



Serving Emmet County and the surrounding communities.



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Emmet County Sheriff's employees donate food from 'No Shave November' Page 4



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ELC wrestlers travel to Pocahontas for quad meet Page 1B

FOREST RIDGE STRIVED FOR IMPROVEMENT BEFORE CLOSURE

By AMY H. PETERSON
STAFF WRITER

Less than a year after a riot erupted at Forest Ridge Youth Services, the facility is closed. The Emmet County Sheriff's Office reported an incident Dec. 30, 2020 in which six staff members were injured and four juveniles charged with participation in a riot and multiple counts of assault on the staff members. Those four juveniles were transferred to a different facility and staff

members treated at a hospital in Estherville. Due to the multiple restrictions of juvenile alleged offenders, health status, and the nature of the facility as a whole, no further information has become available about that incident.

The Emmet County Sheriff's Office had responded to a number of runaways and other incidents at Forest Ridge, leading county supervisors to question how much law enforcement assistance the coun-

ty is responsible for and what steps could be taken to protect neighbors of the facility from property damage, stolen vehicles, and the upheaval of law enforcement and Forest Ridge staff searching for missing youth in the surrounding area.

The facility was taking steps over the last four years. According to DHS records, Forest Ridge reported continuous improvement on several key challenges.

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ELC Board OKs two-year early retirement plan

By DAVID SWARTZ
MANAGING EDITOR

Pending a review by the school's attorney, the Estherville Lincoln Central School Board Monday approved an Early Retirement Incentive plan that would be offered to those that are eligible currently or would be eligible next year.

In her notes to the board, ELC Superintendent Tara Paul, who wasn't present at Monday's meeting, said she is recommending a plan for all 260-day full-time employees (Certified and Non-certified) with payment going to the Special Pay Plan. An early retirement is offered for a couple of reasons:

- * Provides financial advantage for those persons who are near a personal decision to retirementEnables necessary staffing modification to take place without disrupting careers of those who do not wish



Director Steven Bradburn directed the high school choir for one song at the ELC School Board meeting Monday evening. Bradburn said this is his final Christmas concert at ELC.

to leave the classroom.

- * Provides an orderly means for employees to initiate retirement.

- * This rewards employees

for satisfactory service to the school district

- * Facilitates a continuing blend of experienced and less-experienced staff members

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Sounds of Christmas



Steven Bradburn conducted all the middle school and high school vocal groups. Above, Bradburn directs the 5-6 vocal choir.



The Estherville Lincoln Central High School and Middle School instrumental and vocal concerts were both held Monday evening. The vocal concert was held at the high school Little Theatre followed by the band concert in the high school gym. Above are Cooper Brosh on baritone and Remington Laidig on tuba during the 7-8 band concert.

Photos by David Swartz



ELC fifth graders Grace Harris (clarinet) and Tatum Bates (trumpet) performed a duet during the 5th grade band portion of Monday's concert.



Steven Bradburn conducts the 7-8 choir at the ELC High School Little Theatre on Monday.



Lovely melodies at the Estherville News

Glenn Henriksen and Natalie Henriksen provided musical entertainment at the Estherville News Cookie Exchange last Thursday, Dec. 9. Find out more about the exchange and cookie contest on Page 2 of today's Estherville News.

Hansens just love horsin' around

By MICHAEL TIDEMANN

What sort of animal could pull a wagon loaded with 14 people as though it were nothing?

Well, actually draft horses - a pair of them.

Tom and Lisa Hansen who live north of Armstrong have been working with the big horses for the past 28 years. Starting with Belgians, they've worked with various breeds long enough that they've started to think like, well, a draft team themselves. Lisa is an Emmet County supervisor and has had a long nursing career while Tom has farmed in addition to what has become a big hobby - pun intended.

Tom's third cousin Mike Jessen, who lived near Dolliver, got them started. Tom would help harness and unharness the team for Mike. When Mike saw how much Tom liked the horses, he gave him two Belgians, June and Babe. Babe produced several colts, and the Hansens still have two Belgians, one from the original family, now 22 years old. They also have a

team of Percherons and a pair of red and white paint draft horses, for a total of two females, three geldings and one stud. Lisa said Belgians are the most docile while Percherons tended to be more high strung, but that tendency has been bred out of them.

One of their Belgians, Max, wound up in Wisconsin. And if you're wondering if a lot of their horses' names start with an 'M', well, you're right - they've carried names like Molly and Marge as well.

Lisa said draft horses have a good temperament. That's pretty obvious when they come right up to you, begging for a petting or a treat. They can vary in size, too, with the Percherons 2,200 pounds and the Paints at 1,200 to 1,300, a little closer to the size of a quarter horse.

So how long does it take to know how to work a team?

"I'm still learning," Tom admitted, giving a lot of credit to the horses themselves.

The Hansens subscribe to Draft Horse Journal, consid-



Lisa and Tom of rural Armstrong with their draft horses Miller and Jake.

ered by many to be the ultimate authority on draft horses. Tom also relies on the Draft Horse Handbook for tips on the animals.

The Hansens do hayrides, and when there's snow, sleigh rides. Their teams were a regular feature at Christmas on the Farm at Peterson Point

when that event was still held. Most recently, the Hansens were at Estherville's Winter Nights, Holiday Lights and Tubachristmas Dec. 8 and they're going to be in Bancroft 5:30-7:30 p.m. Dec. 18 for an event sponsored by Main Street Pub. They'll be in Armstrong the next night from 10:30 a.m.

to noon, sponsored by the ABC Club.

They have two wagons they use at events, one holding 14 comfortably. They also hire out for weddings. They took a team, Julie and Babe, to Ossian for their daughter Jenna's wedding. Jenna now lives in

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News



The 2021-22 Iowa Lakes Community Dance Team includes, from left, Elle Houseman of Estherville, Shania Murray of Estherville, Adelee Reinhardt of Estherville, Riley Shryock of Estherville, Molly Mulhern of Spirit Lake, Kassie Diehl of Orange City, and Mariah Martin of Armstrong.

Iowa Lakes Dance Team finishes second at State

The Iowa Lakes Community College Dance Team brought home two second-place finishes from the Iowa State Dance Team Championship in Des Moines. The Lakers competed against six other community colleges on Wednesday, Dec. 1, at Wells Fargo Arena. The Lakers brought home second-place trophies in the pom and hip-hop categories.

"I knew this year's team had the potential to do very well at competition," said Iowa Lakes coach Danie Juhl. "They came

together as one team on that floor and gave it their all. Their performances were fantastic! I could not be prouder of these girls and their hard work and commitment to themselves, their team and me."

The Laker Dance Team is currently recruiting for its 2022-2023 season.

For more information, please contact Coach Juhl at djuhl@iowalakes.edu.



Camden McKenney (ELC '19) showed his skill on the trombone by taking on the challenging "Concertino" by Ferdinand David.

Beginners and virtuosos hold recital

Students who took private vocal and instrumental music lessons at Iowa Lakes Community College performed at their Winter Recital Dec. 8 at the Janice K. Lund Performing Arts Center.

Photos by Amy H. Peterson



Miyah Paulson (ELC '21) hit the soprano range of Felix Mendelssohn's "O Rest in the Lord."



Kaitlyn Pollock (ELC '21) found a Christmas groove with "Little Drummer Boy."



Judging of the cookie contest at the Estherville News was intense last Thursday, Dec. 9. David Swartz, Estherville News Managing Editor, left, and Barry Bonner of Birdies, Burgers & Brews in Graettinger, right, joined four members of the Iowa Lakes Community College basketball team: Brielle Bartelt of Waterville, Minn., Kariana Lohf of Davenport, Jaden Gipfert of Carpenter, Wyo., and Melady Renteria of Sullivan City, Texas.

Photo by Amy H. Peterson

Estherville News cookies raise over \$500 for Emmet County Animal Shelter

By AMY H. PETERSON
STAFF WRITER

When all the votes were tallied, Jessie Nitchals' multi-chip cookies won the first ever baking contest at the Estherville News.

The newspaper's open house drew friends and family of the newspaper in for treats, drinks and a chance to purchase a plate of cookies for \$5.

All cookie sales proceeds go toward to the Emmet County Animal Shelter.

New line of houseware just in time for Christmas!

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Quastad raises pipeline concerns

By MICHAEL TIDEMANN
Emmet County Board of Supervisors Chair Jeff Quastad at the board's Tuesday, Dec. 14 meeting relayed concerns about the proposed Navigator pipeline he raised earlier at a meeting in Spencer.
Quastad said that at the Spencer meeting he had raised the issue of nitrous oxide emissions from ethanol plants which he said were 280 times as noxious as carbon dioxide.
"They're not trying to help the environment. They want the money," said Quastad of the pipeline.
Quastad said one acre of corn consumes eight tons of carbon dioxide. He has offered concerns in the past about the pipeline starving corn of carbon dioxide needed for growth.
"They're doing a miniscule amount compared to what the corn does," said Quastad. While the pipeline is projected to carry away 15 million tons of carbon dioxide, Quastad said 100 million acres of corn sequester 800 million tons of carbon dioxide.
In other business, Auditor Amy Sathoff gave the supervisors a sheet listing taxable property valuations for fiscal 2022-23. Sathoff said valuations were up 3.12174 percent from last year.
Supervisor Todd Glasnapp reported on the monthly safety meeting. He said the county had gone 80 days without a lost-time accident. He said county employees had also participated in a winter driving defensive class. Supervisor Tim Schumacher said the county

safety program helps the county's ICAP insurance rate.
Supervisor John Pluth said he had a Corridor meeting the following day.
Sathoff also requested allocation of the entire fiscal 2022 information technology budget of \$163,961, which the board approved. Sathoff said the request was for equipment purchases and maintenance contracts.
Veterans Affairs Director Deb Tietje met with the board about choosing her successor upon her retirement. The list of 17 applicants has come down to two finalists, said Tietje. She said the successful candidate must have computer skills and pass federal security clearance and that it would take a year and a half for the new director to learn the job.
The board approved claims and drainage and a bid of \$23,690.71 from Duitsman Plumbing for work on the Emmet County Annex.
Sathoff reviewed the county code of ordinances for voting precincts and offered the county reprecincting worksheet for board approval. Sathoff noted no precinct boundary changes. She said the county had lost population from the previous census, down from 10,302 to 9,388. While there were no precinct boundary changes, Sathoff said she needed to submit the worksheet to the state by Jan. 1, which the board approved.
The board also approved a joint drainage district claim for EPA 17 from Dan Burton for \$50 a beaver tail and they reviewed a manure management plan from Summit Pork III LLP.

Supervisors hear funding requests

By MICHAEL TIDEMANN
While the economy seems to be booming, there are many who are left behind. Whether it's a matter of sexual or physical abuse, human trafficking or problems with drugs or alcohol or homelessness, our society has many issues with which it must deal.
The Emmet County Board of Supervisors at their Tuesday, Dec. 14 meeting heard two funding requests from agencies that are trying to meet those needs, and who have already done so, despite increasing demands and shrinking funding sources.
The board heard requests from Shari Kastein of Family Crisis Centers of Sioux Center and Jessica Amendt and Bob Shaw of Spirit Lake-based Discovery House. Due to changes in state law, the county must now earmark any money it gives as funding for services.
Kastein said Family Crisis Centers served 64 victims of domestic violence and human trafficking in Emmet County last year. The agency also as-

sisted 26 victims of homicide and violent crimes, 30 medical clinic outreach clients and 92 crisis line calls.
"Caseload is much, much higher in Emmet County," said Kastein, who said two full-time staff serve the agency. COVID contributed to more crime.
"It's not a positive movement," observed Supervisor Tim Schumacher, in viewing the numbers.
"Everybody's up," said Kastein. She said staff is leaving because of caseload due to "vicarious trauma" from having to emotionally saddle client experiences.
"I want to fix things," said Schumacher, who said there needed to be some kind of cultural change.
That change, said Kastein, must be multicultural and multigenerational. "It seems like we're in crisis mode right now," she said, with prevention a key factor in stopping the trend.
When Schumacher asked how much of the agency budget goes to education, Kastein said less than 15 percent due to caseload. She said Family Crisis Center is

visiting K-12 schools to try to change the trend.
Kastein said Family Crisis Centers' funding comes from federal court settlement money which saw an 8 percent cut this year with an additional 20 percent cut coming next year. She said the agency was requesting any possible COVID money from counties.
Emmet County Auditor Amy Sathoff said the county had a \$5,000 line item for Family Crisis Centers this year.
Jessica Amendt and Bob Shaw of Discovery House also met with the supervisors. Shaw, representing the board, introduced Amendt, the new director.
Amendt reviewed her background in social work, mental health and counseling services. She said she has added substance abuse counseling and therapy to Discovery House services.
Amendt said Dickinson, Clay and Emmet counties are the chief sources of residents for Discovery House, with 13 percent coming from Emmet

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Briefs

SANTA CLAUS HOUSE HOURS IN ESTHERVILLE

Santa Claus' Estherville home in Library Square will be open at scheduled times throughout December. Dates and times are as follows:
■ 5-7 p.m., Thursday, Dec. 16
■ 10 a.m.-12 p.m., Saturday, Dec. 18

ESTHERVILLE SNOW REMOVAL REMINDER

The City of Estherville would like to remind property owners and snow removal contractors that snow from private property may not be pushed on to the streets. The only exception is within the Central Business District due to limited space on private property and then only prior to the city's snow removal operation.
Property owners must provide a place to deposit their snow on private property and if there is no room they should have it hauled away just as the city must do when there is a shortage of storage space.
Residents and contractors must also be careful not to place piles of snow on sidewalks or in locations near intersections or driveways that may block visibility and create a hazard for motorists.
Your cooperation in this matter will help city crews provide Estherville with fast, efficient removal of snow from city streets.

Laurens woman faces drug charges

A Laurens woman was arrested recently as the result of a traffic stop in rural Emmet County.
According to Emmet County Sheriff Mike Martens, a sheriff's deputy on patrol November 30th, initiated a traffic stop in the 4900 block of highway 9 to investigate a traffic violation shortly before 1:30pm that day.
Upon investigation at the scene, a controlled substance and drug paraphernalia were

discovered in the vehicle.
As a result, the driver, Brittany Jewell age (27) of Laurens was placed under arrest and transported to the Emmet County Jail where she was booked for Possession of a Controlled Substance (marijuana) and Possession of Drug Paraphernalia.
A charge is merely an allegation and all persons are presumed innocent unless or until they are found guilty in a court of law.

ELC, Continued from Page 1A

* Facilitates a general fund cost savings to the school district.
"Anyone who would like to take advantage of this plan, either at the end of this year or end of next year and are eligible the year they plan to take advantage of the plan would need to let the Central Office know no later than Jan. 31, 2022," Paul stated.
The board had a request from the ELC Education Association (teacher's union) to move the deadline one month to Feb. 28.

The board met the association halfway when they approved the retirement plan. The deadline to let the Central Office know of their retirement intentions, per the board's motion, is Feb. 14.
"My purpose in recommending the two-year plan is to create an extra incentive for planning purposes, especially with the large class graduating this year," Paul stated in her board notes. "They will be on our count next year (2022-2023) and then off the following year (2023-2024). If we can either spread the early retirements out over two years or know who is going to take the early retirement incentive for 2023-2024, this will help us see how much we will need to cut from our budget when this senior class

rolls off our budget."
In other business Monday, the school board approved a 5-year beverage contract with Pepsi. Two accounts will be maintained with the Pepsi company — one will be for ELC vending and the other will be for the ELC Booster Club. The Booster Club will be invoiced directly from Pepsi for the products they order for the concession stand.

The board approved early graduation requests for four students, pending they meet all state and local requirements for graduation from ELC. The students are: Jade Campbell, Gavin Huntley, Jett Quastad, and Kora Kollasch.

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FOREST, Continued from Page 1A

With the restrictions of 2020's COVID-19 pandemic, Forest Ridge struggled to provide essential therapy, educational, and other services to the girls in their care, though they employed creative strategies to address the difficulties.
As of a week ago, Forest Ridge Youth Services is closed. This information was released last month and confirmed by the Iowa Department of Human Services.
Iowa DHS provided records of Forest Ridge's efforts in recent years to alleviate the major challenges within their facility. DHS also provided information on how much public money they spent on contracts with Forest Ridge Group Care and Forest Ridge Shelter.
Forest Ridge Group Care had placements of girls aged 13-17 from Iowa and from other states. For the 24 beds guaranteed for Iowa girls, DHS reported a rate between \$145 for an empty bed (held open for an Iowa placement) and \$195 for a filled bed. This was the maximum rate. The state paid from \$87.60-\$131.09 in 2019-


2020 and the maximum rate of \$195 per day for an occupied bed in 2021.
Public information officer Alex Carfrae said, "A maximum yearly estimate of a completely full facility in 2021 would equate to 24 beds x 195.00/day x 365 days = approximately \$1.7 million.
In addition to the daily payments per youth from Iowa, DHS paid additional expenditures for Forest Ridge Group Care of \$275,271 in 2019, \$163,167 in 2020 and \$736,267 in 2021.
The Forest Ridge Shelter ran similarly for payments from Iowa DHS. The rate for a shelter bed was \$101.83/day. Carfrae said Forest Ridge Shelter ran 10 to 15 shelter beds under DHS contract. A full facility in 2021 would be \$101.83/day x 65 days x 15 beds = \$557,000 for the year. Iowa DHS also paid approximately \$200,000 each year for extra expenditures in 2019, 2020 and 2021.
Forest Ridge Group Care struggled to attract and retain staff in its final years. Wages

increased, recruitment expanded, but reduced referrals for service and COVID-19 were among the barriers to fully staffing Forest Ridge Group Care. Forest Ridge Youth Services stated on a report to DHS dated Aug. 25, 2021, that investing in a real-time rewards program through which students can use points to purchase rewards in a point store, and implementing the Sanctuary Model along with Think Trauma helped students and staff feel safer after understanding trauma response behaviors.
COVID-19 didn't shut the cottages down at the height of the pandemic.
"Forest Ridge continued to be operational during the severe COVID-19 infections in surrounding counties. Despite the prevalence of the epidemic, Forest Ridge remained COVID free, except for a short, two-week timeframe in June," the report stated.
Continuing to provide services to students during COVID-19 was listed as a success by Forest Ridge Youth

Services. "The students benefited from the continued service provision. Students successfully discharged."
Forest Ridge was unable to complete the required face-to-face family contacts during the pandemic due to state and county health department restrictions on visitors. In-person visits were replaced by more frequent FaceTime visits — for some students and families there was daily virtual contact, which helped alleviate some of the challenges of quarantine at the cottages.
Forest Ridge reduced its incidents of physical holds on students using a curriculum called Handle with Care. Only staff certified in Handle with Care would perform a standing hold, only taking the student to sitting or supine if necessary. Staff not certified in Handle with Care would be part of a hands-off intervention. Physical and other holds would not be employed unless after de-escalation is tried, the student is still a danger to themselves or others. Staff were not to escalate the situation,

but to continue direct appeal, problem solving, clear, calm direction, positive correction, and other techniques. At any point the student reduced their activity to a level that could be handled with continued de-escalation instead of restraint, they were to immediately stop the hold.
In addition to "Think Trauma" with Forest Ridge staff, youth with intense mental health concerns and trauma histories were given individualized de-escalation plans written by clinical staff. After Forest Ridge students finished the school day at their Gruver school building, they would begin a mindfulness program as another means to help students and staff utilize calming and coping techniques.
DHS provided Forest Ridge Youth Service's critical incident plan. Forest Ridge reported during the calendar year 2018, there were 254 critical incidents (physical holds, runaways/truancies, self-harm and boundary violations). Three residents accounted for 128, or just over half of these inci-

dents.
"These were students who in past years would have been deemed outside of Forest Ridge's scope of services and either not accepted for admission or moved to a more appropriate setting," the report stated.
Critical incidents had decreased for the third year in a row, and critical incidents at Forest Ridge Group care had decreased significantly over the previous year.
Iowa DHS provided numerous reports from the past several years outlining Forest Ridge staff's plans for continuous improvement, along with the state funding numbers, in response to the Estherville News' request for information. Reports to the state do not include details of critical incidents, including the truancies/runaways reported by the Emmet County Sheriff's office. Forest Ridge reports that the majority of youth involved in a critical incident eventually successfully discharge.


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Tuesday - 2 pc Broasted Chicken w/Roll, Salad & Choice of Potato
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Wednesday - Patty Melt or Frisco Burger \$7.50 or off the menu

Thursday - Chicken Fried Steak \$8.00 or off the menu

Friday - Hot Beef Commercial \$8.00
Pork Tenderloin \$6:50 or off menu
\$1.00 Soda with Noon Meal
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Evening Specials
Tuesday, December 14:
Bingo (Earlybird 6:30, Main Event 7:00)
Wednesday, December 15:
Auxiliary Ladies Serving
2 pc Chicken \$7.75 or \$7.25
Liver & Onions \$7.25
Served with Fresh Baked Bread, Vegetable & Dessert
Thursday, December 16:
6 oz Top Sirloin or 6 Fan Tail Shrimp . . . \$9.95
Served with Potato, Salad and Roll
Friday, December 17:
Fish Dinner (Swai - not the cheap stuff) . . \$9.95
Served with Potato, Salad and Roll
Saturday, December 18: Off the menu
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POSTMASTER: Send address changes to:
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About Us:

Hours: 8:30 a.m. to 5 p.m. Monday-Friday
Phone: 712-362-2622
Publications & Services: Estherville News newspaper publishes on Thursdays. Spirit Shopper publishes on Tuesdays.

Management:

Publisher and Advertising Manager: Glen Caron
Managing Editor: David Swartz

Advertising:

Send advertising copy and inquiries to Glen Caron at gcaron@esthervillenews.net or call 712-362-2622. Deadline is noon Mondays for the Estherville News and noon Thursdays for the Spirit.

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Send obituaries to dswartz@esthervillenews.net or call 712-362-2622. Deadline is noon Tuesdays. Obituaries must be through a funeral home or paid in advance. Contact David Swartz.

Public notices/Legals:

Send items to Kaitlin Apitz at kapitz@esthervillenews.net or call 712-362-2622.

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Send news tips, reports, stories, photos and other inquiries to dswartz@esthervillenews.net or apeterson@esthervillenews.net or call 712-362-2622. Deadline is noon Mondays. Contact: David Swartz or Amy Peterson

Sports:

Send tips, reports, stories and photos to dswartz@esthervillenews.net or call 712-362-2622. Deadline is noon Mondays. Contact: David Swartz



Deborah L. Herzberg
Avera Holy Family
President
and CEO

PROTECT YOURSELF AND OTHERS FROM COVID-19 THIS HOLIDAY SEASON

As we continue celebrating this season of holidays, COVID-19 is continuing to be an unwelcome part of our lives. We have to stay aware of the threat - and take action.

At Avera Holy Family Hospital as well as other facilities around the Avera system, a steady number of higher hospitalizations is why we ask everyone keep up the fight. Some still need weeks and even months of specialized care. When added to the high number of patients who face other illnesses and conditions, we are seeing hospitals reach capacity or come close to it. We support Avera McKennan Hospital in Sioux Falls by taking transfers of stable COVID-19 patients still requiring hospital care at Avera Holy Family. Our teams work hard, but health care workers are exhausted. Support our larger facilities by joining efforts to help curb COVID-19.

We know people want to be done with the pandemic, and many have stopped worrying about it. But severe cases of COVID, even in young, healthy people, children and teens are still possible. Fortunately, we are not helpless in the face of the pandemic. Here are actions we can take to protect loved ones, neighbors, friends, co-workers - and ourselves; **Get Your Vaccine and Help Ensure Others Do, Too**

Vaccines are the top defense against COVID-19 for anyone age 5 and older. People who were vaccinated several months ago may be eligible for a booster, and now's a great time to get it. Millions of people have safely received vaccines, and the vaccines are doing what they're supposed to do in most cases, they are stopping COVID completely. Yes, rare breakthrough cases happen, but most often they're milder, resulting in lower risk of hospitalization or death. **Stay Home When Sick and Get Tested**

If you or your children develop cold or flu symptoms, such as headache, cough, fever, congestion or diarrhea, please stay home. Even if you've been vaccinated, it could be COVID-19. Please get tested for COVID-19 to find out for sure. If the test comes back positive, isolate at home for 10 days since symptoms began. Otherwise, it's easy to expose an elderly grandparent or infant who could get very sick. **Practice What We Know Works**

Layers of protection start with vaccines, but they go on from there. Social distancing, washing hands frequently and wearing a mask in public all help, and added together they make stronger defenses for you and your loved ones.

This holiday season, keep safety in mind. For example, try to avoid traveling to communities with high positivity rates. Consider sharing a meal via video if travel or gathering in person could place you or your loved ones at risk.

Celebrate outdoors when possible, open windows and doors for better ventilation. We've enjoyed mild temperatures recently, but typically we don't have this option in the Upper Midwest. Consider safer methods of serving food, such as making plates for each person while wearing a mask and using good hand hygiene, instead of setting up a buffet or passing serving dishes family-style.

We're here to help you enjoy this special time of year - safely. Go to Avera.org/covid-vaccine for information on testing, treatment and vaccines, or call your local clinic.

We wish you the very best during this blessed season of wonder.
Merry Christmas!



Blood bank brings record donations

The Community Blood Bank held Wednesday at Avera Holy Family Hospital brought in a record number of donations. Cheryl Sherry, public relations director at the hospital, said blood donations stay within the Avera hospital area. Joy Smith and Bill Haak were the phlebotomists on site Wednesday, Dec. 8.

Photo by Amy H. Peterson



Emmet County Sheriff's Office gives back after 'No Shave November'

The Emmet County Sheriff's Office ended this year's No Shave November with a donation of over 276 pounds of food to the Upper Des Moines Opportunity's Emmet County Food Pantry. No Shave November is an annual event where staff members are allowed to wear their beards for the month to bring awareness to men's health concerns and then donate to a local charity. Pictured from left are Jailer Dalton Rucker, Jailer Dalton Johnson, Deputy Tony Ruter, Deputy Tom Bauler, Sergeant Jeff Merrill, Deputy Dillon Faas, Deputy David Greenwald, Deputy Caleb Creech, Chief Deputy Justin Schultes, Jailer Ahren Ouellette and Sheriff Mike Martens.

Photo submitted

Recipe Corner

Pumpkin Cookies

Jo Planting, Estherville

Jo Planting of Estherville told the Estherville News her mom has been baking these pumpkin cookies for Christmas for years. Bakers may use any vanilla buttercream frosting they choose and add chips, chunks or sprinkles.

Frosting is basic vanilla butter cream frosting:

½ cup unsalted butter, softened
1 ½ teaspoons vanilla extract
2 cups confectioners' sugar, sifted
2 tablespoons milk

Ingredients:

1 cup oleo (margarine)
2 cups sugar
2 cups pumpkin
2 teaspoons vanilla
4 cups flour + extra ¼ cup
2 teaspoons baking powder
2 teaspoons soda
2 teaspoons cinnamon

Use hand mixer, stand mixer or wooden spoon to cream softened butter until fluffy. Beat in confectioners' sugar and vanilla extract. Pour in milk and beat for an additional three to four minutes. Bake at 350 degrees for 13 minutes. Cool, then frost.



Inspirational Insight: Merry Christmas!

Ever have that feeling that there's something missing but you don't quite know what it is?

That's how I've felt recently. It comes on when I go to places that are decorated for what we used to call Christmas. There is a tree and lights, multiple images of Santa Claus and sometimes even Mrs. Claus. There may also be a snow man, a few elves, and some reindeer. It's all quite festive. Yet there's something missing.



Pastor Glenn Bohmer, retired

Not all feel this way. To them such decorations are perfectly fine. That's understandable. After all, as a society we've

been at work for a number of years stripping out any religious meaning or significance of Christmas. It's Happy Holidays rather than Merry Christmas. It's winter break rather than Christmas vacation. It's secular songs rather than Christmas carols. It's feel good sentimentalism rather than dealing with the reason why we celebrate the birth of a baby born over 2,000 years ago and given the name Jesus, which means Savior.

Using contemporary terminology Jesus has been canceled. Why is that? It's because Jesus makes people feel uncomfortable. He does so because he came to save people from their sins. Sin means that there is an objective standard of good and bad, right and wrong called the Ten Commandments. Sin is the bad and the wrong. It also means that there is a Law Giver, one who sets the standards of what is good and right. This rubs

many people the wrong way. We live in a very subjective world where it is believed that the individual has the right to determine for himself or herself what is right and wrong, good and bad. This means that he or she or they become their own law givers. Sin and a Savior have no place in such a world as this. Jesus doesn't fit, so out he goes, canceled, and with him goes Christmas. Happy Holidays, everyone, as long as I get to define what is

happy for me, and you accept my definition.

Church members aren't immune to this. They live in this world. They surf the same net, visit the same social media platforms, watch the same TV shows as most everybody else. They take the same ideas and attitudes of the world into their congregations. There are those who in spite of all that still hold fast to the truths of God and love Jesus as their Savior. There are those who don't.

What's missing? It's not an image of baby Jesus in a manger with cattle and sheep all around. Rather, it's people with broken and sorrowful hearts who have come to realize the awfulness of their sins and how their sins have devastated them and others. It is people who on realizing this have found in Jesus the One who came to bring forgiveness and healing into their lives and with that hope and salvation. Merry Christmas!

Church Directory

Churches are encouraged to submit updated information which is listed as space allows.

Estherville

ST. PATRICK'S CATHOLIC, 903 Central Ave., 712-362-5851; Rev. Paul Kelly; FRIDAY: 7:30 a.m. Mass. SATURDAY: 3:30 p.m. Sacrament of Reconciliation. 4:30 p.m. Mass. SUNDAY: 10:30 a.m. Mass. Noon Mass in Spanish. TUESDAY: Noon Mass. 6:30 p.m. Knights of Columbus meeting and dinner. WEDNESDAY: 7:30 a.m. Mass. 8 a.m. Adoration. 11:30 a.m. Sacrament of Reconciliation. **UNITED METHODIST**, 102 S. Eighth St., 712-362-4886; Pastor Kevin Moore. TODAY: 9 a.m. Coffee with Kevin Devotions via Facebook. FRIDAY: 5:30 p.m. Staff Christmas Party. SATURDAY: 7 p.m. "I Can Only Imagine" movie upstairs. SUNDAY: 9:30 a.m. Worship with children's Christmas program. 10:30 a.m. Cookie and punch reception. 11 a.m. Central De Vida Worship. MONDAY: 7 p.m. Ruth Circle at Becky Wiseman's. WEDNESDAY: 7 p.m. Contemporary Worship Service. **IMMANUEL LUTHERAN LCMS**, 409 N. Sixth St., 712-362-3237; Rev. Thomas Marth; SATURDAY: 10 a.m. 4-H Horsin' Around. SUNDAY: 9 a.m. Worship. 10 a.m. Fellowship.

11:30 a.m. Service Broadcast, Channel 3. TUESDAY: 9 a.m. 4-H Babysitting Clinic. **ESTHERVILLE LUTHERAN**, 208 N. Eighth St., 712-362-4607; Pastor Tim Johnson. TODAY: 7:30 p.m. AA-AI-ANON Meeting. SATURDAY: 5 p.m. Worship. SUNDAY: 9:30 a.m. Worship with JAM Christmas Program. MONDAY: 1:30 p.m. Esther Circle. 7:30 p.m. AA Meeting. TUESDAY: 9 a.m. Sara Circle. THURSDAY: 7:30 p.m. AA-AI-ANON Meeting. **REDEEMER LUTHERAN**, 1215 N. 15th St. 712-362-2821; LCMC. Pastor Lori Westfall; SUNDAY: 9 a.m. Worship. 10 a.m. Coffee & Fellowship. TUESDAY: 1:30 a.m. Circle of Joy Luncheon at VFW. **TRINITY LUTHERAN**, 721 18th Ave. N., 712-362-3335; Pastor Cole R. McCormick. SUNDAY: 8:30 a.m. Bell Choir Practice. 9:30 a.m. Worship. 10:30 a.m. Fellowship. Sunday School. WELCA. 2 p.m. Advanced 4-H Cooking Club. **CALVARY BAPTIST**, 16 N. 16th St., 712-362-2440; Pastor Steve Britton; SUNDAY: 9:30 a.m. Sunday school, 10:30 a.m. Worship Service, 6 p.m. Prayer Service, 6:30 p.m. Worship. **GRANDVIEW BAPTIST**, 3705 170th St.,

712-362-4502; Senior Pastor Neil Schindler; Associate Pastor Joel Sadler; TODAY: 8 p.m. Laker Life. SUNDAY: 8:45 a.m. Prayer Meeting. 9:30 a.m. Worship Service. 11 a.m. Fellowship Time. **FIRST CHRISTIAN**, 205 N. Seventh St., 712-362-4412; Pastor Douglas Burton; SUNDAY: 9 a.m. Adult Church School. 9:15 a.m. Children's Church School. 10 a.m. Worship. 11 a.m. Fellowship. TUESDAY: 9 a.m. Bulletin Deadline. **FIRST PRESBYTERIAN**, 723 First Ave. S., 712-362-4772; Pastor Dave Ullom; SUNDAY: 10:30 a.m. Worship. **CALVARY GOSPEL ASSEMBLY**, 21 N. Eighth St., 712-362-3297; Lead Pastor David Hovinga, Worship Director Jenny Hansen. SUNDAY: 10:30 a.m. Worship. **GOOD NEWS CHURCH (formerly Crossroads)**, 2014 E. Central Ave., 712-362-4390; Adult ed new life groups forming. Good News is a ministry of the Reformed Church of America, a Christ centered, open Bible preaching church. SUNDAY: 9:30 a.m. Worship. Sermon-in-a-Sack. TUESDAY: 3:30-6 p.m. After School Program for students K-12. **CHURCH OF THE NAZARENE**, 508 Seventh

Ave. N., 712-539-2123, Pastor Cliff Vander Burgh; SUNDAY: (Services canceled temporarily.)

Wallingford

WALLINGFORD LUTHERAN; Pastor John Wolf; SUNDAY: 10:30 a.m. Worship.

Petersburg, Minn.

UNION STATE LINE LUTHERAN, 507-847-2068; Pastor Nancy Isaacson, SUNDAY: 10:45 a.m. Worship; 9:30 a.m. Sunday school.

Armstrong

NAZARETH LUTHERAN CHURCH, 712-868-3510; 401 5th St., 712-868-3510; Service time: Sunday 9 a.m. Worship. THURSDAY: 8 a.m. Mass.

FIRST PRESBYTERIAN CHURCH, 712-868-3881; Pastor Suzanne Woibe; Service time: Sunday 10:30 a.m. Worship.

ST. MARY'S CATHOLIC CHURCH, 712-364-3160; Rev. Paul Kelly SUNDAY: 8 a.m. First Reconciliation. 8:30 a.m. Mass. THURSDAY: 7:30 a.m. Mass. **UNITED METHODIST CHURCH**, 712-864-3480; Rev. Lyndon Roesler; Service times: Sunday 9 a.m.

Dolliver

UNITED METHODIST, SUNDAY: 9 a.m.

Worship.

Ringsted

UNITED LUTHERAN CHURCH, 712-866-0881; SUNDAY: 9:15 a.m. Sunday School. 10:30 a.m. Worship.

FIRST PRESBYTERIAN, Pastor Suzanne Wobig; Service time: 9 a.m. Worship.

Terril

TERRIL UNITED METHODIST CHURCH, 712-853-6549; 302 S. State St., Pastor Darrell Boe; SUNDAY: 8:45 a.m. Worship.

IMMANUEL LUTHERAN, 206 Terril Ave. 712-853-6192; Pastor Thomas Marth; SUNDAY: 10:30 a.m. Worship; Bible study to follow.

Langdon

LANGDON UNITED METHODIST CHURCH, 2975 252nd Ave., 712-853-6549; Pastor Beth Odor; SUNDAY: 9 a.m. Worship.

Graettinger

UNITED METHODIST, 102 S. Cameron; 712-859-3763; Pastor Darrell Boe; Service time: Sunday 10:30 a.m.

IMMACULATE CONCEPTION CATHOLIC, Father Clem Currans; 8:30 a.m. Mass.

BETHEL LUTHERAN, 401 W. Patterson St.; 712-859-3366; Pastor John Wolf; SUNDAY: 8:45 a.m. Service.

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Obituaries

Jeffrey Richard Sidles

Jeffrey Richard Sidles, 55, passed away unexpectedly on Wednesday, November 24, 2021 at his home in Wichita, KS.

Son of Richard and Sandra (Kinnard) Sidles, he was born on December 22, 1965 in Des Moines, IA and raised in Estherville, IA. He graduated from Estherville High School in 1984 and married his high school sweetheart Lisa Breiner in August of 1986. They have two children, Ashley and Alexander.

Jeff joined the United States Air Force in 1985 for a career spanning over 29 years, achieving the highest enlisted rank possible – Chief Master Sergeant. His roles as both a KC-135 and KC-10 boom operator spanned virtually every aspect of global mobility operations in support of national defense in both peacetime and combat operations. He completed a diverse and distinguished flying career with well-over 5,000 flight hours in three different major weapon systems. He and his family became world travelers, first stationed at Grand Forks AFB, ND, followed by Barksdale AFB, LA, Maguire AFB, NJ, across the pond to Ramstein AB, Germany (Brats and Bischoff, anyone?), then on to the great plains of Altus, OK, where he was part of an elite cadre teaching in-flight refueling with KC-135s. He was grateful for Oklahoma's lack of grass because he sure didn't like mowing the lawn! Next came HQ AMC at Scott AFB, IL, Offutt AFB, NE, then back to Grand Forks AFB, ND. Late in his career he transitioned to a senior leadership role in the Intelligence Surveillance & Reconnaissance community supporting global surveillance missions in combat operations at Creech AFB, NV. He retired in 2014. In retirement, he continued to serve his country in a global mobility capacity as an initial cadre contract instructor for the Air Force's newly-acquired KC-46 tanker. He was recognized by students, peers, and management as top in his craft.*

Somewhere in the middle of these career-braiding tours Jeff received a Bachelor's of Applied Science from Wayland Baptist University in 2003 and a Master's of Public Administration from the University of Oklahoma in 2011.

Jeff (aka Sides, Cornbread, and Grumpy Grampa) was a passionate and devoted family man. He was kind, patient,



inspirational, and funny (seriously, the guy was a side-splitter). To say he was clever is an understatement. He could quote any movie at the drop of the hat. Sharing humor from his vast cinematic archive was his love language. He loved grilling and cooking – man of a thousand hot sauces! – as well as films of all types, especially documentaries and anything goofy. As a boy he was consumed with his prized Hot Wheels collection, a love that evolved into a (mild) obsession with truck and motorcycle shopping. He was a cherished husband, father, brother, and son; an adored grandpa and uncle; a loyal and dependable mentor and friend. We are all better people for having had him in our lives.

Jeff is survived by his loving wife of 35 years, Lisa; mother Sandra Sidles of Arnolds Park, IA; sister Sara Vogelaar (Michael); daughter Ashley Bauer of Denver, CO; son Alexandar Sidles (Chaaelse) of Grand Forks, ND; grandchildren Gavin Bauer, Vada and Idella Sidles; eight nieces and a nephew; aunts, uncles, and cousins, and countless others who were lucky enough to be a part of his story. We will all mourn your passing and remember you as the great man you were. Boom stowed and latched.

He was preceded in death by his father Lester Richard Sidles and his much-loved grandparents, Bill and Audine Kinnard and Lester and Erna Sidles.

A military honors memorial service was held Tuesday, November 30, 2021 at 1:00 PM at Lakeview Funeral Home and Cemetery in Wichita, KS.

Condolences may be left at jeffsidles.org. The family welcomes donations to the Alzheimer's Foundation of America as an expression of sympathy and in memory of his late father.

*NKAWTG = Nobody Kicks Ass Without Tanker Gas

Ricky D. Nolan

Funeral services for Ricky D. Nolan, 89, of Estherville, will be held at 10 a.m., Monday, Dec 20, 2021, at the Henry-Olson Funeral Chapel in Estherville. Interment will be at East Side Memorial Cemetery, Estherville. Ricky died Dec. 6, 2021, at Aspire in Estherville.

Henry-Olson Funeral Home of Estherville is in charge of arrangements.

Joseph Reiter

Funeral services for Joseph Reiter, 70, of Ruthven, formerly of Wallingford, will be held a 10:30 a.m., Friday, Dec. 17, 2021, at Wallingford Lutheran Church, Wallingford with Pastor John Wolf officiating. Interment will be held at High Lake Cemetery, Wallingford, with military honors provided by VFW Post 3388 and American Legion Post 91, both of Estherville. Joseph died Dec. 7, 2021, at his winter home in Mesa, Ariz. Visitation will be held from 4-7 p.m., Thursday, Dec. 16, 2021, at the Henry-Olson Funeral Chapel in Estherville.

Joseph John Reiter, the son of Robert and Eileen (Nieman) Reiter, was born April 21, 1951 in Fort Dodge, IA.

Joe attended school in Estherville, IA and graduated with the class of 1969. After graduating high school, Joe entered the Army on May 28, 1970. He was honorably discharged from active duty on January 20, 1972 as a SGT.

Joe started his career with the Rock Island Railroad in 1973. On May 10, 1974, Joe was united in marriage with Diana Anderson at the Little Brown Church in Nashua, IA. Together, they had four children: Leslie, Angie, Cory, and Jaime. Due to a job transfer, Joe and his family moved to Washington, IL where they resided until 1979 when they returned to the Estherville area. In addition to his work for the railroad, Joe served as a volunteer firefighter and owned and operated the Wallingford Hardware with his wife, Diana, for 15 years. In 2006, Joe and Diana built their dream home on Lost Island Lake where they could be found entertaining friends and family. Joe worked for the railroad for 38 years and ended his career with the Union Pacific in April of 2011.

Joe had a lifelong love for the outdoors. In his free time, he enjoyed hunting, boating and fishing. He especially liked to share his hobbies and love for the outdoors with his grandchildren, giving them a lifelong love as well. Throughout his life, Joe took yearly fishing trips to Canada, four-wheeling trips, and had a camper in Highlandville that he shared with friends. Joe always had a good story



to tell, and often around a campfire with a beer in his hand. If he wasn't outdoors, he could usually be found reading westerns or watching the History channel. Joe found pleasure in traveling with his family, especially his grandkids. He vacationed in Ireland, Alaska, Hawaii and many places in between. He enjoyed winters in Mesa, AZ following his retirement. In Arizona, Joe was active in the water volleyball and men's coffee clubs. He even acquired the name, Golden Hands, due to his expert volleyball skills. Joe also frequented the dance hall on Tuesday nights.

Left to cherish Joe's memory are his wife of 47 years, Diana Reiter; four children: Leslie (Larry) White; Angie (Bruce) Knutson; Cory Reiter; and Jaime Reiter; nine grandchildren: Rachel (Eric) McLaughlin, Grant (Caitlyn) Lausen, Katie Knutson, Joseph Knutson, Claire Knutson, Andrew Reiter, Kayla Reiter, Sam Reiter, and Sean Barrett; four great-grandchildren: Decker McLaughlin, Blair McLaughlin, Channing McLaughlin, and Warren Lausen; siblings: Chuck Reiter, Jim (Janice) Reiter, Denny (Linda) Reiter, Mike (Bev) Reiter, Mary (Steve) Bandow, RJ (Kathy) Reiter, Lisa (Derrick) Hall; sister-in-law, Vera Feldman; sisters-in-law: Pat Kruse and Susie (Mike) Jensen; brother-in-law, Rex Anderson Jr.; along with many nieces, nephews, cousins, and friends.

He was preceded in death by his parents, Robert and Eileen Reiter; father and mother-in-law, Rex and Mary Anderson; brother, Bill Reiter; sister, Kathy Burke; nephew, Marcus Reiter; and niece, Gina Prevenas.

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Sat 7:30 - 8:30am

Monday - Thursday	4:00 - 7:00pm
Friday	4:00 - 6:30pm
Saturday, Sunday	Noon - 4:00pm

Mildred "Millie" E. Nelson

Mildred "Millie" E. Nelson, daughter of Marshall and Marian (Meyers) Prescott, was born on September 29, 1936 in Pilot Grove, Minnesota. She passed away on December 5, 2021 at Good Samaritan Society in Estherville.

Per her wishes, Millie will be put to final rest next to her husband, in Blue Grass, Iowa at a later date. No formal services will be held.

Millie graduated from Ringsted High School and later attended one year of college at AIB. On November 20, 1960 she was united in marriage to Woodrow "Woody" Nelson in Muscatine, Iowa. Millie lived in many places throughout her life, she had different levels of working careers as well as being a mother and grandmother to many.

Millie listened to Grandview Baptist Church and First Baptist Church of Corinth online. She enjoyed word search puzzles, sewing, knitting, crocheting, and being on the computer.

Millie is survived by her children, Michael Nelson of Plano, Texas, Valarie (Mark) Hoffman of Denton, Texas, Wade (Nolita) Nelson



of Estherville, and Vickie (Michael) Morris of Bryon, Texas; 6 grandchildren, Stephanie Nelson, Sara Wells, Keith (Jessy) Holman, Kyle (Kaitlyn) Holman, Catlin Kisthardt, and Wade (Mallory) Nelson; 15 great-grandchildren. She is also survived by her sister-in-law, Ardel Prescott of Fairmont.

Millie is preceded in death by her parents, her husband, brothers, Glendon and Gary Prescott, her sister, Janice Lind and a sister-in-law Joanne Prescott.

Online condolences may be left for Millie's family at HenryOlsonFuneral.com.



Northstar Night Kiwanis donates snow gear to Demoney Elementary

The Estherville Northstar Nights of Estherville recently made a donation to Demoney Elementary School of new snow gear. Liza Baker presented on behalf of the group seven coats, four pairs of snowpants, three pairs of sweatpants, eight pairs of leggings, six pairs of waterproof gloves, four pairs of snowboots, and over 30 pairs of socks, in addition to a few gently used items. Liza Baker, left, presented the items to Demoney Elementary preschool teacher Julie Bates. Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time.

Photo submitted

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All community members are welcome. Agenda to include:

- Guidance on IUB objection process.
- What action to take regarding surveys.
- Review of land agent tactics.

We will be joined by a local attorney to discuss the IUB process and answer questions.

For more information
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Iowa Lakes CC Scholarships Awarded

Iowa Lakes Regional Water Scholarship Awarded

The Iowa Lakes Regional Water Scholarship, a one-time scholarship established in 2021, is awarded to two Iowa Lakes Community College students. The 2021-22 recipients are Jackson Bassett of Dolliver and Garrett Gray of Estherville.

The Iowa Lakes Regional Water Board of Directors decided to donate the scholarship money, funded by a penny round-up program established in 2007, for educational programs focused on creating a growing workforce for the water industry. All of the funds donated will be awarded in the 2021-2022 academic year.

Candidates must be Iowa Lakes students enrolled full-time in the Water Quality Technician or Environmental Studies programs. The award amount varies and can be used for any educational expense.

Precision Foods Innovations Scholarship

The Precision Foods Innovations Scholarship is awarded to one Iowa Lakes Community College student for the 2021-2022 academic year. The 2021-22 recipient is Carter Anderson of Dolliver. The scholarship was established in 2004 by Precision Foods Innovations, a leading manufacturer of custom food-processing and material handling equipment in Algona to encourage students to pursue higher education.

The Precision Foods Innovations Scholarship requires full-time enrollment at Iowa Lakes. The award amount is \$1,000 and must be used for tuition, books, or fees.

PEO Chapter AY Scholarship Awarded

The PEO Chapter AY Scholarship, established in 2005, is awarded to one Iowa Lakes Community College student for the 2021-2022 academic year. The 2021-22 recipient is Beatrice Blanco of Estherville. PEO, founded in 1869, is a national philanthropic and educational organization interested in bringing opportunities for higher education to women. The PEO Chapter AY of Estherville was established in 1896.

Each year, the PEO Chapter AY Scholarship is presented to a young lady attending Estherville Lincoln Central and graduating in the top 50 percent of the class. In addition, candidates who demonstrate positive character and community service receive preference for the \$400 scholarship. Recipients must use the

scholarship for tuition, books, or fees.

Lutat Leadership Scholarship Awarded

The Lutat Leadership Scholarship, established in 2015 to recognize selfless students, is being awarded to one Iowa Lakes Community College student for the 2021-2022 academic year. The 2021-22 recipient is Kindra Moore of Estherville.

Each year, the Lutat Leadership Scholarship assists inspirational, motivated, dependable Iowa Lakes students who show a solid commitment to service while promoting the well-being of those around them and dedicating themselves to making Iowa Lakes and the community a better place to learn and live.

The Lutat Leadership Scholarship prioritizes students who pursue majors in high-demand careers and maintain a 2.75 GPA. The award amount varies and must be used for tuition, books, or fees.

HG Albee Memorial Scholarships Awarded

The Iowa Lakes Community College Scholarship Foundation awards the HG Albee Memorial Scholarship to ten students for the Spring 2022 term. The HG Albee Memorial Scholarship started in 1975 when Albee, a former Estherville, Iowa resident, left his trust in the care of the Iowa Lakes Scholarship Foundation for the betterment of Iowa Lakes students.

The HG Albee Memorial Scholarship is available to students enrolled full-time on the Estherville Campus. The dollar amount of the scholarship varies and may only be used for tuition, books, or fees.

The Spring 2022 recipients are:

■ Nicholas Baker, Milford-Wind Energy and Turbine Technology

■ Austin Connerley, Floyd Music and Criminal Justice

■ John Tiller, Osseo, Minn. - Music

■ Carter Axford, Spirit Lake- HVAC

■ Jesus Hernandez-Vazquez, Estherville- Gaming Design

■ Madalyn Derochie, Jefferson, SD - Environmental Studies

■ Caden La Rue, Milford- Environmental Studies

■ Camden McKenney, Estherville - Business Administration

■ Braden Pierce, Armstrong- Business Administration

■ Jose Colon, Salinas, Puerto Rico - Arts & Sciences

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Puzzles/Advice



Why Do Older Folks Have Balance Issues?

By Keith Roach, M.D.

DEAR DR. ROACH: Apparently, it is common for older people to have balance issues. Do these balance problems usually stem more from muscular issues or inner ear issues? -- E.M.

ANSWER: It is often a combination of issues that lead to balance problems in older adults. Inner ear problems, where the organs of balance are located, are a major cause. However, balance problems are exacerbated by muscle weakness, vision problems, arthritis and medications, to name a few common ones.

The body has many safeguards to keep us from falling. If the balance system can't tell us our exact position in space, our eyes can, and the neurological system uses fine muscle control to keep us upright and safe. We can often do well even with one system not working properly. When multiple systems are affected, falls are more common.

Improving balance and reducing fall risk often involves multiple interventions. One is working on balance directly. This can be achieved with home exercises; group exercises, like tai chi and yoga, which have the added advantage of increasing muscle control; or with a skilled therapist such as physical or occupational therapy. Making sure vision is as good as possible and staying on top of joint, muscle and neurological conditions will help reduce fall risk.

Medications are so often the source of balance and fall problems that many medical practices (including mine) review medications at every visit to look for errors, medicines that have combined toxicities,

medicines that are less safe in older adults and any medicines that might safely be discontinued.

DEAR DR. ROACH: I am an 89-year-old man who has been taking tamsulosin (Flomax), 0.4 mg, for many years. I take it after supper in the evening. I get up at night three or four times to urinate. Would it be better to take the medication after lunch? I would be happy if I could reduce the number of times I get up to maybe only once or twice. -- P.J.S.

ANSWER: Tamsulosin is in the class of alpha blockers, and they relax smooth muscle, a special type of muscle found in the prostate and in blood vessels (among other places). Relaxing the smooth muscle in the prostate makes the urethra, the tube that carries the urine from the bladder and through the prostate, larger. As a result, men can empty their bladders more easily.

However, even though tamsulosin is better at relaxing smooth muscle in the prostate than in blood vessels, some men will get lightheaded upon standing when using it. This occurs especially on the first dose, and over time most men no longer have trouble. It is usually dosed at nighttime so that the lightheadedness on standing is minimized. You can take it at any time of the day (a half-hour after eating is recommended, at the same meal of the day), but I doubt it will work much better.

Many experts will use 0.8 mg in men who haven't had an ideal response and who do not have lightheadedness. I'd ask your doctor whether an increased dose might be better. Before considering another drug, be sure you avoid too many liquids at night, especially alcohol, and try voiding your bladder twice before bed to make sure it is as empty as possible.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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WHY IS A CAT on the beach like Christmas?

Find out by reading every other letter as you go around the picture frame counterclockwise. The trick is to start at the right letter. (Santa Claus) "Like Xmas, it has sandy

TOPSY-TURVY! Seven cups are placed upside down on the table. By inverting any three cups during one move, how many moves would it take to turn them all right side up?

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.

Top to bottom, left to right: Hair, hair, hair, hair, hill, hill, hint, hind.

NORTHWEST BANK
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Weekly SUDOKU
by Linda Thistle

3				5			6
	8			7		1	9
		7	2				4
		9	3				2
	3			7			1
5	6		1		4		
		2	7			5	
9			1	6			3
	6			4			8

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Answer can be found in the B Section of this edition

Horoscope

ARIES - Mar 21/Apr 20
Relationships will be easy for you this week, Aries. You will be in tune with the vibe of the people with whom you interact on a daily basis and can push interactions further.

TAURUS - Apr 21/May 21
Remember to take lessons from those who have blazed trails before you. Taurus. You don't have to reinvent the wheel. Explore some tried and true strategies.

GEMINI - May 22/Jun 21
Gemini, your desire to remodel or redecorate your home could come to the forefront this week. Be careful to set a budget; otherwise, you run the risk of overspending.

CANCER - Jun 22/Jul 22
You may be lacking some self-confidence in the romance department right now, Cancer. Phone a friend and get the pep talk you need to realize you've got what it takes.

LEO - Jul 23/Aug 23
Leo, you may be tempted to turn off your phone this week, as the idea of a device-free day is enticing. Take a brief time out from technology each day.

VIRGO - Aug 24/Sept 22
Virgo, if you feel backed into a corner, try not to lash out but understand others' opinions and why they may be questioning you. Listen and you'll find a solution.

LIBRA - Sept 23/Oct 23
Libra, it's unlikely you can check everything off of your list this week. Don't let that get you down, however. You will accomplish a lot. Measured progress is still progress.

SCORPIO - Oct 24/Nov 22

Scorpio, you may be known for being serious much of the time, but it's alright to be goofy and playful once in a while. Engage in some entertaining antics.

SAGITTARIUS - Nov 23/Dec 21
Stand up for what you believe in this week, Sagittarius. Others will be inspired by your actions and may join in support of the cause you've championed.

CAPRICORN - Dec 22/Jan 20
The pressure on you has been tremendous lately, Capricorn. You may want to treat yourself to a well-deserved rest. The break will quickly rejuvenate you.

AQUARIUS - Jan 21/Feb 18
This is a good time to pursue your dreams, Aquarius. Make a list of smaller steps that will help you achieve your goals and then put the plan into action.

PISCES - Feb 19/Mar 20
You can't avoid every poor situation that comes your way, Pisces. Don't run and hide, but step up and face the music.

FAMOUS BIRTHDAYS
DECEMBER 12
Jennifer Connelly, Actress (51)
DECEMBER 13
Taylor Swift, Singer (32)
DECEMBER 14
Tori Kelly, Singer (29)
DECEMBER 15
Adam Brody, Actor (42)
DECEMBER 16
Theo James, Actor (37)
DECEMBER 17
Pope Francis, Religious Leader (85)
DECEMBER 18
Billie Eilish, Singer (20)

Junior Whirl
by Charles Barry Townsend

A TREE TRIMMER!

Starting with the word TINSELED at the bottom of our word tree, try dropping one letter at a time as you work your way up. The remaining letters at each level should spell out a new word.

The following hints are from the bottom up:

1. Decorated a tree (TINSELED).
2. Long fishing line.
3. Join the Army.
4. Fork features.
5. State of irritation.
6. Food container.
7. Not out.
8. Oneself.

Times: 5. Split, 6. Tin, 7. In, 8. I.

1. Tinselled, 2. Setline, 3. Enlist, 4.

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GRIN the BEAR IT

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"When we formed this carpool, I think we all assumed that one of us had a car."

HOCUS-FOCUS
BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Table is moved, 2. Hair is added, 3. Glasses are added, 4. Pants are different, 5. Hair is added, 6. Necktie is removed.

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King Crossword

ACROSS
1 Alum
5 Spell-off
8 Pit
12 Taylor of "Mystic Pizza"
13 Approves
14 Satan's forte
15 Leading man?
16 Landlocked
Mideast territory
18 Disney's Ariel, for one
20 Van Gogh venue
21 CBS logo
22 Mimic
23 Wedding VIP
26 "I'm No Angel" actress
30 '60s chic
31 Green shade
32 Cattle call
33 "The Great Gatsby" setting
36 Self-reproach
38 Stop — dime

DOWN
39 "— voyage!"
40 Skater Ohno
43 Within earshot
47 Oater setting
49 Author Bellow
50 Within (Pref.)
51 "Shool!"
52 Exile isle
53 Beheld
54 Sugary suffix
55 Marvel superheroes
17 Carton sealer
19 Nay under
22 Motorist's org.
23 Upscale auto
24 Shad product
25 Egos' counterparts
26 Jo's sister
27 Brit. record label
28 Fa follower
29 Youngster
31 Links org.
34 Ratted out
35 Sufficient, old-style
36 Deity
37 Gender-neutral
39 Montana city
40 Dazzles
41 Freshener scent
42 Shoppe description
43 Unrepaired
44 Lip soother
45 Garage job
46 Panache
48 Conceit

King Crossword grid

Answer can be found in the B Section of this edition

DRIVE MERRY, BRIGHT, AND SOBER THIS HOLIDAY SEASON

Drive Sober or Get Pulled Over

Once again the Emmet County Sheriff's Office and Estherville Police Department will be participating in the sTEP traffic enforcement project over Christmas.

The holiday season is known for being merry and bright, but it is also known for being the deadliest season when it comes to impaired driving. Iowa

Law Enforcement across the state will partner with the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) this holiday season to remove impaired drivers from the roads and help save lives. From December 17, 2021 to January 1, 2022, motorists will see an increased

presence of law enforcement.

Sadly, the statistics prove that we have a lot of work to do to put an end to drunk driving. According to NHTSA, 10,142 people were killed in drunk-driving crashes in 2019, accounting for nearly one-third of traffic crash fatalities. On average, more than 10,000 people were killed each year from 2015 to 2019 — one person was killed in a drunk-driv-

ing crash every 52 minutes in 2019. This is why Governor's Traffic Safety Bureau is working with NHTSA to remind drivers that drunk driving is not only illegal, it is a matter of life and death. As you head out to the holiday festivities, remember: Drive Sober or Get Pulled Over.

Sobering Statistics according to NHTSA:

■ 837 people lost their lives

nationally in traffic crashes involving a drunk driver during the month of December, 2019.

■ During the Christmas and New Year's Day holiday periods in 2019 alone, there were more drunk-driving-related fatalities (210) than during any other holiday period that year.

■ An OWI can cost you \$10,000 in attorney's fees, fines, repairs, and lost time at work!

■ Don't be the reason someone doesn't get home this holiday season.

Always remember to plan ahead if you will be celebrating with an impairing substance. If you plan to indulge, plan for a sober driver to take you home. Call a taxi, friend or Uber! Is it your turn to be the designated driver? Take the role seriously and do not partake in alcohol or any other drugs.



Feast of Our Lady brings hope

December 12 fell on a Sunday in 2021, and that made the Feast of Our Lady of Guadalupe even more memorable for members of San Patricio parish, the Spanish-speaking parish of St. Patrick's

Catholic Church.

The people of San Patricio celebrated with Las Mananitas — both a traditional song and a morning celebration of Our Lady. It began at 6 a.m. with a mariachi band, and the rosa-

ry recited at 7 a.m. Breakfast followed at 7:30 a.m., and included pastry and two kinds of tamales: one wrapped in cornhusk and one in the Guatemalan tradition wrapped in banana leaf. Coffee, hot chocolate and

cider were offered to drink. After a noon mass to Our Lady of Guadalupe, the parish had lunch of enchiladas, roast pork, fresh tortillas, chips and salsa and custard pie.

Our Lady of Guadalupe is

an apparition of Mary, the Mother of Jesus, who appeared to a man named Juan Diego in the 1500s near what is now Mexico City. People leave flowers for Our Lady of Guadalupe because of the

flowers that bloomed on the hill when Juan Diego sought proof to the local Bishop that Mary had appeared to him with a message of love and courage.

Photo by Amy H. Peterson

COUNTY, Continued from Page 3A

County last year. She said Discovery House addresses substance abuse and homelessness as well as victims of domestic violence. She said Discovery House has also reached out to provide services to non-residents.

Amendt underscored the need to re-

build family relationships. She said children can now visit parents every weekend.

Despite the challenges, Shaw said Discovery House's financial picture is improving.

"We've gone from survival. Now

we're getting into growth," said Shaw, who said the Discovery House property has been paid off and resident rental at \$350 a person each month helps pay down the mortgage on Daniel House. He said it requires three residents to

House which has room for six residents. Shaw said the board also wants to redefine some of the services at Discovery House.

With 13 percent of its residents coming from Emmet County, Shaw said the county's share of funding

would be \$13,000. However, he said he was not requesting that amount.

Sathoff noted Emmet County had budgeted \$2,000 for Discovery House this year.

Court News

District court

Nov. 5 - Theodore Daniel West of Estherville was found guilty of violation of probation for a previous 10-year sentence for controlled substance violation.

Nov. 8 - Erica Raye Pounds of Estherville pleaded guilty to theft 5th degree. The defendant was fined \$105 and assessed \$1,936.90 costs, \$15.75 surcharge and \$385.86 restitution.

Morgan Donnyelle Murphy of Mitchell, S.D., received a deferred sentence for possession of a controlled substance - marijuana 1st offense. The defendant was placed under probation of the Emmet County Attorney for six months and fined \$430 and assessed \$100 costs.

Nov. 10 - Devin Derrell Mouton of Rapid City, S.D., received a deferred sentence for operating while under the influence 1st offense. The defendant was placed on six months of probation under the

Emmet County Attorney and fined \$1,250 and assessed \$2,100 costs.

Nov. 11 - Edward Lewis Miller of Estherville received a deferred sentence for assault causing bodily injury or mental illness. The defendant was placed on six months of probation under the Emmet County Attorney and filed \$105 and assessed \$1,140 costs.

Nov. 12 - Adrian John Dykstra of Hartley received a deferred sentence for operating while under the influence 1st offense. The defendant was placed on six months of probation under the Emmet County Attorney and fined \$1,250 and assessed \$100 costs.

Nov. 15 - Holly Kae Van Meveren of Graettinger pleaded guilty to interference with official acts. The defendant was fined \$250 and assessed \$60 costs and a \$37.50 surcharge.

Allan Paul Heebner of Estherville pleaded guilty to driving while license denied or revoked and possession of a controlled substance - meth-

amphetamine 1st offense. The defendant was sentenced to seven days in jail and given credit for time served and assessed \$140 costs and \$2,000 other costs.

Nov. 18 - David Christopher Lobato of Estherville pleaded guilty to possession of a controlled substance - marijuana 1st offense. The defendant was fined \$430 and assessed \$100 costs and a \$64.50 surcharge.

Magistrate court
Nov. 12 - Christoph John Foss of Estherville pleaded guilty to control of animals. The defendant was fined \$105 and assessed \$60 costs and a \$15.75 surcharge.

Nov. 16 - Genoveva Lopez of Spirit Lake pleaded guilty to control of animals. The defendant was fined \$105 and assessed \$60 costs and a \$15.75 surcharge.

Small claims
Nov. 8 - LVNV Funding of Plymouth, Minn., received an \$825.65 judgment plus interest and costs from Nathan F. Lear of Estherville.

Nov. 9 - LVNV Funding

LLC of Plymouth, Minn., received a \$623.79 judgment plus interest and costs from Autumn Turner of Estherville.

Nov. 12 - TD Bank USA, NA, of Minneapolis received a \$730.29 judgment plus interest and costs from Sarah Hansen of Ringsted.

Nov. 15 - Hawkeye Adjustment Service of Sioux City received a \$429.20 judgment plus interest and costs from Stephanie Corrine Ochoa of Estherville.

Nov. 17 - Andrew James Ward of Estherville received a \$5,071 judgment plus costs and interest from Jacob and Marcie Feather of Spirit Lake.

Traffic court
Nov. 8 - Mikael Donald Westfall of Ruthven was found guilty of speeding 11-15 over in a 55 or under zone. The defendant was fined \$157.50 and assessed \$55 costs and a \$23.63 surcharge.

Casey Alan Campbell of Armstrong was found guilty of dark window or windshield. The defendant was fined \$105 and assessed \$55 costs and a

\$15.75 surcharge.

Hayden Lee Hanson of Estherville pleaded guilty to person under 21 using tobacco/vapor product. The defendant was fined \$70.

Nov. 9 - Brody Alan Simington of Spencer pleaded guilty to speeding one through five over in a 55 or under zone. The defendant was fined \$30 and assessed \$55 costs and a \$4.50 surcharge.

Nov. 10 - Alex F. Jesse of Florham Park, N.J., pleaded guilty to careless driving. The defendant was fined \$50 and assessed \$55 costs and a \$7.50 surcharge.

Jason Allen Garber of Estherville was found guilty of failure to provide proof of financial liability. The defendant was fined \$967.50 and assessed \$55 costs and a \$145.13 surcharge.

Nov. 12 - Monica L. Castillo of Estherville pleaded guilty to failure to provide proof of financial liability. The defendant was fined \$325 and assessed \$55 costs and a \$48.75 surcharge.

Monica L. Castillo of Estherville pleaded guilty to speeding six through 10 over. The defendant was fined \$55 and assessed \$55 costs and an \$8.25 surcharge.

Austyn Clay Huckeba of Estherville pleaded guilty to speeding six through 10 over. The defendant was fined \$55 and assessed \$55 cost and an \$8.25 surcharge.

Nov. 15 - Stephen Thomas Fogarty of Ledyard pleaded guilty to operation without registration card. The defendant was fined \$70 and assessed \$55 costs and a \$10.50 surcharge.

Mitchell Patrick Lemke of Greenleaf, Wis., pleaded guilty to speeding six through 10 over in a 55 or under zone. The defendant was fined \$55 and assessed \$55 costs and an \$8.25 surcharge.

Nov. 16 - Robert A. Barger of Roscoe, Ill., pleaded guilty to speeding 16-20 over in a 55 or under zone. The defendant was fined \$120 and assessed \$55 costs and an \$18 surcharge.

Smith named Bank President of Northwest Bank in Estherville

Doug Benjamin, Regional Bank President of Northwest Bank is pleased to announce Curt Smith has accepted the position as Bank President in Estherville. Curt's responsibilities will include business development and bank leadership, providing career development for our team and coordinating community involvement.

Smith has been a valued team member of Northwest Bank since 2011. For many years Curt has served our business and agricultural customers in Estherville, Spirit Lake, and surrounding areas.

Doug Benjamin, commented, "We are a locally owned, community bank and our core values include leadership and growth within the communities we serve, and within our organization." Benjamin adds, "Curt brings years of financial service experience. He has a great understanding of the value community banks offer and he will continue to provide a high quality of service which reflects our mission statement - Building Relationships, Exceeding Expectations."

Curt and his wife Sandie reside on a 3-generation farm outside of Superior. They have three grown children and enjoy spending time with them and their grandchildren. Curt is involved in the community and currently serves as Dickinson County Soil and Water Commissioner. He was

previously a 4-H leader and on



Curt Smith

Dickinson County Extension Council for 14 years. Curt was inducted into the 4-H Hall of Fame in 2002. He is an active member of St. Mary's Catholic church in Spirit Lake and member of the Knights of Columbus.

Northwest Bank is a \$2.0 billion community bank that offers a full line of business, agricultural, mortgage, consumer deposit and lending services as well as wealth management and insurance services.

Northwest Bank has offices located in Algona, Ames, Arnolds Park, Ankeny, Estherville, Fort Dodge, Humboldt, Le Mars, Milford, Sioux Center, Sioux City, Spencer, Spirit Lake, West Des Moines, Iowa and Omaha and La Vista, Nebraska.

Estherville Garden Club meets in December

The Estherville Federated Garden Club met at the VFW on Tuesday, December 7, 2021, at 9:00 a.m. with Mary Thomas and Carolyn Brown hosting. Fourteen members and no visitors attended the meeting. Mary Devine provided the centerpiece for the table arrangement, a classy Santa Claus clothed in white satin and lace. The beautiful attire was created from remnants of her 1960 wedding dress.

Members each brought food item(s) or monetary donations to give to the Emmet County Food Bank. Carolyn Brown presented garden hints about correctly watering outdoor and indoor plants and feeding birds after winter storms. The program of the day was presented by Joan Nims, who directed several games. She also pro-

vided small seasonal gifts that were chosen by winners of the games. The members were entertained and laughed much.

Nancy Anderson and Edith Clarken have decorated the Estherville city planters with winter holiday decor. Hazel Wilson shared that she had attended the pipeline meeting in Armstrong and some of the presenters at the meeting, who had stayed in Estherville the night before, complimented the City of Estherville on its appearance and beautiful holiday decorations.

The next meeting will be held at the VFW on January 25, 2022, at 9:00 a.m. with Nancy Anderson and Edith Clarken hosting. A program on deer resistant shrubs and perennials will be presented by Rebecca Masters.

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ETERNALS [PG-13] 6:10

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DECEMBER 17 - 23**

STARTS THURSDAY, DEC 16
**SPIDER-MAN: NO
WAY HOME** [PG-13]
Tom Holland Benedict Cumberbatch
At 5:30 & 8:40 pm Thursday,
December 16
Then beginning Friday...
FRI: 6:30, 9:10
SAT-SUN: 1:00, 4:10, 7:20
MON: 6:10
TUES-THURS: 1:00, 4:10, 7:20

**HURRY! ENDS TUES, DEC 21
ENCANTO** [PG]
Voices of: Stephanie Beatriz John Leguizamo
FRI: 6:40, 9:10
SAT: 2:20, 4:40, 7:00, 9:20
SUN: 2:20, 4:40, 7:30
MON: 5:50, 8:10
TUES-THURS: 1:20, 4:00, 6:40, 9:10

**NOW SHOWING THRU DEC 23
GHOSTBUSTERS:
AFTERLIFE** [PG-13]
Finn Wolfhard Paul Rudd
FRI: 6:30, 9:00
SAT: 1:30, 4:00, 6:40, 9:10
SUN: 1:40, 4:30, 7:10
MON: 6:00, 8:30
TUES-THURS: 1:30, 4:00, 6:40, 9:10

**STARTS WEDNESDAY, DEC 22
SING 2** [PG]
Voices of: Matthew McConaughey
Reese Witherspoon
WED-THURS: 1:20, 3:50, 6:30, 9:00

**FREE HOLIDAY MERCHANT MOVIE
THE POLAR EXPRESS**
Saturday, December 18 at
11:00 am & 12:00 pm
Sunday, Dec 19 at 12:00 pm
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Estherville office hours and refuse collection schedule

The Estherville City Offices will close at noon on Thursday, Dec. 23 and reopen on Monday, Dec. 27 at 7:30 a.m. in observance of Christmas.

The library will close at 3 p.m., Dec. 23 and will reopen on Monday, Dec. 27 at 9:30 a.m. The ECCOG Transfer Station will be closed on Dec. 24 and Dec. 25.

There will be no city refuse or residential recycling on Friday, Dec. 24. Friday's refuse will be picked up on Monday, Dec. 27, along with Monday's regularly scheduled route. Residents are reminded to put out the green-metered bags and recycling barrels Sunday night due to the double route on Monday.

All cardboard gift and packaging boxes must be flattened and placed in the red recycling barrel. As a community service, Christmas wrappings will be picked up the first week following Christmas Day, if placed at curbside in plain bags.

Household refuse must be in metered bags.

Live Christmas trees will also be picked up free of charge during the first two weeks of January. All lights and ornaments must be removed before the tree is placed at the curb.

The employees of the City of Estherville wish you a Merry Christmas and a Happy New Year.

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Answer phone calls and redirect them when necessary. - Help to manage the daily agenda and arrange new meetings and appointments. - Keep member database up to date. - Support and facilitate monthly reports. - Support and facilitate weekly worship services. - Develop and maintain a filing system.

Requirements:
Proven work experience as a secretary or administrative assistant. - Familiar with office organization. - High degree of multi-tasking and time management skills. - Excellent written and verbal communication skills. - Integrity and professional. - Proficient in Microsoft Office. - High school diploma.

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Processing Supervisor - starting wage \$22.00 an hour, more based on experience. Overtime after 40 hours per week. Supervisor experience is required. Will train the right candidate. Benefits after 60 days.

Call Carrie for an appointment at (507) 847-5110.

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IOWA LAKES COMMUNITY COLLEGE

is accepting applications for a part-time **Cook/Server** position on the Estherville Campus. 27.5 hours per week primarily during the school year, limited hours in the summer. Primary responsibilities are to plan, prepare and serve main course meals. A sincere commitment to customer service is necessary. High school diploma or equivalency required. Quantity cooking experience preferred but not required. \$13.25/hr. Paid sick leave, vacation, and holidays. Retirement package. Position open until filled. Review of applications will begin January 3, 2022. View complete job description and application at www.iowalakes.edu/employment. Contact Lynn Miller at lmiller@iowalakes.edu or 712-362-0409.

Iowa Lakes Community College, Human Resources,
19 South 7th Street, Estherville, IA 51334
EEO/AA Employer

IOWA LAKES COMMUNITY COLLEGE

is accepting applications for a part-time (27.5 hrs/wk) **Head Lifeguard/Pool Monitor** located on the Emmetsburg Campus in the Arthur and Audrey Smith Wellness Center/Library Complex. Primary responsibilities are to schedule and supervise all activities and personnel associated with the swimming pool. Strong knowledge of technical aspects of swimming and coaching aquatics management. Prior pool experience and water chemistry experience preferred. Must currently possess or be willing to obtain the following licenses/certificates:

- Certified Pool Operator
- Lifeguard Instructor
- Current Lifeguard and CPR/First Aid for the rescuer certification

Must meet all other Iowa Department of Public Health specifications and requirements. \$13.65/hr. Paid sick leave, vacation, and holidays. Retirement package. Review of applications will begin January 3, 2022. View complete job description and application at www.iowalakes.edu/employment. Contact Lynn Miller at lmiller@iowalakes.edu or 712-362-0409.

Iowa Lakes Community College, Human Resources,
19 South 7th Street, Estherville, IA 51334
EEO/AA Employer

Family & Friends Helping Tammy Ebel

As a family, the Ebel's have been through a lot these past few months. Tammy has been diagnosed with stage 4, non-Alcoholic Cirrhosis of the liver and needs a transplant. They have made numerous trips to Sioux Falls and most recently to Rochester, MN where she will be able to get a liver. Waiting for a liver is hard enough but dealing with the excessive stress of out of pocket expenses is tough. When Tammy gets her new liver, we want to make sure that her focus is on healing. This is where you can help. Any help will be graciously accepted. The Northwest Bank has an account set up in Mark & Tammy's name. The bank address is 1 No. 6th St., Estherville IA. Donations accepted there and through our GoFundMe link.

Your help will be used for trips to Mayo, overnight stays and other expenses that arise. We can't thank you enough for caring!

gofundme
Go to: [GoFundMe.com](https://www.gofundme.com/search?query=Tammy+Ebel)
Search for: "Tammy Ebel"

Our dad, George A. Anderson Sr., is celebrating his 95th birthday on December 16!!

If you would like to help him celebrate you can send a card to:

George A. Anderson Sr.
227 N. 12th St.
Estherville, IA 51334

Position now open at Emmetsburg Ford Service Technician

The Service Technician will help Emmetsburg Ford fulfill the vehicle service and repair needs of our customers. The Service Technician will perform vehicle Diagnostic Tests, Repairs and Maintenance, Inspections, Tire Installation and Repairs, Alignments, Oil Changes and other General Maintenance on customer and dealership owned vehicles.

Strong technical, hands on, customer service, communication, and organization skills are very important to succeed in this position to maintain the standards for quality and service our customers have come to expect. Technical automotive education is required and shop experience is preferred, however, we are willing to train somebody who is beginning their career in this field.

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Iowa Lakes rings in holidays

Iowa Lakes Community College brought together instrumentalists and invited the audience to sing along on two classic carols at Sunday's concert. The Janice K. Lund Performing Arts Center filled with music lovers as the concert band, Iowa Lakes handbell choir, brass ensemble, Lakes Area community handbell choir, percussion ensemble, woodwind ensemble and combined bell choirs took the stage.

Above: A Cowboy Christmas" performed by the Iowa Lakes handbell choir is a medley of familiar carols arranged with twangs, hollers and the requisite hats.

Photos by Amy H. Peterson

A large audience filled the Janice K. Lund Performing Arts Center and joined in singing "Hark the Herald Angels Sing" and "Joy to the World."

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Clarinetists Jocelyn Richard and Kyleigh Schneider played a duet of "Angels We Have Heard On High" during the sixth-grade band's portion of Monday's concert.



Estherville Lincoln Central concert band seniors were featured in a number during Monday's concert in the high school gym. In front from left are Aliya Kropf, Piper Thompson, Ava Thompson, Emma Harvego, Kaleb Ahrens, and Anthony Trigger.



The 7-8 choir performed a number in the Little Theatre under the direction of Steven Bradburn.



Photos by David Swartz

The ELC High School Concert Band trombone section was featured in the group's final song, "Reindeer Galop."



This 6th grade percussionist came dressed to impress.



The ELC 6th grade band performed under the direction of Craig Began at Monday's concert.

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