Minnesota. I see many of them in my neighborhood. Watch out for jaywalking deer.

I marveled at the beauty of a tiny eastern screech-owl. It was a red one. This species comes in three colors: red, gray and brown. I've heard it called a shivering owl because of the trembling cry it makes. For years, a few times each week, I saw a red owl. It was a sign on a building. Red Owl was a grocery store chain that opened its first store in Rochester and operated 441 stores in Michigan, Wisconsin, Minnesota, Iowa, North Dakota and South Dakota. In 1988, the rights to the Red Owl name were secured by the grocery wholesaler SuperValu. The title sequence of "The Mary Tyler Moore Show" featured the lead character in a Red Owl meat department.

I love honey. It makes my tastebuds buzz and dance. Bees in France made honey in shades of blue and green, alarming beekeepers and inspiring scientists to discover the reason was the bees had developed a taste preference for the residue from containers of the candy M&M's processed at a nearby plant.

In another bee story, I learned elephants are terrified of bees. Bees sting elephants around the eyes, behind the ears, in the mouth and inside the trunk. That would scare anyone. Active beehives are used as fences to protect farm crops from foraging elephants in some African and Asian countries and the experiment has had substantial success.

Meeting adjourned

"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." - Epicurus.

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Fit to print...

Pickleball and the solstice

There is a new sport in town... literally, with places to play added in recent years, first in a park and now an indoor option.

It's a relatively new sport, so new that spell check doesn't recognize it as it appears below on my computer screen.

It's pickleball!

Last year Swensrud Park's pickleball court was completed. This year you can play it on the courts in the Vikings Activity Center.

So what is pickleball? Here's some information I had to find, because I didn't really know myself.

Also, enjoy some solstice facts for next Wednesday's big event!

Kris

The basics of pickleball

A court sport is sweeping the nation, and it isn't tennis or basketball. According to the Sports & Fitness Industry Association, 4.8 million people played pickleball in 2021, marking a nearly 15% growth in the total number of players from the year prior.

Data from the SFIA suggests pickleball is popular among people of all ages. Total participation among players between ages six and 17 (21%), 18 and 34 (29%) and 35 and 54 (20%) is significant, and players 65 and older also are well represented (18%).

As the popularity of pickleball grows, now is a great time to explore the basics of this game that's become a go-to pastime for so many people.

What is pickleball?

USA PickleballTM notes that pickleball combines many elements of tennis, badminton and ping-pong. That game is played with a paddle and a plastic ball with holes and can be played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net. Much like tennis, pickleball can be played in a singles (one-on-one) or doubles (two-on-two) format.

How long has pickleball been played?

Despite a recent and meteoric spike in popularity, pickleball has been around since 1965. The brainchild of three fathers from Bainbridge Island (which is just a brief ferry ride away from Seattle), the game was invented as a means of entertaining bored children. It has since evolved from those roots and become a wildly popular game across both the United States and Canada, and the game has even begun to spread into Europe and Asia.

How is pickleball played?

An extensive list of the rules of pickleball can be found at https://usapickleball.org/what-is-pickleball/official-rules/rules-summary/. A game is typically played to 11 points, and a team must win by two. Tournament games may be played to 15 or 21, and a team must win by two.

Does pickleball utilize referees?

Recreational games of pickleball can rely on the honor system much like pick-up games of other sports do. However, USA PickleballTM notes that referees and line judges are important components of tournament play. More information about becoming a pickleball referee can be found at https://usapickleball.org/get-involved/pickleball-officiating/.

Why should I play pickleball?

Players enjoy the game of pickleball for a multitude of reasons, including the thrill of competition, the chance to socialize and the opportunity to exercise outside of a gym or home fitness center. But many play the game because they find it fun.

Pickleball has experienced a notable spike in popularity in recent years. More information about the game and how to get involved is available at https://usapickleball.org.

14 facts about the winter solstice

The winter solstice occurs each year during the month of December in the northern hemisphere. In 2022, the winter solstice will take place on December 21 at 4:48 p.m. EST.

Solstices are significant events that occur twice per year. One occurs in the winter and one in the summer. The winter solstice also is known as the first day of winter and occurs when the Earth's pole reaches its maximum tilt away from the sun. During the winter solstice, people will experience the shortest period of daylight and the longest period of nighttime of the year. Here are 14 fascinating facts about the winter solstice.

1. Depending on the hemisphere, the north or south pole will experience continuous darkness or twilight around its winter solstice.

2. The winter solstice sometimes is referred to by the term midwinter.

3. Even though the solstice is marked by a whole day on the calendar, it actually is just the brief moment of time when the sun is exactly over the Tropic of Capricorn.

4. The word "solstice" can be translated from Latin and means "sun stand still."

6. Tourists flock to Stonehenge to track the movement of the sun. The stones will frame the sunset on the winter solstice and the sunrise on the summer solstice.

7. Ancient cultures viewed the winter solstice as a time of death and rebirth.

8. Important events in history have taken place on winter solstices. The Apollo 8 spacecraft launched on the solstice in 1968. Pilgrims also arrived at Plymouth on the winter solstice in 1620.

9. Each planet in the Earth's solar system has its own solstices and equinoxes.

10. The southern hemisphere experiences the winter solstice in June each year.

11. A full moon on a solstice is even more rare than a blue moon. The last full moon to occur on the winter solstice was in 2010 and the next one won't happen until 2094.

12. Earth is closer to the sun around the winter solstice in December. However, the northern hemisphere receives less sunlight and has cooler temperatures because it is tilted away from the sun during winter.

13. Even though the winter solstice features the shortest amount of daylight of any day during the year, it does not have the earliest sunset. That takes place roughly two weeks prior. In 2021 in New York, the winter solstice took place on December 21, but the earliest sunset occurred on December 7 at 4:28 p.m.

14. Meteorological winter begins on December 1 rather than December 21.

Northwood Anchor

Early Files

100 years ago

December 13, 1922

Miss Lila Larson of Kensett, daughter of Mr. and Mrs. Eddie Larson, won first overall in the Worth County Declamatory contest held in the high school auditorium at Kensett. Miss Jeanette Sabin was the winner of the local contest, held at the Slosson Theatre on November 29. Miss Sabin, who was entered in the Dramatic class, rendered her selection in a most pleasing manner.

Miss Marie Jaspers and Mr. Roy Justice Clagett, both of Northwood, were married at the First M.E. parsonage in Mason City by the Rev. Dr. J.F. Boeye, pastor. They were attended by Miss Thelma Clagett, sister of the groom, and Mr. Fred Jaspers, brother of the bride.

Mrs. Ole Huus held the winning number in the free gift of a New Home sewing machine awarded by the Eckert-Bosserman Co. at their store. Mrs. Huus had at her home a machine of the same make, which she has used for 26 years so she is entirely familiar with the make, and the new improved model is highly appreciated by her.

Although some Northwood folks seemed to think it was 20 below, the government thermometer in charge of Observer Chas. H. Dwelle indicated only eight below at that time and five below this morning.

Floyd Perry died at Lakdale Sanitarium where he had been taking treatments for some months. With him at the end was his after L.D. Perry, of this city, who had been at the sick boy's bedside for a week previous.

The moving picture machine that has being talked of by Farm Bureau people all over the country ever since last spring is now a realization and already been used in one program at Joice school. However, the generator has not as yet come and it can only be used for the present where there is electricity.

75 years ago

December 11, 1947

Northwood had the unpleasant distinction of being the coldest spot in Iowa, when the mercury dropped to 13 below zero during the early morning hours. By 8 a.m., following a change in wind direction to the southeast, the temperature was one above zero and a reading of 18 above was recorded before nightfall.

Tony Gontarek has sold the Maid Rite lunch room, located at the Central Avenue entrance to Crescent Park at Seventh Street, to M.F. Olson of Albert Lea. Mr. Olson took possession of the business. He formerly operated the Olson Food Market in Albert Lea.

Harold F. Mueller of Manly, who has long been identified with the Worth County AAA organization and has served as chairman of the county committee in recent months following the resignation of Carl Hanson, was re-elected to that position at the county convention held at the AAA office in Northwood.

About 145 business men and women attended the Chamber of Commerce turkey dinner held at the Odd Fellows hall. There was a larger turnout this year than in 1946, reports W.W. Hudson, secretary. W.L. Wheeler of Northwood, and Truman Olson of Albert Lea, prepared the feast.

A Jefferson Highway bus skidded into the ditch just south of Clarks Grove, Minnesota, Sunday evening at about 5 p.m. as it was leaving that town for Albert Lea. None of the 20 passengers was injured. Another bus was sent out from Albert Lea to pick up the passengers.

Mr. and Mrs. Elmer D. Harmon, proprietors of the Silver Lake store, will observe the third anniversary of their operation of that business Saturday of this week, December 13, by serving free sandwiches, coffee and doughnuts from 1 to 5 p.m. to all who call at the store.

50 years ago

December 14, 1972

"Hands across the border" is the topic of this photo where, Robert Rigler, member of the Iowa Highway Commission, shakes the hand of "Baldy" Hanson, representing Governor Wendell Anderson. Looking on is Darrel Campbell of the Iowa Highway Commission. Rigler is standing on the Iowa portion and Hanson on the Minnesota portion of I-35.

Worth County received a total of $114,924 of federal revenue sharing funds earlier this week, according to figures announced last Friday. This is part of $37.3 million for Iowa of which $12,454,786 is earmarked for state government and the balance for county and local governments. The figures cover the first six months of 1972 with similar amounts for the second half to be sent next month.

The Viking girls cagers pulled out from a 15 point half-time deficit to nearly defeat the Forest City girls Monday night at Forest City. The final score was Forest City 50, N-K 47, after N-K managed to tie the game at one point. According to coach Francis Boggess, the game was lost at the free-throw line. Both teams had 21 field goals, but the Squaws made eight free throws of 16 times at the line, compared to five of eight attempts for the Vikings. High scorer for N-K was Jane Johnson, with 27 points, followed by Terry Arendts with 16. Julie Otis of Forest City had 29 points for her team's high score.

Mrs. Beva Pixley, Northwood, was the winner of the Northwood State Bank "Operations Santa Claus" at a drawing held earlier this week. She will appear on a Mason City television station Saturday night for an additional drawing.

A new "Fair Play" scoreboard is now in use at the Northwood-Kensett Senior High School gymnasium, listing names of the players of both teams. The board is located on the north wall of the gymnasium and is readily readable.

25 years ago

December 10, 1997

Eight-month-old Timen Moretz got a helping hand—or two— from his mother Tanna when it came time to send his Christmas wish list off to the North Pole. Here, Timen and his mom drop the list off at Northwood's traditional holiday stop for kids and toddlers, Santa's Mailbox in Central Park.

Rural Northwood residents Paul Ferley and Mavis Roppe had their hands full preparing lutefisk for some 250 diners who traveled from near and far Sunday afternoon to feast on the traditional Norwegian dish at the First Lutheran Church. The event raised more than $2,500 for the new swimming pool here.

Connie and Rocky Low, Northwood, are parents of a girl, Shelby Renae Low, born November 25, 1997, at North Iowa Mercy Health Center. She weighed 7 lbs., 11 ozs., and was 20" long. She joins a sister, Britney, 4. Grandparents are Bev and Del Theaobald, Stacyville, Iowa, and Russell and Dorothy Low, Northwood.

Worth County Assessor Noreen Groe greats Joni DeMaris, St. Ansgar, a former employee of the Worth county District Court Clerk's office at his retirement party held on December 5, at the Viking Restaurant in Northwood.

Robyn Patterson and Gordon Wilder were married on September 6, 1997, at First Lutheran Church by Rev. Mark Bents. Parents of the couple are Richard and Lois Patterson, Northwood, and Marvin and Mary Ann Wilder, Albert Lea.

North Central/ Northwood-Kensett's Zach Madsen combined a half-nelson and an arm bar in this attempt to turn Nora Springs-Rock Falls wrestler Robert Reynolds onto his back during their 140-pound match in last Tuesday's double dual meet at Newman Catholic. Madsen controlled Reynolds from the opening whistle and pinned him in 3:35 to provide six of the team points that added up to NC/N-K's 37-29 victory over Ns-RF.

10 years ago

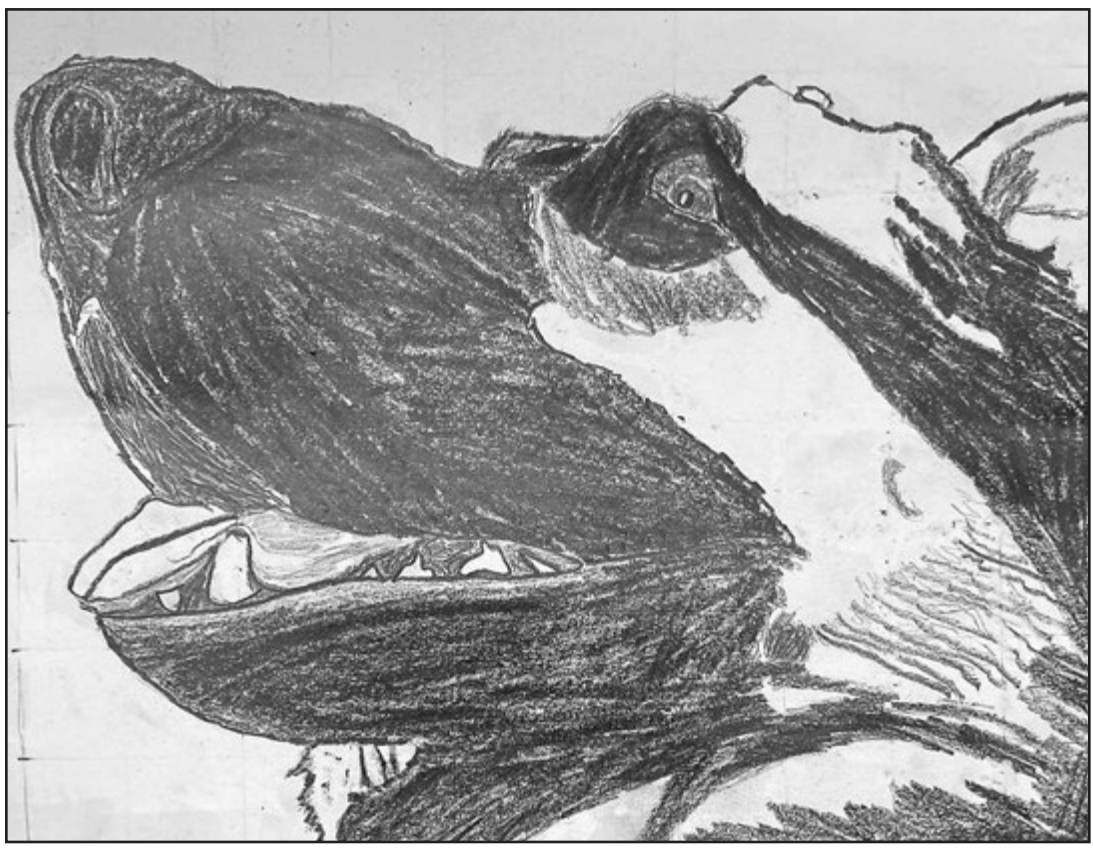
December 12, 2012

Christmas is just under two weeks away. With that in mind many area children are rushing to convey some very important Christmas correspondence, namely letters to Santa Claus, sharing what they hope to get for Christmas. Fortunately for those living in the Northwood area, there is a conveniently placed mailbox in Northwood's Central Park. The letters placed inside, with some holiday helpers, are delivered to Santa just in time for Christmas consideration. Northwood-Kensett kindergarten students are pictures above, as they dropped their letters in Santa's Mailbox last Friday.

Fifty-three quilts graced the pews at the Northwood United Methodist Church for Sunday services last week. These quilts are made by Ada Circle and were shipped away earlier this week. Some members who worked on the quilts are Phyllis Tilson, Karen Hove, Joanne Steinmetz and Barb Walser.

While the baseball and softball seasons have passed for the year, work has continued on improvements for the facilities in Swensrud Park. Eric Loberg, of Loberg Construction, is working on the dugouts, which he expected to be done by this week, weather permitting. The finishing touches on the ball diamonds are expected to be completed by the spring, in time for the boys and girls of summer to put them to good use.

Katie and Ryan Hulshizer of Northwood are joyful in announcing the birth of their son. Gabriel Ronald Hulshizer was born on September 24, 2012, Ryan and Katie's first wedding anniversary, at 11:40 p.m. Gabriel weighed 11 pounds and was 22 inches in length. His grandparents are Darol and Sandra Heard of Austin, Beryl Madson of Austin and Ronald and Marcia Hulshizer of St. Ansgar.





N-K artist of the month

This year, Northwood-Kensett student artists are being recognized with their talents. That includes Teagan Hackenmiller, whose artwork is pictured here. "My favorite drawing is of my dog Beaux. I used the light table, a ruler, graphite pencils and a blending stump to create my drawing. It's an image of my dog looking up at the sky drawn on a sheet of paper. I wanted to see if I could fit all the details of my dog in a grid drawing. I was inspired to work on my drawing of Beaux to see how well I could achieve likeness. One thing I would have done differently was the ear, because it's not very well drawn and lacking in detail. "

State auditor issues phone scam advisory

State Auditor Rob Sand has issued an advisory alerting Iowans to a potential phone scam in which the caller identifies themselves as a representative of the Iowa Auditor of State Office (AOS).

A concerned citizen notified the AOS Office on Wednesday, November 30, 2022, that they had received a phone call from a person inquiring about their mortgage. The caller also stated that they knew the concerned citizen's name, address and height.

"The Auditor of State Office will never call you to inquire about your mortgage or personal finances," said State Auditor Rob Sand. "We have alerted the Iowa Attorney General, Consumer Protection Division."

The Federal Trade Commission offers the following advice to identify and avoid phone scams:

• Scammers might pretend to be from a well-known organization or agency like the Internal Revenue Service, the Social Security Administration, or Medicare. These agencies will never call you to request financial information.

• Scammers often claim you've won a prize. Remember, if it sounds too good to be true, it probably is.

• Scammers may pressure you to act immediately or pay in a specific way.

• Never give your personal or financial information to a random caller.

• Talk to someone you trust before acting on a caller's request for money or information.

To learn more about protecting yourself from scams or to report a scam, contact the Iowa Attorney General, Consumer Protection Division at 515-281- 5926 or consumer.consumer@ag.iowa.gov.

Are you thinking of becoming a substitute in your child's school?

By Kay Schmalen
Director of Professional Development

Are you thinking about being a substitute teacher? There are some fantastic advantages to being a substitute such as not having to worry about lesson planning or grading. In addition, it only takes a moment to make a lasting impression and difference in a child's life. Impacting a student may be the best reason to become a substitute.

Becoming a substitute may be easier than you think, whether you may or may not hold an associate degree or have been a teacher in the past.

Are you a retired teacher or have you previously held a teaching license? If so, you only need to apply for a Substitute License through the Iowa Board of Educational Examiners. You will also need to take the "mandatory reporter" training for child and dependent adult abuse and complete a background check. Those who have previously held a teaching license can serve as a long-term substitute (up to 90 days).

Do you have an Associate's degree or have you completed at least 60 semester hours of coursework (not just in education)? In either case, you can become a substitute by applying for substitute authorization. Requirements include completing an approved substitute authorization course, most held virtually, through your local Area Education Agency (AEA). If you prefer to work at your own pace, you can meet the requirements through a self-paced course.



KAY SCHMALEN

Are you currently in the school system as a para educator? Suppose you are a para educator but do not have an associate degree. In that case, you can still serve as a substitute but will be limited to being a substitute only in those special education rooms you currently serve. Keep in mind that any support you can provide will be greatly appreciated! In addition to the approved substitute authorization (virtual or self-paced), you must complete the para educator certification courses.

Even as the effects of the pandemic are starting to lessen, schools are still feeling the stress of not having enough substitutes. As a result, many districts have increased substitute teacher pay. Being a substitute can be a gratifying experience! You can learn something new and meet a wide variety of people. You also have the flexibility to work where and when you decide. But most importantly, you have the opportunity to be that positive adult role model our children need. In this season of giving, share your love of learning with others.

Central Rivers AEA provides guidance for those wishing to earn their substitute authorization and para educator certification. Learn more by contacting Kay Schmalen, Director of Professional Learning at kschmalen@centralriversaea.org.

Kay Schmalen is the Director of Professional Development for Central Rivers AEA. She can be reached at kschmalen@centralriversaea.org. Learn more at www.centralriversaea.org.



N-K freshman Linca Scarlett competes in the JV bracket last Saturday at Nashua-Plainfield. Scarlett won both of his JV matches by fall.



The Vikings' Trent Tiedemann waits for the referee's hand to slap the mat on his Central Elkader opponent in last Saturday's Nashua-Plainfield tournament. Tiedemann went 2-2 on the day with both of his wins coming by fall.

Depleted N-K wrestlers compete at N-P Invitational

By Mike Simmons
Sports Editor

As if competing this season with a short roster hasn't been hard enough for the Northwood-Kensett boys wrestling team, now they're even more shorthanded with illness and injury taking a huge toll on the team's ability to be competitive.

Luckily for the Vikings, because of the weather last week, their only meet was last Saturday's individual tournament at Nashua-Plainfield, where N-K could muster the barest of rosters, sending just four kids to the mats in the varsity competition.

Alex Tiedemann, wrestling in a tough 132-pound bracket, went 0-2 on the day while his older brother Trent went 2-2 on the day, the best mark by an N-K wrestler in Nashua.

At 120 pounds Aden Bice lost his fifth place match and ended the day at 1-3 while 138 pounder Treycen Rollene went 1-3, finishing sixth after losing his fifth place match to Daniel Royer of Central Elkader.

Team's competing in Nashua last Saturday included Ballard, BCLU-SH, Bellevue, Central Elkader, Clayton Ridge, Columbus Catholic, MFL-MarMac, Nashua-Plainfield, Postville, Riceville, RRMR, Sumner-Fredericksburg, West Fork, West Hancock and Wilton.

Weather permitting the Vikings planned to make up their postponed Eagle Grove meet on Tuesday and then will host its own tournament in Northwood on Saturday.

Vikings bring their best against West Fork in narrow seven point loss

By Mike Simmons
Sports Editor

The Northwood-Kensett boys basketball team has an unblemished record against the Warhawks of West Fork. The Vikings are 0-28 since the 2009 season against one of the best class 1A basketball programs of the last decade or more in all of Iowa.

But despite lopsided losses of 90-16 and 92-12, scores from the two team's 2020 matchups, the Vikings are slowly but surely acquiring the skills and team play that will enable them to challenge the Warhawks' dynasty.

After losing to WF last season 69-55, a game that was closer down the stretch than the 14-point margin would indicate, the Vikings smelled blood in the water in last Tuesday night's game in Sheffield and nearly pulled off the greatest upset in the team's history, falling by just seven points in the 73-66 Top of Iowa Conference East defeat.

As the final score indicates, the Vikings were able to frustrate and hang with WF in every quarter, never being outscored in any eight-minute stretch by more than four points.

That was in the first half of play where the Warhawks took a slim 35-27 advantage into the locker room at the halftime break.

In the third quarter, both teams came out gunning and had their best offensive performances of the game, combining for 41 third quarter points as the Vikings fell behind 57-46 to start the final eight minutes of play trailing by 11.

Continuing to play better in every quarter, the Vikings saved their best for last when they poured in 20 fourth quarter points while holding WF to just 16, leaving N-K just seven points short in the final score of 73-66.

Sophomore Colby Eskildsen, who is averaging a double-double this season with 13.0 points and 11.5 boards per game, led the Vikings with 18 points and 14 rebounds, including 11 on the defensive glass.

Kooper Julseth (16), Lamonte Sims (10), Evan Lorenzen (8) and Carter Anderson (8) rounded out the starters scoring in the TIC East loss.

With the loss to WF the Vikings are now 0-2 overall and 0-2 in the TIC East. They had games this week, weather permitting, on Monday at North Union and Friday at Newman Catholic.

N-K is a combined 20-4 against this week's opponents, splitting its six game with the Warriors at 3-3 while it has just one win in 18 games against the Knights, posting a 1-17 record against Newman with its lone win coming in 2016.

WF 73, N-K 66

N-K	15	12	19	20 – 66
WF	19	16	22	16 – 73

TIC East Standings

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

Lady Vikings slip to fifth place in TIC East after 32 point loss to WF

By Mike Simmons
Sports Editor

With the winter weather causing havoc to the sports schedules the past couple of weeks, the Lady Vikings of Northwood-Kensett at this point in the season have had about as many games cancelled or postponed as they've played. The Lady Vikings now stand at 1-2 overall and 1-1 in the Top of Iowa Conference East standings after a lopsided 62-30 loss last Tuesday night to West Fork, extending the Warhawks' current win streak over N-K to 11 games.

The Lady Vikings' night got started in the hole when they found themselves trying to dig their way out of a 24-7 first quarter deficit. Not helping matters at all, the team from N-K could muster just three points in the second quarter and trailed the Warhawks 36-10 as the teams headed to their respective locker rooms at the halftime break.

After making some much needed adjustments at intermission, the Lady Vikings came out fired up and ready to compete in the third quarter, scoring a game high 14 points while holding the high scoring Warhawks to just 16 third quarter points, chipping into the huge deficit by just two.

In the final eight minutes of play the Lady Vikings' defensive pressure helped to hold WF to just 10 points, but N-K could manage just six of its own in the final quarter and fell to its TIC East rival by 32 points, 62-30.

Junior Chloe Costello, who is averaging 15.7 points, six steals and 4.7 rebounds so far this season, led the Lady Vikings in last Tuesday night's loss with 15 points on 4-9 shooting from the field. Ella Leonard and Madalynn Hanson added five and four points respectively in the conference loss.

The weather once again looked to impact this week's games, but if permitted the Lady Vikings were in action on Monday at North Union and will play on Friday at Newman Catholic.

WF 62, N-K 30

NK	7	3	14	6 – 30
WF	24	12	16	10 – 62

TIC East Standings

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

Ausborn, Prazak and Schwartz win titles at West Fork Open

By Mike Simmons
Sports Editor

The weather caused a disruption in the Trailblazers schedule last week, leaving the girls wrestling team with just one night of competition. North Central, the all-girls wrestling team consisting of young ladies from Central Springs, Northwood-Kensett, Saint Ansgar, Lake Mills and Forest City, traveled to Sheffield last Monday to compete in the West Fork Open, including teams from Mason City, Nashua-Plainfield, Waterloo East and West Fork.

The Trailblazers had three girls who took home WF Open titles, including Jessika Ausborn, Charlene Prazak and Jasmine Schwartz. Second-place finishers included Emma Hall, Mya Peterson, Kesley Roedel, Claire Rye, Annaston Stene, Abby True and Ava Woltzen.

If the weather cooperated on Tuesday, the Trailblazers traveled to Eagle Grove to make up last week's postponement.

Trailblazers Season Records – Kesley Roedel 2-6, Abby Beaty 7-4, Mariah Michaels 6-6, Emma hall 8-3, Jasmine Schwartz 10-3, Lillian Holton 0-7, Laney Miles 2-5, Madison Edwards 1-8, Isabella Hermanson 0-9, Claire Rye 5-4, Annaston Stene 7-3, Merrin Hanson 0-7, Mya Howes 7-3, Abby True 4-3, Autumn Sunkle 1-2, Chelsea Brumm 2-5, Jessika Ausborn 6-3, Lanie Hannah 5-6, Lily Wilson 5-3, Katelyn Rogstad 0-0, Trinity Roush 2-5, Sydnee Lindeman 3-7, Rylea Groves 0-0, Miley Gomez 0-3, Mya Peterson 10-3, Piper Kjeldahl 1-7, Marisa Halbach 3-6, Katrina Halonen 4-4, Hadley Buenzow 0-0, Charlene Prazak 8-5, Kloey Dowse 4-6, Bailey Albert 5-6, Annalisa Coyle 0-0, Kylee Thompson 0-0, Avery Wise 2-8, Olivia Walton 0-4, Ava Woltzen 6-3



