

Dedicated to freedom since 1868

THE RED OAK *Express*
redoakexpress.com

Published by The Red Oak Express • Wednesday, April 6, 2022

SPRING SPORTS



EAST MILLS

ESSEX

GRISWOLD

RED OAK

SOUTHWEST VALLEY

STANTON



Red Oak Fabrication

FULL SERVICE STATE-OF-THE-ART
MACHINE SHOP AND METAL FABRICATION

306 N 3rd Street | Red Oak, IA | 712-623-4911

REDOAKFABRICATION.COM



carhartt

Southwest Iowa's
Largest Carhartt Retailer

DRYSHOD
WATERPROOF FOOTWEAR

Monday-Friday 8 a.m. – 5 p.m.
Saturday 8 a.m. – Noon



Stanton track teams find strength in numbers

Charm Carpenter

The Red Oak Express

The Stanton track teams grew in numbers this season, with the girls team almost doubling in size from the seven who made up the roster last year.

"We've got a good bunch of girls out this season," Stanton girls head track coach Bruce Subbert said. "Hopefully we can win a few more events this year."

Returning for the Queens is Carly Roberts who won the conference 3000m last season in 13:20.08, over a minute faster than the rest of the field. She finished third at the conference meet in the 1500m with a 5:59.19. She anchored the distance medley relay and will be the number one long distance returning runner in the conference.

The Viqueens return sprinters Addi Olson, Brooklyn Silva, and Elly McDonald. Kyla Hart is a freshman who excelled in junior high last season, and the addition of her speed will be used to help fill the gap left by Tara Peterson. The freshmen were part of a group who set records and had a stellar season a year ago, and they are expected to be big contributors from the get go. The 4X200 relay won at all but one

meet and the mix of Hart, Ella Johnson, Lauren Johnson, and Hannah Olson set a new school record in the event.

The field events were led by Jenna Stephens last season for the Queens, and she returns to throw both shot put and discus. Freshman H. Olson won the shot put event as an eighth-grader and has experienced varsity level competition already this year, adding good depth to the field events. Riley Burke and Lauren Johnson might be tossed into the jumping events, as both excelled in junior high a year ago, also.

McDonald returns to the hurdles this season and may have enough freshmen to join her in a relay, giving Stanton another chance to score points.

The Vikings return 10 athletes from a year ago and have added 15 to their roster.

Seniors Logan Roberts and Jack Roberts are both returning state competitors from a year ago.

L. Roberts ran the open 400m, finishing in 17th place at the state meet, with a time of 52.94, and is expected to lead the sprinters again this season. Other returning sprinters include J. Roberts, Josh Martin, and Nolan Grebin.

J. Roberts medaled in the high jump,



Members of the 2021-22 Stanton girls track team from left: Riley Burke, Addi Olson, Jenna Stephens, Brooklyn Silva, Carly Roberts, Lauren Johnson, Elly McDonald, and Emma Sallach. Not pictured: Hannah Olson, Kyla Hart, Leah Sandin, and Ella Johnson. (Charm Carpenter/The Red Oak Express)

setting a new school record in the process recording a 6-03 jump. He had struggled with a knee injury throughout the season and only competed in the high jump in three meets. Hopefully, his final season will be injury free, and expectations are high for him in this event. Tristan Frank finished third in the conference in the discus and will be looking to improve his placing in both

throwing events this season.

Levi Martin led the mile runners at the conference meet, finishing in 5:32.30 for first. He brings back mid/long distance runners Preston Carpenter, Evan Hopf, and Jonan Wookey, who are ready to up their game with a season under their belts.

Upperclassmen who have joined the mix after not competing last season include Carter Johnson, Kyle Pastore, and Quentin Thornburg. All three athletes will be a huge addition to the program.

Freshmen who are expected to make an immediate impact include Gavin Ford, Evan Gettler, and Simon Showalter. The three had successful junior high careers and have already competed on the varsity level in other sports this year.

"With the depth of the roster, we have a chance to play around with events," Stanton head boys track coach Jeff Grebin said. "We can make an impact at the meets this season."

The Stanton Viqueens compete tomorrow in Red Oak at the girls track meet beginning at 4 p.m. The Vikings compete on Friday, April 8, at the Cardinal Relays in Clarinda at 4 p.m.



Members of the 2021-22 Stanton boys track team front row, from left: James McDonald, Simon Showalter, Andrew Johnson, Logan McQueen, DJ Most, Zooey Allen, and Beau Sallach. Back row, from left: Preston Carpenter, Brody Gibbs, Quentin Thornburg, Tristan Frank, Jack Roberts, Gavin Ford, Jonan Wookey, Josh Martin, and Kyle Pastore. Not pictured: Evan Gettler, Nolan Grebin, Evan Hopf, Carter Johnson, Levi Martin, Ransom Mascher, John Peterson, and Max Yeager. (Charm Carpenter/The Red Oak Express)

Sellergren – Lindell – DeMarce
Funeral Home

Cheering For Our Area Teams!

509 N 6th Street, Red Oak, Iowa

712.623.2796 | www.sldfuneralhome.com

Ron and Sara DeMarce



There are 5280 feet in a mile but we're only concerned with your two feet

**Southwest
Foot & Ankle Center**

502 E. Reed St. | Red Oak, IA | 712-623-5178 | 800-334-5516

Jeffrey P. Kiley DPM | Andrew C. Stanislav DPM

Board Certified in Foot Surgery

Griswold golf returns six to form strong core

Charm Carpenter
The Red Oak Express

The lone returning girl golfer for the Tigers is Linsey Keiser. She debuted last season as a freshman with four seniors on the team and averaged 70 strokes per round. She is joined this season by five rookies, but the team has high hopes for a great season.

The season tees off for the girls on Thursday, April 7, as they travel to Red Oak for a triangular with the host team and Sidney, beginning at 4:30 p.m.

On the boys side, the Tigers return five of seven from a year ago, including the top

two golfers, Caleb Oakleaf and Kamron Brownlee.

Oakleaf finished with a nine hole average of 51, followed by Brownlee with a 54 average. Brayden Stirek (59), Tate Steinhoff (59), and Michael Kunze (64) round out the returning athletes.

Although the team did not advance into post season last year, they did improve throughout the season. With a wealth of returning boys, the Tigers are looking to make a big move in the conference and a deep run into the post season.

The boys travel to Sidney on Friday, April 8, for a dual meet with the conference foes beginning at 4:30 p.m.



Linsey Keiser returns as the sole player on last season's girls team. (Charm Carpenter/The Red Oak Express)



Caleb Oakleaf is the top returning boys golfer from a year ago. (Charm Carpenter/The Red Oak Express)



Members of the 2021-22 Griswold boys golf team front row, from left: Alex Nelson, Kamron Brownlee, and Tate Steinhoff. Back row: Caleb Oakleaf, Logan Evans, Hogan Hook, Michael Kunze, Adam Houser, and Brayden Stirek. (Charm Carpenter/The Red Oak Express)



Members of the 2021-22 Griswold girls golf team from left: BrookLynne Peterson, Joey Reynolds, Linsey Keiser, Reese Laverty, R'Nya Kirchoff, and Kyleigh Hering. (Charm Carpenter/The Red Oak Express)

**DREAM
BELIEVE
ACHIEVE**

ALL THE BEST TO OUR SPRING SPORTS TEAMS

Internet speeds up
to 1Gig available!
Plus FMtv & Phone
Call us today!

FMTC
Your Connection to the World
www.myfmtc.com 800-469-2111
712-829-2111 (Stanton) 712-826-2812 (Villisca)

Proudly serving customers in Adams, Montgomery, Page & Taylor Counties in SW Iowa

**SUPPORT
YOUR LOCAL
SCHOOLS**

FAREWAY®
MEAT & GROCERY

Farm Fresh Produce
Full Service Meat Counter
Full Carry-out Service to your car

Store Hours
Monday - Saturday
8:00 a.m. - 9:00 p.m.
- Closed Sunday -

712.623.2651
Grocery
712.623.5648
Meat Department

811 N. Broadway Street
Red Oak, IA 51566

Red Oak co-ed soccer kicks off 4th season

Charm Carpenter

The Red Oak Express

The Tiger soccer team opens the season at home on Monday, April 11, as they host Atlantic at 5 p.m.

Red Oak is once again considered a JV team due to being co-ed.

Mark Kells is back as head coach for the team, entering his fourth year of coaching for the program he helped get started in 2019.

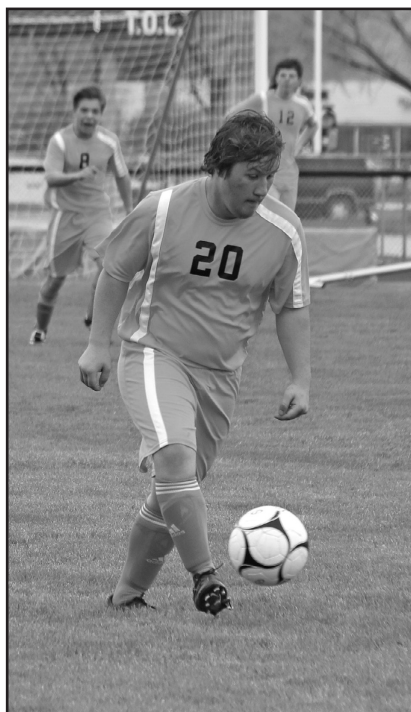
The Tigers bring back some experienced players as a dozen return for another year.

Scheduling has been an issue again this season, but the Tigers have five games set up so far, and are looking to add more if they can.

Three seniors have been playing since the program began: Patrick Holste, Jazmyn Perez, and Alex Vera. They will be expected to be the leaders of the team.

The team has an actual practice field now, located on Fourth Street, which has made a big difference in practice.

"We don't have to work around any other team's practice or game times to hold a practice," Kells said.



Tiger Patrick Holste moves the ball during a game last season. (Charm Carpenter/The Red Oak Express)



Members of the 2022 Red Oak soccer team front row, from left: Patrick Holste, Sebastian Vasquez, Joshua LeRette, Kaysie Kells, and Alex Vera. Back row: Ty Jenkins, Weston Gettler, Connor Britten, Brandon Hernandez, Landon Gigstad, Heath Jackson, Yael Morales-Valdez, and head coach Mark Kells. Not pictured: Freddy Torres, Luke Sayonkon, Stephany Ramos, Cassandra Vera, Jazmyn Perez, Jakob Malchin, and Kevin Rodriguez. (Charm Carpenter/The Red Oak Express)



*Good luck to all
Southwest Iowa athletes!*

RENANDER PHOTOS

712-623-4654

Your choice for
Professional Quality Photos
at Personal Photo Prices!

2390 J Ave • Red Oak, IA 51566

www.renanderphotos.com • renanderphotos@aol.com



Red Oak's Kaysie Kells (No. 2) uses her head to pass the ball to her teammate Joshua LeRette (far right). (Charm Carpenter/The Red Oak Express)

Essex track building off last season's success

Charm Carpenter
The Red Oak Express

The Essex Trojanettes won the Corner Conference track meet last season with some great strategic planning from girls head coach Jasmine King, who returns for another year. She is assisted by Seth Ward this season and returns all but three from last season.

The Essex track teams have started the season with great results already. Both teams competed at an indoor meet in Pella mid March and senior Riley Jensen came home with a first-place medal and a new school record. She won the high jump with

a jump of 5-02. Jensen finished 10th at the state meet last season with a jump of 4-10, and was the sole Essex representative at the state meet.

The Trojanettes loaded the field events last season, and those returning include Cindy Swain and Emma Barrett in the long jump; Olivia Baker in the shot put; Brianne Johnson in the discus.

Successful sprinters returning include Baker, Kyndra Gray, Swain, and Brooke Burns. Mid/long distance runners coming back are Jensen, Barrett, Alex King, and Tori Burns; and King, Johnson, and Baker found success in the hurdle events.

As the returning girls champion team

from the Corner Conference, it would appear that they will again be the number one contender.

Ward is also assisting for the boys, under the direction of Ray Liles, who is head coach for the Trojans for the first year.

The Essex Trojans have six returning from last season: Nic Givens, Skylar Hall, Kooper Nelson, Tony Racine, Johnny Resh, and Jon Staley.

Racine and Resh led the sprinters while Nelson, Racine, Resh, and Staley also led the field events. Givens and Hall were the mid-distance runners last year.

The Trojans just had 10 athletes on the team last year, and focused on the individual

events as opposed to relays. With 14 on the roster this season, that could change.

Although the team is young, the Trojans are poised to compete in more events this year, and hope to climb in the standings.

Both teams are scheduled to compete tomorrow. The Trojanettes will be in Red Oak at the girls meet, beginning at 4 p.m., while the Trojans will be competing in Missouri Valley at 4:30 p.m.



Members of the 2022 Essex Trojans track team front row, from left: Bradley Franks (manager), Christian Johnson, Nic Givens, Cash Seaman, Keaton Anderson, and Noah Vandemark. Back row, from left: Qwintyn Vanatta, Kooper Nelson, Skylar Hall, Johnny Resh, Tony Racine, and Jon Staley. Not pictured: Gabe Fort and Gabe Richardson. (Bryan Clark/The Valley News)



Members of the 2022 Essex Trojanettes track team front row, from left: Helena Hamalainen, Tori Burns, Desi Glasgo, Brooke Burns, and Natalie Taylor. Back row, from left: Cindy Swain, Emma Barrett, Riley Jensen, Alex King, and Brianne Johnson. Not pictured: Olivia Baker and Kyndra Gray. (Bryan Clark/The Valley News)



Creating The Foundations That
Dreams Are Built Upon!
**ECHTERNACH
CONSTRUCTION**
712-623-4723

"Where lessons of life are still being learned,
and where athletes still compete for the love
of the game and their teammates."

—Michael Powers

Red Oak golf set high goals for links season

Charm Carpenter
The Red Oak Express

The Red Oak girls golf team finished fifth as a team in the Class 2A second-round finals in Neola last season. With only four exiting the program, the Tigers are excited for the season. Allie Allison, Payten Bass, Ashlyn Blackman, and Lennon O’Neal are the returning seniors and are expected to lead the girls team this season.

Bass averaged 51 on nine holes to lead the team, followed by Allison’s 54, O’Neal’s 58, and Blackman’s 64.

Lexi Meier averaged 64 last season as a sophomore and classmate Estephany Medina averaged 72. Hannah Smith debuted on the links a year ago, finishing with a 68 average and will be needed to replace some of the exiting seniors.

Grayson Hewitt and Truman Stickland return for their final year on the links on the boys side. Hewitt averaged a 61 on nine holes last season.

Cyrus Mensen debuted last season on the links and averaged a 52 to lead those returning. Others returning are Tyler Beeson and Sam Fields, who averaged 58 and 55, respectively.

The Tigers were a young team last season and ended their season seventh in the Class 2A first round sectional.

“We are calling this the rebirth of the program,” Red Oak head boys golf coach Bob Boeye said last season. “We hope to get some pride back in the Tiger golf program.”

With the young team gaining valuable varsity experience last season, that pride shows, and the team looks for a deeper post season run.



Above from left: Lennon O’Neal and Allie Allison were a part of the regional team a year ago. They return to lead the team for hopefully, a deeper post-season run. (Photo submitted)



Members of the 2021-22 Red Oak girls golf team include front row, from left: Estefany Medina, Jazmyn Perez, and Lexi Meier. Back row: Adelia Lydon, Brynn Knaus, Lennon O’Neal, and Hannah Smith. Not pictured: Allie Allison, Payten Bass, and Ashlyn Blackman. (Bob Boeye)

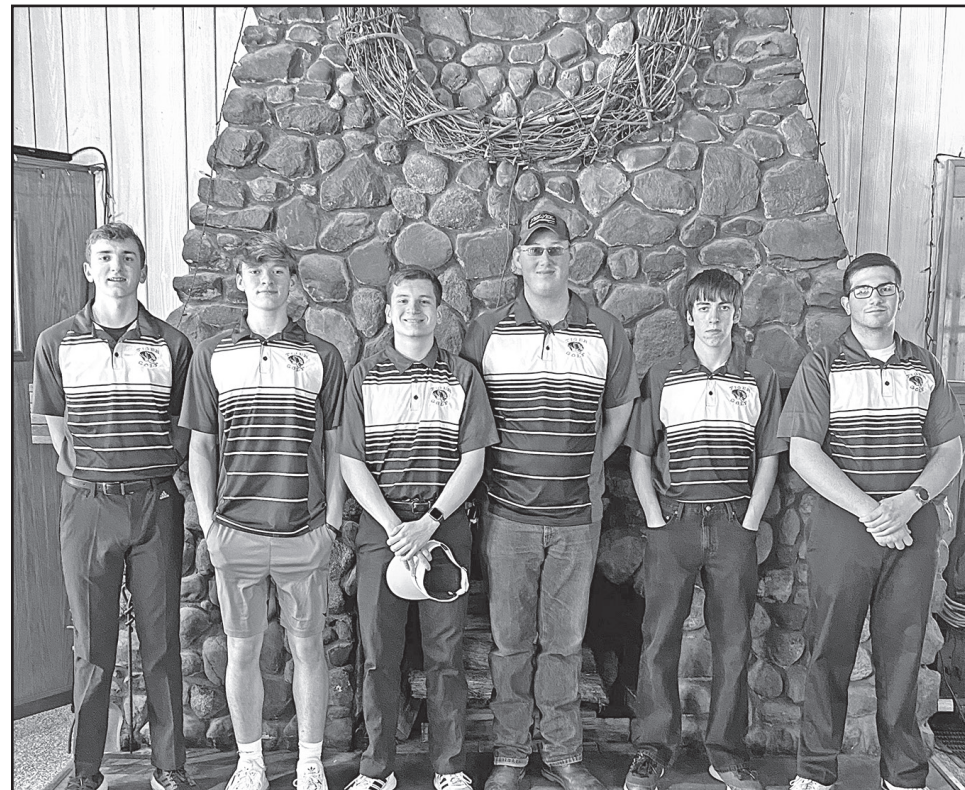
Best Wishes &

Have An Outstanding Spring Sports Season!



R&B GOLF and Promotions

400 N 3rd St., Red Oak
712-370-2351
Bob Boeye



Members of the 2022 Red Oak boys golf team from left: Tyler Beeson, Cyrus Mensen, Grayson Hewitt, Truman Stickland, Hunter Jarrett, and Sam Fields. Not pictured: Bennett Johnson. (Charm Carpenter/The Red Oak Express)

Southwest Valley track returns large group

Charm Carpenter
The Red Oak Express

The Southwest Valley track teams have depth again this season, and will build on the experience from the youth last year to get competitive with the top teams in the Pride of Iowa Conference this season.

Both state competitors from a year ago return: Aunalee Bruce in the long jump, and Marshall Knapp in the high jump.

Bruce finished 24th in the Class 1A long jump with

a 13-06.5 leap in her debut season.

The girls have a half dozen others returning from the young team who graduated just four from a year ago. The big freshmen class of last year gained valuable varsity experience, and placed well throughout the season. Southwest Valley girls head coach Jason Hulst is expecting more from those girls, who debuted in field events, hurdles, and relays last year.

On the boys side, head coach Allen Naugle is looking at his senior core to be the leaders of this speedy team, as well as M. Knapp in the high jump. M. Knapp cleared 6-01 at state last season, earning a sixth-place medal for the Timberwolves.

Naugle is also excited with the addition of Evan Timmerman, a sophomore dual sporting in tennis as well.



Members of the 2021-22 SWV boys track team front row, from left: Ely Rodriguez, Isaac Currin, Beau Johnston, Brendan Knapp, Owen Wilkinson, Evan Timmerman, and Brandon Cox. Middle row: Makade Wilson, Tate Haffner, Dylan Stormer, Theron Mullen, Alex Morgan, and Devyn Fasce. Back row: Assistant coach Jerry Hartman, Colin Jacobs, Dylan Inman, Marshall Knapp, Bradlee Grantz, Roman Keefe, KC Stizman, Devin Greenwalk, Evan Pearson, and head coach Allen Naugle. (Charm Carpenter/The Red Oak Express)

Both teams began the season Tuesday, March 29, in a co-ed meet in Bedford. The boys team will be in Clarinda on Friday, April 8, in the Cardinal Invite beginning at 4 p.m.



Above: Marshall Knapp soars over the bar in the high jump at a home meet last year. (Charm Carpenter/The Red Oak Express)



Aunalee Bruce at state last year. (Photo submitted)

Care for the whole family

1400 Senate Ave., Suite 105
Red Oak, IA 51566
(712) 623-7250
Bestcare.org

METHODIST
PHYSICIANS CLINIC

©2021 Methodist Physicians Clinic, an affiliate of Methodist Health System



Members of the 2021-22 SWV girls track team front row, from left: Christine Andrews, Karsyn Poston, and Camryn Johnston. Middle row: Averyle Butcher, Victoria Fletchall, Ivey Lenz, Emma Cooper, Julia Means, Haidyn Top, and Sophia Johnson. Back row: Bailey Weller, Jaycie Hutchings, Olivia Kathikar, Alyssa Randall, Samantha Davies, Mackenzie Richards, Sierra Pearson, Lindsay Maurer, Paighton Buffington, and head coach Jason Hulst. (Charm Carpenter/The Red Oak Express)

Southwest Valley tennis aims for high ranking

Charm Carpenter

The Red Oak Express

The Southwest Valley tennis teams got the season underway on Tuesday, March 29 in a non-conference game with Glenwood, and head tennis coach Steve McGrew is excited by what he saw.

The number one position for the boys team is up for grabs, as last year's athlete graduated (Kade Hutchings), but Gabe Fuller, who went 10-0 in matches at the number two spot, should be able to move up easily.

Others returning on the boys team include their four through six position players from a year ago.

Evan Timmerman went 7-1 at the four position; Owen Paul 1-0 at five; and Slate

Goodvin-Kinnaird 2-3 at six.

The Timberwolves finished 9-2 in the dual season, narrowly missing advancement in a Class 1A district loss to Atlantic.

The girls team returns Lexi Weston, Alana Drake, Charlee Larsen, and Anjali Kathikar from last year's regional finals.

Others returning with varsity experience, who will be expected to step up into a bigger varsity role include Ryanne Mullen, who stepped up several times due to injury or illness. Again this season, Southwest Valley sports a big JV roster, and McGrew is hoping to get some more matches in this season.

Both teams open the home season on Monday, April 11, as they host Creston beginning at 4 p.m.



Members of the 2021-22 SWV girls tennis team front row, from left: Jezzi Wynn, Alexia Weston, and Alana Drake. Middle row: Ivey Lenz, Anjali Kathikar, Ryanne Mullen, and Charlee Larsen. Back row: Evelyn Rice, Natalia Zimmerman, Madeline Bevington, Layla Konecne, Karissa Richey, Jazmin Weston, and head coach Steve McGrew. (Charm Carpenter/The Red Oak Express)



Honoring Our Graduates!

*Congratulate that special graduate in your life
by honoring them in our newspaper!*

**For as little as \$20 you can
include a photo and your own
congratulatory message.**

*Call Shawn at 712.623.2566 or
email advertising@redoakexpress.com*



Members of the 2021-22 SWV boys tennis team front row, from left: Slate Goodvin-Kinnaird, Matthew Means, Parker Boswell, and Deacon Ganfield. Back row: Logan Westlake, Gabe Fuller, Owen Paul, Evan Timmerman and head coach Steve McGrew. (Charm Carpenter/The Red Oak Express)

- Ads must be paid for when ordered.
- Ad Deadline is April 22, 2022

THE RED OAK
Express

East Mills Wolverines numbers up on links

Joel Stevens
The Opinion-Tribune

The East Mills girls and boys golf teams have not been able to get on their home course yet this season but that hasn't stopped head coach Joe Wortman's squads from getting to work.

"It's hard to tell where we are as we've only been on the driving range," Wortman said. "We play our first meet without having been on a course. But that's okay. The kids we have coming back still look like they can hit a golf ball somewhat."

The Wolverines numbers are up this season. The boys roster shows 15 golfers out and the girls have eight out.

"We had a lot of freshmen out last year and they've all mostly come back," Wortman said of his increased numbers. "Also, a lot of their friends were in junior high and over the summer, they went out and golfed with them."

The boys' roster is made up entirely of freshman and sophomores. Most of them have golfed before and aren't new to the game.

"That's encouraging because they can make pretty good contact with the ball," he said. "It doesn't always go where they want it to but it's encouraging."

The boys return four letter winners from a year ago, including top player Lincoln Palmer.

"He was our No. 1 last year as a freshman," Wortman said.

Also returning is sophomore Kyler Williams. Freshman Fletcher Proctor has also looked "really good" and Wortman is eager to see what he can do on the course.

On the girls' side, the team is mostly freshmen with a couple upperclassmen sprinkled in.

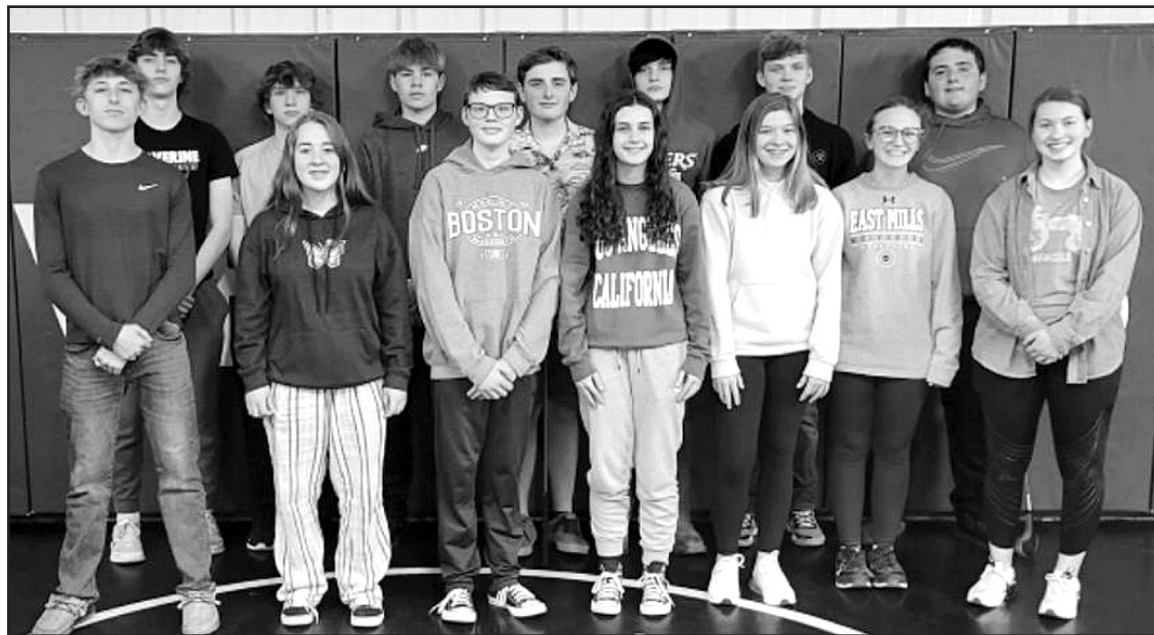
"We'll see if they put in any time over the summer," he said. "We actually have some freshman who have played more (in the off-season) than my upperclassmen. The younger girls are looking pretty good."

Mallory Lang is the girls top re turner. Also back are senior Maddie Marburger and Kaylee Vandenberg. After that, Wortman said there's a gap

"All the rest of the girls, including all the freshman, will be competing for time," he said.

With the numbers out this season, team scoring on both the boys' and girls' side will be in play this season.

"I'm looking forward to that on the girls' side," he said. "I think we can be competitive in the conference as a team. On the boys' side, I know Fremont-Mills and Sidney are still going to be tough but hopefully with some more experience my young guys can hang with them a little bit better. There's potential for medals here and there with both the girls and boys."



Members of the 2021-22 East Mills golf teams are front row, from left: Sheldon Vandenberg, Stevelyn Martin, Evan Copperstone, Allison Vanarsdel, Emersyn Burdic, Mallory Lang, and Maddi Marburger. Back row: Fletcher Proctor, Anthony Anderson, Lincoln Palmer, Jack Sayers, Walker Ahrens, Jackson Williams, and Ryan Sayers. (Joel Stevens/The Opinion-Tribune)

Just like Athletics...
when you start
with a solid
foundation and build
momentum,
there's nothing
that can't be
accomplished.

WISHING YOU A GREAT SEASON
from your fans at

Houghton
State Bank

Red Oak | Cumberland | Emerson | Griswold | houghtonstatebank.com | Member FDIC

THE RED OAK
Express

PRINT
DIGITAL
& ONLINE
ADVERTISING SPECIALIST

Different Way
Digital Marketing

712.623.2566

advertising@redoakexpress.com

Red Oak track prepares to return to state

Charm Carpenter
The Red Oak Express

The Red Oak Tigers had a strong showing at state last year, and have expectations of returning to the blue oval this season.

Liz Carbaugh placed ninth in the Class 2A long jump in her first year of high school track and anchored the sprint medley relay that finished in 23rd place. She is back for her senior season.

Returning along with her is Macy Bozwell, who was a part of the relay team at state, also.

Others returning from stellar seasons a year ago include Delaney Hall and Cam Bass.

Freshman Marissa Williams has competed in the Junior Olympics in sprints and long jump, and will play a big role in those events.

On the boys side, the team had three relays and one individual compete at the state meet, and graduated just one senior. The

hopes of returning to state this season are high.

Kaden Johnson competed in the open 400m and finished in 19th place in Class 2A.

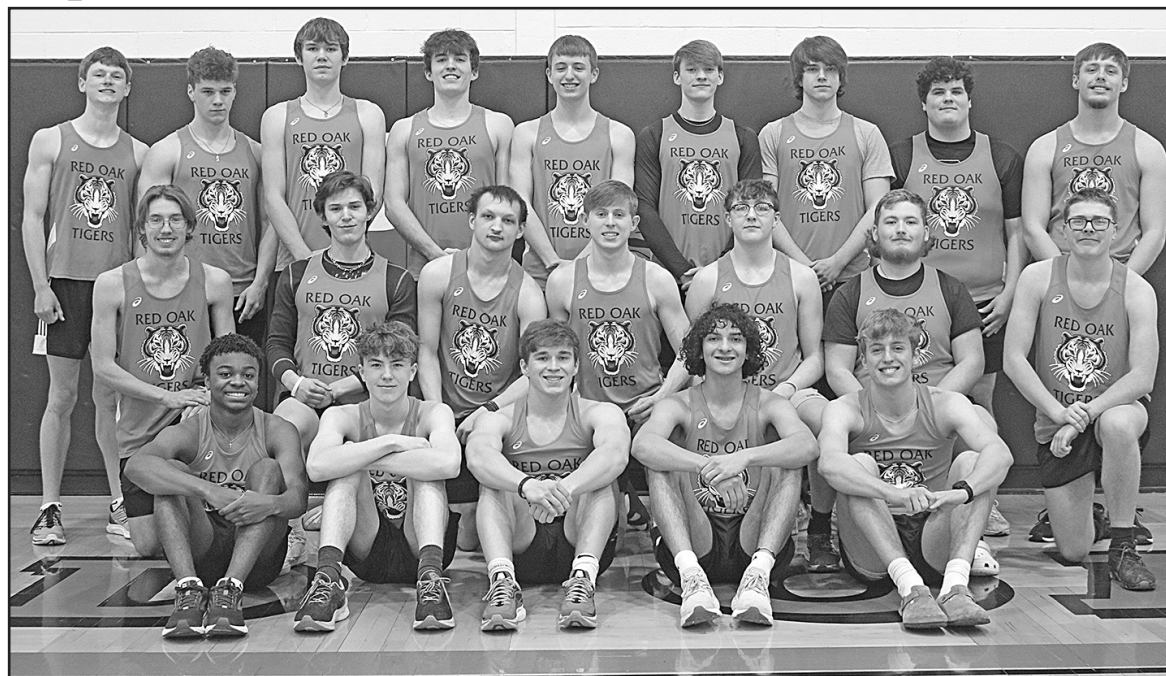
Riley Fouts, Landon Couse, Jack Kling, Baylor Bergren, and Bradley Sifford were on the relays and all return except for Sifford who is out with an injury.

The Tigers have added some new runners, and as the season progresses, boys head coach Sueann French is excited to see what those new runners can do.

With a strong core already leading the team, the Tigers are looking for another tremendous season.

The Tigers got their season underway on Thursday, March 31, in Glenwood, at the Hawkeye-10 South division meet.

The Red Oak girls host a meet on Thursday, April 7, and the boys' home meet is scheduled for Friday, April 29.



Members of the 2021-22 Red Oak boys track team front row, from left: Luke Sayonkon, Logan French, Landon Couse, Chino Lepe, and Baylor Bergren. Middle row: Bennett Stickland, Anderson Rule, Adam Bair, Brayden Sifford, Sebastian Clear, Eli Vukonich, and Tyler Adams. Back row: Nolan Blackman, Riley Fouts, Jack Kling, Aiden Bruce, Bryton Bergren, Cyrus Mensen, Jacob Malchine, Logan Conn, and Luke Sperling. Not pictured: Kyle Westover. (Charm Carpenter/The Red Oak Express)



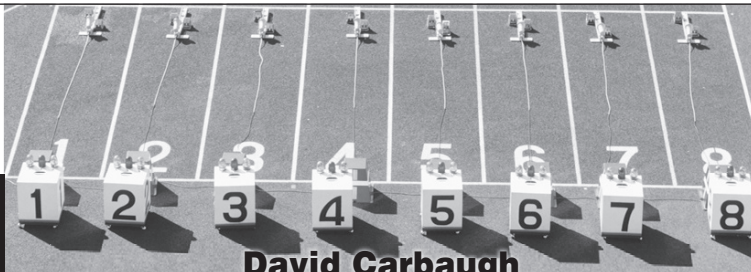
At left: Red Oak boys pose by the bulldog at Drake University last season during the state track meet. Front row: Nolan Blackman and head boys track coach Sueann French. Back row, from left: Corey Archer, Baylor Bergren, Garrett Couse, Bradley Sifford, Riley Fouts, Landon Couse, Aiden Bruce, Kaden Johnson, and Jack Kling. (Photo submitted)



Members of the 2021-22 Red Oak girls track team front row, from left: Delaney Hall, Liz Carbaugh, Macy Bozwell, and Cam Bass. Middle row: Abbie Eichelberger, Hope Schmadeke, Iris Ogden, Nicole Bond, Brinkly Sallach, and Michelle Grass. Back row: Breanna Kinser, Ella Johnson, Marley Gray, Marissa Williams, Tymberlee Bentley, Tori Wendt, Alexis Wallace, and Lainey Klepinger. Not pictured: Halle Baldwin. (Charm Carpenter/The Red Oak Express)

PROUD TO SPONSOR ALL LOCAL SPORTS

207 E Coolbaugh
Red Oak
712-623-5639



David Carbaugh

STATE FARM INSURANCE

There when things go wrong.
Here to help life go right.™



Southwest Valley golf returns experience

Charm Carpenter
The Red Oak Express

The Southwest Valley Timberwolves are returning three letterwinners on the girls side and eight on the boys team.

Rebecca Wetzel and Maggie Haer return with low nine-hole averages of 60, and Megan Ramsey with a 93. Miaya Fourez and Gracelynn Bain round out the small girls team.

The girls gained valuable experience last season and hope to build on that this season, according to Southwest Valley head golf coach Cindy Drake.

Plenty of boys return to form a strong base for the boys team. Ethan Bruce and Joey Oathoudt finished the season with a nine hole average of 46 each to lead the Timberwolves on the links.

Isaac Currin and Jake Oathoudt finished with 47 each, and Owen Wilkinson 48.

Other letterwinners returning include Henry Bevington, Tate Haffner, and Vincente Butcher.

The team adds depth with five new players and Drake is excited about the upcoming season.


The Timberwolves hit the links on Tuesday, April 5, to open the season in a home meet with East Union, and are in action again Thursday, April 7, in Bedford.



Members of the 2021-22 SWV girls and boys golf team front row, from left: Vincente Butcher, Jack Kretzinger, Teagan Dalton, Tate Haffner, Henry Bevington, and Owen Wilkinson. Middle row: Megan Ramsey, Miaya Fourez, Maggie Haer, Gracelynn Bain, and Rebecca Wetzel. Back row: Isaac Currin, Ethan Bruce, Jake Oathoudt, Joey Oathoudt, Hunter Crill, Miller Means, Paul Douglas, and head coach Cindy Drake. (Charm Carpenter/The Red Oak Express)



Southwest Valley senior Owen Wilkinson takes a swing in a meet last year. He is back for his final prep season. (Charm Carpenter/The Red Oak Express)



GOOD LUCK TO ALL AREA SPORTS TEAMS!

RED OAK COUNTRY CLUB

2038 200th St.
Red Oak, IA
712-623-4281

WHATEVER YOUR INTEREST
WE HAVE SOMETHING
TO OFFER YOU

Red Oak tennis carries on strong tradition

Charm Carpenter
The Red Oak Express

The Red Oak girls tennis team qualified for the state tournament last season, falling to Spirit Lake (5-2), and ending the season 13-1.

Zoey Swanson returns for her second year as coach and is excited to build off of the success from a year ago.

The Tigers had three girls exit the program and return 10 from last season, including state doubles competitor Merced Ramirez.

Ramirez and her partner, Rhenn Rolenc, who has graduated, fell in the first round at the doubles tournament last season, but the experience gained by all the girls last year, will come in handy for this season.

Others returning, who saw varsity action last season include Tessa Rolenc, Anna Grizzard, and Jessica Lukehart. Swanson is counting on those four to be the leaders this year.

On the boys side, the young Tigers defeated Audubon as their only win. They return their number one and two players in sophomores Max DeVries and Joshua LeRette. Jonah Wemhoff and Braden Woods are both back as well and played on varsity throughout last season.

Head boys coach Tristin Johnson is expecting all four players to have major roles this season and to build from the work put in last year. Although the individuals ended with losing records, the



Members of the 2021-22 Red Oak boys tennis team front row, from left: Brett Erickson, AJ Schmid, and Joshua LeRette. Middle step: Jessica Lukehart, Grace Winfield, and Tessa Rolenc. Third step: Anna Grizzard. Fourth step: Lindsay Porter, Josie Rengstorf, and Merced Ramirez. Fifth step: Aedynn Graham, Kayden Wingfield, and Prashna Bell. Sixth step. Head coach Zoey Swanson. Not pictured: Taylor Bennett. (Tess Nelson/The Red Oak Express)

competition played and the experienced gained will show on the court this season.

Both teams are in action tomorrow as the girls compete in Glenwood and the boys host

Glenwood. Both games start at 4:30 p.m.



Members of the 2021-22 Red Oak girls tennis team front row, from left: Stephany Ramos, Abigail Johnson, and Hailey Rydberg. Second step: Jessica Lukehart, Grace Winfield, and Tessa Rolenc. Third step: Anna Grizzard. Fourth step: Lindsay Porter, Josie Rengstorf, and Merced Ramirez. Fifth step: Aedynn Graham, Kayden Wingfield, and Prashna Bell. Sixth step. Head coach Zoey Swanson. Not pictured: Taylor Bennett. (Tess Nelson/The Red Oak Express)



At right: Merced Ramirez concentrates on the volley in a match last year. Ramirez debuted at the second position and earned a trip to the state tournament in doubles and as part of the team. (Charm Carpenter/The Red Oak Express)



**Nelson-Boylan-LeRette
Funeral Chapel**

410 Sixth St., Red Oak, IA
712-623-2525 • 800-653-4881
www.nblfuneralchapel.com

Enjoy the season!

East Mills track teams loaded with potential

Joel Stevens
The Opinion-Tribune

Lots of potential and lots of question marks.

That's how head coach Claude Lang described his East Mills girls and boys track teams heading into this season.

Lang said the talent is there to answer those questions if he can match the potential to events.

"Every year I try and figure out how to win the conference, or at least finish with as many points as we possibly can, with the chess pieces we have," said Lang, who coaches both the girls and boys teams. "We want to know who gives us the best shot and what's the best combination to get points and medals."

"What it's going to come down to is who is going to be competitive and put it on the line for the team and get us points at meets. Those are the people you're trying to develop every day, every meet, every practice."

The Wolverines' boys' roster lists 25 athletes, while there are 13 girls out for this year's squad.

"We have a lot of core guys back," Lang said of his defending Corner Conference

champions boys squad. "We have a few defending champs there. We're putting a lot of time in now on conditioning to get into competition shape and sort out some events."

Last season, the boys had one of the top sprinter groups in the conference, and Lang said they will again be strong there.

"The district sort of dictated that," he said. "We needed to be good there and we were. We fell a little short in hurdles. I'm not sure what the district will look like this year, but the depth is there."

The Wolverines have seven freshman boys out who have put in the time to compete this season.

"We'll see if they can make an impact in some relays or individual events; we don't know yet," he said.

Lang likes the balance of his boys squad between sprinters and distance runners.

"We have a good combination," he said. "We should be able to put together a good track meet. We can definitely compete at the meets in our area and at some of the bigger meets, we can piece together some good relays and earn some points."

On the girls side, Lang said he lost a few upperclassmen athletes but gained a few

others.

"I think if we had everybody out, we'd have a good shot at winning the conference," he said. "I think we might be a couple girls short right now but we're still aiming to be there, scoring as many points as we can. The school record for points is 105 (at the conference meet). That is still the goal."

The Wolverines' distance medley and 4x400-meter relays both won the conference a year ago, and the bulk of those runners return.

"I'd like to see us improve on those times," he said. "And individually we do have some pretty good runners back."

Among those individual runners is Emily Williams. The junior all-conference volleyball and basketball player missed the previous few track seasons with injuries. She's 100% healthy this year, Lang said, and eager to compete and is poised for a big year.

"I just saw her at the track by herself doing some workouts," he said. "If we can remain healthy, we can be pretty good."

Lang has a handful of girls who have long and high jump experience. On the boys side, Davis McGrew returns after placing

third in the long jump at the conference meet a year ago and Braden West, an all-conference basketball player, is out for high jump.

"He can get up in the air," Lang said. "If we can get some good form on him, he can be exciting."

Elizabeth Albright will take over coaching the throwers. Albright is an experienced thrower herself, and Lang said it's the first time in four seasons he's had a coach that will focus on throws.

"Our throwers should all be better," he said. The Wolverines return their top boys' thrower in Sylas Allen and Jaimee Davis for the girls.

"If we can start this year anywhere near where we ended last year, we should be ok," he said.

Conditioning thus far this spring has been a work in progress. Lots of sore muscles and a few minor injuries, Lang said.

"We're not there yet; their bodies are like 'I don't like this running thing' right now," he said. "We have some tight hamstrings. But we're getting there."



Members of the 2021-22 East Mills girls track team front row, from left: Alysia Montgomery, Nadia Gray, Cloe Brown, Miah Urban, Aspen Crouse, and Jenna Thornburg. Back row: Grace Escritt, Ann Barrett, Jaimee Davis, Klara Seipold, Emily Williams, and Shelby Hindman. (Joel Stevens/The Opinion-Tribune)



Members of the 2021-22 East Mills boys track team front row, from left: Walter Seipold, Cooper Stevens, Matthew Haley, Jordan Williams, Caleb Urban, and Nick Updegraff. Middle row: Anthony Obermiller, Keegan Poorker, Tyler Prokop, Davis McGrew, Ryan Stortenbecker, Steven Barrett, and Camryn Johnson. Back row: Andrew Laramy, Wyatt Franks, Sylas Allen, Mason Crouse, Braden West, Peyton Embree, Layne Mastin, Jackson Embree, and Brodyn Wray. (Joel Stevens/Opinion-Tribune)

Essex-Stanton golf gains strength in numbers

Charm Carpenter

The Red Oak Express

Head coach Logan Sampers is back for another season of Essex-Stanton golf.

The girls team finished third as a team at districts and just missed qualifying for the second round.

Returning to lead the team is Allie Sandin, who averaged a 54 on nine-hole games last season, and is back for her final prep season on the links.

Leah Sandin and Abby Burke also return, averaging 58 and 59, respectively.

The Stanton trio is joined by Kirsten Kalkas and Hailee Barrett, both of Essex, for their debut season.

The boys team lost their number one golfer in Philip Franks, as he was the sole qualifier for districts and graduated last May, and three other seniors exited the program. However, the team returns eight from a year ago and add two for depth in the roster.

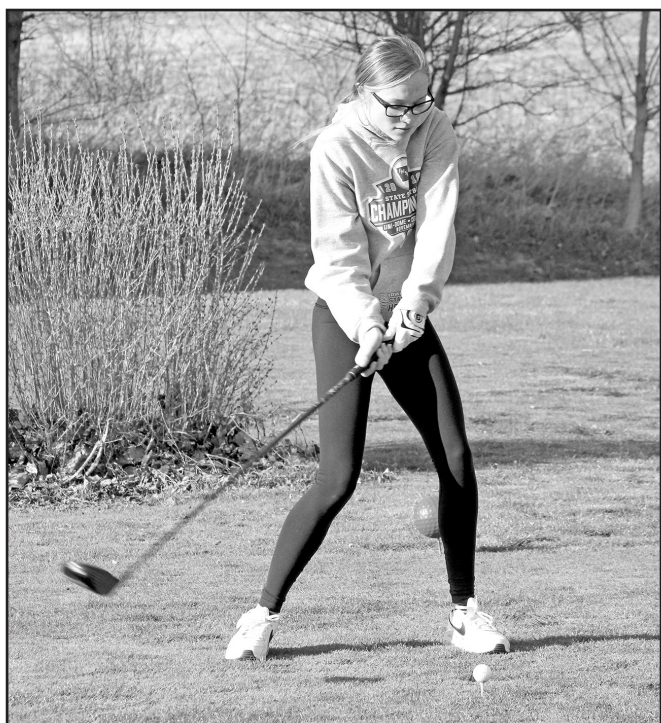
Dylan Barrett tops the list of returnees with a nine-hole average of 48 from a year ago on the varsity team.

The others returning shot in the 60s and 70s, but with a year of JV experience under their belts, Sampers is looking forward to see the growth on the links.

The team began the season in Sidney on April 1, and will compete next on Monday, April 11, in Corning in a triangular with Southwest Valley and Red Oak beginning at 4:30 p.m.



Pictured are members of the 2021-22 Essex/Stanton boys golf team. Front row, from left: Brice Sederburg, Brody Holmes, Jacob Martin, Bradley Franks and Ian Thompson. Back row, from left: Tony Racine, Kywin Tibben, Dylan Barrett, Riley Graham and Jacob Robinette. Not pictured: Kaden Buick. (Bryan Clark/Valley News)



Above: Stanton senior Allie Sandin gets ready to tee off in a round of golf last season on the Essex-Stanton golf team. Sandin led the girls with a 54 nine hole average. (Becki Franks)



Pictured are members of the 2021-22 Essex/Stanton girls golf team. From left: Allie Sandin, Leah Sandin, Abby Burke, Kirsten Kalkas and Hailee Barrett. (Bryan Clark/Valley News)

Griswold track adds depth to both rosters

Charm Carpenter
The Red Oak Express

Paige Luft returns for the Griswold girls track team for her senior year, after placing seventh in Class 1A shot put at the state track meet last year.

“I am definitely working to improve this season and would love to get first at state,” Luft said.

The girls are under the direction of Rachel Larsen and assisted by Sue Martensen for the first year. Both coaches are eager to get the season underway.

Eight other Tigers return for another year on the track and the new additions almost double the team’s size.

Erryn Peterson and Makenna Harry are the top Tigers returning in the sprinting events, while Emma Mundorf and Whitney Pennock return to the hurdles.

Last season the Tiger boys

team was plagued by injuries and illnesses for the six athletes out. This season, the team has doubled in size and hopefully, will have enough to on the team to compete in more meets.

Alex Hartman returns as the lead sprinter, and Tosh Feltner was the Tiger tosser last season, competing in both the shot put and the discus.

The young group of freshmen, who have made a nice addition to all varsity teams in Griswold this year, have joined the track team, and head coach Andy Everett is looking forward to seeing them produce on the track.

The girls will compete in Red Oak at the invite beginning at 4 p.m. on Thursday, April 7, while the boys team competes next on Monday, April 11, in Lenox.



Members of the 2021-22 Griswold girls track team front row, from left: Marissa Askeland, Reese Laverty, Grace Cook, Paige Luft, Tessa Walkinshaw, Whitney Pennock, and Dakota Reynolds. Back row: Erryn Peterson, Kyleigh Herring, Emma Mundorf, Makenna Harry, Jayden Dejong, Addison Adams, R’Nya Kirchoff, and Ryleigh Harrison (Charm Carpenter/The Red Oak Express)



Members of the 2021-22 Griswold boys track team front row, from left: Bode Wyman, Peyton Cook, Auden Wilson, Riley Hartman, and Cody Dorscher. Back row: Tosh Feltner, Landon Pelzer, Aiden Kennedy, Alex Hartman, Camden Rossell, and Shane Taylor. (Charm Carpenter/The Red Oak Express)



JENNIFER LEONARD, ARNP
VFHC Nurse Practitioner



HALEY PHILLIPS, LMHC
Mental Health Provider

VFHC Clinic Hours

Monday	8:00 - 5:00 PM
Tuesday	8:00 - 5:00 PM
Wednesday	8:00 - 5:00 PM
Thursday	8:00 - 5:00 PM
Friday	8:00 - 3:00 PM

309 SOUTH 5TH AVE | VILLISCA, IA | 712-826-3003
CLARINDAHEALTH.COM | FOLLOW US! 🐦 📷 📺




Fres-co
System USA, Inc.

**GOOD LUCK
TO ALL THE
AREA SPORTS
TEAMS!**

2026 Fernwood Ave • Red Oak 712-623-8100

Good Luck Athletes!!

Montgomery County Memorial
Hospital + Clinics



THE RED OAK
Express

**PRINT
DIGITAL
& ONLINE
ADVERTISING SPECIALIST**

Shawn Parker



**Different Way
Digital Marketing**

712.623.2566
advertising@redoakexpress.com



Proud Supporter of
Montgomery County
Sports Teams!

May the
Best Team Win!

SUBWAY

1300 N Broadway • Red Oak, IA • (712) 623-3311



Hello.
From your neighborhood bank.

Community isn't just defined by a dot on the map. It can be defined by shared values. Ideas. And dreams. And the people who come together to get those dreams done. So even though community is more than a location, we're glad that we are in yours.

Red Oak: 2100 Commerce Dr. • 712.623.9809
Find more great locations at GreatWesternBank.com

 **Great Western Bank**
Making Life Great®

Member FDIC
©2022, Great Western Bank

Johnston Communications

Your Local Satellite TV, Internet, & Security Surveillance Experts!

dish
Premier Local Retailer

DIRECTV
PREFERRED DEALER

Viasat

CenturyLink

HughesNet

windstream.

712-826-4022

www.johnstoncommunications.com

Good Luck to all area Teams!!