

The Northwood Anchor

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Lingering lights

For several weeks, the holiday spirit has been shared brightly with some beautiful lighting displays like the one pictured here. Based on generally accepted holiday lighting etiquette, most lights should still be visible until up to a few days past the start of the new year. Of course, most would forgive those that extend the chance to enjoy the holiday spirit.

Compensation board recommends 13.23% increase in county elected salaries

The Worth County Compensation Board has made its annual recommendations for salaries for elected officers, calling for raises that range from 8-25%.

The board consists of seven county residents, with two members appointed by the board of supervisors and the county attorney, auditor, treasurer, sheriff and recorder each appointing one member.

The supervisors may approve salaries up to those recommended by the compensation board, but not any more. If the supervisors decide to reduce the amount of the recommended compensation schedule, each office will be reduced by an equal percentage.

In 2021, facing budget concerns, the supervisors approved salary increases at a lower level. In 2022, the supervisors approved increases of 3%-8%, at the levels recommended by the compensation board.

Deputies of the county officers can receive up to 85% of the office holder's salary, making their salary increases dependent on the supervisors' acceptance of the compensation board's recommendations.

Once approved, increased salaries will go into effect on July 1, 2023.

The biggest increase this

Salaries, See Page 2

Area business observe holiday hours

With the new year beginning this weekend, many area business will observe hours that will allow employees to celebrate.

Following is a listing of the New Year's holiday hours of local businesses:

Bean and Bistro will be closed on New Year's Eve and New Year's Day.

Casey's General Store will be open regular hours throughout the New Year's holiday.

Fallgatter's Market will be open regular hours on New Year's Eve and New Year's Day.

Farmers State Bank will be closed on New Year's Eve, closed New Year's Day and closed on January 2.

Kelly Hardware will be closed on New Year's Eve and New Year's Day.

NSB Bank in Northwood will be closed on New

Hours, See Page 2

Supervisors discuss road equipment, interchange lots, jail review

At a recent meeting, the Worth County supervisors discussed a lack of road clearing machinery, interest in interchange lots and the results of a review of jail facilities.

County engineer Rich Brumm updated the supervisors on the status of the vehicles used to maintain and clear roads of snowfall.

Brumm said that the County was currently down two motor graders, with no spares in place, and another truck having electrical issues repaired.

Compounding the issue is the months-long delay in getting new equipment.

Brumm said that he has checked on other options, like used vehicles, rent to buy options and others.

In the meantime, Brumm said that if something else goes down, the County will be short-handed on its vehicles.

Winn-Worth Betco director Melissa Michaelis told the supervisors that there may be a developer interested in more than one of the available lots at the Interstate 35/Highway 105 interchange.

Completed in 2021, Worth County has 11 lots available in the Top of Iowa addition, with infrastructure in place.

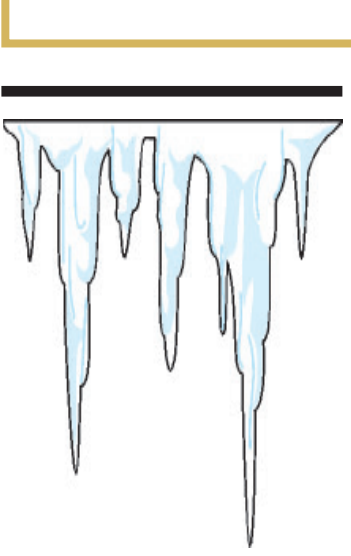
Since the lots were made available last year, a few developers have shown interest, but no lots have been purchased.

Michaelis said that she wanted to have a closed session discussion with the supervisors and the county attorney before discussing the possible late sale. The meeting took place on December 15.

A review of county facilities by an insurance provider provided recommendations for the Worth County Jail.

According to Worth County Sheriff Dan Fank, ICAP (Iowa Communities Assurance Pool) inspectors said that there should be more separation between the general population and those with mental health concerns.

Supervisors, See Page 2



The Week's WEATHER

by National Weather Service Observer John Podgorniak

Date	Hi	Lo	Prec.
Tues. Dec. 20	8	7	0.01
Wed. Dec. 21	9	-7	
Thurs. Dec. 22	0	-12	0.07
Fri. Dec. 23	3	-11	
Sat. Dec. 24	2	-5	0.01
Sun. Dec. 25	10	-5	
Mon. Dec. 26	10	0	0.11

In retirement, Mulders keep busy with woodwork, keepsakes

By JoAnn Lower

Recently retired after working all of his life in manufacturing, Kim Mulder and his wife Nancy moved to Northwood.

"We lived in Minnesota for 60 years and moved here two years ago to be near our family," said Mulder. "We enjoy the small-town feel of Northwood. It has everything we need."

Kim may be retired from manufacturing, but his life as a woodworker is keeping him busier than ever. "I learned woodworking from my dad, picked up fine scroll work from him. Handcrafted woodworking takes time and patience but is relaxing at the same time."

Just one example of the unique items Kim makes for people are urns. "I made urns for people in Minnesota. The one I did for our next-door neighbor was when his wife passed away, and he right away wanted one for himself, too. I make the urns and put the dates on later."

He creates memorial plaques of loved ones who have passed away by sublimating their picture into white ceramic tile. "Keep it on your end table and you'll have the memory of that person forever."

Black walnut is a favor-

Mulders, See Page 2



KIM AND WIFE NANCY MULDERS

VIkings have a winning week — See Sports Pages 11-12

Mulders
Cont. from Page 1









ite wood for Mulder to work with, as well as maple, white oak and pine. "I also enjoy using old palette wood. There can be some pretty nice wood in old palettes."

Right now he's making a lazy Susan for a kitchen table, and is always getting calls for gifts for the hard-to-buy person: engraved pens and wine bottle stoppers he makes on a small turning lathe.

Kim and Nancy are also kept busy doing laser engraving and printing on T-shirts. "We print logos on a special printer that are then put in a heat press. The color goes into the shirt so it won't peel off – not like a transfer."

"We make matching T-shirts for people going on trips or for family pictures. We're making T-shirts for the N-K Mathematics Team, and Nancy is working on Physics and Science Team T-shirts."

The Mulders engrave tumblers for businesses and put crests on fire department cups. If you have a logo they can put it on something.

"If you come to me with a pattern for a special project, I'll try it, and you'll end up with something unique, handmade and of good quality."

Kim and Nancy have been married for 39 years. They have two children – a son, a daughter and six grandchildren. Daughter Melissa lives in Northwood. son Mitch in Albert Lea.

For more information feel free to call Kim Mulder at 320-905-2927. To see pictures of some of his unique creations, check out the website: "Second Generation Creations – Where Rustic gets Renewed."

Gifts await first baby of 2023

The start of 2023 is just a few days away and no doubt there are few awaiting the new year more than those expecting the arrival of a new member to their family. That applies to the family eagerly anticipating the arrival of the first baby to be born in 2023 in the Northwood-Kensett school district. Besides the joyous arrival, 11 Northwood area merchants will be celebrating the first baby of the new year with gifts for the baby and their family.

To qualify for the gifts the announcement of the birth must be submitted to the Northwood Anchor as soon as possible.

The winning baby must be born to parents living in the Northwood-Kensett school district. The baby's time and date of birth, gender, place of birth, weight, name and the names of the baby's parents and other family members will be shared.

Once the official announcement has been made in the Northwood Anchor, the parents are welcome to pick up the gifts from the participating merchants, listed below.

The first baby's parents will have a perfect place to store the baby's first clothes, once the first baby has put them to good use, with a new laundry basket from Kelly Hardware.

The first baby will be kept warm with a baby quilt from the Top of Iowa Welcome Center's Barn Boutique.

The parents will be able to celebrate the event well with a bottle of wine from Shade Tree Liquors.

The first baby's parents will also be able to enjoy an evening out with a night at the movies, with $20 in Northwood Theatre dollars.

Gifts for the first baby's financial future will come in the form of a $25 opening deposit in a kid's piggy bank CD from Farmers State Bank.

The parents can also bank on the first baby's future with $25 towards a new savings account from NSB Bank.

The vehicle used to transport the first baby will be well-maintained with a free oil change at Knutson Auto.

The first baby's parents will no doubt appreciate the chance for a delicious meal, with a $20 gift certificate from Tequila's Mexican Bar & Grill.

Fallgatter's Market will offer a $25 gift certificate, which can be used for items for the new baby, or for the rest of the family.

R80 in Northwood will offer a $30 gift certificate for the first baby's family to enjoy snacks, a convenient meal or fuel to transport the first baby.

The first baby's parents will be kept up to date with local news and events, thanks to a one year subscription to the *Northwood Anchor*.

Hours
Cont. from Page 1

Year's Eve, New Year's Day and Monday, January 2.

The R80 convenience stores in Northwood and Kensett will be open normal hours on New Year's Eve and New Year's Day.

The R80 cafe in Kensett will be closed on New Year's Eve and New Year's Day.

Shade Tree Liquors will be open regular hours on New Year's Eve and New Year's Day.

Signatures Supper Club will be open from 5 to 8 p.m. on New Year's Eve and closed New Year's Day.

For Strike Zone hours on New Year's Eve and New Year's Day, call the Strike Zone at 641-324-2749.

Sue's Cornerpost will be closed New Year's Eve and New Year's Day.

Tequila's Mexican Bar and Grill will be open 11 a.m. to 9 p.m. on New Year's Eve and 1 p.m. to 8 p.m. on New Year's Day.

For Worth Brewing's holiday hours, call 641-324-9899.

MercyOne Pharmacy will be closed on New Year's Eve and New Year's Day.

Glenville Short Stop will be open New Year's Eve from 5:30 a.m. to 7 p.m. On New Year's Day it will be open from 6:30 a.m. to noon.

Worth County offices will be closed on New Year's' Eve and New Year's Day.

Subway in Northwood will be open from 8 a.m. to 8 p.m. on New Year's Eve and closed on New Year's Day.

The Post Office will be open regular hours on New Year's Eve and closed on New Year's Day.

The Top of Iowa Welcome Center Rest Area

will close at 4 p.m. on New Year's Eve and will be closed on New Year's Day.

The Northwood Anchor office will be closed on New Year's Eve, New Year's Day and January 2.

Supervisor
Cont. from Page 1

Supervisor Mark Smeby asked if inmates with mental health issues could be relocated to other facilities nearby for short terms.

Fank said that the majority of inmates in the jail have mental health issues and relocating them would be cost prohibitive.

The reviewers also recommended that the County retain up to two years of security video footage. The County currently only saves 30 days at a time.

Fank explained that inmates have up to two years to file a claim. He said that the WCSO currently archives or saves footage of potential incidents. However, if there is a conflict between inmates, it may not be reported within 30 days.

Saving a full two years would come at a big cost, according to Fank.

In other business at their December 12 meeting, supervisor Enos Loberg passed on a request from the Worth County Fair Board.

The board asked if the County's roads or conservation departments would assist in clearing out trees and shrubs in the north side of the fairgrounds.

Brumm asked if offering the wood to the public was an option.

Smeby said that may be a liability to the County.

The County departments planned to look at what needed to be cleared, with plans to help clean up the area as they were available.

Salaries
Cont. from Page 1

year was for the county sheriff, with a suggested increase of 25%, which would increase the salary for the office from $83,500 to $104,375.

Recommendations of 12% raises were made for the county auditor, treasurer and recorder, increasing the salary of each from $63,517 to $71,139.

The compensation board recommended 8% increases for the county supervisors and county attorney.

The attorney's salary, which also includes any assistance the office holder takes on, would increase from $89,334 to $96,481.

The supervisors' salaries would increase from $31,675 to $34,209. The chairman of the board also receives an additional $500, for a total salary of $34,709.

If approved, the recommended salary increases would total $56,456 or 13.23%. The total salaries would increase from $426,735 to $483,191.

The supervisors acknowledged the recommendations at their December 12 meeting. The actual level of salary increases will be decided as County officials discuss the county's budget in the coming weeks.

January SPECIALS
Stop in and check out our monthly specials
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Sales and Repair
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Albert Lea, Minnesota
Brock Tufte
Owner
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Cell: 1-507-440-9388

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See us on Facebook

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Secretary Naig Encourages Ag Census Participation

Iowa Secretary of Agriculture Mike Naig has encouraged Iowa farmers and producers to participate in the 2022 Census of Agriculture, which is underway across the nation through Feb. 6, 2023.

The Census of Agriculture, which is conducted every five years by the United States Department of Agriculture (USDA) National Agricultural Statistics Service (NASS), is the nation's most comprehensive count of America's farms and ranches, the people who operate them, and the crops and livestock they raise.

"The Census of Agriculture provides valuable information to both the public and private sector that will guide decisions, shaping programs and policies for many years to come," said Secretary Naig. "I encourage all Iowa farmers and producers to respond to the census, which will continue to demonstrate the value of Iowa agriculture and our significant role in providing food and ag products to consumers here and around the world."

The Census, which began in 1840, now covers 3,000 U.S. counties and 30,0000 zip codes. It is completed in all 50 states, Puerto Rico, Guam, U.S. Virgin Islands, American Samoa and the Commonwealth of Northern Mariana Island.

Iowa producers may complete the census by mail, phone or online at nass.usda.gov/AgCensus. For more information, call 888-424-7828 or visit nass.usda.gov/AgCensus. All responses are due February 6, 2023.

Set financial goals for the new year

The holidays often are a time when families reflect on the past year or start thinking about their upcoming New Year's resolutions. "Whether from holiday overindulgence or remembering an unfinished summer task, in December and January many folks make plans for what they want to accomplish," said Ryan Stuart, a human sciences specialist in family well-being with Iowa State University Extension and Outreach.

It is also a great time to revisit financial plans and goals. "In addition to our own agendas, many tax benefits and other financial changes take effect on the first day of the year. These changes could have a significant impact on household finances," said Stuart, who also is an accredited financial counselor. Insurance premiums, tax withholding and cost of living increases are among the most common items to change at the beginning of each year.

"While these changes could negatively impact a family's budget, they can also create some flexibility to set new financial goals," Stuart said.

Something as simple as an adjustment to tax withholding could free up money toward a savings, retirement or debt reduction plan. For those heading into 2023 as a retiree, a larger than usual Social Security cost of living adjustment, often referred to as COLA, a slight decrease in Medicare premiums, and new Iowa tax laws could bring some relief to individuals on a fixed income.

According to the Social Security Administration, the average benefit will increase by approximately $140 per month starting January 1, 2023. In addition, the Centers for Medicare and Medicaid Services report a $5.20 per month decrease in premiums for most Medicare recipients.

While the impact of the new Iowa tax laws will depend on an individual household's circumstances, the savings for an average retiree on Social Security and Medicare will be approximately $150 per month. "The best way to put this money into action is by creating a plan," said Stuart.

If you are new to creating financial plans, the Consumer Financial Protection Bureau has free tools to help individuals with their goal planning. For example, "Setting SMART goals" is a tool for setting goals that are specific, measurable, achievable, relevant and time bound. The "My new money goal" worksheet can help you look at your budget and commit to a new saving plan.

ISU Extension and Outreach offers numerous resources for Iowans to start the new year on the right financial track. A free, confidential and unbiased one-on-one financial consultation with a family wellbeing specialist is one way to get started. The Volunteer Income Tax Assistance program can assist with many tax-related questions, and new personal finance topics are covered weekly on ISU Extension and Outreach's MoneyTip$ blog.







Farm to desk learning

Northwoood-Kensett classrooms were visited recently by some agricultural educators. Visitors with the Farm Bureau Ag in the Classroom program visited elementary classrooms to talk about and host activities that provided lessons about life on the farm, things grown on farms, livestock and things that can be made with farm products. At the middle school, the students were given items and then tasked with trading them, an activity to teach them about imports and exports.







Celebrate
the New Year with friends
and family, and enjoy all the fun and
excitement that makes this time of year so
special. Thanks for making the past year a pleasure
for us. May the days to come bring you continued
success and good fortune.
KRULL
LAW OFFICE
641-324-1981

a new year is dawning
Neighbors like you give us something to crow about!
Happy New Year and many thanks.
Worth County Abstract
324-1761

good luck to you in
2023
We feel lucky to have folks like you for our customers. Thanks for a great year.
Agri-Sales & Building Supply
324-2735

Celebrate
a new beginning
The things we like most about ringing in a new year are the opportunity to express our thanks to our good friends and neighbors, and the chance to serve you all again in the year ahead.
Happy New Year!
Conner
Colonial Chapels, Crematory & Cemetery
1008 1st Avenue South, Northwood, Iowa 50459 (641) 324-1343
www.colonialchapels.com

WELCOME
The New Year!
We hope 2023 opens the door to many exciting opportunities to you. Thanks for giving us the opportunity to serve you. We look forward to seeing you in the New Year.
Northwood Anchor
641-324-1051

HAPPY NEW YEAR
Open Up
A Great New Year!
We hope the new year invites peace and happiness into your heart and home. Thanks for your patronage in 2022.
Dewey Kruger
Music & Staff
324-1300

A Toast to All Our Customers and Friends
"Here's to a happy and prosperous New Year!" We value your business as well as your friendship, and we wish each of you a joyous holiday.
Jeff Greve
John Greve
Greve Law Office
324-1327

2023
Make Every Second Count!
When it comes to serving you, the pleasure's been all "hours."
Happy New Year Everyone!
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John Midtgaard
324-9844

Fill Up On Fun This New Year's Eve!
With warm wishes and heartfelt thanks to all our neighbors and friends
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Relax, refresh and discuss farm and family issues during weekend getaways

To help farm families build relationships and set family goals, Iowa State University Extension and Outreach is offering two "Farm Couple Getaways." Both events are aimed at farmers wanting to take advantage of activities to improve farm family communication, work on farm or family goal setting, farm transitions or looking for a weekend away to discuss farm and family issues.

The first getaway will be held on Friday, February 10 through Saturday, February 11 at the Best Western Plus Hotel in Dubuque. The second getaway will be held on Friday, March 3 through Saturday, March 4 at the Cobblestone Inn & Suites in Holstein.

The getaways run from 12:30 p.m. on the first day to 3:15 p.m. on the second day. There is no cost to attend the program as food, lodging and other expenses are covered by sponsorships. However, there is a $50 per couple deposit to hold each reservation, refundable on the second day of the event.

Past getaways have proven to be beneficial for farm families. "They are a very productive and delightful time to discuss items of importance to help farms and families be successful," said Larry Tranel, dairy specialist with Iowa State University Extension and Outreach. Each getaway will consist of 10 farm couples and the extension facilitators.

Registration will be on a first-come, first-served basis and will be limited to 10 couples per event. Registrations are due two weeks prior to each session. Registration brochures for the various sites are available online, and can be obtained from Jennifer Bentley, dairy specialist with Iowa State University Extension and Outreach, at jbentley@iastate.edu, or at the Iowa State University Extension and Outreach Winneshiek County office, 563-382-2949. Dairy specialist Fred Hall can also take registrations at fredhall@iastate.edu or at the Iowa State University Extension and Outreach Sioux County office, 712-737-4230. Dairy specialist Larry Tranel is available at tranel@iastate.edu, or at the Iowa State University Extension and Outreach Dubuque County office, 563-583-6496.

The "Farm Couple Getaways" statewide Gold sponsor is the Iowa Farm Bureau Federation, with other local sponsors recognized at the local events. Brochures with registration forms are available.



Iowa adult education and literacy programs excel in national rankings

Iowa is one of the top performing states when it comes to adult education and literacy (AEL) program outcomes, according to the latest national rankings.

Using the Workforce Innovation and Opportunity Act's (WIOA) key performance indicators, Iowa's adult education and literacy (AEL) programs rank in the top 20 in all primary performance categories for 2021-22. These critical indicators measure employment rates, skill gains, median earnings and credential attainment for AEL programs in 57 states and U.S. territories.

Comparison data show that Iowa comes in second nationally for the percentage of AEL students who attain high school equivalency diplomas and enroll in postsecondary education or training, are employed within one year of exiting the program or attain a postsecondary credential. Over 73 percent of Iowa adult education students earn a credential in comparison to less than 24 percent nationally.

Other Iowa AEL programs data for 2021-22 include:

Adult basic education and English as a Second Language (ESL) courses were the most popular AEL programs in Iowa for 2021-22. Out of 9,328 participants, over 57 percent enrolled in adult basic education, and nearly 43 percent enrolled in ESL.

Iowa's integrated education and training (IET) programs, which provide opportunities for adult learners to enroll in AEL classes and career training programs concurrently, served 159 participants with a measurable skills gain of 38.3 percent, compared to 34.2 nationally. Additionally, participants showed a higher quarterly median wage at $6,437 compared to $4,888 nationally.

Iowa integrated English literacy and civics education (IELCE) served 90 participants with a measurable skills gain of nearly 50 percent, compared to the national rate of over 35 percent. The Iowa quarterly median wage for IELCE participants was $11,045 compared to $6,533 nationally.

At 95.9 percent, Iowa AEL students who completed the high school equivalency test (HiSET) in 2021 had the highest passing rate in the nation for all states.

"The quality of Iowa's adult education and literacy programs have a direct impact on students' abilities to meet their education and employment goals, as demonstrated by Iowa's high national rankings and performance," said Elizabeth Johnson, AEL consultant for the Iowa Department of Education. "AEL programs are much needed in Iowa and we've continued to see increased enrollment and demand."

AEL programs provide adult learners with opportunities to develop new skills and gain credentials that can lead to new career paths, further higher education opportunities and increased wages. AEL services provided through community colleges can include courses on high school equivalency, English language development, computer literacy, job and college readiness and more.

"Iowa's AEL providers, community colleges and WIOA partners are each important for the success of adult education and literacy," Johnson said. "Together, we will continue this important work in education for Iowa's adult learners."

An overview of Iowa's AEL performance rankings and recent metrics is featured on the Department's website. Additional data on Iowa's AEL programs can be found at Iowa Student Outcomes.

Northwood Anchor Church

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

Bethlehem Lutheran, Manly
Sunday, Bethlehem Adult Bible Study, 8 a.m., Bethlehem Worship, 9 a.m., Bethlehem Sunday School, 10:15 a.m., Grace Worship, 10:30 a.m., WAGS, Wednesday at Grace School, Meal 5:30 p.m., Lesson 6 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., 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, Service, 10:30 a.m.

Northwood United Methodist Church
Sunday, Worship Service, 10 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
Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m., Taekwondo, 6:30 p.m.; Sunday, Service, 9 a.m., Sunday School, 10:10 a.m., JH Youth, 6:30 p.m.; Tuesday, Staff Meeting, 11 a.m., AA-Al-Anon, 7 p.m.

Peace Lutheran Church, Northwood
Saturday, Christmas Eve Service, 4:30 p.m.; 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.
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Please call to confirm that your Veterans Service Officer is available.
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Will a Laugh a Day Keep the Doctor Away



The Bible has surprisingly little to say about laughter but, what it does say is important. Proverb 17:22 tells us "A cheerful heart is a good medicine, but a downcast spirit dries up the bones." This ancient wisdom is getting confirmed by modern science, with some studies suggesting that laughing may actually boost the immune system and thereby help us to fight disease. In the late 1800s William James suggested a novel idea about emotions, i.e., that the mental state follows the physical body. As he put it, "We don't sing because we are happy, we are happy because we sing." According to James, if we aren't feeling particularly happy the thing to do is to make the body do something that looks like happiness, such as laugh or sing. Even fake laughing will sometimes seem funny enough to get us really laughing. In the 1970s Norman Cousins popularized the idea that laughing could actually be curative after he treated his ankylosing spondylitis (a form of arthritis) with repeated doses of vitamin C and Marx brothers' films. In recent years, researchers have continued to explore the connection between laughing and physical health, and while the conclusions are still tentative, there is little doubt that laughing has an anesthetic effect, relieving us of pain via a surge of endorphins, and it also decreases the levels of the stress hormone cortisol. So, we should laugh, it's probably good for us, and it certainly can't hurt.

A glad heart makes a cheerful countenance, but by sorrow of heart the spirit is broken. – R.S.V. Proverbs 15:13

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Cook Bookin'

We may live without poetry, music and art; We may live without conscience and live without heart; We may live without friends; we may live without books; But a civilized man cannot live without cooks.
Bulwer Lytton, Edward Robert



by Sandy Olson

To contact Sandy Olson for comments or suggestions, please email her at: midwestfoodie@gmail.com

MOMS clubs, an international organization (Moms Offering Moms Support) was formed to provide support of all kinds to stay-at-home mothers. It's alive and well (momsclub.org) after decades of service to those parents (it's not only mothers anymore) who choose to stay at home to raise their children. The MOMS Club of Frederick East, New Market, MD compiled a fund-raiser community cookbook in 2004. "A Second Helping" (Morris Press Cookbooks, Kearney, Nebraska) is the typical spiral-bound recipe collection. Real recipes with real people's names attached; you know they have to be good! Just in case you plan to entertain on New Year's Eve, the following recipes are taken from the chapter on "Appetizers & Beverages."

Bellevue's Crabmeat Appetizer
Audrey Wells

1 stick real butter
1 teaspoon mayo, not M'whip
6 oz. imitation crab meat
1 jar Old English cheese spread
1 package English muffins (6)
1/2 teaspoon garlic powder
Old Bay® Seasoning OR smoked paprika

Mix all ingredients except the English muffins in a heavy saucepan. Heat it over low heat, stirring to combine until the butter and cheese have melted and softened. Preheat the oven to 350 degrees F. In the meantime, split the English muffins and lightly toast them. When the topping mixture is ready, pile it onto the muffin halves and place on a parchment covered cookie sheet. Bake the muffins for 15-20 minutes. Sprinkle with a bit of seasoning or paprika and cut into quarters. Serve warm. Double the recipe for a big party; they are addictive according to Mrs. Wells.

Marinated Mushrooms
Kelli Paugh; Diana Mobley

1 pound large white mushrooms
1 large clove garlic, minced
1/4 cup lemon juice
3/4 teaspoon kosher salt
1/2 cup extra-virgin olive oil
1/4 teaspoon black pepper
2 green onions, diced, both parts
1/2 teaspoon dried basil

Wipe the mushrooms with a damp paper towel and QUICKLY rinse under running cold water. Don't ever soak mushrooms! Remove the stems and cut the mushrooms into halves or quarters depending upon how large they are. Toss them with the lemon juice to keep them for darkening. In a container, combine the rest of the ingredients. Place the mushrooms in a large bowl and pour the dressing over them. Gently toss to coat each piece well. Refrigerate at least 3 hours but no more than 24 hours. Bring back to room temperature to serve. Sprinkle with some chopped fresh parsley as a garnish. This recipe can be easily doubled.

Cheddar Bacon Spread
Carrie Stebbins

2 packages (8oz each) cream cheese
16 oz. real sour cream
2 tablespoons real mayo, not M'whip
1 medium onion, chopped
1 pound good quality bacon
16 oz. shredded Cheddar

Cook and crumble the bacon; set aside. Preheat the oven to 375 degrees F. Soften the cream cheese. Beat together the cream cheese, sour cream, onion and mayo until smooth. Fold in the crumbled bacon and 3 cups of the Cheddar cheese. Place in a 2-quart baking dish and sprinkle with the remaining cheese. Bake for 30 minutes, uncovered, until lightly browned. Serve with crackers or veggies. SANDY'S NOTE: I always use Philadelphia ® brand cream cheese. It tastes best, is smoother and combines well with other ingredients. Less expensive brands just don't give you results that are as good. When you take the time to cook, use the best ingredients possible.

Deviled Ham Dip (super easy!)
Sharon Mola

1 package (8oz) Philly® cream cheese
1 tablespoon half and half
1 can deviled ham
1/2 teaspoon garlic powder
1/4 teaspoon white pepper

Allow the cream cheese to soften. Then mix all the ingredients, stirring well to combine the deviled ham into the mixture. Place in a pretty bowl and serve with an assortment of sturdy chips such as tortilla, kettle-cooked potato chips (unsalted are best as the ham can be salty) or crackers.

I truly love appetizers and often entertain featuring a lot of them as a meal. It's perfect for a "potluck" with guests bringing one or two of their favorites. The variety is endless; they are easy to eat with not a lot of plates and silverware to clean up later. Guests love trying several to find a favorite. So much fun. And…. that's all she wrote.

Northwood Anchor Society



Collecting his nuts

This healthy looking little squirrel is pondering upon his stump, having a snack as he was scooping out where to collect his next batch of nuts, as the temperatures were well below normal this past week.

Twenties Club meets December 12

Twenties Club met on Monday, Dec. 12 with 10 members in attendance. Becky Hickman, president, called the meeting to order. Becky Tews, treasurer, read the minutes of the last meeting and roll call. Delores Knudson, treasurer, gave her report. Since this year the program is about food, Delores read a tidbit about holiday foods and drinks, with a history of the bloody mary.

Instead of a gift exchange this year, each member gave $10 and the money was donated to Manna of Worth County.

There was no old business. In new business Christmas cards were passed around for everyone to sign for associate members Rosie Kruger and Sharyl Lunde.

There will be no meetings in January or February. The next meeting will be on Monday, March 13 at 6 p.m.

Connie Hogen made a motion to adjourn the meeting with a second by Sue Loken.

Becky Tews gave a program about the tradition of Christmas cookies. Members each brought two dozen cookies and the members enjoyed the cookies and then each member was to select two dozen different cookies to take home.

A Senior Moment

By Sandy Olson

Does anyone remember when we LOVED snow, to play in it, make snow angels and snow people, to build forts and just enjoy being outside in the cold? Nope, I don't remember that either! Of course I'm just teasing; winter does have its beauty but now that I'm a seasoned citizen, I enjoy that beauty from the inside looking out. If you get tired of being cooped up inside, especially if you live alone, call the transit bus and take a ride to the Senior Center to see what's going on. If you live outside Northwood, try to carpool with a friend or neighbor to share the time and fun.

Fun Bingo rides again on Monday, January 9. This is both fun and slightly competitive since there are prizes to be won! Time is 12:30 p.m., right after lunch. We'll also play on Monday, January 23; same time, same place!

Also on January 9, our Senior Center book club, the Bookworms, will meet at the Public Library at 2 p.m. Carol Kragenbrink is the "official" leader but we all take turns choosing a book of our liking for the group to read and discuss. If you like to read on these cold days, why not join the Bookworms and meet with others who enjoy the same thing?

Our Lunch Bunch (that's anyone who enjoys the congregate meals each day) loves the music when Lois Meyer entertains. Lois brings her keyboard and will be at the Center on Thursday, January 12, as well as on Thursday, January 26. Music starts at 11:45 a.m. and adds spice to the meal!

Speaking of food, Amy from ISU Extension presents Fresh Conversations on Tuesday, January 15, with her usual interesting talk about healthy eating for seniors. She'll have newsletters to share plus a sample of something yummy.

Shana Butler from Worth County Public Health is very committed to helping us stay strong and healthy. She will be at the Center on Thursday, January 19, at 12:15 p.m. to fill us in on a topic of interest toward the goal of living the good life at any age.

To end the month, Lorri will once again try to see if she can make you think and come up with trivia questions that test your knowledge. Join her at 12:30 p.m. and see if you are smarter than she is!

Tuesdays are the days when no activities are scheduled. This is to keep the Center space open for those who want to play cards or games. Did you get a new game for Christmas (you know, not just kids play games!). Get a group together and play all day at no cost. Bring your own snacks and beverages and use the big tables to "entertain" your card club or game group.

Please remember that the Center will be closed when the weather is bad and school is closed. It's Iowa....that might happen frequently during the next few months. When the sun shines, enjoy lunch and socialization as often as you can.

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Clinic offers information on pesticide safety, crop disease info

Despite weather conditions that kept all but one speaker away, this year's Corn and Soybean Clinic was still a well-attended and informative event.

On the morning of December 9, the weather conditions were creating potential concerns, with many area schools called off for the day.

Dennis Johnson, Education Specialist with ISU Extension in Worth County, correctly predicted that a few snowy, slippery roads were not going to keep farmers away from the morning's program.

The annual clinic is presented by the Worth and Cerro Gordo county Extension offices. It gives an opportunity for local farmers and ag professionals to learn from experts about weeds, diseases, resources and more. They also get the chance to take part in in-person education to be certified to safely apply pesticides in their fields.

On the agenda before the morning of December 9 were three ISU Extension experts, who were set to lead the pesticde recertification and discuss emerging weed pest issues. Unfortunately the potential weather threat meant that only one of the ISU experts was on hand.

Field agronomist Angie Rieck-Heinz was on the agenda to lead the pesticide certification portion, but instead took over the duties of leading the rest of the day's program.

Rieck-Heinz began with a review of the process and the options and timelines for farmers to renew their pesticide reaquirements.

That was followed by a video featuring Mark Smith, with the Pesticide Bureau at the Iowa Department of Agriculture and Land Stewardship (IDALS).

Smith talked about the online portal at the IDALS website. Smith walked through the process of submitting information and payment for pesticide certification online.

Smith said that it provides a faster and more immediate option for farmers to submit information. The website also provides a way to track the progress of their certification, and a way to correct the information that doesn't involve returning by mail.

The portal also provides access to forms and digital versions of cards online.

The portal can be found online at iowaagriculture.gov/pesticide-bureau, under the Resources link and applicator licensing and certification.

Those that may need some assistance with the website are encouraged to work with a more tech-savvy friend or family member or call the Pesticide Bureau at 515-281-8591.

The option to fill out and mail in forms is still available as well.

Next, Rieck-Heinz talked about the Agricultural Health Study, and what it shows about some potential impacts of pesticide use if not conducted using the proper safety equipment and practices.

Rieck-Heinz talked about what the study shows in regards to pesticide exposure and neurodegenerative impacts.

As an example, Rieck-Heinz showed the results of surveys that asked about pesticide exposure and the occurrence of potential indicators of neurological conditions.

Farmers were asked about pesticide exposure events, including when they happened, what type of pesticide, where they

Clinic, See Page 7











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were exposed and how long before the pesticide was washed away.

Another question asked about the instances of physical reactions while dreaming. Rieck-Heinz said that has been identified as a potential indicator of neurological health concerns.

Rieck-Heinz stressed that she was not speaking as a medical professional, but just sharing the results of the survey, as she pointed to statistics that showed that people that had been exposed to pesticides longer were more likely to have the dream acting behavior.

The stats were used to reinforce the importance of following safety warnings on labels and using the proper methods and equipment to stay safe when using farm chemicals.

Rieck-Heinz then discussed the various types and uses of personal protective equipment, and other ways to reduce exposure to pesticides. That included storage and use recommendations.

She mentioned an activity often done at similar meetings, where a powder that glows under blacklight is placed on the hands of volunteers to show how difficult it can be to completely reduce the risk of cross-contamination.

Rieck-Heinz showed photos and asked those at the clinic to point out when chemical storage and use was done properly or improperly.

Rieck-Heinz also played substitute for one of the day's other planned speakers.

Professor and Extension crop pathologist Alison Robertson had been set to be at the clinic to speak on crop diseases, with a specific focus on some that were a concern this past season.

Rieck-Heinz used slides and information prepared by Robertson and discussed some of the information Robertson had prepared.

Rieck-Heinz talked about information prepared on the effects of fungicide on brown spot and rot, foliar diseases and crown rot.

That included information shared from another online resource, the National Prediction Modeling Tool, online at AgPMT.org. It is used to study the connections between how dense a disease is, how it develops, how it is impacted by weather and other variables, to develop a forecasting method to predict when and how strongly diseases might impact crops.

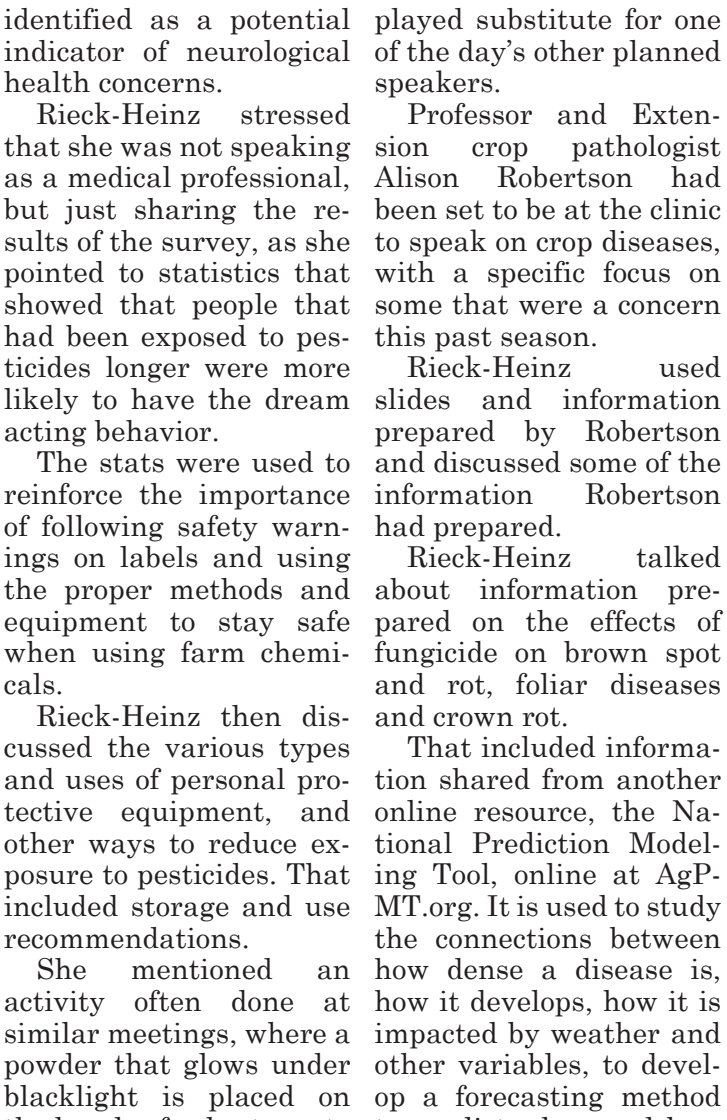
Rieck-Heinz then shared some of the results of the prediction tool to show potential impacts on the stages of growth by corn diseases.

Rieck-Heinz turned to one more video on the day, a portion of what would have been a discussion of weeds, particularly water hemp.

Rieck-Heinz showed a video prepared by two ISU students, which talked about the effectiveness of a piece of equipment added to combines, called a weed destructor.

Rieck-Heinz wrapped up the discussion and then Dennis Johnson thanked those attending and the day's sponsors before inviting all those at the clinic to the provided lunch.









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Northwood Anchor

Opinion

Savvy Senior

Simple home safety solutions for aging-in-place

Dear Savvy Senior,

Falls and fires are the two things I worry most about for my elderly father who lives alone. Do you have any suggestions on what we can do to help keep him safe, and keep an eye on him from afar?

Concerned Daughter

Dear Concerned,

Of course! There are a number of small adjustments and modifications you can make to your dad's home to help protect him from falls and fires, both of which cause thousands of injuries and deaths each year. Here are some tips to get you started.

Eliminate tripping hazards: Since falls are the leading cause of home injury among seniors, a good place to start is to pack away your dad's throw rugs which are common tripping hazards or use carpet tacks or double-sided tape to secure them. You may also need to adjust your dad's furniture so there are clear pathways to walk through and position any electrical or phone cords along walls and out of the way.

For hardwood steps, consider attaching a nonslip tread to each one to provide traction and help him see the edge. And for added protection in the bathroom buy some nonskid rugs for the floors and use adhesive nonslip treads or a mat with rubber suction inside his tub or shower stall.

Improve his lighting: Good lighting is essential for safe aging-in-place, so check the wattage ratings on your dad's lamps and light fixtures, and install the brightest bulbs allowed, and add supplementary lighting if necessary.

You should also purchase some dusk to dawn nightlights for the bathroom and in the hallways that light up when the sun goes down. And mount some motion sensor lights outside the front and back doors and in the driveway that automatically come on when he comes and goes after dark.

Get grab bars: These can significantly reduce his risk of bathroom falls. Install them where he enters the shower or tub and on a wall inside the stall, but don't use grab bars that attach with suction. Instead, have wall-mounted bars put in by someone who can affix them to the wall studs. It's also best to choose bars whose surfaces are slightly textured and easier to grip.

Ensure railings are stable: Wherever he has steps – stairways, entryways or basements – he needs sturdy railings. Ideally, they should be on both sides of the steps.

Prevent cooking fires: There are several affordable products you can purchase to help your dad prevent home cooking fires like BurnerAlert discs that attach to a stove's knob and will continuously blink or beep after the stove has been in use for a preset amount of time, and Ome smart knobs that can control a stove's heating settings from an app. Or you can invest in a more expensive iGuardStove sensor that shuts the stove off when it doesn't detect motion for five minutes.

Install smoke alarms: Install a smart smoke alarm in your dad's house (buy one for each floor) that will alert him when smoke or carbon monoxide is detected. These smart devices will also send alerts to your phone to let you know when a problem is detected. Google Nest and First Alert both smart smoke and carbon monoxide detectors.

Add fire extinguishers: Get portable multipurpose fire extinguishers for each level of your dad's house and in the garage.

Consider a medical alert: To ensure your dad's safety and provide you some peace of mind, consider getting him a medical alert device that comes with a wearable SOS button that would allow him to call for help if he were to fall or need assistance.

For more tips, get a copy of AARP's "HomeFit Guide" (see AARP.org/HomeFit), which has more than 100 aging-in-place suggestions that can help make your dad's home safer and easier to live in.

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 put a giant map of the world up on the wall and gave my wife a dart. I told her wherever it lands is where we go on a winter vacation.

So where are you going?

We're spending three weeks behind the refrigerator.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. The calendar had been dragged kicking and screaming into the winter. The Minnesota/Iowa rule of winter is to always put on one more layer. Don't stop until you can't move. The Iowa/Minnesota rule of winter is the same. I don't always get to have the weather my way. A blizzard hit. It was deja vu all over again. As I've said many times, I think deja vu is nonsense. When I was a boy, it was a blizzard when I couldn't see the barn from the house. That no longer works, as that barn has gone where old barns go.

After the blizzard had calmed, crews of crows were vocal. Perhaps they'd found surviving the brutal storm caws for celebration. I'm sure they had a reason for the noise as crows didn't make it to where they are today by being stupid.

I recalled trying to put highway miles behind me, driving in a snowstorm, striving to get home from the back beyond of Oklahoma. Like Augustine, I was drawn to wherever I must go. I had to get home so I could leave again. I hadn't yet asked myself when I should panic and I tried to think great thoughts, but that's hard to do when the weather filled my mind. The radio played Patsy Cline singing, "Crazy." It was an appropriate song.

If I'd been a schoolboy, I'd have had a snow day. Once, I was sure we wouldn't have school because of all the snow. We had an ancient Farmall tractor with a bucket on the front end we used to clean the driveway. It was a chilling experience as we'd not yet acquired a heat houser to warm the driver. I'd almost finished clearing the drive, just needing to finish a bit at the end by the mailbox, when the school bus pulled up to where it picked me up in the morning. The driver yelled, "Are you going to school today?" I guessed not.

The breakfaster

I have a favorite cereal bowl. It might be beige in color. It has no cartoon characters on it. I like bowls better than bowl games. Here's a tip for you, never order a plate of soup. I'd just polished off a bowl of oatmeal when a caller asked, "How's it going?"

Questions don't get much more complicated than that. I told him carbon paper still amazed me. I nodded sagely after saying that. The caller couldn't see me, so I had to tell him I was nodding sagely. I added what Charles Lamb said, "New Year's Day is everyman's birthday." I nodded sagely once more. He (the caller, not Charles Lamb) asked if I'd made any resolutions. Last year, I made four New Year's resolutions. Never buy uncomfortable shoes, save good cardboard boxes, don't get gout from eating boiled pig snout and stay hydrated. On the way to Wall Drug to get free water, I stopped to drink from a water fountain (the bubbler type). I had a drink on a college. How did I know I was drinking enough water? I couldn't drive by a single rest area.

I've learned

A blender makes a poor chipper-shredder for tree branches.

Not every roll of tape has a starting edge.

Pickleball is a big dill.

The Washington Monument (WAMO) looks nothing like George Washington.

Mouse in the house

About 40% of all mammal species are rodents. In Minnesota and Iowa, we get to enjoy the company of the house mouse, meadow jumping mouse, woodland jumping mouse, western harvest mouse, deer mouse (two subspecies: prairie deer mouse and woodland deer mouse) white-footed mouse, northern grasshopper mouse, plains pocket mouse and the largest member of the mouse family—no not the moose—it's the Norway(brown) rat. I'm probably wrong, but I think there once had been a corduroy mouse. It went extinct because it was too easy for owls to hear. Synanthropy refers to undomesticated species living near and benefiting from human beings. Synanthropes of the mouse world include house mouse, deer mouse, white-footed mouse and rat. They enjoy playing hide and squeak in our homes.

Meeting adjourned

Random acts of kindness are wonderful, but so are planned acts of kindness.

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Fit to print...

Top Googled health questions of 2022

From MercyOne:

Most Common Health Care Questions And Topics Of 2022...

Google's Year in Review published the top searches of 2022. Searchers had plenty of health care questions. Our experts answer your most searched health care questions and topics from 2022.

Monkeypox: What is it, the symptoms and the vaccine

Monkeypox is a viral disease that is transmitted by direct contact. It is a part of the same virus group with smallpox and cowpox. Symptoms of monkeypox can include:

Fever
Headache
Muscle aches
Chills
Exhaustion

Rash or lesions that can look like pimples or blisters on the face, inside the mouth and on other parts of the body, like hands, feet, chest and genitals.

Two vaccines have been approved to prevent monkeypox.

What are the symptoms of RSV?

Respiratory syncytial virus (RSV) is a common respiratory virus. It is most common in infants and young children. RSV is highly contagious and can often spread rapidly at child care centers or through families. Symptoms include:

Runny nose
Coughing
Fever
Appetite decrease
Dehydration

Your primary care provider or urgent care can diagnose RSV with a nose swab. Read more about RSV and what to know to keep your family healthy.

How do I replace baby formula?

Look to store brand baby formula or donated milk to supplement your preferred formula brand. All infant formula sold in the U.S. is required to meet the same FDA nutritional standards. Find more resources and alternatives for baby formula.

What is the Omicron-specific booster?

The Omicron bivalent booster vaccine is an mRNA booster vaccine that triggers the immune system the same way the original Pfizer-BioNTech and Moderna vaccines did. The booster has been shown to improve the body's antibody response against Omicron variant of COVID-19.

The CDC recommends receiving the booster shot at least two months after your most recent COVID-19 vaccine.

How do I lower my high blood pressure?

High blood pressure is a risk factor for heart disease. Tips for lowering your blood pressure include:

Managing your cholesterol
Quit smoking
Limit alcohol consumption
Control your stress levels
Discover heart care

How do I know if my child has autism?

Autism spectrum disorder (ASD) is a neurodevelopmental disorder. Boys and girls show signs of ASD differently. Boys are more likely to show outward behaviors while girls display internalizing behaviors. If you believe your child is showing signs of ASD, talk to your child's pediatrician about their symptoms.

ASD is a lifelong disorder, but it does not take away from the value of life your child can have. With different kinds of therapy and interventions, and with early prognosis, kids can learn and develop the skills they need.

"Acceptance of ASD is about encouraging. Making sure everyone is included; supporting individuals with autism to be the best they can be. Helping them succeed in a world that is not always ideal by creating a more inclusive, and safer environment for all abilities and ages," says Christina Maulsby, certified family peer support specialist at MercyOne North Iowa Medical Center.

How can I take care of my mental health?

Taking care of your behavioral health means having the self-awareness to know what you need.

"It really takes each and every one of us knowing ourselves and having that awareness," says Rebecca Peterson, Director of House of Mercy. "That awareness to recognize whether or not things are going well for you or if there's additional stress and symptoms that need some greater attention."

Behavioral health care can include:

Asking for accommodations
Limiting social media
Finding work-life balance
Talking to a therapist
Talking to your doctor about treatment

If you or someone you know need help, visit the closest emergency department near you or call the Suicide Prevention Hotline at 988.

Northwood Anchor Early Files

100 years ago

December 27, 1922

N.T. Christiansen returned from Des Moines, where he had been attending a meeting of Iowa fair secretaries and managers. Many important questions came up for discussion relating to racing, concessions, rain insurance, etc. A banquet was served Wednesday evening.

The Camp Fire Girls of Northwood, Mrs. S.A. Pangburn guardian, forwarded a Christmas box to the Perkins hospital for crippled children at Iowa City. Members of the group are Margaret Perry, Ruth Coffman, Marjorie Lyford, Dorothy Thoen, Arlene Dwelle, Marjorie Ward, Clare May Dodge and Phyllis Pangburn.

About 75 Worth County farmers learned methods of slaughtering, cutting and curing meat as a result of the three meat demonstrations held by the Worth County Farm Bureau in different sections of the county. County Agent Lodwick secured the services of a specialist of the Extension service of Iowa State College, who demonstrated and discussed methods.

The courthouse is a busy place just now on account of the larger number calling to secure licenses. The treasurer is issuing automobile licenses and plates. The county auditor is issuing dog licenses and hunting licenses and the clerk is issuing marriage licenses whenever any prospective groom appears.

To the Business Men of Northwood: In view of the fact that we of the American Legion have always enjoyed your kind support, in all our local activity, we cordially invite you to be present and enjoy a smoker at the court house on January 2. The program will be a "mock trial."

75 years ago

December 25, 1947

For the 11th consecutive year, Walter Felland, a rural mail carrier of the Joice post office, has received a package that contains over 100 Christmas cards to be stamped and canceled with the Joice postmark for Mr. and Mrs. J. Maxwell Joice of Paramount Pictures, Inc., of Washington, D.C., and Cleveland, Ohio.

A Christmas gift of $10,000 has been given to the St. Olaf College at Northfield, Minnesota, by Mr. and Mrs. Ben A. Bakken of Northwood. The couple, residents of Northwood for over 35 years, recently donated the large sum to the mission service at the Lutheran Church College.

Among those selected to sing with the Nordic Cathedral choir when it tours the west coast next February are the following Worth County young people: Arleen Mostrom, daughter of Mr. and Mrs. Louie Mostrom, and James Esse, son of Mr. and Mrs. B.J Esse, all of Northwood; Walter Felland, son of Mr. and Mrs. W.G. Felland, of Joice; and Harris Kaasa, son of Mr. and Mrs. Thomas Kaasa of Hanlontown.

Worth County has been given a quota of $5,000 in the Christian Christmas European drive. Plans for the coming campaign were formulated at a meeting of the county committee held at the Farm Bureau office.

Funeral services for Charles O. Rohr, 67, former Northwood businessman, were held on Saturday afternoon at 2 o'clock at the McAuley & Son Funeral Home in Mason City. The Rev. Marvin O. Lee, officiated at the rites. Burial was in Memorial Park cemetery west of Mason City.

Darwin Gullickson, younger son of Mrs. Agnes Gullickson, and Ralph Schmidt, son of Mr. and Mrs. Fred Schmidt, all of Northwood, have enlisted in the U.S. Navy and will report at Des Moines on January 5, for their physical examinations. If they pass the tests they will then be sent on to San Diego, California, for training and assignment to service.

50 years ago

December 24, 1972

Mrs. Leonard Garnas accepted a check for the Worth County Association for Disabled Children from William Draheim, president of the Northwood Jaycees. The check for about $250 represented the proceeds from the sale of apple butter Honey Sunday in October. Draheim said that about 100 containers remain at Jaspers Ford and are for sale at $1 each.

Christmas skates and freezing weather bought out skaters to the rink in Central Park over the Christmas weekend. Northwood firemen have flooded the tennis court to make a smooth, well-used rink.

Chester Stromley was the winner of the E-Z Kamper portable camping trailer at the Chamber of Commerce drawing held on Saturday in Northwood. Gary George represents Carroll George Inc., Northwood, which donated the camper. Lawrence Leegaard won the $250 drawing in Northwood dollars.

Rhonda Ramsey, Joice, cuts out pattern pieces for the toy clowns she learned to make in classes at Camp Sunnyside, the Easter Seal Camp, near Des Monies. She is one of 36 handicapped and disabled Iowans who recently completed the second fall session of Homebound training in craft skills at the camp. Trainees live at Sunnyside for five weeks to master craft techniques enabling them to produce salable handmade articles at home.

David Stevens showed the Grand Champion Baby Beef at the 1972 Worth County Fair. Elaine Imalu had the Reserve Champion.

Five local men were honored in January by the Northwood Jaycees. They are Maynard Jaspers, boss of the year; Daryl Carlson, outstanding young farmer; Craig Lease, outstanding educator; Kenneth Logemann, distinguished service; and W.W. Hudson, special recognition.

25 years ago

December 24, 1997

Sometimes a three-year-old just can't make up her mind whether to taste that new peppermint candy cane first or tell Santa Claus what's hot for Christmas. Samantha Zipse, daughter of Brad and Jeannette Zipse, wrestled with that problem on Saturday morning at Northwoods State Bank while Mrs. Claus looked on.

Evergreens wrapped in blue and white lights, lighted wooden cutouts of Santa Claus and his eight tiny reindeer and a display of Disney characters in holiday dress highlight Truman and Bonnie Hengesteg's winning entry in the country division of the Northwood Chamber of Commerce's town and country lighting contest. The display is located just off Wheelerwood Road two miles south of Highway 105 in Brookfield Township.

Kyle Paul Stumo, son of Donavon and Anne-Marie Stumo, was baptized on December 21, 1997, at Elk Creek Lutheran Church with Pastor Selmer Hernes officiating. Godparents are Dean and Tanna Moretz of Hanlontown. Godparents John and Shelly Kinnin of Ft. Myers, Florida, were unable to attend.

Northwood-Kensett's Jolene Schutz drove the base line for a layup after driving around Forest City's Crystal Anderson in the third quarter last Friday, while teammate Heather Perkins looked for an opening.

Two North Central/Northwood-Kensett wrestlers won individual championships on Saturday at the Viking Invitational here. NC/N-K 140-pounder Kyle Edwards stretched his season record to 13-0 with a major decision and a fall to win the title at his weight and teammate Cody Hickle improved to 12-1 with two pins and a major decision to take the 145-pound crown in the N-K gym on Saturday.

Dear Santa, I have tried to be very good this year. I bet you are busy getting things ready for Christmas. Please bring me a little snowman named Snowmen and a Ty Baby's. Have a Merry Christmas! Your friend, Kelli Welsh

10 years ago

December 24, 2012

Just weeks before tonight's scheduled deliveries, Santa Claus paid visits to Northwood on December 1. That included a stop at the Northwood Chamber of Commerce soup luncheon. Santa is pictured in his spot in the fireside room at First Lutheran Church. He is surrounded by three young people who no doubt made his "nice" list this year and are anticipating his arrival this evening, or more specifically the presents he will leave behind. That included Marisa Halbach, daughter of Mark and Teresa Halbach, and Haddie and Hallie Hanson, daughters of Mitch and Jessica Hanson.

Freshman Hattie Davidson and the Lady Vikings have taken the Corn Cowl Conference by surprise this season with the team solidly in second place with a 3-1 record. Davidson has been a huge part of the success, averaging a double-double so far this season with 11.7 points and 11.6 rebounds per game.

Last week students in Mrs. Myrhe's class took part in their monthly theme reading day of "Wrap Up a Christmas Book." For the first grade students that meant a special gift, the chance to enjoy some special holiday tales in the form of their favorite books.

After earning just one dual win all of last season, the Northwood-Kensett wrestling team enters this season's holiday break with a more than impressive 6-10 dual record. The Vikings added one more win before the break when they downed Garner Hayfield/Ventura at the GHV Triangular. N-K crushed GHV 60-18 with Hunter Gerken, Dawson Van Ryswyk, Hunter Julson and Coleby Bratrud, all winning by fall.

Northwood Anchor Obituaries

Warren Sime

A lifetime of commitment to country, community, and family ended on November 29, 2022, when Warren Eugene Sime of Madison, Wisconsin, passed away at the age of 91.

Warren was born on November 18, 1931, at his grandparents' farmhouse in Hartland Township in rural Northwood, Iowa. He was the third of six children born to Elmer and Trulie (Seuser) Sime. After graduating from Emmons High School in 1950, he farmed with his parents until 1953, when he enlisted in the United States Air Force. During his service, Warren was stationed at bases in Roswell, New Mexico; Bangor, Maine; and offshore at Thule Air Force Base in Greenland.

Upon his honorable discharge as a Staff Sergeant in 1957, he returned to the Midwest and enrolled in Waldorf Junior College. He subsequently obtained his bachelor's degree from Mankato State University in 1960, and eventually his master's degree from the University of Wisconsin-Madison.

Warren spent his professional career serving the students at the Madison Public School district as a middle school teacher and librarian. He also represented the members and ideals of the district in various leadership roles until his retirement in 1991.



WARREN SIME

Warren married the love of his life Betty Jean Anderson on March 25, 1953. Together they raised three children: Warren II (Wes), Connie and Julie, in whom they instilled the values of being kind and respectful to all of God's creation. He was committed to the well-being of his family and was especially proud of and inspired by his grandsons, Austin and Ryan Cook.

Warren revered the simple, the basic and the innocent and served as their champion. This reverence was manifested in his love of nature, camping, art, animals, country music and antique cars (especially Studebakers and Packards). All who knew him know he cherished good conversation. He generously supported numerous charities and was a member of Bethel Lutheran Church for over 60 years. He and Betty established an endowment at the church for underprivileged children to attend camp at Bethel Horizons.

Warren was preceded in death by his loving wife, Betty; son, Wes; parents, Elmer and Trulie; brothers, Virgil and Tom; and sister, Vivian.

He is survived by his daughters, Connie Caucutt (husband Paul) and Julie Cook (husband Bob); grandsons, Austin and Ryan Cook; brother, John Sime; sister, Nadine Suby; and two godsons, Bruce Frodin and Eric Sime.

A funeral service will be held at Silver Lake Lutheran Church in Northwood, Iowa, on January 2, 2023, at 12 noon with visitation at 11 a.m. and lunch after the service. Memorials may be made to ASPCA, Best Friends Animal Society or the Warren & Betty Sime Campership Fund at Bethel Lutheran Church, 312 Wisconsin Ave., Madison, WI 53703. Please share your memories at www.cressfuneralservice.com.

A special appreciation to friend, Bob Mertes and Attic Angel Place for making Dad's final years so special.

Bolan

Such weather! I'm sure other families had to make different plans also for gatherings of their clan. As of this writing, we'll see how things work out!

The choir practice for the Trinity Christmas Eve Service was moved to 2 p.m. on Wednesday instead of Thursday. This type of thing can be done now that the director, Mary Wendt, has retired!

On Sunday, December 18, during the Trinity UMC worship service, a "Special Mission Recognition" Pin and Certificate was given to Pam Anderson by the Trinity UM Women. This Recognition is an undesignated gift for mission work through the Women's Division, which is used for mission work with women, children and youth. Our Unit appreciates how she immediately volunteers to help with whatever is needed for church dinners, church clean up on various days this year after refurbishing the church basement, etc. She is not into meetings, but she is always willing to serve. Thank you, Pam.

Northwood Anchor Legal

Notice

IN THE IOWA DISTRICT COURT FOR WORTH COUNTY
PROBATE NO. ESPR009334
NOTICE OF PROBATE OF WILL OF APPOINTMENT OF EXECUTOR AND NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF RICHARD RAMSEY MILLER, Deceased, who died.

To All Persons Interested in the Estate of Richard Ramsey Miller, deceased, who died on or about March 19, 2022:

You are hereby notified that on the September 12, 2022, the Last Will and Testament of Richard Ramsey Miller, deceased, bearing date of June 30, 2018, was admitted to probate in the above named court and that Brent A. Miller 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 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 13, 2022.

Brent A. Miller
2509 E. Carlye Circle
Sioux Falls, SD 57108
Executor of the Estate

Timothy A. Casperson
ICIS#: AT0001472
Casperson Law Office, PLC
102 N. 2nd Ave. W.
P.O. Box 145
Lake Mills, IA 50450-0145
Attorney for Executor

Date of second publication 4th day of January, 2023.

52-2t

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N-K WINTER SPORTS



2022 Northwood-Kensett junior varsity boys basketball team

Members of the 2022 N-K junior varsity boys basketball team include (front row) Jose Obregon, Camden Trenhaile, Caden Davidson-Jacobs, Gabriel Thompson, Terry Ausborn, Kolton Robinson, (back row) Bowan Behne, Ayden Clark, Jace Lindberg, Malachi Peckam, Loghan Nelson, Quinton Butler and Breydin Meyer.



2022 Northwood-Kensett girls junior varsity basketball team

Members of the 2022 N-K girls junior varsity basketball team include (front row) Mireia Sales, Logan Manning, Hailey Krambeer, Sophia Butler, Topanga Hackenmiller, Emersyn Wahl, (back row) head coach Katie Strom, Annalisa Coyle, Luisa Bremer, Kamryn Backhaus, Kristin Hahn, Sophie Rye and Kenedie Berry.

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The Northwood Anchor



Junior post player Ella Leonard makes her move in the lane last Tuesday in the Lady Vikings' 40-36 win over Central Springs. Leonard scored nine points in the TIC East win and enters the new year averaging 7.2 points and 2.5 steals and is second on the team with 5.7 rebounds per game.



N-K's Chloe Costello gets a shot off over the outstretched hands of a Panthers defender in last Tuesday night's Hwy. 65 rivalry in Manly. Costello scored 20 points and had seven steals in the 40-36 TIC East win. The talented junior heads into the Christmas break averaging 15.8 points 5.8 steals and 3.3 rebounds.



The Lady Vikings' Morgan Wallin pulls up on her CS defender and drains two of her three points in last Tuesday's 40-36 win on the road. Wallin, heading into 2023, is averaging 5.0 points, 2.8 stealsand 2.0 assists and is leading the team with 6.3 rebounds.

Lady Vikings snap 15 game losing streak with 40-26 win at Newman

By Mike Simmons
Sports Editor

In a first half that looked more like a heavyweight fight than a girls high school basketball game, in that each side seemed to at one time have the other on the ropes looking as if they'd surrendered, the Northwood-Kensett girls basketball team snapped a 15-game losing streak to Newman Catholic last Monday night that dates back to the 2016 season.

With Chloe Costello leading the way with a game high 19 points and point guard Madalynn Hanson frustrating the Knights' post players by grabbing a game high 10 rebounds, the Lady Vikings ran out to an early and commanding 16-4 first quarter lead, seemingly landing a knockout punch to Newman.

But between quarters the Knights seemed to find a second wind and came out of their huddle and delivered what looked their own knockout punch when they pulled to within just one point at the half, 18-17 after outscoring the Lady Vikings 13-2 in the second.

What ever head coach Daryl Love said in the locker-room at the halftime break it was taken seriously by his Lady Vikings when they put the game away in the second half, pouring in another 22 points in the final 16 minutes of play to secure the Top of Iowa East Conference win, 40-26

Along with Costello and Hanson the Lady Vikings' Morgan Wallin and Ella Leonard had outstanding games as well, combining for 14 points, four steals and 13 rebounds, 12 of those coming on the defensive boards.

Last Tuesday, on the final night of competition before the Christmas break, the Lady Vikings traveled to Manly and successfully held the Panthers' dominant post player Kaci Crum to just her season average and pulled off what looked coming in to be the upset win, 40-36.

N-K could manage just seven first quarter points and trailed 11-7 after the first eight minutes of play, but it had nothing to do with the Panthers defense. Wide open jumpers and layups were just clanking off the rim, to Love's dismay.

"Yeah, there's really not much to tell them at that point," said Love. "Other than just keep doing what you're doing, we were getting pretty much any shot we wanted but they just wouldn't fall for us in that first quarter."

The Lady Vikings bounced back in the second and third quarter and took a six-point advantage into the fourth, leading 29-23. But despite N-K recording 25 steals and forcing the Panthers into 34 turnovers, Central Springs made a game of it in the final four minutes of play, taking a 35-32 lead with just 4:10 remaining in regulation.

Then with the game tied at 36-36 Hanson drove down the middle of the lane and drained a running jumper that put the Lady Vikings in front by two at 38-36 with 25 second left on the clock.

After a Panther time-out N-K avoided the overtime threat when Costello scored an easy layup with eight seconds remaining to give the Lady Vikings the exciting 40-36 TIC East win.

Costello, who is averaging 15.8 points at the break, scored a game high 20 points. Leonard scored nine points and seven steals while Hanson and Emma Hengesteg combined for eight points, seven steals and five assists.

With the two TIC East wins last week the Lady Vikings 3-1 in the conference and sitting in fourth place while sitting at the .500 mark overall at 3-3.

N-K will be back in action on Tuesday, January 3, at Saint Ansgar and on Friday, January 6, versus Osage.

TIC East Girls Basketball Standings

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

Vikings limited roster cost them a tough Lake Mills triangular

By Mike Simmons
Sports Editor

Going up against the likes of the Lake Mills and West Hancock wrestling teams is hard enough with a healthy, full roster, unfortunately though for the Northwood-Kensett boys wrestling team, despite their talent, are neither of those things.

With the help of two young men that usually wrestle JV, the Vikings were able to cobble together five wrestlers to take on the always powerful Bulldogs of Lake Mills. But with Aden Bice, Weston Willand, Treycen Rollene and Michael Jensen all succumbing by fall, it was left up to freshman Alex Tiedemann to get N-K's lone win, a 3-0 decision over the Bulldogs' Carter Christianson, ending the match with a 78-3 loss after having to forfeit its other nine matches.

Despite their heroic effort it was pretty much the same thing against the Eagles, except it was Rollene who picked up the lone win for the Vikings, winning the 8-6 decision over Evan Boothroyd, making the final score 69-3 with eight N-K forfeits in the match.

The Vikings will be back in the circle on Saturday, January 7, at Graettinger-Terril/Ruthven-Ayrshire.

Vikings Season Records – Linca Scarlett 6-0, Trent Tiedemann 12-4, Treycen Rollene 9-5, Michael Jenssen 3-2, Alex Tiedemann 9-8, Dalton Logeman 3-3, Aden Bice 8-12, Dagen Peterson 2-3, Christopher Madsen 1-3, Weston Willand 4-13, Iver Gouriard 0-8





N-K's Evan Lorenzen sneaks behind the CS defenders for an easy bucket in last Tuesday night's 68-60 win in Manly. Lorenzen scored 12 points in the TIC East matchup and is averaging 8.6 points per game and 4.6 rebounds so far this season.



N-K point guard Lamonte Sims glides past CS players on his way to the hoop last Tuesday in the Vikings' 68-60 win, the team's first of the year. Sims scored 15 points and is now one of three players averaging double figures, scoring 10.2 points per game for the 1-4 Vikings.



Kooper Julseth shoots from the perimeter last Tuesday in Manly. Julseth recorded the team's first triple-double of the year in the team's 68-60 win over CS. The talented sophomore had 10 points, 10 assists, 10 rebounds and missed a quadruple-double by just four steals, recording six picks on the night.

Julseth records triple-double in Vikings first win of the season

By Mike Simmons
Sports Editor

The Northwood-Kensett boys basketball team split it two games last week, picking up its first win of the season with a 68-60 win over Central Springs and suffering a 71-47 loss to Newman Catholic, the Vikings' 18th loss in 19 games against the Knights, N-K's last win being a 74-56 blowout in 2016.

With both teams pushing the ball up the floor last Monday night in Mason City the two teams combined for 41 turnovers, but there was still plenty of scoring, with the Knights getting the best of N-K in the first eight minutes of play, pouring in 20 points and taking a 20-10 lead into the second quarter.

But as the game continued, despite the Vikings having three of their starters scoring in double figures, including Colby Eskildsen (13 pts.), Carter Anderson (12 pts.) and Evan Lorenzen (10 pts.), the Knights offense, at least on this night, was just not able to be contained as they handed the Vikings a crushing 71-47 defeat. Kooper Julseth had a fine all-around game, the talented sophomore had five points, six steals, three assists and seven rebounds in the TIC East loss.

The Vikings are a little more evenly matched with last Tuesday night's opponent, the Panthers of Central Springs, with N-K holding a slim 16-13 advantage in the series with five wins in the last six games between the two close rivals, including the Vikings' first win of the season, a 68-60 old time barn burner.

After suffering through a hard loss like the Vikings did the night before in Mason City, you just don't always know what to expect the next time the team takes the floor. It could be good or bad, and on this night, it started bad for the Vikings when they fell behind 20-14 after the first eight minutes of play.

Despite playing poorly to start the game the Vikings were still in it and battled their way back in the second quarter.

Trailing 24-16 Eskildsen splashed a 3-pointer, Julseth hit a layup, Antoni Martin came off the bench and drained a trey, Lamonte Sims converted a steal into two points and Lorenzen hit a 3-pointer. The next thing you know, the Vikings are heading to the locker room with a solid 34-28 advantage after outscoring the Panthers 20-8 in the period.

After a hard fought third quarter the Vikings took a comfortable 48-38 lead into the final eight minutes of play, but in this rivalry, no lead is really safe until the final horn sounds. And it was no different on this night as the Panthers, who were down 62-48 with 1:50 remaining, battled their way back to give N-K a bit of a scare down the stretch before finally holding on for the 68-60 TIC East win.

Eskildsen and Sims led the team with 22 and 15 points respectively while Julseth posted a triple-double, scoring 10 points, 10 assists and a game high 10 rebounds, all on the defensive glass. The talented hoopster also had six steals.

With the win over CS the Vikings head into the 2023 portion of their schedule with a 1-3 Conference record and they are 1-4 overall.

N-K will be back in action on Tuesday, January 3, in Saint Ansgar and on Friday, January 6, at home versus Osage.

TIC East Boys Basketball Standings

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

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Trailblazers go 3-0 in dominating fashion last week at Saint Ansgar Quad

By Mike Simmons
Sports Editor

The North Central Trailblazers have become a formidable foe in the northern Iowa wrestling world with its seemingly unlimited roster of over 30 girls posting win after win, including three dual wins last Tuesday night in Saint Ansgar over Postville 42-33, Nashua-Plainfield 54-18 and MFL-MarMac 60-18.

In the dual against Postville, the only competitive match of the night, the Trailblazers picked up 36 points by way of forfeit, with Mya Peterson picking up the team's only win, a fall in just 1:39 over Jeidy Castillo Hernandez.

North Central's numbers played a big role in its remaining wins last Tuesday, including in its 54-18 win over the Huskies, where it picked up 36 points by way of forfeit on its way to an easy 54-18 win.

Getting seven wins by forfeit against MFL-MarMac, the Trailblazers did pick up four more wins, including Mackenzie Bachman over Rylea Groves by fall, Peterson over Danica Friedlein by fall, Charlene Prazak over Audrey Ruff by fall and Jessika Ausborn over Melody Grimm by fall in just 1:17.

This successful team of young ladies from Central Springs, Saint Ansgar, Northwood-Kensett, Lake Mills and Forest City will be back in action this Monday, January 2, at Osage and that Friday at Central Elkader.

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, Abbi True 4-3, Autumn Sunkle 1-2, Chelsea Brumm 2-5, Jessika Ausborn 6-3, Lanie Hanna 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, Hadley Buenzow 0-0, Katrina Halonen 4-4, Charlene Prazak 8-5, Kloey Dowse 4-6, Annalisa Coyle0-0, Bailey Albert 5-6, Kylee Thompson 0-0, Avery Hoffmeyer 6-8, Alexis Wise 2-8, Olivia Walton 0-4, Ava Woltzen 6-3

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