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Montgomery County Memorial Hospital + Clinics

CHARMED LIFE | CHARM CARPENTER

Bill Russell

When a big name celebrity passes away at age 88, and a 15-year-old boy from southwest Iowa is affected, I believe he is worth writing about.

For those of you who do not know me well, I am not a huge professional basketball fan. I don't follow the season, I don't have a favorite team, and I sure don't have a favorite player. Never have. My mom was a Celtics fan and my older brother a Lakers fan, which led to some good rivalry for those two as we grew up.

Pdawg likes basketball and apparently has favorite teams and players, I just don't pay close enough attention to his ramblings when he discusses it. (Come on moms! Back me up here!)

When the news of Bill Russell's death came across social media on Sunday, Pdawg was bummed. Not distraught, but bummed because a basketball great had passed away. Now I had read about the account of his death as well, but didn't really know much about him. I knew he had played for the Celtics because I recognized the name from Mom and Clete's discussions about who the greatest basketball player is. But I didn't know much more than that. So I decided to read up on the guy, and once again, most of what Pdawg had told me about the man was true. (I hate it when my kids become smarter than me!)

William Felton Russel (Feb. 12, 1934 - July 31, 2022) grew up in Louisiana in a segregated town, and he knew what racism was about. His family moved to California when Bill was 8 years old, and the Russell family fell into poverty and lived in different public housing projects. His mother died when he was 12. At that time, he was also cut from his junior high basketball team.

Instead of using all of these circumstances to become a victim, Bill worked harder. He took to heart the encouragement from his high school coach and worked on his fundamentals. He also studied opponents' footwork so he could practice defending them.

He was largely ignored by college scouts, mostly due to his meager scoring in games. But Hal DeJulio from the University of San Francisco watched him play a high school game, and saw the raw talent on defense and offered him a scholarship, which Bill accepted, knowing this was a chance to escape poverty.

He became the starting center and was one of three black athletes to start, making the coach, Phil Woolpert, the first to do so in 1954.

Because of his dominant defensive style, the NCAA changed some rules: the lane was widened for his junior year; and after he graduated, the rules committee instituted a second new rule where basket interference was now prohibited.

Although Bill believed that he would encounter less racism as a member of a college basketball team, that did not happen. He and his black teammates were targets of comments and even not allowed to stay at hotels as the team traveled for games. Bill was quoted as saying, "I never permitted myself to be a victim."

Some of Bill's achievements that I found interesting:

- In his junior season at USF the team won 28 of 29 games, including the National Championship. He was honored as the MVP at the Final Four and first team All American. He averaged over 20 points and 20 rebounds per game and was the only college athlete blocking shots. What an impressive season!
- He led USF to NCAA championships in 1955 and 1956, including 55 consecutive wins and had an unofficial double triple-double with 26 points, 27 rebounds, and 20 blocks in two separate college games.
- First person to high jump seven feet. (yes, he excelled in track and field as well.)
- Tied with Henri Richard (NHL) for the record of the most championships won by an athlete with 11 (in his 13-year career).
- Earned MVP honors in the NBA five times; NBA All-Star 12 times.
- Captained the gold-medal winning U.S. national basketball team (1956 Summer Olympics).
- First black basketball player to achieve superstar status, first black coach in the NBA, and first to win a championship.

The list goes on. The man was definitely an athlete to look up to, and I am happy that Pdawg knew who he was, what he had overcome, and was affected by his death. Looks like Pdawg has a charmed life, just like his mom.

97th annual Red Oak Country Club tournament

**Charm Carpenter**  
The Red Oak Express

The Red Oak Country Club held its 97th Club Championship on Saturday, July 30 and Sunday, July 31. Cindy Philby won the ladies championship and Eli Bales won the mens championship. Steve Jones was the super senior champion and Kyle Weber was the winner of the flights division. The complete list of top three in each category is as follows.

Mens: 1- Eli Bales; 2- Jim Wood; 3- Mark Philby.

Ladies: 1- Cindy Philby; 2- Lynette VanDenEide; 3- Amy Johnson.

Super senior: 1- Steve Jones; 2 (tie) - Cliff Owen; Jerry Baker.

Flights division: 1- Kyle Weber; 2- Bill Billings; 3- Greg Grizzard.



Champions from left: Cindy Philby and Eli Bales. (Photo submitted)

New face in Red Oak weight room

**Charm Carpenter**  
The Red Oak Express

Coleman Mullenix is the new girls basketball coach and strength and conditioning teacher for the Red Oak High School eighth grade through senior students.

Mullenix previously taught at Audubon and was the head boys basketball coach for the past five years. He also coached one year at Gilbert and another year at Roland Story, both times as head girls basketball coach.

Mullenix went to high school in Illinois and graduated from Iowa State University. During his time at Iowa State, he coached All Iowa Attack, and is excited to get the Red Oak culture built.

"I want the athletes to have a positive experience, to perform as a team and to enjoy their sport," Mullenix said.

He has met most of the Red Oak athletes through open workouts over the summer and held some basketball scrimmages with the girls.

"I love sports," Mullenix said. "I love the physical training, and I am most excited to just be able to work with the athletes and watch them in their sport and talk with them about it. The movement is different in different sports and I like to assess how the moves affect the game and help the athletes get better."



Coleman Mullenix, Red Oak strength and conditioning teacher and girls basketball coach. (Charm Carpenter/The Red Oak Express)

Mullenix is excited for the first football and volleyball games, as well as the first cross country meet. He expects to attend many home events and watch the athletes compete in the sports they love.

Coleman's father, Will Mullenix, graduated from Red Oak High School in 1985, so he is familiar with the community.

"I feel like this is the perfect size of school and community: not too big and not too small. I am excited to be working with the athletes in Red Oak."

Heavy traffic in Red Oak weight room



At left: Red Oak junior Jack Kling easily picks up the weights as he works out in the Red Oak High School weight room. The machine is one of the newer ones in the weight room and was donated to the schools through the hotel/motel tax. (Charm Carpenter/The Red Oak Express)



Couse earns state honors

Red Oak junior Landon Couse was named to the Iowa baseball All-State list as Class 2A second team utility. Couse was also honored as Class 2A second team for the Iowa High School Baseball Coaches Association. (Charm Carpenter/The Red Oak Express)

Mainquist, Weis in new roles at Stanton

**Charm Carpenter**  
The Red Oak Express

Familiar faces will be in the Stanton school hallways and gyms, but they will be in new roles as two Stanton alums return to lead the current students and athletes.

John Mainquist is the new third-grade teacher and activities director. He previously taught in the Stanton school district in the fifth grade, then was the K-8 principal at Clarinda Lutheran School.

"The transition to activities director with my administration degree should be smooth," Mainquist said. "I will be more involved with coaches, but I will remain heavily involved with the students, parents, and community. The best thing with this position in Stanton is it includes the fine arts and not solely an athletic position. I am looking forward to the role."

Donnie Weis returns as a first-year coach for boys basketball and will be the co-head coach along side Jeff Grebin.

"It just feels natural," Weis said. "I have played with a lot of the athletes in pick-up games, and I am excited to turn around and teach them what I have learned. It's a great way to give back to the community and continue to be involved with the sport I love."

Both men bring a level of excitement that is contagious and both are looking forward to the school year getting underway.

"Being a Stanton alum and knowing the deep traditions, I am hoping to revitalize the athletics and activities for the Stanton community with the ultimate goal of having our students be Vikings and Viqueens for life," Mainquist said.

Weis has been using the knowledge



John Mainquist, Stanton Activities Director. (Charm Carpenter/The Red Oak Express)

gained from college and incorporating that with the athletes during open gym times over the summer.

"I had some great coaches in high school with Kevin Blunt, Dan Stoakes, Jeff Grebin, Jake Lord, and Dave

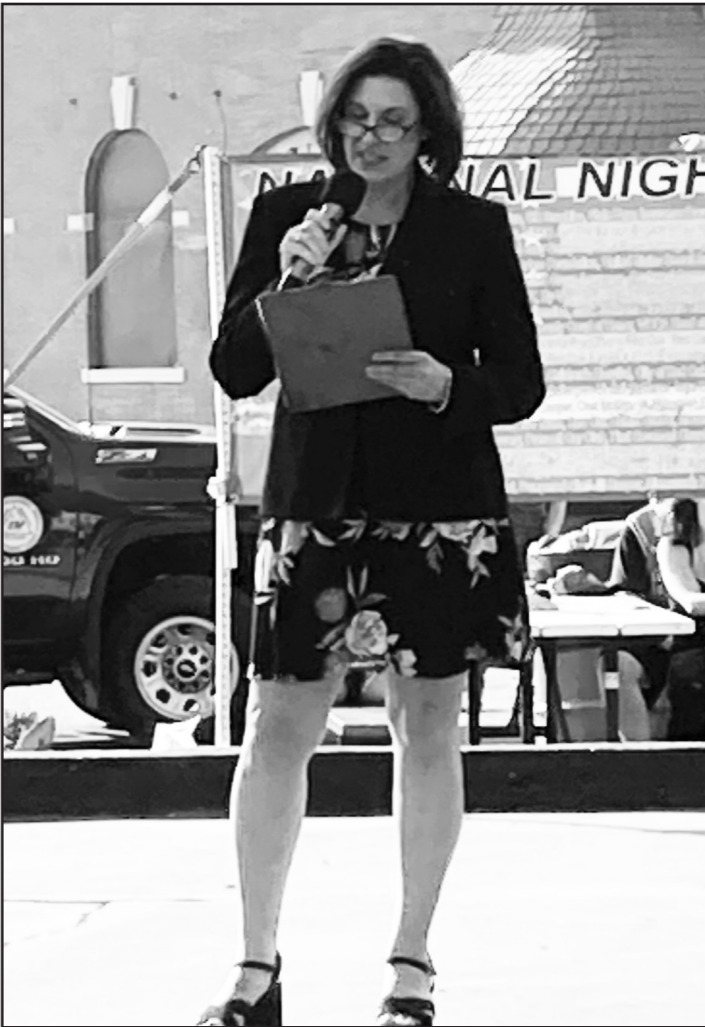


Donnie Weis, Stanton co-head boys basketball coach. (Charm Carpenter/The Red Oak Express)

Snyder," Weis said. "Seeing what they did in high school turned my love of playing the game into a desire to coach the game."



The sixth annual National Night Out in Red Oak took place Tuesday, Aug. 2, at Fountain Square Park. The event brought together first responders and the community for fellowship. (Tess Nelson/Red Oak Express)



CITY OF RED OAK

REGULAR MEETING OF THE  
RED OAK CITY COUNCIL  
MONDAY, AUGUST 1, 2022 –  
5:30 P.M.  
RED OAK FIRE STATION –  
1904 BROADWAY

Mayor Shawwna Silvius called the regular meeting of the Red Oak City Council to order on Monday, August 1, 2022, 5:30 p.m. in the meeting room of the Red Oak Fire Station, 1904 Broadway.

Invocation was given by Jack Gregory.

Pledge of allegiance was recited

Roll Call: Present: Councilperson Jeanie Lester, Brian Bills, Pete Wemhoff, Scott Keith, and Tim Fridolph  
Absent: None

Moved by Councilperson Keith, seconded by Wemhoff to approve the agenda

Roll Call: Ayes: Councilperson Bills, Lester, Fridolph, Keith, and Wemhoff  
Nays: None Motion Carried.

Moved by Councilperson Bills, seconded by Wemhoff to approve the consent agenda:

\* Minutes from regular meeting of July 18, 2022

Roll Call: Ayes: Councilperson Bills, Lester, Fridolph, Keith, and Wemhoff  
Nays: None Motion Carried.

Moved by Councilperson Keith, seconded by Lester to approve new Class C Liquor license with Sunday Sales for Williams’ Recreation at 310 E Coolbaugh, with new owners Marlin & Cheryl Coates

Roll Call: Ayes: Councilperson Fridolph, Keith, Wemhoff, Bills, and Lester

Nays: None Motion Carried.

Moved by Councilperson Lester, seconded by Keith to approve new tobacco license for Williams’ Recreation with new ownership

Roll Call: Ayes: Councilperson Wemhoff, Bills, Lester, Fridolph, and Keith  
Nays: None Motion Carried.

Moved by Councilperson Wemhoff, seconded by Fridolph to approve city claims to be paid in the amount of \$92,561.50

Roll Call: Ayes: Councilperson Bills, Lester, Fridolph, Keith, and Wemhoff  
Nays: None Motion Carried.

Mark Pohlmann with HDR/IDOT addressed the Council about the Iowa Electric Vehicle/National Electric Vehicle Infrastructure State Deployment Plan. There are three different types of charging stations at various investments. Future grants will be available, but will be focusing on the corridor that lines the interstates across Iowa so it could be quite a while before any grants would be awarded in our area.

Moved by Councilperson Lester, seconded by Fridolph to approve Resolution No. 2022-24

RESOLUTION  
MAKING AWARD OF CONTRACT  
TO BLUFFS PAVING & UTILITY  
COMPANY, INC. OF CRESCENT,  
IOWA FOR EASTERN AVENUE PCC  
PAVEMENT REPLACEMENT

Roll Call: Ayes: Councilperson Keith, Wemhoff, Bills, Lester, and Fridolph

Nays: None Motion Carried.

Moved by Councilperson Keith,  
seconded by Wemhoff to approve  
Resolution No. 2022-25  
RESOLUTION APPROVING CONTRACT AND  
BOND BY GRAND CONTRACTING  
LLC OF RED OAK, IOWA FOR THE  
CONSTRUCTION OF THE FOUNTAIN  
SQUARE PARK BANDSTAND  
PHASE I REBID

Roll Call: Ayes: Councilperson Bills, Lester, Fridolph, Keith, and Wemhoff  
Nays: None Motion Carried.

City Administrator Wright will contact SWIPCO to begin the contract paperwork to proceed with updating the City’s Comprehensive Plan.

Councilperson Lester presented two versions for consideration of evaluation forms. Councilpersons Wemhoff and Fridolph will meet to review the forms and put into a format to bring back to the council.

Participating in the Iowa Healthiest State on Iowa Cities Walking Challenge was discussed. Citizens will be encouraged to take part. A group of individuals will be working to find a date for Red Oak.

Written department reports were received from Park Department and Cemetery Department.

City Administrator’s Report – Brad Wright:

\* National Night Out is Tuesday, 6 – 8 pm at Fountain Square Park

\* Pool last day will be Friday, August 5, 2022 due to staff shortage

\* Montgomery County Landfill is

sponsoring electronic recycling on Saturday, August 6, 2022, 8:30 am – noon or until trailer is full

\* Councilperson Fridolph questioned of looking for a permanent IT. Mr. Wright advised it is being worked on but cannot publicly share anything at this time but hopefully by next meeting we’ll know something

Additional items from Council and Mayor:

\* Councilperson Fridolph: Housing committee continues working together. August 14 is deadline for the housing survey being compiled. Next meeting is scheduled for August 24.

\* Councilperson Bills: Commented on Friends of the Trails trying to develop new trails and referred to city code about bicycles in Fountain Square Park

\* Councilpersons Fridolph, Bills, and Mayor attended MDCD annual meeting

\* Councilperson Lester: questioned status of FMTC application – Mayor advised they are to hear this summer

\* Mayor: addressed several subjects with some of them including:  
- Seasonal permits for food trucks/vendors (there are already various options available)  
- A couple different grant possibilities

- August 13, 9:00 am will be coffee with her and Councilperson Fridolph at Rainbow Café

- Had a meeting about Youth on Council with lots of discussion of possible ideas

- Attended a regional housing meeting in Stanton last week

No public comments.

Items for upcoming agenda:

\* Comprehensive Plan contract with SWIPCO  
Moved by Councilperson Keith, seconded by Fridolph to adjourn the meeting.

Roll Call: Ayes: Councilperson Wemhoff, Bills, Lester, Fridolph, and Keith  
Nays: None Motion Carried.

Meeting Adjourned.

Minutes Prepared by

Mary L. Bolton, City Clerk

Shawwna Silvius

Mayor, Presided over the meeting

(Published in the Red Oak Express Wednesday, August 10, 2022.)

PROBATE NOTICE

THE IOWA DISTRICT COURT FOR  
MONTGOMERY COUNTY

IN THE MATTER OF THE ESTATE OF  
THERESA L. LIMBRICK,

Deceased  
CASE NO. ESPR014386

NOTICE OF APPOINTMENT OF  
ADMINISTRATOR AND NOTICE TO  
CREDITORS

To All Persons Interested in the Estate of Theresa L. Limbrick, Deceased, who died on or about July 21, 2022: You are hereby notified that on July 27, 2022, the undersigned was appointed administrator of the estate.

Notice is hereby given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur four months from the date of the second publication of this notice or one month from the date of the mailing of this notice (unless

otherwise allowed or paid) a claim is thereafter forever barred.

Ronald J. Limbrick,  
Executor of the Estate

118 Broad Avenue  
Stanton, IA 51573

ICIS#: AT0005303

Attorney for the Administrator  
Billings & Mensen

111 E. Reed St., PO Box 76  
Red Oak, IA 51566

(Published in The Red Oak Express Wednesday, August 10, 2022, and Wednesday, August 17, 2022.)

ABANDONED PROPERTY NOTICE

IN THE IOWA DISTRICT COURT  
IN AND FOR MONTGOMERY  
COUNTY

CITY OF RED OAK, IOWA,  
a Municipal Corporation,  
Petitioner

vs.  
Cody Embree, Sterling Nicole Embree,  
Nathan Al Ward Jr., State of Iowa,  
ACC 152, LLC

Respondents

Property Legal Description:

LOTS EIGHT (8) AND NINE (9) IN BLOCK TWENTY-SIX (26) IN RAILROAD ADDITION TO THE CITY OF RED OAK, MONTGOMERY COUNTY, IOWA. (Commonly known as 205 4th Ave.) No. EQCV022288

ORIGINAL NOTICE

TO: Cody Embree

You are notified that a Petition for Entry of Judgment Awarding Title to Abandoned Property and Contents to the City of Red Oak, Iowa has been

filed in the office of the Clerk of this Court naming you as a Respondent in this action. A copy of the Petition (and any documents filed with it) is attached to this notice. The attorney for the Petitioner is Brianna. So-

rensen, whose address is 301 Maple Street, P. O. Box 287, Shenandoah, IA 51601-0287, telephone number 712-246-1924, facsimile 712-246-1925.

You must serve a motion or answer within 20 days after service of this

Original Notice upon you and within a reasonable time thereafter, file your motion or answer with the Clerk of Court for Montgomery County, at the county courthouse in Red Oak, Iowa. If you do not, judgment by default may be rendered against you for the relief demanded in the Petition.

If you require assistance of auxiliary aids or services to participate in court because of a disability, immediately call your district ADA coordinator at

712-328-5883. (If you are hearing impaired, call Relay Iowa TTY at 1-800-735-2942.)

IMPORTANT  
YOU ARE ADVISED TO SEEK LEGAL  
ADVICE AT ONCE TO PROTECT YOUR

INTERESTS.  
(Published in The Red Oak Express Wednesday, August 10, 2022, Wednesday, August 17, 2022, and Wednesday, August 24, 2022.)

FORECLOSURE NOTICE

IN THE IOWA DISTRICT COURT  
IN AND FOR MONTGOMERY  
COUNTY

U.S. BANK NATIONAL ASSOCIATION,  
Plaintiff,

v.  
MIKE D. OAKLEAF and SPOUSE OF  
MIKE D. OAKLEAF, IF ANY, as Heirs

of Rhonda S. Oakleaf;  
HOLLY RIDER and SPOUSE OF  
HOLLY RIDER, IF ANY, as Heirs of  
Rhonda S. Oakleaf;

AUSTIN OAKLEAF and SPOUSE OF  
AUSTIN OAKLEAF, IF ANY, as Heirs  
of Rhonda S. Oakleaf;

UNKNOWN HEIRS OF RHONDA S.  
OAKLEAF;

CREDITORS OF RHONDA S. OAKLEAF;  
STATE OF IOWA, by and through The  
Iowa Department of Revenue;

INTERNAL REVENUE SERVICE,  
An agency of the United States  
Of America; ALL KNOWN AND  
UNKNOWN CLAIMANTS AND  
ALL PERSONS KNOWN AND  
UNKNOWN CLAIMING ANY  
RIGHT, TITLE OR INTEREST AND ALL

OF THEIR HEIRS, SPOUSES, ASSIGNS, GRANTEES, LEGATEES, DEVISEES AND ALL BENEFICIARIES OF EACH AND ALL OF THE ABOVE-NAMED DEFENDANTS; and PARTIES IN POSSESSION, Defendants.  
CASE NO. EQCV022296

ORIGINAL NOTICE BY  
PUBLICATION

TO THE ABOVE-NAMED DEFENDANT: Unknown Heirs of Rhonda S. Oakleaf; Creditors of Rhonda S. Oakleaf; All known and Unknown Claimants and all Persons Known and Unknown Claiming any Right, Title or Interest and All of Their Heirs, Spouses, Assigns, Grantees, Legatees, Devisees and all Beneficiaries of Each and all of the Above Named Defendants

You are hereby notified that there is now on file in the office of the Clerk of the District Court in and for Montgomery County, Iowa, a Foreclosure Petition (Equity) in the above-entitled action which prays for an in rem judgment in the amount of \$26,243.81,

plus interest as it accrues, the costs of this action, and that said sums be declared a first lien upon the following described premises located in Montgomery County, Iowa, to wit:

The South 50.75 feet of Lot 1 and the South 50.75 feet of the East 20.25 feet of Lot 2 in Block 1 in Quinby Addition to the City of Red Oak, County of Montgomery, State of Iowa.

That the Mortgage on the above-described real estate be foreclosed, that a Special Execution issue for the sale of as much of the mortgaged premises as is necessary to satisfy the judgment and for such other relief as the Court may deem just and equitable.

The attorney for Plaintiff is Donald J. Pavelka, Jr., whose address is Suite 401, 421 West Broadway, Council Bluffs, Iowa 51503, Telephone: (712) 256-5566.

You are further notified that unless you file a Motion or Answer on or before September 13, 2022, in the Iowa District Court for Montgomery

County at the courthouse located at 105 Coolbaugh St., Red Oak, Iowa 51566, judgment by default may be rendered against you for the relief demanded in the Petition.

This case has been filed in a county that utilizes electronic filing. You should refer to (i) Iowa Court Rules Chapter 16 for general rules and information on electronic filing; and (ii) Iowa Court Rules Chapter 16, division VI regarding protection of personal information in court filings.

If you require the assistance of auxiliary aids or services to participate in Court because of a disability, immediately call your district ADA coordinator at 712-328-5883. (If you are hearing impaired call Relay Iowa TTY at 1-800-735-2942.)

IMPORTANT - YOU ARE ADVISED TO  
SEEK LEGAL ADVICE AT ONCE TO  
PROTECT YOUR INTERESTS

(Published in The Red Oak Express Wednesday, August 10, 2022, Wednesday, August 17, 2022, and Wednesday, August 24, 2022.)

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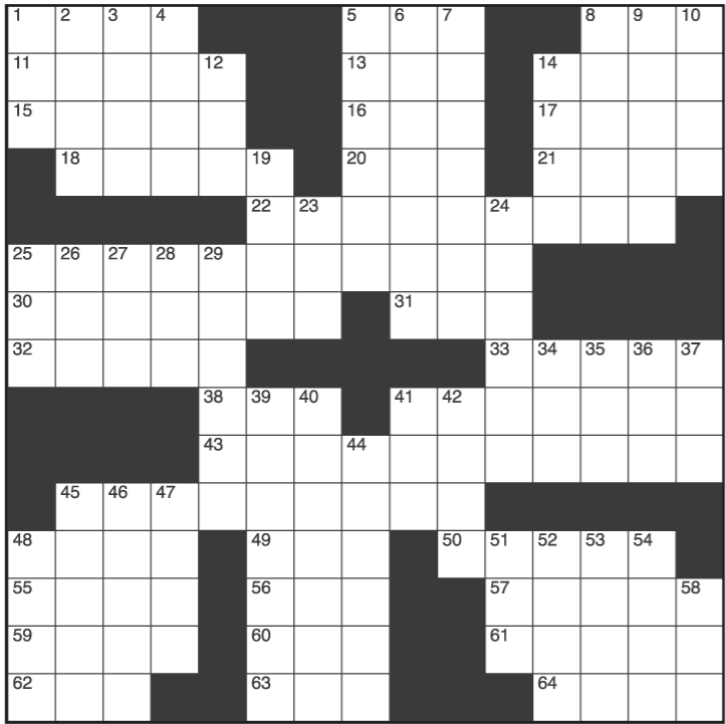
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CROSSWORD - ANSWER ON PAGE



CLUES ACROSS

1. Breezed through

5. Time units (abbr.)  
8. Pigeon’s murmur  
11. Moves aside in fright  
13. Partner to “ahh”  
14. Taxis  
15. Monetary units of Turkey  
16. Returned material authorization (abbr.)  
17. Prolific Italian opera composer  
18. Restaurants  
20. One’s grandmother  
21. Ancient Greek City  
22. Italian mountain ranges  
25. Data  
30. Acted in an obedient way  
31. Autonomic nervous system  
32. Not on the up-and-up  
33. Mock lightly  
38. Mimic  
41. Built

43. A neighborhood  
45. Inflammation of the kidneys  
48. Semitic fertility god  
49. Temporary name of Seaborgium  
50. Wise people  
55. Tear down  
56. \_\_\_-fi (slang)  
57. Diamond weight  
59. Frosted  
60. Predecessor to EU  
61. Makes changes to  
62. Some are secret  
63. Tooth caregiver  
64. Old English poet

CLUES DOWN

1. Sign language  
2. In style  
3. Norwegian river  
4. People with impaired hearing  
5. Large stinging paper wasp

6. Bucharest is its capital  
7. River in Ireland  
8. Type of TV  
9. Double-reed instruments  
10. Spanish motorcycle manufacturer  
12. Midway between south and southeast  
14. French commune  
19. Alike  
23. A bachelor’s apartment  
24. Foot part between the ball and ankle  
25. Belonging to a thing  
26. Japanese classical theater  
27. Supervises flying  
28. Not even  
29. Capital of Saudi Arabia  
34. Electronic counter-measure  
35. Consumed  
36. American politician

- (abbr.)  
37. Sun up in New York  
39. Casually looked through  
40. Revealed the presence of  
41. Peyton’s little brother  
42. Diana \_\_, singer  
44. Study of moral values and rules  
45. Civil Rights group  
46. Makes less severe  
47. Made an emotional appeal  
48. Vivacity of style  
51. One who is highly skilled  
52. Gets around in pursuit of pleasure  
53. Famed guitarist Clapton  
54. Most common Japanese surname  
58. Recipe abbreviation

RO Weather

**Monday, Aug. 1:**  
High 86, Low 59,  
Precip: None  
**Tuesday, Aug. 2:**  
High 94, Low 69,  
Precip: None  
**Wednesday, Aug. 3:**  
High 95, Low 74,  
Precip: Trace  
**Thursday, Aug. 4:**  
High 91, Low 63,  
Precip: None  
**Friday, Aug. 5:**  
High 91, Low 63,  
Precip: None  
**Saturday, Aug. 6:**  
High 92, Low 65,  
Precip: None  
**Sunday, Aug. 7:**  
High 96, Low 74,  
Precip: None  
**Weekly Total  
Precipitation: Trace  
August Total  
Precipitation: Trace**

DO YOU REMEMBER WHEN...?

Archived from 2017, 2012, 1997, and 1972 editions of The Red Oak Express

5 Years Ago

Members of the Red Oak Altrusa Club met at Washington Intermediate and Inman Primary to read to the children attending summer school. The volunteers also donated 226 bags of groceries for the students to take home. Altrusa Club members also donated a number of books that the kids were able to choose from and take home as well. It was the last day of the district’s summer lunch program, and Altrusa members wanted to find a way to bridge the gap until school resumed.

Three Red Oak Tigers baseball players were selected for the Hawkeye 10 all-conference teams. Senior Carlos Guerra was selected for second team infield honors. Asher Hinshaw and Ryan Messenger, both juniors, were chosen for honorable mention.

10 Years Ago

Chris Hughes was celebrating a promotion to Brigadier General, a rank he said he never expected to reach. He said he felt that Red Oak deserved part of the credit for his accomplishment. Hughes moved to Red Oak in the seventh grade and grew to love the town’s rich military heritage. Most of his teachers were military men and the whole community had a strong patriotism, which ultimately led to Hughes joining the Army. Hughes had lived in 32 homes over the course of his Army career, but he said that he had always considered the one in Red Oak home.

The Montgomery County YMCA recently completed a six-week summer camp, which hosted children from across the area who enjoyed activities inside and outside of the YMCA building. Camp director Stacey Schellhammer led the dedicated counselors.

25 Years Ago

Montgomery County Development Corporation executive director Steve Adams had some good news for the Red Oak City Council: a new tenant at the Red Oak Plaza. Adams advised the council that Anthony’s was looking at a 10-year lease at the former Spurgeon’s location, while other local businesses were considering a move to the plaza location as well. Adams said he expected the realtor to come before the council at a regular meeting to seek a tax abatement.

Tim Kammerer, president of the Community Bowling League, presented Rick Mellott with a ring commemorating Mellott’s most recent 299 game at the Red Oak Lanes. High scores were not new for Mellott, who rolled two 300 games in 1996.

Campbell’s tomato soup was 29 cents a can at No Frills in Red Oak.

50 Years Ago

Construction work was picking up steam at the site of the new Uniroyal plant located on the west side of Highway 48 a half a mile from the Highway 48-34 intersection. R.I. Viramontes, the project’s resident engineer, said work was expected to pick up between late August and early September 1972. The building permit listed the estimated cost of the new plant at just over \$1 million. Initial employment at the plant was expected to be 200 persons, mostly from the Red Oak area.

The Stanton Vikings boys baseball team notched its 18th win of the season with a 10-0 blanking of Clearfield. The game was halted in the seventh inning due to the 10-run rule. Craig DeBolt led with a pair of doubles.

A large head of California iceberg lettuce was only 15 cents at Hunt’s Super Valu in Red Oak.

Legal Notices must be submitted by 4 p.m. Thursday for publication in the following week’s issue.

• Email: news@redoakexpress.com • Mail: PO Box 377, Red Oak IA 51566



Montgomery County Fair Open Class Arts & Crafts

There was a total of 44 entries in the adult and youth classes for open class art and crafts at the 2022 Montgomery County Fair. The open class entries were entered and judged on July 20. Superintendents was Shirley Koppen.

**Adult baking**  
Amy Strebe, Red Oak, chocolate orange brownies, red.

**Youth baking**  
Anna Chaillie, Red Oak brownies, purple, peanut butter cookies, blue; Pace Chaillie, Red Oak, snickerdoodle cookies, blue; Ava Hart, Stanton, butter cookies, blue; Rylee Hart, Stanton, butter cookies, blue; Madison Ramsey, Stanton, banana bread, purple.

**Arts & Crafts, Youth**  
Anna Butz, Red Oak, chalk painting, purple, drawing, blue, drawing, blue; Anna Chaillie, Red Oak, latch hook pillow, blue; Kennedy Dial, Villisca, name plaque, purple; Sutton Dial, Villisca, name plaque, purple; Oliver Gillespie, Essex, painted frame, blue; Ava Hart, Stanton, painted picture, blue; Rylee Hart, Stanton, painted picture, blue; Avery Herzberg, Villisca, painted stepping stone, blue; Reese Herzberg, Villisca, painted stepping stone, blue; Anna Peterson, Stanton, pen and ink of a bee, purple, lettering plaque, blue, pen and ink of a cat, red; Madison Ramsey, Stanton, painting, purple, pot holder, blue; Nora Shearer, Stanton, birthday scrapbook, purple, Nora Shearer, Stanton, drawing, blue, quilted pillow, blue, decorated basket, blue; Emmett Shearer, Stanton, coasters, purple, painted gnome, blue; Owen Shearer, Stanton, splatter art, red.

**Arts & Crafts, Adults**  
Mary Bak, Red Oak, ribbon embroidery, purple; Martha Bobb, Red Oak, tatted picture, purple; Jo Hartstack, Red Oak, quilted table runner, blue; Sue Kern, Red Oak, small quilt, blue; Gaye Lundgren, Stanton, quilted table runner, purple, quilted table runner, blue; Nancy Nealon, Red Oak, card trick quilt, purple; Kimberly Peterson, Red Oak, mixed media painted plaque, purple, painted fall door hanger, purple, painted tractor door hanger, blue; Amy Strebe, Red Oak, painting, red; Julie Wolfe, Red Oak, 4th of July quilt, purple, quilt, blue, eagle quilt, red.



How to prepare children for kindergarten

The first day of kindergarten is a milestone moment for children that their parents will remember forever.

Data from the U.S. Census Bureau indicates that around five million children attend an organized preschool or daycare facility in the United States, while Statistics Canada reports that roughly 52 percent of children in non-parental childcare are in a daycare center, preschool or childcare center. Children who attend preschool or daycare may make a relatively seamless transition to kindergarten. However, it's still a good idea for parents to take steps to prepare youngsters for kindergarten in advance of the first day of school.

- Attend orientation or related events. Elementary schools typically are housed in much larger buildings than preschools or daycares, and that size can be intimidating for children. Attending kindergarten orientation or related events as a family can help children see their classrooms, meet their teacher and potentially their classmates.
- Meet other kids in the neighborhood. Some children attend preschools or daycares close to home, while others may go to facilities near a parent's office. Regardless of where kids go to daycare or preschool, they're likely to meet new youngsters in kindergarten. Introducing them to other kids in the neighborhood who will be going to kindergarten as well can calm children's nerves. Seeing a familiar face on the bus and/or in class can put youngsters at ease.
- Avoid lengthy goodbyes. Parents may get a little teary-eyed on their children's first day of kindergarten, but drawing out goodbyes as kids get on the bus or walk into school will ultimately make it harder on children. Limit your goodbye to a hug and kiss and some words of encouragement. Keep the emphasis on the positive and the fun that's to be had so kids arrive at school in a good frame of mind.
- Remind youngsters you'll be there to pick them up at the end of the day. Let children know that, just like daycare and preschool, mom or dad will be there to pick them up at school or the bus stop at the end of the day. This sense of the familiar can calm kids' nerves and reassure them that a smiling face will be there at end of the school day.

How much should a backpack weigh?

Backpacks are handy tools that carry an array of gear. Students rely on them to hold books, while hikers and campers utilize backpacks to carry items such as food and beverages that keep them safe on trails. Even office workers may turn to backpacks to carry laptops or other tools of the trade.

Backpacks are handy resources, but overstuffed backpacks may cause injury. Backpacks should only carry weight that people can handle, and there are guidelines that can help people safely utilize backpacks.

The weight of a backpack depends on the age of the person using it. Generally speaking, adults should not exceed 20% of total body mass when loading backpacks. That means a healthy person weighing 200 pounds should not carry more than 40 pounds in his or her backpack.

In regard to children, researchers indicate that a child's backpack should weigh no more than 10% of what the student weighs. Those findings are based on a Spanish study involving 49 primary school-aged children. Therefore, if a child weighs 70 pounds, he or she should only carry up to 7 pounds in the backpack.

Individuals also should follow a few other backpack recommendations to alleviate injuries. It's not a good idea to wear a backpack hanging from only one shoulder. A backpack should be worn on both shoulders, and ideally with a lumbar strap. This will help to prevent muscular pains by providing well-rounded support.

A backpack with wide, padded straps can minimize pressure on the shoulders, back and collarbone. Backpacks made of lightweight material will not add much additional weight to what's being carried. Another tip is for children and adults to pack the heaviest item carried in the backpack closest to the center of the back to minimize strain.

Failure to follow guidelines may result in pain and injuries and have negative effects on balance, which may increase the risk of falls or other injuries.

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**Miscellaneous****Card of Thanks**

A special thanks to family and friends for all the lovely cards and greetings for our 70th. Oatis and Laura Johnson.

**Public Notices**

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## Donald Allen Estate Auction Property-110 B St, Red Oak, IA August 13, 2022 9:00am

### Auction held at the property

Real Estate: Lt 6 and the W 40' of Lt 5 in Blk 14 Western Addition, locally known as 110 B Street, Red Oak, Iowa  
Also selling the lot across the street: Lt 11 (except N 17') AND Lt 10 south of creek in Blk 13 Western Addition  
Terms: 10% down day of the Auction with execution of purchase agreement and balance due at closing, 45 days subject to terms of purchase agreement. Real estate sale subject to Court Approval.  
The Law Firm of Nielsen & Zimmerman, PLC will be the escrow and closing agent. The attorney will have a purchase agreement available for inspection the day of the Auction.

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818 Davis Avenue  
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Phone: (641)322-4712

If you would like to view the property prior to the auction, please contact Mark Liddell to set up an appointment.

Auctioneer: Mark Liddell (Mark Liddell acting as auctioneer only. Nielsen & Zimmerman PLC will be the escrow and closing agent)

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