

Inspiration for Our Day- "The King's Heart is in the hand of the Lord, like the rivers of water; He turns it wherever He wishes." ~ Proverbs 21:1



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At Ft. Defiance State Park – cross-country skiing, snowshoeing through wooded areas, winter hiking, bird and wildlife watching, photography from the lookout points.

**2** Ice Fishing: High Lake for bluegill, crappie, and northern pike, Iowa Lake for a variety of species, West Swan Lake for winter fishing

**3** Emmet County Historical Museum (by appointment - call a board member from the list on the door) local history exhibits, historical facts and documents, special winter exhibits, research genealogy Indoor sports & recreation watch ELC and North Union Basketball games, shoot baskets, play pickleball or walk at the Regional Wellness Center gym and track, swim in the indoor aquatic center, attend school wrestling matches at ELC and North Union.

Estherville Public Library - children's storytime, community events and meetings, free wifi access and computer use, cozy reading areas, check out books and movies to take home Wildlife viewing and birdwatching winter bird species spotting, wildlife photography, dawn and dusk are prime viewing times

Allstar Lanes bowling, snacks and drinks, theme nights

Iowa Lakes Community College – music performances, wrestling meets, basketball games, community speakers an events Peterson Point Historic Site – winter photography, see historical buildings, build a snowman

**10** Emmet County Nature Center – see Facebook and website for classes and events, call for tours, walk along High Lake.

Once the snow hits, enjoy Emmet County's groomed trails for snowmobiling this year!

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# Garbo musical sheds light on reclusive star

Jillian Gabrielle portrayed the joys and sorrows of film actress Greta Garbo at the Estherville Public Library.

Photo by Amy H. Peterson

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#### The Garbo: The Musical is emotional, poetic one-woman show

BY AMY H. PETERSON APETERSON @ESTHERVILLENEWS.NET

In another Paradise Playhouse opportunity, Jillann Gabrielle returned to the Estherville Public Library to present her original one-woman musical on the legendary and enigmatic Swedish film star Greta Garbo. Gabrielle and Paradise Playhouse previously brought shows about Jackie Kennedy Onassis and Lucille Ball to Estherville, and the plan is for Gabrielle to return with a musical about Katharine Hepburn.

With changes in hats, wigs, and

The real Greta Garbo photographed in the 1930s, and her Hollywood star on the Walk of Fame in Hollywood. demeanor, Gabrielle inhabited three characters: Garbo and her two lifelong loves, British artist Sir Cecil Walter Hardy Beaton, and Mercedes de Acosta, the Spanish-American poet, playwright and novelist. The story begins with Garbo having just read de Acosta's memoir "Here Lies the Heart," which includes the publication of letters Garbo wrote to de Acosta and details of their relationship.

Garbo, whose silent and t a l k i n g film career spanned only 17 years and included 28 films, was considered

by many the greatest film actress of all time, overcoming some subpar scripts with her full presence on camera that was called transcendent. But Garbo lacked confidence in her acting ability and once she hit her mid 30s and declared her beauty gone, she would not go on camera again. She shunned publicity. In the play, Gabrielle portrays her lamenting that being an actress means the public will clamor for her, and it simply became worse the more private Garbo made her life.

Garbo, born Greta Gustavson in Sweden, grew up in a poor family living in a cold-water flat as one of three children in

Photos from GretaGarbo.com



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a neighborhood regarded as a slum in Stockholm. Gabrielle sings about young Garbo feeling like a boy, wishing she was a boy, and living as a tomboy throughout her youth.

Garbo had always preferred her own company to that of others. Gabrielle led the audience through Garbo's struggles between her need for solitude and her resulting loneliness as she struggled to form and keep close relationships.

After appearing in her first film in Sweden, Garbo went under contract with MGM Studios in the U.S. Performing in front of a backdrop of a poster of Garbo in the biopic about the spy, Mata Hari, Gabrielle portrayed love, laughter, heartbreak, and the twisted way fame and insecurity can block one's happiness.

Garbohadotherrelationships, too, but never married and had no children. She spurned MGM's publicity rules, and didn't attend the Oscars even when she was nominated. She became an art collector in her later years and often walked alone near her New York City apartment, hidden behind a floppy hat, long trench coat and large sunglasses.

Gabrielle answered audience questions in a talkback after the show. She said one factor in deciding whom to portray in her next show is whether the person was "tall and skinny." "Tall and skinny is what I have to offer," Gabrielle said, indicating her long, lean frame.

A breast cancer survivor in 1984, Garbo died from kidney failure and pneumonia on April 15, 1990.

Gabrielle wrote the music, lyrics and book for the musical. Some music was arranged by Howard Pfeifer. The performances are sponsored by the Estherville Public Library.





# WHERE WORDS FAIL, Smusic Speakes J.

#### Two Northwest Iowa bands celebrate four decades of local music

#### BY AMY H. PETERSON APETERSON @ESTHERVILLENEWS.NET

Spanning over a century and traveling through musical styles, the Northwest lowa Concert Band and the Northwest Iowa Jazz Band performed а memorable pre-holiday concert at the Estherville VFW last month. It's 40 years since the Northwest Iowa Concert Band's inception in 1984. Director Rich Nicklay has been director for 38 of those years, taking over from founding director Mike Day.

The concert band started with an Imperial March, composed in 1911 by Karl L. King. King was just 20 years old when he composed the peppy march. The band then slowed down with a ragtime tune called Lemons and Limes, (A Sour Rag), from the height of ragtime in 1909, composed by Cora Salisbury and arranged by Harry L. Alford.

Nicklay then led the band through a new arrangement of a Salute to the Arumed Forces, arranged by Jari Villanueva and including the song for the Space Force along with the Army, Navy, Air Force, Marines, and Coast Guard.

The band was hardly Finnish as the next tune was a traditional Finnish Polka called Saakijarven Polkka, time traveling back to the late 19th century.

And then, the 102-year-old holiday variation on Silent Night, called Christmas Greeting, by Peter Buys.

The VFW served dinner choices of pulled pork or sloppy Joes, and free sodas were sponsored by Steve Danielson, tuba player for the concert band and trombone player for the jazz band, and owner of Steve's Sales & Service, along with John Rembold of North Star Music Supply, located in the same building as

Steve's. The

Scott Benjamin is in his 40th year at the helm of the Northwest Iowa Jazz Band. PHOTOS BY AMY PETERSON

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Rich Nicklay directs the Northwest Iowa Concert Band.

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bands are sponsored in part by Excel! Estherville.

The jazz band selection included Outback Blues by Carl Strommen, New Day for You by Basia Trzetrzelewska, Danny White, Peter Ross, and arranged by Mark Taylor, When Dreams Come True by Paul Clark, another Strommen tune, Windsong, and Pantalones Malos by Steve Shanley. Director Scott Benjamin told the audience that Shanley had written the tune but it didn't have a name yet when his wife and daughter came home from an unsuccessful shopping trip in which no fitting pants were found for his daughter. Shanley named the tune, which translates in English to Bad Pants.

The jazz band started in 1985,





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Trombonist Patrick Boggess of Estherville takes a solo during the jazz band concert.



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Cindy Johnson, a business manager from Dakota City, took a saxophone solo during the jazz band concert.



Katy Wilson, ELC elementary music teacher played a clarinet solo in the concert band.



Cameron Haaland of Jackson.

English teacher, took a solo in

Minn., a social studies and

David Finley's chops were hopping as he played trumpet for both the concert and jazz bands. Finley is a teacher at Estherville Lincoln Central High School.



Steve Danielson of Estherville played trombone with the jazz band after serving as the lone tuba player for the concert band.



Sarah Puhl of Estherville took a baritone solo in the concert band.





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directed by Benjamin.

The bands will start up again Feb. 18 with Monday evening rehearsals for an April 15 spring concert.

Emmet County band members include: Athlvn Black. retired music teacher from Ringsted, who plays clarinet in concert band and piano in jazz band, Randy Yackle, music director and educator from Dolliver, who jumped in on keyboard for jazz band, Barb Schacherer of Estherville, a personal assistant, Katy Wilson of Estherville. elementary music teacher. trumpeters Bridget Finley of Estherville, a chemistry and Spanish teacher, David Finley of Estherville, Spanish teacher, and Ursula Nath of Wallingford, RN.

trombonist Kevin Fraser of Estherville. auto mechanic. Sarah Puhl of Estherville, third grade teacher on baritone. Steve Danielson of Estherville on Tuba. In the jazz band. Laaura Haburn of Wallingford, a grant and compliance manager plays

saxophone, trumpeters Diana Benjamin of Superior, teacher, David Finley of Estherville, and Craig Haburn of Wallingford, trombonist sales. Patrick Boggess, construction, along with Danielson and Fraser. Black on piano, retired.



Athlyn Black of Ringsted, center, plays clarinet in the concert band.



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# SNOW DOUBT HOT DRINKS WARM HANDS, HEAD, & HEART



# Central Perk is one place in Estherville to sip hot drinks as the temperature plummets

BY AMY H. PETERSON APETERSON@ ESTHERVILLENEWS.NET

There's a cozy science behind our winter cups. As winter's chill settles across lowa's snowdusted landscape, it's common to reach for that steaming mug of coffee, tea, or hot chocolate. While the immediate comfort of wrapping cold fingers around a warm cup is undeniable, research suggests that hot beverages offer more than just momentary solace from the bite of

#### winter.

According to Iowa State University's Department of Food Science and Human Nutrition, hot beverages can play a surprisingly complex role in regulating body temperature and

promoting overall wellbeing in cold weather. Consuming a hot drink not only warms our hands and core, it triggers a cascade of physiological responses.

Central Perk founder Brianna Pelzer offers a flight of hot coffee drinks this winter season: peppermint bark mocha, mint chip mocha, snowberry cream latte, and salted caramel mocha. Pelzer brought out the flight in approximately fourounce glass mugs on a wooden tray, each one name tagged with its flavor. Each drink had a generous mountain of whipped cream on top with appropriate sprinkles and accessories. A mocha, for the uninitiated, is a coffee drink made with espresso, chocolate and steamed milk. This creates a strong caffeine base with a hot cocoa twist.

In wintery conditions, hot drinks primarily serve to maintain core body temperature. Research from the University of Iowa's Environmental Health Sciences Research Center indicates that warm beverages can help prevent the drop in core body temperature that often occurs when breathing cold air.

Beyond temperature regulation, a 2023 study published in the Journal of Food Science found that hot beverages may enhance the absorption of certain beneficial Peppermint Bark Mocha

> The flight of coffee drinks includes peppermint bark mocha, mint chip mocha, strawberry cream latte, and salted caramel mocha

Mint Chip Mocha

Snowberry Cream Latte



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compounds - the heat from your morning coffee or tea can increase the bioavailability of antioxidants and other beneficial compounds. Does this mean hot drinks keep us young or fight the effects of aging? The research isn't yet conclusive, but it seems that willing test subjects are plentiful in Emmet County.

BackatlowaState,researchers found that people who regularly consume hot beverages tend to take more breaks during the workday, leading to better stress management and increased social interaction with colleagues. From the boss to the newest employee, it seems that breaks may increase productivity and the quality of work. Is that a signal to keep the coffee pot on or repair to one's favorite coffee shop at least once in a while?

Anthropologists at the





A DOLLOP OF WHIPPED CREAM PROVIDES A SOMEWHAT DAINTY YET THICK BARRIER TO THE HOT AND SWEET GOODNESS THAT LIES BENEATH CENTRAL PERK COFFEEHOUSE'S

**HOT DRINKS** 

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University of Iowa have documented how shared hot beverage consumption often serves as a catalyst for social bonding across different cultures, particularly in colder climates like Emmet County over the next several months.

Here are some ways to maximize the benefits of hot beverages:

- Opt for naturally c a f f e i n e - f r e e options in the evening to avoid disrupting sleep
- Consider adding spices like cinnamon or ginger, which have their own warming properties
- Choose drinks with added nutritional benefits like green tea or bone broth. or add powder protein or other healthy accoutrements to cocoa and other sweet drinks.
- Savor the hot beverage instead of chugging it.

Patrons of all ages enjoy the drinks at Central Perk Coffeehouse PHOTO BY AMY PETERSON



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That steaming cup in your hands is doing more than just warming your fingers; it's supporting your body's natural temperature regulation, potentially boosting your nutrient intake and even fostering social connections during the coldest months of the year.

The recent dustings of snow are just the beginning of winter in Emmet County. Consuming hot beverages like those available at Central Perk can be not only healthy choices but enjoyable ones.

LOTUS

ENERGY

DRINKS

Cold drinks aren't off the menu in the

winter at Central Perk. The coffeehouse

offers Lotus energy drinks and Brianna Pelzer offered a flight of winter lotus drinks in the same adorable, glass sample mugs. Ice Queen lotus has a berry flavor. The Grinch lotus in a brilliant green is a green apple. Jack Frost lotus gives snowman vibes with a strong, blue raspberry flavor,

while Mrs. Claus lotus comes in a festive red color and a flavor that offers a slight

spice.

Ice Queen Lotus energy drinks will keep a body going in the cold months in which energy Lotus can be depleted just keeping warm. Lotus energy is a plant-based healthy energy drink alternative with natural and organic plantbased ingredients, including adaptogenics, botanicals, superfruits, B-vitamins, natural caffeine from cascara, or coffee fruit, amino acids, and natural flavors and sweeteners. The Grinch Lotus Mrs. Claus Lotus Jack Frost Lotus

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## PRIZE ESSAY TELLS OF



#### Indians, grasshoppers, prairie fires make life hard

Editor's note: The following essay about the early days in Emmet County was published in the Wednesday, Nov. 26, 1924 edition of the Estherville Vindicator and Republican (one of three weekly Estherville newspapers in the 1920s and a precursor to the Estherville News).

#### BY GRACE BUTTERFIELD, RINGSTED

Imagine a vast unbroken tract of rolling prairies stretching away in all directions beyond the range



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of human vision, with groves of timber and small lakes and streams. Such was the appearance of Emmet county when the first white men came to establish their homes. At numerous places were swamps and here muskrats and waterfowl abounded.The other animals that inhabited these localities were beaver, otter, mink, elk, deer and prairie voles. The county was "fresh from the hand of Nature." The pioneers through their endurance and patience have made this last prairie into beautiful farms.

In June 1856, the first two pioneers located in Emmet township and took claims for themselves and four of their friends who expected to join them in short time. The first house in the county was built by George Granger, who also bought a small stock of goods and opened the first store.

In 1857 the Spirit Lake massacre took place. Joseph Harshman, who was the only settler of Emmet county to be killed at this time, had gone to the "Lakes" for some flour and was one of the many who lost their lives.

The winter of 1856-67 was very severe and the pioneers suffered greatly for lack of supplies as the closest place from which they could be obtained was Fort Dodge and the trip of seventy miles meant many difficulties and dangers. After the Indian scare of 1857 many of the settlers left Emmet county to go to the older counties while others went back to their homes east of the Mississippi. A few of the people remained after this time and among them were Mr. and Mrs. Ridley. Later Mr. Ridley was given the privilege of naming the town and named it Estherville in honor of his wife whose name was Esther.

In 1859 the county was organized and a committee which was appointed chose Estherville for the county seat.

One of the many annoyances with which the early settlers had to contend was the great number of mosquitoes that infected the country. In the evening they would attack the cabins in such swarms as to make life a burden for the pioneer.'

Another of the obstacles that the pioneer dreaded was the prairie fire. These fires were sometimes started by Indians but more often by carelessness. Fires were sometimes started that destroyed thousands of dollars worth of property. in October 1871, a fire started and the damage in Emmet county amounted to one thousand dollars. Many families lost their entire winter supplies. This was another of the hindrances to the pioneer, which caused many people to return to their former homes.

The grasshoppers were another source of distress to the pioneer making the region almost uninhabitable. Various methods were resorted to for ridding the country of the pests. The second invasion came in the summer of 1876. Scarcely a green plant was left, and many settlers were obliged to mortgage their homes; others gave up the fight, disposed of their homes and left for other parts of the country.

Although the pioneers had their hardships, their lives were not without relaxation and entertainment were the "husking bees," quilting parties and "spelling bees," all of which the pioneer and his family enjoyed.

The people of this county should be proud of the hardy pioneers who faced many hardships and helped to make Emmet County one of the best and most progressive in Iowa.



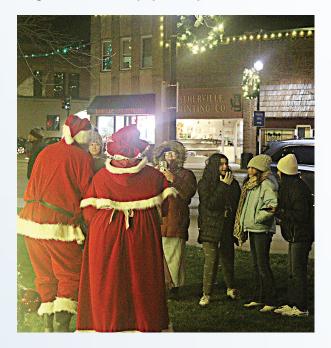
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# UPCOVINC

## DECEMBER & JANUARY

### DECEMBER

Mondays, Dec. 2, 9 and 16: Archery for Beginners – for kids grade 4 and up, 4-6 pm. At Emmet County Prairie Center 2312 450th Ave., Wallingford. Registration required, no registration fee, equipment provided.



Dec. 5 Winter Lights, Holiday Lights, and TUBACHRISTMAS will be held Thursday, Dec. 5 in downtown Estherville. Come to downtown Estherville for horse-drawn wagon rides and a chance to meet Santa Claus in his home in Library Square. Carolers also will fill the night air with holiday tunes . TUBACHRISTMAS performs at 6 p.m. at the United Methodist Church at 102 S. Eighth St and at 7 p.m at the Estherville Public Library.

Dec. 5 Soup Supper - the Estherville United Methodist Church will host a Soup Supper from 5-7 p.m. Thursday, Dec. 5 at the church, located at 102 S. Eighth St. In conjunction with the supper, Cracked Reeds will perform in the fellowship hall followed by TUBACHRISTMAS at 6 p.m. in the church sanctuary. At 6:30 p.m., the ELC High School Choir ensemble will perform in the sanctuary.

Dec. 7-8 Elizabethan Madrigal Feaste – Iowa Lakes Community College Janice K. Lund Performing Arts Center at 6:30 p.m. \$20/ guest; \$10 Iowa Lakes students.

Dec. 7 Many Voices Choir Concerts

Dec. 9 Ring in the Holidays Concert, Janice K. Lund Performing Arts Center at Iowa Lakes Community College, 3 p.m.

# 

## DECEMBER & JANUARY



Santa's House Hours

**ELC Concerts** 

Dec. 13 Santa Lucia Celebration, Wallingford Lutheran Church 5:30 p.m.

December 20 Good Samaritan Center Christmas Party 6 p.m.

December 30 Match Game Mayhem, Allstar Lanes

December 31 ELC Foundation Masquerade

Party Fundraiser, Estherville Elks Club

## JANUARY

16-17 Iowa Lakes Community College Jazz Band Contest

21-23 Iowa Lakes Community College Show and Jazz Choir Festival

### LOOKING AHEAD

Feb 1 Emmet County Driftbusters Winterfest – Oak Shores Event Center, Wallingford





Photo taken by
Amy Peterson



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