The Northwood Anchor

USPS 398-060
ISSN 8750-922X
Volume 130
Single Copy - $1.50

16 Pages | Wednesday, November 4, 2026 - No. 44 | Northwood, IA 50459

Briefs

Veterans Roll Call event Saturday

Worth County Veterans Affairs will hold its annual outreach event, Roll Call X, this Saturday, November 7, at the Timbers in Northwood.

The event includes food, entertainment and information for veterans.

The event will be held starting at noon on November 7, at the Timbers, 512 Central Avenue, in Northwood.

The event is free for all Worth County veterans and a guest for each.

N-K hosts Veterans Day events

Northwood-Kensett will host a Veterans Day program at 11:30 a.m. in the high school gym on Wednesday, November 11.

The program will include a performance by the high school choir and the announcement of winners of patriotic essayists.

The guest speaker of the day will be retired educator and E9 Chief Master Sergeant Mike Reindl, retired Air National Guard.

The program is open to the public.

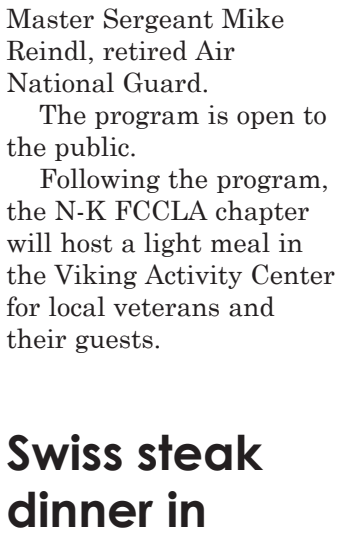
Following the program, the N-K FCCLA chapter will host a light meal in the Viking Activity Center for local veterans and their guests.

Swiss steak dinner in Bolan Nov. 15

Trinity United Methodist Church of Bolan, Iowa, will be hosting a "Swiss Steak Dinner" fundraiser on Sunday, November 15, from 11 a.m. to 1 p.m. or until they run out.

Meals may be picked up by driving to the north end of Bolan to 4214 Tulip

Bolan, see Page 2



The Week's WEATHER
From National Weather Service information

Date	Hi	Lo	Prec.
Mon. Oct. 26	60	47	T
Tues. Oct. 27	60	50	0.14
Wed. Oct. 28	73	51	0.15
Thurs. Oct. 29	60	37	
Fri. Oct. 30	51	35	0.02
Sat. Oct. 31	61	50	T
Sun. Nov. 1	63	52	0.04



Maddie Christianson, Kaylee Franck, Ivy Urbatsch, Olivia Urbatsch, Charlotte Cooper, Hadley Anderson and Maggie Rye. The team finished sixth at the Iowa State Cross Country Championships.



Olivia Urbatsch, fourth place, and Ivy Urbatsch, sixth place, at the Iowa State Cross Country Championships

Iowa Cross Country State Championships

By Troy Einertson
Northwood-Kensett
Cross Country coach

What a title for an article that is being written about our Northwood-Kensett girls XC team! As I sit here thinking about what I am going to write, just reading the title gives me goosebumps, and the crazy emotional roller coaster I have been on for the past month starts all over again!

It is just crazy to think how far we have come this year, and how much these seven girls have accomplished in such a short amount of time, but here I am writing my last article for our wonderful paper, and it is about the Iowa Cross Country State Championships! Yep, here comes the tears of joy again! With that being said, I better get going.

After we ran at Luther, we sat down and discussed what we had just accomplished, and what we still had left to do. All year long we had followed our "There Is No Finish Line" mantra, and this next week would be no different. We had moved up to fifth in the 1A rankings, and Mr. Urbatsch kept telling the kids that even though this was cool, we still had a ton to prove, and our work wasn't finished.

Now I am a firm believer that things happen for a reason, so when I received a text from my son Josh on Thursday saying, "The tools are in the shed, now it is time to use them," I knew what I needed to say to not only our girls, but to everyone else at the pep rally we were having. After the pep rally, the girls were ready to go. We ran a couple miles, and got our things, and headed to Fort Dodge for their big day!

Friday morning came, and it was raining. The girls were excited for this, and I knew from this we were going to have a great day! Once we arrived at Lakeside Municipal Golf Course the girls seemed fine, Jake and I not so much, and we walked the course. We were the first race of the day on the course, and it was in great shape. It was going to be fast, and the girls were ready to get after it.

As we were getting ready at the start line, Mike Jay, the voice of Track and Field, started announcing the teams and runners that were running. When he hit box 18 and our team, not any individuals, but our TEAM, I knew we had

Championships, see Page 5

Supervisors hear City's request for roads dept. property, solar project's drainage rerouting

The Worth County supervisors heard a request for County property, discussed rerouting drainage for a solar project and approved a new employee to be shared amongst several offices.

Northwood mayor Doug Moehle was at the October 26 meeting, to request that the County give the City consideration to acquire the property where the county shed is currently located.

With construction nearing completion on new secondary roads facilities in the northeast corner of Northwood, the current secondary roads sheds located on 13th Street South would no longer be needed.

Moehle said that the property is currently located in a residential neighborhood, surrounded by homes.

Moehle said that if the City acquires the property, the intention would be to extend city streets, tear down the existing County buildings and create a new residential area there, with the potential for nine lots.

Supervisor AJ Stone said that the County would like to recoup whatever it can by selling the property. He said that working with the City could be a good way to do that. He noted that providing more room for housing in Northwood would bring in a bigger property tax base, and the County would in turn receive a portion of that.

Supervisor Mark Smeby said that it wasn't something that the County plans to look at soon, but could be up for discussion next year, possibly in the spring when County assets could be salvaged or relocated.

Supervisor Enos Loberg said that it would be an ideal scenario. He noted, however, that the property belongs to all the citizens of Worth County and they would have to be open to consider other options too.

Moehle thanked the

Supervisors, see Page 2

Supervisors declare Operation Green Light in Worth County

At their meeting on October 26, the Worth County supervisors approved a proclamation declaring a week dedicated to honoring veterans in the community.

The proclamation reads as follows:

Operation Green Light for Veterans - Worth County 2026 Proclamation

WHEREAS, the residents of Worth County have great respect, admiration and the utmost gratitude for all the men and women who have selflessly served our country and this community in the Armed Forces; and

WHEREAS, the contributions and sacrifices of those who served in the Armed Forces have been vital in maintaining the freedoms and way of life enjoyed by our citizens; and

WHEREAS, Worth County seeks to honor individuals who have made countless sacrifices for freedom by placing themselves in harm's

Light, see Page 2

Crop clinic set for Dec. 3

The annual Worth and Cerro Gordo County Corn and Soybean Clinic will be held on Thursday, December 3, at Bethel United Methodist Church in Manly.

The Clinic will include a Cover Crop and Soil Nutrition Panel discussion, featuring Dean Sponheim of Osage, Russ Olson and Hayden Olson of Kensett and Josh Nelson, cover crop sales with Albert Lea Seed. The discussion will include incorporating cover crops, benefits and logistics of getting started, shared by

Clinic, see Page 2

Find election results online

With the general election set for Tuesday, November 3, after the Northwood Anchor and Manly Signal went to press, the results of the local election will not appear in this week's issues. However, the Anchor and Signal will share the results online Tuesday night as they become available.

Winners of county races and how county voters supported state and national races, will

Election, see Page 2



N-K cheerleaders show winning spirit

The Northwood-Kensett cheerleaders traveled to Fort Dodge on Sunday to take part in the Triton Challenge, hosted at Iowa Central. The N-K squad earned first place in Game Time Spirit. Their next competition will be Iowa Cheerleading Coaches' Association State Cheer Championships this Saturday at the Iowa State Fairgrounds. Pictured are (from left) Piper Brunsvold, Maddie Christianson, Brianna Perkins, Lexi McHenry, Ashlyn Skellenger, Kenly Solberg, Ivy Toresdahl and Natalie Shoars.



Where there's no smoke...

The recent pleasant fall weather has made it a nice day to be outside for Northwood-Kensett Elementary students for many occasions, even if that is a fire drill. Students are pictured here practicing evacuating the elementary building and making their way to spots a safe distance away.

Forecasters predict warmer winter for North Iowa

With cooler fall weather arriving, many may be wondering what's in store for the winter season to follow. Forecasters are largely in agreement that a warm winter is on the way.

According to Justin Glisan, State Climatologist of Iowa, speaking on an Iowa Farm Bureau Federation webinar, a very strong El Nino event means that a warmer winter is more likely than what may otherwise be forecast based on records alone.

El Nino refers to a pattern of warmer ocean temperatures in the equatorial Pacific Ocean, which influences weather worldwide. This year's El Nino event is amongst the more pronounced of such occurrences, being referred to as a "super El Nino."

According to Glisan, the strong El Nino suggests warmer winter temperatures with less snowfall. When snow does arrive however, it is projected to come in heavier amounts in short periods of time.

"Warmth is the theme here through fall and into winter with strong El Nino events," Glisan said. "Generally, when we see warmer temperatures with these El Nino events, typically less snowfall, but more episodic snowfall events, we get more snow with a shorter period of time."

Glisan also noted that forecasts call for more precipitation in November, but that is in a month that is typically dry. He said that the excessive moisture that came this September, one of the wettest on record, isn't likely to repeat in November.

The National Weather Service's seasonal outlook maps concur with the forecast for warmer weather.

According to 90 day outlook maps, probabilities are high for warmer than normal temperatures for the areas of North Iowa from November through May.

The National Weather Service forecast maps indicate that, when it comes to precipitation, there are equal chances of above or below normal precipitation from November through January, increasing as February arrives, but then remaining with equal chances through May.

Another forecasting source, the Old Farmer's Almanac, uses a secret formula based on the study of sunspots, derived in 1792 by the Almanac's founder, combined with modern meteorological technology, to predict weather.

For the region the Almanac refers to as the Heartland, including all of Iowa and portions of states to the west, south and east, winter overall is expected to be warmer than normal, with shifts of 2-4 degrees above average to 3 degrees below average between November and March.

With the warmth, the Almanac predicts above normal precipitation, but snowfall at or below normal.

Atmospheric conditions are having a particular influence on forecasts this year, and those that prefer warmer winter weather can predict that they will likely enjoy the results.

Minnesota visitor wins more than $70,554 at casino

A Janesville, Minnesota, resident is going home $70,554 richer after a night out at Diamond Jo Casino & Hotel.

The lucky winner, who prefers to remain anonymous, was playing an Ainsworth Game Technology Triple Troves Reigning Rhino ™ machine when she hit the progressive jackpot.

Lady Luck was smiling on this guest and her friend throughout their visit, as they both won several smaller jackpots.

Iowa's 2026 pheasant season expected to be another good one

Iowa's 2026 pheasant season should be another good year for hunters following on the heels of 2025 season that saw an estimated 68,000 hunters harvest more than 500,000 roosters.

"We had the second highest August roadside counts since 2015, but did see our counts drop in the eastern third of the state," said Todd Bogenschutz, upland wildlife biologist with the Iowa Department of Natural Resources (DNR). "Data showed we had a lot of hens re-nesting in the eastern third, leading to later hatches. These young pheasants won't likely have their adult colors by the time the season opens, but should by early December."

The annual August statewide pheasant survey averaged 23 birds per route this year. Iowa's pheasant season opened statewide October 31.

"West of I-35, primarily west central, north central and the northwest regions, it will be similar to last year, which was pretty good," Bogenschutz said.

The combination of weather and habitat are two main drivers of Iowa's pheasant population and last year, most of the state experienced a normal winter, followed by a wetter and warmer than normal spring.

"We had good counts come in from across the state where we had good habitat and good winter and spring conditions," Bogenschutz said. Good hunting can be found in other regions where quality pheasant habitat exists, he said.

Rainfall delays spring nesting, August population survey, fall harvest

Rainfall from spring through the fall has played a role in Iowa's pheasant season, ranging from impacting nesting in May and June, to delaying population survey in August and possibly the crop harvest this fall.

The near record rainfall in September has delayed harvest across much of the state, which could benefit pheasant hunters. Harvest after the season opens will concentrate birds in prairies and CRP fields and other upland habitat, as the crops come out.

Hunters should be aware that fewer acres enrolled in the popular Iowa Habitat and Access Program, or IHAP, will be available to hunt this fall, and are encouraged check its status on the Iowa Hunting Atlas at www.iowadnr.gov before opening weekend. Roughly 10,000 acres, or about one-third of the total IHAP acres, have exited the program and is no longer open to public access.

Low CRP rental rates are often cited as the reason to exit the program and to return to crop production. CRP rental rates are tied to the Farm Bill which continues to operate under an extension from 2018.

The DNR received $3 million in 2026 to spend on the program over the next three years, and much of that funding will be spent in offers to interested landowners.

Supervisors
Cont. from Page 1

supervisors for keeping the City in mind as they move forward, and said that they would work with the County however they could.

The supervisors also received a request to pass a resolution acknowledging plans to reroute drainage for the Worthwhile Solar Farm in the western area of the county.

As the project is in the development phase, Invenergy is looking at potential drainage impacts, and making plans for how to mitigate and address those impacts.

Most of that will take place on privately owned properties. However, one portion of a shared district tile, in Drainage District #41, will need to be rerouted so that it remains outside of the fenceline of the solar farm, so that potential drainage repairs or projects in the future would not have an impact on the solar facilities.

A representative of Invenergy was at the supervisors meeting to provide information, forms and maps of the plans to reroute the DD41 tile in three areas to take it around the solar farm fenceline.

A contractor working for Invenergy has worked with a local drainage company to inspect the existing drainage and design the new path to make sure that the drainage is not negatively impacted.

The drainage redesign is being paid for by the company as a part of its agreement with the County to maintain and repair any impacts the project has on roads and drainage.

The supervisors planned to place the resolution on a future meeting agenda.

The supervisors also approved a request to hire a new employee for the Worth County recorder's office. After the recent appointment of Jolene Hickle as recorder, the office is currently working with two employees, leaving times when the office is not open, or when other offices have to take calls and questions from the public.

The new employee would be hired with the intent that they could also fill in for other courthouse offices as needed, when employees are on vacation, out sick or otherwise unavailable.

Light
Cont. from Page 1

way for the good of all; and

WHEREAS, veterans continue to serve our community in the American Legion, Veterans of Foreign Wars, religious groups, civil service, and as County Veterans Service Officers in 29 states to help fellow former service members access more than $52 billion in federal health, disability and compensation benefits each year; and

WHEREAS, approximately 200,000 service members transition to civilian communities annually; and

WHEREAS, active military service members transitioning from military service are at a high risk for suicide during their first year after military service; and

WHEREAS, the National Association of Counties encourages all counties, parishes and boroughs to recognize Operation Green Light for Veterans; and

WHEREAS, Worth County appreciates the sacrifices of our United States military personnel and believes specific recognition should be granted;

NOW, THEREFORE, BE IT RESOLVED, with designation as a Green Light for Veterans County, Worth County hereby declares November 4-11, 2026, as a time to salute and honor the service and sacrifices of those transitioning from active service; and

BE IT FURTHER RESOLVED, that Worth County encourages its citizens in patriotic tradition to recognize the importance of honoring all those who made immeasurable sacrifices to preserve freedom by displaying green lights in a window of their place of business or residence from November 4-11, 2026.

Election
Cont. from Page 1

be found on the Northwood Anchor website Tuesday night, online at www.nwdanchor.com, free to access to all. Links will also be shared on the Northwood Anchor and Manly Signal Facebook pages.

Next week's papers will include a more detailed look at election results, including voter turnout and how Worth County voters compared to those casting ballots statewide.

Clinic
Cont. from Page 1

those with firsthand experiences.

Alison Robertson, ISU professor and field crops pathologist will present information at the clinic.

The Corn and Soybean Clinic will also include an opportunity for private pesticide recertification, led by Extension Crop Field Specialist Angie Rieck-Hinz.

The Clinic will also include a complimentary meal at 12:30 p.m.

The Corn and Soybean Clinic will begin at 9:30 a.m. on Thursday, December 3, at Bethel United Methodist Church.

Those with questions or who would like to attend may contact the Worth County Extension Office at 641-324-1531 or xworth@iastate.edu.

Bolan
Cont. from Page 1

Lane. The menu includes Swiss steak, coleslaw, homegrown sweet corn and squash, mashed potatoes, gravy, and homemade chocolate chip cookie for a free-will donation. All donations will go toward church improvements.

Pick up in Northwood is also available. Those requesting to pick up at courthouse in Northwood at noon, may call Pam Anderson at 641-324-1102, by Saturday, November 14.



November SPECIALS
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USPS 398-060
Kris Kenison, Publisher
Ph. 641-324-1051
Fax 641-324-2432
email anchor1@nwdanchor.com
The Northwood Anchor, USPS 398-600, published every Wednesday for $55.00 and $63.00 per year by Kenison Publishing, Inc., 801 Central Ave., P.O. Box 107, Northwood, IA 50459. Periodical postage paid at Northwood, IA. POSTMASTER: Send address changes to: The Northwood Anchor, Box 107, Northwood, IA 50459.







Extension helps little readers grow

Helping Little Readers Grow with Our Bookshelf

By Molly Benson

Did you know one of the best ways to help your child get ready to read is as simple as reading a book together? Reading aloud, talking about the stories and having everyday conversations helps young children build language skills and develop a love for reading. Research shows that preschoolers who are exposed to lots of languages through books and conversations have greater academic success.

The Worth County Extension Office is excited to offer Our Bookshelf, a program that brings reading into the preschool classroom throughout the school year. The program uses a research-based approach called dialogic reading, which encourages children ages 3–6 to become active readers by asking questions, talking about the pictures and sharing their thoughts about the story.

I'm excited to work with our local preschoolers throughout the school year, helping them build early literacy skills while making reading fun.

The program also provides parents with resources and simple reading strategies they can use with their children at home. My hope is to help families discover that even a few minutes of reading each day can make a lasting difference in a child's learning and development.



Fall is a great time to plant shade trees

It's not too late to plant some varieties of shade trees before winter sets in. These next few weeks of October are an ideal time to plant new trees.

Shade trees can reduce heating and cooling costs, improve the air we breathe, add beauty and color to backyards, add value to the property, provide shelter from the wind and sun, and make our communities a better place to live.

A properly planted and maintained tree will grow faster and live longer than one that is incorrectly planted.

"Properly planted and maintained trees will have a better opportunity for a long, healthy life," said Iowa DNR district forester Mark Vitosh. "Improperly planted and maintained trees can become stressed more easily or may look otherwise healthy, but then suddenly die in the first 10 to 20 years after planting. One of the key tree planting mistakes is planting the tree at the improper depth. "

"The work does not stop after planting," explains Vitosh. "Proper tree health monitoring and long term maintenance like watering, mulching, and structural pruning helps promote quality trees long-term."

Follow these simple tips to properly plant and maintain a healthy tree:

Select a species that matches your site's growing conditions (i.e. soil type, soil drainage, available growing space, full sun or shade, etc.).

Select a species that meets your goals (i.e. shade, screening, wildlife habitat, fall color, etc.).

Make sure you match the ultimate size of the tree with the available growing space to avoid conflicts with structures, power lines, driveways and sidewalks, and stop signs. Good planning can avoid future conflicts.

Always call Iowa One Call-811 before you start digging to locate any underground utilities.

Remove top soil from the original root ball until you can see the first lateral root. This first main root should be just below soil grade when planting.

Examine the root system and prune any circling roots.

Measure the distance just above the first lateral root to the bottom of the root ball; that is the depth that you should dig the planting hole. Proper planting depth is key to long-term tree survival. If the hole is dug too deep the tree can settle over time which can cause long-term health issues.

Dig the hole at least twice as wide as the root ball, to loosen the soil and promote good lateral root growth.

Once the tree is planted, slowly water the planting hole (focus water in the location of the root ball) to settle the soil. As the tree grows, water the expanding root system further away from the initial root ball.

If you have planted new trees within the last 3 years consider some supplemental watering during weeks we do not receive one inch of rainfall.

Find more tips on how to properly plant a tree, select diverse trees and proper tree care after planting on the DNR webpage at www.iowadnr.gov/planttrees.

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Northwood Anchor Northwood

Multilingualism as an asset: How schools distinguish learning English from having a learning disability

Dr. Lisa Wymore is an Educational Services Consultant for Central Rivers Area Education Agency



DR LISA WYMORE

In our increasingly interconnected world, multilingualism is a superpower. The ability to communicate effectively in more than one language helps people think flexibly, understand different cultures, and succeed in the workforce. Businesses value multilingual employees to expand services and connect with international companies. The Iowa Department of Education recognizes these skills through the Seal of Biliteracy, a credential placed on qualifying students' high school transcripts for colleges, universities, and employers. Still, multilingual students need strong academic preparation to build literacy, academic, and career skills.

When multilingual learners enter our schools, they bring knowledge and language skills in their home language. They use these tools to learn English and academic content. However, sometimes English language development and academic learning do not always progress as expected. How do schools determine the best course of action when a student's struggles raise concerns?

Distinguishing between learning a new language and having a learning disability is complex. It requires a step-by-step process centered on the student. School leaders assemble a team including teachers, parents, and specialists. This group must include people who know the student well, understand their culture, and specialize in language learning or special education. Staff from Central Rivers Area Education Agency often join these teams to support district staff, students, and families.

The team reviews the student's background, current progress, and specific concerns. They look at past educational experiences, including schooling in the home country. The team checks English development and tests academic skills in both English and the home language when possible. Evaluating home language skills provides helpful insight to guide instructional decisions. Next, the team compares the student's progress with peers who have similar backgrounds and experiences. This helps determine whether language development and academic progress match trends seen with similar learners. Finally, the team decides the best path forward: allow more time for language learning, provide targeted interventions, or refer the student for special education evaluation.

Distinguishing English language acquisition from a learning disability takes careful thought. By viewing language skills as assets and relying on a knowledgeable team to gather and analyze data, schools ensure well-informed decisions that support student success.

Dr. Lisa Wymore is an Educational Services Consultant for Central Rivers Area Education Agency. She can be reached at lwymore@centralriversaea.org. Central Rivers AEA serves children, families and educators in 18 counties of Iowa.

Community brings Viking Pride to State Cross Country Championships

By Troy Einertson
Northwood-Kensett cross country coach



Viking Pride!

I have been either running or coaching track and field or cross country now for over 45 years. I know, I am old, right! In all of those years, I have been a part of or watched some amazing things happen. This year's cross country season has to be added to this list. Not just for what the kids and the team have accomplished, but because of all the support that we have received this year.

When we started this year I talked about the word IT a lot, and even talked about it again in my State Cross Country article. IT has to do with a lot of things, but in this case IT has to do with the identity of our school, and in particular our sports that our kids play in, and we as coaches coach.

One of our main goals at the beginning of the season was that we wanted to try and change our identity, or culture of our school and all of our sporting activities. Given that we have a sport that is hard for people to watch because of the time we run, and the conflicts we have with other sports practices and people's work schedules we knew we were in for a challenge.

This changed though once we got going, and showed a little success. It also changed when our parents started telling others how wonderful our sport was.

We had Mariah write a wonderful Facebook post that said a lot of things in it, but the statement she made that said, "There is a wide range of personalities and ages on this team, but they blend seamlessly together. The way they cheer for and support each other is awesome to watch. It is hard not to swell with N-K pride watching this group."

This statement was the one that stood out the most, and I couldn't have said it better! These kids have brought joy into my heart from day one, and by the looks of it from the turnout we had in Fort Dodge, the same can be said about our school and our community.

This sport, unlike any other, promotes family, hard work and good sportsmanship. There are no disagreements with referees, no discussing bad calls or critiquing coaches, or other players, there is just a bond that is there for everyone that is hard to explain unless you have been at or competed in a XC event. Before, during and after every race the camaraderie that is shown between runners and coaches is like nothing I have ever been a part of.

So when I stepped in front of the pep assembly to talk to the school the only thing I could think of was how proud I was of everyone in the stands, standing with me and along the walls of the gym. The school was having a pep bus, kids were driving down on their own and there were countless individuals that were going to make the trek down to Fort Dodge to watch these amazing girls run.

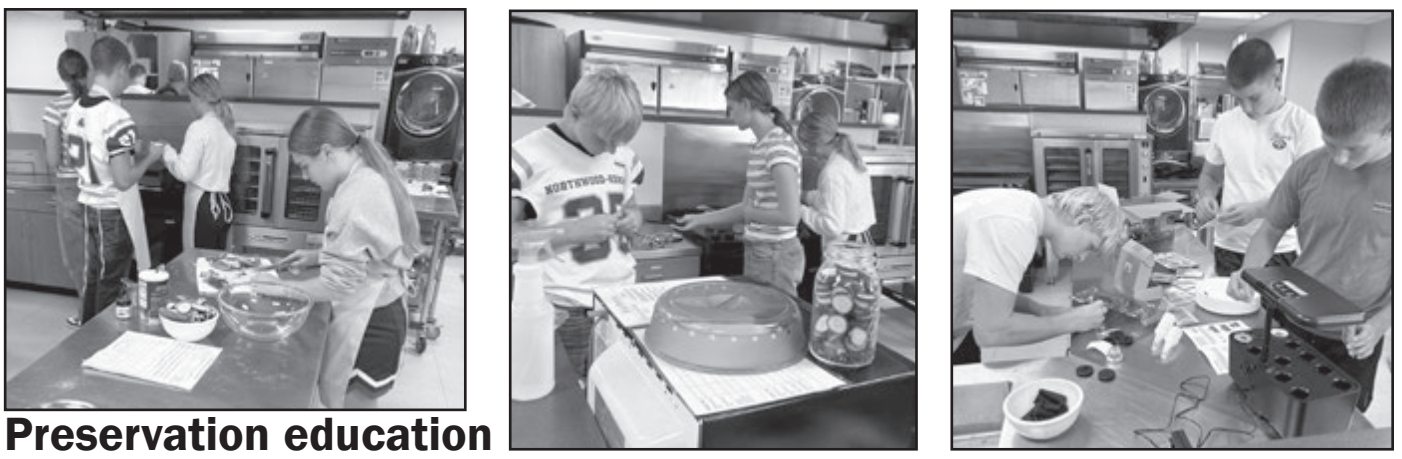
Now once we got down there, I kind of got in a zone and really did not notice much that was going on outside the runners, but I knew it was going to be a special day when Lola and I were running to our mark, and there were countless people from our community giving us encouragement. Once the girls started, it was more of the same. Now this race is a lot crazier than others because you have 1000s of people chasing kids around the 3.1 mile course, but it didn't matter. Everywhere we stopped, there was somebody there with Northwood gear on!

Once the race was over, I finally noticed the magnitude of our crowd, and I just couldn't believe what I was seeing. Seven girls had done what we had hoped would happen, and they brought together our school and our community to celebrate what they had achieved! As I was talking to the girls I wanted to get a picture of everyone that was there. If we missed someone, I am sorry! I wanted to get that picture because I want everyone to remember what it is like to be from small town Iowa, and the bond sports can bring not only to our school, but to everyone who is involved.

I kind of got a little emotional when I was thanking everyone, but I meant everything I said! We appreciated the support more than any of you know, and to see what these girls could do to get everyone excited again is worth all the tears!

With all that said, this is only the beginning of our journey together. We have winter sports starting soon, and the other season we have beside XC season is right around the corner. We have not crossed that finish line yet, and there is a lot of work we still need to do, but for 30 minutes on a cold and rainy Friday in Fort Dodge seven girls from Northwood-Kensett made a huge statement that Northwood-Kensett is back, and we are not going away!

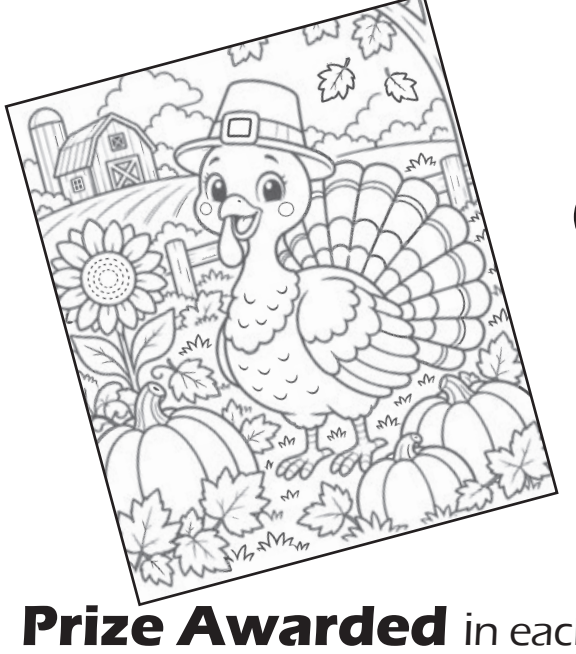
Thanks again from the bottom of my heart for making this day so special for all of us. All of you have made a huge difference in all of us, and there is nothing better than being a VIKING! LETS GO!



Preservation education

The Foods class at Northwood-Kensett learned about food preservation in October. They made pickles, applesauce, jam and dehydrated fruit leather. In addition to those creations, they also started a hydroponic herb system.

The Northwood Anchor Thanksgiving Coloring Contest

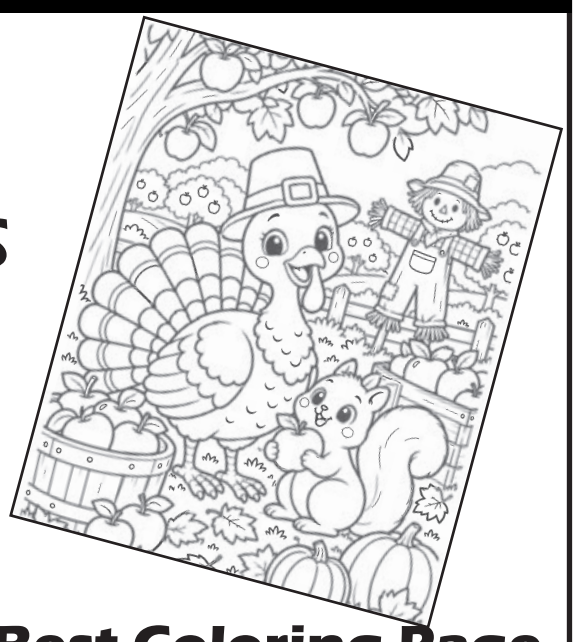


Age Groups

2-4

5-7

8-10



Prize Awarded in each age group for **Best Coloring Page**

Coloring pages can be picked up at:

The Northwood Anchor
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Coloring pages need to be turned in by November 20, 2026

Iowa State University Extension
Worth County Office 641-324-1531
Calendar of Events for November 2026

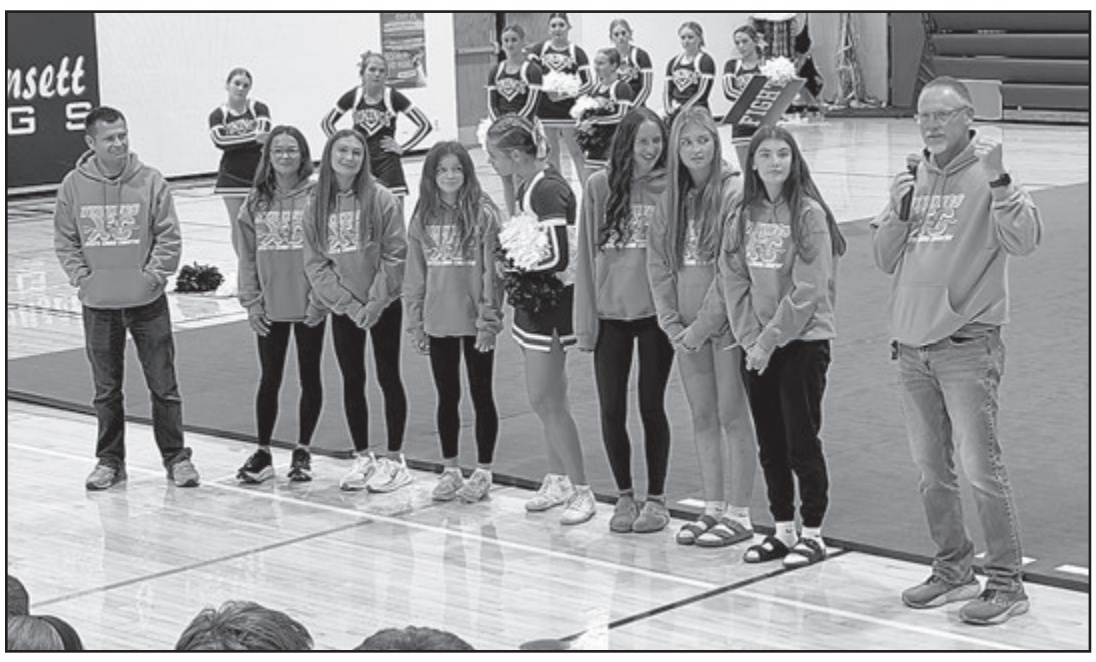
November 4–Ornamental and Turf Pest Control Continuing Instruction Course, Worth County Extension Office 9 - 11:30 AM
November 6–Office Closed for Professional Development
November 8–4-H Awards Banquet, The Timbers 5 PM
November 9–Busy Bees Clover Kids, Worth County Extension Office 3:30-4:30 PM
November 13–Preserve the Taste of Summer, Elk Creek Church 10 AM
November 15–Grafton Explorers Clover Kids, Grafton Community Center 3 - 4
November 16–Grant Writing 101, Worth County Extension Office 5:30-8:30 PM
November 17–Fumigation Continuing Instruction Course, Worth County Extension Office 9 - 11:30 AM
November 17–Sew & Style, Worth County Extension Office, 6:30-8 PM
November 18–Ag Pest Control Continuing Instruction Course, Worth County Extension Office 9 - 11:30 AM
November 18–Manly Creators Clover Kids, Central Springs School Library 3:15 - 4:30 PM
November 18–Beef Weigh-In, Worth County Fair Grounds 5 - 7 PM
November 19–Extension Council Meeting, Worth County Extension Office 6 PM
November 25-27–Office Closed for Holiday

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CONGRATULATIONS GIRLS CROSS COUNTRY







Championship
Cont. from Page 1

accomplished IT. What a crazy feeling that was for all of us!

I talked to the girls one more time, told them to not hold back, but to be careful in that first mile please, and to run for themselves, their team and the name on the front of their jerseys! We had a plan, now let's use those tools in the shed to finish that plan!

Lola and I took off, and today unlike the other times I ran with Lola, I wasn't gasping for breath. Either she was going easy on me, or I was as amped up as the girls were. The gun went off and it was game on!

Our plan was for Ivy and Oliva to get out up front, Charlotte to hang with Claire from Riceville and the rest of the girls to run with the Collins-Maxwell girls. Well, when you have about 150 girls sprinting for position, all plans are thrown out the door, and you just hope the girls can get to where they need to be. They were, and at a mile we were sitting in great positions. All of them got out hot, but they looked good at the mile, and they were setting themselves up perfectly.

At mile 2, Ivy and Olivia were up front with the top 10 girls looking very strong, Charlotte was working with the girls she needed to be, Maddie was giving it everything she had, and Maggie was right behind Hadley with Kaylee not far behind!

I told Lola to take off to the finish line, because there was no way I was making it in time. I got to the 3 mile mark just in time to see Ivy sprinting by, but I had no idea where Olivia was, so I just took off to the top of the hill where the girls turned the corner for the 200 meter sprint to the end.

I got there just in time to see Charlotte coming up the hill. She was hurting, but I knew she was going to give everything she had in that last stretch. I told her to get them, and she took off. Crying as she passed me, but that didn't stop her. She just TOOK OFF!

Maddie was not far behind, and she too was hurting. She saw me, put her head down, said something like, "I'm feeling great, and you are the best Troy!" I cannot lie, that is not what she said! I told her to be quiet and run, and then she took off.

Maggie had passed Hadley and was getting up on some girls, and she took off trying to catch them as well. Hadley wasn't far behind, and she was hurting as well, but Hadley is tough as the nails in our shed and she took off as well. Kaylee was next and she was battling with a girl from Key, and once she heard me, she gave me the look and got after it down the hill towards the finish line. Once she cleared I took off to the finish line, because I had no idea how we did.

I looked up while I was running, and in the middle of nowhere was my daughter Josie. Normally she would tell me to keep going, and I would, but today she did tell me to keep going but I stopped. She said you need to go dad, and all I could think of was not this time. I need to give you a hug! She has been through a lot with me on the track and in XC, and I just needed to tell her thanks, and that I loved her!

Off I went, running into the Hansons, who are like family to me, and about 100 other screaming people from Northwood. Jim had let me know how we did as a team, but I still wasn't sure how the girls did individually.

I looked at the huge screen, and the name started coming up. Olivia had run to a fourth place finish, and Ivy wasn't far behind in sixth. The team had finished sixth, and all that I could do was stare at the screen. What an accomplishment from these two, and every one else!

We started the season as a team that was likened to a Mario Brothers Character, and now we had two girls in the top 10, and a team that had just finished sixth. LETS GO!

As for the girls, Olivia finished fourth with a time of 18:41, which was a PR. Ivy finished sixth with a time of 18:56, another PR. Charlotte was 58th in 20:56:PR. Maddie was 124th in 23:14:PR. Maggie was 137th in 23:53, a PR. Hadley finished in 144th in 24:19. Kaylee was 153 in 26:36.

As a team we scored 199 points and finished in sixth place. Just a great day to be a VIKING. While the kids celebrated, I just stood back and watched and took in the moment. Pride would be an understatement to how I felt for our kids! JUST AMAZING!

When we started this year I wrote about the word IT, and I defined IT as, "That One." To me IT is something that you are chasing, and the thing we have always been chasing here at N-K is our identity. Well, I can honestly say we found IT on this glorious day, now we just need to keep getting after IT and see what comes next. We have checked two of Sawyer's goals off our list, now it is time to go after number 3!

Thanks for reading all of my articles, and following our team's journey this year and until track season, take care!







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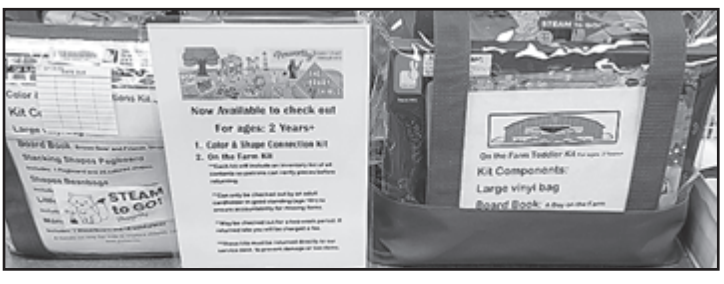
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The Northwood Anchor









Kensett Public Library

By Lisa Lestrud
Library Director

Greetings from the Kensett Library. The seasons are changing and what better way to enjoy a cold and rainy day but with a good book, DVD or puzzle from the library. We have lots to choose from.

We unfortunately have not had a lot of participation in our events and I understand that people are busy and the children are involved with so many activities but I will continue to still have fun things to come too and hopeful that more will be able to attend when they can.

Coming up in November we will continue our adult DVD "Chair Exercise Program," but will switch the day to Thursdays, starting on Thursday, November 5, 2 - 3 p.m. This will be every Thursday. There will be no class on Thursday, November 26, closed for Thanksgiving.

On Thursday, November 12, join me to celebrate my birthday with after school bingo, 4 - 5:30 p.m. I'll have special treats too. Let's have fun, lots of great prizes.

On Saturday, November 21, movie morning, wear your pajamas, bring your favorite stuffed animal and sit back and watch the movie, "HOPPERS," rated PG. Hope you will join us.

We will be closed on Thursday, November 26, to celebrate Thanksgiving with our families. May you all be able to also enjoy time spent your families and friends.

Come see what the Kensett Library all has to offer.

Humanities Iowa and UI Office of Community Engagement announce 2026-27 Poetry Out Loud

This school year, Humanities Iowa and the University of Iowa Office of Community Engagement invite Iowa high school students to participate in Poetry Out Loud, a dynamic poetry recitation competition designed to improve public speaking skills, build confidence and teach students about literary history and contemporary life.

"Poetry Out Loud inspires students to explore poetry while developing skills that serve them in the classroom and beyond," said Leslie Finer, Director of Arts & Humanities at the University of Iowa Office of Community Engagement. "We encourage Iowa educators and community organizations to join us in bringing this transformative experience to students across the state."

During the 2026-27 academic year, schools are invited to hold classroom and school-wide competitions, with winning students advancing to Iowa's state competition on February 28, 2027. The state champion will then advance to the national finals in Washington, D.C., on April 27-28, 2027, where $50,000 in awards and school stipends will be distributed to national winners.

Beginning this year, Humanities Iowa is partnering with the University of Iowa Office of Community Engagement to administer the Poetry Out Loud program in Iowa. The Iowa Poetry Out Loud registration deadline is December 1, 2026. Participating schools and organizations must register through Humanities Iowa to take part in the official Iowa Poetry Out Loud program.

Participating teachers and organizations have access to free, standards-based curriculum materials, including an online poetry anthology, teacher resources and videos about the art of poetry recitation, at PoetryOutLoud.org.

Since the program began in 2005, more than 4.6 million students across the country have participated in Poetry Out Loud. The program is an initiative of the National Endowment for the Arts and is managed in partnership with Mid Atlantic Arts.

To register in Iowa, visit humanitiesiowa.org/poetry-out-loud. For more information, contact Leslie Finer, University of Iowa Office of Community Engagement, 319-335-1618, leslie-finer@uiowa.edu or Grace Altenhofen, Humanities Iowa, 515-412-4430, grace-altenhofen@uiowa.edu.

A Senior Moment

By Sandy Olson

There are no turkeys at Reconnect 720…at least none who would admit it! But there ARE a lot of activities going on this month, including a wonderful Thanksgiving potluck to which all adults over age 60 are invited. Even though it's at the end of November, on the 24th, we'll start with that because we're very excited about sharing a meal of thankfulness with all our senior friends. Lunch will begin at 11:30 a.m. with Reconnect and the congregate meal program providing the turkey, gravy and mashed potatoes. Everyone attending is asked to bring a dish to share. It can be homemade or purchased. There is a sign-up sheet but if you can't get to Reconnect to put your name down, just let us know what you will be bringing. Call Sandy at 641-420-0052 and come hungry that day!

Activities in November include an adorable craft with Patti. You will be making turkeys out of little clay flower pots on Wednesday, November 4 at 1 p.m. Cost is $3.

Our Happy Birthday party, for all men and women born in November, will be celebrated on Wednesday, November 18, at 2 p.m. Cake, ice cream and singing!

Connie Hogen will help us create another beautiful greeting card on Friday, November 16, at 1 p.m. Sign up sheet is available so she will know how many to expect. Cost is $2.

Our regularly scheduled activities are as follows, Man's coffee every Monday at 8:30 a.m.; ladies' coffee every Tuesday morning at the same time.

Bible Study starts at 12:45 p.m. each Monday and you are welcome to join at any time since it is not a study of a single book but of themes that guide us.

Bookworms Book Club will meet at the Public Library at 2 p.m. on November 2. All readers are welcome.

Tuesdays are game and card days with many different games chosen by those who are playing that day. Bring a favorite game and teach others to play!

Bible art journaling with Deb and Lorri will be held on Thursdays, November 5, and November 19 at 9 a.m.

The Knitting and Crocheting Club meets each Thursday at 12:45 p.m.

Adult coloring enthusiasts will gather to create art work on Thursday, November 12, at 9 a.m. Our Gallery is shining with their talent!

Senior exercise, from easy stretching and balance to active cardio drumming starts at 9:30 a.m. each Friday. Do as much or as little as you can; it's fun and helps us stay young!

Deanna has us laughing with her "Strange but True" articles at 11:30 a.m. on Wednesday, November 18.

Our wonderful cook and meal site manager, Holly, has a fun activity once a month… just because she likes to do it. In November she will have something up her sleeve on Wednesday, November 25, at 12:45 p.m.

Please note that due to the Thanksgiving holiday, Reconnect 720 and the congregate meal program will be closed on November 26 and 27.

We are very blessed to have this happy place in Northwood for all area seniors. Please consider stopping in to pick up a schedule, sign up for an activity or two and see what it's all about!

Northwood Anchor

Church

Fertile Lutheran Church
Sunday, Worship Service, 9:30 a.m., Sunday School & Confirmation, 10:30 a.m.
Bethlehem Lutheran, Manly
Wednesday, WAGS, 5:30 p.m., Confirmation at Grace, 5:30 p.m.; Friday, Grace make Lefse, 9 a.m.; Saturday, Grace make Lefse, 9 a.m., BLC WELCA Thankoffering, 9 a.m.; Sunday, Bethlehem Worship, 9 a.m., Sunday School at Bethlehem, 10:15 a.m., Grace Worship, 10:30 a.m., Sunday School at Bethlehem, 10:15 a.m., Grace Present Bibles; Tuesday, Bethlehem Council, 6:30 p.m.
Linda Johnson Prestholt, Pastor
Bethany Lutheran Church/Elk Creek Lutheran
Thursday, Manna, 4:30 - 6:30 p.m.; Sunday, Worship Elk Creek, 9 a.m., Worship Bethany, 10:30 a.m.; Monday, Manna, 10 a.m. - Noon
Linda Johnson Prestholt, Pastor
Trinity United Methodist, Bolan
Sunday, Worship Services, 9:15 a.m., Coffee Fellowship, 10 a.m., Sing-a-Long at The Pines in Northwood, 2 p.m.
Pastor Cory Allard
Bethel United Methodist Church
Wednesday, Diner, 8:30 a.m., Bethel UWF Meeting, 9:30 a.m., Bible Study, 10 a.m., Mini Choir, 4:30 p.m., Mini Bells, 5 p.m., Meal, 5:15 p.m., Worship, 5:50 p.m., JuBELLee Ringers/Confirmation, 6:15 p.m., Chancel Choir, JH/HS Youth Group, 7 p.m.; Thursday, Girls Scouts, 3:30 - 5:30 p.m.; Sunday, Bethel Worship, 8 a.m., Trinity Worship, Sunday School & Adult Sunday School - B, 9:15 a.m., Bethel Worship, 10:30 a.m.; Tuesday, Pastor at Care Center, 10 a.m., Pastor Circuit Meeting, 1 p.m., Food Pantry Distribution
Northwood United Methodist Church
Wednesday, Confirmation Java 'n Jesus; Thursday, Northwood Council Meeting, 9:30 a.m.; Saturday, Asbury Harvest Festival; Sunday, Worship Service, 10:45 a.m., Fellowship, 11:45 a.m.; Tuesday, Pastor Fellowship Time Grothe's Diner, 10 a.m., Asbury AdCo Meeting, 6:30 p.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, 10:30 a.m., Silver Lake, 705 Silver Lake Rd., Northwood, 641-293-5556; 9 a.m., Bethany, 201 Franke St., Joice, 641-588-3366; 9 a.m., Lunder, 14982 735th Ave., Albert Lea; 10:30 a.m., Winnebago, 40029 210th Ave., Lake Mills.
First Lutheran Church, Northwood
Wednesday, 7th Confirmation, 3:50 p.m., 8th Confirmation, 5 p.m., Inspire, 6:15 p.m., Choir, SH Youth, 7 p.m.; Thursday, Quilting, 8:30 a.m., Prayer Group, 9 a.m.; Saturday, Share Shoppe; Sunday, Service, 9 a.m., Sunday School, 10:10 a.m., Bell Choir Practice, 10:15 a.m., DCV, 10:30 a.m., JH Youth, 6:30 p.m.; Tuesday, Through the Bible Study, 10:30 a.m., AA-Al-Anon, 7 p.m.
Peace Lutheran Church, Northwood
Sunday Worship Service with Holy Communion at 9 a.m., Sunday School & Adult Bible Study following service.
Rev. Barbara M. Wills, Pastor
Sacred Heart Church, Manly
Mass Thursday in Manly, 8 a.m.; Weekend Mass at Holy Family Catholic Church Epiphany, Mason City, Saturday, 4 p.m.; Sunday, 8 a.m. & 10:30 a.m.
Fr. Dave O'Connor, 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
First Shell Rock Lutheran Church, Northwood
Sunday, Worship Service, 10:45 a.m.
Pastor Theodore Gullixson
Sion Lutheran Church, Lake Mills
Sunday, Worship Service, 9 a.m. Sunday School and fellowship following
Pastor Mark Decker

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Keep Your Foot on Satan's Neck



There is a classic painting of the Archangel Michael by Guido Reni which depicts the angel with his foot on Satan's neck, or more accurately, on his head, and with his sword poised to strike. The Archangel Michael appears calm and completely in control, and almost femininely serene. When I was growing up, my Italian grandmother had a statue in her house of the Virgin Mary which depicted Mary with her foot on the neck of a serpent, clearly meant to represent Satan. What I most remember about that statue is the nonchalant way in which Mary keeps her foot on the serpent's neck. It was almost as if Mary was oblivious to the serpent underfoot. That there are serpents at loose in the world, and a world where Satan seems to have free reign, certainly lends a note of seriousness to our earthly journey. But, if we are soldiers in God's army, like the Archangel Michael and the Virgin Mary, we can go through life calmly and do battle with Satan without being overly concerned. A good man or woman will do God's will, regardless of the circumstances, and will always be on the side of truth and goodness, and thus can be confident that he or she is keeping his or her foot on Satan's neck. —Christopher Simon

"The God of peace will soon crush Satan under your feet."
– Romans 16: 20

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Cook Bookin'

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



by Sandy Olson

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

During Halloween week I ventured into my crypt of old recipe clippings and articles from newspapers and magazines. It was an appropriate journey but not at all creepy. Back in the day cooks enjoyed tasty dishes as much as we do in 2026 but had fewer bouts of angst about calories, carbs, fats, seed oils etc. It was fun to read these recipes and to share a few with readers who aren't scared to try something "old!" Most of these clippings do not have identifying information but one large page indicates it's from the Albert Lea Tribune edition published on Sunday, November 19, 1989. It seems to be from a cooking competition and the recipes are for baked goods. I've adapted some of the directions as needed.

Cinnamon Nut Bread
(Carol Ohm, Alden, Minnesota)

1/4 cup real butter, softened
1 1/2 teaspoons cinnamon
1 ½ cups firmly packed brown sugar
1 1/2 teaspoons baking soda
2 large eggs
3/4 teaspoon baking powder
2 1/2 cups sifted all-purpose flour
1 1/2 cups real sour cream
1 1/2 cups chopped nuts
1/2 teaspoon salt

In a large mixing bowl, cream the butter. Gradually add the brown sugar and beat until light and fluffy. Beat in the eggs, one at a time. Sift together the flour, cinnamon, baking soda, baking powder and salt. Add this to the creamed mixture alternately with the sour cream, beginning and ending with the dry ingredients. Stir in the nuts. Preheat the oven to 350 degrees F. Butter a 9x5x3-inch loaf pan and pour in the batter. Bake 45-50 minutes, testing with a wooden pick until it comes out clean. Turn out of the pan onto a wire rack to cool.

Mystery Muffins
(Marie Gallegos, Clarks Grove, Minnesota)

1 cup SELF-RISING flour
2 tablespoons real bacon bits
1/2 cup milk, not skim
1 teaspoon dried flaked onions
3 tablespoons real mayonnaise, not M'whip

Preheat the oven to 350 degrees F. Combine all the ingredients in a mixing bowl. Grease muffin tins (or use paper liners) and fill them with the muffin batter. Bake until they test done with a wooden pick inserted into the center that comes out clean. These are a nice change for breakfast. SANDY'S NOTE: Don't use those nasty fake soy-based "baken" bits! Hormel sells bits made from real bacon.

Hawaiian Bread
(Marjorie Christenson, New Richland, Minnesota)

2 1/2 cups all-purpose flour
3 large eggs
1 teaspoon baking soda
1 cup vegetable oil
2 cups white sugar
1 teaspoon real vanilla extract
2 teaspoons salt
1/2 cup flaked coconut
1 can (8 oz.) crushed pineapple
2 mashed ripe bananas
1 cup chopped walnuts

Preheat the oven to 350 degrees F. Mix the flour with the baking soda and salt. In a mixing bowl, beat the eggs with a hand mixer on low speed. Add the sugar, oil and flour mixture. Add the vanilla. Add the bananas, pineapple with its juice, coconut and continue to mix. Stir in the nuts. Pour this batter into two bread pans and bake for 1 hour, testing to see when they are done.

As I've said many times, I'm not a good baker but these straightforward recipes appear to be things even I could make. With fall in place and winter looming, something baking in the kitchen really makes a house a home! And…that's all she wrote.

Northwood Anchor Society



Be-leaf-able

With the fall season living up to its name, many Northwood lawns, streets and sidewalks can be seen covered in a layer of fallen leaves. The City of Northwood offers a number of options to help residents remove the leaves instead of burning. That includes the baler pictured here, which drives through Northwood streets collecting leaves left on the hard surface of the road. Piles should be raked into rows no more that four feet wide and three feet high. Residents of Northwood may also haul leaves to the dump site on Nettle Avenue seven days a week.

Chili cookoff winners announced at Reconnect 720 on October 23

Five slow cookers were bubbling away on Friday, October 23, at Reconnect 720's first ever chili cookoff.

Mild chili, spicy chili and white chicken chili filled the room with delicious aromas. Lunch was available for anyone in the community who wanted to become a judge and included cups of each type of chili with oyster crackers, celery sticks and dip, potato chips, a cinnamon roll or rhubarb muffin and beverage. Tasters then voted for their favorite.

The winners received Northwood Chamber Bucks with Dean Mueller taking first place, Deb Rohne was second followed by a third place tie of Sharon Helgeson and Jake Hanson. Selma Ackerman, a newbie cook, won fourth.

As a regular member of Reconnect 720 she made us all proud with her culinary efforts! 720 Central Avenue, Northwood is the address of the happy place for area men and women over 60. We welcome all those who enjoy food, fun, socialization, crafts, learning, easy competition and more.

Northwood Public Library

By Emily Tufte
Library director

Thanks to everyone who came to our fun Halloween Party! Upcoming November dates to remember, the library will be closed on November 26 and 27 for Thanksgiving. We will be open our normal 10 a.m. - 2 p.m. on Saturday, November 28.

We have our Preschool Story Times on Fridays from 10 - 11 a.m. Our dates for November are Friday the 6th and 20th. Preschool Story Time is geared for toddler and preschool age, but babies are welcome too! It's a fun time for kids to socialize together, learn about sitting quietly for a short story or two, have some fun coloring and playing with the library toys. Parents and caregivers can enjoy some chit chat too!

The library has two different book clubs that participate in a monthly reading and discussion. If this is anything that sounds interesting to you, don't hesitate to reach out at the library for more information!

Here are new books coming to the library sometime during the month of November:

Adult Fiction books: "Peculiar Stars" by Rebecca Yarros, "The Washwoman at the River's End" by Megan Shade, "The Gift" by Freida McFadden, "The Take Ones" by J.A. Jance, "Split Second: Thirty-Two Switcheroo" by Janet Evanovich, "Bad Company" by Sara Paretsky, "All In" by David Baldacci, "The Collateral Heart" by Jeffery Deaver, "Birth of the Witch" by Nora Roberts, "All the Little Secrets" by May Cobb, "The Murder Trial" by James Patterson, and lots more.

Large Print Fiction: "We Chase Shadows" by Richard Osman, "Devoted to Love" by Tracie Peterson, "Mercy's Child" by Richard Paul Evans, "Marriage by the Sea" by Jody Hedlund, "The Sisterhood of Unlikely Friends" by Sara Brunsvold, "In These Hills" by Tamera Alexander, and more.

I've been posting some pictures of the new books to the Northwood Public Library's Facebook page, so don't forget to "Like" the page to be notified when we put more new books out throughout the month. Feel free to contact us with any questions or concerns you might have by emailing us at librarian@northwoodia.org or call us at 324-1340. We hope you will check us out soon!



Doug Moehle
Northwood Mayor

Let Us Talk

I need to talk to all of you about your property; that is the appearance of your property. Everyone in our community has the responsibility to put their best foot forward. As a community it is so important that people who are visiting us see our best side.

I believe the city is doing our part. We are spending more than $463,000 a year on 24-7 law enforcement, we spent more than 1.5 million dollars overlaying our streets, we pick up branches and leaves, we mow all of our city property, we plow snow all winter and we are trying to take care of the trees. I believe day to day services in our community are as good as they come.

Starting November 1 we are going to begin concentrating on parking enforcement. These are not new ordnances, they all have been on the books for years.

No downtown parking from 3 to 6 a.m. Fines are $25 each occurrence (winter ordnance).

No street parking during snow emergencies. Fines are $25 each occurrence.

Berm parking is limited to 72 hours. (All vehicles)

- 1st offense - Warning
- 2nd offense - $25 fine
- 3rd offense – 24 hour notice to tow

Parking in yards is also restricted and will be enforced.

Enforcement of these ordinances is meant to be permanent.

Northwood is a great place to live and work.

Doug Moehle
Mayor Northwood, Iowa

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Northwood Anchor

Opinion

Savvy Senior

Can't sleep? Help is available

By Jim Miller

Dear Savvy Senior,

I'm 70 and have struggled with sleep for years. I often wake up in the middle of the night and can't quiet my mind enough to fall back asleep. Would seeing a sleep specialist help?

--Tired Terry

Dear Terry,

Waking up at 2 a.m. and lying there with your mind racing can be maddening, especially when you can't seem to fall back asleep. But you don't have to just live with it. Ongoing sleep problems often have an underlying cause that can be identified and treated.

An estimated 40 to 50 percent of older adults struggle with chronic sleep problems, yet many never mention them to their doctor. That's unfortunate because untreated sleep disorders can raise the risk of falls, memory problems, depression, high blood pressure, heart disease and diabetes.

Common causes

Insomnia is the most common sleep complaint among older adults. It can make it hard to fall asleep, stay asleep or fall back asleep after waking during the night. For many people, the problem is a racing mind – worrying about family, finances, health issues or tomorrow's to-do list instead of sleeping.

Insomnia may also stem from pain, medications, anxiety, depression, arthritis, frequent nighttime urination, acid reflux, or too much caffeine or alcohol.

Another common, and often overlooked, cause of poor sleep is obstructive sleep apnea. This condition causes breathing to repeatedly stop and start during sleep, often without the person realizing it. Warning signs include loud snoring, gasping or choking during sleep, morning headaches and excessive daytime sleepiness. Untreated sleep apnea can increase the risk of heart disease, stroke and other serious health problems.

Restless legs syndrome, which causes an uncomfortable urge to move the legs while resting, is another condition that can make it difficult to fall asleep.

When to seek help

If you have trouble sleeping at least three nights a week for three months or longer, or you're frequently tired during the day, talk with your primary care provider. You should also seek medical advice if you snore loudly, stop breathing during sleep, wake up gasping for air, or find yourself nodding off while reading, watching TV or driving.

Your doctor can review your symptoms, medications and medical history to help identify what's causing your sleep problems. If needed, you may be referred to a sleep specialist.

Seeing a sleep specialist

Sleep specialists are physicians trained to diagnose and treat sleep disorders, including insomnia, sleep apnea and restless legs syndrome.

Depending on your symptoms, a sleep specialist may recommend a home sleep apnea test or an overnight sleep study that monitors your breathing, brain activity, heart rate and oxygen levels while you sleep.

Treatment depends on the cause. Sleep apnea is often treated with a continuous positive airway pressure, or CPAP, machine or other therapies that help keep the airway open during sleep. For chronic insomnia, the first-line treatment is usually cognitive behavioral therapy for insomnia, known as CBT-I, a short-term program that helps people change the thoughts and habits that interfere with sleep. Research shows CBT-I is often more effective than sleeping pills over the long term.

Medicare generally covers sleep specialist visits and medically necessary sleep tests when ordered by a doctor. People with Medicare Advantage plans may have different costs and network rules.

To find an accredited sleep center, ask your doctor for a referral or visit SleepEducation.org, the public education website of the American Academy of Sleep Medicine.

You don't have to accept poor sleep as a normal part of aging. If you've been struggling for months, or even years, talk with your doctor. The right diagnosis and treatment can help you sleep better and improve your health, safety and quality of life.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

Kenison Publishing, Inc.

Publishers of The Northwood Anchor USPS 398-060

Established in 1882 City and County Official Paper

Kris Kenison . . . . . Publisher
Becky Haberman . . . . . .Office Manager
Dawn Batton . . . . . .Composing
Julie Salisbury . . . . . .Sports
JoAnn Lower . . . . . .Reporter
Terran Haberman . . . . . .Years Ago

Terms of Subscription:

1 year, Worth and Adjoining Counties $55
1 year, Outside Worth & Adjoining Counties . . $63
Single Copy...$1.50

Ph. 641-324-1051 Fax 641-324-2432

anchor1@nwdanchor.com

The Northwood Anchor, USPS 398-600, published every Wednesday by Kenison Publishing, Inc., 801 Central Ave., P.O. Box 107, Northwood, IA 50459. Periodical postage paid at Northwood, IA. POSTMASTER: Send address changes to: The Northwood Anchor, Box 107, Northwood, IA 50459



Ponderings from the Batt Cave

By Al Batt writer, speaker, storyteller and humorist.

Echoes from the Loafers' Club Meeting

Each year, I am reminded that there is only one thing that scares me at Halloween.

Which is?

Exactly.

Driving by Bruce's drive

I have a wonderful neighbor named Bruce. Whenever I pass his drive, thoughts occur to me. Mac Davis wrote and sang, "Oh Lord, it's hard to be humble when you're perfect in every way. I can't wait to look in the mirror cause I get better looking each day. To know me is to love me. I must be a hell of a man. Oh Lord, it's hard to be humble, but I'm doing the best that I can."

I find it impossible not to be humble.

I told stories at an elementary school. My throat became parched and dry. I stooped to get a drink from the water fountain. I bent way down. The fountain was low, having been built for its regular clientele. For a tall drink of water like me, it was an epic bow to staying hydrated. It was the fountain of youth. Ponce de Leon would have been proud. Except for the part where the first jet of water went up my nose.

Ask Al

"Why does an ostrich hide its head in the sand?" It didn't want to hear or see one more campaign ad. An ostrich doesn't exhibit the behavior of burying its head in sand.

"My husband and I are about to celebrate our 48th anniversary. What's a suitable gift for him?" The 48th is the Barbed Wire Anniversary. A coupon good at the Endless Paper Cuts Store is an appropriate gift.

"What is the book "Catch-22" about?" It is about a local baseball team's average number of catches out of 100 pop flies.

In local news

Used bookstore offers reheated coffee.

Man gets his 10,000 steps while looking for his car in a gigantic parking ramp.

Local store makes good money when business is good, but business has never been good.

Rest area is too closed for comfort.

The emerald ash borer proves that all wood things must end.

Man sells a homing pigeon for the 37th time.

Bad jokes department

If there is a toilet in your dreams, don't use it.

Carpenter ants are just like other ants except rainy days and Mondays always get them down.

Where do geese go on vacation? Honk Konk.

I read a book on installing lightbulbs. It had a great twist at the end.

What is the hardest thing about skydiving? The ground.

Nature notes

A joyous cloud of birds twisted across a harvested field. They were blackbirds taking advantage of flock intelligence, and they weren't quiet about it. The birds had something to say. The mixed flocks could include red-winged blackbirds, common grackles, brown-headed cowbirds, European starlings, rusty blackbirds, Brewer's blackbirds and yellow-headed blackbirds.

The multicolored Asian lady beetle is known as the Asian lady beetle, Halloween lady beetle, harlequin ladybird beetle, pumpkin ladybird beetle, multivariate lady beetle and Japanese lady beetle (not to be confused with the Japanese beetle). Asian lady beetles were introduced in 1916 and in 1964-65 to control pecan aphids. From 1978 to 1982, Asian lady beetles were released in Connecticut, Delaware, Georgia, Louisiana, Maine, Maryland, Mississippi, Ohio, Pennsylvania and Washington for biological control. The released beetles spread. They were never introduced to Minnesota for biological control measures but traveled here and were first documented in 2004. Multicolored Asian lady beetles are drawn to soybean fields, where they feed on aphids throughout the growing season. After the beans are harvested and temperatures begin to drop, the beetles look for a warm place to spend the winter. They migrate en masse toward buildings—particularly the sunny, south-facing walls of light-colored structures. Unlike our beloved native ladybugs, these beetles bite, and they emit a foul-smelling yellow fluid when disturbed. They don't reproduce indoors, but they do hibernate in large groups in warm, protected spots in attics, wall voids, or behind trim and baseboards. On warm fall or winter days, they become active again, appearing as surprise guests inside our homes. In Minnesota, lady beetles fly to buildings between late September and late October, when temperatures are above 65°F and before freezing temperatures set in. Look for a distinct black M-shaped marking behind the head to identify it as a multicolored Asian lady beetle.

"Do vultures find food by sight or by smell?" All vultures find food with their incredible eyesight, but turkey vultures have a keenly developed sense of smell, which they can use when foraging for carrion. It's not clear to what extent turkey vultures rely on their eyesight versus their ability to smell.

Meeting adjourned

"Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness."—George Sand.

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Fit to print...

100 years ago this month: November 1926



The month of November has been home to many historical events over the years. Here's a look at some that helped to shape the world in November 1926.

• The American Telephone & Telegraph Company (AT&T) completes the sale of its subsidiary, the Broadcasting Company of America (BCA), on November 1. The sale marks the departure of AT&T from the radio industry.

• On November 2, French pediatrician Gaston Variot warns young women to avoid dancing the Charleston. Dr. Variot claims the movements of the dance could jeopardize young women's ability to have children.

• Three prisoners fail in their attempt to escape Tombs Prison in New York City on November 3. The three prisoners killed the prison warden and a guard before escaping the building but were ultimately cornered in the prison yard, where the escapees took their own lives rather than surrender to authorities.

• Prince Leopold of Belgium marries Princess Astrid of Sweden on November 4. The civil ceremony is presided over by Stockholm politician Carl Lindhagen.

• Marshal Józef Pilsudski decrees a press gag law in Poland on November 7. The law forbids the publication of news that could cause a public demonstration or rumors that could ridicule or criticize government officials and judges.

• George Gershwin's musical, "Oh, Kay!," opens on Broadway on November 8. The play introduces the song "Someone to Watch Over Me."

• One-hundred-twenty-three opposition party members lose their seats in the 535-seat Italian Parliament on November 9. Arrest warrants are issued for each opposition party member, who were expelled for their boycott of the Fascist-dominated Parliament.

• Princeton Universitys severs athletic relations with Harvard University on November 10. A formal letter from Princeton cites a lack of goodwill between undergraduates at each university as the motivation behind the decision.

• The United States Number Highway System is established on November 11.

• The Shelton Brothers Gang uses a biplane in an effort to bomb the hideout of rival gangster Charles Birger near Marion, Illinois on November 12. The bombing effort accomplishes little more than blowing up a pit used for cock fighting on the site of the hideout.

• A short story by P.L. Travers titled "Mary Poppins and the Match Man" appears in a New Zealand newspaper on November 13. Travers later writes a series of books about Mary Poppins, and the character eventually inspires a popular musical film.

• The Balfour Declaration is unanimously approved by Prime Ministers throughout the British Empire on November 15. The declaration endorses the creation of a Jewish nation in the British mandate of Palestine.

• Clarence "Taffy" Abel becomes the first Native American player in the National Hockey League when he debuts for the New York Rangers on November 16.

• Sakichi Toyoda founds the Toyoda Automatic Loom Works, Ltd., on November 18. The company is the forerunner of the Toyota Motor Corporation, which would begin manufacturing automobiles in 1937.

• The silent film "The Great Gatsby" is released on November 21. It is the first film adaptation of F. Scott Fitzgerald's 1925 novel of the same name.

• Norwegian chemical engineer Erik Rotheim receives the first patent for an aerosol spray dispenser on November 23.

• Roughly 111,000 spectators gather to watch the Army-Navy game at Soldier Field in Chicago on November 27. It is the only time the game, which ends in a 21-21 tie, is played at Soldier Field.

Northwood Anchor Early Files

100 years ago

October 28, 1926

Ladies, do not let anything keep you away from the polls next Tuesday. You are not only privileged to vote, but it is a duty to do so. If you, women, cast your ballots intelligently you can change conditions in this country materially. Let us have it said to the credit of Worth County women that they cast a big vote for good government in the year of 1926.

Husking hands are asking 10 cents per bushel where they unload by hand and 8 cents where an elevator is used.

Stacking corn stalks is now taking up the farmers' attention, and there is also some husking and cribbing being done.

Mr. And Mrs. H.H. Douglass and family drove to Osage Sunday taking with them to her home in that city the latter's mother, Mrs. Mary White, who had been visiting here for a week.

Adv. This year get children's stockings that will really wear. Fit out the youngsters with Allen A double knee stockings. They wear "like leather." Black and brown, a special value at 25 cents per pair. Urdahl & Vold.

Mrs. E.I. Butler had the pleasure of talking to her son Stanley of Lewiston, Idaho, over the long distance telephone last week. Mr. Butler, who has not been here to visit his mother for some time, took this method of surprising her.

Wednesday will be the regular monthly visitor's day at the Northwood schools. Visitors are invited to come at any time of the day and will be welcome in any of the classes or departments of the institution. At 2:45 a program will be given in the gymnasium by the pupils for the fifth grade, Miss Sarah Kjerland, teacher.

A new orchestra has been added to the musical organization of Northwood. It is composed of high school boys and they are rapidly getting up in a repertoire of popular sections.

75 years ago

November 1, 1951

Last year the old Tenold bridge was razed. The new bridge, a quarter of a mile north of Tenold, is just one of the many rural highway improvements the county has received in recent years through farm to market road funds. This bridge, 20x104 feet, was built by Jensen and Krage, Sioux City contracting firm, for $21,675. The bridge was opened to traffic last winter and completed this summer. The year before, the Tenold road, one of the county's main north-south routes, was regraded, raised and widened.

Pvt. Velmer Nieman, in the Army hospital at Osaka, Japan, wrote that he was struck by steel fragments from a mortar shell during front line action. He received a gash above the right ear and small shell fragments in both eyes. The steel has been removed and he is able to see. He was evacuated by helicopter and airplane to Osaka.

Editorial: The latest scandal plaguing the President, that of his Democratic Chairman Bill Boyle accepting bribes for an RFC loan, was uncovered by a news reporter. In attempting to clamp a censorship on the government agencies, the President is trying to prevent other reporters from digging out the facts, some of them probably very smelly from the President's cohorts. Senator Gillette of Iowa was one of the first to denounce the President's actions on the floor of the Senate.

Miss Katherine Scammon is spending a few days with Northwood friends and is a guest in the home of Mrs. Elsie Douglass. She came the first of the week from Grinnell, where she makes her home with her brother-in-law and sister.

Pfc Arthur Kuhlmann arrived home and is spending a 10 day leave with his parents, Mr. And Mrs. Harvey Kuhlmann. He has been in service four months at Sheppard Air Force Base, Texas, and New Castle County Airport, Bloomington, Del. He is a clerk at New Castle.

50 years ago

October 28, 1976

Two Northwood-Kensett band members, Terri Angelo and David Davidson, were selected to participate in the 1976 Iowa All-State Band. Terry, who plays saxophone, is the daughter of Mr. And Mrs. Art Angell, and a senior, and David, a tuba player, the son of Mr. And Mrs. Omer Davidson, is a junior.

Open house for the 60th anniversary of Mr. And Mrs. Lloyd Mowers was held at First Lutheran Church Sunday, October 24, 1976.

Recipients in Worth County for the American Cancer Crusade Society during the fund drive in April 1976, totaled $4,175. This added to $10,000 Strand memorials and $1,292.50 from the American Legion and general special memorials, brings the September 30 total to $15,467.50, county chairman George D. Lindflott reported.

The N-K fresh-sop football team clinched first place in the North Iowa Conference Monday night by defeating Belmond 20-6. The Vikings are 6-1 for the season and second place Osage is 5-1-1.

The Belmond Broncos defeated the Vikings 39-6 at the N-K field Friday night after leading 32-0 at the half. The lone Viking touchdown came in the final period on a 40 yard pass play from Mark Tilson to Scott Swenson.

Army Private Harold E. Naugle Jr., son of Mr. And Mrs. Harold E. Naugle, Northwood, recently completed seven weeks of advanced individual training at Ft. Banning, Georgia. He was taught to perform any of the duties in a rifle or mortar squad.

Specialist Four Mark E. Soldiers recently completed a 14-week radio teletype operation course at the U.S. Army Signal School, Ft. Gordon, Ga.

Terry Tenold, son of Orland Tenolds of Kensett, has been employed for the past two years as a landscape architect with the U.S. Forest Service in the Hickory Nut Mountain are at Hot Springs National Park, Arkansas.

25 years ago

October 31, 2001

N-KHS actors Heidi Knudtson, Andrea Myli and Stephanie Diamond rehearsed a scene from the play "Murder, You Must Be Kidding!" recently in preparation for the comedy murder mystery's November 2 presentation at the west elementary auditorium.

The Top of Iowa Welcome Center west of Northwood received the 2001 Hospitality in Tourism Award at the annual Iowa Tourism Conference in Bettendorf. Iowa Tourism Office Manager Nancy Landess presented the honor along with Tom Smull, president of the Travel Federation.

W. Lynn Watney, son of Mr. And Mrs. Bill Watney, Northwood, was awarded the Distinguished Achievement Citation by the Iowa State Alumni Association on October 19, 2001.

N-K linebacker Brian Klitzke and cornerback Trevor Madsen close in for the tackle on SCMT running back Ryan Schmidt during first-half action in the Vikings' 50-0 victory over the Spartans.

The Northwood city council adopted a curfew for minors 16 and younger. The curfew takes effect today upon its publication. The council voted 4-0 in favor of the curfew following its third public reading last Tuesday.

Northwood-Kensett Quiz Bowl teammates Vance Helgeland, Joe Bedford, Sam Hanson, Lee Nelson, Brandon Weisert, Jenny Johnson and Erik Jacobsen defeated teams from Forest City, Rivebille, Garner-Hayfield and Belmond-Klemme to claim the championship of the annual N-K autumn Quiz Bowl. Assisted by student managers Vance Helgeland, Jenny Johnson and Allix Tenold, Northwood-Kensett TAG CHIP teacher Deb Nagle coordinated the academic competition, which featured questions concerning science, math, geography, literature, American History and world history. Jacobsen was the top individual in the competition.

10 years ago

November 2, 2016

The Northwood wastewater treatment plant is well on its way to start treating water. The $8.5 million facility hit a milestone last week when 628 cubic yards of concrete was poured at the base of the approximately 91x71 foot aeration tank. The concrete is 28 inches thick and sits on a base layer of two feet of gravel. Engineers were on site to test each load of concrete for consistency of the mix. Cemstone, in Northwood, dispatched 67 trucks for the project. City officials indicated the two year project is ahead of schedule and is expected to be competed a year from now.

N-K Children's Garden Preschool visited Northwood merchants last Friday as the 45 classmates celebrated Halloween a little early. Dawn Batton handed out candy at the Northwood Anchor to the parade of costumed children.

Last week, ADA Enterprises in Northwood welcomed Northwood-Kensett students, as well as local community and business representatives to its facility for a meal and tours of its current operations and plans for its upcoming expansion. The students learned about career opportunities, not just on the factory floor, but in sales, management and other roles. The members of the local business community got a chance to see the manufacturing process in action and what it is to come for ADA in the near future. ADA president and CEO Tom Stensrud lead the tour.

Senior Calli Christiansen scores a big point in last Monday's 3-2 loss to the Bearcats in the regional quarterfinals. Christiansen ended her final year with 36 kills, three assists, 34 digs and 11 blocks.

While most of the fall season rightly revolves around the varsity squad, who this year finished 5-4 overall and 4-2 in district play, it's the play of the junior high and JV squads that have the coaches salivating for the future.

Northwood Anchor Obituaries

Eldora Stehn

Eldora M. Stehn, 75, of Northwood, passed away peacefully on Monday, October 26, 2026, at her home.

Funeral services were held at 11 a.m. on Saturday, October 31, 2026, at First Lutheran Church, 309 Ninth St. N., Northwood, Iowa, with Rev. Becky Sogge officiating. Burial followed at Sunset Rest Cemetery in Northwood.

Visitation was held from 4 to 7 p.m. on Friday, October 30, 2026, at Conner Colonial Chapel, 1008 First Ave. South, Northwood, and continued one hour prior to the service at the church.



ELDORA STEHN

Eldora M. Stehn was born on January 15, 1951, in Mason City, Iowa, the daughter of Eldor and Colleen (Palmer) Hengesteg. She grew up in Northwood and graduated from Northwood-Kensett High School in 1969, where she enjoyed playing softball. She later attended the Mason City School of Cosmetology.

On July 17, 1970, Eldora was united in marriage to James "Jim" Stehn at First Lutheran Church in Northwood. Together, they made their home in the Northwood community, where they raised their three children, Tracey, Toni and Rodney. Eldora cherished her role as a mother and spent those early years at home raising her children until Rodney was old enough to begin school.

As her children grew, Eldora began working outside the home, spending time at Pioneer and working seasonally at Ag Chem alongside Grandma Edna for many years. She also enjoyed helping with cooking at the senior center and lending a hand at Heartland Tailors Maids. Whether at home or at work, Eldora was happiest when she had something to keep her busy.

Eldora had many interests that brought her enjoyment throughout the years. Her love of softball continued well beyond high school as she took to the field for slow-pitch games later in life. She also enjoyed bowling, both for the game itself and the friendships made along the way.

At home, Eldora was an enthusiastic baker and gardener. Christmas was an especially busy time in her kitchen, though her love of baking cakes and breads extended throughout the year. When the weather warmed, her attention turned outdoors to her flower and vegetable gardens. She enjoyed growing her own produce and canning and preserving what she harvested, making good use of the fruits of her labor.

Faith and community were also important parts of Eldora's life. She was a longtime member of First Lutheran Church in Northwood, where she participated in the Julia Circle and enjoyed the fellowship of her church family.

Those left to cherish her memory include her three children, Tracey Hibbert of Perry, Iowa, Toni (Ray) Hammond of Goose Creek, S.C., and Rodney (Teresa) Stehn of Northwood; her grandchildren, Tiffany (Zach) Clemence, Austin (Sierra) Dunn, William Hibbert, Jordan (Brendan) McCreight, Erin (Significant other, Chris) Maynard, Danielle (Andy) Carter and Rachel (Tim) Davis; 12 great-grandchildren; her brother, Truman Hengesteg of Northwood; as well as many extended family members and friends.

Eldora was preceded in death by her parents, Eldor and Colleen Hengesteg; her husband, James "Jim" Stehn in 2007; her granddaughter, Cassidy Stehn, in 2012; her sister, Karen (Harold "Skip") Betz; and her brother, Craig Hengesteg.

Roger Lee

Roger Lavern Lee of Northwood, Iowa, passed away peacefully at his home on Saturday, October 24, 2026. He was 85 years old.

A Memorial Service will be held at 1 p.m. on Wednesday, November 4, 2026, at Bayview Freeborn Funeral Home in Albert Lea, Minnesota, with visitation one hour prior to the service. Pastor Matt Griggs will be officiating. Burial be held at Greenwood Cemetery in Glenville.

Roger was born on May 26, 1941, to Helmer and Martha (Lein) Lee in Albert Lea, Minnesota. He was the fifth of seven children. After graduating from Glenville High School in 1959, he served in the U.S. Army National Guard for six years. He married Jolene Engelby (Nelson) in 1965 and they raised two children, Wendy and Todd. He was a proud member of the Albert Lea Fire Department for 30 years before retiring. He and his best friend and fireman buddy, Charlie Johnson, owned a painting business together and painted houses, barns and farm buildings. Roger had a hobby farm of 40 acres near Northwood, Iowa, growing corn and soybeans. He was very proud of his farm and planted between 300 and 400 trees. He enjoyed hunting and fishing. He loved traveling all over this beautiful country with his close friend and soulmate Connie Nelson. They were together over 40 years, until she passed this February. They spent time at their summer home up north and enjoyed entertaining friends and family.



ROGER LEE

Roger is survived by his children, Todd Lee and Wendy Shallock; grandchildren, Christopher Bock and Sabre Bock; Connie's children and grandchildren, John (Mindy) Hornberger, Joe (Erin) Hornberger and Stephanie (Brandon) Servantez; great-grandchildren, Isaac, Avery, Tannon, Taylor, Tavin and Konnar; brother, Waney Lee; and many nieces, nephews and friends.

He is preceded in death by his parents, Helmer and Martha Lee; siblings, Gloria Keithley, Lavon Sorenson, Jerry Lee, Lloyd Lee and Denny Lee; niece, Suzie Keithley; and nephews, Paul Lee and Dennis Lee.

In lieu of flowers, donations can be made to the American Kidney Fund.

Bayview/Freeborn Funeral Home in Albert Lea, Minnesota, has been honored with assisting the family.

Timothy Flatness

Timothy Ross Flatness passed away in his home in Rochester, Minnesota, on Saturday, October 24.

He was born on July 30, 1958, to parents Dale and Jean (Hendrikson) Flatness at St. Joseph Mercy Hospital in Mason City, Iowa. Tim grew up in Northwood, attending Northwood-Kensett High School where he excelled in wrestling. In 1980 he married Nancy Ullestad; they would later divorce in 1995.

While Tim lived in many places throughout his life, Northwood was always home and a source of lifelong memories. Some of his favorite childhood experiences included fishing in Swensrud Park, Andy's Pond and Kuennen's Quarry. He also enjoyed walking the railroad tracks with friends on the way to swim in the quarry. When his sons reached school age, he returned to Northwood to raise them surrounded by family.



TIMOTHY FLATNESS

Tim held many jobs during his career, but he often spoke of his time as a seafood sales rep, where he got to travel around the area, mingle with new people and provide shrimp cocktails to his boys as an after-school snack. Most of all, he spoke fondly of his time in underground fiber construction, working alongside his life-long best friend.

Tim preferred to live life on his own terms: part wanderer, part entertainer and full-time lover of a good time. He never needed much to be happy, just great music, a classic VHS movie, a cold drink and good company. He loved to tell countless stories of his

Timothy Flatness, see Page 10

More Obits, Cont. to Page 10

Timothy Flatness Cont. to Page 9

past experiences and escapades involving his closest friends. Those stories will continue to live on in the memories of family and friends.

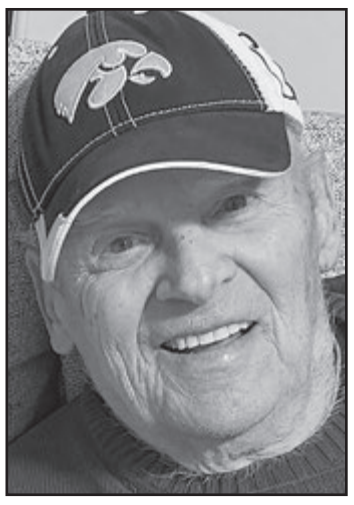
He was preceded in death by his parents, Dale and Jean Flatness; his brother, Gary Flatness; and his sister-in-law, Brenda Flatness.

He is survived by his sons, Scott (Alicia Campbell) Flatness of Rochester, Minnesota, and Tony (Victoria Hites) Flatness of Oronoco, Minnesota, who are expecting their first son; and his brother, Curt Flatness of Gardnerville, Nevada.

In accordance with his wishes, no public funeral services will be held.

Memories and condolences of Tim may be shared at rochestercremationservicesmn.com.

Loren Belville



LOREN BELVILLE

Loren Darrel Belville, known to all as Darrel, of St. Joseph, Missouri, passed away on October 6, 2026, at the age of 89. Darrel lived a life defined by his love of family, his generosity toward others and his deep faith in God. Whether someone had known him for a lifetime or had just met him, Darrel had a remarkable ability to make them feel loved, valued and welcome.

Darrel was born on March 18, 1937, on his family's farm near Ceylon, Minnesota. He was the 11th child of Harold Richard Belville and Olga Elinor (Lindell) Belville. His mother passed away just days after his birth, and his grandmother, Ida, came to help care for Darrel and his siblings. His father later remarried, and Darrel welcomed a stepmother and stepsister into his family.

Darrel spent much of his childhood in Lake Mills, Iowa, where he developed lifelong friendships, a love of sports and an appreciation for the importance of hard work. He began working at the age of four, helping his grandmother pick beans at the local canning factory, a summer job he continued throughout high school, eventually becoming one of the "bean bosses" overseeing other workers during the summer months. In junior high, he began working mornings at Grotewold Hatchery before school. He also worked in construction for several local businessmen, including Duane Skellenger and Harry Helgeson, eventually helping build the Lake Mills bowling alley. He often held two jobs at once. His summer work prevented him from playing baseball in high school, a sport he dearly loved. According to his wife, Karen, Darrel was practically "born with a baseball cap on his head." He also worked as a lifeguard toward the end of high school.

An exceptional athlete and natural leader, Darrel was a four-year letter winner in both football and basketball, served as captain of the football team and earned First Team All-Conference honors in basketball. During his senior year, he helped lead the Lake Mills basketball team to within one game of reaching the state tournament, losing in the final seconds to a much larger Charles City team. Despite suffering a severe ankle sprain, Darrel returned to the court to finish the game. He graduated from Lake Mills High School in 1956.

Darrel also possessed a beautiful, natural singing voice. His natural talent was recognized early when he was one of the few freshmen selected for the high school choir. His family enjoyed his singing, humming and whistling throughout his life, especially his favorite hymns, including "In the Garden," "What a Friend We Have in Jesus" and "The Old Rugged Cross."

It was in first grade that Darrel met Karen Anderson, the girl who would become the love of his life. Their romance began during his junior year of high school when he tried out for the school play, landed a leading role and won Karen's heart. They married in 1963, beginning a loving partnership that spanned 63 years. Darrel playfully referred to Karen as his "boss," but there was never any doubt about the depth of his love for her. He often said, "She is my one true love." Throughout their marriage, whatever hardships life brought their way, Darrel and Karen faced them together, always finding a way to laugh, to love and to find joy in one another.

Following graduation, Darrel enrolled at Luther College to continue his education and play basketball. When his father, Lake Mills' chief of police, needed medical treatment in California, Darrel withdrew from college and was hired by the City of Lake Mills to assume his father's responsibilities during his absence. He subsequently worked for local construction companies, with plans to become a carpenter. He also served in the Iowa National Guard from 1959 to 1965 and spent time working with his brother Dick at Dick's clothing store in Southern California.

Darrel eventually returned to Luther College and earned a degree in marketing. He worked in management for J.C. Penney before accepting a teaching position at Albert Lea Area Vocational Technical Institute in Minnesota, where he taught sales and marketing. Following retirement, he established his own real estate appraisal business. Throughout his varied career, his decisions reflected his strong work ethic and commitment to family.

For all his accomplishments in athletics, education and business, nothing brought Darrel greater happiness than his family. A devoted husband, loving father and extraordinary grandfather, he was affectionately known as "Best Dad" and "Best Grandpa." Many of his nieces and nephews affectionately called him their "Favorite Uncle." He understood that the greatest gift he could give was his time, and he gave it freely.

Darrel served as a Boy Scout leader, helped his son build model cars and assembled elaborate model train tracks in the basement, and read books to his children and grandchildren. He spent hours shooting hoops or playing catch with whatever ball was in season. He enjoyed drawing, fishing, golfing and watching sports with his family. Despite his remarkable athletic ability, he somehow never won a basketball game against his kids or a board game against his grandchildren. Winning was never the point. He simply loved spending time with them.

Fishing trips were much the same. Surrounded by children, nieces and nephews, Darrel rarely had the opportunity to reel in a fish himself because there was always a child eager to take the rod. Their excitement brought him more joy than catching a fish ever could.

Darrel never knew a stranger. He could strike up a conversation with anyone and loved telling stories. He had a special gift for making people smile. Thoughtful, positive and kind, he always saw the glass as half full. He said "I love you" often and meant it. He believed in working hard for what he had, but never hesitated to share it with someone in need. He gave freely, without judgment, expectation or a desire for recognition. Darrel treasured relationships far more than possessions. Although he saved few keepsakes, he kept every card his family gave him, cherishing those simple expressions of love. In their later years, Darrel and Karen made their home in St. Joseph, Missouri, to be closer to family.

Darrel was preceded in death by his parents, Harold and Olga Belville; his stepmother, Anna Norgaard Belville; his grandmother, Ida (Cheney Belville) Johnson; his siblings, Richard ("Dick") Belville, Donald Belville, Mildred Huna, Ruby Clausen, LaVonne Holstad, Helen Mikle, Robert Belville, Muriel Schiltz, Darlene Hauge and Marvin Belville; and his stepsister, Patricia Garcia.

He is survived by his beloved wife, Karen Belville; his children, Amy (Corey) of Weston, Missouri, and Chad of Phoenix, Arizona; his three grandchildren, Macy, Katie and Charles; his sisters-in-law, Stephanie Seemuth and Paula Anderson; and many cherished nieces and nephews.

Darrel lived a life rich in what mattered most: faith, family, friendship, laughter and love. His greatest legacy is not what he left behind, but the love he gave so freely.

His family takes comfort in knowing that the man who brought them so much joy now rests in the loving arms of his Heavenly Father.

"Well done, good and faithful servant."

A celebration of Darrel's life will be planned, with the date and details to be announced at a later time.

In lieu of flowers or monetary memorials, Darrel's family invites you to honor his memory in the way he lived his life: by showing kindness to someone in need. Buy someone a cup of coffee. Give your spare change to someone on the street. Offer your time, your smile, your help or simply a word of encouragement. Do not worry about how your gift might be spent or whether your generosity will be repaid. Give simply because someone needs it, and because Jesus taught us to love one another. Online guest book and obituary at www.meierhoffer.com.

Iowa State University Extension and Outreach releases 2027 garden calendar



Iowa State University Extension and Outreach has released its 2027 Garden Calendar, "Thyme for Herbs." Now in its 49th year of production, the calendar is available for purchase on the ISU Extension Store.

Monthly pages list gardening tasks timed to Iowa's seasons, such as ordering seeds in January, conducting a soil test in March and planting spring-flowering bulbs in October. The calendar also includes holidays, journal pages, a garden layout grid and a plant wish list.

This year's theme highlights 12 herbs, one per month, including thyme, basil, lavender, rosemary and mint. Each month's page includes a QR code linking to information on growing and caring for that herb.

Aaron Steil, consumer horticulture extension specialist at Iowa State and co-author of the calendar, said herbs' wide appeal influenced this year's theme.

"Herbs are beautiful, easy to grow and connect gardening with cooking and wellness," Steil said. "They can be grown in vegetable gardens, flower beds, containers and even indoors, making them accessible to gardeners regardless of their available space. Many herbs provide season-long harvests while attracting pollinators and adding fragrance, texture and beauty to the landscape."

The 2027 Garden Calendar is available for $10 on the ISU Extension Store. Iowa residents can also contact their ISU Extension and Outreach county office for availability.

Iowans warned about Medicare scams with open enrollment underway

Attorney General Brenna Bird is warning Iowans to be aware of Medicare scams as open enrollment begins on Thursday, October 15

"Open enrollment season for Iowans means it's scam season for criminals," said Attorney General Brenna Bird. "If you or someone you love is on Medicare, please be very careful of Medicare scams. If someone is calling you about Medicare, it's almost definitely a scam because Medicare does not initiate calls to people directly. Scammers will prey on older Iowans to steal their Medicare numbers and other personal information so they can commit fraud that can harm an innocent Iowan's good name. If you believe you are being scammed, please hang up and contact my office."

Some Medicare Scam Red Flags to Watch For:

Unsolicited Calls or Texts: Remember, Medicare will not initiate a call or text message chain with you. Hang up, don't answer the text, and never click on any links in a text.

False deadline: By law, Open Enrollment for Medicare is from October 15-December 7th. If a caller invents an earlier deadline than December 7th, it's a scam.

New Card: If a caller claims to be sending you a new card and just needs to "check" your number first, it's a scam. Free card replacements come by mail after a request through your Medicare online account or through 1-800-MEDICARE. Nobody calls you to "confirm" the number first.

Free tests or medical devices: If a caller offers you free genetic screening for cancer that involves a cheek swab or any other free medical device, it's a scam.

Official phone calls: If someone calls claiming to be an officer with a Medicare Fraud Unit about your card or number being used, it's a scam. No real federal officer calls to demand your number or a payment to "clear" your file.

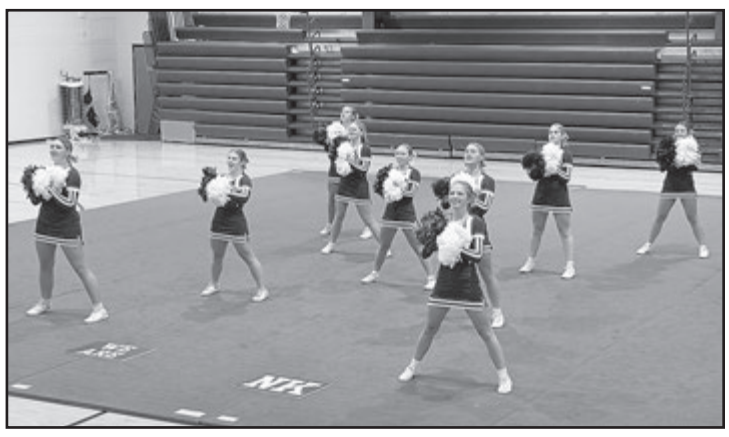
Switch with no changes: If a caller claims you can switch your plan and promises everything stays the same, it's a scam. Any plan switch during Open Enrollment can change your network, drug coverage, or out-of-pocket ceiling.

Remember, Medicare and those offering Medicare coverage (e.g., private insurers offering Medicare Advantage Plans) will not initiate a call with you. Medicare and Medicare Advantage Plans never call to ask for your Medicare number, bank account, or a payment to keep your coverage. If a caller pressures you during open enrollment, hang up, and contact the Attorney General's office at 515-281-5926, consumer@ag.iowa.gov, or through the website at iowaattorneygeneral.gov. You can also report any suspicious call or scam directly to Medicare by calling 1-800-MEDICARE (1-800-633-4227).

More information can be found online at www.medicare.gov/talk-to-someone.









Leading the cheer

Before hitting the road for two big events, the Northwood-Kensett Cheerleading Team showed off their skills with a performance of a routine for their classmates at a pep rally held last Thursday. Cheer coach Cindy Byrne explained the techniques, dedication and skill needed to take part in cheer competitions, before the Viking cheerleaders demonstrated their efforts. The team had success at the Triton Challenge on Sunday before competing at the state competition this Sunday.

Viking volleyball wrapup

By Julie Salisbury

The Northwood-Kensett Vikings volleyball team was led this year by senior Ashlyn Skellenger who played in all 62 sets. Ashlyn led the team in assists with 149, serving aces with 38 and in serve successes with 175-210. She also had 25 kills, eight blocks and 70 digs. Ashlyn earned Top of Iowa All-Conference Honorable Mention honors.

The Vikings were led in kills by sophomore Avarie Skellenger who had 76. Avarie played in 61 sets this season and had one assist, four blocks, 58 digs and was 127-149 serving with 18 ace serves.

Junior Mia Fierova led the team this season in blocks with 27. She had 60 kills, one assist, 40 digs and was 71-86 serving with 13 ace serves while playing in all 62 sets.

Junior Hallie Hanson played in all 62 sets and had 52 kills to go along with one assist, 17 blocks, 31 digs and she was 70-86 serving with 12 ace serves.

Junior True Hackenmiller played in all 62 sets and had 50 kills, 100 assists, 13 blocks, 87 digs and was 140-160 serving with 27 ace serves.

Sophomore Kenly Solberg played in 61 sets and led the team in digs with 172. She also had seven kills, 36 assists and was 126-143 serving with 11 ace serves.

Sophomore Chloe Woods played in 56 sets and had five kills, two assists, 67 digs and was 22-27 serving with three ace serves.

Senior Lexi McHenry played in 57 sets and had three assists, 45 digs and was 5-5 serving.

Freshman Avery Grunhovd played in seven sets this season and was 11-12 serving with three ace serves.

The Vikings as a team had 325 kills, 295 assists, 77 blocks, 619 digs and were 889-1060 serving with 157 ace serves.

The Vikings team continues to show improvement, over the last three years they have gone from 144 kills to 229 kills to 325 kills. They have gone from 123 assists to 200 assists to 295 assists. Blocking has improved from 20 blocks to 37 blocks to 77 blocks this season. Ace serves grew from 59 to 92 to 157 this year, and digs has improved from 321 to 471 to 619.

The Vikings lose two seniors to graduation, Ashlyn Skellenger and Lexi McHenry, but will return a very strong nucleus of players next year with varsity experience.



Viking volleyball team awards included (from left) Avarie Skellenger-Most Spikes, Kenly Solberg-Most Digs, Chloe Woods-Defensive Rookie of the Year, Lilly Strand-Hard Hitter, Hallie Hanson-Playmaker Award, Avery Grunhovd-Rising Star, True Hackenmiller-Best Server, Lexi McHenry-Best Coverage, Mia Fierova-Most Blocks and Ashlyn Skellenger-Ace Champion.



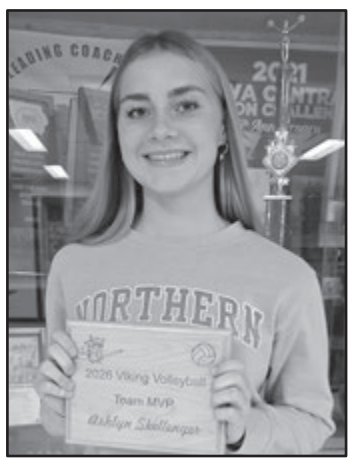
Northwood-Kensett JV Volleyball team members



Northwood-Kensett JJV Volleyball team members



Viking senior Ashlyn Skellenger - Top of Iowa All-Conference Honorable Mention



Viking Ashlyn Skellenger - Team MVP



Viking Kenly Solberg - Defensive MVP



Viking Avarie Skellenger - Offensive MVP

STATE OF IOWA
2026
FINANCIAL REPORT
FISCAL YEAR ENDED
JUNE 30, 2026 CITY OF FERTILE, IOWA
DUE: December 1, 2026

16209800100000
CITY OF FERTILE
PO Box 161
FERTILE IA 50434-0161
POPULATION: 305

NOTE - The information supplied in this report will be shared by the Iowa State Auditor's Office, the U.S. Census Bureau, various public interest groups, and State and federal agencies.

ALL FUNDS

	Governmental (a)	Proprietary (b)	Total Actual (c)	Budget (d)
Revenues and Other Financing Sources				
Taxes Levied on Property	120897		120,897	115,609
Less: Uncollected Property Taxes-Levy Year	0		0	0
Net Current Property Taxes	120,897		120,897	115,609
Delinquent Property Taxes	0		0	0
TIF Revenues	0		0	0
Other City Taxes	52,043	0	52,043	45,895
Licenses and Permits	442	0	442	485
Use of Money and Property	3,429	787	4,216	3,797
Intergovernmental	69,086	0	69,086	64,653
Charges for Fees and Service	34,529	152,831	187,360	185,482
Special Assessments	0	0	0	0
Miscellaneous	199,203	-375	198,828	226,515
Other Financing Sources, Including Transfers in	48,510	11,100	59,610	62,394
Total Revenues and Other Sources	528,139	164,343	692,482	704,830
Expenditures and Other Financing Uses				
Public Safety	150,612		150,612	175,597
Public Works	55,882		55,882	71,445
Health and Social Services	1,725		1,725	1,725
Culture and Recreation	160,035		160,035	159,168
Community and Economic Development	32,471		32,471	30,045
General Government	68,444		68,444	69,834
Debt Service	0		0	0
Capital Projects	0		0	0
Total Governmental Activities Expenditures	469,169	0	469,169	507,814
Business type activities		77,102	77,102	98,262
Total All Expenditures	469,169	77,102	546,271	606,076
Other Financing Uses, Including Transfers Out	28,978	30,632	59,610	62,394
Total All Expenditures/and Other Financing Uses	498,147	107,734	605,881	668,470
Excess Revenues and Other Sources Over (Under) Expenditures/and Other Financing Uses	29,992	56,609	86,601	36,360
Beginning Fund Balance July 1, 2025	349,369	472,083	821,452	822,417
Ending Fund Balance June 30, 2026	379,361	528,692	908,053	858,777

NOTE - These balances do not include the following, which were not budgeted and are not available for city operations:

Non-budgeted Internal Service Funds	Pension Trust Funds
Private Purpose Trust Funds	Agency Funds

Indebtedness at June 30, 2026	Amount	Indebtedness at June 30, 2026	Amount
General Obligation Debt	43,405	Other Long-Term Debt	0
Revenue Debt	0	Short-Term Debt	0
TIF Revenue Debt	0		
		General Obligation Debt Limit	964,162

Hertz Real Estate Services
LAND AUCTION
190.83 Acres, M/L in 2 parcels
Worth County
1.5 miles west of Grafton on 390th St.
Parcel 1: 136.40 Crop acres with 89.8 CSR2
Parcel 2: 37.12 Crop acres with 88.4 CSR2
Thursday, December 3, 2026 at 10 a.m.
Grafton Community Center
202 6th Ave. • Grafton, IA 50440
Mason City Office • 641-423-9531
www.Hertz.ag

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NOW HIRING
FULL-TIME CLERK
Worth County Recorder's Office
Experience in the following areas required:
- Customer Service
- Computer Skills - Work, Excel, Outlook, etc.
- Accounting & Office Experience

TO APPLY
Submit a resume or completed application to:
Worth County Recorder's Office
1000 Central Ave.
Northwood IA 50459
Email: jolene.hickle@worthcountyiowa.gov
Application available at the Recorder's Office or online www.worthcountyiowa.gov
Deadline: November 30, 2026
Worth County is an Equal Opportunity Employer





Producing pollinators

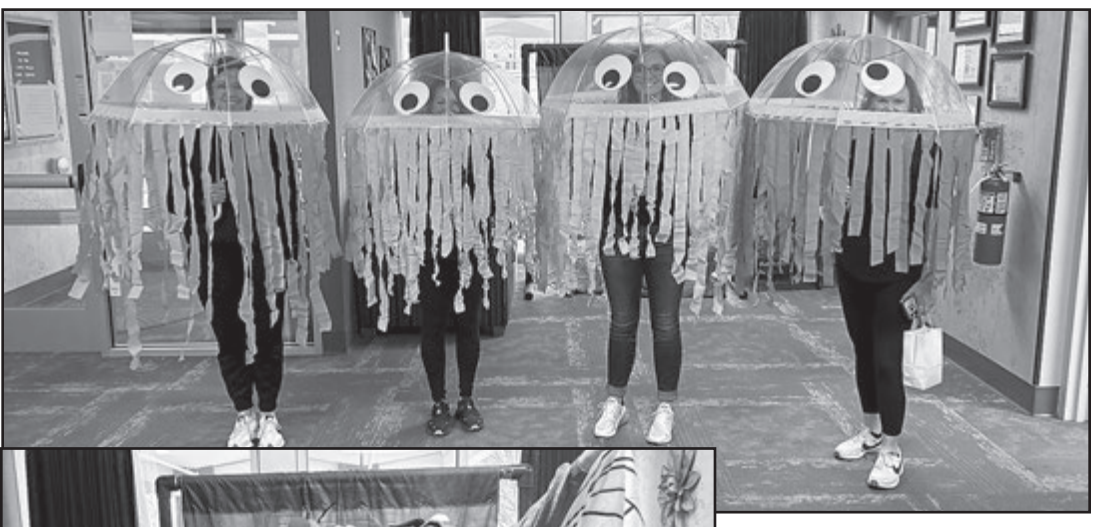
Lake Mills second grade students recently learned more about pollination. They worked in pairs crafting pollen methods and then pipe cleaners in place of bees to test ow they transfer pollen between plants.





Lego and lava at the library

The young people in the Lake Mills Library's after school program recently practiced their engineering skills with a STEM challenge. They imagined that the tables were made of lava and they were challenged with building a suspended path for a Lego minifigure to safely cross the lava. They used cups, sticks, tubes, tiles and other materials to create their paths. The exercise involved teamwork, critical thinking, planning, flexibility, trial and error and patience.





Halloween at the Care Center

Staff at the Lake Mills Care Center were in the Halloween spirit last week. They celebrated with a Halloween party, with spooky treats and a costume contest. On Halloween, the Care Center and Mills Harbour welcomed more than 100 trick or treaters. The residents enjoyed all the costumed fun.

Lake Mills News

Veterans Day supper, program in Lake Mills

The annual recognition of Veterans Day in Lake Mills will once again include a Belgian waffle supper and program on Wednesday, November 11.

The Belgian waffle supper will be held from 4:45-6:45 p.m. at the Lake Mills High School foyer, for $8 a plate, with kids 5 and under free.

Proceeds benefit the Lake Mills Veterans Memorial group.

The Veterans Day program, honoring all who have served in the military, will be held in the Lake Mills School Auditorium at 7 p.m. The program will include a Quilts of Valor presentation, with community veterans recognized for their service.

First official enrollment down 14.73 in 2026 at LM schools

October official enrollment numbers showed decreases in both the official enrollment, as well as in the number of students attending classes at Lake Mills schools this year.

The October official enrollment in this school year was 529.8, down 14.73 or 2.71%, from last year's official enrollment of 544.53 students. (Students that aren't in classes in the district, but that use Lake Mills school resources for their education, or that aren't enrolled full time but take some classes at Lake Mills may account for the portions of a student in the total.)

The certified enrollment number is used by the State of Iowa to determine the amount of spending authority each Iowa school district has access to during a school year. Changes to the process this year mean that those figures are the first of two dates that will be used to calculate official enrollment. The official enrollment will be counted again in January and the average of the two counts will be used to determine the final official enrollment.

According to Lake Mills superintendent Chris Rogne, "Under the new enrollment process, October represents the first of two counts that will be used to determine official enrollment. I understand the reasoning behind having two count dates, particularly given that some families relocate frequently due to job-related needs. The second count should provide a more complete picture of our enrollment, and we will be interested to see how it affects the final numbers."

While school districts receive funds for each student they educate, the amount of money it can spend is influenced by the official enrollment number, which reflects the numbers of students living in the district.

The official enrollment figures are composed of two student populations, those living in the district and attending district schools and those that live in the district that are educated elsewhere.

The number of resident students that attend classes in the Lake Mills school district accounted for a decrease of 11.2, down 2.19%, from 510.9 in 2025 to 499.7 in the current school year.

The other portion of the official enrollment count is the amount of students that live in the district, but who are educated in other school districts, and for which the Lake Mills schools district forwards funding. That includes students who open enroll out of the district into other Iowa districts and students who attend alternative schools in Iowa.

Students living in the district, but attending classes at other schools totaled 30.1 this year, down 3.4, or 10.15% from the 2025 total of 33.5.

When it comes to the incoming student population, those who open enroll from another district into Lake Mills schools schools, the total showed a decrease of 0.9, over the previous year. The number of students open enrolled into Lake Mills schools this year decreased from 48.5 in 2025 to 47.6 this year.

Iowa students actually educated at Lake Mills schools includes the combination of those students living in and educated in the district and those enrolled into the district. That total has decreased, from 559.53 in 2025 to 547.3 in 2026, a decrease of 12.23 students, or 2.19%.

"The primary reason for the decrease is that we graduated more students last spring than we brought into kindergarten this fall. Which has been a trend the past several years. We continue to benefit from students open-enrolling into our district, and we welcome other families who may be interested in making Lake Mills their school of choice," said Rogne.

"Our enrollment has been on a steady decline over the past several years. This is significant because enrollment directly impacts the funding available to our district. We are working to align our staffing and expenditures with our enrollment while doing our best to preserve the programs and opportunities our students and families have come to expect. Budgeting and staffing are always important considerations, but addressing the impact of declining enrollment will be a critical part of our planning moving forward."

Also adding to this year's total of students for whom the district will receive funding, are those that are enrolled in the district's four-year-old preschool classes.

The district receives 0.5 credits for each qualifying preschool student. This year the school district will receive funds for 16.5 students, accounting for 33 actual Lake Mills schools preschoolers. This number is up from last year's total of 16 credits for 32 preschool students.

The number on official enrollment figures does not reflect the actual total of children in Lake Mills schools preschools. The district only receives preschool credit based on the age of the student and how many times they have attended preschool.

Including the resident students, those open enrolled into the district and the credit for its preschool, the district will receive Iowa state aid for 563.8 students, down 11.73 from 575.53 students in 2025.

Briefs

Lake Mills blood drive Nov. 19

A Lake Mills Community Blood Drive will be held on Thursday, November 19, from 1-6 p.m. in the Fellowship Hall at Salem Lutheran Church.

"Give thanks, give blood and give life."

"Every blood donation makes a difference and can help save lives right here in our communities. Whether you're a regular donor or giving for the first time, your generosity can make a lasting impact on patients and families in need."

Appointments are encouraged, but walk-ins are welcome.
Appointments may be scheduled online at lifeservebloodcenter.org, by calling 800-287-4903 or by texting LIFESERVE to 515-815-7242.

Lake Mills Public Library

The Lake Mills Public Library calendar of events.

• November 4, 18 – Little Learners, 10:30 - 11 a.m.

• November 4, 18 – ATLAS, 2:15 - 3:30 p.m.

• November 9 - 15 – Children's Book Week

• November 10, 24 – Book Delivery for Homebound

• November 11 – Veterans Day, Closed

• November 13 – Teen Advisory Board Meeting, 3:30 p.m.

• November 20 – Lunch & Learn - Trama Informed Care/Focus on Mental Health with Harley Froning, Prairie Ridge, 10:30 - 11:30 a.m.

• November 26-28 – Thanksgiving, Closed

Visit the Lake Mills Library, 102 S. Lake St., Lake Mills, Iowa. Hours: Monday 10 a.m. - 6 p.m.; Tuesday 10 a.m. - 6 p.m.; Wednesday 10 a.m. - 6 p.m.; Thursday 10 a.m. - 6 p.m.; Friday 10 a.m. - 6 p.m.; Saturday 10 a.m. - 2 p.m. & Sunday Closed. Like us on Facebook.

Lake Mills Care Center receives 5 star rating

The Lake Mills Care Center recently announced that it had achieved a five start Quality Measures rating from the Centers for Medicare and Medicaid Services (CMS).

According to the CMS website, the Five-Star Quality Rating System was created to help consumers, families and caregivers compare nursing homes.

Facilities are rated between 1 and 5 stars. Nursing homes rated 5 stars are considered above average in quality.

With its five star rating, the Lake Mills Care Center is in the top 10% of nursing facilities nationwide.

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2024 Ford F150 Crew Cab XLT

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2024 Ford Edge SEL

Ben's Special Price $23,369
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2023 Ford Edge

Ben's Special Price $28,569
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www.forestcityford.com
#6990 Doc. Fee Applies

Lake Mills

LM schools host clothing drive

Lake Mills schools is holding a Clothes for Kids Giving Tree project with the holidays on the way.

The program helps provide clothing for children 18 and under in the school community during the holiday season.

The drive is strictly for clothing, and not for toys or winter clothes requests.

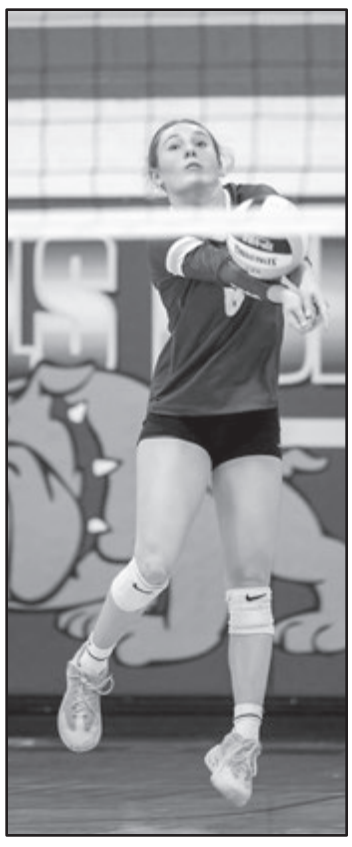
Families of children with winter clothing needs may contact LMCS school nurse Mrs. Krull.

Families may sign up for Toys for Tots by following a link at SAAngelTree.org, with Mason City distribution.

Families that could benefit from the Clothes for Kids Givigin Tree program can find more information and a form with specific clothing needs online at tinyurl.com/LakeMillsClothesforKids.



A blocking Bulldog wall put up by Ari Stensrud, Hayden Wempen and Betsy Byars during last Monday night's game against GHV. Photo courtesy of Chet Yost.



Bulldog libero Cora Sauer passes the ball during regional semi-final action in Lake Mills last Monday night. Photo courtesy of Chet Yost.



The Lake Mills cross country boys stand at their starting chute ready for the start of the 2026 Class 1A state meet. Photo courtesy of Julie Helgeson. (1)



Bulldog Lane Rygh runs with a group during Friday's state meet in Fort Dodge.



Lake MIlls senior Caleb Skogen runs the trail at the state meet in Fort Dodge on Friday.

Lake Mills volleyball falls in semi-finals

By Julie Salisbury

The No. 12 Lake Mills volleyball team had their season come to an end on Wednesday, October 28, in the Class 2A Region 5 finals when they were defeated by Class 2A No. 5 Union Community, 25-16, 25-11 and 25-20 in Charles City.

The scores are not a good indication of how the sets played out. In the first two sets, it seemed that the Bulldogs weren't allowed to play their style of match as Union was controlling all aspects of the game. In the third set, the Bulldogs found their rhythm and the set was back and forth with seven ties, the last one being 17-17, before Union started to go on little runs and gradually pulled away.

Betsy Byars and Ari Stensrud led the team with six kills each. Byars added one block, one dig and 5-6 serving and Stensrud had two blocks, 10 digs and was 6-7 serving. Mackenzie Budach had five kills, seven digs and was 8-8 serving, and Hayden Wempen had four kills and three blocks. Afton Dean had one assist, three kills and two blocks, and Regan Eastvold had 20 assists, two blocks, eight digs and was 10-11 serving with one ace. Cora Sauer had one assist, seven digs and was 4-6 serving, and Liz Oldenkamp had two digs and was 6-7 serving.

The Bulldogs had 24 kills, 22 assists, 10 blocks, 35 digs and were 39-45 serving with one ace.

Prior to advancing to the region finals, the Bulldogs hosted No. 15 (30-2) Garner-Hayfield/Ventura in the semi-finals on Monday, Oct. 26.

The Bulldogs won set one 25-16 before falling in set two, 25-19, after that the Bulldogs took over and defeated the Cardinals 25-11 in set three and 25-13 in set four to end GHV's season with a 30-3 record.



Bulldog senior Makenzie Budach digs out the ball during semi-finals action against GHV. Photo courtesy of Chet Yost.



Bulldog Liz Oldenkamp passes the ball as Makenzie Budach watches.

Budach led the Bulldogs with 16 kills, one assist, one block, 14 digs and 16-17 serving with one ace. Byars had 15 kills, one assist, two blocks, 13 digs and was 13-15 serving with one ace, and Dean had 11 kills, five blocks and one dig. Stensrud had nine kills, one assist, three blocks, 10 digs and was a perfect 23-23 serving with one ace serve, and Eastvold had four kills, 47 assists, 11 digs and was a perfect 14-14 serving with three ace serves. Wempen had three kills and one block, Sauer had three assists, 17 digs and was 12-14 serving, and Oldenkamp had one dig and was a perfect 10-10 serving.

The Bulldogs tallied 58 kills, 53 assists, 12 blocks, 67 digs and were 88-93 serving with six ace serves.

The Bulldogs end their season with a 30-7 record. They reached the regional finals for the first time since the 2020 season, and they recorded the first 30 win season since 2022.

Lake Mills boys finish 15th in Class 1A

By Julie Salisbury

The Lake Mills boys cross country team finished 15th as a team at the Class 1A State Cross country meet held in Fort Dodge on Friday, October 30th. This was their fifth consecutive appearance at the state.

The Bulldogs were led by senior Lane Rygh who finished in 28th place with a time of 17:12. This was his third state appearance for the Bulldogs. His first appearance was as a sophomore when he finished 80th and helped Lake Mills capture a state title. Last year as a junior, Rygh finished 19th individually while the Bulldogs finished as the state runner-up.

Senior Caleb Skogen was 111th with a time of 18:44 in his second appearance at the state meet. As a junior, Skogen finished 125th while Lake Mills as a team finished as the state runner-up.

Eighth grader Carson Christianson was 108th with a time of 18:42, and freshman Wyatt Hansen was 117th with a time of 19:00. Junior Kaden Lee was 122nd with a time of 19:22. Sophomore Aiden Reese was 125th with a time of 19:28, and junior Brayden Eden was 130th with a time of 19:55.



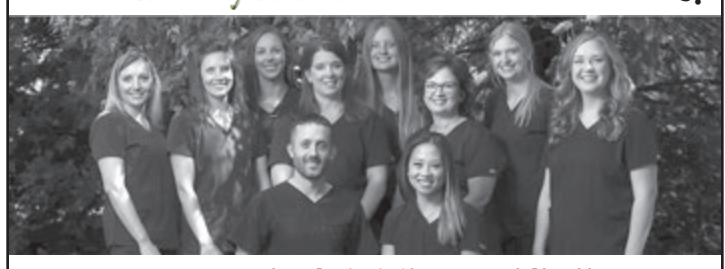
Bulldog eighth grader Carson Christianson (213) and freshman Wyatt Hansen keep pace with each other during the Class 2A cross country meet in Fort Dodge.

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ISU Extension and Outreach to offer local food leader 101 workshop

Iowa State University Extension and Outreach's Food Systems Team will offer Local Food Leader 101, an in-person workshop to help participants build the skills to turn community food system ideas into action. The workshop will be held on December 10–11 at the Economic Development Core Facility in Ames. Registration is open through November 25.



Over two days, participants will learn alongside others interested in strengthening local food systems. Hands-on activities and group discussions will address who should be involved, how a group can work well together and how to define and measure success. Six modules cover common food systems language, dignity and involvement, leadership and facilitation, evaluation, project planning and professional development.

"People bring different experiences to food systems work, but they often share a question: How can we make things happen in our community?" said Krista Smith, certifications coordinator with the ISU Extension and Outreach Food Systems Team. "Local Food Leader 101 gives participants time to learn together, practice useful tools and connect those tools to the work they want to do."

No previous food systems training is required. The workshop offers a starting point for newcomers and an opportunity for experienced practitioners to strengthen their skills and make new connections. Farmers and food producers, educators, nonprofit and community leaders, extension professionals, public health and food access practitioners, local government staff and interested residents are encouraged to attend.

"The Local Food Leader course helped give me a shared, common language with others in various food system sectors. It gave me a better understanding of how food systems are interconnected and we can support one another," said Amy Gamble, past participant and Choose Iowa grants and education specialist. "This course gave me the confidence to take on leadership roles to support Iowa's food network."

Participants who meet the workshop requirements will earn a certificate of completion and an Iowa State micro-credential, represented by a digital badge.

The workshop begins at 9:30 a.m. on December 10 and concludes at noon on December 11. The $250 registration fee includes lunch. Workshop information and registration are available on the Local Food Leader web page.

Coalitions, food policy councils and other community-based groups can also host a dedicated Local Food Leader 101 workshop to build shared skills around their projects and priorities.

Contact Smith at krista sm@iastate.edu or (515) 450-0556 to discuss hosting opportunities and for more information.

Supervisors

October 26, 2026
Forty-fourth Day

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

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

Motion Smeby/Second Stone to approve today's agenda and October 19, 2026 minutes. Motion carried.

Motion Smeby/Second Stone to approve the 2026 Weed Commissioner's Report as presented by Weed Commissioner, Mike Bode. Motion carried.

Motion Smeby/Second Stone to approve the drainage work order for Drainage District 11 – Main A as submitted by Jaret Stoffregen for the Charles E Stoffregen Trust. Motion carried.

Motion Stone/Second Smeby to approve claims in the amount of $133,644.37 per the following schedule. Motion carried.

Agvantage Fs Inc
Fuel-Eng 8,058.09
Alliant Energy
Service-Eng 3,406.84
Arnold Motor Supply
Supplies-Eng 374.04
Astrup Drug, Inc.
Supplies-Shf 6.98
Baler And Compactor Service Company, Service-Sdp 1,205.00
Black Hills Energy Inc
Service-Eng 99.27
Blohm Inspection Environmental Services Llc
Services-Eng 700.00
Bmc Aggregates Llc
Rock-Eng 3,148.20
Bomgaars Supply, Inc
Supplies-Con 369.97
Callie Flattum
Mileage-Trs 52.44
Cemstone Concrete Materials, Llc
Supplies-Eng 11,570.00
Cintas Corporation
Supplies-Eng 477.21
City Of Fertile
Service-Eng 86.28
City Of Kensett
Service-Eng 34.27
Colin Day
Mileage-It/Gis..... 183.92
Culligan Of Mason City
Service-Sdp..... 45.90
D & L Equipment
Parts-Eng..... 6.00
Dave Syverson Inc
Parts-Eng..... 180.45
Eurofins Test America
Service-San..... 964.00
Falkstone Llc
Rock-Eng 4,825.78
Forest City Ford, Inc
Service-Shf..... 131.15
Forest City Veterinary Clinic, Llc
Service-Shf..... 40.11
Frank Dunn Company
Supplies-Eng 1,019.00
Heartland Asphalt Inc
Supplies-Eng 5,692.95
Heartland Business Systems, Llc
Service-Dap 2,633.32
Heartland Power Coop
Service-Shf..... 162.16
Henry M. Adkins & Son Inc.
Service-Aud 11,032.81
Hovey's Lawn & Garden
Service-Con..... 1,975.00
Ia Law Enforcement Academy
Edu-Shf..... 5,225.00
Ia Prison Industries
Supplies-Shf 341.22
Iowa Communications Network
Service-Dap 825.00
Ip Pathways
Service-Dap 1,871.45
Jacki Backhaus
Reimb-Aud..... 246.00
Jj's Hardware
Supplies-Eng 295.46
John Deere Financial
Supplies-Con 376.92
Kimberly Bode
Reimb-Eng..... 573.08
Kiow, Service-Phd 484.00
Knudtson Automotive Service
Service-Shf..... 4,134.97
Lawson Products Inc
Parts-Eng..... 91.17
Lea Mobile Glass Inc
Service-Eng 751.79
Lexisnexis, Service-Aty..... 262.00
Manly Junction Signal
Service-Sup & Aud..... 806.71
Mark Tomlinson
Reimb-Ema..... 16.73
Mediacom, Service-Gsr 294.90
Menards Inc, Supplies-Aud . 47.88
Metal Culverts Inc
Supplies-Eng 6,299.64
Mid-American Research Chemical
Supplies-Gsr..... 373.60
Mike Bode, Mileage-Eng.... 259.92
Napa Auto Parts
Parts-Eng..... 89.05
North Central International
Service-Eng 7,774.79
North Iowa Broadcasting Inc
Service-Phd..... 1,407.00
Northwood Anchor Inc
Service-Sup & Aud..... 1,294.58
Nsb Bank, Service-Dap..... 233.10
Plunkett's Pest Control Inc
Service-Gsr 170.28
Professional Office Services
Service-Trs..... 418.76
Quick Supply Co
Supplies-Eng 8,740.00
R80 Llc, Fuel-Sdp..... 69.75
Ray Allen Manufacturing, Llc
Supplies-Shf 344.81
Reserve Account
Postage-Rec 128.70
Shred Right, Service-Phd .. 317.84
Splash Multisport & Custom, Llc
Supplies-Va 1,200.00
State Hygienic Laboratory
Service-Con..... 56.50
T-Mobile, Service-Shf..... 772.35
Trading Post
Parts-Eng..... 497.99
Treasurer State Of Iowa
Fee-Juj 537.00
Truck Center Companies
Parts-Eng..... 1,738.26
Vander Haag's Inc.
Parts-Eng..... 709.99
Verizon Wireless
Service-It/Gis & Eng 194.01
Vinyl Addictionz
Supplies-Con 378.00
Visa, Service-Phd 8,259.53
Watson & Ryan, Plc
Service-Asr 800.00
Whks & Co, Service-Eng12,577.00
Willson & Pechacek P.L.C.
Service-Asr 156.00
Winnebago Coop Telephone Assn
Service-Cap..... 1,245.95
Worth Lumber Co
Supplies-Shf 1,474.55
..... 133,644.37

Motion Smeby/Second Stone to approve the Worth County Operation Green Light Proclamation. With designation as a Green Light for Veterans County, Worth County hereby declares November 4-11, 2026 as a time to salute and honor the service and sacrifices. Roll call vote: Ayes – Smeby, Stone & Loberg. Motion carried.

Motion Loberg/Second Smeby to approve the hiring of a full-time employee in the recorder's office at $41,150 and that person is to be shared between the offices. Motion carried.

Motion Stone/Second Smeby to adjourn at 9:09 A.M. Motion carried.

Jacki A. Backhaus, Auditor
Enos Loberg, Chairperson

Bolan

The members of the Board of the Bolan Schoolhouse and Cultural Center and financial contributors to the train mural who were able to attend, enjoyed a social time Wednesday evening with artist, Lucretia Torva, who is nearing the final touches of the life size mural of the Chicago Great Western engine and boxcars along a 120 -foot Quonset building in Bolan. Lucretia shared that this is the largest mural she has ever done. Plus, the curved, corrugated metal surface required considerable mathematical calculations and artistic adjustments. The train gradually emerged complete with details connecting the artwork to Bolan's past. Donations toward the mural project are still being accepted. Lori Willert shared the history of the town which was founded because of the railroad. It was named after railroad master, Matt Bolan.

On Sunday All Saints Day was observed during the Bolan Trinity United Methodist Church worship service. Carol (Seater) Kipp was a member who passed away during the year. Monetary gifts given in memory of others were named also dedicated.

During the Trinity Service Pastor Appreciation Day was also observed with cards and gifts given to Pastor Cory and a special Pastors Poem read by Linda Nydegger.

COMING SOON: The Bolan Trinity U.M. Church, 4214 Tulip Lane, will have a "Drive In – Take Out' Swiss Steak Dinner on Sunday, November 15 from 11 a.m. – until gone (or 1 p.m.). This is a free-will donation event. You may call Pam Anderson at 641-324-1102 by Saturday, November 14 for your food pick up at the Northwood Courthouse at noon if you would like. The proceeds will be for church improvements.

People's Right To Know

ASSOCIATION OF IOWA FAIRS

FISCAL YEAR FINANCIAL REPORT of MEMBER FAIRS

INCORPORATED NAME OF FAIR & CITY LOCATION	WORTH COUNTY FAIR SOCIETY- NORTHWOOD, IA		
ESTIMATED ATTENDANCE	21402	CARNIVAL (name if applies)	SCOTT AMUSEMENTS
SELECT CORRECT ANSWER	GROUNDS ADMISSION PAID ✔ FREE ☐	GRANDSTAND ADMISSION PAID ☐ FREE ✔	
Financial Report for Fiscal Year	(Start Date) 10/1/2025	(End Date) 9/30/2026	

SUMMARY OF RECEIPTS AND EXPENSES
DO NOT ALTER THIS FORM

RECEIPTS		
FAIR INCOME		$ 171,875.01
NON-FAIR INCOME	+	$ 33,408.45
COUNTY FUNDING	+	$ 49,411.90
GRANTS (Community & Private Grants, & Others)	+	$ 0.00
STATE FUNDING	+	$ 10,202.83
MONEY BORROWED	+	$ 0.00
TOTAL RECEIPTS	=	$ 231,489.74
EXPENSES		
FAIR EXPENSES		$ 160,998.14
NON-FAIR EXPENSES	+	$ 67,053.71
CAPITAL IMPROVEMENTS	+	$ 0.00
EQUIPMENT PURCHASES	+	$ 0.00
PAYMENTS TO DEBTS	+	$ 0.00
TOTAL EXPENSES	=	$ 228,051.85
SIMPLE CASH RECONCILIATION		
BEGINNING CASH BALANCE (FIRST DAY OF FISCAL YEAR)		$ 91,224.80
PLUS TOTAL RECEIPTS	+	$ 231,489.74
LESS TOTAL EXPENSES	-	$ 228,051.85
ENDING CASH BALANCE (LAST DAY OF FISCAL YEAR)	=	$ 94,662.69
LESS TOTAL INDEBTEDNESS (BALANCE OF LOANS PAYABLE)	-	$ 0.00
NET ENDING CASH STANDING (AS OF LAST DAY OF FISCAL YEAR)		$ 94,662.69

PREMIUMS PAID AFFIDAVIT

INCORPORATED NAME OF FAIR: WORTH COUNTY FAIR SOCIETY

We, the undersigned President, Secretary and Treasurer of the above stated Fair, being duly sworn on oath depose and say the said Association/Society, being duly incorporated under the laws of the State of Iowa held a Fair known as the WORTH COUNTY FAIR on these days of JUNE 16TH-JUNE 20TH, 2026 in or near the city of NORTHWOOD, IA, and said Fair consists of a true exhibition of livestock, together with agricultural products and farm implements as contemplated by law (either Section 174.1 or 174.10).

We further depose and say that the following is a statement of the actual amount paid in cash premiums by the Association/Society for the current year, this statement corresponds with the published offer of premiums, and that no deductions have been made for entry fees, stall or pen rent. We further depose and say that no part of the below statement was paid for speed events or to secure games or amusements. We further depose and say that state appropriated funds received were used for infrastructure purposes only.

STATEMENT OF CASH PREMIUMS

4-H & FFA DEPARTMENTS		OPEN CLASS DEPARTMENTS	
Beef	$ 0.00	*LIVESTOCK*	
Dairy	$ 0.00	Beef	$ 0.00
Dog	$ 27.55	Dairy	$ 0.00
Goats	$ 0.00	Sheep	$ 0.00
Horse	$ 733.46	Swine	$ 0.00
Poultry	$ 422.22	Other Livestock	$ 0.00
Rabbit	$ 50.88	*NON-LIVESTOCK*	
Sheep	$ 0.00	Arts & Crafts, Textiles & Related	$ 31.00
Swine	$ 0.00	Culinary & Related	$ 142.00
Other Livestock	$ 9.54	Flowers/Plants	$ 568.00
Static Exhibits (Building Projects)	$ 2,257.50	Other Non-Livestock	$ 330.00
TOTAL	$ 3,501.15	TOTAL	$ 1,071.00

NUMBER OF EXHIBITORS AND EXHIBITS

AREA	4-H & FFA	OPEN CLASS
Livestock Exhibitors	164	0
Livestock Exhibits	570	0
Non-Livestock Exhibitors	166	80
Non-Livestock Exhibits	617	479

By signing this document, I do verify I have been designated as Authorized Signatory of the Board of Directors of the Fair submitting this financial report. As Authorized Signatory, I am signing this document for and on behalf of the Fair submitting this financial report.

Signature of Authorized Signatory	Lauren Welty	Date Signed 10-28-26
Print Name of Authorized Signatory	Lauren Welty	
Position on Board of Directors	Treasurer	

As per Iowa Code, failure to complete this report in its entirety and submit it to the AIF office by November 15 will result in forfeiture of State Funding. Submit proof of publication of this report in a local newspaper (required).

Northwood Anchor

Legal

Notice

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

The storm water discharge will be from construction activity located in Worth County on Interstate 35. The project is ramp and parking paving at SB weigh station, 3.2 mi. N. of Co. Rd. A38.

The Public Lands Survey location is Township 99N, Range 21W, Section 8.

Storm water will be discharged to the following receiving streams: road ditches to Elk Creek.

The public may obtain further information or request to review the NOI after it has been received by the DNR at https://programs.iowadnr.gov/stormwater/, or by contacting the Iowa DNR at 6200 Park Ave Ste 220, Des Moines IA 50321, by phone at 515-725-8200, or by emailing stormwater@dnr.iowa.gov.

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Business Announcements

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

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

Congregate Meals
MEALS ON WHEELS
324-1244

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N-K VolleyTots teaches skills, rules and sportsmanship



This fall, Northwood-Kensett students in grades K-3 had the opportunity to participate in VolleyTots, a newly formed program through Northwood Park & Recreation. Over the course of six Saturdays, 33 young athletes gathered to learn and develop fundamental volleyball skills while building teamwork, confidence and a love for the game.

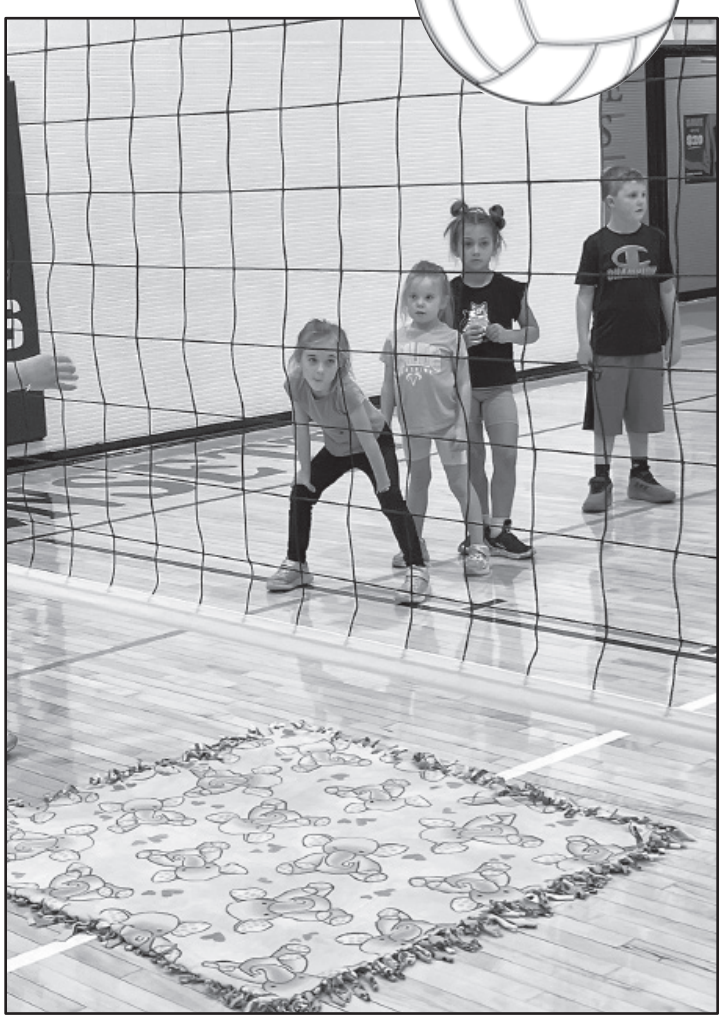
Participants practiced essential skills such as serving, passing, setting and hitting, while also learning the basic rules and concepts of volleyball. Through fun drills and activities, students strengthened their skills and sportsmanship in a positive, encouraging environment.

Several N-K High School volleyball players generously volunteered their time to help coach and encourage these young athletes. Their involvement allowed participants to receive instruction in smaller groups while also providing an opportunity to learn from and interact with their role models.

Organizers shared their appreciation for the older student volunteers for helping make the program a success.

"With strong participation and enthusiasm, the future of N-K volleyball is looking bright. We are excited to watch these young Vikings continue to grow and develop both on and off the court!"









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Miscellaneous
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Miscellaneous
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Miscellaneous
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HALLOWEEN IN NORTHWOOD 2026





Halloween parade and costume contest

The Northwood Chamber of Commerce once again hosted Halloween events, starting with the parade that had costumed kids and families traveling down Central Avenue to Central Park, where they gathered for a costume contest, with winners in three age groups.





Costume contest winners ages 7-10



Costume contest winners ages 4-6



Costume contest winners ages 0-3











A Halloween hike for N-K preschoolers

Northwood-Kensett preschool students visited downtown businesses last Friday as they celebrated Halloween. It was a nice day for the young costumed kids, their teachers and students from the National Honor Society that accompanied them as they tricked and treated.



Costumed visitors to LRH

Kindergarten and first grade students at Northwood-Kensett traveled to the Lutheran Retirement Home on Friday, to wish residents and staff a Happy Halloween while showing off their costumes. The parade of youngsters traveled through the Retirement Home and the Pines Assisted Living before they left with a bag of treats, and no tricks.



N-K Elementary Halloween

Students and staff were in the Halloween holiday spirit last Friday. Elementary staff dressed as a variety of animals that can be found in the zoo, with elementary secretary Tina Johnson dressed as their zookeeper. Students also came in costume for the day before Halloween. There were a few popular costumes shared between students. That included the trio of Batmans pictured here.



Amazing Fall Sales

KIOTI
$46,600 with 0% for 72 months or $39,600 with Cash Discount
New Kioti DK5320SEHC
50Hp Diesel, Cab AC/Heat, 3 Range Hydro, MFWD, R14 Tires, Radio, Front and Rear Wiper, Cat 1 3pt, 1 rear hyd remote, KL5521 loader 72" bucket

$15,800
WOODS
New Woods BW10.30
10ft Cutting Width, 540 pto, Chain Shield, Used Aircraft Tires, 1.5" Cutting Capacity, Cutting Height 2-12", 25-60hp

KIOTI
$39,600 with 0% for 72 months or $35,000 with Free Loader Discount & 2.99% for 72 months
New Kioti CK3540SEHC
35hp, MFWD, 3 Range Hydro, Cab AC/Heat, Radio, Block Heater, Cat 1 3pt, 2 sets rear hyd remotes, R14 Tires, KL4040 loader w/66" quick attach bucket

$3,800
WOODS
New Woods BB72.30
6ft rough cut mower, Cat 1 3pt, 540 pto, belt guard, 30-65hp, 2" diameter cutting capacity

$4,400
CL FABRICATION
New CLFab Dominator TreePuller
Jaws open 60" wide, 2 Cylinders, 1" Thick jaws, with Removable bolt on Root Rippers, 31" Tall Guard 3/8" thick

$75,000 with 0% for 48 months or $68,000 with Cash Discount
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44hp Perkins, Cab AC/Heat, Hyd coupler, Hyd Angle Dozer Blade, 13,000 lbs machine, max digging depth 12ft

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