

NOVEMBER IS **DIABETES**  
 AWARENESS MONTH

\$10

A1C TEST

MCMH Laboratory

OPEN

Monday - Friday: 8:00 am - 4:00 pm

712.623.6700

All-Express volleyball

**Charm Carpenter**  
The Red Oak Express

The All-Express volleyball team has been released and includes athletes from the following schools: East Mills, Essex, Griswold, Red Oak, Southwest Valley, and Stanton. This season, we have three returning to the first team from a year ago, including the captain, Emily Williams, a senior at East Mills.

Williams added 445 kills from this season to her prep career, ending with 1,119. Her totals from this season landed her number six in all Class 1A and her .347 offensive efficiency was 12th in the class. Williams finished the season with 45 blocks, 441 digs (ninth in Class 1A), 40 aces, and a serving efficiency of 96.5%. She is a full rotation player who makes a huge impact on the court. Williams earned elite all-conference honors.

Marleigh Johnson, a senior from Stanton, also earned elite all-conference honors this season, finishing with 172 kills, 26 blocks, and 427 digs (13th in Class 1A), 18 aces on 292 successful serves for a 97.3% at the service line. Johnson ends her prep career with 771 total kills, while playing libero part of the season this year.

Another Stanton senior, Jenna Stephens, wraps up a stellar volleyball ca-

reer with 952 total kills, 256 from this season. The well balanced ViQueens had four hitters with over 100 kills each. Her .355 offensive efficiency is ninth in Class 1A. She finished with 67 blocks, 104 digs, and 37 aces.

Southwest Valley junior Tierney Dalton landed 181 kills (.268 offensive efficiency) and 24 aces, had 48 blocks and 117 digs, and earned Pride of Iowa Conference honors.

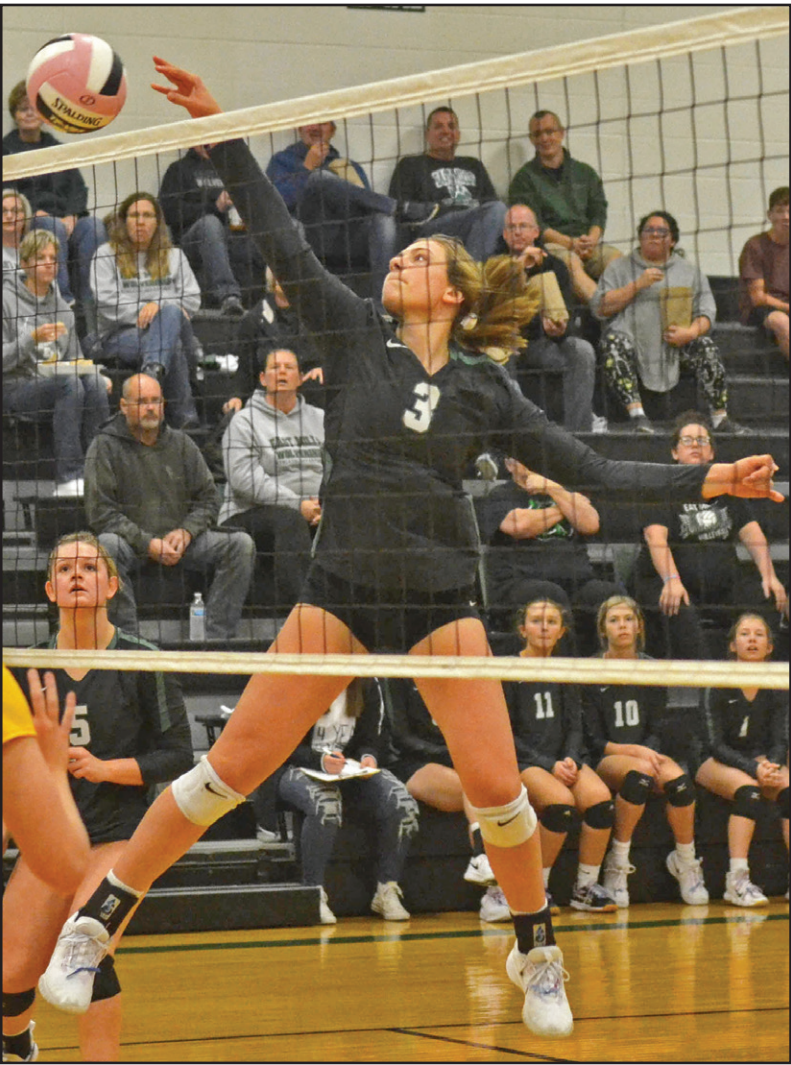
Jocelyn O'Neal, Red Oak freshman, played right side for the Tigers and finished her debut season earning Hawk-eye-10 honors. She had 173 kills with a .308 efficiency (24 in Class 3A, 21 blocks, and 61 digs. She was especially good at faking the attacks and distracting the opponents' blockers.

Red Oak junior Merced Ramirez, East Mills senior Miah Urban, and Southwest Valley senior Ryanne Mullen all earned respective conference honors and all landed on the All-Express first team.

Ramirez is a setter who displays attack skills as well. She finished with 472 assists, 200 kills, 225 digs, and 44 aces.

Urban finished 10th in Class 1A with 797 assists and added 70 kills, 29 blocks, and 238 digs.

Mullen passed 514 assists, while adding 17 kills, 87 digs, and 33 aces.



**Captain:**  
**Emily Williams**  
**Senior**  
**East Mills**

**2022 stats:**  
**445 kills**  
**.347 efficiency**  
**45 blocks**  
**441 digs**  
**40 aces**  
**96.5% serving**



Ryanne Mullen  
Senior  
Southwest Valley

Tierney Dalton  
Junior  
Southwest Valley



Jocelyn O'Neal  
Freshman  
Red Oak



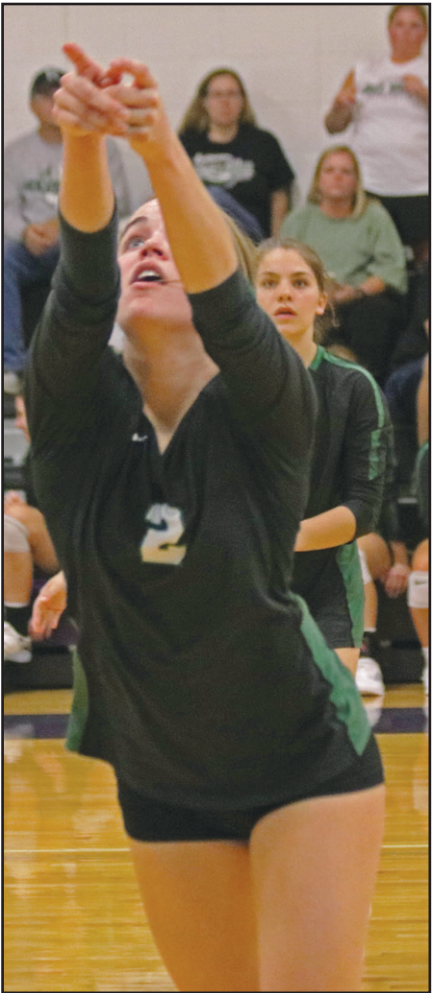
Marleigh Johnson  
Senior  
Stanton



Jenna Stephens  
Senior  
Stanton



Merced Ramirez  
Junior  
Red Oak



Miah Urban  
Senior  
East Mills

- Second team**  
 Lauren Johnson, Stanton sophomore  
 Brooklyn Silva, Stanton senior  
 Nicole Bond, Red Oak sophomore  
 Leah Sandin, Stanton junior  
 Carolina Arcia, Griswold junior  
 Evy Stoakes, East Mills sophomore  
 Makenna Askeland, Griswold senior  
 Maggie Haer, Southwest Valley senior

**Honorable Mention**  
**Essex:**  
 Brooke Burns, junior  
**East Mills:**  
 Aspen Crouse, senior  
 Loycee Palmer, freshman  
**Griswold:**  
 Whitney Pennock, junior  
**Red Oak:**  
 Lainey DeVries, senior  
**Southwest Valley:**  
 Charlee Larsen junior  
**Stanton:**  
 Abby Burke, senior



# THE GREAT ANNUAL Turkey Hunt is on



**O'REILLY  
AUTO PARTS**  
1610 N Broadway St  
Red Oak



**MARK JACKSON'S  
HARDWARE HANK**  
Hallmark Gold Crown Store  
315 E Reed St  
Red Oak  
North side of Fountain Square Park



**FAREWAY  
STORES INC.**  
811 N Broadway  
Red Oak



**ORSCHELN  
FARM & HOME**  
2400 N 4th St  
Red Oak



**HOUGHTON  
STATE BANK**  
116 E Coolbaugh St  
Red Oak



**CARQUEST  
JOHNSON  
AUTO PARTS**  
303 Broadway  
Red Oak



**RED OAK  
FABRICATION**  
306 N 3rd St  
Red Oak



**THE RED OAK  
EXPRESS**  
2012 Commerce Dr  
Red Oak

## GOOD LUCK & HAPPY HUNTING!



### ENTRY RULES:

- Must be 18 or older to enter.
- Limit one entry per person per visit.
- Employees and their families are not eligible at their place of employment.
- Limit one winner per family.
- Drawing Nov. 11, 2022.

Simply stop by any of the businesses listed above, fill out an entry form and drop it in the registration box for your chance to win a turkey!  
Drawing will be held on Friday, Nov. 11 at 5 p.m. Winners will be announced in the Nov. 16 edition of The Red Oak Express.



SPORTS

Nick’s Picks VS. Charm’s Credence



Record: 824-642-6  
Season: 77-57-1

**Nick says:**  
Somehow, we’re about halfway through the NFL season and I’m still in first place on the pick ’ems. I have no idea how it’s possible; I’m certainly not doing anything different than I have in years past. I guess this year, I’m just running lucky.

Will the luck continue? Probably not. It’ll be interesting if it does, but doubtful. At any rate, here goes.

Atlanta/Carolina: Falcons, I’m thinking.

Seattle/Tampa Bay: Why not keep a bird theme going? Seahawks.

Minnesota/Buffalo: Probably the Vikings.

Detroit/Chicago: Taking the Lions over Chicago. Sorry, mom.

Denver/Tennessee: Titans, naturally.

Jacksonville/Kansas City: Chiefs, maybe.

Cleveland/Miami: Hmm. Dolphins are my guess.

Houston/N.Y. Giants: Giants, I’m assuming.

New Orleans/Pittsburgh: Going to pick the Saints.

Indianapolis/Las Vegas: Why not the Colts?

Dallas/Green Bay: I’ll gamble on the Cowboys.

Arizona/L.A. Rams: I’m choosing the Rams. You’re welcome, Charm.

L.A. Chargers/San Francisco: They don’t have to travel far, do they? Chargers.

Washington/Philadelphia: Eagles.

**Charm says:**

Too bad for y’all ... there is extra space this week for a Rams rant!

For those of you who do not know (Nick), the Rams were up 13-9 in a shoddy, “let’s trade punts” game, with 1:57 left in the game. And they blew it.

I will be the first to alert everyone that I am not a coach. I did help coach flag football when my older boys were in elementary school, but that’s been a few years. However, I still have some opinions, ideas, or insights to share.

When playing against Tom Brady, YOU DON’T GIVE HIM A CHANCE. I don’t care if there is less than a minute on the clock, that is too much time for him to score. And that is exactly what the Rams did.

Neither team had a great game. Nor even a good game as far as I am concerned. The Rams had scored one touchdown with a Stafford to Kupp connection and the rest of the scoring was on field goals.

The Rams defensive line made some great stops throughout the game, but



Record: 911-555-6  
Season: 73-61-1

the defense continues to play too soft. According to the defensive coordinator, Raheem Morris, the Rams defense is not going to give up explosives. That did work in Sunday’s game as Brady was only allowed one pass more than 21 yards. However, because of the soft coverage, the Rams could not protect the sidelines which allowed the receivers to run out of bounds and stop the clock. Another problem with the soft coverage in the final minutes of the game was the defense not challenging the receivers therefore not breaking up any routes.

It was not “Brady Magic” that won the game for the Bucs. It was the Rams’ choice to play not to lose that eventually lost them the game.

I could go on, but my rant is too long already. So here are my solutions:

1. Fire Raheem Morris. (Sean McVay is next.)
2. Draft/trade/something for a stronger o-line!
3. Forget the soft coverage on defense.

Ramsey is such a big talker (Cocky is fine if it can be proven on the field), and he makes big plays now and again. But twice (twice!!) I saw him give up on a play Sunday. No way! Not on my watch. He’s benched.

4. Stafford, Gofful ... is there a difference?

Predictions in bold:  
Atlanta @ **Carolina**  
Seattle @ Tampa Bay  
Minnesota @ **Buffalo**  
Detroit @ Chicago  
Denver @ **Tennessee**  
Jacksonville @ **KC**  
Cleveland @ **Miami**  
Houston @ **NY Giants**  
New Orleans @ Pittsburgh  
Indy @ **Las Vegas**  
Dallas @ Green Bay  
Arizona @ LA Rams  
LA Chargers @ **SF**  
Washington @ **Philly**

Yes, I am officially done with picking the Rams all the time no matter what, and I am choosing Cardinals to win. Not that the Cardinals are having a great season either, but apparently, McVay is not ever going to make adjustments on offense and Morris is not going to change up his defense, so the Cards should win. I mean even I have the Rams’ offensive plays memorized at this point. Maybe I should take over McVay’s job. Can’t do any worse.

Horns up, Ramily!

Hawkeye 10 all-conference VB

Special to The Express

The Hawkeye 10 released its all-conference teams with four Red Oak Tigers earning honors.

**First team:** *Merced Ramirez*, Red Oak junior; Abby Smith, Atlantic senior; Lexi Noelck, Atlantic senior; Ashlyn Badding, Kuemper Catholic senior; Sophie Badding, Kuemper Catholic senior; Madie Bergman, Lewis Central senior; Anna Strohmeier, Lewis Central junior; Ashlyn Haverman, Lewis Central junior; Brooke Larsen, Lewis Central sophomore; Ellie Monahan, St. Albert sophomore.

**Second team:** *Nicole Bond*, Red Oak sophomore; Jada Jensen, Atlantic senior; Taylor Cole, Clarinda senior;

Doryn Paup, Creston senior; Maddie Roenfeld, Glenwood sophomore; Madison Kjergaard, Harlan senior; Frannie Glynn, Kuemper Catholic junior; Addison Holt, Lewis Central junior; Gracie Hayes, Lewis Central senior; Ashlynn Hodges, Shenandoah sophomore.

**Honorable Mention:** *Jocelyn O’Neal*, Red Oak freshman; *Marley Grey*, Red Oak sophomore; Addison Wagoner, Clarinda freshman; Kaitlyn Bruhn, Denison-Schleswig senior; Delaney Holeyton, Glenwood senior; Haley Bladt, Harlan senior; Kaci Peter, Kuemper Catholic junior; Haylee Erickson, Lewis Central junior; Elise Thramer, Lewis Central senior; Macey Finlay, Shenandoah junior; Georgia Bohnet, St. Albert junior; Landry Miller, St. Albert senior.

SWV’s Colin Jacobs honored as defensive MVP of Class A district 7

Special to The Express

The Class A district 7 all-district team has been released with Southwest Valley senior Colin Jacobs tagged as defensive MVP, leading a dozen Timberwolves with all-district honors.

**Offensive MVP:** Kyle Sternberg, AHSTW; **Overall MVP:** Jaydon Knight, Mount Ayr; **Head coach:** GG Harris, AHSTW; **Assistant Coach:** staff at AHSTW; and Lucas Smith, Mount Ayr.

**First team**  
**Offense**  
**QB:** Jaixen Frost, Mount Ayr.  
**RB:** Luke Sternberg, AHSTW; Brody Morrison, Earlham; Braydon Pierson, Mount Ayr.

**Ends/Receivers:** Brayden Lund, AHSTW; Drew Ehlen, Mount Ayr; Ayden Salaais, Riverside.

**O-line:** *Robbie Barnes* (unanimous), SWV; Henry Lund, AHSTW; Evan Maxwell, Earlham; Matt Larson, Mount Ayr; Jon Alff, Riverside.

**Kicker:** Kyle Irwin, St. Albert.  
**Defense**  
**DB:** *Marshall Knapp* (unanimous), SWV; *Bradlee Grantz* (unanimous), SWV; Nick Denning, AHSTW; Cole Scheffler, AHSTW.

**LB:** *Ely Rodriguez*, SWV; Aiden Martin, AHSTW; Sam Goodrich, Earlham; Tyler Martin, Mount Ayr.

**D-line:** Jaicob Madsen, AHSTW; Klayton Yoder, Mount Ayr; Nathan

Messerschmidt, Riverside; Cael Hobbs, St. Albert.

**Punter:** Kyler Rieken, Riverside.  
**Utility:** *Evan Timmerman* (Unanimous), SWV.

**Second team**  
**Offense**  
**QB:** Grady Jeppersen, Riverside.  
**RB:** *Isaac Currin* (unanimous), SWV; Sam Gubbels, St. Albert; Jaxon Gordon, Riverside.

**Ends/Receivers:** John Helton, St. Albert; Ryan Wedemeyer, AHSTW; Aiden Bell, Riverside.  
**O-line:** *Dillon Stormer*, SWV; Sayer Kiesel, AHSTW; Brandon McCall, St. Albert; Nik Peters, Sidney; Colton Dredge, Mount Ayr.

**Kicker:** Kayden Baxter, AHSTW.  
**Defense**  
**DB:** Landyn Schoenrock, Riverside; Riley Stark, Mount Ayr; Luke Wettengel, St. Albert.

**LB:** Kade Dugan, Mount Ayr; Jeff Rose, Riverside; Jeret Petersen, Earlham; Jacob Coon, AHSTW.

**D-line:** *Devin Greenwalt* (unanimous), SWV; Jett Peterson, AHSTW; Wyatt Bell, Riverside; Tony Busch, St. Albert; Tucker Knox, Mount Ayr.

**Punter:** Gavin Wetzel (unanimous), SWV.  
**Utility:** Brendan Monahan, St. Albert.

**Honorable Mention**  
**SWV:** *Dustin Shuler*, Dillon

Inman.

**AHSTW:** Ethen Gubbles, Abe

McIntosh.

**Earlham:** Ryan Stiles, Caleb Smith. Mount Ayr: Trey Fookan, Dalton Barnes.

**Riverside:** Brody Zimmerman, AC Roller.

**Sidney:** Jeremiah Ballan.  
**St. Albert:** David Helton, Jayden Beckman.



Colin Jacobs  
Senior



Evan Timmerman  
Junior



Bradlee Grantz  
Junior



Robbie Barnes  
Senior

Marshall Knapp  
Senior



Ely Rodriguez  
Junior

13 Tigers land on H-10 fall sports all-academic

Special to The Express

The Hawkeye 10 Conference released the fall sport all-academic award winners. Red Oak had thirteen student athletes earning the honor as part of the top students in the conference. To be recognized for this award, the athlete must be a senior who has maintained a cumulative GPA of 3.50 over all four years of high school.

**Volleyball:** Lainey DeVries and Madison Doyle.

**Football:** Dante Baucom, Dawson Bond, Aiden Bruce, Logan Conn, Landon Couse, Sam Fields, and Riley Fouts.

**Cross Country:** Michelle Grass and Tessa Rolenc.

**Football cheerleading:** Hannah Smith and Josie Vanderhoof.

Tigers, Vikings meet on BB court

Special to The Express

As part of the Iowa High School Athletic Association Achieve Challenge, the Stanton Vikings will take on the Red Oak Tigers in a preseason exhibition game as both teams are preparing for the 2022-23 season. The Vikings are led by returning junior all-Corner Conference point guard Nolan Grebin, while the Tigers are led by returning all-

Hawkeye Ten Conference players junior Max DeVries and Hunter Gilleland.

The game will feature the use of a 35-second shot clock, which is a new requirement for high school games in the state of Iowa for the upcoming season. Gate admission will be a free will donation.

Games will be held on Saturday, Nov. 19, at the Red Oak High School. The JV game will begin at 6 p.m. and the

varsity game will tip at 7:30 p.m.

Prior to the games, the Montgomery County Family YMCA is sponsoring a benefit spaghetti feed beginning at 5 p.m. at the Red Oak High School concourse. The supper is a donation fee as well. All money raised during the evening will benefit the family of long-time Montgomery County Family YMCA property manager, Todd Gilleland.

Bowling Results from Red Oak Lanes

Business Men			
11/01	Pins	W-L	
1. B & B Siding	26696	7-1	
2. Green Valley Chem.	29121	6-3	
3. Newman Upholstery	28467	5-3	
4. Subway	26434	4-4	
5. Davis Taylor Ins.	26080	4-4	
6. The Destroyers	27658	3-5	
7. Fareway Meats	24206	3-5	
Team Scratch Game: Green Valley Chemical 1050.			
Scratch Series: Newman Upholstery 2881. Individual Scratch Game: Dalton Schultz 279. Scratch Series: Justin Schultz 712, Brian Wade 663, Randy Zenor 634, Alan Crouse 614, Dalton Schultz 610, Brian Gilbert 592, Xavier Steiner 589, John Harris 589, Dennis Westover 587, George Hooper 576, Doug Plambeck 564, Michael Nordeen 563, Corey Marsden 563, Tristan Piper 563, Leo LaFrance 559, Dale Sawtelle 556, Zander Steiner 555, Shaely Nowels 552, Tyler Jennings 528, Bernard Orr 527, Chris Cox 524, Ed Philpott 516, Larry Foote 515, Nathan Guffey 514, Tim Kammerer 514.			

Business Women			
10/31	Pins	W-L	
1. Split Personalities	13703	21-7	
2. Fareway	12061	18-10	
3. ReDesigned	11624	15-13	
4. Country Plumbing	10386	14-14	

5. Russell Electric	11250	13-15	
6. Bye	0	3-24	
Team: Handicap Game: Country Plumbing 844. Handicap Series: ReDesigned 2447. Individual: Scratch Game: Jessica Shoemake 228. Scratch Series: Jessica Shoemake 523, Nancy Bullington 498, Jessica Giroux 496, Janelle Williams 481, Shelby Gruber 476, Crystal Durbin 474, Karen Dreager 471, Maranda Myers 455, Pam Schoening 454, Mary Bolton 433, Amanda Myers 420, Lana Moyer 417, Jackie Pafford 411.			

After Lunch Bunch			
11/03	Pins	W-L	
1. Haley’s Electric	18768	20-12	
2. Red Oak Pharmacy	18599	18.5-13.5	
3. Toy Bunker	18514	16-16	
4. Red Oak Glass	18236	9.5-22.5	
Team: High Game: Red Oak Pharmacy 553. High Series: Red Oak Pharmacy 1538. Team: Handicap Game: Haley’s Electric 862. Handicap Series: Haley’s Electric 2424. Individual: High Game: Lana Moyer 206. High Series: Lana Moyer 482.			

Strikers			
10/29	Pins	W-L	
1. The Sandbaggers	14975	4-0	
2. M.C.H.	13666	4-0	
3. Team #7	10510	4-0	
4. Snow Leopards	9844	4-0	

5. Pinheads	10104	0-4	
6. Twilight Wolves	8180	0-4	
7. Turkey’s	7666	0-4	
8. Bye	0	0-4	
Individual Scratch Game: Boys: Brandon Cox 198. Girls: Callie Cox 141. Scratch Series: Boys: Logan McCuen 554. Girls: Callie Cox 381.			
Games 100 and above: Emma Moles-Dollen 104; Callie Cox 104, 136, 141; Myah Gilleland 107, 109; Vivian Lucas 100, 133; Niveya Armstrong 109, 104; Madi Moyer 114, 127; Raebyn Lucas 115, 121; Derek Kuipers 128; Seth Lydon 118, 143, 102; Brandon Cox 105, 198, 188; Aisling Counts 103, 100, 132; Maddex McCunn 158, 171, 140; Neriah Counts 100; Hunter Jarrett 166, 165, 175; Owen Blystone 118, 100; Logan McCuen 180, 188, 186; Casey Johnson 106, 120; Newt Murren 142, 161, 168; Kaleb Sebeniecher 110, 100, 104.			

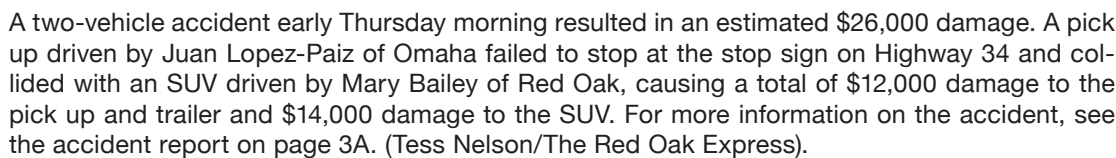
Mavericks			
11/03	Pins	W-L	
1. Evil Gummy Bears	2509	6-0	
2. Raven Claw	2748	5-1	
3. Team America	2456	4-2	
4. Unicorns	1421	3-3	
5. Red Oak Tigers	1749	0-6	
6. Team #1	384	0-6	
Team: Scratch Game: Raven Claw 182. Scratch Series: Raven Claw 329. Handicap Game: Raven Claw 282. Handicap Series: Raven Claw 529. Individual Scratch			

Game: Boys: Mason York 78. Girls: Harlow Westover 71. Scratch Series: Boys: Owen Shearer 146. Girls: Harlow Westover 127.			
Games 50 and above: Harlow Westover 71, 64; Jena Sloan 54, 53; Mason York 78, 59; Beau Vannausdle 65; Landon Vannausdle 62, 52; Owen Shearer 76, 57; Kaithan Woodruff 59; Jaxston Rider 50; Gary Derr 75, 67; Oliver Davis 64, 55.			

Wildcats			
11/03	Pins	W-L	
1. The 3 Muskateers	4634	6-0	
2. Dill Pickles	2968	5-1	
3. Dream Team	2811	4-2	
4. Team Pickles	3966	3-3	
5. The One’s	2242	0-6	
6. Tigers	1848	0-6	
Team: Scratch Game: The 3 Muskateers 321. Scratch Series: The 3 Muskateers 593. Handicap Game: The 3 Muskateers 408. Handicap Series: The 3 Muskateers 767. Individual Scratch Game: Boys: Brayden Sowers 139. Girls: Neyali Pedersen 91. Scratch Series: Boys: Carter Weston 236. Girls: Neyali Pedersen 168.			
Games 75 and above: Kaylee Aughe 76; Neyali Pedersen 91, 77; Brayden Sowers 139; Damon Roby 120, 76; Aydden Clark 109, 84; Christopher Akers 91, 91; Noah LaPrell 78; Kaidyn Brouseau 82, 82; Carter Weston 124, 112.			



## BOARD OF SUPERVISORS



**THE IOWA DISTRICT COURT FOR  
MONTGOMERY COUNTY**  
IN THE MATTER OF THE ESTATE OF  
MILFORD E. FRIESEN,  
Deceased  
CASE NO. ESPR014413

**NOTICE OF APPOINTMENT OF  
ADMINISTRATOR AND NOTICE  
TO CREDITORS**

To All Persons Interested in the Es-  
tate of Milford E. Friesen, Deceased,

who died on or about March 12, 2022: You are hereby notified that on October 26, 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 pro-

vided 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.

Dated on October 26, 2022.

Jean L. Friesen,  
Administrator of the Estate

**MONTGOMERY COUNTY  
SUPERVISOR'S MINUTES  
Tuesday, October 25, 2022**

The Montgomery County Board of Supervisors met in quorum on Tuesday, October 25, 2022, at 8:30 a.m. at the courthouse for their regular meeting. The meeting was called to order by Chair Mark Peterson. There was a roll call of members with Supervisors: Randy Cooper, Mike Olson, Mark Peterson, and Charla Schmid present. Donna Robinson was absent.

Motion to approve the agenda by Olson seconded by Cooper. Roll call: Yes: Schmid, Peterson, Olson, Cooper. No: None. Motion carried.

Minutes of the October 18, 2022, regular meeting were approved and stand as read.

The Chair called for public comments, Jan Norris commented via Zoom that she attended the Shelby County hearing last Tuesday for the Carbon Summit Pipeline.

Under Supervisor's updates, Schmid attended the West Central Community Action meeting, Peterson attended the Montgomery County Conservation Board meeting.

Under Secondary Roads update, Erik Warderth was present.

She updated the board on current road and bridge maintenance, and 5-year Construction Plan.

Under new business, motion by Schmid, second by Cooper to approve claims payable in the amount of \$299,547.67 for 10/26/2022. Roll Call: Yes: Peterson, Olson, Cooper,

Schmid. No: None. Motion carried.

Under new business, motion by Olson, second by Schmid to approve Resolution # 22-25 MONTGOMERY COUNTY PRECINCT ELECTION OFFICIAL & SUPPORT STAFF COMPENSATION POLICY FOR GENERAL ELECTION 2022.

RESOLUTION # 22-25 MONTGOMERY COUNTY PRECINCT ELECTION OFFICIAL & SUPPORT STAFF COMPENSATION POLICY FOR GENERAL ELECTION 2022

WHEREAS, the Montgomery County Board of Supervisors does acknowledge the importance of Precinct Election Officials and Support Staff in the Election Process

WHEREAS, the Montgomery County Board of Supervisors approve the following hourly rates for Precinct Election Officials & Support Staff effective October 25, 2022.

<u>Position</u>	<u>Recommended Salary</u>
Precinct Election Official	\$10.00/Hour
Precinct Election Official – Chair or Co-Chair	\$11.00/Hour

WHEREAS, the Montgomery County Board of Supervisors approves a mileage rate for all election workers for travel round trip for service in an election following the standard County mileage reimbursement rate of .585 cents per mile.

THEREFORE, BE IT RESOLVED that the Montgomery County Board of Supervisors adopts the compensation for the previously listed workers, which will remain in effect until a new compensation policy is passed.

**BE IT DULY ADOPTED** this 25th day of October 2022, with the vote thereon being as follows:

Ayes: 4	Nays: 0
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The above resolution was adopted by the Board of Supervisors of Montgom-

ery County, Iowa, the vote thereon being as follows: Roll Call: Yes: Schmid, Cooper, Olson, Peterson. No: None: Motion carried.

Under new business, motion by Schmid, second by Olson to approve the quote from Heartland Business Systems for IT server upgrades the amount of \$192,993.16. Roll Call: Yes: Cooper, Olson, Peterson, Schmid. No: None: Motion carried.

Under new business, motion by Olson, second by Olson to approve a new Design Coursehouse Directory Display for the main entrance to replace the old glass directory in the amount of \$1,156.94. Roll Call: Yes: Schmid, Cooper, Olson, Peterson. No: None: Motion carried.

Under new business, Dan Wright, Maintenance Director, provided an update on waxing the floors and availability of the lift needed to measure the Highland Annex building for the metal replacement.

The agenda items, the next regular board meeting is scheduled for Tuesday, November 01, 2022, at 8:30 a.m. Olson announced the burn ban that is in effect until further notice and commented on the outstanding work that fire fighters, EMS, law enforcement, farmers, and everyone who contributed to stopping the wildfire along K Ave. including other counties and towns. There were no agenda items.

Motion by Olson to adjourn. All in favor. Meeting adjourned at 8:51 a.m.

MARK GOMER, COUNTY BOARD OF SUPERVISORS  
 MARK PETERSON, BOARD CHAIR  
 ATTEST: JILL OZUNA, AUDITOR  
 (Published in the Red Oak Express Wednesday, November 9, 2022.)

**IN THE IOWA DISTRICT COURT  
IN AND FOR MONTGOMERY  
COUNTY**  
CITY OF RED OAK, IOWA,  
a Municipal Corporation,  
Petitioner

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 Sorensen, 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 file judgment by default will 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.

**NOTICE OF PUBLIC HEARING OF  
THE  
MONTGOMERY COUNTY  
BOARD OF ADJUSTMENT**

There is on file in the office of the  
Zoning Administrator an application that  
requires a public hearing:

1. Approve/disapprove a Special Use  
Permit requested by Michele Roth on  
behalf of Cloud One, LLC to construct  
a communications tower on a parcel  
of land located in the NE of  
Section 17, T22N, R38W of the 5th PM in  
Montgomery County, Iowa.
2. The Montgomery County Board of  
Adjustment will hold a public hearing  
at the Montmoery Coupty Engineer's

(Published in The Red Oak Express  
Wednesday, October 26, 2022,  
Wednesday, November 2, 2022, and  
Wednesday, November 9, 2022.)

Office, 406 W 4th Street, Red Oak, Iowa at 5:30 p.m., November 16th, 2022. All written and oral comments will be heard and this application will be considered at this time.

The public is invited to attend said hearing to express their views concerning the proposed applications. All written comments must be delivered to the County Zoning Administrator's office at 406 West Fourth Street in Red Oak, IA 51566 prior to 3:30 p.m. on November 16th, 2022, if they are to be presented to the Board of Adjustment. (Published in The Red Oak Express Wednesday, November 9, 2022.)

S	E	R	A			T	N	C	S	A		
S	T	N	A			S	D	A	K	C	O	S
S		I	B			E	M		A	E	L	P
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A	M		G	I	N	E	R	E	T	E	C	R
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T	A	N	O	R	A	D	O	D	E	P	O	H
			P	U	P	I	R	R	I	P	N	S

### CLUES ACROSS

1. Clip a small piece

5. Enter forcibly  
11. Southwestern Native

- American tribe
12. Helps you smell better
16. Sun or solar disk
17. Low frequency
18. Former Houston football player
19. Federal crime
24. Home to Boston (abbr.)
25. Approval
26. Those who fight an establishment (abbr.)
27. \_\_\_ student, learns healing
28. Indian groomer of horses
29. Line where two pieces meet
30. One might be brief
31. Type of sword
33. Knife for fruits or vegetables
34. Stinkhorns
38. Stroke
39. Industrial process for producing ammonia
40. Sir \_\_\_ Newton
43. Wild goat

44. Muslim ruler  
45. Scottish ancestor  
49. Hat  
50. Horse mackerel  
51. Alcoholic accompaniment  
53. Tech department  
54. Manifesting approval  
56. Upper bract of grass  
58. Of I  
59. Large wading bird  
60. Military prisons  
63. Famed American cartoonist  
64. Rise  
65. Greek God of war and courage

1. Sewing needles
2. Functionary
3. Induces vomiting
4. The finger farthest from the thumb
5. Not moving
6. Sports official
7. Water purification pro-

- cess (abbr.)
- 8. University of Dayton
- 9. Indo-Malaysian evergreens
- 10. High schoolers' math course
- 13. Yankovic is a weird one
- 14. Adversaries
- 15. Merchandisers
- 20. Radioactive metal (abbr.)
- 21. Atomic #52
- 22. The back
- 23. One-time computer giant
- 27. Female of a horse
- 29. Football's big game (abbr.)
- 30. Vehicle
- 31. Single Lens Reflex
- 32. It's becoming more prevalent
- 33. Political action committee
- 34. Makes lightbulbs
- 35. Natural home of an animal

36. In bed
37. Superman villain
38. The Golden State
40. One who leads prayers in a mosque
41. They accompany a leader
42. Atomic #18
44. Electronic counter-measures
45. The appearance of something
46. Connecting line on a map
47. Deep red color
48. Secret affairs
50. Drenches
51. Contains music
52. Expression of surprise
54. Intestinal pouches
55. Where birds are born
57. \_\_\_ and behold
61. Cools your home
62. The First State

**Monday, Oct. 31:**  
High 67, Low 35,  
Precip: None

**Tuesday, Nov. 1:**  
High 70, Low 33,  
Precip: None

**Wednesday, Nov. 2:**  
High 79, Low 34,  
Precip: None

**Thursday, Nov. 3:**  
High 75, Low 53,  
Precip: None

**Friday, Nov. 4:**  
High 74, Low 41,  
Precip: .21

**Saturday, Nov. 5:**  
High 74, Low 36,  
Precip: .76

**Sunday, Nov. 6:**  
High 53, Low 55,  
Precip: .02

**Weekly Total  
Precipitation: .99**

**October Total  
Precipitation: .75**

**November Total  
Precipitation: .99**

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

The investigation into the blaze at the former First Christian Church at 7th and Coalbough streets was still ongoing. More than 600,000 gallons of water were used to extinguish the fire. However, safety concerns prevented investigators from investigating the site directly and instead, a drone was used. While they were able to determine some details from witness statements and other evidence, Red Oak Fire Chief John Bruce said it was unable to be determined if an accelerant was used. The Red Oak Fire Department was still labeling the fire's origin as suspicious.

For the first time since 2014, the Red Oak girls volleyball team was headed back to the state championship, following a 3-1 victory over Gilbert. Sophie Walker and Chloe Johnson posted 14 kills each. Syd Streicher had 31 digs.

After roughly two years of planning and searching for a location, the Red Oak Park and Tree Board settled on the south well on 8th Street, west of the ditch, for a new dog park. The park board's plans were unanimously passed by the Red Oak City Council. After sending out a survey, 86 of the 100 responses were in favor of the construction of the park. City administrator Brad Wright said it would take between nine and 12 months to determine the status of the well and whether or not treatment will be required before construction of the park can begin.

Players from Stanton and Villisca were named to the All-District football team. Jeff Marshall of Stanton and Jared Spunaugle of Villisca were named to the first team. David Sunderman of Villisca was named to the second team.

Clean-up was nearly complete at Red Oak's old landfill site. Plans for the site had dragged on for years, and the city stopped using the site in 1974. A cap was placed over the section believed to contain hazardous materials. The EPA hired RSV of Jefferson, Wis., to serve as engineer. JFSCO of Red Oak was hired by RSV to serve as on-site engineer. Harding Lawson Associates of Denver, Co., was the general contractor. Work on the project was scheduled for completion in early November.

The Red Oak Tigers football team finished the season with a 4-5 record, which was the team's best record since the 1983 season. The Tigers took on Sergeant Bluff-Luton in an Oct. 31 game and moved to four wins following a 19-7 victory.

Hellmann's mayonaisse was \$1.79 with coupon at No Frills in Red Oak.

Five new homes were among 10 building permits that were issued in October. Estimated construction cost of the permits was \$87,042. In the first 10 months of 1972, there were 74 permits issued in Red Oak for an estimated construction cost total of \$1,196,742, which included 29 new homes. Only 14 new homes and a duplex received permits through the month of October in 1971, and total construction was only \$644,735.

The Red Oak Tigers football team eked out a victory over the Audubon Wheelers, 20-18. The non-conference clash saw both teams concluding action with 6-3 records. Red Oak's Doug Meggison provided the margin of victory with two extra-point kicks.

Beef rib steak was only \$1.09 per pound at Red Oak Fruit and Grocery.



Cable Companies				THURSDAY EVENING NOVEMBER 10, 2022							
A	B	C	D	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
3	3	3	3	KMTV (3)	Sheldon Ghosts (N)	So Help Me Todd (N)	CSI: Vegas "Burned" (N)	3 News Now	Late-Colbert		
4	4	4	4	KPTM (42)	Hell's Kitchen (N)	Welcome to Call Me Kat	News at Nine	ICRIME	ICRIME		
6	6	6	6	WOWT (6)	Law & Order (N)	Law & Order: SVU	WOWT 6	J. Fallon			
7	7	7	7	KETV (7)	Station 19 (N) (In Stereo)	Grey's Anatomy (N)	Reasonable Doubt	News	J. Kimmel		
8			8	KCCI (8)	Sheldon Ghosts (N)	So Help Me Todd (N)	CSI: Vegas "Burned" (N)	News	Late-Colbert		
15	5	15	9	KXVO (15)	Wipeout (In Stereo)	Fear Factor	Fear Factor	Dumbest	Dumbest		
10	11	10	11	IPTV	Father Brown	Death in Paradise	Midsomer Murders	Shakespear			
17			12	KDSM (17)	Hell's Kitchen (N)	Welcome to Call Me Kat	13 News at 9 on Fox 17	National	National		
9	9	9	16	NWSN	Cuomo (N)	Dan Abrams Live (N)	Banfield (N)	Cuomo			
			19	ION	Chicago P.D. "Gone"	Chicago P.D. "Closer"	Chicago P.D. "Adrift"	Chicago P.D. "Lies"			
		28	21	CSPAN	(5:07) Public Affairs Events (In Stereo)			5 News	J. Kimmel		
25			5	WOI (5)	Station 19 (N) (In Stereo)	Grey's Anatomy (N)	Reasonable Doubt				
12	2	12	24	ESPN	(6:30) College Football: Tulsa at Memphis. (N) (Live)			SportsCenter With Scott Van Pelt (N)			
11	28	13	25	ESPN2	UFC 276: Adesanya vs. Cannonier			E60			
36			26	FX	(6:00) Movie: *** "Black Panther" (2018)		Atlanta (Series Finale) (N)	Atlanta	Atlanta		
	10	16	27	PARMT	Movie: *** "The Longest Yard" (2005) Adam Sandler. (In Stereo)		Atlanta (Series Finale) (N)	Movie: "Role Models"			
40	36	28	LIFE	Movie: "Christmas on Mistletoe Lake" (2022)			Movie: "Well Suited for Christmas" (2022)				
29	20	19	29	FREE	Home 2	Movie: ** "Just Go With It" (2011) Adam Sandler. (V)	Movie: "The 700 Club" (N)				
18	13	11	30	USA	Movie: *** "Taken" (2008) Liam Neeson. (V)	Movie: ** "Taken 2" (2012) Liam Neeson. (V)	Movie: *** "The Karate Kid" (2010)				
8	8	31	TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Guy's Ultimate Game		
23	14	18	32	TNT	Movie: *** "Ant-Man" (2015, Action) Paul Rudd. (DVS) (V)	"Mummy: Dragon Emp."					
25	22	33	AMC	(6:00) Movie: **** "Goodfellas" (1990) (V)	Movie: **** "Goodfellas" (1990) (V)	Movie: **** "Goodfellas" (1990) (V)	Movie: **** "Goodfellas" (1990) (V)	Movie: **** "Goodfellas" (1990) (V)	Movie: **** "Goodfellas" (1990) (V)		
29	25	34	HGTV	Rehab Addict	Rehab Addict	Rehab Addict	Rehab Addict	Rehab Addict	Rehab Addict		
33	24	30	HIST	Mountain Men "Winds of Winter" (N)	Mountain Men: Ultimate	Mountain Men: Ultimate	Mountain Men: Ultimate	Mountain Men: Ultimate	Mountain Men: Ultimate		
19	15	26	37	A&E	The First 48	The First 48	The First 48	The First 48	The First 48		
34	18		38	DISC	Mysteries of	Mysteries of	Mysteries of	Mysteries of	Mysteries of		
35	31	31	39	TLC	Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple Popper		
39	27	40	A/P	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier	Alaska: The Last Frontier		
30	26	23	41	NICK	Slimetime	SpongeBob	Friends	Friends	Friends		
31	21	24	43	DISN	Big City	Big City	Raven	Raven	Raven		
21	16	20	45	CNN	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight (N)	CNN Tonight (N)	CNN Tonight (N)		
37	34	35	65	HALL	Movie: "Noel Next Door" (2022) Natalie Hall.		CNN Tonight (N)	CNN Tonight (N)	CNN Tonight (N)		
		21	72	SYFY	Movie: *** "Doctor Strange" (2016) Benedict Cumberbatch. (V)	Movie: *** "Doctor Strange" (2016) Benedict Cumberbatch. (V)	Movie: *** "Doctor Strange" (2016) Benedict Cumberbatch. (V)	Movie: *** "Doctor Strange" (2016) Benedict Cumberbatch. (V)	Movie: *** "Doctor Strange" (2016) Benedict Cumberbatch. (V)		
39	36		73	TVL	Raymond	Raymond	Raymond	Raymond	Raymond		
			74	WE	(6:47) Hip Hop Homicides (N)	Hip Hop Homicides (N)	Hip Hop Homicides (N)	Hip Hop Homicides (N)	Love After Lockup		
				A-Elliott	B-Stanton	C-Emerson	D-Red Oak, Villisca, Glenwood				

Cable Companies				SATURDAY EVENING NOVEMBER 12, 2022							
A	B	C	D	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
3	3	3	3	KMTV (3)	NCIS: Los Angeles	The Equalizer "Legacy"	48 Hours	3 News Now Live at 10			
4	4	4	4	KPTM (42)	(6:00) College Football: Washington at Oregon. (N)		College Football: Arizona at UCLA. (N)				
6	6	6	6	WOWT (6)	Mental and Behavioral	Dateline NBC	Saturday Night Live (N)	News	SNL		
7	7	7	7	KETV (7)	(6:30) College Football: TCU at Texas. (N) (In Stereo Live)		News	News	The Rookie		
8			8	KCCI (8)	NCIS: Los Angeles	The Equalizer "Legacy"	48 Hours	News	Matter		
15	5	15	9	KXVO (15)	Wipeout		Fear Factor "WWE Stars"	Dumbest	Dumbest		
10	11	10	11	IPTV	As Time ...	Keep Up	Shakespeare	Broadchurch			
17			12	KDSM (17)	(6:00) College Football: Washington at Oregon. (N)		College Football: Arizona at UCLA. (N)				
9	9	9	16	NWSN	NewsNation Prime (N)	NewsNation Prime (N)	NewsNation Prime (N)	NewsNation Prime (N)	NewsNation Prime (N)		
			19	ION	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU		
		28	21	CSPAN	Washington This Week	Public Affairs Events (In Stereo)					
25			5	WOI (5)	(6:30) College Football: TCU at Texas. (N) (In Stereo Live)		5 News	9-1-1			
12	2	12	24	ESPN	(6:00) College Football: Georgia at Mississippi State.	College Football: Stanford at Utah. (N) (Live)					
11	28	13	25	ESPN2	(6:30) College Football: North Carolina at Wake Forest. (N)	Scoreboard	To Be Announced				
36			26	FX	(6:00) Movie: *** "Avengers: Infinity War" (2018) (In Stereo) (V)	Movie: "Ant-Man and The Wasp" (V)	Movie: "Ant-Man and The Wasp" (V)	Movie: "Ant-Man and The Wasp" (V)	Movie: "Ant-Man and The Wasp" (V)		
	10	16	27	PARMT	(6:54) Yellowstone	Yellowstone	Yellowstone	Movie: "The Guardian"			
40	36	28	LIFE	Movie: "Reindeer Games Homecoming" (2022)		Movie: "Christmas on Mistletoe Lake" (2022)					
29	20	19	29	FREE	(6:50) Movie: *** "Trolls" (2016, Children's)	Movie: *** "The Secret Life of Pets 2" (2019) (V)	Movie: *** "The Secret Life of Pets 2" (2019) (V)	Movie: *** "The Secret Life of Pets 2" (2019) (V)	Movie: *** "The Secret Life of Pets 2" (2019) (V)		
18	13	11	30	USA	(6:30) Movie: *** "Meet the Parents" (2000) (V)	Movie: *** "Meet the Fockers" (2004) (DVS)	Movie: *** "Meet the Fockers" (2004) (DVS)	Movie: *** "Meet the Fockers" (2004) (DVS)	Movie: *** "Meet the Fockers" (2004) (DVS)		
8	8	31	TBS	(6:00) "Four Christmases" (V)	Movie: "National Lampoon's Christmas Vacation" (V)	Movie: "The Intern" (V)	Movie: "The Intern" (V)	Movie: "The Intern" (V)	Movie: "The Intern" (V)		
23	14	18	32	TNT	Movie: *** "The Polar Express" (2004, Children's)	Movie: *** "The Polar Express" (2004, Children's)	Movie: *** "The Polar Express" (2004, Children's)	Movie: *** "The Polar Express" (2004, Children's)	Movie: *** "The Polar Express" (2004, Children's)		
25	22	33	AMC	(6:00) Movie: *** "Pretty Woman"	Movie: *** "The Princess Bride" (1987) (V)	Pretty	Pretty	Pretty	Pretty		
29	25	34	HGTV	Love It or List It	Renovation Face-Off	Fix My Flip	Fix My Flip	Fix My Flip	Fix My Flip		
33	24	30	36	HIST	Pawn Stars Do America "Denver Gold Rush"	Pawn Stars "Rocket Man"	Pawn Stars (In Stereo)	Pawn Stars (In Stereo)	Pawn Stars (In Stereo)		
19	15	26	37	A&E	The First 48	The First 48	Killer Cases (N)	The First 48 "Last Shift"	The First 48 "Last Shift"		
34	18		38	DISC	Naked and Afraid	Naked and Afraid	Naked and Afraid	Opposites Don't Attract	Opposites Don't Attract		
35	31	31	39	TLC	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé		
39	27	40	A/P	Pit Bulls and Parolees	Pit Bulls and Parolees (N)	Pit Bulls and Parolees (N)	Pit Bulls and Parolees (N)	Pit Bulls and Parolees (N)	Pit Bulls and Parolees (N)		
30	26	23	41	NICK	"The Secret Life of Pets"	Loud House	Friends	Friends	Friends		
31	21	24	43	DISN	Movie: *** "Ice Age" (2002)	Hamster &	Ladybug	Big City	Big City		
21	16	20	45	CNN	CNN Newsroom	The Seventies	CNN	The Sixties	The Sixties		
37	34	35	65	HALL	Movie: "The Royal Nanny" (2022) Rachel Skarsten.	Movie: "Christmas Town" (2019) (DVS)	Movie: "Christmas Town" (2019) (DVS)	Movie: "Christmas Town" (2019) (DVS)	Movie: "Christmas Town" (2019) (DVS)		
		21	72	SYFY	"Train Dragon 2"	Movie: *** "Shrek" (2001) Eddie Murphy. (V)	Movie: *** "Shrek 2"	Movie: *** "Shrek 2"	Movie: *** "Shrek 2"		
39	36		73	TVL	Mom	Mom	Two Men	Two Men	Two Men		
			74	WE	NCIS "Rule Fifty-One"	NCIS "Spider and the Fly"	NCIS "Worst Nightmare"	NCIS "Short Fuse"	NCIS "Short Fuse"		
				A-Elliott	B-Stanton	C-Emerson	D-Red Oak, Villisca, Glenwood				

Cable Companies				MONDAY EVENING NOVEMBER 14, 2022							
A	B	C	D	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
3	3	3	3	KMTV (3)	Neighbor	Bob Heart	NCIS "Love Lost" (N)	NCIS: Hawaii! (N)	3 News Now	Late-Colbert	
4	4	4	4	KPTM (42)	9-1-1 (N) (DVS)	The Cleaning Lady (N)	News at Nine	ICRIME	ICRIME		
6	6	6	6	WOWT (6)	The Voice "Live Top 16 Performances" (N)		Quantum Leap (N)	WOWT 6	J. Fallon		
7	7	7	7	KETV (7)	Bachelor in Paradise (N) (In Stereo) (DVS)		The Good Doctor (N)	News	J. Kimmel		
8			8	KCCI (8)	Neighbor	Bob Heart	NCIS "Love Lost" (N)	NCIS: Hawaii! (N)	News	Late-Colbert	
15	5	15	9	KXVO (15)	Wipeout (In Stereo)	Fear Factor	Fear Factor	Dumbest	Dumbest		
10	11	10	11	IPTV	Antiques Roadshow (N)	Taken Hostage: An American Experience Special	In Their Own Words	National	National		
17			12	KDSM (17)	9-1-1 (N) (DVS)	The Cleaning Lady (N)	13 News at 9 on Fox 17	National	National		
9	9	9	16	NWSN	Cuomo (N)	Dan Abrams Live (N)	Banfield (N)	Cuomo			
			19	ION	Criminal Minds "Hope"	Criminal Minds "Hope"	Criminal Minds (In Stereo)	Criminal Minds (In Stereo)	Criminal Minds (In Stereo)		
		28	21	CSPAN	U.S. House	Public Affairs Events (In Stereo)					
25			5	WOI (5)	Bachelor in Paradise (N) (In Stereo) (DVS)	The Good Doctor (N)	5 News	J. Kimmel			
12	2	12	24	ESPN	NFL Football: Washington Commanders at Philadelphia Eagles. (N) (Live)		Postgame	SportsC.			
11	28	13	25	ESPN2	World Chase Tag - USA	World Chase Tag - USA	World Chase Tag - USA	World Chase Tag - USA	World Chase Tag - USA		
36			26	FX	Movie: ** "The Hangover Part II" (2011) Bradley Cooper. (V)	Movie: *** "Night School" (2018) (V)	Movie: *** "Night School" (2018) (V)	Movie: *** "Night School" (2018) (V)	Movie: *** "Night School" (2018) (V)		
	10	16	27	PARMT	Movie: *** "Dirty Dancing" (1987) Jennifer Grey. (In Stereo) (V)	Movie: *** "Dirty Dancing" (1987)	Movie: *** "Dirty Dancing" (1987)	Movie: *** "Dirty Dancing" (1987)	Movie: *** "Dirty Dancing" (1987)		
40	36	28	LIFE	Movie: "Christmas Hotel" (2019) Talyana Ali. (V)	Movie: "Miracle in Motor City" (2012) Tia Mowry.						
29	20	19	29	FREE	Home Alone	Movie: ** "Home Alone 2: Lost in New York" (1992) (V)	The 700 Club				
18	13	11	30	USA	WWE Monday Night RAW (N) (In Stereo Live)		Race for Championship				
8	8	31	TBS	Big Bang	Big Bang	Big Bang	Big Bang	American	American		
23	14	18	32	TNT	Movie: "National Lampoon's Christmas Vacation" (V)	Movie: "The Million Dollar Wheel" (N)	Movie: "The Million Dollar Wheel" (N)	Movie: "The Million Dollar Wheel" (N)	Movie: "The Million Dollar Wheel" (N)		
25	22	33	AMC	(6:00) Movie: *** "San Andreas"	Movie: *** "The Rock" (1996, Action) Sean Connery. (V)						
29	25	34	HGTV	Celebrity IOU	Celebrity IOU (N)	House Hunters (N)	Hunters	Hunters Int'l	Hunters Int'l		
33	24	30	36	HIST	The Curse of Oak Island: Digging Deeper (N)						
19	15	26	37	A&E	The First 48	The First 48	The First 48	The First 48 "Cranked"	The First 48 "Cranked"		
34	18		38	DISC	Street Outlaws "Holy Shocker" Racers arrive in Idaho. Kye unveils his new NPK Shocker. (N)						
35	31	31	39	TLC	90 Day: The Single Life	The Culp Sisters (N)	90 Day: The Single Life	Sister Wives (In Stereo)	Sister Wives (In Stereo)		
39	27	40	A/P	Alaskan Bush People	Alaskan Bush People	Alaskan Bush People	Alaskan Bush People	Alaskan Bush People	Alaskan Bush People		
30	26	23	41	NICK	SpongeBob	SpongeBob	Friends	Friends	Friends		
31	21	24	43	DISN	Movie: *** "Enchanted" (2007) Amy Adams. (V)	Hamster &	Big City	Ladybug	Ladybug		
21	16	20	45	CNN	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight (N)	CNN Tonight (N)	CNN Tonight (N)		
37	34	35	65	HALL	Movie: "The Nine Kittens of Christmas" (2021)	Movie: *** "Taken" (2008) Liam Neeson. (V)	Movie: "Christmas at the Plaza" (2019) (DVS)	Movie: "Christmas at the Plaza" (2019) (DVS)	Movie: "Christmas at the Plaza" (2019) (DVS)		
		21	72	SYFY	(5:48) ** "Winchester"	Movie: *** "Taken" (2008) Liam Neeson. (V)	Movie: *** "Taken" (2008) Liam Neeson. (V)	Movie: *** "Taken" (2008) Liam Neeson. (V)	Movie: *** "Taken" (2008) Liam Neeson. (V)		
39	36		73	TVL	Raymond	Raymond	Raymond	Raymond	Raymond		
			74	WE	Bones (In Stereo)	Bones (In Stereo)	Bones (In Stereo)	Bones (In Stereo)	Bones (In Stereo)		
				A-Elliott	B-Stanton	C-Emerson	D-Red Oak, Villisca, Glenwood				

Cable Companies				WEDNESDAY EVENING NOVEMBER 16, 2022							
A	B	C	D	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
3	3	3	3	KMTV (3)	Survivor (N) ⌘	The Amazing Race (N)	So Help Me Todd ⌘	3 News Now	Late-Colbert		
4	4	4	4	KPTM (42)	The Masked Singer (N)	LEGO Masters (N)	News at Nine	ICRIME	ICRIME		
6	6	6	6	WOWT (6)	Chicago Med (N)	Chicago Fire (N)	Chicago P.D. (N)	WOWT 6	J. Fallon		
7	7	7	7	KETV (7)	Conners	Goldbergs	Abbott Elem	Home Econ.	Big Sky "Duck Hunting"	News	J. Kimmel
8			8	KCCI (8)	Survivor (N)	The Amazing Race (N)	So Help Me Todd ⌘	News	Late-Colbert		
15	5	15	9	KXVO (15)	Wipeout (In Stereo) ⌘	Fear Factor ⌘	Fear Factor ⌘	Dumbest	Dumbest		
10	11	10	11	IPTV	The Great Whale Rescue	NOVA "Zero to Infinity"	Secrets of the Dead	The Horse Relative ⌘			
17			12	KDSM (47)	The Masked Singer (N)	LEGO Masters (N)	13 News at 9 on Fox 17	National	National		
9	9	9	16	NWSN	Cuomo (N) ⌘	Dan Abrams Live (N)	Barfield (N) ⌘	Cuomo ⌘			
			19	ION	NCIS "Pay to Play"	NCIS ⌘ (DVS)	NCIS "Willoughby"	NCIS "Off the Grid"			
			28	CSPAN	U.S. House	Public Affairs Events (In Stereo) ⌘					
25			5	WOI (5)	Conners	Goldbergs	Abbott Elem	Home Econ.	Big Sky "Duck Hunting"	5 News	J. Kimmel
12	2	12	24	ESPN	NBA Basketball: Boston Celtics at Atlanta Hawks. (N)			NBA Basketball: Warriors at Suns			
11	28	13	25	ESPN2	College Football	TrueSports	College Basketball: Gonzaga at Texas. (N) ⌘			SportCtr	
36			26	FX	(6:30) Movie: *** "Deadpool" (2016) (In Stereo)		American Horror Story	American Horror Story			
	10	16	27	PARIMT	Movie: ★ "Grown Ups 2" (2013) Adam Sandler. (In Stereo) ⌘ (V)		Movie: ★★ "The Longest Yard" (V)				
	40	36	28	LIFE	Married at First Sight (N) ⌘		Married at First Sight (N) ⌘				
29	20	19	29	FREE	Movie: *** "The Parent Trap" (1998) Lindsay Lohan, Dennis Quaid. ⌘ (V)			The 700 Club ⌘			
18	13	11	30	USA	Law & Order: SVU	Chucky (N) ⌘ (DVS)	Dr. Death "Feet of Clay"	Law & Order: SVU			
	8	8	31	TBS	All Elite Wrestling: Dynamite From Bridgeport, Conn.		Sheldon Sheldon Sheldon	Sheldon	Sheldon		
23	14	18	32	TNT	NHL Hockey: St. Louis Blues at Chicago Blackhawks.		NHL Hockey: Los Angeles Kings at Edmonton Oilers.				
	25	23	33	AMC	Movie: *** "Spider-Man" (2002, Action) Tobey Maguire. ⌘		Movie: *** "Spider-Man 2" (2004)				
	29	25	34	HGTV	Property Brothers	Property Brothers	Hunters	Hunters	Hunters	Hunters	
33	24	30	36	HIST	Pawn Stars Do America "Revolutionary Deals" (N)		Secret Restoration (N)	Secret Restoration ⌘			
19	15	26	37	A&E	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	
34	18	38	DISC	Moonshiners "The Harder They Fall" (N) (In Stereo)			Diesel Brothers (N) ⌘	Moonshiners ⌘			
35	31	31	39	TLC	My 600-Lb. Life: Where Are They Now? (N)		My 600-Lb. Life	Too Large ⌘ (DVS)			
	39	27	40	A/P	The Zoo: San Diego	The Zoo: San Diego "Baby Miracles" (In Stereo)		The Zoo: San Diego			
30	26	23	41	NICK	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends	
31	21	24	43	DISN	Big City	Big City	Bunk'd	Bunk'd	Big City	Big City	
21	16	20	45	CNN	Anderson Cooper 360 (N)	CNN Special Program	CNN Tonight (N) ⌘	CNN Tonight (N) ⌘	Ladybug	Ladybug	
37	34	35	65	HALL	Movie: "The Royal Nanny" (2022) Rachel Skarsten.		Movie: "A Magical Christmas Village" (2022)				
			21	SYFY	(5:00) Movie: "Furious 7"	Chucky (N) ⌘ (DVS)	Reginald the Vampire (N)	Movie: "Peppermint" ⌘			
39	36	73	TVL	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	
			74	WE	NCIS "Defiance" ⌘	NCIS "Kill Screen" ⌘	NCIS "One Last Score"	NCIS ⌘ (DVS)			
				A-Elliott	B-Stanton	C-Emerson	D-Red Oak, Villisca, Glenwood				



Missing a few winks each night? The cost may be higher than you realize

UNMC, Central States Center for Agriculture Safety and Health

It's no big deal to lose a couple hours of sleep for a few months, right?

A recent sleep study conducted by University of Nebraska Medical Center's Amanda Prokasky, PhD, Education and Child Development, Munroe-Meyer Institute in Omaha and retired Susan Harris, Nebraska Extension educator, Institute of Agricultural and Natural Resources, reveals that sleeplessness leads to lack of concentration, slower reaction times, or distractibility. Losing 30 minutes for one night has little effect, however a 30-minute deficit each night for four to six weeks will take a physical and mental toll.

"Susan Harris and I met after I completed a five-year federally funded research study examining sleep habits of toddlers," Prokasky says. "Susan was interested in measuring the effects of sleep loss in farmers and ranchers, but we were unsure how to measure that. Written surveys completed by participants are generally somewhat skewed as many of us perceive that we sleep longer than we actually do."

Prokasky and Harris enlisted 40 farmers/ranchers in the Midwestern states of Nebraska, Iowa, Kansas, North and South Dakota, and Missouri who raise crops and livestock. Ranchers who don't raise crops are likely to lose sleep during calving season. They used an Actigraph Spectrum Plus, a wrist device (essentially an expensive Fitbit) that monitors and records continuous data on daily motion and activity levels, to obtain data for the study. Study participants wore the device for one week during harvest or planting, then again during a more routine week.

"The device gives a clear and objective picture of actual sleeping time during the night, measuring sleep quantity and quality," Prokasky says.

The data collected allowed the researchers to compare the amount

of nighttime sleep, bedtimes and wake times, and the number and length of night wakings between busy and slower weeks. In addition to the Actigraph data, participants also completed post-project surveys.

The data verified that participants lost on average 30 minutes of sleep per night during peak activity times versus more routine periods.

"That doesn't sound like a lot," Prokasky says. "And for one night, the sleep loss doesn't have much effect. However, over several weeks, the loss accumulates and has huge impacts on our health and well-being."

Sleep flushes diseased and damaged bits of toxins and waste from our brains. It also performs a process called consolidation, which cements information in the brain that was learned throughout the day so the brain retains it. Sleep plays a role in metabolism and helps control hunger hormones. Sleeping triggers tissue growth that heals injuries and creates virus-fighting cells to boost immunity to illness.

During sleep, creativity, energy levels, and positive moods increase, and stress is reduced. Muscles and organs rebuild critical cells during sleep.

Lack of sleep may result in irritability, confusion, memory loss, concentration problems or depression. All these consequences can be deadly for producers working with heavy equipment, chemicals, or livestock.

"Taking brief breaks or naps during busy times like planting and harvest could help lessen these consequences," Prokasky says. "However, ongoing sleep deprivation will take a toll."

Prokasky points to a New Zealand study of dairy farmers who were getting up during the night to milk cows as was part of their schedule for milking three times per day. Researchers were able to convince the farmers to change their milking schedule so their nighttime sleep wasn't disturbed.



"Their overall sleep quality was noticeably improved as a result," Prokasky says. "When we're losing sleep over several weeks, we may believe we can 'catch up' at some point, but that rarely happens. If it's not possible to avoid depriving yourself of some sleep each day for a long period, take 20-minute naps during the day, which can have a positive impact on overall sleep quality."

"There are many things about agriculture that farmers cannot control," she adds. "Weather and equipment issues are just two factors. By using this data, we can provide practical advice to farmers and ranchers so they can make quality decisions that affect their health and well-being as they accomplish their tasks."

Funding for this educational article comes from the Central States Center for Agricultural Safety and Health and the University of Nebraska Medical Center.

Playing in grain: A deadly risk

UNMC, Central States Center for Agriculture Safety and Health

Even those who grew up on the farm may not realize how dangerous it is to allow children to play in grain in any setting or for any reason.

Jana Davidson, Program Manager at Progressive Agriculture Foundation (progressiveag.org), had not fully realized until she began working with the foundation the hidden and deadly dangers associated with grain storage.

"Several years ago, I participated in a mock grain entrapment rescue," Davidson says. "It was so eye opening. Even though everyone involved knew it was a controlled and safe situation, we all felt the solemn impact of realizing the consequences of grain entrapment. Even the person being rescued was somewhat traumatized afterward by the event."

Davidson points out that parents are the first teachers their child will encounter, which makes serving as a role model and placing safety first in every agricultural setting so important.

"Parents should always model safe behavior," she says. "Sometimes our children experience agri-



cultural setting but not engaged in any farm work.

"Some children are in the wrong place at the wrong time," Davidson says. "There are times when a child's perception of the dangers is skewed because at some time they may have had a fun experience without realizing the inherent danger of activities such as petting a calf, playing in grain, or being close to a farm animal or equipment."

Children should be taught that petting a calf at a fair or agritourism event in a controlled setting is far different than attempting to pet a calf while it's in a pasture or pen with the mother cow or other cattle. It's important for them to recognize the dangers of encountering farm animals outside a controlled situation.

"If you see things involving children in a farm setting or at events such as a festival or ag tourism activity that concern you, it can be addressed without a confrontation," Davidson says. "Approach the person in charge of the event and explain your concerns. Have some options and alternative suggestions to share. We want to avoid being just negative, but also try to offer one or more solutions to the issue."

Corn boxes which children can play in like a sandbox are popular at many agritourism and farm

festival events. However, inherent dangers associated with this type of activity include choking hazards if a child attempts to swallow corn kernels, allergic or asthmatic reactions to the grain or chemicals used to grow it, kernels of corn stuck in a child's ear or nose, etc. Animals may be attracted to the grain and leave behind feces. Playing in corn may be seen by the child as appropriate, leading children to enter grain bins and other grain storage units, sometimes with tragic consequences.

An alternative to a corn box is a sand box or a water table, which have become very popular with children.

Davidson and her colleagues have also witnessed safe play areas for children being added at various farm shows to not only provide a safe space for the children to play, but also to educate both parents and attendees on how these can be replicated on the farm to ensure the play area is separate from the busy, working farm.

Funding for this educational article comes from the Central States Center for Agricultural Safety and Health and the University of Nebraska Medical Center.

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