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The Northwood Anchor

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Briefs

N-K concerts set for next week

Northwood-Kensett student musicians will perform in concerts set for next week, including junior high performers and the annual POPS concert.

Grades 7-8 musicians will perform in the elementary auditorium on Tuesday, February 28, at 7 p.m.

The concert will include students in the band and choir, with a variety of popular songs and high energy music enjoyed by the students.

On Friday, March 3, N-K will present POPS LV, with the theme of "Once Upon A Time," also at the elementary auditorium, starting at 7 p.m.

The show features music with fairy tale or legendary origins and subjects, performed by the high school band, choir and jazz band.

POPS will also include student skits and solos.

Search for first baby of 2023 continues

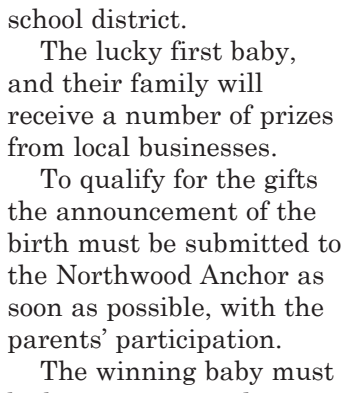
The search is still underway for the first baby of the new year born in the Northwood-Kensett school district.

The lucky first baby, and their family will receive a number of prizes from local businesses.

To qualify for the gifts the announcement of the birth must be submitted to the Northwood Anchor as soon as possible, with the parents' participation.

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.



The Week's WEATHER
From the National Weather Service

Date	Hi	Lo	Prec.
Tues. Feb. 14	43	24	
Wed. Feb. 15	42	23	0.72
Thurs. Feb. 16	23	15	T
Fri. Feb. 17	23	6	T
Sat. Feb. 18	28	6	
Sun. Feb. 19	39	20	
Mon. Feb. 20	37	18	



Northwood-Kensett's physics class entered the Engineering Machine Design Contest, held in St. Ansgar on February 13. They took third place and the "Curb Appeal" award. They advanced to the championship in April. The team included (from left) Teagan Hackenmiller, Teagan Johnson, Jadyn Beland, Taylor Rodemeyer and Tristen Schnulle.

N-K Physics team advances to machine design championships

On Monday, February 13, St. Ansgar High School hosted the fifth annual Engineering Machine Design Contest in conjunction with the Minnesota State Engineering Center of Excellence.

This event was the fourth official Engineering Machine Design Contest held in the state of Iowa. This competition originated in Mankato, Minnesota.

This year the top 3 teams will have the opportunity to compete in the Engineering Machine Design Championships that will be hosted by the Minnesota State Engineering Center of Excellence on April 21.

The event began at 8 a.m. with setup followed by the contest at 10:15 a.m., which was open to the public. Finals concluded around noon with awards at 1 p.m.

"Fun was had by all, and students were reassured we all left winners at the conclusion of the day. We had an outstanding bunch of projects this year that all students should be very proud of."

Participating high schools included Northwood-Kensett, along with Rockford, St. Ansgar, Summer-Fredericksburg and Riceville. Two junior high teams also took part.

Judges included Luke Porisch, a former engineer; Lindsey Falk of Falk Construction; Sam Heimer, KFS Electric; Ken Howe, Iowa DOT; Bryce Hruska, Valent BioSciences; Richard Brumm, Mitchell and Worth County Engineer; and Kay Schmalen, Central Rivers AEA.

"This uniquely fun engineering competition encourages teamwork and out-of-the-box problem solving while incorporating science and engineering coupled with creative thinking. This year's theme was

N-K, See Page 2

Worth community systems recognized for flouridation

The Iowa Department of Health and Human Services (HHS) recently announced that 96 community water systems in Iowa have been awarded a Water Fluoridation Quality Award from the U.S. Centers for Disease Control and Prevention (CDC). That includes the cities of Manlyl and Northwood.

Fluoridation is the adjustment of fluoride in drinking water to a level that is effective for preventing tooth decay.

The award recognizes those communities that achieved excellence in community water fluoridation by maintaining a consistent level of fluoride in drinking

Worth, See Page 2

Iowa workers get free tax preparation assistance

The Iowa Department of Health and Human Services (HHS) announces free tax preparation assistance for Iowans with low-to-moderate income, Iowans who are elderly, and Iowans with disabilities. Assistance is available at tax assistance sites throughout Iowa.

Funding for this initiative comes from a two-year grant through the Volunteer Income Tax Assistance (VITA) grant program. VITA is an Internal Revenue Service (IRS) initiative designed to promote and support free tax preparation service for underserved populations.

DHS contracts with the Iowa Center for Economic Success to promote and deliver the tax preparation services through coalition partners across the state. You can find locations and times for tax preparation assistance at: https://theiowacenter.org/services/tax-services/ or at http://irs.treasury.gov/freetaxprep/.

HHS also wants to make sure every Iowa taxpayer is aware of the Earned Income Tax Credit and how to claim it, if eligible.

"The Earned Income Tax

Iowa, See Page 2

Council discusses taxes, historic and modern highways and building repairs

The Northwood city council recently discussed potential maximum property taxes, historic signage, building repairs and the summer's highway project.

The council meeting included a discussion during a public hearing on the potential increase in tax askings for the next fiscal year.

Local governments in Iowa are required to publish their planned tax increases and hold a public hearing if they will ask more than a set amount.

In information published in the Anchor on February 1, the City of Northwood plans to increase property up to a maximum of $741,571, an increase of 7.63% from the current year's taxes of $688,983.

The reason for the potential maximum levy listed was the impact of inflation and resulting higher expenses.

Hearings are intended to allow comments from the public on the potential increase. However, with no public comment presented, the discussion instead came from member of the council Gary Nerlien.

Nerlien said that he thought the City's, and other local budgets, are getting out of control. For the City of Northwood's part, Nerlien said he thought the council should look at it again, to see if they could "tighten the belts."

Mayor Doug Moehle said that he thought the City was looking at a fairly lean budget. He acknowledged the expense of the next step of the street overlay projects. He said the City has been trying to keep the cost and number of extra projects down.

Nerlien suggested that the Council should hold another workshop to review the budget again.

In regards to the property taxes as presented for the max levy hearing, Moehle said that the intention was to not hit that max levy.

The council also discussed the impact of State

Council, See Page 2

State error creates budget delays, frustrations for County

An error in State calculations has left local governments with some uncertainty in the midst of their budgeting process.

The Iowa legislature passed property tax cuts in 2021, however a change in the classification of properties with more than one residences, like apartment buildings, inflated the amount that regular residential property would have been charged.

As a result, cities, schools and counties have been working on budgets that potentially reflect more tax income than they will receive.

For several weeks, the Iowa Legislature has been looking at how to address the situation. They ultimately decided the intended tax valuations would stand, leaving local governments with less revenue than expected.

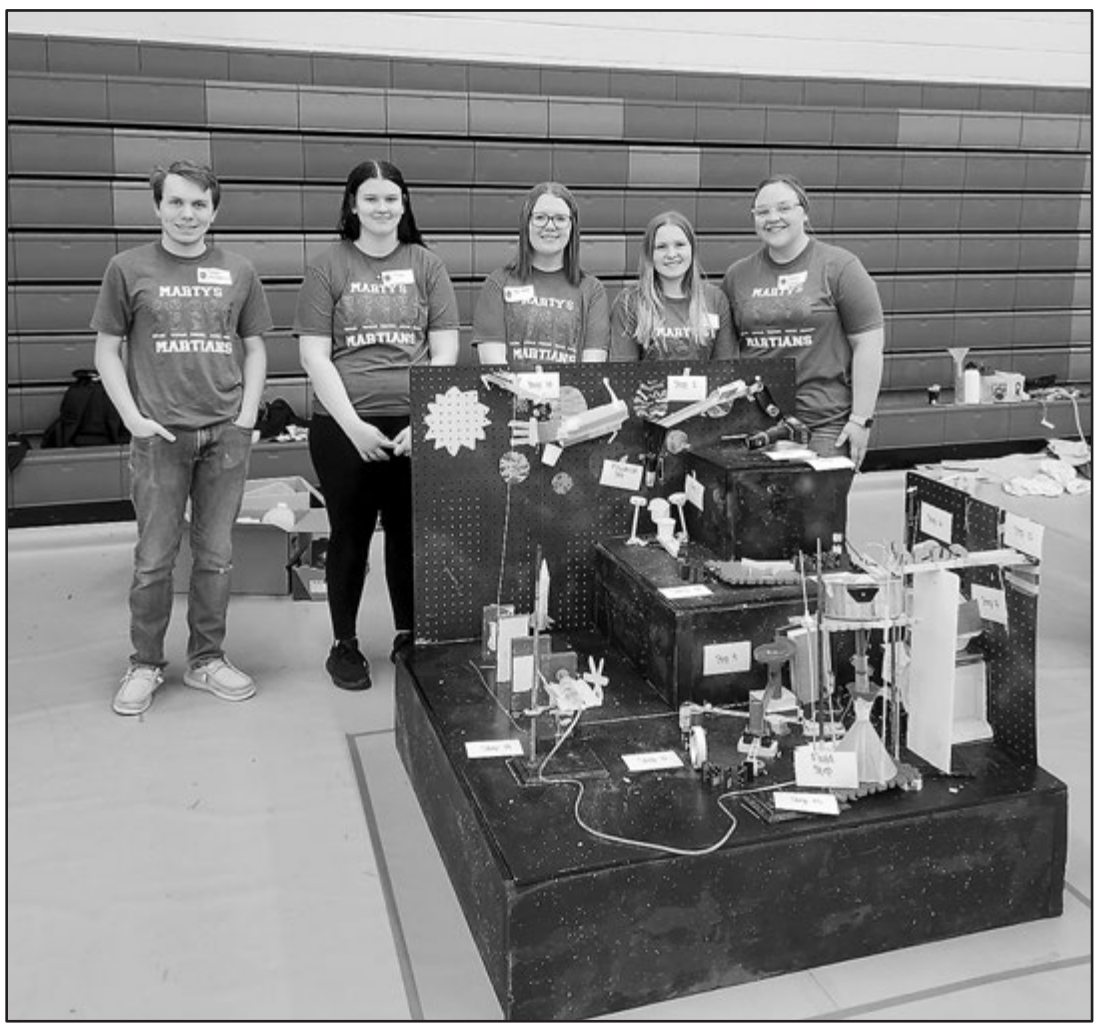
The legislature has also looked at extending deadlines to give local governments more time to develop, publish and hold hearings on their proposed budgets for the fiscal year that

State, See Page 2



Lutheran Retirement Home King and Queen
This year Lutheran Retirement Home crowned Betty Lindberg as the 2023 Valentine queen and Wayne Christofferson as the 2023 Valentine king.

National FFA Week — See Pages 7-11



The N-K physics class team is pictured with their entry in the Engineering Machine Design Contest in St. Ansgar on February 13.

N-K
Cont. from Page 1

"Transforming Space Technology." "The event appeals to both Science, Technology, Engineering and Math (STEM) and Science, Technology, Engineering, Art and Math (STEAM) students," said St. Ansgar High School Science teacher and event coordinator Devin Schwiesow. "It was an awesome day watching North Iowa's best compete and entertain. Congrats to all the teams and a special thanks to all our judges & sponsors. Good Luck to our teams advancing to the Midwest Championships in April. In the past two years, teams from our contest have received 1st and 2nd place at this event."

N-K's physics class entered the contest. The team includes Jadyn Beland, Teagan Hackenmiller, Teagan Johnson, Taylor Rodemeyer and Tristen Schnulle.

The N-K team took third place in the contest. They also received the "Curb Appeal" award, which is given to the team with the machine that has the best curb appeal and that others just want to see run.

N-K will join the teams from St. Ansgar, in first place, and Sumner-Fredericksburg, to travel to Anoka, Minnesota, for the Engineer Machine Design Contest Championships on April 21.

Iowa
Cont. from Page 1

Credit can be extremely helpful for working Iowans, providing them more money to help them pay for groceries, housing costs and other bills. We want to spread the word and encourage Iowans eligible to file a tax return - even if they don't owe any taxes - to take full advantage of the EITC," said Director Kelly Garcia.

During the 2022 filing season, more than 256,000 Iowa families claimed $493 million in Earned Income Tax Credit. EITC eligibility can be complex and varies by income, family size, and filing status. And, trained volunteers can help Iowans navigate these rules to ensure the largest tax refund possible.

"In 2022, we saw many EITC/VITA sites around the state go back to meeting with taxpayers in person, while using what was learned during COVID to help people who were not able to access an in-person site," said Karla Evans, government compliance manager for The Iowa Center. "We were thrilled to see the number of clients rebound after a couple of very challenging years. With many new sites around the state in 2023, we are poised to see the number of Iowans assisted increase even more!"

By visiting a VITA site, Iowans can access IRS-trained and certified volunteers who can help them determine if they qualify for the EITC and other refundable tax credits, such as the Child Tax Credit or education credits. Volunteers at these sites also prepare and e-file (electronically file) tax returns at no cost. More than 350 volunteers prepared approximately 11,000 returns during last year's filing season.

More details on Free Tax Preparation can be found online at theiowacenter.org/services/tax-services.

Worth
Cont. from Page 1

water throughout 2021.

Fluoridation is one of the best investments a community can make in maintaining the oral health of its citizens. It is estimated that for every dollar a community invests in water fluoridation, more than $20 are saved in dental treatment costs.

"Fluoridation can assist in the prevention of cavities regardless of access to a dental provider," said Erin Drinnin, Director of the Community Access Division of HHS. "Fluoridation helps all ages and income levels, especially children and families who cannot get regular preventive care or dental treatment."

Community water fluoridation has been recognized by CDC as one of 10 great public health achievements of the 20th Century. CDC recommends water fluoridation as one of the most practical, cost-effective, equitable, and safe measures a community can take to prevent tooth decay and improve oral health.

Iowa HHS supports CDC-approved fluoridation programs. HHS's Bureau of Oral and Health Delivery Systems provides information and assistance to community water systems, healthcare professionals, and the public. To see the fluoridation status of Iowa counties and towns, visit the My Water's Fluoride website at https://nccd.cdc.gov/DOH_MWF.

"I want to congratulate all 96 Iowa water systems for maintaining optimal fluoridation in their community in 2021," said Drinnin. "You truly are public health servants in your community."

Council
Cont. from Page 1

actions, referring to State errors that led to local governments beginning the process with incorrectly inflated numbers for what they could expect in property taxes.

The council voted on the maximum property tax levy, with council members Teresa George-Zenz, Steve Peterson, Dan Reeder and Dave Tenold voting in favor. Nerlien voted against.

Amanda Girourard with the Worth County Historical Society was at the meeting to share a request for the City to allow a sign to be placed in Swensrud Park, noting its history as a stop on the Jefferson Highway.

The historic Jefferson Highway was a former main travel passage that started in Winnipeg, continuing south to New Orleans. Its path traveled through Worth County and the cities of Northwood, Kensett and Manly.

The Jefferson Highway Association will hold it's annual conference in Mason City in June, and nearby points of interest on the highway path have been asked to put up signs sharing their highway history.

In Northwood, the Hotel Winifred will feature a sign, as will the former Watts Garage.

Girouard asked the council if they would allow a sign to be placed in Swensrud Park. The park was a popular camping spot for those traveling on the Jefferson Highway. The sign shares the history of the park and its use by highway travelers.

Girouard shared a preview of what the sign may say, once installed:

"In 1879 the Dwelle brothers gifted the land across the river as a park. Immediately a footbridge and a bandstand were built. In 1893 a two-decked bandstand was added. The current gazebo was erected circa 1915.

"The park has served as a main gathering place for concerts and celebrations along with being a camping site for highway travelers.

"Known as City Park or Northwood Park it was renamed Crescent Park in 1896. In 1971 it was renamed Swensrud Park after Northwood native Sidney Swensrud."

The council agreed to allow for the sign and to help locate and place it as needed.

The council meeting also included discussion on the former police building, more recently used by the Worth County Sheriff's office deputies, as a part of the agreement to provide law enforcement in the city of Northwood.

Pipes burst in the building and the deputies had to relocate until the City can affect repairs.

Moehle shared that asbestos had been found in all levels of the building and that will have to be addressed, as the City waits to hear back from insurance adjusters.

The cost for the City to mitigate the asbestos is $15,000.

In other business, the council discussed the planned Highway 65 project set to begin this spring.

According to city superintendent Dirk Van Ryswyk, the Iowa DOT plans to begin the resurfacing project in May, and it is expected to take three months. It will include widened shoulders, new sidewalks and a new road surface.

Extension to host buying and selling manure informational workshops



Fertilizer prices have nearly doubled in the past two years, causing more Iowa farmers to consider the value of manure to maintain high-yielding crops.

Iowa State University Extension and Outreach will host two educational workshops for farmers and landowners who are considering buying or selling manure. These workshops are designed to provide timely topics for farmers looking to find ways of working together to utilize manure as a nutrient resource.

The first will be held on February 27 at the ISU Extension and Outreach Grundy County office, located at 703 F Ave., Suite 1, in Grundy Center. The second workshop will be held at the ISU Extension and Outreach Mitchell County office, located at 315 Main St. in Osage. The workshops will be held from 2 to 4 p.m. on those dates. There is no cost to attend. Pre-registration is required.

"Fertilizer costs tend to follow the energy market due to transportation and the high need for energy in manufacturing and refining of fertilizer," said Kapil Arora, field agricultural engineer with ISU Extension and Outreach, who will lead the workshops. "Livestock manure is almost a perfect match for corn and soybean soil nutrient needs. But manures are also heavy and contain a lot of water, so transportation is an issue again, just like with fertilizer."

The workshops will be co-hosted with Kelvin Leibold, farm management field specialist with ISU Extension and Outreach, and Russ Euken and Mark Storlie, swine specialists with ISU Extension and Outreach.

Attendees will be provided with:

A spreadsheet on how to convert fertilizer prices to manure test equivalent so that buyers and sellers have a good starting point on what the value is now, and where it might be in the future.

Information on what to test for when selling manure and typical agreements that are required if the manure comes from a site that requires a manure management plan.

Information on soil compaction and application timing to protect the soil and maintain optimal yields.

Information on the effect of diets on manure nutrient concentrations.

To register for the February 27 event, call the ISU Extension and Outreach Grundy County office at 319-824-6979, or email at sellbakk@iastate.edu/ To register for the Feb. 28 event, contact ISU Extension and Outreach Mitchell County office at 641-732-5574 or at daolson@iastate.edu. There is no cost to attend this workshop, but pre-registration is required. Refreshments and reference materials will be provided to all attendees.

State
Cont. from Page 1

begins on July 1.

For Worth County officials, that has meant pushing the budgeting process down to the wire.

With no extension, the County's budget would have to be certified by March 24. Local governments, including counties, also have to hold hearings regarding the raising of their levy rate.

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N-K class welcomes chicks-to-be

Recently, six future visitors were welcomed to one of the Northwood-Kensett third grade classrooms, as they prepared for an eggs-citing learning opportunity.

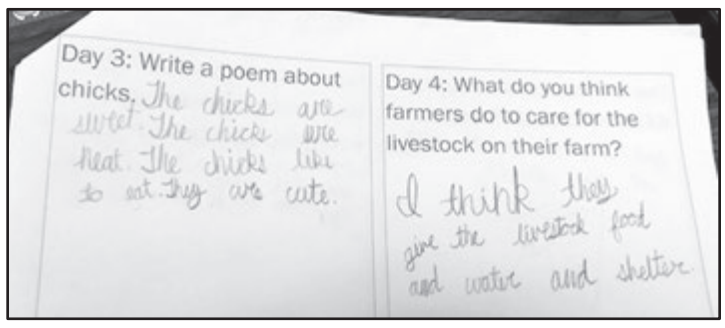
Teresa Stehn, with Worth County Farm Bureau, visited Mrs. Ubben's third grade classroom on January 31, with special visitors in the form of six eggs, which were set to hatch six Rhode Island red chicks in three weeks' time. Ubben's classroom will play host to the chicks-to-be, with Mrs. Hill's third graders visiting to share in the experience.

Stehn brought the eggs in a carton, along with an incubator, brooder cage and some educational materials. That included plastic egg models showing what the chickens will look like inside the egg each day until they hatch and a journal with activities for the students for each day before the big day.

The journals started with the students drawing what they think the chicks will look like when hatched. Other days they were assigned to predict parts of the process, study vocabulary, create more art, imagine farm life for chicks and farmers egg-tivities.

As Stehn showed each to the students, she told them about the eggs and taught them about how they would become chicks in about 21 days. She also answered questions.

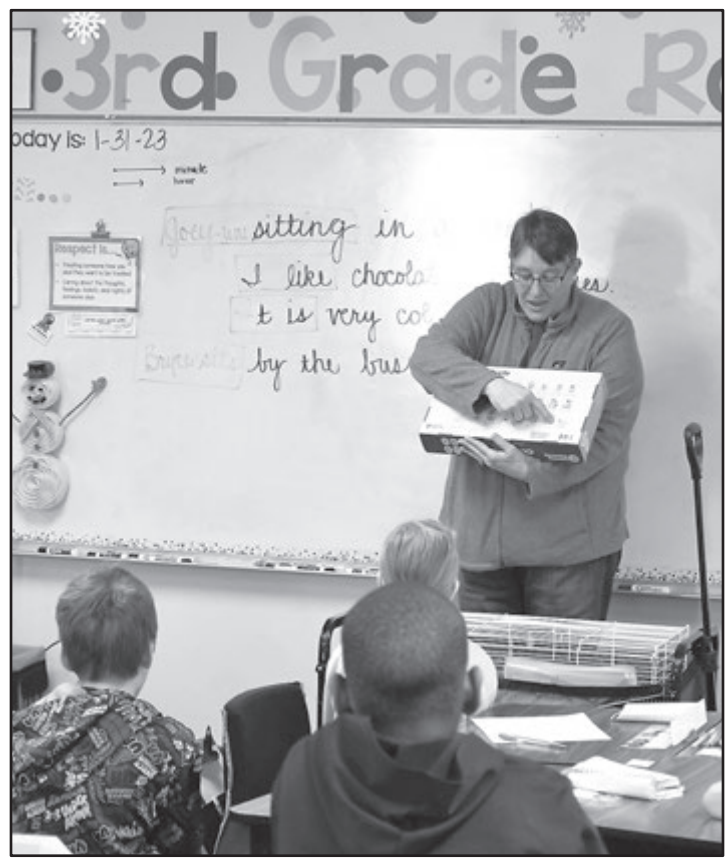
The students learned about what they would need to do to help their teacher keep the eggs healthy and



ready to hatch, including why they need heat and humidity, and turning in the incubator. They learned things like the first part of the chick to develop the egg in the eye. They talked about the difference between fertilized and unfertilized eggs. They talked about how the chicks use an egg tooth to break through their shells. They also prepared themselves, learning why not all of the eggs may hatch.

After seven days, Stehn planned to return to the classroom for candling. As the students learned, the process is named for the candles that were used and are still used by some. For the students, a flashlight-like light source was held under the eggs, offering a silhouette of the developing birds.

After they hatch, the chicks will spend a few days as the newest third graders, before they are taken to a new home in the county.









Crop producers need to act on Farm Bill decisions by March 15

Crop producers must make some important and timely decisions if they want to participate in the Farm Bill programs for 2023.

The deadline to make an election and enroll is March 15, according to Ann Johanns, education extension specialist and manager of the Ag Decision Maker with Iowa State University Extension and Outreach.

For program year 2023, producers have three options: Agriculture Risk Coverage-County (ARC-CO), Price Loss Coverage (PLC) or Agriculture Risk Coverage-Individual Coverage (ARC-IC). Even if producers have enrolled in the past and want to keep the same program, they still need to enroll this year, by March 15. Enrollment is an annual decision.

"To be eligible for payment, producers must complete the enrollment contract for each of their farms," said Johanns. "Every situation is unique, so we need to make the best decisions for individual farm operations and take the opportunity to make changes if necessary."

For this month's Ag Decision Maker, Johanns created two YouTube videos that explain the options and what producers need to consider in making the best option for their farm. In the first video, Kevin McClure, chief agriculture program specialist with the United States Department of Agriculture's Farm Service Agency, explains the programs and enrollment process.

In the second video, Alejandro Plastina, associate professor in economics and extension economist at Iowa State, discusses the tools producers can use to determine which program is best for their own situation. The tools include payment estimators for each program, and historical payment data by Iowa county.

"We are updating these tools as new price projections and yield data are made available," said Johanns. "We know that every situation is unique and there are going to be folks out there making this decision for the first time. Updated tools are available, along with archived materials covering the programs more in-depth. Our farm management specialists are also available for those one-on-one conversations, before producers commit to a program."

ISU Extension and Outreach wants to hear from Iowans through online survey

Iowa State University Extension and Outreach is conducting a statewide audience assessment.

"As technology continues to evolve, we want to learn how Iowans prefer to access, receive and engage with extension education – both in person and virtually," said John Lawrence, Iowa State's vice president for extension and outreach.

Through this survey, Iowans can tell ISU Extension and Outreach about the technology they prefer to use, the topics they want to learn more about and the issues they think will be important to the people in their communities over the next two years.

The survey is available online, www.extension.iastate.edu/survey, and will remain open through March 31. Iowans may contact their ISU Extension and Outreach county office for more information.

"The more Iowans we can survey, the better we can engage all Iowans in research, education and extension experiences to address current and emerging real-life challenges," Lawrence said.

ISU Extension and Outreach is part of the federal Cooperative Extension Service — a network of more than 100 land-grant institutions, including Iowa State University, and the U.S. Department of Agriculture serving communities and counties across the United States. Every county in Iowa has an elected extension council that decides how to support ISU Extension and Outreach educational programs at the county level.

For more information about ISU Extension and Outreach, visit www.extension.iastate.edu or contact your ISU Extension and Outreach county office.



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NIACC announces 2022 Fall term Dean's and President's lists

North Iowa Area Community College announces that 806 individuals have been named to the 2022 Fall Term President's List and Dean's List. These students represent 98 Iowa communities, 10 states outside the state of Iowa and 13 countries outside of the United States.

Students who complete a minimum of six semester hours and earn a 3.25-3.49 term grade point average in an academic semester will be honored by being named to the Dean's List.

Local students on the Dean's List include Mikenzi Roberts of Hanlontown; Isaac Bergo of Joice; Tara Backhaus, Zachary Badker, Kalliape Ballance, Sebastian Beck and Colton O'Hern, Manly; Anna Bryant of Nora Springs; Jace Gentz, Marisa Halbach, Laura Hopperstad, Josiah Kliment, Bruce Oldfather, Haydan Pestorious and Sydney Welch, Northwood; Benjamin Navratil and Kamryn Roney of Plymouth.

Students who complete a minimum of six semester hours and earn a 3.5-4.0 term grade point average in an academic semester will be honored by being named to the President's List.

Local students on the President's List include Trystan Bistline, Ryan Hackbart and Addison Tabbert, Grafton; Julia Anderson of Hanlontown; Jadyn Beland, Nicholas Goskeson, Natalya Griffin, Thomas Hakes, Misty Hakes, Ryder Lestrud and Emma Logeman, Kensett; Rachel Ballance, Jana Crimmings, Jessica Jordal, Jonathon Kreamer, Austin Lloyd, Abby Pate, Rodolfo Riojas, Carly Ryan and Ellyan Ryan, Manly; Nathanial Berge, Edric Coleman, Kessa Fingalsen, Elizabeth Hamand, Ava Hoard, Heidi Howe, Will Howes, Drew Kelley, Cooper Klaahsen, Logan McDonough, Ella Pippert, Rebecca Stevens, Jordan Van Horn, Kyle Wyborny and Hannah True, Nora Springs; Kennedy Christianson, Chloe Costello, Sarah Eglseder, Jason Hanson, Madalynn Hanson, Carly Hengesteg, Emma Hengesteg, Teagan Johnson, Ella Leonard, Tyler Mills, Lindsey Moore, Megan Ocel, Peyton Shoger and Mason Thofson, Northwood; Liberti Ewen and Danika Heiny, Plymouth; and Madison Berry of Glenville, Minn.







For a song (or a few)

The NCICDA (North Central Iowa Choral Directors Association) fifth and sixth grade honor choir was held on February 14 in Algona. Sharing their talents at the event were N-K student signers. Pictured above, at the event are (in front, from left) Aidan Ouverson, Tegan Trenhaile, Wesley Ballantyne, (in back) Brianna Perkins, Ivy Urbatsch, Kenly Solberg, Piper Brunsvold, and (pictured in the middle front of the travel picture) Beatrix Koenig-Fierova. Nikkole Koenig (at right in the travel picture) is N-K's vocal music teacher.

New home food processors license focus of Healthy Harvest of North Iowa Farmers Market Workshop

Kurt Rueber from the Iowa Department of Inspections and Appeals will be the keynote speaker on Saturday, March 4, at the annual farmers market workshop hosted by Healthy Harvest of North Iowa.

Rueber will be covering changes to Iowa's cottage food laws as the result of passage of HF2431 in 2022. According to the Iowa Food Protection Task Force website, the bill creates a new home food processing license that "will effectively replace home bakery licenses and adds the ability for licensees to make, package and process additional food products."

The workshop will be held at the Clear Lake Public Library from 10:30 a.m. to 3:30 p.m. and will also feature a website startup session led by Mallory Devries, a professional web designer who also owns and operates Woodside Acres, a gourmet farm near Charles City. Devries will discuss web platform options, setting up an e-commerce platform, basic Wordpress and product photography.

Participants will be encouraged to bring their own laptops for mini-consultations.

Additional sessions will include a roundtable discussion, food assistance programs at market, expanding producer business with the Local Food Purchasing Assistance Program and a Farmers Market Nutrition Program certification webinar. The workshop is free to Healthy Harvest of North Iowa members, and $10 if pre-registering.

Those interested may visit www.healthyharvestni.com/farmers-market-workshop for agenda and session descriptions or email markets@healthyharvestni.com.



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by Sandy Olson

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

Cape Cod, Massachusetts is a beautiful place but not in February. The bitter wind and storms coming off the ocean drive people indoors and that means cooking at home too. In 1975, the Cape Cod National Seashore Women's Club put together a cookbook as a fund-raiser for local educational projects. I bought the book on a visit there 20 years later and found some interesting recipes. The following are from the chapter titled "Main Dishes"...straightforward with no gourmet words!

Sea Clam Pie

2 cans chopped clams. Don't use minced clams, the pieces are too small
4 teaspoons real butter
2 teaspoons all-purpose flour
1 cup whole milk OR half and half (which is better)
1 small yellow onion, minced
Crust enough for a double-crust pie

Sauté the onion in the butter until transparent, then stir in the flour and cook until bubbly. Heat the milk over low heat and when hot (not boiling) whisk in the onion mixture. Drain the clams but reserve their juice. Add the clams to the milk mixture and heat through, again don't allow it to boil. Add salt and pepper to taste; cayenne can be added if desired to provide a bit of heat. Spread crust on the bottom of an 8-inch pie plate and pour the clam/milk mixture into it. Cover with the top crust and cut one or two vents into it. Preheat the oven to 450 degrees F. and bake for 25 minutes. While it is baking, take the reserved clam liquid and make a gravy. Melt 2 tablespoons of butter and mix in 2 tablespoons of flour to make a paste. Add the clam juice, whisking constantly to prevent lumps. Cook until thick. If there is not enough juice to make this gravy, add a bit of half and half until you get the correct consistency. Slice the pie into six pieces and ladle the gravy over the top.

Filet of Fish A La Portugaise

2 pounds of cod filets
1 medium yellow onion, chopped
1/4 cup chopped fresh parsley
1 cup stewed tomatoes (canned is fine)
1/4 teaspoon thyme
1 large clove garlic, crushed
1/2 cup white wine
Salt and pepper to taste

Preheat the oven to 350 degrees F. Wash the fish and pat dry with paper towels. Place into a greased 9x13-inch baking dish. Combine all the other ingredients and pour over the fish. Bake, covered for 20 minutes; remove the cover and bake an additional 15 minutes or until the fish is flaky.

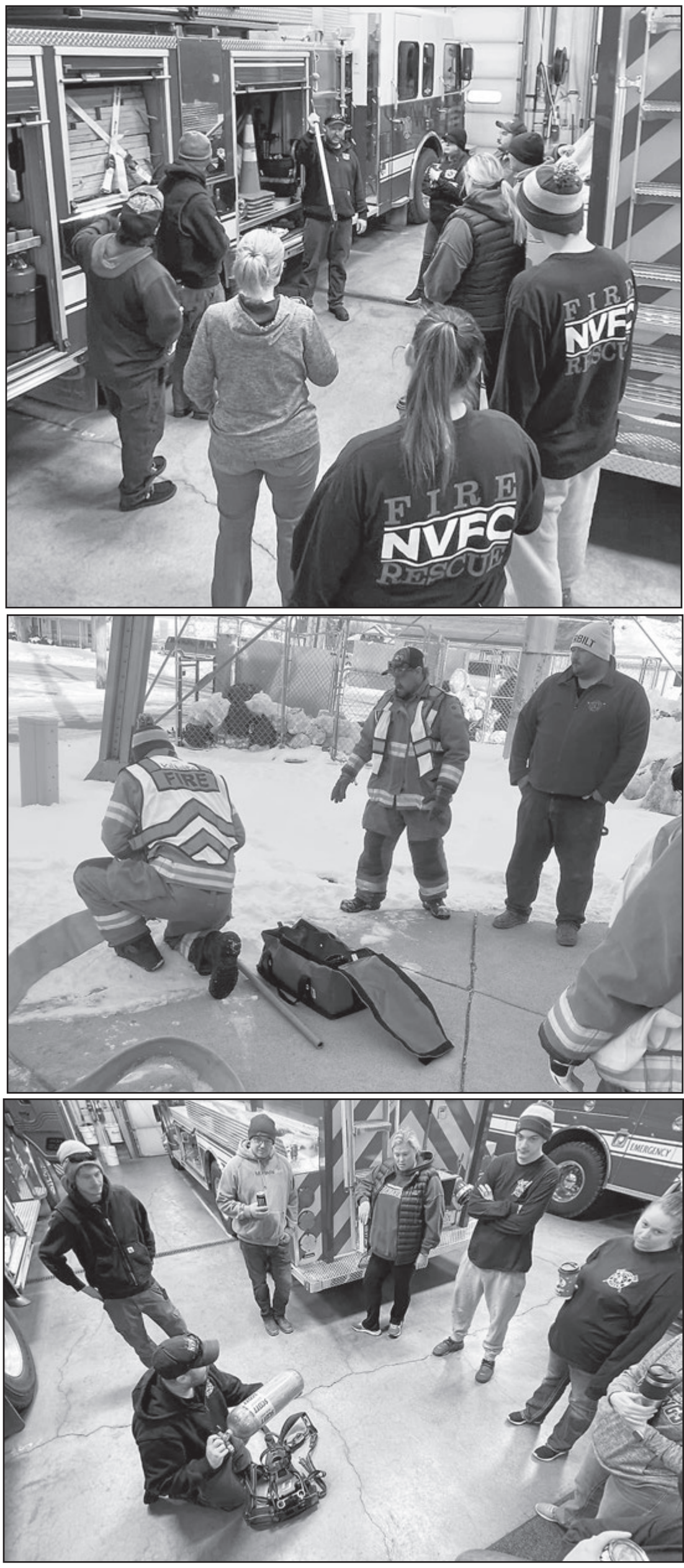
Grits Casserole

A good side dish for a spicy meal
1 1/2 cups regular grits, not instant
2 teaspoons salt
1/2 pound sharp Cheddar cheese, shredded
1/2 pound mild Cheddar cheese, shredded
6 cups boiling water
1 1/2 sticks real butter, not margarine, melted
4 large eggs, beaten
Dash of garlic powder, not garlic salt

Cook the grits in the boiling water as directed on the package. Stir in the melted butter and the cheese, stirring until the cheese melts. Fold in the beaten eggs, combining well. Pour into a buttered 9x13-inch baking dish. Preheat the oven to 250 degrees and bake the casserole for 1 1/4 hours. Test as you would for custard, with a knife inserted into the center coming out clean but the center might be a bit "jiggly." Serve warm.

The entire Northeast is a great place to visit, three seasons out of four! If history turns you on you'll get your fill since this is where America started. And...that's all she wrote.

Northwood Anchor Society



Newest fire fighters take on training

Earlier this month, the newest volunteers with the Northwood Volunteer Fire Company received some additional education. They took part in some training with fire fighting equipment and learned more about the tasks involved in fighting fires. For six of the eight, the training adds to the EMT training underway, with one other already a licensed EMT.

Putting in the putt for fight against cancer

Next Saturday, March 4, a fundraiser for the fight against cancer will challenge putters across North Iowa.

The second annual Putt Putt fundraiser invites teams of five, four putters and one caddy (designated driver) to travel to nine stops to test their putting skills, with a shotgun start at 11 a.m.



Stops included the Strike Zone and Worth Brewing in Northwood; Plymouth Lounge; American Legion in Manly; Tim's Corner in Lake Mills; Good Shot Golf and Sporting Clays and American Legion in Emmons, Minnesota; Pub 69 in Twin Lakes, Minnesota; and American Legion in Glenville, ending at the Timbers in Northwood.

Teams can pre-register before or on the day of the event at any of the nine stops or before hand at the number below. If a team pre-registers at a stop, that is their starting point on March 4. Registration is $50 per team.

All teams are asked to be at the Timbers by 7:30 p.m. with their scorecards.

Doors will be open to the public at the Timbers at 5 p.m. A free-will donation meal will be served starting at 6 p.m.

The event will also include a silent auction, raffle and prizes for the winning teams.

Those interested may get more information and sign up by contacting Teresa at 641-390-1578.



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Rep. Hinson visits local John Deere service center

Last week, U.S. Representative Ashley Hinson, who represents Worth County, paid a visit to Kibble Equipment in Northwood to learn more about the local John Deere dealership's service center, and discuss issues facing the business. Service manager Tabitha Page led Hinson through the different buildings and areas where Kibble maintains, repairs and upgrades equipment for area farmers, and for those that use Deere equipment for landscaping needs. They also talked about issues like labor shortages, educational alternatives and ongoing, but improving supply chain concerns, amongst other concerns for local agriculture and related industries. Hinson also spoke with a few other Kibble employees before posing for a group picture.

The Constituent Connection



Waylon Brown

State Senator
District 26

Why did Iowa legislators vote last week to cap medical malpractice noneconomic damages in House File 161?

This bill is the result of the growing trend of extreme awards being granted by juries in the noneconomic damages category. There is a growing trend by trial lawyers making huge opening demands in noneconomic damage and juries are following. Iowa's current laws allow any number and studies show the higher the initial demand, the higher a victorious award will be.

Let's start by explaining the three possible malpractice claims:

First, economic damages are those damages that are actually quantifiable: Wages that were lost because of the injury, loss of future earning capacity, medical bills, etc. A plaintiff who wants economic damages must come forward with actual evidence to support these awards. These damages are not subjective.

Second, noneconomic damages are a vague category of damages that is left to the subjective and often arbitrary feelings of the eight jurors who happen to be selected for the trial. These damages, which include categories such as "pain and suffering," are so subjective and arbitrary that, for the very same injury, one jury might award a plaintiff $50,000 in non-economic damages and another jury might award $1 million. The variation depends on the emotions of the jurors and is often influenced by the dramatic arguments of trial lawyers.

Third, punitive damages are damages designed to punish egregious and reckless conduct. Specifically, under Iowa code, the jury can award punitive damages if the defendant's actions "constituted willful and wanton disregard for the rights or safety of" the plaintiff." Iowa Code § 668A.1.

One local hospital representative provided this feedback regarding tort reform and explains why this legislation is critical for the future of our small rural Iowa hospitals and access to healthcare.

"Thank you for your effort around tort reform!" comments Shelly Russell, Chief Executive Officer of Mitchell County Regional Health Center. "We appreciate the progress that has been made over the past few years. The 2017 "soft" cap law was a great start--- but the state's largest verdict happened in March 2022. It is clear that the 2017 law was not enough to stop excessive non-economic jury awards. Many states around Iowa have already moved to the hard caps---making those states "physician friendly states. There is no doubt that this new law will have a positive impact on physician recruitment in Iowa. In addition to improving physician recruitment efforts, we are hopeful that we will see our health insurance premiums stabilize in the future. As you know, MCRHC has seen significant increases in our insurance premiums over the last few years."

There are 28 states in the country who have similar caps on noneconomic damages or on total damage awards. This problem isn't new, and it is nationwide. Iowa will now join the states who have addressed unlimited awards for emotional damages.

- North Dakota – $500,000
- South Dakota – $500,000
- Nebraska – $2.25M total damage cap
- Missouri – $450,098 Non-Catastrophic/ $787,671 Catastrophic
- Illinois – $500,000 (Overturned by State Supreme Court)
- Wisconsin – $750,000

Medical patients who suffer loss have every right to seek damages. It is one of the mechanisms to push providers to be more careful and to make patient safety a priority above all others. But accidents happen, and sometimes a patient's body doesn't respond as predicted. You should be fully restored economically, including future expenses. If a provider causes damage and covers up the reason or lies, they should be punished economically and there should be no cap.



Local tourism with local legislators

The recent Tourism Showcase, presented by the Travel Federation of Iowa, included several local visitors. That included Representative Jane Bloomingdale of Northwood (second from left) and Jean and Norlyn Stowell. Also pictured is Senator Waylon Brown, of Osage. (right)

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, Ash Wednesday at Bethlehem, 7 p.m.; Thursday, Manna Open, 4:30 - 6:30 p.m.; 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
Wednesday, Ash Wednesday, Pot Luck Meal at Bethel UMC, 5:15 p.m., Worship Service, 6:15 p.m.; 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., JuBELLee Ringers, 6 p.m.; Thursday, Pastor Cory at Circuit Meeting, 10 a.m., HS Youth Group, 7 p.m.; Sunday, Bethel Worship Service, 8 a.m. & 10:30 a.m., Trinity Worship, 9:10 a.m., Sunday School, 9:15 a.m., Bethel Worship, 10:30 a.m., Community Lenten Service, 4 p.m.

Northwood United Methodist Church
Thursday, Pub Theology, 7 p.m.; Friday, Bible Study at Northwood, 10 a.m.; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.; Tuesday, Swallow Coffee House, 10 a.m.
Rev. Rob Lanphere

One In Christ Lutheran Parish
Sunday, Worship Services 10:30 a.m. available online at "One in Christ Lutheran Parish" Facebook Page and YouTube under "One in Christ Lutheran Parish." Sunday Worship Services, 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, LRH & Maple Court, 10 a.m., Chapel at FLC, 12 p.m., Confirmation, 5:15 p.m., Choir, 5:30 p.m., Service for Ash Wednesday, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m., Taekwondo, 6:30 p.m., Pub Theology, 7 p.m.; Sunday, Service with N.O., 9 a.m., Sunday School, 10:10 a.m., Conf. Assembly at FLC, 3 p.m., JH Youth, 6:30 p.m.; Tuesday, Staff Meeting, 11 a.m., AA-Al-Anon, 7 p.m.

Peace Lutheran Church, Northwood
Sunday Worship Service with Holy Communion at 9 a.m.
Rev. Barbara M. Wills, Pastor

Sacred Heart Church, Manly
Mass Wednesday, 8 a.m.; Mass Saturday, 5:30 p.m.
Rev. Neil Manternach, Pastor
Fr. Jake Dunne, Associate Pastor
www.sacredheartmanly.org

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

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Surrender



There is a popular saying that God will never give us more than we can handle. Mother Teresa's ironic quip on this was to say "I know God will not give me anything I can't handle. I just wish that He didn't trust me so much." The idea that people are never given more than they can handle is belied by the roughly one million people who commit suicide every year. Obviously they had more than they could handle, unless we believe that they just gave up too easily. The will to live is too strongly embedded in all of us to believe that. But perhaps their mistake was that they persisted in trying to find their own solution to their problems. Often we cannot solve our own problems and must be willing to ask others, including God, for help. Often the suicide or would-be suicide cannot see beyond his or her own misery, and fears becoming a burden to others. That is perhaps the saddest thing in all of this: that the impulse to not want to burden others refuses to let others exercise their impulse to help. God loves us and wants us to be happy, and we need only surrender to his will to be saved from our misery.

Humble yourselves therefore under the mighty hand of God, that in due time he may exalt you. Cast all your anxieties on him, for He cares about you.
– R.S.V. 1 Peter 5:6-7

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2022-2023 Northwood-Kensett FFA Members



Northwood-Kensett FFA Officers 2022-2023
Serving as this year's FFA Officers are (from left) reporter- Macy Thorson, sentinel- Morgan Wallin, treasurer- Jackson Foss, secretary- Kooper Julseth, president- Dalton Logeman and vice president- Jadyn Beland.

Northwood-Kensett FFA Officers 2022-2023

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Vice President- Jadyn Beland
Treasurer- Jackson Foss
Secretary- Kooper Julseth
Reporter- Macy Thorson
Sentinel- Morgan Wallin

Carter Anderson
TJ Ausborn
Jadyn Beland
Kenedie Berry
Kyle Buehrer
Sophia Butler
Caden Davidson-Jacobs
Colby Eskildsen
Jackson Faber
Jackson Foss
Taylor Foss
Iver Girouard
Madalynn Hanson
Zack Heiken
Caden Helgeson
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Collin Houg
Hunter Janssen
Michael Janssen
Kooper Julseth
Hailey Krambeer
Jace Lindberg
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Josh Stevens
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N-K celebrates 2023 National FFA Week, February 18-25

Northwood-Kensett FFA is celebrating National FFA Week, Feb. 18-25, 2023

This National FFA Week embraces more than 93 years of FFA traditions while looking forward to the organization's future.

More than 735,000 members will participate in National FFA Week activities at local, state and national levels. These members have a passion for agriculture.

Designated a national week in 1947, the week of George Washington's birthday, National FFA Week runs from Saturday to Saturday and gives FFA members an opportunity to educate the public about agriculture.

During the week, chapters conduct a variety of activities to help others in their schools and communities learn about FFA and agricultural education.

Today, FFA provides the next generation of leaders who will change the world. As the top school-based youth leadership development organization in the nation, FFA helps young people meet new agricultural challenges by developing their unique talents and exploring their interests in a broad range of career pathways.

FFA members are our future leaders, our future food suppliers, our future innovators and more!

Whether it is through service projects or community gatherings, National FFA Week is a time for FFA members to raise awareness about the role the National FFA Organization plays in the development of agriculture's future leaders and the importance of agricultural education.

The National FFA Organization is a school-based national youth leadership development organization of more than 735,000 student members as part of 8,817 local FFA chapters in all 50 states, Puerto Rico and the U.S. Virgin Islands.

Northwood-Kensett FFA Senior Class 2022-2023



JADYN BELAND
Senior
Four year member

Activities in FFA: Chapter vice president, Ag fair, fruit sales, pedal pulls and National FFA Convention.

Current SAE Project: Show dairy cows and works on dairy farm.



MICHAEL JANSSEN
Senior
Four year member

Activities in FFA: Ag fair, fruit sales, test plot and pedal pulls.

Current SAE Project: Restoration.



DALTON LOGEMAN
Senior
Four year member

Activities in FFA: Chapter president, fruit sales, ag fair, test plot, pedal pulls, show dairy cattle and State convention and National FFA Convention.

Current SAE Project: Raising goats and dairy cattle, show dairy cattle and tractor restoration.



HAYDEN PESTORIOUS
Senior
Four year member

Activities in FFA: Fruit sales, testr plots, pedal pulls and ag fair.

Current SAE Project: Raise and show sheep, poultry and waterfowl.



PEYTON SHOGER
Senior
Four year member

Activities in FFA: Ag fair and fruit sales

Current SAE Project: Raise and show sheep.



JOSH STEVENS
Senior
Four year member

Activities in FFA: Fruit sales, ag fair, FFA plot and FFA farm.

Current SAE Project: Raising and showing pigs.

FFA Junior Class 2022-2023



JACKSON FOSS
Junior
Three year member

Activities in FFA: Chapter treasurer, ag fair, fruit sales, pedal pulls and test plot.

Current SAE Project: Raising and show cattle and horses.



MADALYNN HANSON
Junior
Three year member

Activities in FFA: Fruit sales, ag fair.

Current SAE Project: Exploration.



CHRISTOPHER MADSEN
Junior
Three year member

Activities in FFA: Fruit sales, ag fair and conduct of meetings team.

Current SAE Project: Exploration.



LANEY MILES
Junior
Three year member

Activities in FFA: Fruit sales, ag fair and FFA test plot.

Current SAE Project: Horticulture project for county fair.



JUSTIN MILLS
Junior
Three year member

Activities in FFA: Fruit sales, pedal pulls, ag fair and FFA plot.

Current SAE Project: Raise and show pigs.



MEGAN OCEL
Junior
Three year member

Activities in FFA: Fruit sales, ag fair and pedal pulls.

Current SAE Project: Training and showing llamas.

TRINITY ROUSH
Junior
Three year member

Activities in FFA: Ag fair, fruit sales.

Current SAE Project: Planning one.



MORGAN WALLIN
Junior
Three year member

Activities in FFA: Chapter sentinel, fruit sales, fruit sales and ag fair.

Current SAE Project: Raise and show pigs.

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FFA Sophomore Class 2022-2023



CARTER ANDERSON
Sophomore
Two year member
Activities in FFA: Ag fair and fruit sales.
Current SAE Project: Mow lawn, show hogs and work on farm.



AJ AUSBORN
Sophomore
Two year member
Activities in FFA: Ag fair and fruit Sales.
Current SAE Project: Show livestock.



KYLE BUEHRER
Sophomore
Two year member
Activities in FFA: Ag fair and fruit sales.
Current SAE Project: Exploration.



COLBY ESKILDSON
Sophomore
Two year member
Activities in FFA: Ag fair and fruit sales.
Current SAE Project: Lawn mowing.



JACKSON FABER
Sophomore
Two year member
Activities in FFA: Ag fair, fruit sales and FFA plot harvesting.
Current SAE Project: Work on a farm.



BREYDEN HOEPPNER
Sophomore
Two year member
Activities in FFA: Ag fair, fruit sales, conduct of meetings and plot harvest.
Current SAE Project: Deer Food Plots.



HUNTER JANSSEN
Sophomore
Two year member
Activities in FFA: Ag fair, fruit sales and FFA plot harvest.



KOOPER JULSETH
Sophomore
Two year member
Activities in FFA: Chapter secretary, ag fair, fruit sales.
Current SAE Project: Owns lawn mowing business.



HAILEY KRAMBEER
Sophomore
Two year member
Activities in FFA: Ag fair, pedal pulls and fruit sales.
Current SAE Project: Exploration.

JACE LINDBERG
Sophomore
Two year member
Activities in FFA: Ag fair, fruit sales and test plot.
Current SAE Project: Horticulture project for county fair.



EVAN LORENZEN
Sophomore
Two year member
Activities in FFA: Ag fair and fruit sales.
Current SAE Project: Mow lawns and farms.



LOGHAN NELSON
Sophomore
Two year member
Activities in FFA: Fruit sales, FFA farms and ag fair.
Current SAE Project: Raise and show sheep, goats and cattle. Work on my family's farm.



BRODY PAULSON
Sophomore
Two year member
Activities in FFA: Ag fair and fruit sales.
Current SAE Project: Mechanic, employment Eilertson Repair.



ASHLYNN ROLLENE
Sophomore
Two year member
Activities in FFA: Fruit sales and ag fair.
Current SAE Project: Exploration.



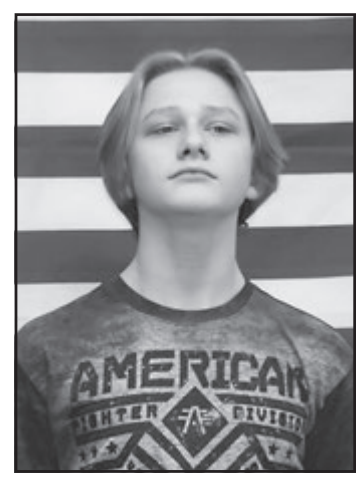
ADDISON TASKER
Sophomore
Two year member
Activities in FFA: Fruit sales and ag fair.
Current SAE Project: Exploration.



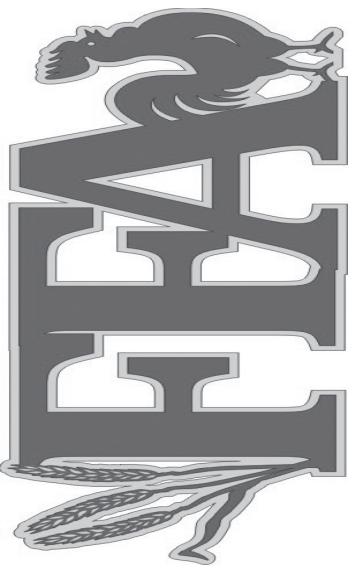
MACY THORSON
Sophomore
Two year member
Activities in FFA: Chapter reporter, ag fair, fruit sales and pedal pulls.
Current SAE Project: Raising and showing cattle, chickens and rabbits.

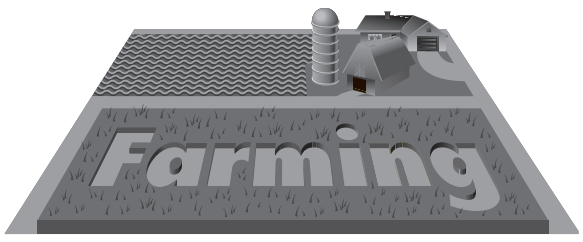


MACKENSY TOMLINSON
Sophomore
Two year member
Activities in FFA: Ag fair, fruit sales and prepared public speaking.
Current SAE Project: Raise and show horses.



CAMDEN TRENHAILE
Sophomore
Two year member
Activities in FFA: Fruit sales and ag fair.
Current SAE Project: Exploration.





A Salute to the Members
of the N-K FFA

John Midtgaard
Northwood Insurance
91 9th St. South • Northwood, IA 50459
641-324-9844
email:jamidtgaard@gmail.com







CHLOE WRIGHT
Sophomore
Two year member
Activities in FFA: Fruit sales, ag fair and pedal pulls.
Current SAE Project: Exploration.





FFA Freshman Class 2022-2023



KENEDIE BERRY
Freshman
One year member
Activities in FFA: Ag fair and conduct of meetings team.
Current SAE Project: Exploration.



SOPHIA BUTLER
Freshman
One year member
Activities in FFA: Conduct of meetings team.
Current SAE Project: Raise and show goats.



CADEN DAVIDSON-JACOBS
Freshman
One year member
Activities in FFA: Fruit sales and ag fair.
Current SAE Project: Exploration.



TAYLOR FOSS
Freshman
One ear member
Activities in FFA: Ag fair, Green Hand fire-up and fruit sales.
Current SAE Project: Show cattle and horses.



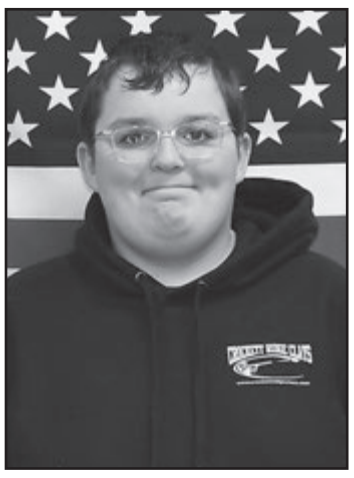
IVER GIROUARD
Freshman
One year member
Activities in FFA: Ag fair, fruit sales and Green Hand fire up.
Current SAE Project: Exploration.



ZACK HEIKEN
Freshman
One year member
Activities in FFA: Ag fair, fruit sales and conduct team.
Current SAE Project: Raise and show chickens and cows.



CADEN HELGESON
Freshman
One year member
Current SAE Project: Exploration.



COLLIN HOUG
Freshman
One year member
Activities in FFA: Ag fair, Green Hand fire up and fruit sales.
Current SAE Project: Exploration.



AIDEN MORETZ
Freshman
One year member
Activities in FFA: Ag fair, Green Hand fire up and fruit sales.
Current SAE Project: Show cattle.



LAUREN PETZNICK
Freshman
One year member
Activities in FFA: Fruit sales, FFA conduct of meetings team.
Current SAE Project: Raising and showing pigs.



CAMRYN JEAN RHEINGANS
Freshman
One year member
Activities in FFA: Ag fair, Green Hand fire up, conduct of meetings team and fruit sales.
Current SAE Project: Exploration.



KOLTON ROBINSON
Freshman
One year member
Activities in FFA: Ag fair, Green Hand fire up and fruit sales.
Current SAE Project: Exploration.



ALEX TIEDEMANN
Freshman
One year member
Activities in FFA: Ag fair, green hand fire up and fruit sales.
Current SAE Project: Exploration.



EMERSYN WAHL
Freshman
One year member
Activities in FFA: Ag fair, fruit sales, Green Hand fire up and conduct team.
Current SAE Project: Exploration.



WESTON WILLAND
Freshman
One year member
Activities in FFA: Ag fair, Green Hand fire up, conduct of meetings team and fruit sales.
Current SAE Project: Raise and show pigs.

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2022-2023 Northwood-Kensett Future Farmers of America











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Northwood Anchor

Opinion

Savvy Senior

Could you have a thyroid problem and not know it?

Dear Savvy Senior,

What are the symptoms of thyroid disease? I've been dealing with a number of health issues over the past few years, and a friend of mine recently suggested I get my thyroid checked because it might be causing my problems.

Almost 66

Dear Almost,

If your thyroid is out of whack, it can cause a number of health issues that can be tricky to detect because the symptoms often resemble other age-related health problems. In fact, as many as 30 million Americans have some form of thyroid disorder, but more than half aren't aware of it.

What to Know

The thyroid is a small butterfly-shaped gland located at the base of your neck that has a huge job. It produces hormones (called T3 and T4) that help regulate the rate of many of your body's activities, from how quickly you burn calories to how fast your heart beats. It also influences the function of the brain, liver, kidneys and skin.

If the gland is underactive and doesn't produce enough thyroid hormones, it causes body systems to slow down. If it's overactive, and churns out too much thyroid, it has the opposite effect, speeding up the body's processes.

The symptoms for an underactive thyroid (also known as hypothyroidism) – the most common thyroid disorder in older adults – will vary but may include fatigue and weakness, unexplained weight gain, increased sensitivity to cold, constipation, joint pain, a puffy face, hoarseness, thinning hair, muscle stiffness, dry skin and depression. Some patients may even develop an enlarged thyroid (goiter) at the base of the neck. However, in older adults, it can cause other symptoms like memory impairment, loss of appetite, weight loss, falls or even incontinence.

And the symptoms of an overactive thyroid (or hyperthyroidism) may include a rapid heart rate, anxiety, irritability, fatigue, insomnia, increased appetite, weight loss, tremors of the hand, frequent bowel movements, sweating, as well as an enlarged thyroid gland. Too much thyroid can also cause atrial fibrillation, affect blood pressure and decrease bone density, which increases the risk of osteoporosis.

Those with the greatest risk of developing thyroid disorders are women who have a family history of the disease. Other factors that can trigger thyroid problems include: autoimmune diseases like Hashimoto's or Graves disease; thyroid surgery; radiation treatments to the neck or upper chest; and certain medications including interferon alpha and interleukin-2 cancer medications, amiodarone heart medication and lithium for bipolar disorder.

Get Tested

If you have any of the aforementioned symptoms, or if you've had previous thyroid problems or notice a lump in the base of your neck, ask your doctor to check your thyroid levels. The TSH (thyroid-stimulating hormone) blood test is used to diagnosis thyroid disorders but depending on what they find, additional blood tests may be necessary.

If you are diagnosed with a thyroid problem, it's easily treated. Standard treatment for hypothyroidism involves daily use of the synthetic thyroid hormone levothyroxine (Levothroid, Synthroid and others), which is an oral medication that restores adequate hormone levels.

And treatments for hyperthyroidism may include an anti-thyroid medication such as methimazole and propylthioracil, which blocks the production of thyroid hormones. Another option is radioactive iodine, which is taken orally and destroys the overactive thyroid cells and causes the gland to shrink. But this can leave the thyroid unable to produce any hormone and it's likely that you'll eventually become hypothyroid and need to start taking thyroid medication.

For more information on thyroid disorders, visit the American Thyroid Association at Thyroid.org.

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 don't hear as well as I used to.

You should get hearing aids.

No, I've heard enough.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. I think we all agree that winter is a rip-roaring good time, but I watched people walk on the ice like spiders missing five legs. Years ago, I had a bout with plantar fasciitis. The doctor told me to put my foot down and wear Crocs when I'd normally go barefooted. I took her advice. It wasn't long after when we received 18 inches of snow. It was a warm day, so I shoveled snow while wearing my Crocs. They might have shed Croc tears.

It feels as if my stomach drops when I drive over a dip or a hill on a road. It's as if my body went up but my stomach stayed in place. It's the feeling gotten on a rollercoaster without the rollercoaster. I call it a "Thank you, Ma'am," because my head nods. Some people call it belly tickles. Years ago, an elderly friend lost his driver's license because he drove on the wrong side of the road. He wasn't tickled. He felt it was unfair as he paid taxes on both sides and suffered from good health, which drove him to drive.

Merry melodies

I've worked at the Freeborn County Fair for many years. The Fair brings in big-name entertainment. George Jones ("He Stopped Loving Her Today" and "She Thinks I Still Care") was one of my father's favorite singers. I should have told Jones about my father's fondness for his vocal gifts, but I didn't. Chubby Checker (famous for "The Twist") hung around long after his show and had his photo taken with many fans. Few performers linger long. Most disappear like butter on a baked potato. I thanked him and told him what a lovely thing he was doing and how it brightened lives. I didn't have my photo taken with him because I hadn't attended the concert due to work.

I went to school during the day and worked from 11 to 7 at night. Those two activities were in two different cities and neither one was in the city in which I lived. I tried to sneak in a few hours of sleep in the afternoons, but it wasn't easy. The local high school band practiced. That was how they became accomplished and stayed that way. The band didn't have a tuba player, but I think someone might have played the threeba. The band marched directly to the front of our house and stopped while the instructor, acting like a drill sergeant, yelled that no one was taking another step until they got it right. There were days when I thought that next step would never occur.

I've learned

There are few better names for a Minnesota sports team than the Snow Fleas.

If I owned a small sheep, it would be named Woolite.

To put rocks in my pockets when visiting the Wind Farmer's Market.

I ate with friends at Lou Malnati's in Chicago. We shared a deep-dish pizza. Some claim it's a casserole or a hotdish. I thought it was a pizza, but didn't care what it was called. It was good.

A little knowledge and a little arthritis go a long way.

Nature notes

I saw blue snow in the yard. It looked as if someone had stepped on a Smurf, spit out mouthwash or spilled antifreeze. Rabbit droppings came out of the blue. Rabbits have round droppings while deer pellets are oval-shaped with one pointed end. When rabbits feed on the bark, twigs and branches of invasive buckthorn, they expel a chemical in their urine that turns blue.

Snow fleas bear resemblance to specks of black pepper on the snow's surface. This primitive insect is dark blue-gray, about 1/10-inch long, wingless and has a forked appendage at the end of its abdomen called a furcula that allows it to jump several inches and gives it the name "springtail." Snow fleas live in the soil and leaf litter where they eat microscopic fungi, algae and decaying organic matter. They go unnoticed during the summer, but have a high tolerance for colder temperatures compared to most other insects. As the snow starts to melt in late winter, they move up through breaks in the snow, especially around the base of trees. Snow fleas are harmless to people.

Meeting adjourned

If we can't make someone's life better, the least we can do is to not make it any worse. Be kind.

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Fit to print...

Snowy day? It could be, and has been, worse

With the winter weather that was expected this week (as of press time on Monday), here is a look at some big snowstorms, from "The Biggest Snow Storms in U.S. History, on History.com:

March 11-14, 1888

More than 120 winters have come and gone since the so-called "Great White Hurricane," but this whopper of a storm still lives in infamy. After a stretch of rainy but unseasonably mild weather, temperatures plunged and vicious winds kicked up, blanketing the East Coast in snow and creating drifts up to 50 feet high. The storm immobilized New York, Boston and other major cities, blocking roads and wiping out telephone, telegraph and rail service for several days. When the skies finally cleared, fires and flooding inflicted millions of dollars of damage. The disaster resulted in more than 400 deaths, including 200 in New York City alone. In the decade that followed, partly in response to the 1888 storm and the massive gridlock it wrought, New York and Boston broke ground on the country's first underground subway systems.

January 27-28, 1922

The Knickerbocker Storm battered the upper South and middle Atlantic United States for two days, dumping a record-breaking 28 inches of snow on Washington, D.C. But by the evening of January 28, the storm was winding down, and several hundred people ventured out to catch a showing of the silent film "Get-Rich-Quick Wallingford" at the Knickerbocker Theatre, the capital's largest and most modern movie house. During the intermission, the theater's flat roof gave way under the weight of the wet snow, and concrete, bricks and metal rained down onto the audience. One of the deadliest in Washington's history, the disaster claimed 98 lives and gave the storm its name.

February 5-7, 1978

A week after Ohio experienced its worst winter storm in history, the Northeast got its own taste of nature's wrath. On February 5, when snowflakes failed to materialize in the pre-dawn hours as meteorologists had predicted, many people chalked it up to faulty forecasting and went about their lives. Later that day, hurricane-force winds and whiteout conditions took them by surprise. The storm pummeled gridlocked highways, forcing drivers and passengers to abandon their cars or be buried along with them. Massive snowdrifts trapped families in their homes and workers in their offices. In Massachusetts and Rhode Island, record snowfalls left residents without heat, water or electricity for more than a week; roughly 10,000 took refuge in shelters. Meanwhile, severe flooding damaged or destroyed homes on the Long Island Sound and Cape Cod Bay. An estimated 100 people perished in this crushing nor'easter.

March 12-15, 1993

Causing 300 deaths and $6 to $10 billion in damages, the "Storm of the Century" lived up to the hype. Those staggering numbers might have been far worse, however, were it not for significant advances in U.S. weather forecasting not long before the mighty blizzard struck. Sophisticated computer models allowed the National Weather Service to issue a severe storm warning two days in advance. For the first time, governors could declare a state of emergency before a single snowflake fell. But that didn't stop them from falling—and with a vengeance. The storm affected at least 26 U.S. states and much of eastern Canada, reaching as far south as Jacksonville, Florida. It dumped several feet of snow on regions that typically see less than an inch of powder a year, forcing officials to scrape together winter emergency plans. On the Atlantic seaboard, hurricane-force winds stirred up mammoth swells, and more than 15 homes were swept out to sea on the eastern shore of Long Island.

January 6-10, 1996

While not technically a blizzard, the "Blizzard of 1996" paralyzed an immense swath of the East Coast with three days of heavy, wet snow. It started in typical fashion, as cold air from Canada pushed down and collided with relatively warm winds from the Gulf of Mexico. On the evening of January 6, snow and sleet began hammering Washington, D.C., Baltimore and surrounding areas. Over the next few days, the storm made its way northeast, breaking records along the way. By the time it subsided, it had deposited between 17 and 30 inches of wind-driven snow on every city along the Eastern seaboard. Temperatures rose quickly in the wake of the nor'easter, and rivers and streams surged with the sudden meltdown. The 1996 storm claimed the lives of 154 people, many of whom died in car accidents, and the ensuing floods killed 33 more.

February 2010

In the United States, the new decade came in like a lion with not one, not two, but three blizzards—all within a span of 20 snowy days. Between February 1 and 6, a severe winter storm swept the country from coast to coast, piling record amounts of snow in the Mid-Atlantic states. On February 9, a second storm produced high winds and heavy snowfalls from Washington, D.C., to Boston. And on February 25, a slow-moving system crippled the Northeast yet again, leaving hundreds of thousands of residents without power.

December 26-27, 2010

Many Americans who missed out on a white Christmas got their fill of snow when a blizzard carved a path of disruption down the East Coast, leaving thousands of travelers across the country stranded as airlines grounded more than 7,000 flights. Pummeling many regions from midday on December 26 through the following afternoon, the post-holiday storm featured a rare meteorological event known as thundersnow, in which thunder and lighting are accompanied by heavy snow rather than rain. New York City's transportation system took a particularly harsh beating, with passengers stranded in subway cars for up to nine hours and abandoned buses scattering the unplowed streets. Snowfall was deepest in Rahway, New Jersey, which received a whopping 32 inches.

Northwood Anchor

Early Files

100 years ago

February 21, 1923

Theatre goers of Northwood and vicinity will have an opportunity of again seeing American Legion and Women's Auxiliary young people in a home talent play. The play this year is a melodrama entitled, "In Old Kaintuck." Cast of characters are Dr. R.I. Lowenber, J.S. Veenker, L.D. Beckett, Wm. C. Brown, Dr. Albin Heiny, Mrs. J.S. Veenker and the Misses Lola Thomson and Ruth Kruse.

Ed Anderson of Manly and Pete Refsdahl, of Grafton, during the recent Buttermaker's Short Course, at Ames, demonstrated to 16 different states entered in the contest that they knew how to make butter by winning first and second place, respectively in the gathered cream class. Worth County cannot help but feel proud of their two champions.

Flatness Bros.' sale of Poland Chinas drew a fair crowd to the breeding farm, northeast of Northwood and the sale in general is considered quite a success and satisfactory to the promoters. Forty-one head were sold and The average price was $38.

That Sheriff Henry A. Gullickson knows how to keep a secret, is now admitted by all his friends who have had a lot of fun in the past joking him about his state of single blessedness. Indeed the good sheriff turned the tables nicely for in response to the usual "kidding" of late he has been giving out the information that he would be married soon. That he was not believed, makes the surprise all the greater for on Saturday, February 17, at 8:30 Mr. Henry A. Gullickson and Miss Helen C. Walswick's marriage was solemnized at the sheriff's residence by Rev. Carl B. Ylvisaker.

75 years ago

February 19, 1948

Wm. C. Schauer of Grafton was fatally injured on Monday afternoon at about 4:45 p.m. when his automobile collided with the southbound M. & St. L. Motor train at the Central Avenue Rock Island crossing in Northwood. He died in a Mason City hospital during the night Wednesday.

A temperature range of 65 degrees was recorded in Northwood during the past week, with a low of 17 below zero early last Thursday morning and a high of 48 degrees Tuesday afternoon.

Resolutions of necessity on both the storm sewer and curb and gutter projects proposed for Northwood were rejected by the town council at a special meeting held Tuesday evening. More than 200 property owners had filed protests against both projects.

An independent gold medal basketball tournament will be staged in the Northwood high school gymnasium on the nights of March 2, 3, 5 and 6, it was announced Tuesday by Russell J. Baker, tournament manager. Proceeds of the tournament will be added to the high school band uniform fund, he said.

Plans have now been completed for the fourth annual 4-H Western Lamb Show to be held in Northwood on Friday and Saturday, February 27 and 28, it was announced this week by Wm. H. St. Clair, county extension director.

Funeral services were held last Saturday afternoon at 1:30 p.m. at the Bride funeral home in Manly, and at 2:30 p.m. at St. Paul's church in that city for Robert Marken, 27, whose lifeless body was discovered at his home south of Manly Wednesday evening of last week.

Cablegrams of felicitation and congratulation have recently been received by Miss Mabel I. Elthon of Fertile from friends, religious workers and churches of Nicaragua, commemorating her 25 years of missionary labor in that Central American republic. These manifestations bespeak the love and esteem that the Nicaraguans have for Miss Elthon, who has given a quarter of a century of service on their behalf.

50 years ago

February 22, 1973

The Viking girls basketball team met their match when Ventura downed them 84-63 in the second game of the district tournament in Mason City. Ventura is unbeaten and untied for the season. Saturday night the Vikings beat North Iowa Conference rivals Forest City in a high scoring game 71 to 67. The game was played at Britt. This is the third time the N-K girls have beaten the Indians this season.

Harry Johnson, custodian at Northwood-Kensett school since 1949, will retire effective March 31. He began in the West Elementary building while it was the high school and transferred to the new high school when it opened in 1962. In 1971 he transferred to the East Elementary building.

Mrs. Oscar Thayer, rural Northwood, won the pig at G&B Tire Company's "Farmer Days." The correct weight was 196 pounds and Mrs. Thayer was right on the money. The barrow was furnished by Cal Brown and Son, Grafton and presented by Gene Bohl, proprietor.

Two Viking wrestlers, Don Pangburn, 145 lb. weight class, and heavyweight, David Gentz will go to the state wrestling tournament at Des Moines. Another sectional winner, Steve Cook, 132 pound weight class, lost by a 2-0 decision in the semi finals to Mike Jans. Jans lost by decision in the finals to Mike Ibeling, Ackley-Geneva. Gentz pinned Alan Hoffman of Don Bosco in 38 seconds of overtime and lost a 15-2 decision to Rick Juchems, Beaman-Conrad. Juchems went on to win the heavyweight championship.

Boys from fifth through eighth grade practice wrestling holds to compete in the Britt Junior Wrestling Tournament, according to Howard Vorland, coach.

25 years ago

February 24, 1988

Tim Thofson, the baritone horn, worked on his selection for the grade school music festival under the watchful eye of Northwood-Kensett elementary and middle school teacher Marilyn Weaverling. Accompanying Tim on the piano is his brother Chad, a high school musician.

Jim Simmelink, elementary school principal for the past two years, has resigned at the end of the current school year. The resignation was accepted at a special meeting of the Northwood-Kensett Board of Education. Simmelink revealed no future plans in his letter of resignation.

They may not be a par with Ann Landers yet, but these five Northwood-Kensett fifth graders are problem solvers in their own right as they'll represent the school in the Future Problem Solving Bowl in Mason City. The girls are Erin Gunderson, Jody Schmidt and Beth Steinmetz. The boys are Chris Estes and Steve Helgeson.

Dean and Deb Mueller of Northwood are parents of a son, Marty James, born on Sunday, February 21, at Mercy Hospital in Mason City. He weighed eight pounds, six ounces at birth and is the first grandchild of Eugene and Helen Mueller of Manly and John and Jan Ulland of Austin, Minnesota.

Northwood-Kensett freshman heavyweight Brian Moretz reached in to get a better hold on Ackley-Geneva's Drew Brandt during his 2-1 overtime victory at the Nora Springs district tournament. Moretz advanced to the state meet in Des Moines this weekend as runner-up to defending state Class 1A heavyweight champ Pat Kelly of Britt.

For those who were counting, the Northwood-Kensett boys basketball team turned in a notable performance in one department in Forest City. Unfortunately, the Vikings' effort didn't show up where the numbers really count - on the scoreboard - in N-K's 65-39 loss to the North Iowa Conference-leading Indians.

10 years ago

February 20, 2013

Ask anyone who has played the game, and they will tell you that having a friendly crowd behind them is a huge factor in an success they enjoy. Well you can't get any friendlier, bigger or louder than the student sections, parents and fans have been for the Lady Vikings as they continue their quest for a state tournament berth. Here's to the best students and fans to be found anywhere in Iowa. Without them the ladies couldn't have made it as far as they have.

After all the labor hours the Worth County 4-H Hoofprints and donations from local businesses put into the horse arena this past fall, this winter has been very hard on the new poles and new panels. A fourth of the arena on the east side is all ice, including the walking path. The spring time will bring a huge mud puddle.

Max Hadley Rugland was born on December 7, 2012, to Kris and Addie Rugland. Max weighed seven pounds, seven ounces and was 21 inches long. Max is welcomed by big sister, Amaya Belle. Grandparents are Keith and Stephanie Harmon and Arlow and Julie Rugland. Great-grandparents are Ken and Marybelle Block and Virgil and Helen Holstad.

With a number of starters getting in foul trouble in N-K's two regional games, junior Kayla Branstad stepped up in a huge way. Against North Iowa and Clarksville, Branstad scored 10 points and grabbed eight boards coming off the bench. Without Branstad's play, the Lady Vikings season may well already be over.

Freshman Mason Olson draws contact and gets the basket in a 62-56 loss to Mason City Newman in the first round of the district tournament. Olson poured in 12 points and had two steals while playing for his brother (Garrett), who was in early foul trouble.

Northwood Anchor

Obituaries

Harvey Reutzel

Harvey John Reutzel, 92, of Northwood, Iowa, passed away peacefully on February 11, 2023, at Meadow View Memory Care Village in Cedar Rapids, Iowa.

Harvey was born on January 9, 1931, on a farm in Ledyard, Iowa, to parents, Henry and Anna (Matheis) Reutzel. He was the second child of seven children. Harvey attended Seneca Consolidated Schools and graduated in 1948.

Harvey worked at Fareway Grocery store in Estherville, Iowa, until he enlisted in the Army in 1952. He served with the Sixth Armored Division stationed out of Fort Leonard Wood, Missouri, from 1952-1954. After he was honorably discharged, he worked at Red Owl Grocery in Fairmont, Minnesota.

Harvey was united in marriage to Marjorie (Warmka) Reutzel on September 4, 1958, at Our Lady of Mount Carmel Catholic Church in Easton, Minnesota. They made their home in Fairmont, Minnesota, and then Northwood.

Harvey and his brother Richard owned Harv and Dick's Food Pride in Northwood for many years. He then worked for Deli-Express until retirement in 1995.

Harvey loved baseball and was a lifelong Minnesota Twins fan. At one time he owned a Cessna 172 airplane with friends and loved to fly. Harvey played the trumpet in the family band growing up. And if you ask Margie he was the best. He and Margie vacationed many summers at Adrian's Resort at Lake of the Woods, Minnesota.



HARVEY REUTZEL

In retirement Harvey and Margie owned a cabin at Lake of the Woods, Minnesota, where they spent their summers fishing and enjoying time with family and friends. They spent their winters in Apache Junction, Arizona. Harvey delivered motorhomes for Bennett Driveaway and traveled all over the United States. He especially enjoyed his 16 trips to Alaska.

Harvey is survived by his wife of 64 years, Marjorie; his sons, Randal (JoAnn) Reutzel of Rogue River, Ore., and Larry (Becky) Reutzel of Swisher, Iowa; daughter, Rhonda Jacobson of Ogden, Iowa; grandchildren, Courtney Reutzel, Brittany Reutzel, Hunter Reutzel, Adam (Meghan) Reutzel, Benjamin (Alejandra) Reutzel, Austin (Abby) Reutzel, Andrea Reutzel, Heather (Jacob) Davis, Forrest (Trisha) Hasty and Mason (Bethany) Hasty; and great-grandchildren, Noah, Emarose, Hazel, Trevor, Finley and Freya. He is also survived by his siblings, Lorraine Szuberski, Darrell (Nancy) Reutzel and Darlene (Joe) Singer; sister-in-law, Renee Reutzel; and many nieces and nephews.

Harvey was preceded in death by his parents, Henry and Anna Reutzel; three brothers, Ervin, Richard and Robert; brother-in-law, Raymond Szuberski; sister-in-law, Beverly Reutzel, and sister-in-law, Dorothy Reutzel.

The family of Harvey wishes to extend our sincere appreciation to Northwood EMT Services, St. Croix Hospice, Care givers Madison Heller, Josie Portis, Linda Christianson, Julie Ganske, Worth County Public Health and Meadow View staff. We could not have asked for better care and love for Harvey.

Visitation was held on Saturday, February 18, 2023, at Sacred Heart Catholic Church, Manly, Iowa. from 10 a.m. to 12 noon. Mass of a Christian burial will following. Interment was in Sunset Rest Cemetery, Northwood. Reception followed at The Timbers in Northwood.

In lieu of flowers please direct your memorials to Marjorie Reutzel, 704 Ninth Street N., Northwood, Iowa 50459, to be given to the organization of her choosing.

Funeral arrangements by Schroeder and Sites Funeral home, Northwood, Iowa.

Mayo Clinic Health System launches new selfguided 'Journey to Wellness' program

Forming healthy habits can be hard, and wading through all the resources available can be overwhelming. As a new year began, Mayo Clinic Health System launched a free program that can help make a wellness journey easier. Individuals and employers are invited to cut through the noise with "Journey to Wellness," a yearlong, self-guided program.

Participants will receive access via email to a monthly toolkit that focuses on different aspects of health, including physical activity, heart health, sleep, social connections, stress, anxiety, cancer prevention and diabetes prevention. Those who register also will gain access to explore resources from previous months. Resources include blogs, videos, printable education materials and activities.

"The beginning of a new year is a time when many people may be looking to make a fresh start and take meaningful steps to improve their health," said Sara Lee, director of Community Engagement at Mayo Clinic Health System in southeast Minnesota. "Our goal is to simplify the process and help you take strides every month toward a healthier new you."

Benefits of enrolling

• Get reliable and accurate information.

• Have resources and activities at your fingertips.

• Save time by using the toolkit resources delivered directly to your inbox.

Employer wellness programming

• Employers are invited to use the monthly toolkit information as a source of employee wellness programming. They can participate in one of two ways:

• Register on behalf of their organization and share the information they receive with their employees.

Ask employees to enroll individually to receive the information directly from Mayo Clinic Health System.

• Each month, the toolkit will include these ready-to-use employer-based resources:

• Quarter-page ad to include in employee messaging

• PowerPoint slide to use in presentations or on digital screens throughout your organization

• Printable education sheets

• Printable activities that can be completed individually or scaled to use as part of a group challenge

Learn more and register to begin this free program on the Mayo Clinic Health System website.

OBITUARIES

To place an obituary in the Northwood Anchor Call 641-324-1051

Email full obituary and photo to anchor1@nwdanchor.com

Cost is $45

Schroeder & Sites
FUNERAL HOME

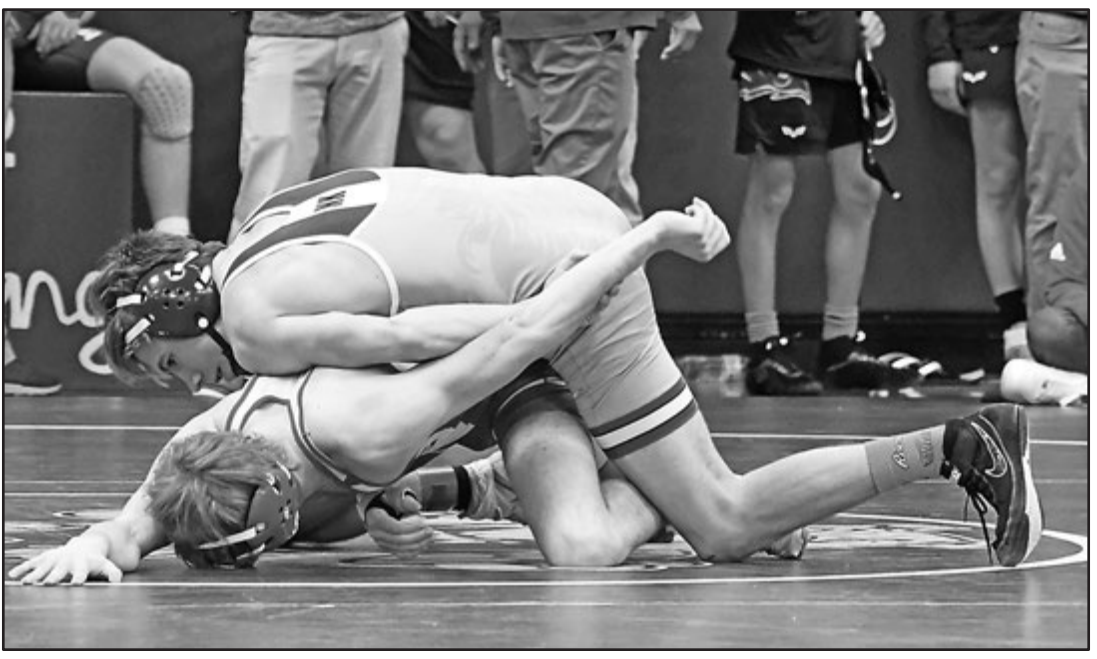
Highway 65 South
Northwood, Iowa 50459
(641) 324-1121

When you need us, we're here to give the dependable help you expect from a friend of the family!

Mitchell Schroeder
Funeral Director

Correction: wrestlers mis-identified

Last week's Northwood Anchor featured a photo in which a Northwood-Kensett wrestler and his opponent were incorrectly identified. The photo identified the wrong talented Tiedemann brother, for which the Anchor apologizes. The picture is reprinted below, with correct identification of the student athletes involved.



Sophomore Trent Tiedemann takes on St. Ansgar's Christian Hermanson at the district meet in Lake Mills. Tiedemann went 1-2 at the meet and was 19-7 to wrap up the season.

Bolan

The Trinity United Women in Faith (UMW) met at the home of Sue Cowell on Thursday afternoon. During their business meeting it was decided to have a "Baked Potato Bar & Homemade Pie" dinner on Sunday, March 26 for the public hosting it in the church basement. Watch the papers for further details.

Northwood-Kensett School

The Northwood-Kensett Board of Directors met in a Regular Meeting on Thursday, February 9, 2023 in the Administrative Office at 7:00 P.M.

Members present: Cindy Pangburn, Larry Hovey, Bradley Christianson and John Anderson

Absent: Susan Kliment

(4-0) Approved the Agenda for February 9, 2023; January 12, 2023 Regular Meeting Minutes; Financial Reports for January; February bills for payment

Public Hearing for the 2023-2024 School Calendar

President Hovey opened the Public Hearing at 7:03

Comments: no written or verbal comments received

(4-0) approve closing Public Hearing

Public Hearing closed at 7:04 pm

Report

Discussion with Macy Thorson and Bailey Thorson regarding the FCCLA club activities, current events and competition in Cedar Rapids.

Elementary Principal: 1) FAST Testing completed now analyzing data with support teachers 2) Author Jill Esbaum's visit to the Elementary school February 21st

Secondary Principal: 1) FCCLA student leadership presentation to the board 2) Pi Day and traditional activities with the assistance of Tiffany Tiedemann 3) Addressing plagiarism in school assignments, drafting guidelines for secondary student handbook

Superintendent: 1) Kim will attend budget workshop on Feb 22 to begin budget preparation of the next fiscal year 2) Health Insurance rates going up by 15% 3) Governor 3.00% supplemental State Aid in effect for 23-24 school year

School Board: 1) Next regular board meeting scheduled for Thursday, March 9, 2023 at 7:00 pm 2) 7th and 8th grade students can be on the main level of the Viking Athletic Center without parental supervision however not on the upper level

New Business:

No Exchange of Opening Proposals – No Action taken

(4-0) approved the WCDA expenditures for the 2023-2024 school year as presented on spreadsheet

(4-0) approved the 2023-2024 school calendar as presented in packet

(4-0) approve the second reading of policy changes to policies 603.4. 604.10, 605.6E2, 605.6R1 and 607.2

(4-0) approve the bid from Nolte, Cornman and Johnson PC of $13,000 for year one, $15,000 for year two and $17,000 year three

(4-0) approve the Public Hearing for Policy 605.06 Internet appropriate use for March 9, 2023 at 7:00, Administration Office at 1496 480th St., Northwood IA

(4-0) approve Math Club fundraiser for Pi Week activities included in Mr. Fritz's secondary report

(4-0) adjourned the meeting at 7:49 pm

Vendor Name, Vendor Description, Amount

AGVANTAGE FS, INC
propane 1,131.20
AHLERS & COONEY, P.C.
legal services 264.50
All Star Pest Control
pest control 75.00
ALLIANT ENERGY
ELECTRICITY 14,808.70
Amazon Capital Services
SUPPLIES 4,926.94
APPLE, INC., SUPPLIES ..667.00
Aswegan, Bruce
Reimbursement 10.69
CARQUEST AUTO PARTS
SUPPLIES 32.40
CENTRAL LOCK SECURITY
lock service 145.00
Central Rivers Area Education Agency, services 5,125.00
CENTRAL SPRINGS CSD
Open Enrollment 12,231.00
CITY OF NORTHWOOD
water/sewer 995.40
DES MOINES STAMP MFG CO
supplies 94.30
FALLGATTER'S MARKET
SUPPLIES 1,255.47
Hartman, Steve
reimb supplies 98.20
Hill, Lori
Reimbursement 568.49
IOWA PRISON INDUSTRIES
furniture 1,030.75
Iowa Water Management Company, boiler service 215.00
IXL Learning, membership 449.00
Jim & Dude's, services 482.45
John Deere Financial
parts and service 4,551.17
JOURNEYED.COM INC
SUPPLIES 265.35
Kelly Hardware
SUPPLIES 298.21
Kroneman, Mari Ann
Reimbursement 158.10
LAKESHORE LEARNING MATERIALS, SUPPLIES 35.48
MARTIN BROTHERS
supplies 1,756.25
MASON CITY COMMUNITY SCHOOL
Open Enrollment 21,088.68
Mick Gage Plumbing & Heating, Inc., plumbing 1,571.31
MIDWEST COMPUTER PRODUCTS, INC.
SUPPLIES 1,021.97
NCI North Central International
Repairs 1,135.53
NIACC Book Zone
CCE books 511.60
NIACC Continuing Ed Dpt
class 7.00
NORTHWOOD ANCHOR
PUBLICATION 168.12
NORTHWOOD ELECTRIC
ELECTRICAL SERVICES 440.10
NORTHWOOD SANITATION
garbage 630.00
Orvedal, Annette
Reimbursement 28.91
OVERHEAD DOOR CO OF ALBERT LEA, services 2,015.00
PLUMB SUPPLY COMPANY - MC, SUPPLIES 85.82
Prairie Ridge Integrated Behavioral Healthcare
services 11,895.00
RIVERSIDE INSIGHTS
supplies 1,128.00
SCHILLING SUPPLY COMPANY, supplies 687.13
SCHOOL ADMINISTRATORS OF IOWA, services 220.00
SCHOOL SPECIALTY LLC
SUPPLIES 928.80
SOLUTION TREE
SUPPLIES 6,741.00
Southern Lock & Glass
lock services 437.92
Staples Business Credit
supplies 644.02
Strike Zone, food 400.00
TRADING POST
supplies 116.13
Truck Center Companies
service 874.56
Unity School Bus Parts
parts 82.24
US TOY CO/CONSTRUCTIVE PLAYTHINGS
SUPPLIES 474.92
VIAFIELD, SUPPLIES 52.80
VISA, SUPPLIES 494.97
WINNEBAGO COOPERATIVE TELECOM ASSN
phone/internet service ... 1,157.44
Worth Lumber Company
supplies 15.23
Fund Number 10 ..... 106,725.25
Christianson, Bradley
Refund 50.00
ELECTRONIC SPECIALTIES, INC, supplies 2,900.00
Wayne's Ski & Cycle
equipment 165.85
Fund Number 65 ..... 3,115.85
Central College
scholarship 2,500.00
NORTH IOWA AREA COMM. COLLEGE, scholarship ... 3,500.00
Fund Number 81 ..... 6,000.00
ACE Fundraising
fundraising 400.00
Albert Lea Steel, Inc.
supplies 266.79
Bishop Garrigan High School
supplies 83.55
CARQUEST AUTO PARTS
SUPPLIES 2.88
FALLGATTER'S MARKET
SUPPLIES 74.90
GOOD NEWS TOUR & TRAVEL
travel 23,108.00
ICDA, services 141.00
IOWA FOOTBALL COACHES ASSOCIATION, fee 55.00
IOWA HIGH SCHOOL SPEECH ASSOCIATION, fee 134.00
JOSTENS, INC.
supplies 1,820.80
Kelly Hardware
SUPPLIES 24.64
MARTIN BROTHERS
supplies 45.00
N-K GENERAL FUND
reimbursement 258.36
NALAN, MARK , official 120.00
NASSP, supplies 270.99
NORTHWOOD CHIROPRACTIC PC, physical 140.00
On Deck Sports
supplies 2,910.00
ORIENTAL TRADING COMPANY, supplies 199.38
Prairie Fire Children's Theatre
Children's Theatre 1,700.00
Reindl, Jordan
State Wrestling 1,000.00
Rieman Music, Inc
supplies 381.95
RUSTIC THREAD, THE
supplies 432.00
University of Northern Iowa
fee 200.00
Valdus Performance Clothing LLC, supplies 3,050.00
VISA, supplies 374.44
Wynnewood Football Clinic
fee 150.00
Fund Number 21 ..... 37,343.68
Dean Snyder Construction Co
general contractor services 210,020.60
Fund Number 33 ..... 210,020.60
Culligan Water
softenor 6,524.86
eBOARD Solutions, Inc
software 2,650.00
JOHNSON FITNESS & WELLNESS, equipment 11,695.00
Marco, copier lease 1,329.29
School Nurse Supply, Inc
supplies 4,042.00
Fund Number 36 ..... 26,241.15
Amazon Capital Services
SUPPLIES 108.02
ANDERSON ERICKSON DAIRY
MILK 6,238.86
EMS DETERGENT SERVICES
SUPPLIES 400.60
FALLGATTER'S MARKET
SUPPLIES 6.70
MARTIN BROTHERS
SUPPLIES 15,560.95
PAN-O-GOLD BAKING CO
BREAD 413.14
Rapids Foodservice Contract & Design, equipment 95.24
ULINE, SUPPLIES 1,389.29
Fund Number 61 ..... 24,212.80

Supervisors

February 13, 2023
Seventh Day

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

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

Motion Stone/Second Smeby to approve today's agenda and minutes from the February 6, 2023 meeting. Motion carried.

Motion Stone/Second Smeby to approve claims in the amount of $44,897.30 as per the following schedule. Motion carried.

A.H. Hermel Vending & Foodservice, Supplies-Shf 16.56
Access Systems Leasing
Service-Dap 98.50
Ajb Enterprise Llc
Service-Gsr 211.00
Amazon Capital Services
Supplies 2,180.17
Aramark, Service-Eng 214.00
At&T Mobility
Service-Shf 1,842.86
Bcn Telecom, Service-Gsr .. 103.48
Carquest Auto Parts Inc
Supplies-Eng 3,563.05
Central Ia Distributing Inc
Supplies-Con 69.00
Central Square Technologies, Llc
Service-911 ..... 3,705.00
Certified Laboratories
Fuel-Eng 809.65
City Of Fertile, Rutf-Eng 1,503.90
City Of Grafton, Rutf-Eng . 851.87
City Of Hanlontown
Rutf-Eng 371.30
City Of Joice, Rutf-Eng... 1,035.71
City Of Kensett, Rutf-Eng . 525.04
City Of Northwood
Service-Gsr 457.40
Electronic Specialties Inc
Supplies-Eng 328.04
Five Star Cooperative
Fuel-Eng 101.54
Frank Stearns
Service-Mex 450.00
Galls, Llc, Supplies-Shf 257.33
Grafton Welding
Service-Eng 280.00
Heartland Power Coop
Service-Wwt 3,555.94
Huber Supply Co Inc
Supplies-Eng 352.31
Jessica Reyerson
Reimb-Phd 34.00
Joel Rohne, Reimb-Dap 202.14
Julie Gangsei, Reimb-Phd ... 10.20
Kelly Hardware
Supplies-Eng 399.54
Kevin Springer Construction
Service-Gsr 4,978.00
Lawson Products Inc
Supplies-Eng 2,368.78
Lexee Anderson, Reimb-Phd . 6.46
Lexisnexis, Service-Aty..... 183.00
Manly Junction Signal
Service-Sup & Aud 468.19
Marco Technologies Llc
Service-Dap & Asr 504.15
Midwest Wheel Companies Inc
Parts-Eng 845.47
Nassco Inc., Supplies-Gsr .. 199.53
Nelson Family Trust
Rent-Shf 300.00
Niacc, Edu-Shf 350.00
North Central Ia Narcotics Task Force, Servuce-Shf 2,376.80
Northwood Anchor Inc
Service-Sup & Aud 993.67
Nuss Truck & Equipment Inc
Parts-Eng 66.38
Performance Food Service
Supplies-Shf 412.16
Pinnacle Quality Insight
Service-Phd 174.50
Ram Systems
Service-Phd 720.00
Shana Butler, Reimb-Phd 9.40
Singelstad's Hardware
Supplies-Eng 166.71
Teresa Johnson
Reimb-Phd 31.03
Trading Post
Supplies-Eng 69.48
Verizon Wireless
Service-Ema 40.01
Wex Bank, Service-Tra ... 2,692.22
Winnebago Coop Telephone Assn
Service-Gsr 3,393.95
Worth Lumber Co
Supplies-Eng 17.88
Grand Total 44,897.30

Motion Stone/Second Smeby to approve the clerk of court's monthly report. Motion carried.

Motion Stone/Second Smeby to appoint Jerry Olson to the Eminent Domain Compensation Commission.

Motion Smeby/Second Stone, carried to adjourn at 8:57 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

City Council

The Council of the City of Northwood met in regular session at City Hall on 2/13/23 at 6 pm with Mayor Moehle presiding and the following council members present:

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

Motion to approve the agenda. Unam.

Motion to approve the following under Consent Agenda: Work Session & Council Meeting Minutes of January 23, 2023; Treasurer Report; Class B Retail Alcohol License Renewal – Dollar General #9644, Claims as follows:

Payable to: For: Amount

Iowa Insurance Division, Perp Care Report $81.00
NSB, Monthly ACH $20.00
Iowa Dept of Revenue
Sales Tax $334.48
Iowa Dept of Revenue
Water Excise $1,221.73
Verizon, Cell Phones $106.73
Visa
Pitching Machine-rec .. $2,137.00
Principal, Insurance..... $475.77
Wellmark BCBS
Insurance $1,310.40
Wellmark BCBS
Insurance $10,575.92
Payroll, Wages..... $21,290.57
Alliant Energy
Services $21,180.99
USPS, Mailing-cc $351.36
Worth Co. Recorder
Record Easements $63.00
Payroll, Wages..... $22,310.69
Asbestrol, Inc.
Inspection-pd $1,100.85
Barbara Demaray Estate
Water Dep. Refund-cc $50.00
Bell's Fire Stop, Inc.
Service $480.00
Bruce Rheinfels
Rental Inspections $64.00
Carquest, Supplies $606.66
Carrico Aquatic
Diving Board-pool $4,049.75
D & L Equipment
Repairs $2,777.53
Dirk VanRyswyk
2022 Cell Phone Expenses $1,514.64
Doug Moehle
Mileage Expenses $94.32
Eilertson Repair
Repairs-pw $1,930.27
Falkstone, Supplies-pw $394.81
Grafton Welding
Repairs-pw $110.00
Hawkins, Inc.
Supplies-pw $10.00
Hogen Lawn Care
Services-cem $778.00
Huber Supply
Supplies-pw $40.27
Jim Hanson
Expense-tr $18.18
Jim Meland, Boots-pw $272.85
John Deere Fin.
Freight-pw $104.36
John Greve
Legal Services $500.00
Kelly Hardware
Supplies-pw $1,219.09
Knudtson Auto
Repairs-pw $428.17
Knutson Oil
Fuel-pw,tr $951.75
Landfill of NI, Dues $2,797.20
Logan Butler
2022 Cell Phone Expenses $540.00
MacQueen Equip.
Parts-pw $188.14
Martinez Custom Fence
Batting Cage-rec $13,500.00
Mircobac Labs
Testing-pw $928.00
NIACOG, Services-tr $187.22
NIACOG
Services-tr $269.43
Northwood Anchor
Publications $160.96
Northwood Chiropractic
DATA $30.00
Northwood Electric
Repairs-pw $150.00
Northwood Sanitation
Services-pd $110.00
Northwood Sanitation
Services $7,696.00
Northwood Senior Center
Monthly Donation $800.00
ODP Business Solution
Supplies-cc $115.85
Proline Dist.
Supplies-pw $63.53
Quality Pump & Control
Repairs-pw $8,984.83
Rita Anderson
Water Dep. Refund $50.00
Richard Butler
Boots-pw $262.15
Roger Gentz Estate
Water Dep. Refund $50.00
SEH
Storm Sewer Easements $4,639.86
Steve Benson
Water Dep. Refund-cc $50.00
Terry Autobody, LLC
Trailer-pw $5,500.00
The Rustic Thread
Basketball shorts-rec $610.00
Trading Post
Supplies-pw $32.99
Unity Point Clinic, DATA.. $42.00
WCTA
Phone/Internet $642.47
Worth Co. Sheriff
28E Police Services ... $31,170.75
Worth Lumber Co.
Supplies-pw $5.85
Library:
Alliant Energy
Utilities $595.53
Baker & Taylor
Materials $585.55
Center Point Large Print
Materials $130.50
Hogen Lawn Care
2022 Lawn Care $184.00
Kelly Hardware
Supplies $23.57
Larsen Plumbing & Heating
Repairs $124.76
Trenhaile Construction
Repairs $463.59

Summary of January 2023 receipts by fund type: General - $85,617.25; Special Revenue-$46,103.88; Debt Service - $1,358.07; Capital Projects-$2,207.39; Enterprise-$90,272.35; Trust & Agency - $0.

Summary of January 2023 disbursements by fund type: General - $54,549.35; Special Revenue-$69,269.62; Debt Service-$0; Capital Projects-$0; Enterprise-$60,898.19; Trust & Agency - $0.

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

Motion to close the meeting and open the Max Levy Public Hearing. Unam.

Motion to close the public hearing. Unam.

Following the public hearing there was a motion to approve Res. 2302-02 Approve FY 2023/2024 Maximum Property Tax Dollars. Ayes: George-Zenz, Peterson, Reeder, Tenold. Nay: Nerlien. Resolution passed.

Motion to allow Worth Co. Historical Society to place a Jefferson Highway Sign in Swensrud Park. Unam.

Motion to approve Res. 2302-03 Approve Setting Proposed City Code of Ordinances Public Hearing for Monday April 10, 2023 at 6 pm. Unam.

Motion to approve Asbestrol, Inc. Quote for $14,630 for removal and disposal of asbestos materials at 852 Central Ave. Unam.

Motion by Nerlien, second by George-Zenz to adjourn. Unam.

Doug Moehle, Mayor
Cindy Borcherding
Deputy Clerk

City of Kensett

The Kensett City Council met in regular session 02/13/2023 at 7:00 P.M. at City Hall with Mayor Corey Pulju presiding. Council Members present were Heiken, Bratrud & Woltzen.

Absent: Bratrud & Douglas

Visitors: L. McNally, R. Bauer, H. Thompson, L. Heiken, L. Lestrud & B. Berge

Mayor called meeting to order.

Motion to approve agenda by Heiken, 2nd by Parker, carried unanimously.

Motion to approve minutes by Heiken, 2nd by Woltzen, carried unanimously.

Transfer switch arrived for the generator. Chuck has been contacted on getting it installed.

Old Business: None

New Business: An increase of wages by $.75 for R. Bauer was proposed. Motion to approve was made by Heiken, 2nd by Parker, carried unanimously.

Librarian wages discussed, tabled at this time.

The new City Clerk will officially start March 1st.

Dates for City Wide Cleanup were proposed- May 6th with the alternate of May 13th. Motioned by Parker, 2nd by Woltzen, carried unanimously.

Date for the Public Hearing for Max Levy was proposed for March 6th. Motion by Woltzen, 2nd by Parker, carried unanimously.

Motion by Parker to raise the Water rates by $.70 to $16.50, Sewer rates by $.70 to $21.50 and Garbage rates $.75 to $15.75 for a small can and $1.00 for a medium to $19.50 and large can to $22.50. 2nd by Woltzen, carried unanimously. Clerk will begin this process as time permits.

Treasurer's Report: January 2023 Revenues by Fund: General 8,757.39, Utilities 5,662.66, Special 4,850.62. Total Revenues: $19,270.67. Stands approved as read.

Motion to approve bills by Parker, 2nd by Woltzen, carried unanimously.

Payable: Alliant Energy 3,908.13, WCTA 277.03, B. Luckason 789.17 (net), R. Bauer 1173.31 (net), L. McNally 969.03 (net), K. Thompson 898.76 (net), Federal & SS 1084.34 (payroll), IPERS 640.99 (payroll), Tractor Loan Payment #48/60 321.98 (casino $-general), R80 273.91 (FD Gas), R80 735.55 (city gas-road use) Agsource 26.75 (service-sewer-testing),Kensett Water Works 104.00 (sewer fees), Waste Management 1925.91 (garbage & recycling-general), C. Pulju 230.87 (payroll-net), KFD 400.00 (fire protection), Iowa One Call .90 (service- sewer), Hawkins 252.70 (water), Landfill of N Ia 346.95 (general), Staples 185.56 (supplies), Van Wert 1092.00 (water), WoCo Auditor 1725.61 (Sp Election), Bice Electric 350.00 (Xmas light removal), The Anchor 143.43 (publications), Corey Pulju 109.38 (mileage), K. Thompson 41.25 (mileage), L. McNally 16.25 (mileage), Counsel 10.68 (general), Arlys Bergdale 40.00 (cleaning), Herb Thompson 30.00 (maintenance), Culligan 21.40 (supplies), Arlys Bergdale 84.00 (cleaning), Ebsco 346.80 (tech support), Midwest Tape 121.45 (supplies).

Disbursements by Fund: General 15,782.36, Special 1450.91, Utilities 516.12, Payroll 6579.53 (gross)

Total Disbursements: $24,328.92

Motion to adjourn by Woltzen, 2nd by Parker, carried unanimously.

Krystal Thompson, City Clerk
Corey Pulju, Mayor

Northwood Anchor

Legal

Notice

IN THE IOWA DISTRICT COURT FOR WORTH COUNTY
PROBATE NO. ESPR009346
NOTICE OF PROBATE OF WILL OF APPOINTMENT OF EXECUTOR AND NOTICE TO CREDITORS
IN THE MATTER OF THE ESTATE OF FRANK E. BRCKA, Deceased.

To All Persons Interested in the Estate of Frank E. Brcka, deceased, who died on or about November 28, 2022:

You are hereby notified that on the December 28, 2022, the Last Will and Testament of Frank E. Brcka, deceased, bearing date of June 18, 2019, was admitted to probate in the above named court and that Marguerite R. Brcka 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 28, 2022.
Marguerite R. Brcka
3576 Thrush Ave.
Plymouth, IA 50464
Executor of the Estate
Timothy M. Anderson
ICIS#: AT0000454
Timothy M. Anderson
165 E. 4th St.
Garner, IA 50438
Attorney for Executor
Date of second publication 22nd day of February, 2023.
7-2t

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Despite improvements, Vikings fall in first round of districts

By Mike Simmons
Sports Editor

This year's version of Viking basketball, a team loaded with talent the likes of which haven't been seen since Marty Cotter brought home a state championship back in 2007, has unfortunately had their post season come to a premature end, this despite winning more games this season than the program has won since it finished 12-10 in 2015-16.

The Vikings took their 8-13 record, not great but at least respectable, into the district tournament where their first-round opponent would be the Warriors of North Union, a team very similar to N-K.

Barely five seconds into the contest, N-K's Colby Eskildsen took the opening tip and put the Vikings in an early 2-0 lead, only to see that disappear just 12 seconds later when the Warriors drained a 3-pointer, erasing what would turn out to be the Vikings' only lead of the game.

N-K's offense tried the best it could to keep up the scoring pace of the Warriors, but just couldn't match the home team's intensity as NU ran out to a 29-17 first quarter advantage.

When the Vikings dropped their point production in the second quarter to just 11 points, NU took advantage and poured in another 20 to end the first half of play with a convincing 49-28 lead.

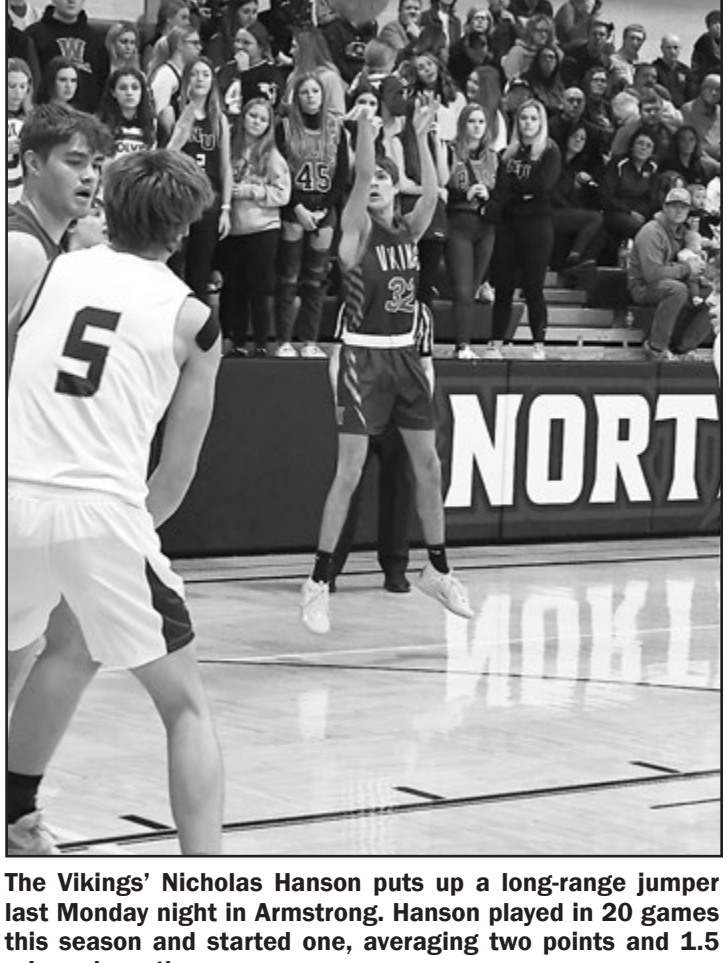
In the third, the Warriors just kept pushing the ball up the floor, taking advantage of N-K's 23 turnovers for the game and extended the lead to the point that by time the fourth and final quarter rolled around the game was already out of reach, NU eventually winning by 37 points, 83-46.

Eskildsen and Carter Anderson led the Vikings with 14 and 13 points respectively in the district loss. The Vikings, who have struggled with wins the last few season ended this year with a very respectable 8-14 record.

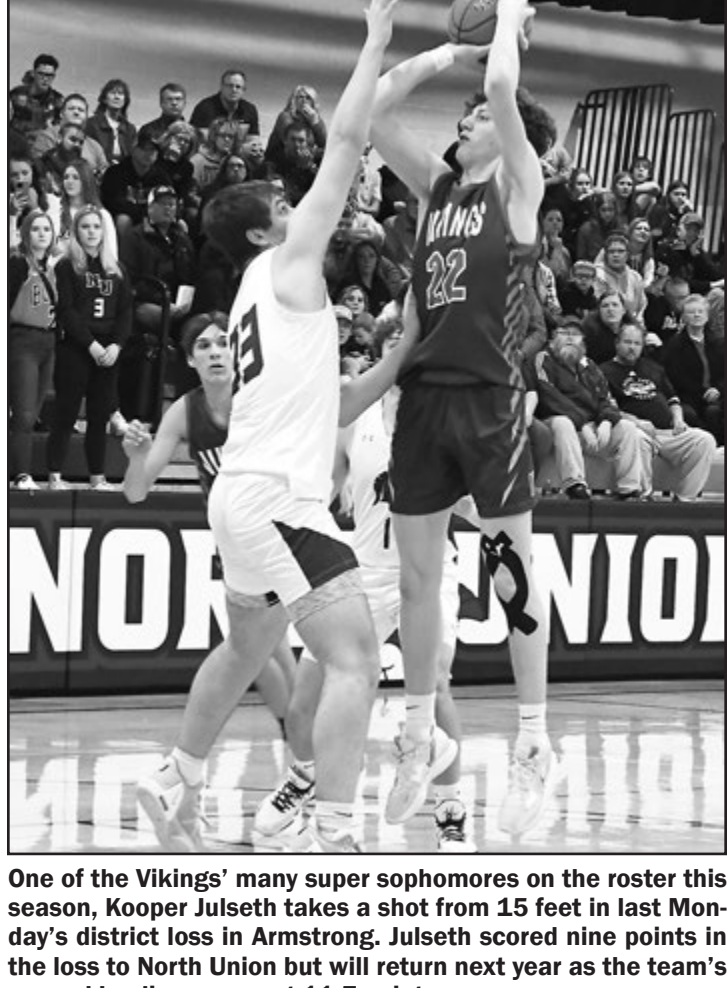
N-K will lose just one starter to graduation, point guard Lamonte Sims, but will lose nearly its entire bench, including Anthoni Martin, Nicholas Hanson, Dante Sims and Grady Buenzow.

NU 83, N-K 46

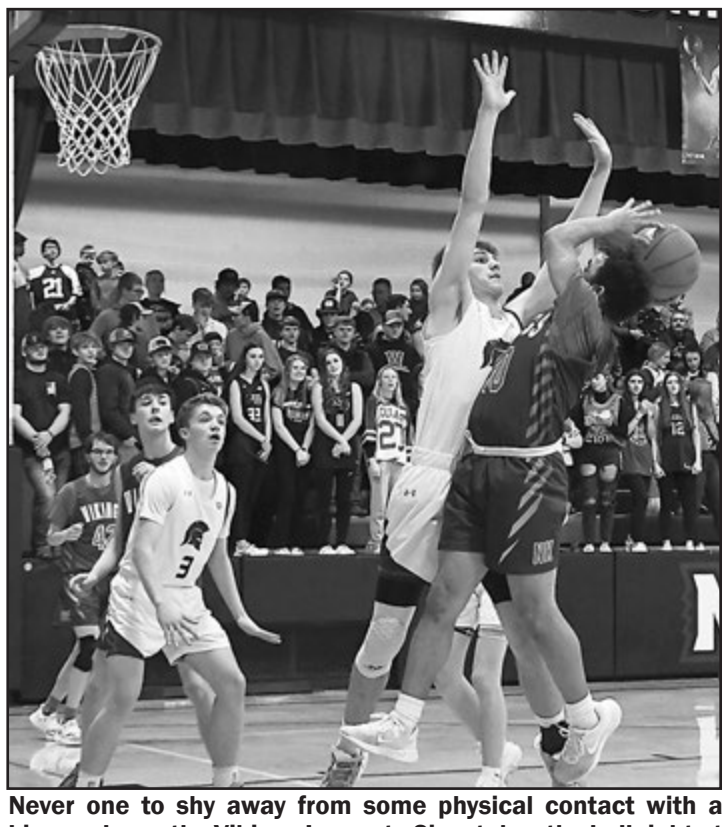
NK	17	11	10	8 – 46
NU	29	20	23	11 – 83'



The Vikings' Nicholas Hanson puts up a long-range jumper last Monday night in Armstrong. Hanson played in 20 games this season and started one, averaging two points and 1.5 rebounds on the year.



One of the Vikings' many super sophomores on the roster this season, Kooper Julseth takes a shot from 15 feet in last Monday's district loss in Armstrong. Julseth scored nine points in the loss to North Union but will return next year as the team's second leading scorer at 11.7 points per game.



Never one to shy away from some physical contact with a bigger player, the Vikings Lamonte Sims takes the ball right at NU's big man last Monday night in N-K's 83-46 season ending district loss. Sims was third on the team in scoring this year at 9.3 points per game.



The Vikings' jack of all trades, this kid can do anything on the basketball court that his coach asks, sophomore Colby Eskildsen splashes a jumper in last Monday's district loss to North Union. Eskildsen was at or near the top in nearly every statistical category for the Vikings this season, including points per game (14.8), blocks (1.4), steals (2.2), assists (4.0) and rebounds (9.6).

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Before he made his way to the state wrestling tournament, Treycen Rollene walked the halls of the elementary school, walking amongst signs, high fives and words of encouragement from students and staff. Rollene said it was a little strange to be back at the school for the first time since he was in the sixth grade, but he clearly appreciated the elementary encouragement.



The Vikings' Treycen Rollene wins his opening state wrestling match by fall over Carmine Shaw of Nodaway Valley on the first day of the Iowa State Wrestling Championships. (Picture provided by Sarah Jacobsen for the Northwood Anchor)



N-K's Treycen Rollene battles Regina's Will Aitchison in a round two consolation match last week at the state wrestling tournament in Des Moines. Rollene lost this match in a 10-2 decision but ends his career where every wrestler hopes to, the state tournament at Wells Fargo Arena, win or lose. (Picture provided by Sarah Jacobsen for the Northwood Anchor)

Rollene's injury plagued season and career ends at state tournament

By Mike Simmons
Sports Editor

Looking back over the career of Northwood-Kensett's Treycen Rollene it's just too hard not to imagine what might have been. What might have been had the freshman who went 36-17, followed that up with a 29-win sophomore season and was looking at 65 wins after just two years on the mat, had he not been injured?

What might have been had the talented junior not been injured, leaving him with just a 4-1 mark, and what could have been had those nagging injuries not haunted him on and off this year, his senior season.

But despite all those setbacks and disappointments, Rollene had one goal in mind for his senior year, make it to the state tournament for the first time in his career. Rollene accomplished his goal, like he has many others, and was a 145-pound qualifier in class 1A.

Everyone who has ever been to the state wrestling tournament knows how important it is to win that first match, and Rollene did just that when he beat Carmine Shaw of Nodaway Valley by fall in the second period.

Now on the winner's side of the bracket Rollene set his sights on Emmetsburg's Ryan Brennan. In this match Rollen suffered his first loss in Des Moines, a slim 3-2, heartbreaking decision.

Hoping to avoid elimination from the field, Rollen faced Will Aitchison of Regina in a consolation round two match and succumbed in a 10-2 major decision, ending his state tournament bid.

Rollene, who overcame injuries over the years to finally make it to state, ends his Viking career with a 94-42 record. Just imagine what might have been.

N-K basketball well represented on all-conference teams

By Mike Simmons
Sports Editor

The Northwood-Kensett boys and girls basketball teams, while finishing four to six games under the .500 mark, were nonetheless competitive in the Top of Iowa Conference East this season, earning a number of them recognition on the post season all-conference teams.

The Lady Vikings had three young ladies selected by the coaches of the TIC East. They were Chloe Costello, Morgan Wallin and Madalynn Hanson. While the boys that were chosen were Colby Eskildsen, Kooper Julseth and Lamonte Sims.

Costello led the 9-13 Lady Vikings with 13.2 points and 3.9 steals per game. She also had 1.3 assists and 3.6 rebounds. Wallin led the team with 6.0 rebounds and added 7.7 points and 3.2 steals per game. Hanson, the team's point guard, was second on the team with 4.8 rebounds and added 3.6 points and 3.0 steals per game.

Eskildsen nearly averaged a double-double for the 8-14 Vikings, scoring 14.8 points and grabbing 9.6 rebounds per game, both team highs. Julseth was the team's second leading scorer at 11.7 points per game and added 1.5 steals, 2.7 assists and 6.3 rebounds per game. Sims was the team's third leading scorer at 9.3 points per game and was responsible for setting the team's pace on the floor. The talented senior also averaged 2.0 steals, 1.9 assists and 2.5 rebounds per game.

2022-23 Top of Iowa Conference East Division Girls Basketball All-Conference Team's

First Team		
Kaci Crum	Central Springs	So.
Chloe Costello	**Northwood-Kensett**	**Jr.**
Claudia Aschenbrenner	Osage	Sr.
Samantha Brandau	Osage	Sr.
Madison Hillman	Saint Ansgar	Sr.
Emma Martinek	West Fork	Sr.
Leah Weaver	West Fork	So.
Second Team		
Aubrey Hoeft	Central Springs	Jr.
Kadence Huck	Nashua-Plainfield	So.
Sami Kruckenburg	Newman Catholic	Fr.
Morgan Wallin	**Northwood-Kensett**	**Jr.**
Jacey Johnston	Osage	Fr.
Addison Tabbert	Saint Ansgar	Sr.
Rylie Akins	West Fork	Sr.
Ellie Weaver	West Fork	Sr.
Honorable Mention		
Abby Pate	Central Springs	Sr.
Kendall Bailey-Pint	Nashua-Plainfield	Sr.
Liz Kruckenburg	Newman Catholic	Jr.
Kaycee Wiebke	North Butler	Jr.
Madalynn Hanson	**Northwood-Kensett**	**Jr.**
Rylie Tabbert	Osage	Jr.
Loren Fierova	Rockford	Sr.
Aspen Falk	Saint Ansgar	Jr.
Keelee Sheriff	West Fork	Sr.

Player of the Year: Emma Martinek, West Fork
Coach of the Year: Rodney Huber, West Fork

2022-23 Top of Iowa Conference East Division Boys Basketball All-Conference Team's

First Team		
Bo Harrington	Nashua-Plainfield	Sr.
Max Burt	Newman Catholic	Sr.
Doug Taylor	Newman Catholic	Sr.
Madden Uhlenhopp	Osage	So.
Quinn Street	Osage	Fr.
Cayde Eberling	West Fork	Jr.
Sage Suntken	West Fork	Jr.
Second Team		
Javont Frolland	Central Springs	Jr.
Owen Almelien	North Butler	Sr.
Corbin Lewis	North Butler	Sr.
Colby Eskildsen	**Northwood-Kensett**	**So.**
Kooper Julseth	**Northwood-Kensett**	**So.**
Max Knudsen	Osage	Jr.
Hunter Hillman	Saint Ansgar	Jr.
Honorable Mention		
Jacob Prymer	Central Springs	Sr.
Joel Winters	Nashua-Plainfield	Sr.
Noah Hamilton	Newman Catholic	Sr.
Hunter Rademaker	North Butler	Jr.
Lamonte Sims	**Northwood-Kensett**	**Sr.**
Drew Tusler	Osage	Sr.
Adam Wyborny	Rockford	Sr.
Ryan Hackert	Saint Ansgar	Sr.
Gavin Cronk	West Fork	Jr.

Player of the Year: Bo Harrington, Nashua-Plainfield
Coach of the Year: Trent Trask, West Fork

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